Central Contra Costa County Resource Guide

**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
  - Ombudsman of CCC: 925-685-2070

**AIDS/HIV**
- AIDS Info: 1-800-448-0440
- Contra Costa AIDS Line: 1-800-287-0200

**Alcohol & Drug Abuse**
- Al-Anon: 925-932-6770
- Alcohol & Other Drugs ACCESS: 1-800-846-1652
- Alcoholics Anonymous: 925-939-4155
- DUI Programs: 925-932-8100

**Detox Treatment Centers**
- BAART - Detoxification Prgm: 925-522-0124
- Frederick Ozanam Center: 925-676-4840
- Pueblos del Sol (Men): 925-676-2580
- The Center for Recovery: 925-674-4100
- Thunder Road Adolescent Treatment Center: 510-653-5040

**TREATMENT / COUNSELING**
- A Chance for Freedom (Bi-Bett): 925-685-7418
- Crossroads Program Services: 925-682-5704
- La Casa Ujima Residential: 925-229-0230
- Power Program: 925-685-7613
- Contra Central Mothers’ Program: 925-335-8083

**Smoking Cessation**
- California Smokers Helpline: 1-800-662-8887
- Tobacco Helpline: 1-800-844-2439

**Animals**
- ARF Animal Rescue Foundation: 1-800-567-1273
- CCC Animal Services: 925-335-8300
- Contra Costa Humane Society: 925-279-2247

**Child Care/Crisis Child Care**
- CC Child Care Council: 925-676-5473
- Head Start Programs/Child Care Services (CCC Community Services Bureau): 925-313-1551

**Crisis Child Care**
- Bay Area Crisis Nursery (Ages 0-5): 925-685-8052
- Dahstrom House (Ages 6-12): 925-685-3905

**Death & Dying**
- Grief Counseling: 1-800-837-1818
- Hospice of the East Bay: 925-887-5678

**Dental Care**
- Berkeley Free Clinic: 1-800-625-4642
- Contra Costa Health Services Dental Clinics
  - Bay Point Children’s Dental: 925-427-8302
  - Martinez: 925-370-5300
- Dental Hygiene Clinic (Diablo Valley College): 925-969-2692

**Dental Cari/Medi-Cal Dental Prgm**: 1-800-322-6384
- La Clinica Monument: 925-363-2005
- University California San Francisco
  - Dental School: 925-476-1891
  - University of the Pacific Dental Clinic: San Francisco: 415-929-6501
  - Union City: 510-489-5200

**Disability Services**
- Adaptive Learning Center: 925-827-3863
- Adults with Disabilities Services
  - Mt. Diablo Adult Ed.: 925-685-7340
- CA Dept. of Rehabilitation: 925-602-3953
- Contra Costa ARC: 925-370-1818
- Developmental Disabilities Council: 925-313-6836
- Futures Explored: 925-825-0263
- Independent Living Resource: 925-363-7293
- Regional Center of the East Bay: 925-691-2300
- Rubicon Legal Services: 510-232-6011
- Social Security: 1-800-772-1213
- State Council on Developmental Disabilities: 510-286-0439
- We Care Services for Children: 925-671-0777

**Education & Literacy**
- CCC Regional Occupational Program (ROP): 925-942-3368
- Contra Costa County Library: 1-800-984-4636
- Contra Costa County Office of Education: 925-942-3388
- Project Second Chance: 925-927-3250
- Strike Center: 510-234-1300
- ESL/GED/Adult Education
  - Acalanes Adult Education: 925-280-3980
  - Martinez Adult Education: 925-228-3276
  - Mt. Diablo Adult Education: 925-685-7340

**Emergency Services**
- American Red Cross: 1-800-733-2769
- California Poison Control System: 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

**Employment/Job Training**
- CalJOBS-Internet: www.caljobs.ca.gov
  - Child Care Job Bank: 925-676-5442
  - EASTBAY Works, America’s Job Center of CA: 925-671-4500
- Experience Unlimited: 925-602-0166
- Lao Family Community Development, Inc.: 510-215-1220
- Monument Impact: 925-682-8248
- Unemployment Insurance, CA: 1-800-300-5616
- Internet: www.eedi.ca.gov/Unemployment

**Evictions/Rent Assist./Foreclosures**
- EVICTION NOTICE/LANDLORD TENTANT
  - ASSISTANCE
  - ECHO Fair Housing: 1-855-275-3246
  - (except Concord, Pittsburg and Richmond)
- EVICTION COURT NOTICE ASSISTANCE: 925-219-3325
- FORECLOSURE ASSISTANCE

**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): 925-676-9743
- Food Pantries/Soup Kitchens: 925-211
- Loaves & Fishes Dining Martinez: 925-293-4792
- WIC Program: 925-646-5370
- (Pregnant women breastfeeding or with children 0-5)

**Gay, Lesbian, Bisexual, Transgender**
- GLBT 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
  - Concord, Martinez: 925-495-8885
- Health Care for the Homeless Mobile Van (CCHS) Call for locations/hours: 925-313-6166

**Community Clinics**
- La Clinica Monument: 925-363-2005
- Planned Parenthood: 1-800-230-7526
- Concord, San Ramon, Walnut Creek
- RotaCare — Concord: 925-429-6409
- Sutter Delta Urgent Care Clinic: 925-779-3676

**Hospitals**
- Contra Costa Regional Medical Center
  - Concord, Martinez: 925-770-5000
  - John Muir Health Walnut Creek: 925-939-3000
  - John Muir Health Concord: 925-682-8200
  - Kaiser Medical Ctr Walnut Creek: 925-295-4000
  - San Ramon Regional Medical Center: 925-275-9200

