

Abuse

CHILDREN

Children's Protective Services .. 1-877-881-1116
Early Childhood Mental Health .. 510-412-9200

ADULTS

Adult Protective Services 1-877-839-4347
Human Trafficking Hotline 1-800-670-7273
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 Program 925-313-6771

Alcohol & Drug Abuse

Al-Anon..... 1-888-425-2666
Alcohol & Other Drugs ACCESS 1-800-846-1652
Alcoholics Anonymous 925-939-4155
Narcotics Anonymous 925-685-4357

DETOX TREATMENT CENTERS

BAART—California Detox Pgm .. 510-232-0874
East County Wollam House 925-427-1384
Pueblos del Sol (Men)..... 925-676-2580
The Center for Recovery 925-674-4100

TREATMENT / COUNSELING

Bridge 2000..... 1-800-785-2400
Neighborhood House 510-229-5000
Ujima West 510-215-2280

SMOKING CESSATION

California Smokers Helpline 1-800-NO-BUTTS
..... 1-800-844-CHEW

Animals

ARF-Animal Rescue Foundation 1-800-567-1273
CCC Animal Shelter - Pinole 510-374-3966
Contra Costa Humane Society .. 925-279-2247

Child Care/Crisis 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

Death & Dying

Grief Counseling 1-800-837-1818
(Contra Costa Crisis Center)
Hospice of the East Bay 925-887-5678

Dental Care

Brookside Community Health Center
Richmond..... 510-215-5001
San Pablo 510-215-9092
Denti-Cal/Medi-Cal Dental Pgm. 1-800-322-6384
Richmond Dental Clinic 1-800-495-8885
University California San Francisco
Dental School 415-476-1891
University of the Pacific Dental School
San Francisco..... 415-929-6501
Union City 510-489-5200

Disability Services

Area Developmental Disabilities .. 510-286-0439
California Children's Services.... 925-313-6100
CA Dept. of Rehabilitation 510-232-7062
Contra Costa ARC 925-370-1818

Developmental Disabilities Council 925-313-6836
Disabled People's Rec. Center ... 510-620-6814
Hawkins Center of Legal & Support Services
(Rubicon Programs) 510-232-6611
Independent Living Resource..... 925-363-7293
Life Skills (Dev. disabled) / On Track (Traumatic
brain injuries) (Mt. Diablo Adult Ed.).... 925-685-7340
Regional Center of the East Bay .. 925-798-3001
We Care Children's Center 925-671-0777

Education & Literacy

CCC Regional Occupational Program (ROP)
..... 510-758-4782
Richmond Public Library 510-620-6561
Contra Costa County Office of Education
..... 925-942-3388
Family Literacy Program 510-236-3900
(Catholic Charities of the East Bay)
Literacy for Every Adult 510-307-8084
(Richmond Public Library)

ESL/GED/ADULT EDUCATION

Lao Family Community Services .. 510-215-1220
West Contra Costa Adult Ed. 510-215-4666

Emergency Services

American Red Cross 1-866-272-2237
California Poison Control Center . 1-800-222-1222
CCC Office Emergency Services .. 925-646-4461
Emergency Broadcast System KCBS740AM
Hazardous Materials Incident Response
..... 925-335-3232
Health Emergency Information Line
Including Swine Flu information 1-888-959-9911

Employment/Job Training

CalJOBS— Internet www.caljobs.ca.gov
Child Care Job Bank 925-676-5442
(Child Care Council)
Experience Unlimited 925-602-0166
North Cities One Stop Center 510-982-7128
One-Stop Center – San Pablo ... 510-412-6740
Richmond Works—Richmond 510-307-8014
The Stride Center (San Pablo) 510-234-1300
Unemployment Insurance, CA .. 1-800-300-5616
Internet www.edd.ca.gov/Unemployment
Workforce Services . (Rubicon)..... 510-412-1709

Eviction Notice/Rental Assistance

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

EVICTIION COURT SUMMONS ASSISTANCE
Bay Area Legal Aid..... 1-800-551-5554
Eviction Defense Center 510-452-4541

FORECLOSURE ASSISTANCE
Community Housing Dev of NR .. 510-412-9290
Consumer Credit Counseling 1-866-889-9347
Foreclosure Assistance – HUD.. 1-800-569-4287
Housing Rights Not serve Richmond .. 1-800-261-2298
Housing & Economic Rights Advocates
..... 510-271-8443
National Foreclosure Hotline 1-888-995-4673
Neighborhood Housing Service. . 510-237-6459

RENTAL ASSISTANCE
Shelter, Inc..... 510-215-0636

Financial Assistance

CalWORKs (Families) Hercules 510-262-7700
Macdonald Ave, Richmond..... 510-412-3000
Community Housing Dev. Corp. .. 510-412-9290
Consumer Credit Counseling 1-866-889-9347
General Assistance (Individuals) .. 510-412-3000
Season of Sharing 925-521-5065

