

Abuso/Violación/Abuso de drogas
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..... 925-939-415

Animales: si tiene que dejarlos
ARF-Animal Rescue Foundation 1-800-567-1273
CCC Animal Shelter 925-335-8300..510-374-3966
Contra Costa Humane Society ..925-279-2247

Cuidado Infantil
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

Empleo: Entrenamiento
CCC Regional Occupational Pgm. ..925-942-3436
Opportunity Junction925-776-1133
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 Education925-473-4460
West Contra Costa Adult Ed...... 510-215-4666

Empleos
Bay Point Works 925-427-8392
Child Care Job Bank 925-676-5442
North Cities One Stop Center510-982-7128
One-Stop Center – Brentwood..... 925-634-2195
kOne-Stop Center – Antioch.....925-706-4830
One-Stop Center – San Pablo510-412-6740
One-Stop Center – Concord925-671-4500
Richmond Works – Richmond..... 510-307-8014

Desalojo/ayuda con renta/embargo vivienda
ASISTENCIA CON ORDEN DE DESALOJO
Housing Rights, Inc...... 1-800-261-2298
Pacific Community Services..... 925-439-1056

CITACIÓN JUDICIAL DE DESALOJO
Bay Area Legal Aid 1-800-551-5554
Eviction Defense Center510-452-4541
Eviction Defense Center510-452-4541
 (Casos en la corte de Richmond solamente)

EMBARGO DE VIVIENDA
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 Rights510-271-8443
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

Asistencia Económica
CalWORKs (Familias).....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 (Individuos).. 925-602-9379
Season of Sharing 925-521-5065

Unemployment Insurance..... 1-800-326-8937
Alimentación
Food Bank of Contra Costa & Solano
 Distribución de alimentos..... 1-800-870-FOOD
Food Pantries & Soup Kitchens..... 211
GRIP Souper Center510-233-2141
Monument Crisis Center925-825-7751
Loaves & Fishes Dining Rooms.... 925-687-6760
WIC Program..... 1-800-414-4942
 (Mujeres embarazadas, lactancia y niños 0-5 años)

Gay, Lesbiana, Bisexual, Transexual
Local LGBTQ Resources..www.EastbayPride.com

Asistencia Médica & Servicios Dentales
Advice Nurse 1-877-661-6230
Brookside Community Health Center
 Richmond .. 510-215-5001 San Pablo 510-215-9092
CC Regional Medical Center..... 1-800-495-8885
CCC Health/Dental.....1-877-905-4545
 Antioch, Bay Point, Brentwood, Concord, Martinez,
 N. 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 Dental925-431-1250
La Clínica Pittsburg Medical925-431-1230
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

Seguro Médico
Child Health & Disability Prevention (CHDP)
 925-313-6150
Health Access Line..... 1-877-503-9350
 (Información sobre seguros de salud del Condado)
HICAP 1-800-510-2020
 (Health Insurance Counseling & Advocacy)
Medi-Cal— (New applicants)..... 1-800-709-8348
Medi-Cal/Food Stamp Service Center
 (Clientes actuales)..... 1-866-663-3225
US Uninsured Help Line..... 1-800-234-1317
 www.coverageforall.org

Albergue/Centros de ayuda
Bay Area Rescue Mission Shelters
 Hombres 510-215-4868 Mujeres/Familias..510-215-4860
Berkeley Shelter Bed Hotline 1-866-960-2132
Brookside Shelter (San Pablo), Concord Shelter
 (Solamente personas solteras)..... 1-800-799-6599
Calli House-Richmond (Jóvenes, 4-21) 1-800-610-9400
Casa Vicentia (Mujeres Embarazadas) 510-729-0316
FERST Multiservice Ctr. Centro925-685-7613
 Este: 925-778-3750 Oeste: 510-232-7571
GRIP Resource Center510-233-2141
HPRP Rapid Re-Housing.....510-235-1516
 925-957-7575
Love-A-Child Shelter—Bay Point ..925-458-5663
Mary's House (Mujeres Embarazadas) 510-236-0383
Next Door Shelter- aceptan animales 415-292-2180
Shepherd's Gate 925-308-7507
Transitional and Interim Housing 925-335-0698
SAFE Place—Martínez (Youth, 9-17) 1-800-718-4357
Sanctuary Shelter- aceptan animales 415-863-3893

Vivienda
Housing Authority of Contra Costa County
 (Administración) 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
PROPIETARIOS E INQUILINOS
Housing Counseling..... 925-825-3099
Housing Rights..... 1-800-261-2298
Pacific Community Services..... 925-439-1056

Servicios Legales y Mediación
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
 (Consejería legal familiar (divorcio, manutención, etc.)

Salud Mental
Access Mental Health Apt. Line 1-888-678-7277
County Mental Health Services - Central, East, West County Mental Health, MH Crisis Services
Adolescent, Adult & Children's Psychiatric Programs John Muir Health Center 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

Servicios para Ancianos
CC Café (Programa de almuerzo para ancianos)
 Para el lugar mas cercano..... 211
Information & Assistance for Seniors & Dependent Adults..... 1-800-510-2020
Medicare Hotline..... 1-800-633-4227
Meals-on-Wheels 1-866-669-6697

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

Asistencia de pago para utilidades
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

Veteranos
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



¿Necesita Ayuda?
 Llame al 211
www.211database.org