

**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 ..... 925-313-6771

**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 Contra Costa, Inc.)

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

Thunder Road Adolescent Treatment Center

..... 510-653-5040

**TREATMENT / COUNSELING**

REACH Project - Antioch ..... 925-754-3673

Brentwood ..... 925-666-8460

Oakley ..... 925-679-2504

Ujima East ..... 925-427-9100

**SMOKING CESSATION**

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

**Animals**

Antioch Animal Services..... 925-779-6989

Contra Costa Humane Society . . 925-279-2247

Food Bank of Contra Costa & Solano

Pet food assistance ..... 925-676-7543

**Child Care/Crisis Child Care**

Coco Kids ..... 925-778-5437

Head Start Programs/Child Care Services

(CCC Community Services Bureau)..... 925-681-6300

**CRISIS CHILD CARE**

Bay Area Crisis Nursery (Ages 0-5) .. 925-685-8052

Dahlstrom House (Ages 6-11) ..... 925-685-3695

Safe Refuge For Families (Ages 0-18)

..... 925-566-8050

**Crisis and Suicide Intervention**

Contra Costa Crisis Center ..... 2-1-1

Provides 24-hour crisis/warm line support.

National Suicide Hotlines..... 1-800-273-8255

**Death & Dying**

Grief Counseling ..... 2-1-1

(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

**Disability Services**

California Children's Services..... 925-313-6400

CA Dept. of Rehabilitation ..... 925-754-7700

Contra Costa ARC ..... 925-370-1818

Developmental Disabilities Council . 925-313-6836

Futures Explored ..... 925-825-0263

Hearing Loss Association of America - Diablo

Valley & East Bay Chapter ..... 925-264-1199

Independent Living Resource... .. 925-363-7293

In Home Supportive Services ..... 925-229-8434

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

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

State Council on Developmental Disabilities

Bay Area..... 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

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..... 925-473-2400

**Emergency Services**

American Red Cross ..... 1-800-272-2237

California Poison Control System 1-800-222-1222

CA Office Emergency Services.... 925-953-1402

Community Warning System ..... 925-313-9622

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Hotline..... 1-800-959-9911

**Employment/Job Training**

CalJOBS - Internet ..... [www.caljobs.ca.gov](http://www.caljobs.ca.gov)

Child Care Job Bank ..... 925-676-5442

(Coco Kids)

Experience Unlimited ..... 925-602-0166

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

Rubicon..... 925-399-8990

SparkPoint Contra Costa East... .. 925-252-2300

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

..... [www.edd.ca.gov/Unemployment](http://www.edd.ca.gov/Unemployment)

**Evictions/Rent Assist./Foreclosures**

**EVICTION NOTICE ASSISTANCE/ LANDLORD  
TENANT ASSISTANCE**

Bay Area Legal Aid ..... 510-250-5270

ECHO Fair Housing ..... 1-855-275-3246

(except Concord and Pittsburg)

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

(Antioch, Pittsburg and Bay Point residents only)

**FORECLOSURE ASSISTANCE**

Foreclosure Assistance – HUD .... 415-489-6400

Housing & Economic Rights Advocates

(HERA) ..... 510-271-8443

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

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

**RENTAL ASSISTANCE**

Concord Family Services Center .. 925-825-3099

(Catholic Charities of the East Bay)

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

SHELTER, Inc. .... 925-338-1038

**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 ..... 925-676-7543

Food Pantries/Soup Kitchens..... 2-1-1

Loaves & Fishes Dining Rooms .. 925-293-4792

WIC Program – Brentwood ..... 925-513-6880

WIC Program – Pittsburg ..... 925-431-2460

**Gay, Lesbian, Bisexual, Transgender**

LGBT 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

Health Care for the Homeless Mobile Van

(CCHS) Call for locations/hours ..... 925-608-5300

**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

**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 ..... 1-800-300-1506

..... [www.coveredca.com](http://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/CalFresh 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  
**Calli House**-Richmond (Youth, 18-24) 1-800-610-9400  
**Coordinated Outreach Referral and Engagement (CORE)** ..... 2-1-1  
 Homeless outreach to encampments and referrals to Concord and Brookside Shelters.  
**GRIP Resource Center CARE Center**  
 ..... 510-233-2141  
**Monument Crisis Center CARE Capable Center**  
 ..... 925-825-7751  
**SHELTER, Inc.**.....925-338-1038  
**Shepherd's Gate** - Brentwood ..... 925-308-7507  
**Trinity Center CARE Center**..... 925-949-8712

**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  
**Senior & Adults w/ Disabilities** .. 1-800-510-2020  
**SHELTER, Inc.** ..... 925-338-1038

**Immigrant & Refugee Services**

**Cash Assistance Program for Immigrants**  
 ..... 1-877-505-4630  
**Citizenship Education**  
 Antioch Adult Education.....925-779-7490  
 Liberty Adult Education..... 925-634-2565  
 Pittsburg Adult Education.....925-473-2400  
**Immigration & Naturalization Services**  
 (Catholic Charities of the East Bay) .... 925-825-3099  
**Immigration & Citizenship Program**  
 (International Institute of the Bay Area) ..925-237-8581  
**Refugee & Immigrant Services** .. 925-927-2000  
 (Jewish Family & Community Services of the East Bay)  
**Refugee Health Program**..... 925-313-6893  
**Stand Together Contra Costa** .....925-900-5151  
 Rapid response and immigration legal services in Contra Costa County.  
**U.S. Citizenship and Immigration Services**  
 ..... 1-800-375-5283

