

Abuso y Negligencia

NIÑOS

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

ADULTOS DEPENDIENTES Y ANCIANOS

Adult Protective Services 1-877-839-4347
Human Trafficking Hotline 1-800-670-7273
(Tráfico de humanos) (Community Violence Solutions)
Ombudsman of CCC 925-685-2070
(Para pacientes en centros de cuidado extendido)

FAMILIAS

STAND! For Families Free of Violence
..... 1-888-215-5555

SIDA/VIH

AIDS Info 1-800-448-0440
Contra Costa AIDS Line 1-800-287-0200

Abuso de Alcohol y Drogas

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

CENTROS DE DESINTOXICACIÓN

BAART—California Detox Pgm .. 510-232-0874
East County Wollam House 925-427-1384
Pueblos del Sol (Hombres) 925-676-2580
The Center for Recovery 1-800-680-6555

TRATAMIENTO DE DROGADICCIÓN

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

PROGRAMAS PARA DEJAR DE FUMAR

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

Refugio de Animales

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

Cuidado de niños/Cuidado de niños en crisis

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

Fallecimiento

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

Servicios Dentales

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

Servicios de Discapacidad

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.... 510-232-4942
Life Skills (Descapacidades del desarrollo) /
On Track (Lesión traumática del cerebro)
(Mt. Diablo Adult Ed.) 925-685-7340
Regional Center of the East Bay .. 925-798-3001
We Care Children's Center 925-671-0777

Educación y Alfabetización

CCCC 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- Educación para adultos
Lao Family Community Services.. 510-215-1220
West Contra Costa Adult Ed. 510-215-4666

Servicios de Emergencia

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 ... KCBST740AM
Hazardous Materials Incident Response
..... 925-335-3232
Health Emergency Information Line
Swine Flu información 1-888-959-9911

Empleo: Entrenamiento

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) 510-234-130
Unemployment Insurance, CA... 1-800-326-8937
Internet www.edd.ca.gov/Unemployment
Workforce Services . (Rubicon)..... 510-412-1709

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 Center 510-452-4541

EMBARGO DE VIVIENDA
Community Housing Dev of NR .. 510-412-9290
Consumer Credit Counseling 1-866-889-9347
Foreclosure Assistance – HUD.. 1-800-569-4287
Housing Rights No provee servicios en 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

ASISTENCIA CON PAGO DE RENTA
Shelter, Inc..... 510-215-0636

Asistencia Económica

CalWORKs (Familias) 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 (Individuos) .. 510-412-3000
Season of Sharing..... 925-335-2195

Alimentación

Food Bank of Contra Costa & Solano
Distribución de alimentos..... 1-800-870-FOOD
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
(Mujeres embarazadas, lactancia y niños 0-5 años)

Gay, Lesbiana, Bisexual y Transgénero

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

Asistencia Medica

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

CLINICAS COMMUNITARIAS

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

HOSPITALES

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

Seguro Médico

Child Health & Disability Prevention (CHDP)
..... 1-800-696-9644
Health Access Line 1-877-503-9350
(Información sobre seguros de salud del Condado)
HICAP 1-800-510-2020
(Health Insurance Counseling & Advocacy)
Kaiser Child Health Plan 1-800-255-5053
Medi-Cal— (Nuevas solicitudes).... 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

OESTE
Contra Costa
Guía Rápida de Recursos
22 de septiembre, 2010

Muy pronto tendremos
información de vacunas!
Llame al 211

www.211database.org



Esta información es extraída de la Base de datos 211, un asociado de Los Primeros 5 de Contra Costa y del Departamento de Servicios Humanos y de Empleo de el Condado de Contra Costa

