March 2015
www.211database.org

East Contra Costa County Resource Guide

Suicide
Contra Costa Crisis Center........... 1-800-833-2900
National Suicide Hotlines........... 1-800-273-8255
(English).............................. 1-888-743-2433
(Spanish).............................. 1-877-784-2432

Teen Services
Adolescent Family Family........... 1-877-427-7134
(Brighter Beginnings).............. 1-925-932-6770
Alateen................................ 1-925-372-2000
California Youth Crisis Line....... 1-800-843-5200
REACH Project, Inc Antioch....... 1-925-754-3673
REACH Project, Inc Oakley........ 1-925-679-2504
Teen Parenting Classes............. 1-925-634-2565
(Teens Adult Education).......... 1-800-718-4357
Teen Services/SAFE Place........... 1-800-718-4357
(Northern California Family Center)

Transportation
Bay Area Travel Information........ 511
BART.................................... 1-800-767-2278
Dial-A-Ride............................ 1-800-754-3060
Tri-Delta Route Info................. 1-800-754-4040

Utility Assistance
California Alternate Rates for Energy (CARE) Program.................... 1-866-743-2273
Low-Income Home Energy Assistance Program (LIHEAP).............. 1-888-681-6380
Medical Baseline Program Relief for Energy............................ 1-800-743-5000
REACH- Utility Assistance Prgm ... 925-778-0808
(Salvation Army-Antioch)
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
Supportive Services For Veteran Families (Shelter, Inc.).... 925-957-7579
Veterans Suicide Hotline........... 1-800-273-8255

Volunteers
Volunteer Center of the East Bay.... 925-472-5760

Need help and don’t know where to go?
Call 211 or visit www.211database.org

Brookside Shelter (Richmond), Concord Shelter
(singles only).......................... 1-800-799-6599
Call House-Richmond (Youth, 14-21) 1-800-610-9400
Contra Costa County Homeless Outreach (Anka Behavioral Health).... 925-812-3511
FERST Multi-Service Center .......... 925-778-3750
(Anka Behavioral Health)
GRIP Resource Center................ 510-233-2141
SAFE Place - Martinez (Youth, 9-17) 1-800-718-4357
(Northern California Family Center)
Shepherd’s Gate - Brentwood........ 925-308-7507
Transitional and Interim Housing 925-778-0298
(Sherlet, Inc.)

Housing
Housing Authority Public Housing Wait List
(Except Richmond and Pittsburg).... 925-957-8000
Housing Authority - Pittsburg...... 925-252-4830
Housing Authority - Brentwood
(Independent Living Resources).... 925-363-7293
Shelter, Inc............................. 925-778-0298
Senior & Adults w/ Disabilities.... 1-800-510-2020

Immigrant & Refugee Services
Asian Family Resource Center..... 510-970-9750
Cash Assistance Program for Immigrants........................................... 1-877-505-4630
Immigration & Naturalization Services (Catholic Charities of the East Bay).... 925-825-3099
Immigration & Citizenship Program
(International Institute of the Bay Area)...................... 925-237-8581
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.............. 925-825-5700
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
Comcast Internet Essentials..... 1-855-846-8376
Low Cost Computers
(Alameda County Computer Resource Ctr) 510-528-4052

Mental Health
Access Mental Health Appointment Line for Contra Costa County........ 1-888-678-2727
Adolescent, Adult and Children’s Psychiatric Programs.................. 1-800-680-6555
(John Muir Health Behavioral Health Center)
Community Health for Asian Americans....................................... 925-778-1667
Contra Costa Crisis Center........ 1-800-833-2900
Crockett Counseling Center..... 925-516-6441
Family Advocate Mental Health (CHS)........................................ 925-521-5121
First Hope- CHSS.................... 925-681-4450
National Alliance for the Mentally Ill (NAMI).............................. 925-942-0767
Power Program (Dual Diagnosis).................................................. 925-778-3750
(Anka Behavioral Health)
The Hume Center..................... 925-432-4118

Multi-Service Centers
FERST Multi-Service Center .......... 925-778-3750
(Anka Behavioral Health)
SparkPoint Citywide Office........ 925-252-2300
(Bay Point Family Service Center)

Parenting Classes
Antioch First 5 Center............... 925-757-5303
(Bright Beginnings)
Bay Point First 5 Center .......... 925-709-0874
C.O.P.E. Family Support Center 925-689-5811
Crockett Counseling Center..... 925-370-6514
Liberty Adult Education............. 925-634-2565
Pittsburg Adult Education........ 925-473-4460

Pregnancy
Adolescent Family Life............. 1-877-427-7134
(Bright Beginnings)
Healthy Start-Addiction Services 925-431-2345
Independent Adoption Center.... 925-827-2229
Nurturing Parenting Connections 925-755-4200
(Child Abuse Prevention Council)
Options for Women................. 925-827-0100
Planned Parenthood................ 1-800-230-7526
Prenatal Care Guidance............ 925-313-6254
CC Health/First 5
Safety Surrendered Baby.......... 1-800-833-2000
SUBSTANCE ABUSE & PREGNANCY
Ujima East.......................... 925-427-9100
Wollam House....................... 925-427-1384

Rape/Victims of Crime
Human Trafficking Hotline........ 1-800-670-7273
(Community Violence Solutions)
Rape, Abuse & Incest National Network........................................ 1-800-656-4673

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).... 925-757-7325
Antioch ................................ 925-458-2662
Brentwood ......................... 925-634-5040
Pittsburg ...................... 925-439-2136
Eldercare Locator................. 1-800-677-1116
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
In-Home Personal Assistance.... 925-945-8040
(Diablo Valley Foundation for the Aging)
Meals-on-Wheels.................... 925-937-8607
Medicare Hotline................... 1-800-633-4227
Reassurance Program.............. 925-284-6161
(Senior Helpline Services)
Senior Food Program (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg 925-676-7543
Senior Peer Counseling.......... 925-521-5856
Senior Services (John Muir Health) 925-947-3300
Social Security..................... 1-800-772-1213

Utilities

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