

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..... 510-528-4379
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 Pgm..... 510-232-0874
Thunder Road Adolescent Treatment Center
..... 510-653-5040

TREATMENT / COUNSELING

Gateway AOD Services (BACR) 510-235-2887
Ujima West 510-215-2280

SMOKING CESSATION

California Smokers Helpline 1-800-662-8887

Animals

CCC Animal Services - Pinole ... 925-608-8400
Contra Costa Humane Society ... 925-279-2247
Pet Food Assistance Program ... 925-676-7543

Child Care/Crisis Child Care

Coco Kids 510-758-5439
Head Start Programs/Child Care Services
(CCC Community Services Bureau) 681-6300

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052
Dahlstrom House (Ages 6-11)..... 925-685-3695
Safe Refuge for 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
West County Health Center 510-231-9540
Denti-Cal/Medi-Cal Dental Pgm. 1-800-322-6384

Life Long Medical

San Pablo 510-215-9092
Pinole 510-981-3255

Disability Services

California Children's Services ... 925-313-6400
CA Dept. of Rehabilitation 510-232-7062
Contra Costa ARC 925-370-1818
Developmental Disabilities Council 925-313-6836
Hawkins Center 510-232-6611
Hearing Loss Association of America - Diablo
Valley & East Bay Chapter 925-264-1199
Independent Living Resource..... 925-363-7293
In Home Supportive Services 925-229-8434
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
Richmond Public Library 510-620-6561
Contra Costa County Office of Education
..... 925-942-3388
Family Literacy Program 510-236-3900
(Catholic Charities of the East Bay)
Literacy for Every Adult 510-307-8084
(Richmond Public Library)
Project Second Chance 510-307-9937
Stride Center..... 510-234-1300

ESL/GED/ADULT EDUCATION

Lao Family Community Services.. 510-215-1220
West Contra Costa Adult Ed. 510-215-4666
..... 510-231-1453

Emergency Services

American Red Cross 1-800-733-2767
California Poison Control Center . 1-800-222-1222
CA Office Emergency Services..... 925-953-1402
Community Warning System 925-313-9622
Hazardous Materials Incident Response
..... 925-335-3232

Health Emergency Hotline 1-888-959-9911

Employment/Job Training

Asian Family Resource Center ... 510-869-6000
CalJOBS - Internet..... www.caljobs.ca.gov
Child Care Job Bank 925-676-5442
(Coco Kids)
Lao Family Community Development, Inc.
Job placement (One-Stop Affiliate) 510-215-1220
Rubicon..... 510-412-1725
RichmondWORKS 510-307-8014
Sparkpoint Contra Costa West ... 510-779-3200
The Stride Center – San Pablo..... 510-234-1300
Unemployment Insurance, CA... 1-800-300-5616
..... www.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

**EVICITION COURT SUMMONS ASSISTANCE/
LANDLORD/TENANT ASSISTANCE**
Bay Area Legal Aid..... 510-250-5270
FORECLOSURE ASSISTANCE
Community Housing Dev. Corp. . 510-412-9290
Foreclosure Assistance – HUD... 415-489-6400
Housing & Economic Rights Advocates
(HERA) 510-271-8443

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

RENTAL ASSISTANCE
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 1-855-309-3663
Food Pantries / Soup Kitchens.. 2-1-1
GRIP Souper Center 510-233-2141
WIC Program 510-231-8600
(Parents with children 0-5, pregnant women or
breastfeeding)

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
North Richmond, San Pablo 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
Richmond 510-213-6681
Life Long Medical-Brookside
Richmond..... 510-215-5001
San Pablo (urgent care) 510-215-9092
Pinole 510-981-3255
Planned Parenthood - Richmond . 1-800-230-7526
RotaCare - Richmond..... 510-213-6678
(free urgent care)

HOSPITALS

Alta Bates Medical Center..... 510-204-4444
Contra Costa Regional Medical Center
..... 925-370-5000
Kaiser Medical Center 510-307-1500

Health Insurance

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
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 & 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 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

Housing

CC Housing Authority Public Housing Wait List(except Richmond/Pittsburg) 925-957-8000
Housing Authority Richmond 510-621-1300
Neighborhood Housing Service .. 510-237-6459
Senior & Adults w/ Disabilities .. 1-800-510-2020
SHELTER, Inc. 925-338-1038