Personas Desamparadas

Bay Area Rescue Mission
 Hombres.....510-215-4868
 Mujeres y Familias.....510-215-4860
Berkeley Food & Housing Project.....510-649-4965
Berkeley Shelter Bed Hotline.....1-866-960-213
Brookside Shelter (Richmond), **Concord Shelter**
 (Solamente personas solteras).....1-800-799-6599
Calli House-Richmond (Jóvenes,14-21) 1-800-610-9400
Casa Vincentia- mujer embarazada...510-729-0316
FERST MultiService Center925-685-7613
 (Anka Behavioral Health) (Problemas mentales)
GRIP Resource Center510-233-2141
HPRP Rapid Re-Housing.....510-235-1516
Love-A-Child Shelter—Bay Point ..925-458-5663
Mary's House – mujer embarazada...510-236-0383
Next Door Shelter- aceptan animales .415-292-2180
Sanctuary Shelter—aceptan animales 415-863-3893
SAFE Place-Martinez (Jóvenes, 9-17) . 1-800-718-435
 (Northern California Family Center)

Vivienda

Housing Authority Public Housing Wait List
 (Excepto Richmond y Pittsburg).....925-957-8084
Housing Authority of Contra Costa County
 (Administración).....925-957-8000
Housing Authority Richmond510-621-1300
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
PROPIETARIOS E INQUILINOS
Pacific Community Services.....925-439-1056
Tenant/Landlord Counseling1-800-261-2298
 No provee servicios en Richmond (Housing Rights, Inc.)

Servicios para Inmigrantes y Refugiados

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

Servicio de Referencia Comunitaria

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

Servicios Legales y Mediación

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 Facilitator.....925-957-7887
 (Consejería legal familiar (divorcio, manutención, etc.))
Immigrant Legal Services510-451-2846
Victim Witness Assistance925-957-8650

Salud Mental

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
 (Ninos: 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 (Diagnóstico Doble) . 510-232-7571
 (Anka Behavioral Health)
West County Wellness & Recovery Center
 (Mental Health Consumer Concerns)....510-232-3839

Centros de Servicios Múltiples

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

Clases para Padres

Early Childhood Mental Health...510-412-9200
 (Padres de niños: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)

Embarazo

Black Infant Health510-236-6990
 (Brighter Beginnings)
Hand to Hand510-307-4401
 (Aspiranet)
Healthy Start510-231-1340
Planned Parenthood (Vea Centros de Salud)
Prenatal Care Guidance510-231-8507
 (CC Health/First 5)
Safely Surrendered Baby1-800-833-2900

EMBARAZO Y ABUSO DE SUSTANCIAS

Perinatal Outpatient Substance Abuse
 (New Connections)925-363-5000
Ujima West510-215-2280

Violación

Community Violence Solutions .1-800-670-7273

Servicios para Ancianos

Adult Day Services Network925-682-1000
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 (Programa de almuerzo para ancianos)
 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 Locator1-800-677-1116
Family Caregiver Navigator
 (Family Caregiver Alliance).....1-800-445-8106

Friendly Visitors/Home Care Registry/Jobs for
Seniors (Servicio de alcance a la comunidad para los
 ancianos)925-937-8311
Information & Assistance for Seniors &
Dependent Adults1-800-510-2020
Meals-on-Wheels (distribución de comida)
1-866-669-6697
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

Suicidio

Contra Costa Crisis Center1-800-833-2900
National Suicide Hotlines.....1-800-273-TALK
1-800-SUICIDE
 (Spanish)....1-888-SUICIDA

Servicios para Adolescentes

Alateen1-888-425-2666
California Youth Crisis Line.....1-800-843-5200
Chicks in Crisis.....1-888-208-8086
Friday Night Live925-687-8844
 (Programa de prevención de drogadicción para adolescentes)
RYSE Youth Center510-374-3401
Teen Family Support510-236-6990
 (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

Transportación

AC Transit510-891-4700
Bay Area Travel Information511
BART510-236-2278
Dial-a-Ride/WestCAT510-724-7993
Richmond Paratransit500-307-8026
WestCAT/Martinez Link510-724-7993

Asistencia de pago para utilidades

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

Veteranos

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

Voluntarios

Volunteer Center of the East Bay .510-232-0163

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