



Anger Management Classes

C.O.P.E. Family Support Center ..925-689-5811
Mt. Diablo Adult Education925-685-7340
Saving Our Sons and Daughters.....925-432-4200
STAND! For Families Free of Violence
1-888-215-5555

Child Abuse/Prevention

Children's Protective Services ..1-877-881-1116
Human Trafficking Prevention...1-800-670-7273
 (Community Violence Solutions)
National Child Abuse Hotline.....1-800-422-4453
A Step Forward925-685-9670
PREVENTION

Child Abuse Prevention Council ..925-798-0546
Children & Family Services
 Central925-602-9300
 East.....925-522-7400
 West510-231-8100
Safe Refuge for Children and Families(Ages 0-18)
925-566-8050

Child Care/Child Care Subsidies

Coco Kids – Central925-676-5437
 East.....925-778-5437
 West510-758-5439
Head Start Programs (CCC Community Services Bureau)925-272-4727

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) ..925-685-8052
Safe Refuge for Children and Families(Ages 0-18)
925-566-8050

Child Custody

Bay Area Legal Aid West.....1-800-551-5554
CCC Dept. of Child Support.....1-866-901-3212
Family Law Facilitator925-608-2067

Child/Family Counseling

Access Mental Health Appointment Line for Contra Costa County: Mental Health Crisis Unit, Central/East/West; Youth/Families/Adult Services
1-888-678-7277

Bay Area Psychotherapy Institute.....925-284-2298
Brighter Beginnings

Antioch.....925-303-4780
 Richmond510-213-6681

Center for Human Development.....925-687-8844
Community Health for Asian Americans

East.....925-778-1667 x 316
 West.....510-233-7555 x 10

Conflict Resolution/Mediation
 (Center for Human Development).....925-349-7344

Early Childhood Mental Health ..510-837-6902
 (Children ages 0-6)

Familias Unidas Counseling & Information
510-412-5930

Family Advocate Mental Health (CCHS)
925-348-5565

John Muir at Village Community Resource Center925-941-7940

The Hume Center Central925-825-1793
 East925-432-4118

West510-778-2816
YWCA Mental Health Program925-372-4213

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
Trevor Helpline1-866-488-7386

Dental

Contra Costa Health Services Dental Clinics
1-877-905-4545
 Martinez925-370-5300
 Pittsburg925-431-2501
 San Pablo510-231-9540
Dental Hygiene Clinic925-969-2692
 (Diablo Valley College)
Respite Dental Care Concord925-608-5350
Denti-Cal/Medi-Cal Dental Program
1-800-322-6384
La Clínica Monument925-363-2000
La Clínica Pittsburg Dental Clinic 925-431-1250
Lifelong Medical Care William Jenkins Health Center Richmond.....510-981-4100
Lifelong Medical Care
 San Pablo.....510-215-9092
 Pinole510-981-3255

Expectant/New Parent

BREASTFEEDING

Contra Costa Breastfeeding Advice Line
1-866-878-7767
La Leche League1-800-525-3243

NEW PARENT

Birthingright800-550-4900
Black Infant Health925-313-6254
 (CCHS)
Child Abuse Prevention Council.....925-798-0546
Perinatal Circle of Care (ECMHP)510-837-6941
Prenatal Care Guidance.....925-313-6254
Welcome Home Baby (ASPIRAnet).....925-301-4050

Eye Exam/Glasses/Hearing Aids

Hear NOW1-800-328-8602
Lions Center for the Visually Impaired
925-432-3013
The Hearing Foundation1-800-327-8077
University California Berkeley
Eye Care Center.....510-642-2020

Financial Assistance

CCC Dept. of Child Support.....1-866-901-3212
Social Services Rapid Response Team
 General Assistance (GA), CalWORKs, Medi-Cal
925-335-6581

First 5 Centers

Antioch First 5 Center925-301-4052
East County First 5 Center.....925-301-4040
Delta First 5 Center.....925-516-3880
Monument Community First 5 Center 925-849-8861
West County First 5 San Pablo Center 510-232-5650

Food

EBT Card Services1-877-328-9677
Food Bank of Contra Costa & Solano
 Groceries, pantries, meals925-676-7543
Food Pantries/Soup Kitchens/Food Resource Programs2-1-1

Loaves & Fishes925-293-4792
Social Services Rapid Response Team
 CalFresh Food Stamps

.....925-335-6581
WIC Program.....1-800-414-4942
 (Pregnant women breastfeeding or with children 0-5)

