

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

Bay Area Rescue Mission 510-215-4868

Thunder Road Adolescent Treatment Center

..... 510-653-5040

TREATMENT / COUNSELING

Gateway AOD Services (BACR) 510-235-2887

Power Program 510-232-7571

Ujima West 510-215-2280

SMOKING CESSATION

California Smokers Helpline 1-800-662-8887

Tobacco Hotline 1-800-844-2439

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 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

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

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

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

Emergency Broadcast System ... KCB5740AM

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

EVICTION 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

..... 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
Winter Nights 925-435-2074

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
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 925-681-4450

National Alliance for the Mentally Ill (NAMI) 925-942-0767
Native American Health Center .. 510-232-7020
Power Program 510-232-7571
 (Anka Behavioral Health)
San Pablo Wellness City 510-236-3020
Second Nature Behavioral Health 510-610-4799

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
Independent Adoption Center ... 1-800-877-6736
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 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
Trauma Counseling Services 510-768-3100
 (Catholic Charities of the East Bay) Oakland
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 925-956-7396
Eldercare Locator 1-800-677-1116
Family Caregiver Alliance 1-800-445-8106
Information & Assistance for Seniors & In-Home Personal Assistance ... 925-945-8040
 (Diablo Valley Foundation for the Aging)
Dependent Adults 1-800-510-2020
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 510-891-4700
Bay Area Travel Information 511
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

Berkeley Food & Housing Project 855-862-1804
Contra Costa County Veterans Services 925-313-1481
Martinez VA Outpatient Clinic.... 1-800-382-8387
Oakland Veterans Center 510-763-3904
SHELTER, Inc. 925-338-1038
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 925-956-7396
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 211 or visit www.211cc.org