

**Abuso de Alcohol y Drogas**

**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 CCC)  
**Narcotics Anonymous** .....925-685-4357

**CENTROS DE DESINTOXICACIÓN**

**BAART - Detoxification Pgm**.....510-232-0874  
**Bay Area Rescue Mission** ..... 510-215-4868  
**Thunder Road Adolescent Treatment Center**  
..... 510-653-5040

**TRATAMIENTO DE DROGADICCIÓN**

**Gateway AOD Services (BACR)** .....510-235-2887  
**Power Program** ..... 510-232-7571  
**Ujima West** ..... 510-215-2280

**PROGRAMAS PARA DEJAR DE FUMAR**

**California Smokers Helpline** ..... 1-800-662-8887  
**Tobacco Hotline**..... 1-800-844-2439

**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)  
**Ombudsman of CCC**..... 925-685-2070  
(Para pacientes en centros de cuidado extendido)

**FAMILIAS**

**STAND! For Families Free of Violence**  
..... 1-888-215-5555

**Alimentación**

**CalFresh**(Food Stamps)..... 1-877-505-4630  
**EBT Card Services** .....1-877-328-9677

**Animales**

**CCC Animal Services - Pinole** ... 925-608-8400  
**Contra Costa Humane Society** . .925-279-2247  
**Comida para Mascotas** ..... 925-676-7543

**Asistencia Económica**

**CalWORKS** (Familias)..... 1-877-505-4630  
**General Assistance** (Individuos)..1-877-505-4630

**Asistencia Medica**

**Advice Nurse**..... 1-877-661-6230  
**Contra Costa Health Services Health Centers**  
North Richmond, San Pablo ..... 1-800-495-8885  
**Clínica Móvil para Desamparados (CCHS)**  
Llame por lugar/horarios .....925-608-5300

**CLINICAS COMUNITARIAS**

**Brighter Beginnings - Family Health Clinic**  
Richmond ..... 510-213-6681  
**Life Long Medical-Brookside**  
Pinole ..... 510-981-3255  
Richmond..... 510-215-5001  
San Pablo(Urgent care)..... 510-215-9092  
**Planned Parenthood - Richmond** ..1-800-230-7526  
**RotaCare - Richmond**..... 510-213-6678

**HOSPITALES**

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

**Ayuda con pago de Servicios Públicos**

**California Alternate Rates for Energy (CARE) Program** .....1-866-743-2273  
**Customer Assistance Program (EBMUD)**  
(Descuento de utilidad) ..... 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

**Centros de Servicios Múltiples**

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

**Comida**

**CalFresh** (Food Stamps) .....1-877-505-4630  
**EBT Card Services** ..... 1-877-328-9677  
**Food Bank of Contra Costa & Solano**  
(Distribución de alimentos).....1-855-309-3663  
**Food Pantries/Soup Kitchens**..... 2-1-1  
**GRIP Souper Center** .....510-233-2141  
**WIC Program** ..... 510-231-8600  
(Mujeres embarazadas, padres de familias o mujeres lactando)

**Clases para Padres**

**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

**Cuidado de niños/Cuidado de niños en crisis**

**Coco Kids** .....510-758-5439  
**Head Start Programs/Child Care Services**  
(CCC Community Services Bureau) .... 925-681-6300

**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

**Desalojo/ayuda de renta/embargo**

**ASISTENCIA: ORDEN DE DESALOJO/PROPIETARIOS E INQUILINOS**

**Bay Area Legal Aid** .....925-219-3325  
**ECHO Fair Housing** ..... 1-855-275-3246  
(Excepto Concord y Pittsburg)  
**Housing & Economic Rights Advocates**  
..... 510-271-8443

**EMBARGO DE VIVIENDA**

**Community Housing Dev. Copr.** . 510-412-9290  
**Foreclosure Assistance – HUD** .. 415-489-6400  
**Housing & Economic Rights Advocates**  
..... 510-271-8443  
**National Foreclosure Hotline** .....1-888-995-4673

**ASISTENCIA CON EL PAGO DE RENTA**

**Season of Sharing** ..... 925-521-5065  
**SHELTER, Inc.** ..... 925-338-1038

**Educación y Alfabetización**

**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/EDUCACIÓN PARA ADULTOS**

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

**Embarazo**

**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

**EMBARAZO Y ABUSO DE SUSTANCIAS**

**Ujima West**..... 510-215-2280

**Empleo/Entrenamiento**

**Asian Family Resource Center** ... 510-869-6000  
**CalJOBS**— Internet.....[www.caljobs.ca.gov](http://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**—Richmond..... 510-307-8014  
**Sparkpoint Contra Costa West** .....510-779-3200  
**The Stride Center** ..... 510-234-1300  
**Unemployment Insurance, CA**... 1-800-300-5616

**Fallecimiento**

**Consejería de Duelo** ..... 2-1-1  
(Contra Costa Crisis Center)  
**Hospice of the East Bay**..... 925-887-5678  
.....[www.edd.ca.gov/Unemployment](http://www.edd.ca.gov/Unemployment)

**Gay, Lesbiana, Bisexual, Transsexual**

**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 y Suicidio**

**Contra Costa Crisis Center** ..... 2-1-1  
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**

**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  
**Volunteer Opportunities** ..... 2-1-1

**Personas Desamparadas**

**Bay Area Rescue Mission**  
Hombres ..... 510-215-4868  
Mujeres y Familias ..... 510-215-4860  
**Berkeley Shelter Bed Hotline** ..... 1-866-960-2132  
**Calli House-Richmond (Edad 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  
**Community Health for Asian Americans** ..... 510-233-7555  
**Contra Costa Crisis Center** ..... 2-1-1  
**Consejero de Salud Mental (CCHS)** ..... 925-957-5139  
**Early Childhood Mental Health** .. 510-837-6902  
(Children ages 0-6)  
**Familias Unidas Counseling** ..... 510-412-5930  
**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

**Seguro Medico**

**Covered California** ..... 1-800-300-5016  
**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**

**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

**Servicios de Emergencia**

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

**Servicios Dentales**

**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

**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** ..... 510-374-3712  
**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** ..... 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**  
(abuso de sustancias) ..... 510-653-5040

**Servicios para Ancianos**

**Adult Day Services Network** ..... 925-682-1000  
**Alzheimer's Association** ..... 1-800-272-3900  
**An Elderly Wish Foundation** ..... 925-978-1883  
**CC Café (Programa de almuerzo para ancianos)**  
Crockett ..... 510-787-1341  
El Cerrito ..... 510-559-7677  
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** ..... 1-855-309-3663  
**Senior Outreach Services** ..... 925-937-8311  
**Senior Peer Counseling** ..... 925-521-5636

**Social Security** ..... 1-800-772-1213

**Servicios para Inmigrantes**

**Asian Family Resource Center** .. 510-869-7200  
**Cash Assistance Program for Immigrants** ..... 1-877-505-4630  
**Citizenship Class (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  
**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**

**AC Transit** ..... 510-891-4777  
**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

**Veteranos**

**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

**Violación/Victimias de Crimen**

**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

**Vivienda**

**CC Housing Authority Public Housing Wait List**  
(Excepto 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