**Health Insurance**
- Covered California: 1-888-975-1142
- www.coveredca.com
- Child Health & Disability Prevention (CHDP)
  - (Health Insurance Counseling & Advocacy): 925-313-6150
- HICAP
  - 1-800-510-2020
- 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 coverage programs)
Bay Area Rescue Mission 510-215-4868
Women & Families 510-215-4868
Berkeley Shelter Bed Hotline 1-866-960-2132
Brookside Shelter (Richmond) 1-800-799-6599
Calli House-Richmond (Youth, 14-21) 1-800-610-9400
GRIP Family Emergency Shelter 510-233-2141
Homeless Outreach Project to Encampments (HOPE) 925-435-3650
SHELTER, Inc. 925-338-1038
Shepherd’s Gate Brentwood 925-308-7507
Trinity Center 925-949-8712

Housing
Housing Authority Public Housing Wait List (Except Richmond and Pittsburg) 925-957-8000
Housing Workshop/Shared Housing (Independent Living Resources) 925-363-7293
Senior & Adults w/ Disabilities 1-800-510-2020
SHELTER, Inc. 925-338-1038

Immigrant & Refugee Services
Asian Family Resource Center 510-970-9750
Cash Assistance Program for Immigrants 1-877-505-4630
Citizenship Class 925-685-7340
(Mt. Diablo Adult Education)
Immigration & Naturalization Services (Catholic Charities of the East Bay) 925-825-3099
Lao Family Community Development
San Pablo 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

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 924-219-3325
CCC Dept. of Child Support 1-866-901-3212
CCB Bar Association 925-825-5700
CC Senior Legal Services 925-609-7900
Family Law Facilitator 925-646-4099
(Divorce, Child Custody, Support, Paternity issues help)
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 1-888-687-2777
Adolescent, Adult & Children’s Psychiatric Programs 1-800-680-6555
(John Muir Health Behavioral Health Center)
Community Counseling Center 925-798-9240
(John F. Kennedy University)
Contra Costa Crisis Center 1-800-833-2900
Crockett Counseling Center 925-370-6544

Family Advocate Mental Health (CCHS) 925-957-5139
First Hope- CCHS 925-681-4450
George Miller Center 925-646-5710
National Alliance for the Mentally Ill (NAMI) 925-942-0767
Power Program (Dual Diagnosis) 925-685-7613
(Anka Behavioral Health)
Putnam Clubhouse 925-691-4276
The Hume Center 925-825-1793
YWCA Mental Health Program 925-372-4213

Multi-Service Centers
Monument Crisis Center 925-825-7751
Monument Multi-Service Center 925-685-7613
(Anka Behavioral Health)
Trinity Center 925-949-8712

Parenting Classes
C.O.P.E. Family Support Center 925-689-5811
Crockett Counseling Center 925-370-6544
Martinez Adult Education
Monument First Step Center 925-849-8861
Mt. Diablo Adult Education 925-685-7340
Second Nature Behavioral Health 510-610-4799

Pregnancy
Black Infant Health 925-313-6254
Healthy Families America (CCHS) 925-313-6254
Healthy Start 925-370-5495
Independent Adoption Center 925-827-2229
Options for Women 925-827-0100
Planned Parenthood 1-800-230-7526
Prenatal Care Guidance 925-313-6254
(CCHS/HealthFirst &
SAFELY SURRENDERED BABY 1-800-833-2900
SUBSTANCE ABUSE & PREGNANCY
La Casa Ujima 925-229-0230
Ujima Central Mothers’ Program 925-691-5083

Rape/Victims of Crime
Community Violence Solutions 1-800-670-7273
Rape, Abuse & Incest National Network 1-800-656-4673
Discovery Counseling Center 925-837-0505

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)
Concord 925-825-1488
Martinez 925-646-2598
Pleasant Hill 925-771-7641
Rossmoor 925-988-7703
San Ramon 925-973-3250
Walnut Creek 925-280-7310
Eldercare Locator 1-800-677-1116
Family Caregiver Alliance 1-800-445-8106
Senior Outreach Services 925-937-8311
In Home Personal Assistance 925-945-8040
(Diablo Valley Foundation for the Aging)
Information & Assistance for Seniors & Dependent Adults 1-800-510-2020
Meals-on-Wheels 925-937-8607
Medicare Hotline 1-800-633-4227
Senior Food Program - Concord, Martinez, Walnut Creek (Food Bank) 925-676-7543
Senior Peer Counseling 925-521-5636

Social Security 1-800-772-1213

Suicide
Contra Costa Crisis Center 1-800-833-2900
National Suicide Hotlines 1-800-273-8255
(Spanish) 1-800-784-2433

Teen Services
Alateen 925-932-6770
California Youth Crisis Line 1-800-843-5200
New Leaf Treatment Center 925-284-5200
(Substance Abuse Treatment)
Teen Services/SAFE Place 1-800-718-4357
(Northern California Family Center)

Transportation
Bay Area Travel Information 511
BART 925-676-2278
County Connection/County Link 925-676-7500

Utility Assistance
California Alternate Rates for Energy (CARE) Program 1-866-743-2273
Low-Income Home Energy Assistance Program (LIHEAP) 925-681-6380
Medical Baseline Program Relief for Energy 1-800-743-5000
REACH- Utility Assistance Program 925-676-6180
(Salvation Army-Concord)
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 925-372-2000
SHELTER, Inc. 925-957-7579
Veterans Suicide Hotline 1-800-273-8255

June 2016
www.211database.org