Food

Food Bank of Contra Costa & Solano
Groceries, pantries, meals..... 1-800-870-FOOD
Food Pantries / Soup Kitchens.. 211
Food Stamps Hall Ave, Richmond .. 510-231-8100
Macdonald Ave, Richmond..... 510-412-3000
Hercules 510-262-7700
GRIP Souper Center 510-233-2141
WIC Program..... 1-800-414-4942
(Pregnant women breastfeeding or with children 0-5)

Gay, Lesbian, Bisexual, Transgender

Gay & Lesbian National Hotline. 1-888-843-4564
Local LGBTQ Resources. www.EastbayPride.com
Rainbow Community Center..... 925-692-0090

Health Care

Advice Nurse 1-877-661-6230
Contra Costa Health Services Health Centers
North Richmond, Richmond..... 1-877-905-4545

COMMUNITY CLINICS

Brookside Community Health Center
Richmond..... 510-215-5001
San Pablo 510-215-9092
Planned Parenthood—Richmond. 1-800-230-PLAN

HOSPITALS

Alta Bates Medical Center..... 510-204-4444
Contra Costa Regional Medical Center
..... 925-370-5000
Doctor's Medical Center..... 510-970-5000
Kaiser Medical Center—Richmond 510-307-1500

Health Insurance

Child Health & Disability Prevention (CHDP)
..... 1-800-696-9644
Health Access Line..... 1-877-503-9350
(Information on County health insurance programs)
HICAP 1-800-510-2020
(Health Insurance Counseling & Advocacy)
Kaiser Child Health Plan 1-800-255-5053
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

**WEST
Contra Costa
Quick Resource Guide
September 22, 2010**

**Flu Shot Info Coming Soon!
Call 211**

www.211database.org



**CONTRA COSTA
CRISIS CENTER**

Information excerpted from the 211 Database,
a partnership of First 5 Contra Costa and the
Contra Costa County Employment &
Human Services Department

Homeless

Bay Area Rescue Mission
 Men's shelter.....510-215-4868
 Women & Families.....510-215-4860
Berkeley Food & Housing Project. 510-649-4965
Berkeley Shelter Bed Hotline. 1-866-960-2132
Brookside Shelter (Richmond), Concord Shelter
 (singles only).....1-800-799-6599
Calli House-Richmond (Youth, 14-21) 1-800-610-9400
Casa Vincentia—pregnant single women 510-729-0316
FERST MultiService Center510-232-7571
 (Anka Behavioral Health)
GRIP Resource Center510-233-2141
HPRP Rapid Re-Housing......510-235-1516
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
SAFE Place—Martinez (Youth, 9-17) 1-800-718-4357
 (Northern California Family Center)
Sanctuary Shelter – accepts pets ... 415-863-3893

Housing

Housing Authority of Contra Costa County
 (Administration).....925-957-8000
Housing Authority Public Housing Wait List
 (except Richmond / Pittsburg).....925-957-8084
Housing Authority Richmond.....510-621-1300
HPRP Prevention Services510-233-2141
Permanent Housing for Special Needs/Low-Income,
Permanent Supportive Housing, Transitional &
Interim Housing (Shelter, Inc)510-215-0636
Permanent & Transitional Housing
 (Rubicon Programs)510-235-1516
Senior & Adults w/ Disabilities ..1-800-510-2020
LANDLORD/TENANT
Pacific Community Services.....925-439-1056
Tenant/Landlord Counseling1-800-261-2298
 Does not serve Richmond (Housing Rights, Inc.)

Immigrant & Refugee Services

Asian Family Resource Center ..510-970-9750
Cash Assistance Program for Immigrants
510-412-3000
Citizenship Class (WCC Adult Ed.) ..510-215-4666
Immigration & Naturalization Services
 (Catholic Charities of the East Bay)925-825-3099
Lao Family Community Development
510-215-1220
Multicultural Senior Support Network
 (Catholic Charities of the East Bay)510-768-3159
Refugee & Immigrant Services ..925-927-2000
 (Jewish Family & Children Services)
Refugee Health Program.....925-313-6893
U.S. Citizenship and Immigration Services
1-800-375-5283

Information & Referral

2-1-1 Contra Costa.....211
 (Contra Costa Crisis Center)
Information & Assistance for Seniors &
Dependent Adults.....1-800-510-2020

Legal & Mediation Services

Bay Area Legal Aid.....510-250-5270
CCC Bar Association925-686-6900
CCC District Attorney.....925-957-2200
CC Senior Legal Services510-374-3712
Family Law Facilitator925-957-7887
 (Divorce, Child Custody, Support, Paternity issues help)
Immigrant Legal Services510-451-2846
Victim Witness Assistance925-957-8650

