

## Abuse

### CHILDREN

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

### ADULTS

Adult Protective Services ..... 1-877-839-4347

Human Trafficking Hotline ..... 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 ..... 1-800-287-0200

## Alcohol & Drug Abuse

Al-Anon..... 1-888-425-2666

Alcohol & Other Drugs ACCESS 1-800-846-1652

Alcoholics Anonymous ..... 925-939-4155

Narcotics Anonymous ..... 925-685-4357

### DETOX TREATMENT CENTERS

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

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

Pueblos del Sol (Men)..... 925-676-2580

The Center for Recovery ..... 925-674-4100

### TREATMENT / COUNSELING

REACH Project—Antioch ..... 925-754-3673

Substance Abuse Treatment Program

(New Connections East - Pittsburg) .. 925-439-7111

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

### SMOKING CESSATION

California Smokers Helpline .. 1-800-NO-BUTTS

..... 1-800-844-CHEW

## Animals

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

ARF-Animal Rescue Foundation 1-800-567-1273

Contra Costa Humane Society .. 925-279-2247

## Child Care/Crisis Child Care

CC Child Care Council—Antioch ..925-778-5437

Brentwood ..... 925-513-7900

Child Care Eligibility List (CEL) ..925-676-8570

### CRISIS CHILD CARE

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

Dahlstrom House (Ages 6-12) ..... 925-685-3695

## Death & Dying

Grief Counseling ..... 1-800-837-1818

(Contra Costa Crisis Center)

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

## Dental Care

Berkeley Free Clinic ..... 1-800-625-4642

Denti-Cal/Medi-Cal Dental Pgm . 1-800-322-6384

Dental Services ..... 1-800-495-8885

(Pittsburg Dental Clinic, Bay Point Health Center)

La Clínica Pittsburg Dental Clinic.925-431-1251

University California San Francisco

Dental School ..... 415-476-1891

## University of the Pacific Dental School

San Francisco..... 415-929-6501

Union City..... 510-489-5200

## Disability Services

### Area Developmental Disabilities Board 5

..... 510-286-0439

California Children's Services... 925-313-6100

CA Dept. of Rehabilitation ..... 925-754-7700

Contra Costa ARC ..... 925-370-1818

Developmental Disabilities Council .925-313-6836

Futures Explored ..... 925-284-3240

Hawkins Center of Legal & Support Services

(Rubicon Programs) ..... 510-232-6611

Independent Living Resource... 925-754-0539

Life Skills (Dev. disabled) / On Track (Traumatic

brain injuries) (Mt. Diablo Adult Ed.)... 925-685-7340

Regional Center of the East Bay .925-798-3001

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

We Care Children's Center ..... 925-671-0777

## Education & Literacy

### CCC Regional Occupational Program (ROP)

..... 925-634-3671

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/ADULT EDUCATION

Antioch Adult Education ..... 925-706-5310

Liberty Adult Education ..... 925-634-2565

Mt. Diablo Adult Education ..... 925-685-7340

Pittsburg Adult Education ..... 925-473-4460

## Emergency Services

American Red Cross ..... 1-866-272-2237

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 Information Line

Including Swine Flu information 1-800-959-9911

## Employment/Job Training

Bay Point Works..... 925-252-2331

CalJOBS - Internet .....www.caljobs.ca.gov

Child Care Job Bank ..... 925-676-5442

(Child Care Council)

Experience Unlimited ..... 925-602-0166

One-Stop Center - Brentwood ... 925-634-2195

One-Stop Center - Antioch ..... 925-706-4830

Opportunity Junction ..... 925-776-1133

Unemployment Insurance, CA... 1-800-300-5616

Internet ..... www.edd.ca.gov/Unemployment

Workforce Services . (Rubicon) ..... 510-412-1709

## Evictions/Rent Assist./Foreclosures

### EVICTON NOTICE ASSISTANCE

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

### EVICTON COURT SUMMONS ASSISTANCE

Bay Area Legal Aid..... 1-800-551-5554

### FORECLOSURE ASSISTANCE

Concord Family Service Center .925-825-3099

(Catholic Charities of East Bay) Spanish Assistance

Consumer Credit Counseling ... 1-866-889-9347

Foreclosure Assistance – HUD. 1-800-569-4287

Housing & Economic Rights Advocates

..... 510-271-8443

National Foreclosure Hotline..... 1-800-995-4673

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

### RENTAL ASSISTANCE

Brentwood Family Service Center

(Catholic Charities of East Bay) ..... 925-308-7775

Shelter, Inc..... 925-778-0298

## Financial Assistance

CalWORKs ..... 1-877-505-4630

Consumer Credit Counseling ... 1-866-889-9347

Critical Family Needs ..... 925-308-7775

(Catholic Charities of East Bay)