Health Insurance

California Children's Services925-313-6400
Child Health & Disability Prevention (CHDP)
925-313-6150
Covered California1-800-300-1506
www.coveredca.com
Patient Financial Counselors.....1-800-771-4270
Kaiser Child Health Plan1-800-464-4000

Homeless Families

Coordinated Outreach Referral and Engagement (CORE)2-1-1
GRIP CARE Center and Shelter510-233-2141
Trinity Center CARE Center925-949-8712

Housing

Housing Authority of Contra Costa County (Administration)925-957-8000
Pittsburg Housing Authority.....925-252-4830
Richmond Housing Authority510-621-1300
LANDLORD/TENANT
Conflict Resolution/Mediation
 (Center for Human Development).....925-349-7344
Housing and Economic Advocates (HERA)
510-271-8443
Pacific Community Services.....925-439-1056
RENTAL ASSISTANCE
Concord Family Service Center Catholic Charities.....925-825-3099
COVID-19 Assistance Catholic Charities
510-768-3100
Season of Sharing.....925-655-1205
SHELTER, Inc.925-338-1038

Kinship Support Services

Kinship Support Services (Pacific Clinics)
 Central925-602-1750
Kinship Support Services (Youth Services Bureau)
 West510-215-4671
Lilliput Families
 East925-384-1650
 Central925-370-3100

LGBTQ Parenting

LGBT National Help Center1-888-843-4564
Parents, Families & Friends of Lesbians & Gays (PFLAG)—Internet to find local group ...www.pflag.org
Rainbow Community Center.....925-692-0090

Medical Care

Advice Nurse1-877-661-6230
Brighter Beginnings - Family Health Clinic
 Antioch.....925-303-4780
 Richmond510-213-6681
Contra Costa Health Services Health Centers
1-800-495-8885
 Antioch, Bay Point, Brentwood, Concord, Martinez, Pittsburg, San Pablo
COVID-19 Testing1-844-421-0804
COVID-19 Vaccines1-833-829-2626

**Health Care for the Homeless Mobile Van**

(CCHS) Call for locations/hours925-608-5300

La Clínica Monument925-363-2005**La Clínica Oakley**925-776-8200**La Clínica Pittsburg**925-431-2100**Lifelong Medical Care William Jenkins Health****Center Richmond**510-981-4100**Lifelong Medical Care**

San Pablo.....510-215-9092

Pinole510-981-3255

Mobile Health Clinic John Muir925-941-7940**Planned Parenthood**1-800-230-7526**RotaCare Clinic Concord**925-429-6409**RotaCare Clinic Pittsburg**925-439-2009**RotaCare Clinic Richmond**510-213-6678**Parenting Classes****Antioch First 5 Center**925-301-4052**East County First 5 Center**925-301-4040**Child Abuse Prevention Council**925-798-0546**C.O.P.E. Family Support Center**925-689-5811**Mt. Diablo Adult Education**925-685-7340**Primeros Nuestros Niños**510-233-8595

(The Latina Center)

West Contra Costa Adult Education Center

.....510-231-1453

Parenting Education**C.O.P.E. Family Support Center**925-689-5811**Mt. Diablo Adult Education**925-685-7340**Parent Support Groups & Edu.**510-837-6902

(Early Childhood Mental Health Program)

Prenatal Care Guidance (CCHS)925-313-6254**Primeros Nuestros Niños (Latina Center)** 510-233-8595**West County First 5 Richmond**.....510-232-5650**Parent/Child Activity Groups****Antioch First 5 Center**925-301-4052**East County First 5 Center**925-301-4040**Contra Costa County Library**800-984-4636**Delta First 5 Center**.....925-516-3880**Family Literacy Program**.....510-236-3900

(Catholic Charities of the East Bay)

Monument Community First 5 Center 925-849-8861**Mt. Diablo Adult Education**925-685-7340**We Care Developmental Playgroups**

.....925-671-0777

West County First 5 Richmond.....510-232-5650**Postpartum Depression****Parent Support Groups & Edu.**510-837-6902

(Early Childhood Mental Health Program)

Postpartum Depression (PPD) Helpline

.....1-800-944-4773

Welcome Home Baby925-301-4050

(ASPIRAnet)

Pregnancy/Prenatal Care**Black Infant Health(CCHS)**925-313-6254**Brighter Beginnings**