Mental Health

Access Mental Health Appointment Line for
Contra Costa County: Richmond Mental
 Health Crisis Unit, West County
 Youth/Families/Adult Services ..1-888-678-7277
Adolescent, Adult and Children's Psychiatric
Programs1-800-680-6555
 (John Muir Health Behavioral Health Center)
Community Health for Asian Americans
510-233-7555
Early Childhood Mental Health... 510-412-9200
 (Children ages 0-6)
Familias Unidas Counseling510-412-5930
Family Institute of Pinole510-741-7286
Family Institute of Richmond.....510-734-7028
National Alliance for the Mentally Ill (NAMI)
925-465-3864
Native American Health Center ..510-232-7020
Power Program (Dual Diagnosis) ..510-232-7571
 (Anka Behavioral Health)
West County Wellness & Recovery Center
 (Mental Health Consumer Concerns)....510-232-3839

MultiService Centers

Neighborhood House510-229-5000
North Richmond Family Service Center
510-374-7111
Rubicon Programs510-235-1516

Parenting Classes

Early Childhood Mental Health... 510-412-9200
 (Parents of children ages 0-6)
Family Institute of Pinole510-741-7286
Family Literacy Center510-236-3900
 (Catholic Charities of the East Bay)
Multilingual, Multicultural925-372-4213
 (YWCA of Contra Costa)

Pregnancy

Black Infant Health510-236-6990
 (Brighter Beginnings)
Hand to Hand.....510-307-4401
 (Aspiranet)
Healthy Start510-231-1340
Planned Parenthood (See Health Care Centers)
Prenatal Care Guidance510-231-8506
 (CC Health/First 5)
Safely Surrendered Baby1-800-833-2900
SUBSTANCE ABUSE & PREGNANCY
Perinatal Outpatient Substance Abuse
 (New Connections)925-363-5000
Substance Abuse Screening, Brief
Intervention & Referral510-231-1340
 (CCHS/Healthy Start)
Ujima West510-215-2280

Rape

Community Violence Solutions. 1-800-670-7273

Senior Services

Adult Day Services Network.....925-682-1000
Alzheimer's Assoc. of East Bay 1-800-272-3900
Food Assistance Pgm El Sobrante, Richmond,
 No. Richmond, Rodeo (Food Bank) ... 1-800-870-FOOD
CC Café (Hot lunch program)
 Crockett510-787-1341
 El Cerrito.....510-559-7677
 Hercules.....510-799-8219
 No. Richmond510-232-3511
 Richmond510-620-9619
 San Pablo.....510-215-3098
 Rodeo510-799-2706
Eldercare Locator.....1-800-677-1116

Family Caregiver Navigator

(Family Caregiver Alliance)1-800-445-8106
Friendly Visitors/Home Care Registry/Jobs for
Seniors (Senior Outreach Services)925-937-8311
Information & Assistance for Seniors &
Dependent Adults.....1-800-510-2020
Meals-on-Wheels1-866-669-6697
Medicare Hotline.....1-800-633-4227
Older Adult Services925-927-2000
 (Diablo Valley Foundation for the Aging)
Reassurance Program925-284-6161
 (Senior Helpline Services)
Senior Peer Counseling925-335-8741
Senior Services (John Muir Health) ..925-947-3300
Social Security.....1-800-772-1213

Suicide

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

Teen Services

Alateen.....1-888-425-2666
California Youth Crisis Line.....1-800-843-5200
Chicks in Crisis.....1-888-208-8086
Friday Night Live925-687-8844
 (Alcohol/drug free program) Ext. 222
RYSE Youth Center510-374-3401
Teen Family Support.....510-236-6990
 (Brighter Beginnings)
Teen Services/SAFE Place.....1-800-718-4357
 (Northern California Family Center)
Youth Violence Prevention Education
 (Contra Costa Crisis Center)925-939-1916

Transportation

AC Transit.....510-891-4700
Bay Area Travel Information.....511
BART510-236-2278
Dial-a-Ride/WestCAT510-724-7993
Richmond Paratransit510-307-8026
WestCAT/Martinez Link510-724-7993

Utility Assistance

California Alternate Rates for Energy (CARE)
Program1-800-743-2273
Low-Income Home Energy Assistance
Program (LIHEAP).....925-335-8900
Medical Baseline Program Relief for Energy
1-800-743-5000
Relief for Energy Asst. Through Community
Help (REACH)1-800-933-9677
Utility Shut-off Assistance1-800-743-5000

Veterans

Contra Costa County Veterans Services
510-374-3241
Oakland Veterans Center510-763-3904
Hire VetsFirst—Internetwww.hirevetsfirst.gov
Martinez VA Outpatient Clinic.....925-372-2000
Veterans Employment Network ..510-655-3552
Veterans Suicide Hotline.....1-800-273-TALK

Volunteers

Volunteer Center of the East Bay 510-232-0163

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