General Assistance (Individuals) ..925-706-4980

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

## Food

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

EBT Card Services ..... 1-877-328-9677

Food Bank of Contra Costa & Solano

Groceries, pantries, meals ..... 1-800-870-FOOD

Food Pantries/Soup Kitchens ... .. 211

Loaves & Fishes Dining Rooms

Antioch, Oakley ..... 925-687-6760

WIC Program..... 1-800-414-4942

## Gay, Lesbian, Bisexual, Transgender

Gay & Lesbian National Hotline 1-800-843-4564

Local LGBTQ Resources ...www.EastbayPride.com

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

## Health Care

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

Contra Costa Health Services Health Centers

Antioch, Bay Point, Brentwood ..... 1-877-905-4545

### COMMUNITY CLINICS

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

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RotaCare Clinic Pittsburg ..... 925-439-2009

Sutter Delta Community Clinic... 925-779-3676

### HOSPITALS

Contra Costa Regional Medical Center

..... 925-370-5000

Kaiser Medical Center - Antioch).....925-813-6500

Sutter Delta Medical Center ..... 925-779-7200

## Health Insurance

Child Health & Disability Prevention (CHDP)

..... 925-313-6150

Health Access Line..... 1-877-503-9350

(Information on County health insurance programs)

HICAP ..... 1-800-510-2020

(Health Insurance Counseling & Advocacy)

Kaiser Child Health Plan ..... 1-800-255-5053

Medi-Cal..... 1-877-505-4630

US Uninsured Help Line... .. 1-800-234-1317

..... www.coverageforall.org

## Homeless

Bay Bay Area Rescue Mission

Men's Shelter ..... 510-215-4868

Women & Family Shelter ..... 510-215-4860

Berkeley Food & Housing Project. 510-649-4965

Berkeley Shelter Bed Hotline..... 1-866-960-2132

**Brookside Shelter** (Richmond), **Concord Shelter** (singles only)..... 1-800-799-6599  
**Calli House**—Richmond (Youth, 14-21) 1-800-610-9400  
**Casa Vincentia**—pregnant women... ..510-729-0316  
**FERST MultiService Center** ..... ..925-778-3750 (Anka Behavioral Health)  
**GRIP Resource Center** ..... ..510-233-2141  
**Love-A-Child Shelter**—Bay Point ..925-458-5663  
**SAFE Place**—Martinez (Youth, 9-17) 1-800-718-4357 (Northern California Family Center)  
**Sanctuary Shelter** – accepts pets.....415 863-3893  
**Shepherd’s Gate** (Brentwood)..... ..925-308-7507  
**Transitional and Interim Housing**.925-778-0298 (Shelter, Inc.)

### Housing

**Housing Authority of Contra Costa County** (Administration)..... ..925-957-8000  
**Housing Authority Public Housing Wait List** (Except Richmond and Pittsburg) ..... ..925-957-8084  
**Housing Authority—Pittsburg** .. ..925-252-4830  
**Housing Workshop/Shared Housing** (Independent Living Resources)..... ..925-363-7293  
**Permanent Housing for Special Needs/Low-Income, Permanent Supportive Housing, Transitional & Interim Housing** (Shelter, Inc.....) ..925-778-0298  
**Senior & Adults w/ Disabilities** . 1-800-510-2020

### LANDLORD/TENANT

**Housing Counseling**..... ..925-825-3099 (Catholic Charities of the East Bay)  
**Pacific Community Services**..... ..925-439-1056

### Immigrant & Refugee Services

**Asian Family Resource Center** . .510-970-9750  
**Cash Assistance Program for Immigrants** ..... ..925-706-4760  
**Immigration & Naturalization Services** (Catholic Charities of the East Bay) .... ..925-308-7775  
**Multicultural Senior Support Network** (Catholic Charities of the East Bay) ..... ..925-671-3320  
**Refugee & Immigrant Services** . .925-927-2000 (Jewish Family & Children Services)  
**Refugee Health Program**..... ..925-313-6893  
**U.S. Citizenship and Immigration Services** ..... ..1-800-375-5283

### Information & Referral

**2-1-1 Contra Costa**..... ..211 (Contra Costa Crisis Center)  
**Information & Assistance for Seniors & Dependent Adults**..... ..1-800-510-2020

### Legal & Mediation Services

**Bay Area Legal Aid**..... ..925-219-3325  
**CCC Bar Association** ..... ..925-686-6900  
**CCC District Attorney**..... ..925-957-2200  
**CC Senior Legal Services** ..... ..925-706-4852  
**Community Homeless Court Program** ..... ..925-313-6145  
**Family Law Facilitator** ..... ..925-957-7887 (Divorce, Child Custody, Support, Paternity issues help)  
**Immigrant Legal Services** ..... ..510-451-2846  
**Victim Witness Assistance** ..... ..925-957-8650

### Mental Health

**Access Mental Health Appointment Line for Contra Costa County**..... ..1-888-678-7277

**Adolescent, Adult and Children’s Psychiatric Programs** ..... ..1-800-680-6555 (John Muir Health Behavioral Health Center)  
**Brentwood Family Service Center** ..925-308-7775 (Catholic Charities of the East Bay)  
**Crockett Counseling Center**..... ..925-370-6544  
**East County Wellness & Recovery Center** (Mental Health Consumer Concerns) .. ..925-473-0204  
**Families Forward**..... ..925-778-1667 (Community Health for Asian Americans)  
**Familias Unidas Counseling**  
Antioch ..... ..925-755-7775  
Brentwood ..... ..925-634-4445  
**National Alliance for the Mentally Ill (NAMI)** ..... ..925-465-3864  
**Power Program** (Dual Diagnosis) . .925-778-3750 (Anka Behavioral Health)