Antioch.....925-303-4780

Richmond510-213-6681

Healthy Start (CCHS) Central925-370-5495

East.....925-431-2345

West.....510-231-9469

Lifelong Medical Care William Jenkins Health**Center Richmond**510-981-4100**Lifelong Medical Care**

San Pablo.....510-215-9092

Pinole510-981-3255

Perinatal Circle of Care (ECMHP)510-837-6941**Planned Parenthood Antioch**1-800-230-7526

Concord, Richmond, San Ramon, Walnut Creek

Prenatal Care Guidance (CCHS).....925-313-6254**Safely Surrendered Baby**2-1-1**SUBSTANCE ABUSE & PREGNANCY****BAART-East**925-522-0124

West510-232-0874

Healthy Start (CCHS) – Central925-370-5495

East.....925-431-2345

West.....510-231-9469

La Casa Ujima Residential.....925-229-0230**La Casa Central Mothers' Program Ujima**

.....925-691-5083

The Rectory Women's Recovery Center

.....510-236-3134

Ujima Outpatient East.....925-427-9100**Ujima Outpatient West**510-215-2280**Wollam House**.....925-427-1384**School Districts****Acalanes Union High School District** 925-280-3900**Antioch Unified School District**925-779-7500**Brentwood Union School District** ..925-513-6300**Byron Union School District**925-809-7500**Canyon School District**925-376-4671**Contra Costa County Office of Education**

.....925-942-3388

John Swett Unified School District

.....510-245-4300

Knighten School District925-625-0073**Lafayette School District**925-927-3500**Liberty Union High School District**925-634-2166**Martinez Unified School District**.....925-335-5800**Moraga School District**925-376-5943**Mt. Diablo Unified School District** 925-682-8000**Oakley Union Elementary School District**

.....925-625-0700

Orinda Union School District925-254-4901**Pittsburg Unified School District**.....925-473-2300**San Ramon Valley Unified School District**

.....925-552-5500

Walnut Creek School District....925-944-6850**West Contra Costa Unified School District**

.....510-231-1100

Special Needs Services**Ability Tools**1-800-390-2699**State Council on Developmental Disabilities**

Bay Area510-286-0439

Bay Respite Care707-644-4491**California Children's Services**925-313-6400**Care Parent Network (Vistability)**925-313-0999**Center for Accessible Technology** ..510-841-3224**Center for Early Intervention on Deafness**

.....510-848-4800

Contra Costa Office of Education 925-942-3388**Deaf Counseling, Advocacy & Referral**

(DCARA).....510-343-6670

Developmental Disabilities Council ..925-313-6836**Down Syndrome Connection**925-362-8660**Early Childhood Mental Health** ..510-837-6902**Early Intervention Services (Easter Seals Bay**

Area) East/Central.....925-849-8999

West510-457-5800

Help Me Grow2-1-1**LightHouse for the Blind and Visually****Impaired**1-888-400-8933**Lynn Center Early Intervention Services**

Children 0-6.....925-439-9628

National Resource Center on ADHD

.....1-866-200-8098

Regional Center of the East Bay ..925-691-2300**Respite Care Program**.....510-834-2443

(Family Support Services of the Bay Area)

Special Needs Child Care Project 925-676-5442

(Coco Kids)

Through The Looking Glass1-510-848-1112**United Cerebral Palsy of the Golden Gate**

.....510-832-7430

Vistability925-370-1818**We Care Services for Children** ..925-671-0777**Teen Parents****CA Youth Crisis Line**.....1-800-843-5200**Through The Looking Glass**1-510-848-1112**Wraparound Services****Community Health for Asian Americans**

East.....925-778-1667 x 316

West.....510-233-7555 x 10

Contra Costa Family Justice Center

Central925-521-6366

East925-281-0970

West510-974-7200

Early Childhood Mental Health Program**Wraparound Support**510-412-9200**Early Intervention- (George Miller)**

Central925-646-5710

West.....510-374-3981

Familias Unidas510-412-5930**Fred Finch Therapeutic Behavioral****Services**510-482-2244**Lynn Center Early Intervention Services**

Children 0-6.....925-439-9628

Wraparound Services.....925-671-0777

(We Care Services for Children)

Need help and
don't know
where to go?

Call 2-1-1 or
Text "HOPE" to 20121
24/7 Spanish & English

Or visit:

www.211cc.org

This resource guide is a
collaborative effort of the
Contra Costa Crisis Center and
First 5 Contra Costa

