

**Abuse/Rape/Substance Abuse**

**STAND! For Families Free Of Violence** ..... 1-888-215-5555  
**Community Violence Solutions** . 1-800-670-7273  
**Alcohol & Other Drugs Access**.. 1-800-846-1652  
**Alcoholics Anonymous** ..... 925-939-4155

**Animals-if they need to be left behind**

**ARF-Animal Rescue Foundation** 1-800-567-1273  
**CCC Animal Shelter** 925-335-8300.510-374-3966  
**Contra Costa Humane Society** ..925-279-2247

**Child Care**

**CC Child Care Council** ..... 510-758-5439  
**Child Care Eligibility List (CEL)** .. 925-676-8570  
**CRISIS CHILD CARE**  
**Bay Area Crisis Nursery** (Ages 0-5) .. 925-685-8052  
**Dahlstrom House** (Ages 6-12) ..... 925-685-3695

**Employment: Job Training**

**CCC Regional Occupational Pgm.** ..925-942-3436  
**Opportunity Junction** (Antioch) .. 925-776-1133  
**The Stride Center** 925-682-8248 ..510-234-1300  
**Acalanes Adult Education** ..... 925-280-3980  
**Antioch Adult Education**..... 925-706-5365  
**Liberty Adult Education** ..... 925-634-2565  
**Martinez Adult Education**..... 925-228-3276  
**Mt. Diablo Adult Education** ..... 925-685-7340  
**Pittsburg Adult Education** ..... 925-473-4460  
**West Contra Costa Adult Ed.**..... 510-215-4666

**Employment**

**Bay Point Works** ..... 925-427-8392  
**Child Care Job Bank** ..... 925-676-5442  
**Experience Unlimited** ..... 925-602-0166  
**North Cities One Stop Center** .... 510-982-7128  
**One-Stop Center – Brentwood**..... 925-634-2195  
**One-Stop Center – Antioch**..... 925-706-4830  
**One-Stop Center – San Pablo** .... 510-412-6740  
**One-Stop Center – Concord** ..... 925-671-4500  
**Richmond Works – Richmond**.... 510-307-8014

**Evictions/Rent Assist./Foreclosures**

**EVICTON NOTICE ASSISTANCE**  
**Housing Rights, Inc.**..... 1-800-261-2298  
**Pacific Community Services**..... 925-439-1056

**EVICTON COURT NOTICE ASSISTANCE**

**Bay Area Legal Aid**..... 1-800-551-5554  
**Eviction Defense Center** ..... 510-452-4541  
 (Richmond Court cases only)

**FORECLOSURE ASSISTANCE**

**Concord Family Service Center** .. 925-825-3099  
**Consumer Credit Counseling** ... 1-866-889-9347  
**Foreclosure Assistance – HUD**.. 1-800-569-4287  
**Housing Rights**..... 1-800-261-2298  
**Housing & Economic Rights** .... 510-271-8443  
**National Foreclosure Hotline** .. 1-888-995-4673  
**Neighborhood Housing Service** .. 510-237-6459  
**Pacific Community Services**..... 925-439-1056

**RENTAL ASSISTANCE**

**Brentwood Family Service Center** ..925-308-7775  
**Concord Family Service Center** ..925-825-3099  
**Shelter, Inc.**..... 925-335-0698

**Financial Assistance**

**CalWORKs** (Families)..... 925-602-9379  
**Community Housing Dev. Corp.** ..510-412-9290  
**Consumer Credit Counseling** .... 1-866-889-9347  
**Critical Family Needs** (Concord) .. 925-825-3099  
**Critical Family Needs** (Brentwood) 925-308-7775  
**General Assistance** (Individuals) .. 925-602-9379  
**Season of Sharing** ..... 925-521-5065

**Unemployment Insurance**..... 1-800-300-5616

**Food**

**Food Bank of Contra Costa & Solano**  
 (Groceries, pantries, meals)..... 1-800-870-FOOD  
**Food Pantries & Soup Kitchens** ..... 211  
**GRIP Souper Center** ..... 510-233-2141  
**Monument Crisis Center** ..... 925-825-7751  
**Loaves & Fishes Dining Rooms**.... 925-687-6760  
**WIC Program**..... 1-800-414-4942  
 (Pregnant women breastfeeding or with children 0-5)

**Gay, Lesbian, Bisexual, Transgender**

**Local LGBTQ Resources** [www.EastbayPride.com](http://www.EastbayPride.com)

**Health & Dental Care**

**Advice Nurse** ..... 1-877-661-6230  
**Brookside Community Health Center**  
 Richmond..510-215-5001 San Pablo. 510-215-9092  
**CC Regional Medical Center**..... 1-800-370-5000  
**CCC Health/Dental**.....1-877-905-4545  
 Antioch, Bay Point, Brentwood, Concord, Martinez,  
 North Richmond, Pittsburg, Richmond  
**Denti-Cal/Medi-Cal Dental Pgm.** ... 1-800-322-6384  
**Dental School UC San Francisco** .415-476-1891  
**Dental School Univ. Pacific SF.** .. 415-929-6501  
 Union City ..... 510-489-5200  
**Health Emergency Information** . 1-888-959-9911  
**La Clínica Monument** ..... 925-363-2000  
**La Clínica Pittsburg Dental** ..... 925-431-1250  
**La Clínica Pittsburg Medical** ..... 925-431-1230  
**Planned Parenthood** ..... 1-800-230-PLAN  
 Antioch, Concord, San Ramon, Richmond, Walnut Creek  
**RotaCare – Concord**..... 925-429-6409  
**Urgent Care Clinic Sutter Delta**.. 925-779-3676