### Multi-Service Centers

**Bay Point Family Service Center** .925-252-2300 (SparkPoint)  
**Village Community Resource Center** ..... ..925-513-3107

### Parenting Classes

**Court Ordered Classes**..... ..925-370-6544 (Crockett Counseling Center)  
**Multilingual, Multicultural** ..... ..925-372-4213 (YWCA of Contra Costa)  
**Pittsburg Adult Education** ..... ..925-473-4460

### Pregnancy

**Healthy Start** ..... ..925-431-2345  
**Newborn Connections**..... ..925-755-4200 (Child Abuse Prevention Council)  
**Prenatal Care Guidance** ..... ..925-431-2421 (CC Health/First 5)  
**Safely Surrendered Baby**..... ..1-800-833-2900  
**Teen Family Support**..... ..925-757-5303 (Brighter Beginnings)  
**SUBSTANCE ABUSE & PREGNANCY Perinatal Outpatient Substance Abuse** (New Connections) ..... ..925-363-5000  
**Ujima East**..... ..925-427-9100  
**Substance Abuse Screening, Brief Intervention & Referral** ..... ..925-313-6385 (CCHS/Healthy Start)  
**Wollam House** ..... ..925-458-1978

### Rape

**Community Violence Solutions** .1-800-670-7273

### Senior Services

**Adult Day Services Network** ..... ..925-682-1000  
**Alzheimer’s Assoc. of East Bay** 1-800-272-3900  
**An Elderly Wish Foundation** ..... ..925-978-1883  
**CC Café** (Hot lunch program)  
Antioch..... ..925-757-7325  
Bay Point..... ..925-458-2662  
Brentwood ..... ..925-634-5040  
Pittsburg ..... ..925-439-2136  
**Eldercare Locator** ..... ..1-800-677-1116  
**Family Caregiver Navigator** (Family Caregiver Alliance) ..... ..1-800-445-8106  
**Friendly Visitors/Home Care Registry/Jobs Seniors** (Senior Outreach Services)..... ..925-937-8311  
**Information & Assistance for Seniors & Dependent Adults**..... ..1-800-510-2020  
**Meals-on-Wheels** ..... ..1-866-669-6697

**Medicare Hotline**..... ..1-800-633-4227  
**Older Adult Services** ..... ..925-927-2000 (Diablo Valley Foundation for the Aging)  
**Reassurance Program** ..... ..925-284-6161 (Senior Helpline Services)  
**Senior Food Program** (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg 1-800-870-FOOD  
**Senior Peer Counseling** ..... ..925-335-8741  
**Senior Services** (John Muir Health) ..925-947-3300  
**Social Security**..... ..1-800-772-1213

### Suicide

**Contra Costa Crisis Center** ..... 1-800-833-2900  
**National Suicide Hotlines**..... ..1-800-273-TALK  
..... ..1-800-SUICIDE  
(Spanish)..... ..1-877-SUICIDA

### Teen Services

**Alateen**..... ..1-800-425-2666  
**California Youth Crisis Line**..... 1-800-843-5200  
**Friday Night Live** ..... ..925-687-8844 (Alcohol/drug free program) ..... ..Ext. 222  
**Teen Family Support**..... ..925-757-5303 (Brighter Beginnings)  
**Teen Parenting Classes** ..... ..925-634-2565 (Liberty Adult Education)  
**Teen Services/SAFE Place**..... 1-800-718-4357 (YWCA of Contra Costa)  
**Youth Violence Prevention Education** (Contra Costa Crisis Center) ..... ..925-939-1916

### Transportation

**Bay Area Travel Information** ..... ..511  
**BART**..... ..925-676-2278  
**Dial-A-Ride**..... ..925-754-3060  
**Tri-Delta**..... ..925-754-4040

### Utility Assistance

**California Alternate Rates for Energy (CARE) Program** ..... ..1-866-743-2273  
**Low-Income Home Energy Assistance Program (LIHEAP)**..... ..925-335-8900  
**Medical Baseline Program Relief for Energy** ..... ..1-800-743-5000  
**Asst. Through Community Help (REACH)** ..... ..1-800-933-9677  
**Utility Shut-off Assistance** ..... ..1-800-743-5000

### Veterans

**Contra Costa County Veterans Services** ..... ..925-313-1481  
**Concord Veterans Center** ..... ..925-680-4526  
**Martinez VA Outpatient Clinic**... 1-800-382-8387  
**Veterans Employment Network** ..510-655-3552  
**Veterans Suicide Hotline**..... ..1-800-273-TALK

### Volunteers

**Volunteer Center of the East Bay** ..925-778-0165

### Voter Registration

**Contra Costa Elections Dept.**.....925-335-7800