

Abuso Infantil/Prevención

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 Forward 925-685-9670
PREVENCIÓN
Child Abuse Prevention Council .. 925-798-0546
Children's & Family Services
 Centro 925-602-9300
 Este 925-522-7400
 Oeste 510-231-8100

Actividades para Padres é Hijos

Antioch First 5 Center 925-301-4052
Bay Point 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
West County First 5 Richmond.. 510-233-5890
West County First 5 San Pablo.. 510-232-5650

Asistencia Financiera

CalWORKs (Familias)..... 1-877-505-4630
Cash Assistance Program for Immigrant Families (CAPI)..... 1-877-505-4630
CCC Dept. of Child Support..... 1-866-901-3212
General Assistance (Individuos).. 1-877-505-4630

Asistencia para Mujeres Embarazadas/Nuevos Padres

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

NUEVOS PADRES
Birthright 800-550-4900
Black Infant Health..... 925-313-6254
 (CCHS)
Child Abuse Prevention Council.. 925-798-0546
Healthy Families America (CCHS) .. 925-313-6254
Medical Legal Partnership (FMCH).. 800-880-8047
Prenatal Care Guidance 925-313-6254
 (CC Health/First 5)
Welcome Home Baby (ASPIRAnet).. 925-753-2156

Atención Médica

Brighter Beginnings - Family Health Clinic
 Antioch 925-303-4780
 Richmond 510-213-6681
Contra Costa Health Services Health Centers
 1-800-495-8885
 Antioch, Bay Point, Brentwood, Concord, Martinez,
 Pittsburg, Richmond
Consejera de Salud 1-877-661-6230
Clínica Móvil Desamparados (CCHS)
 Llamar para lugar/horas 925-608-5300
La Clínica Monument 925-363-2005
La Clínica Oakley 925-776-8240
La Clínica Pittsburg..... 925-431-1251
Lifelong Medical Care - Brookside
 Richmond..... 510-215-5001
 San Pablo (cuidado de urgencia) 510-215-9092
 Pinole 510-981-3255
Mobile Health Clinic John Muir 925-363-7588
Planned Parenthood..... 1-800-230-7526

Respite Health Care Concord 925-646-5311
RotaCare Clinic Concord 925-429-6409
RotaCare Clinic Pittsburg 925-439-2009
RotaCare Clinic Richmond 510-213-6678

Centro de los Primeros 5

Antioch First 5 Center 925-301-4052
Bay Point 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 Richmond Center 510-233-5890
West County First 5 San Pablo Center 510-232-5650

Clases Educativas para Padres

Autism Family Support Project ... 925-671-0777
 (We Care Services for Children)
C.O.P.E. Family Support Center .. 925-689-5811
Crockett Counseling Center 925-370-6544
Liberty Adult Education 925-634-2565
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
Primero Nuestros Niños (Latina Center) 510-233-8595
West County First 5 Richmond.. 510-233-5890
YWCA of Contra Costa..... 925-372-4213

Clases para el Manejo de la Ira

C.O.P.E. Family Support Center .. 925-689-5811
Crockett Counseling Center 925-370-6544
Mt. Diablo Adult Education 925-685-7340
Saving Our Sons and Daughters.. 925-432-4200
Second Nature Behavioral Health 510-610-4799
STAND! For Families Free of Violence
 1-888-215-5555
West Contra Costa Adult Education Center
 510-215-4666

Clases para Padres

Bay Point First 5 Center 925-301-4040
Child Abuse Prevention Council .. 925-798-0546
Crockett Counseling Center 925-370-6544
C.O.P.E. Family Support Center .. 925-689-5811
Liberty Adult Education 925-634-2565
Mt. Diablo Adult Education 925-685-7340
Primeros Nuestros Niños 510-233-8595
 (The Latina Center)
Second Nature Behavioral Health 510-610-4799
West Contra Costa Adult Education Center
 510-215-4666

