

March 2015

www.211database.org

East 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

(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..... 925-932-6770

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

Pueblos del Sol DUI Prgm(Bi-Bett).....925-240-7213

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

Thunder Road Adolescent Treatment Center

..... 510-653-5040

TREATMENT / COUNSELING

Power Program 925-778-3750

REACH Project—Antioch 925-754-3673

Oakley 925-679-2504

Ujima East 925-427-9100

SMOKING CESSATION

California Smokers Helpline ... 1-800-662-8887

Tobacco Helpline 1-800-844-2439

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 925-778-5437

Head Start Programs/Child Care Services

(CCC Community Services Bureau).....925-427-8852

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

Contra Costa Health Services Dental Clinics

Bay Point Children's Dental..... 925-427-8302

Pittsburg 925-431-2501

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

La Clínica Pittsburg Dental Clinic.925-431-1251

University California San Francisco

Dental School 415-476-1891

University of the Pacific Dental Clinic

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

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

Disability Services

Area Board 5 Developmental Disabilities

..... 510-286-0439

California Children's Services.....925-957-2680

CA Dept. of Rehabilitation 925-754-7700

Contra Costa ARC 925-370-1818

Developmental Disabilities Council. 925-313-6836

Futures Explored 925-825-0263

Rubicon Legal Services 510-232-6611

Independent Living Resource... 925-363-7293

Adult with Disabilities Services

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

Regional Center of the East Bay.925-691-2300

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

We Care Children's Center 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

Opportunity Junction 925-776-1133

Project Second Chance..... 925-754-8317

(Contra Costa Library)

ESL/GED/ADULT EDUCATION

Antioch Adult Education.....925-779-7490

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

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

Emergency Services

American Red Cross 1-866-272-2237

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.....1-800-959-9911

Employment/Job Training

CalJOBS - Internetwww.caljobs.ca.gov

Child Care Job Bank 925-676-5442

(Child Care Council)

Experience Unlimited 925-602-0166

EASTBAY Works, America's Job Center of CA

Antioch..... 925-706-4830

EASTBAY Works, America's Job Center of CA

Brentwood 925-634-2195

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

SparkPoint 925-252-2300

(Bay Point Family Service Center)

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

Internetwww.edd.ca.gov/Unemployment

Evictions/Rent Assist./Foreclosures

EVICION NOTICE ASSISTANCE/ LANDLORD

TENANT ASSISTANCE

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

EVICION COURT SUMMONS ASSISTANCE

Bay Area Legal Aid..... 925-219-3325

FORECLOSURE ASSISTANCE

Concord Family Service Center .925-825-3099

(Catholic Charities of East Bay)

Foreclosure Assistance – HUD 415-489-6400

Housing & Economic Rights Advocates

..... 510-271-8443

Money Management Int'l..... 1-866-336-0624

National Foreclosure Hotline..... 1-888-995-4673

Pacific Community Services925-439-1056

RENTAL ASSISTANCE

Concord Family Services Center..925-825-3099

(Catholic Charities of the East Bay)

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

Shelter, Inc..... 925-335-0698

Financial Assistance

CalWORKs (families) 1-877-505-4630

General Assistance (Individuals)..1-877-505-4630

Money Management Int'l..... 1-866-336-0624

Food

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

EBT Card Services 1-877-328-9677

Food Bank of Contra Costa & Solano

Groceries, pantries, meals925-676-7543

Food Pantries/Soup Kitchens..... 211

Loaves & Fishes Dining Rooms ..925-687-6760

WIC Program – Brentwood 925-513-6880

WIC Program – Pittsburg925-431-2460

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

Antioch, Bay Point, Brentwood 1-800-495-8885

COMMUNITY CLINICS

Brighter Beginnings - Family Health Clinic

Antioch..... 925-303-4780

La Clínica Oakley..... 925-776-8240

La Clínica Pittsburg 925-431-1251

Mobile Health Clinic(John Muir).....925-363-7588

Planned Parenthood – Antioch, Pittsburg

..... 1-800-230-7526

RotaCare Clinic - Pittsburg 925-439-2009

Sutter Delta Urgent Care Clinic... 925-779-3676

HOSPITALS

Contra Costa Regional Medical Center

..... 925-370-5000

Kaiser Medical Center 925-813-6500

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

Health Insurance

Covered California 1-888-975-1142

..... www.coveredca.com

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

Patient Financial Counseling..... 1-800-771-4270

(Information on County health insurance programs)

Homeless

Bay Area Rescue Mission

Men's Shelter 510-215-4868

Women & Family Shelter 510-215-4860

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

March 2015

www.211database.org

East Contra Costa County Resource Guide



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

Housing

Housing Authority Public Housing Wait List (Except Richmond and Pittsburg) 925-957-8000
Housing Authority - Pittsburg... 925-252-4830
Housing Workshop/Shared Housing (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
Refugee Health Program 925-313-6893
U.S. Citizenship and Immigration Services 1-800-375-5283

Information & Referral

2-1-1 Contra Costa 211
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
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..... 1-888-678-7277
Adolescent, Adult and Children's Psychiatric Programs 1-800-680-6555
Community Health for Asian Americans 925-778-1667
Contra Costa Crisis Center 1-800-833-2900
Crockett Counseling Center 925-370-6544
Family Advocate Mental Health (CCHS) 925-521-5121

First Hope- CCHS 925-681-4450
National Alliance for the Mentally Ill (NAMI) 925-942-0767
Power Program (Dual Diagnosis) . 925-778-3750
The Hume Center 925-432-4118

Multi-Service Centers

FERST Multi-Service Center..... 925-778-3750
SparkPoint Bay Point..... 925-252-2300

Parenting Classes

Antioch First 5 Center 925-757-5303
Bay Point First 5 Center 925-709-0874
C.O.P.E. Family Support Center...925-689-5811
Crockett Counseling Center.....925-370-6544
Liberty Adult Education.....925-634-2565
Pittsburg Adult Education.....925-473-4460

Pregnancy

Adolescent Family Life..... 1-877-427-7134
Healthy Start..... 925-431-2345
Independent Adoption Center925-827-2229
Nurturing Parenting Connections..... 925-755-4200
Options for Women 925-827-0100
Planned Parenthood 1-800-230-7526
Prenatal Care Guidance 925-313-6254
Safely Surrendered Baby..... 1-800-833-2900
SUBSTANCE ABUSE & PREGNANCY
Ujima East..... 925-427-9100
Wollam House 925-427-1384

Rape/Victims of Crime

Human Trafficking Hotline.....1-800-670-7273
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)
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 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
Meals-on-Wheels 925-937-8607
Medicare Hotline 1-800-633-4227
Reassurance Program 925-284-6161
Senior Food Program (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg..925-676-7543
Senior Peer Counseling 925-521-5636
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 1-800-273-8255

Teen Services

Adolescent Family Life..... 1-877-427-7134
Alateen 925-932-6770
California Youth Crisis Line..... 1-800-843-5200
REACH Project, Inc Antioch 925-754-3673
REACH Project, Inc Oakley..... 925-679-2504
Teen Parenting Classes 925-634-2565
Teen Services/SAFE Place..... 1-800-718-4357

Transportation

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

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 Prgm...925-778-0808
Utility Shut-off Assistance 1-800-743-5000

Veterans

Contra Costa County Veterans Services 925-313-1481
Concord Veterans Center925-680-4526
Martinez VA Outpatient Clinic925-372-2000
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