

COMMUNITY RESOURCES

MANAGED HEALTH NETWORK – CONFIDENTIAL STUDENT ASSISTANCE PROGRAM

Students of Contra Costa Community College District (Los Medanos College, Diablo Valley College or Contra Costa College) who are enrolled in at least 6 units, are entitled to 5 sessions per benefit period (July 1-June 30).

- **Student Assistance Program 24 Hour Hotline** - (800) 227-1060

Services Include:

- ❖ Achieving life balance.
- ❖ Stress & Anxiety
- ❖ Grief & Depression
- ❖ Health & Wellness
- ❖ Substance Abuse
- ❖ Marital, Family & Relationship Issues
- ❖ Domestic Violence
- ❖ Financial & Legal Issues
- ❖ Identity Theft

For additional information you may learn more at the district website. www.4cd.edu

HOUSING RESOURCES

There are many resources to help with housing in and out of our local area. Contact these organizations if you find yourself in a housing situation and you don't know where to turn. They may be able to help you with landlord/tenant issues, temporary housing, family shelters, or, in certain circumstances, rental payment assistance or move-in costs.

- **Catholic Charities of the East Bay** – (510) 768-3100 - www.cceb.org
- **Homeless Hotline** - (800) 808-6444
- **Shelter Inc.** - (925) 335-0698 - www.shelterinc.org
- **City of Pittsburg Housing Authority** – (925) 252-4830 - www.ci.pittsburg.ca.us
- **Housing Authority of Contra Costa County** - (925) 957-8000 - www.contracostahousing.org
- **Affordable Housing, Contra Costa County** - (855) 323-2626 - www.ccreach.org
- **East Bay Housing Organization** - (510) 663-3830 – www.ebho.org
- **Contra Costa Interfaith Housing** – (925) 944-2244 – www.ccinterfaithhousing.org
- **Pittsburg Homeless Shelters & Services for the Needy** - www.homelessshelterdirectory.org
- **Bay Area Rescue Mission** – Men's Shelter (510) 215-4868 – Women's Shelter (510) 215-4860
www.bayarearescue.org
- **Pacific Community Services** - (925) 439-1056
- **Shepards Gate** - (888) 216-4776 – www.shepardsgate.org

CHILD CARE RESOURCES

- **Contra Costa Child Care Council** - (925) 778-5437 - www.cocokids.org
- **So Big Co-op Preschool** - (925) 757-6474 – www.sobigpreschool.org
- **Los Medanos College Childcare** – (925) 473-7628 – www.losmedanos.edu/childcare
Contact: knilson@losmedanos.edu for more details about child care or stop by the Child Study Center to speak to someone directly. Front desk hours are M-F 8:00-4:00.
- **Head Start Programs/Child Care Services** – (925) 681-6300 – www.ehsd.org/headstart
- **KinderCare Learning Centers** – (925) 432-8800 www.kindercare.com
- **Bay Area Crisis Nursery** - Ages 0-5 (925) 685-8052 www.bayareacrisisnursery.org
Crisis child care.
- **Dahlstrom House** – Ages 6-11 (925) 685-3695 – www.bayareacrisisnursery.org

COMMUNITY RESOURCES

ALCOHOL & DRUG PROGRAMS

All calls are confidential. Outpatient programs, inpatient programs youth programs and other services.

- **Contra Costa Alcohol & Drug Abuse Information Services & Resources** - (800) 846-1652 - www.cchealth.org/aod
- **John Muir Behavioral Health Center** - (925) 674-4100 – www.johnmuirhealth.com
Contra Costa County health plans do not cover the expenses of this program.
- **Kaiser Permanente ChemCare Dependency Recovery Program (CDRP)**

Antioch	(925) 777-6300
Oakland	(510) 251-0121
Richmond	(510) 307-1591
Vallejo	(707) 651-1050
Walnut Creek	(925) 295-4145

- **Twelve Step Programs**

All twelve step programs free of charge.

Alcoholics Anonymous	(925) 939-5371 (925)939-4155	www.contracostaAA.org
Al-Anon (For families of alcoholics.)	(925) 932-6770	www.al-anon.org
Narcotics Anonymous	(707) 422-9234	www.norcalna.org
Nar-Anon (For families of addicts.)	(800) 477-6291	www.nar-anon.org
Co-Dependency Groups	(408) 872-0733	www.sfbaycoda.net
Cocaine Anonymous	(310) 559-5833	www.ca.org
Debtors Anonymous	(800) 421-2383	www.debtorsanonymous.org
Marijuana Anonymous	(800) 766-6779	www.marijuana-anonymous.org
Nicotine Anonymous		www.nicotineanonymous.org
Food Addicts Anonymous	(772) 878-9657	www.foodaddictsanonymous.org
Overeaters Anonymous	(505) 891-2664	www.oa.org
Gamblers Anonymous	(855) 222-5542	www.gamblersanonymous.org

LEGAL RESOURCES

Many of these groups provide free information as well as free advocacy and legal representation for low-income households. If you are struggling with a situation or just need additional information, please contact one of these groups.