**Information & Referral**

**2-1-1 Contra Costa**..... 2-1-1  
 (Contra Costa Crisis Center)  
**Information & Assistance for Seniors & Dependent Adults**..... 1-800-510-2020

**Legal & Mediation Services**

**Bay Area Legal Aid**.....510-250-5270  
**Lawyer Referral Service**..... 925-825-5700  
 (Contra Costa County Bar Association)  
**CCC Dept. of Child Support**..... 1-866-901-3212  
**CC Senior Legal Services** ..... 925-609-7900  
**Conflict Resolution/Mediation**  
 (Center for Human Development)..... 925-349-7344  
**Family Law Facilitator**..... www.cc-courts.ca.gov  
 (Divorce, child custody, support, paternity issues, help)  
**Medical Legal Partnership (FMCH)**...800-880-8047  
**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 County**..... 1-888-678-7277  
**Antioch Wellness City** ..... 925-732-7930  
**Bay Area Psychotherapy Institute** .. 925-284-2298  
**Brighter Beginnings - Family Health Clinic**  
 Antioch..... 925-303-4780  
**Community Health for Asian Americans**  
 ..... 925-778-1667  
**Contra Costa Crisis Center**..... 2-1-1  
**Counseling at Village Community Center** (John Muir Health Behavioral Health Center).... 925-941-7940  
**Family Advocate Mental Health (CCHS)**  
 ..... 925-957-5139  
**First Hope- (CCHS)** ..... 925-608-5300  
**National Alliance for the Mentally Ill (NAMI)**  
 ..... 925-942-0767  
**Outpatient Psychiatric Programs**  
 ..... 925-674-4265  
 (John Muir Health Behavioral Health Center)  
**The Hume Center** .....925-432-4118

**Multi-Service Centers**

**SparkPoint Contra Costa East** .. 925-252-2300  
**Village Community Center**..... 925-626-7892

**Parenting Classes**

**Antioch First 5 Center**.....925-301-4052  
**Brentwood First 5 Center**.....925-516-3880  
**East County First 5 Center (Pittsburg)**  
 ..... 925-301-4040  
**C.O.P.E. Family Support Center**...925-689-5811  
**Liberty Adult Education**.....925-634-2565  
**Pittsburg Adult Education**.....925-473-2400

**Pregnancy**

**Birthingright** ..... 925-634-1586  
**Black Infant Health (CCHS)** .....925-313-6254  
**Healthy Families America (CCHS)** .....925-313-6254  
**Healthy Start (CCHS)**..... 925-431-2345  
**Medical Legal Partnership (FMCH)**...800-880-8047  
**Planned Parenthood** ..... 1-800-230-7526  
**Prenatal Care Guidance** ..... 925-313-6254  
 (CC Health/First 5)  
**Safely Surrendered Baby**..... 1-800-833-2900  
**SUBSTANCE ABUSE & PREGNANCY**  
**Ujima East**..... 925-427-9100  
**Wollam House** ..... 925-427-1384

**Rape/Victims of Crime**

**Community Violence Solutions**..1-800-670-7273  
**Rape, Abuse & Incest National Network**  
 ..... 1-800-656-4673  
**Victim Witness Assistance Program**  
 ..... 925-957-8650

**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)  
 Antioch..... 925-757-7325  
 Bay Point..... 925-458-2662  
 Brentwood ..... 925-634-5040  
 Pittsburg ..... 925-439-2136  
**Covia** ..... 925-956-7400  
**Eldercare Locator** ..... 1-800-677-1116  
**Family Caregiver Alliance**..... 1-800-445-8106

**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** ..... 925-937-8311  
**Medicare Hotline**..... 1-800-633-4227  
**Mobility Matters** ..... 925-284-6161  
**Senior Food Program** (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg. 925-676-7543  
**Senior Outreach Services** ..... 925-937-8311  
**Senior Peer Counseling** ..... 925-521-5636  
**Social Security**..... 1-800-772-1213

**Teen Services**

**Alateen** ..... 925-932-6770  
**California Youth Crisis Line**..... 1-800-843-5200  
**New Leaf Treatment Center** ..... 925-284-5200  
 (Substance abuse treatment)  
**REACH Project, Inc** Antioch ..... 925-754-3673  
**REACH Project, Inc** Oakley..... 925-679-2504  
**Teen Parenting Classes** ..... 925-634-2565  
 (Liberty Adult Education)  
**Teen Services/SAFE Place**..... 1-800-718-4357  
 (Northern California Family Center)

**Transportation**

**511 Contra Costa** Bay Area Travel Information...5-1-1  
**BART**..... 925-676-2278  
**Dial-A-Ride**..... 925-754-3060  
**Mobility Matters** ..... 925-284-6161  
**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  
**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  
**Veterans Suicide Hotline**.....1-800-273-8255

**Volunteer Opportunities**

**Contra Costa Crisis Center** ..... 925-939-1916  
**Contra Costa Society for the Prevention of Cruelty to Animals** ..... 925-825-5156  
**Covia** ..... 925-956-7396  
**Food Bank of Contra Costa & Solano**  
 ..... 925-676-7543  
**Meals on Wheels** ..... 925-937-8607  
**Mobility Matters** ..... 925-284-4831  
**Volunteer Opportunities**..... 2-1-1

Need help and don't know where to go?  
 Call 2-1-1 or Text HOPE to 20121