Comida

CalFresh (Food Stamps)..... 1-877-505-4630
 (Contra Costa Employment and Human Services)
EBT Card Services 1-877-328-9677
Food Bank of Contra Costa & Solano
 1-855-309-3663
Bancos de Comida/Almuerzos..... 2-1-1
Loaves & Fishes Dining Rooms .. 925-293-4792
WIC Program..... 1-800-414-4942
 (Mujeres embarazadas, lactando o padres de niños 0-5)

Consejería para Niños/Familia

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
Center for Human Development.... 925-687-8844

Community Health for Asian Americans
 Este 925-778-1667
 Oeste 510-233-7555

Conflict Resolution/Mediation
 (Center for Human Development)..... 925-349-7344
Early Childhood Mental Health .. 510-837-6902
 (edades 0-6)

Familias Unidas Counseling & Information
 510-412-5930
Consejero de Salud Mental (CCHS)
 925-957-5139

First Hope (CCHS) 925-681-4450
John Muir at Village Community Resource Center 925-941-7940
Second Nature Behavioral Health 510-610-4799
The Hume Center - Centro..... 925-825-1793
 Este 925-432-4118
YWCA Mental Health Program ... 925-372-4213

Crianza de hijos LGBTQ

LGBT National Help Center..... 1-888-843-4564
Parents, Families & Friends of Lesbians & Gays (PFLAG) (sitio de internet) www.pflag.org
Rainbow Community Center
 Centro 925-692-0090
 Oeste 510-833-2139

Cuidado de Niños

Coco Kids – Central..... 925-676-5437
 Este 925-778-5437
 Oeste 510-758-5439
Head Start Programs (CCC Community Services Bureau) 925-681-6300

CUIDADO DE NIÑOS DURANTE UNA CRISIS
Bay Area Crisis Nursery (Edades 0-5) .. 925-685-8052
Dahlstrom House (Edades 6-11) 925-685-3695
Safe Families (Ages 0-18) 925-566-8060

Cuidado Dental

Contra Costa Health Services Dental Clinics
 1-877-905-4545
 Bay Point Children's Dental 925-427-8302
 Martinez 925-370-5300
 Pittsburg 925-431-2501
 San Pablo 510-231-9540
Dental Hygiene Clinic 925-969-2692
 (Diablo Valley College)
Dental Services Respite Concord... 925-608-5016
Denti-Cal/Medi-Cal Dental Program
 1-800-322-6384
La Clínica Monument 925-363-2005
La Clínica Pittsburg Dental Clinic 925-431-1251
Lifelong Medical Care - Brookside
 Pinole 510-981-3255
 Richmond 510-215-5001
 San Pablo 510-215-9092

Custodia de Niños

Bay Area Legal Aid Oeste 510-250-5270
 Este/Central 925-219-3325
CCC Dept. of Child Support 1-866-901-3212
Family Law Facilitator 925-608-1000

Depresión Posparto

Parent Support Groups & Edu. ... 510-837-6902
 (Early Childhood Mental Health Program)
Postpartum Depression (PPD) Helpline
 1-800-944-4773
Welcome Home Baby (ASPIRAnet) ... 925-753-2156

Distritos Escolares

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
Knightsen School District 925-625-0073
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 District 925-254-4901
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

Embarazo/Atención Prenatal

Black Infant Health (CCHS)..... 925-313-6254
Healthy Families America (CCHS)925-313-6254
Healthy Start (CCHS) – Central.....925-370-5495
 Este 925-431-2345
 Oeste 510-231-9469
Independent Adoption Center ... 1-800-877-6736
Lifelong Medical Care - Brookside
 Richmond 510-215-5001
 San Pablo 510-215-9092
Planned Parenthood Antioch,..... 1-800-230-7526
 Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance925-313-6254
 (CCHS)
Safely Surrendered Baby 1-800-833-2900

ABUZO DE SUSTANCIAS Y EMBARAZO

BAART- Este 925-522-0124
 Oeste 510-232-0874
Healthy Start (CCHS) - Centro 925-370-5495
 Este 925-431-2345
 Oeste 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 Este..... 925-427-9100
Ujima Outpatient Oeste 510-215-2280
Wollam House..... 925-427-1384

Exámen de la vista/Lentes/Audífonos

Hear NOW 1-800-648-4327
Lions Center for the Visually Impaired
 925-432-3013
The Hearing Foundation 1-800-327-8077
University California Berkeley
Eye Care Center..... 510-642-2020

Familias sin Hogar

Bay Area Rescue Mission Shelters
 Hombres 510-215-4868
 Mujeres/Familias 510-215-4860
Coordinated Outreach Referral and
Engagement (CORE) 2-1-1

Ayuda para desamparados y referencias para albergues de Concord y Brookside.