- **Bay Area Legal Aid** – (925) 219-3325 – www.baylegal.org
- **Coalition of California Welfare Rights Organizations, Inc.** – (916) 736-0616 - www.ccwro.org
- **Family Law Facilitator** – (925) 608-1000 – www.cc-courts.org
- **California Department of Social Services** – (916) 551-2150 – www.cdss.ca.gov
- **Lawyer Referral Services of Contra Costa County** – (925) 825-5700 – www.cccba.org

A 30 minute meeting with a lawyer is \$30.00. Direct services beyond the initial session are based on the lawyer's regular fee structure.

- **Virtual Self-Help Law Center** – www.cc-courthelp.org or www.courthelp.org
- **Child Support Services** – (866) 901-3212 – www.childsup.ca.org

Sliding scale fee.

Establish, modify, and enforce a court order or child support services.

COMMUNITY RESOURCES

FOOD RESOURCES

COMMUNITY PRODUCE PROGRAM

Provides 15-20 lbs. of **FREE** fresh produce to low income families and individuals twice a month. Bring bags w/ handles.

- **Buchanan Park**, 4150 Harbor St, Pittsburg
1st & 3rd Tuesday, 12:00-1:00pm
- **Pittsburg City Park**, 167 N. Parkside Dr. (near the baseball fields), Pittsburg
1st & 3rd Thursday, 2:00-3:00pm
- **First Baptist Family Life Center**, 224 Linda Vista, Pittsburg
1st & 3rd Thursday, 11:30am-12:30pm
Once a month for low-income individuals and families (Bring picture I.D. and proof of address)
- **The Pentecostals**, 310 Central Ave, Pittsburg
2nd & 4th Thursday 12:00-1:00pm
- **Solomon Temple**, 655 California Ave, Pittsburg
2nd & 4th Thursday, 2:00-3:00pm
- **El Pueblo Housing Development**, 875 El Pueblo Ave, Pittsburg
2nd & 4th Sunday 12:30-1:30pm

FOOD ASSISTANCE PROGRAM

- **Loaves & Fishes** – (925) 293-4792 – www.loavesfishescc.org
- **CalFresh** – (877) 847-3663 - www.calfresh.ca.gov
- **WIC – Pittsburg** – (925) 431-2460 **Brentwood** – (925) 513-6880 – www.wicprograms.org
- **Food Bank of Contra Costa & Solano** – (925) 676-7543 – www.foodbankccs.org
- **First Baptist Church**, 224 Linda Vista, Pittsburg,
1st & 3rd Thursday 10:30am-12:30pm
- **Solomon Temple**, 655 California Ave, Pittsburg
1st Tuesday, 10:00am-12:00pm
-Free groceries once a month for low-income individuals and families. Bring a picture ID and proof of address (PG&E bill, for example), if you have it.
-Boxes of **FREE** healthy food every month for children ages 4-6 years old. Bring a picture ID and proof of address (PG&E, for example).

SENIOR FOOD PROGRAM

Free groceries twice a month for low-income individuals ages 55 or older. Only one senior per household can receive food. (Bring picture I.D. and proof of address)

- **Church of the Good Shepard**, 3200 Harbor St, Pittsburg
2nd & 4th Thursday, 11:00am-12:00pm (Serves people living **SOUTH** of Highway 4)
- **Diane Avenue Church of Christ**, 283 Diane Ave, Pittsburg
2nd & 4th Thursday, 10:00am-11:00am (Serves people living **NORTH** of Highway 4)

COMMUNITY RESOURCES

SOCIAL SERVICE PROGRAMS

Referral to Community Services. Fee or sliding scale may apply.

- **Aging and Adult Services** – (800) 510-2020 – www.cccounty.us/ehsd

Adult Day Care

Adult Protective Services

Alzheimer's Resources

Caregiver Assistance

Food Programs

Health Resources

Help in the Home

Housing Alternatives

In-home Assessments

Legal Assistance

Recreation

Support Groups

Tax Counseling

Transportation

Volunteering

Health information, classes & support groups

Nominal fee. May apply.

- **John Muir Community Health Resources** – (925) 941-7900 – www.johnmuirhealth.com/events/consumer/browse/index

FAMILY CRISIS

Domestic Violence

-Shelter and resources for victims escaping violent homes.

- **Contra Costa Crisis Center** – (800) 833-2900 - www.crisis-center.org
- **Stand for Families Free of Violence** – (888) 215-5555 – www.standffov.org
No fee or sliding scale. **24 Hour toll-free crisis line.**

24 Bed Shelter (2-3 months).

Temporary restraining order referrals to the Bay Area
Legal Aid.

Counseling services for women, men and children who
have been affected by domestic violence and family
stress.

Counseling

- **JFK Counseling Services** – (925) 798-9240 - www.jfku.edu/Locations/Community-Counseling-Centers.html
- **Touch Stones Counseling Services** – (925) 932-0150 – www.touchstonecounseling.com

Children Specialty

-Provides assistance with legal services, domestic violence prevention, financial aid, education & training.

- **Jewish Family & Children Services** – (925) 927-2000 – www.jfcs/eastbay.org

-Provides immigration legal services, financial assistance (for qualified families), and crisis counseling.

- **Catholic Charities of the East Bay** – (510) 768-3100 – www.cceb.org

Sliding scale fee for marriage and family counseling.