**Health Insurance**

**Child Health & Disability Prevention (CHDP)**  
 ..... 925-313-6150  
**Health Access Line** ..... 1-877-503-9350  
 (Information on county health insurance programs)  
**HICAP**..... 1-800-510-2020  
 (Health insurance counseling and advocacy)  
**Medi-Cal**— (New applicants)..... 1-800-709-8348  
**Medi-Cal/Food Stamp Service Center**  
 (Current clients)..... 1-866-663-3225  
**US Uninsured Help Line**..... 1-800-234-1317  
 .....[www.coverageforall.org](http://www.coverageforall.org)

**Homeless Shelters/Drop-In Centers**

**Bay Area Rescue Mission Shelters**  
 Men. 510-215-4868 Women/families 510-215-4860  
**Berkeley Shelter Bed Hotline** ..... 1-866-960-2132  
**Brookside Shelter** (San Pablo)..... 1-800-799- 6599  
**Concord Shelter** (singles only)..... 1-800-799-6599  
**Calli House**-Richmond (youth, 14-21) .1-800-610-9400  
**Casa Vicentia** (pregnant women)..... 510-729-0316  
**FERST Multiservice Ctr.** (Central) 925-685-7613  
 East: 925-778-3750 ..... West: 510-232-7571  
**GRIP Resource Center** ..... 510-233-2141  
**HPRP Rapid Re-Housing**..... 510-235-1516  
 ..... 925-957-7575  
**Love-A-Child Shelter** (Bay Point) 925-458-5663  
**Mary's House** (pregnant women).... 510-236-0383  
**Next Door Shelter**-accepts pets ..... 415-292-2180  
**Shepherd's Gate** 925-308-7507  
**Transitional and Interim Housing** 925-335-0698  
**SAFE Place**-Martinez (youth, 9-17) ...1-800-718-4357  
**Sanctuary Housing**-accepts pets.... 415-863-3893

**Housing**

**Housing Authority of Contra Costa County**  
 (Administration) ..... 925-957-8000  
**Housing Authority** (Pittsburg) ..... 925-252-4830  
**Housing Authority** (Richmond) .... 510-621-1300

**HPRP Prevention Services** ..... 510-233-2141  
 ..... 925-957-7575

**Permanent Supportive Housing, Transitional & Interim Housing** (Shelter, Inc) .... 925-335-0698  
**Senior & Adults w/ Disabilities**... 1-800-510-2020  
**LANDLORD/TENANT**  
**Housing Counseling**..... 925-825-3099  
**Housing Rights**..... 1-800-261-2298  
**Pacific Community Services**..... 925-439-1056

**Legal & Mediation Services**

**Bay Area Legal Aid**..... 1-800-551-5554  
**CCC Bar Association** ..... 925-686-6900  
**CCC District Attorney**..... 925-957-2200  
**CC Senior Legal Services** ..... 510-374-3712  
**Family Law Facilitator** ..... 925-957-7887  
 (Divorce, child custody, support, paternity issues, help)

**Mental Health**

**Access Mental Health Apt. Line** 1-888-678-7277  
 (County Mental Health services)  
**Adolescent, Adult & Children's Psychiatric Programs** (John Muir Health Ctr) 1-800-680-6555  
**Community Counseling Center** .. 925-798-9240  
**Community Health for Asian Americans**  
 Antioch: 925-778-1667.. Richmond: ...510-233-7555  
**Concord Family Service Center** ..925-825-3099  
**Crockett Counseling Center** ..... 925-370-6544  
**Mental Health Consumer Concerns Centers**  
 Central 925-646-5788 ..... East..925-779-9977  
 ..... West: 510-232-3839  
**National Alliance for the Mentally Ill (NAMI)**  
 ..... 925-465-3864

**Senior Services**

**CC Café** (Hot lunch) For closest location ..... 211  
**Information & Assistance for Seniors & Dependent Adults**..... 1-800-510-2020  
**Medicare Hotline**..... 1-800-633-4227  
**Meals-on-Wheels** ..... 1-866-669-6697

**Suicide**

**Contra Costa Crisis Center**..... 1-800-833-2900  
**National Suicide Hotlines**..... 1-800-273-TALK  
 ..... 1-800-SUICIDE  
 (Spanish).... 1-888-SUICIDA

**Utility Assistance**

**California Alternate Rates for Energy (CARE) Program** ..... 1-866-743-2273  
**Low-Income Home Energy Assistance (LIHEAP)** ..... 925-335-8900  
**Medical Baseline Program Relief for Energy**  
 ..... 1-800-743-5000  
**Relief for Energy Asst. (REACH)** 1-800-933-9677  
**Utility Shut-off Assistance** ..... 1-800-743-5000

**Veterans**

**CCC Veterans Services**..... 925-313-1481  
**Concord Veterans Center**..... 925-680-4526  
**Veterans Employment Network** .. 510-655-3552  
**Veterans Suicide Hotline**..... 1-800-273-TALK



**Need Help?  
 Call 211  
[www.211database.org](http://www.211database.org)**