GRIP Family Emergency Shelter CARE Center 510-233-2141
Monument Crisis Center CARE Capable Center 925-825-7751
Multi-Service Centers CARE Center (Anka Behavioral Health) Central..... 925-685-7613
SHELTER, Inc......925-338-1038
Trinity Center CARE Center 925-949-8712

Intervención de Crisis/Suicidio

Contra Costa Crisis Center..... 2-1-1
National Suicide Hotlines..... 1-800-273-8255
Trevor Helpline 1-866-488-7386

Padres Adolescentes

CA Youth Crisis Line..... 1-800-843-5200
Through The Looking Glass 1-800-644-2666

Seguro de Salud

Consejeros Financieros 1-800-771-4270
Child Health & Disability Prevention (CHDP)
 925-313-6150
Covered California 1-800-300-1506
 www.coveredca.com
Kaiser Child Health Plan 1-800-464-4000

Servicios de Apoyo de Tenencia para Familiares

Kinship Support Services East 925-222-2129
 Centro 925-602-1750
 Oeste 510-215-4671
 (Uplift Family Services)

Servicios para Necesidades Especiales

Ability Tools 1-800-390-2699
State Council on Developmental Disabilities Bay Area 510-286-0439
Asian Community Mental Health ..510-970-9750
Bay Respite Care 1-888-644-4491
California Children's Services ... 925-313-6400
Care Parent Network 925-313-0999
Center for Accessible Technology ..510-841-3224
Contra Costa ARC 925-370-1818
Contra Costa Office of Education 925-942-33
Deaf Counseling, Advocacy & Referral (DCARA)..... 510-346-6670
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) Este/Central..... 925-849-8999
 Oeste 510-457-5800
Help Me Grow 2-1-1
LightHouse for the Blind and Visually Impaired 1-888-400-8933
Lynn Center Early Intervention Services Children 0-6..... 925-439-9628
National CA Fragile X Association
 1-800-688-8765
National Resource Center on ADHD
 1-800-233-4050
Regional Center of the East Bay ..925-691-2300
Respite Care Program..... 510-834-2443
 (Family Support Services of the Bay Area)
Respite Program..... 510-527-2550
 (Ala Costa Center)
Special Needs Child Care Project.925-676-5442

(Coco Kids)
Through The Looking Glass 1-800-644-2666
United Cerebral Palsy of the Golden Gate
 510-832-7430
We Care Services for Children .. 925-671-0777

Vivienda/Pago de Renta

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

ASISTENCIA PARA INQUILINOS
Housing and Economic Advocates (HERA)
 510-271-8443
Pacific Community Services..... 925-439-1056

ASISTENCIA PARA PAGO DE RENTA
Concord Family Service Center ..925-825-3099
 (Caridades Católicas)
Season of Sharing..... 925-521-5065
SHELTER, Inc...... 925-338-1038

Wraparound Services

Care Parent Network 925-313-0999
Community Health for Asian Americans East..... 925-778-1667
 West..... 510-233-7555
Contra Costa Family Justice Center Central 925-521-6366
 West 510-974-7200
Early Childhood Mental Health Program Wraparound Support 510-412-9200
Early Intervention (George Miller) Central 925-646-5710
 West..... 510-374-3981
Familias Unidas 510-412-5930
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)

Necesita ayuda y no sabe a donde ir?

**Marque 2-1-1
24/7**

Para mas información, visítenos en nuestra página de web:

www.211cc.org

Esta guía de *recursos* es un esfuerzo de colaboración entre el Contra Costa Crisis Center y Primeros 5 de Contra Costa