Immigrant & Refugee Services

Asian Family Resource Center .. 510-869-7200
Cash Assistance Program for Immigrants 1-877-505-4630
Citizenship Education (WCC Adult Ed.) 510-215-4666
Immigrant Legal Services 510-451-2846
(International Institute of the Bay Area)
Immigration & Naturalization Services
(Catholic Charities of the East Bay) 510-234-5110
Lao Family Community Development 510-215-1220
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 510-374-3712
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
Brighter Beginnings - Family Health Clinic
Richmond 510-213-6681
Center for Recovery & Empowerment (CORE) 510-215-6009
Community Health for Asian Americans 510-233-7555
Contra Costa Crisis Center 2-1-1
Early Childhood Mental Health .. 510-837-6902
(Children ages 0-6)
Familias Unidas Counseling 510-412-5930

Family Advocate Mental Health (CCHS) 925-957-5139
First Hope (CCHS) 925-608-6550
George Miller Center 510-374-3981
National Alliance for the Mentally Ill (NAMI) 925-942-0767
Native American Health Center .. 510-232-7020
San Pablo Wellness City 510-236-3020
Second Nature Behavioral Health 510-610-4799
The Hume Center 510-778-2816

Multi-Service Centers

GRIP CARE Center 510-233-2141
SparkPoint Contra Costa West .. 510-779-3200

Parenting Classes

C.O.P.E. Family Support Center .. 925-689-5811
Primeros Nuestros Niños 510-233-8595
(The Latina Center)
Second Nature Behavioral Health 510-610-4799
West Contra Costa Adult Education .. 510-215-4666
West Contra Costa YMCA 510-412-5647
West County First 5 San Pablo 510-232-5650
West County First 5 Richmond 510-233-5890

Pregnancy

Black Infant Health (CCHS) 925-313-6254
Healthy Families America (CCHS) 925-313-6254
Healthy Start (CCHS) 510-231-9469
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 2-1-1

SUBSTANCE ABUSE & PREGNANCY
Ujima West 510-215-2280

Rape/Victims of Crime

Human Trafficking Hotline 1-800-670-7273
(Community Violence Solutions)
Lao Family Community Development, Inc. 510-215-1220
Rape, Abuse & Incest National Network 1-800-656-4673
Second Nature Behavioral Health 510-610-4799
Victim Witness Assistance Program 925-957-8650
West Family Justice Center 510-974-7200

Senior Services

Adult Day Services Network 925-682-1000
Alzheimer's Association 1-800-272-3900
An Elderly Wish Foundation 925-978-1883
CC Café (Hot lunch program) 510-787-1341
Crockett 510-559-7677
El Cerrito 510-799-8219
Hercules 510-799-8219
No. Richmond 510-232-3511
Richmond 510-307-8087
San Pablo 510-215-3098
Rodeo 510-799-2706
Covia 925-956-7400
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 510-412-0166
Medicare Hotline 1-800-633-4227

Mobility Matters 925-284-6161
Senior Food Program El Sobrante, Richmond, No. Richmond, Rodeo (Food Bank) 1-855-309-3663
Senior Outreach Services 925-937-8311
Senior Peer Counseling 925-521-5636
Social Security 1-800-772-1213

Teen Services

Alateen 925-510-528-4379
California Youth Crisis Line 1-800-843-5200
RYSE Youth Center 510-374-3401
Teen Services/SAFE Place 1-800-718-4357
(Northern California Family Center)
Thunder Roads Adolescent Treatment Center
(Substance Abuse Treatment) 510-653-5040

Transportation

AC Transit 510-891-4777
511 Contra Costa Bay Area Travel Information .. 5-1-1
BART 510-236-2278
Dial-a-Ride/WestCAT 510-724-7993
East Bay Paratransit 1-800-555-8085
Easy Ride Service for El Cerrito Residents 510-559-7677
Mobility Matters 925-284-6161
R-Transit 510-307-8026
WestCAT Lynx 510-724-7993

Utility Assistance

California Alternate Rates for Energy (CARE) Program 1-866-743-2273
Customer Assistance Program (EBMUD)
(Discount on utility bill) 1-866-403-2683
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

Contra Costa County Veterans Services 925-313-1481
Martinez VA Outpatient Clinic 1-800-382-8387
Oakland Veterans Center 510-763-3904
Veterans Suicide Hotline 1-800-273-8255

Volunteer Opportunities

City of Richmond Volunteer Opportunities 510-620-6511
Contra Costa Crisis Center 925-939-1916
Covia 925-956-7400
Food Bank of Contra Costa & Solano 925-676-7543
Meals on Wheels 510-412-0166
Mobility Matters 925-284-4831
Volunteer Opportunities 2-1-1

Need help and don't know where to go?
Call 211 or Text HOPE to 20121