

Abuse

Children's Protective Services .. 1-877-881-1116
Early Childhood Mental Health .. 510-412-9200

ADULTS

Adult Protective Services 1-877-839-4347
Human Trafficking Hotline 1-800-670-7273
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 .. 510-232-0874
East County Wollam House 925-427-1384
Pueblos del Sol (Men) 925-676-2580
The Center for Recovery 925-674-4100

TREATMENT / COUNSELING

Bridge 2000 1-800-785-2400
Neighborhood House 510-229-5000
Ujima West 510-215-2280

SMOKING CESSATION

California Smokers Helpline 1-800-NO-BUTTS
..... 1-800-844-CHEW

Animals

ARF-Animal Rescue Foundation 1-800-567-1273
CCC Animal Shelter - Pinole 510-374-3966
Contra Costa Humane Society .. 925-279-2247

Child Care/Crisis Child Care

CC Child Care Council 510-758-5439
Child Care Eligibility List (CEL) .. 925-676-857

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
Brookside Community Health Center
Richmond 510-215-5001
San Pablo 510-215-9092
Denti-Cal/Medi-Cal Dental Pgm. 1-800-322-6384
Richmond Dental Clinic 1-800-495-8885
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 .. 510-286-0439
California Children's Services 925-313-6100
CA Dept. of Rehabilitation 510-232-7062
Contra Costa ARC 925-370-1818
Developmental Disabilities Council 925-313-6836
Disabled People's Rec. Center .. 510-620-6814
Hawkins Center of Legal & Support Services
(Rubicon Programs) 510-232-6611
Independent Living Resource..... 925-363-7293
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)
..... 510-758-4782
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)

ESL/GED/ADULT EDUCATION

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

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 1-888-959-9911

Employment/Job Training

CalJOBS— Internet www.caljobs.ca.gov
Child Care Job Bank 925-676-5442
(Child Care Council)
Experience Unlimited 925-602-0166
North Cities One Stop Center 510-982-7128
One-Stop Center – San Pablo ... 510-412-6740
Richmond Works—Richmond 510-307-8014
The Stride Center (San Pablo) 510-234-1300
Unemployment Insurance, CA... 1-800-300-5616
Internet www.edd.ca.gov/Unemployment
Workforce Services . (Rubicon)..... 510-412-1709

Evictions/Rent Assist./Foreclosures

EVICION NOTICE ASSISTANCE
Pacific Community Services 925-439-1056
EVICION COURT SUMMONS ASSISTANCE
Bay Area Legal Aid 1-800-551-5554
Eviction Defense Center 510-452-4541
FORECLOSURE ASSISTANCE
Community Housing Dev of NR .. 510-412-9290
Consumer Credit Counseling 1-866-889-9347
Foreclosure Assistance – HUD .. 1-800-569-4287
Housing & Economic Rights Advocates
..... 510-271-8443
National Foreclosure Hotline 1-888-995-4673

Neighborhood Housing Service ..510-237-6459

RENTAL ASSISTANCE

Shelter, Inc. 510-215-0636

Financial Assistance

CalWORKs 1-877-505-4630
Community Housing Dev. Corp. .. 510-412-9290
Consumer Credit Counseling 1-866-889-9347
General Assistance (Individuals) .. 510-412-3000
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
GRIP Souper Center 510-233-2141

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

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

Health Care

Advice Nurse 1-877-661-6230
Contra Costa Health Services Health Centers
North Richmond, Richmond..... 1-877-905-4545

COMMUNITY CLINICS

Brookside Community Health Center
Richmond 510-215-5001
San Pablo 510-215-9092

HOSPITALS

Alta Bates Medical Center..... 510-204-4444
Contra Costa Regional Medical Center
..... 925-370-5000
Doctor's Medical Center 510-970-5000
Kaiser Medical Center—Richmond 510-307-1500

Health Insurance

Child Health & Disability Prevention (CHDP)
..... 1-800-696-9644
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 Area Rescue Mission
Men's shelter 510-215-4868
Women & Families 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 single women 510-729-0316
FERST MultiService Center 510-232-7571
(Anka Behavioral Health)
GRIP Resource Center 510-233-2141
Love-A-Child Shelter—Bay Point .. 925-458-5663

Mary's House – pregnant women 510-236-0383
Next Door Shelter—accepts pets 415-292-2180
SAFE Place—Martinez (Youth, 9-17) 1-800-718-4357
 (Northern California Family Center)
Sanctuary Shelter – accepts pets ... 415-863-3893

Housing

Housing Authority of Contra Costa County
 (Administration)..... 925-957-8000
Housing Authority Public Housing Wait List
 (except Richmond / Pittsburg)..... 925-957-8084
Housing Authority Richmond..... 510-621-1300
**Permanent Housing for Special Needs/Low-Income,
 Permanent Supportive Housing, Transitional &
 Interim Housing** (Shelter, Inc) 510-215-0636
Permanent & Transitional Housing
 (Rubicon Programs) 510-235-1516
Seniors & Adults w/ Disabilities .. 1-800-510-2020
LANDLORD/TENANT
Pacific Community Services..... 925-439-1056

Immigrant & Refugee Services

Asian Family Resource Center .. 510-970-9750
Cash Assistance Program for Immigrants
 510-412-3000
Citizenship Class (WCC Adult Ed.) .. 510-215-4666
Immigration & Naturalization Services
 (Catholic Charities of the East Bay) 925-825-3099
Lao Family Community Development
 510-215-1220
Multicultural Senior Support Network
 (Catholic Charities of the East Bay) 510-768-3159
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..... 510-250-5270
CCC Bar Association 925-686-6900
CCC District Attorney..... 925-957-2200
CC Senior Legal Services 510-374-3712
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)
Community Health for Asian Americans
 510-233-7555
Early Childhood Mental Health ... 510-412-9200
 (Children ages 0-6)
Familias Unidas Counseling..... 510-412-5930
Family Institute of Pinole 510-741-7286

National Alliance for the Mentally Ill (NAMI)
 925-465-3864
Native American Health Center ... 510-232-7020
Power Program (Dual Diagnosis) ... 510-232-7571
 (Anka Behavioral Health)
West County Wellness & Recovery Center
 (Mental Health Consumer Concerns).... 510-232-3839

Multi-Service Centers

Neighborhood House 510-229-5000
North Richmond Family Service Center
 510-374-7111
Rubicon Programs 510-235-1516

Parenting Classes

Early Childhood Mental Health... 510-412-9200
 (Parents of children ages 0-6)
Family Institute of Pinole 510-741-7286
Family Literacy Center 510-236-3900
 (Catholic Charities of the East Bay)
Multilingual, Multicultural 925-372-4213
 (YWCA of Contra Costa)

Pregnancy

Black Infant Health 510-236-6990
 (Brighter Beginnings)
Hand to Hand 510-307-4401
 (Aspiranet)
Healthy Start 510-231-1340
 ..
Prenatal Care Guidance 510-231-8506
 (CC Health/First 5)
Safely Surrendered Baby 1-800-833-2900

SUBSTANCE ABUSE & PREGNANCY

Perinatal Outpatient Substance Abuse
 (New Connections) 925-363-5000
**Substance Abuse Screening, Brief
 Intervention & Referral** 510-231-1340
 (CCHS/Healthy Start)
Ujima West 510-215-2280

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)
 Crockett 510-787-1341
 El Cerrito 510-559-7677
 Hercules 510-799-8219
 No. Richmond 510-232-3511
 Richmond 510-620-9619
 San Pablo 510-215-3098
 Rodeo 510-799-2706
Eldercare Locator 1-800-677-1116
Family Caregiver Navigator
 (Family Caregiver Alliance) 1-800-445-8106
**Friendly Visitors/Home Care Registry/Jobs for
 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 El Sobrante, Richmond,
 No. Richmond, Rodeo (Food Bank) ... 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 1-888-425-2666
California Youth Crisis Line..... 1-800-843-5200
Friday Night Live 925-687-8844
 (Alcohol/drug free program) Ext. 222
RYSE Youth Center 510-374-3401
Teen Family Support 510-236-6990
 (Brighter Beginnings)
Teen Services/SAFE Place..... 1-800-718-4357
 (Northern California Family Center)
Youth Violence Prevention Education
 (Contra Costa Crisis Center) 925-939-1916

Transportation

AC Transit 510-891-4700
Bay Area Travel Information 511
BART 510-236-2278
Dial-a-Ride/WestCAT 510-724-7993
Richmond Paratransit 510-307-8026
WestCAT/Martinez Link 510-724-7993

Utility Assistance

**California Alternate Rates for Energy (CARE)
 Program** 1-800-743-2273
**Low-Income Home Energy Assistance
 Program (LIHEAP)** 925-335-8900
Medical Baseline Program Relief for Energy
 1-800-743-5000
**Relief for Energy 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
Oakland Veterans Center 510-763-3904
Martinez VA Outpatient Clinic..... 925-372-2000
Veterans Employment Network .. 510-655-3552
Veterans Suicide Hotline 1-800-273-TALK

Volunteers

Volunteer Center of the East Bay .510-232-0163

Voter Registration

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