

**Abuso y Negligencia**

**NIÑOS**

**Children's Protective Services** .. 1-877-881-1116

**ADULTOS DEPENDIENTES Y ANCIANOS**

**Adult Protective Services** ..... 1-877-839-4347

**Human Trafficking Prevention** ... 1-800-670-7273

(Tráfico de humanos) (Community Violence Solutions)

**Ombudsman de CCC**.....925-685-2070

(Para pacientes en centros de cuidado extendido)

**FAMILIAS**

**STAND! For Families Free of Violence**

..... 1-888-215-5555

**Asistencia Económica**

**CalWORKs** (Families) ..... 1-877-505-4630

**General Assistance** (Individuals) 1-877-505-4630

**Alimentación**

**CalFresh** (Food Stamps)..... 1-877-505-4630

**EBT Card Services** ..... 1-877-328-9677

**Food Bank of Contra Costa & Solano**

Comida, alimentos, despensa ..... 925-676-7543

**Food Pantries/Soup Kitchens** ..... 211

**Loaves & Fishes Dining Rooms** ..925-293-4792

**WIC Program** – Brentwood ..... 925-513-6880

**WIC Program** – Pittsburg .....925-431-2460

**Abuso de Alcohol y Drogas**

**Al-Anon**..... 925-932-6770

**Alcohol & Other Drugs ACCESS** 1-800-846-1652

**Alcoholics Anonymous** ..... 925-939-4155

**DUI Programs** ..... 925-932-8100

(Alcohol & Drug Abuse Council of Contra Costa, Inc.)

**Narcotics Anonymous** ..... 925-685-4357

**Pueblos del Sol DUI Prgm**(Bi-Bett)...925-240-7213

**CENTROS DE DESINTOXICACIÓN**

**BAART—California Detox Pgm.** ..925-522-0124

**East County Wollam House**..... 925-427-1384

**Pueblos del Sol** (Hombres) ..... 925-676-2580

**Thunder Road Adolescent Treatment Center**

..... 510-653-5040

**TRATAMIENTO DE DROGADICCIÓN**

**REACH Project** - Antioch ..... 925-754-3673

Brentwood ..... 925-666-8460

Oakley ..... 925-679-2504

Ujima East ..... 925-427-9100

**PROGRAMAS PARA DEJAR DE FUMAR**

**California Smokers Helpline** .... 1-800-662-8887

**Tobacco Helpline**..... 1-800-844-2439

**Animales**

**Antioch Animal Services**..... 925-779-6989

**Contra Costa Humane Society** .. 925-279-2247

**Comida para Mascotas** ..... 925-676-7543

**Asistencia Medica**

**Advice Nurse**..... 1-877-661-6230

**Contra Costa Health Services Health Centers**

Antioch, Bay Point, Brentwood ..... 1-800-495-8885

**Clínica de Salud Móvil para Desamparados**

(CCHS) Llame por lugar/horario ..... 925-608-5300

**CLINICAS COMUNITARIAS**

**Brighter Beginnings - Family Health Clinic**

Antioch..... 925-303-4780

**Clínica de Salud Móvil** (John Muir)...925-363-7588

**La Clínica Oakley** ..... 925-776-8240

**La Clínica Pittsburg**..... 925-431-1251

**Planned Parenthood** – Antioch, Pittsburg

..... 1-800-230-7526

**RotaCare Clinic** - Pittsburg ..... 925-439-2009

**HOSPITALES**

**Contra Costa Regional Medical Center**

..... 925-370-5000

**Kaiser Medical Center** ..... 925-813-6500

**Sutter Delta Medical Center** ..... 925-779-7200

**Ayuda para Pagar Servicios Públicos**

**California Alternate Rates for Energy (CARE)**

**Program** ..... 1-866-743-2273

**Low-Income Home Energy Assistance**

**Program (LIHEAP)** ..... 925-681-6380

**Medical Baseline Program Relief for Energy**

..... 1-800-743-5000

**Utility Shut-off Assistance**..... 1-800-743-5000

**Centros de Servicios Múltiples**

**SparkPoint Contra Costa East**... 925-252-2300

**Village Community Resource Center**

..... 925-626-7892

**Clases para Padres**

**Antioch First 5 Center**.....925-301-4052

**Brentwood First 5 Center**.....925-516-3880

(Aspiranet)

**East County First 5 Center** (Bay Point)

..... 925-301-4040

**C.O.P.E. Family Support Center**.....925-689-5811

**Liberty Adult Education**.....925-634-2565

**Pittsburg Adult Education**.....925-473-2400

**Cuidado de niños/Cuidado de niños en crisis**

**Coco Kids** ..... 925-778-5437

**Head Start Programs/Child Care Services**

(CCC Community Services Bureau).....681-6300

**CUIDADO DE NIÑOS EN CRISIS**

**Bay Area Crisis Nursery** (Edad 0-5) . 925-685-8052

**Dahlstrom House** (Ages 6-11)..... 925-685-3695

**Safe Families** (Edad 0-18) ..... 925-566-8050

**Cuidado Dental**

**Berkeley Free Clinic** ..... 1-800-625-4642

**Contra Costa Health Services Dental Clinics**

Bay Point Children's Dental..... 925-427-8302

Pittsburg ..... 925-431-2501

**Denti-Cal/Medi-Cal Dental Pgm** . 1-800-322-6384

**La Clínica Pittsburg Dental** ..... 925-431-1251

**Desalojo/ayuda de renta/embargo**

**ASISTENCIA: ORDEN DE DESALOJO/**

**PROPIETARIOS E INQUILINOS**

**Bay Area Legal Aid** .....510-250-5270

**ECHO Fair Housing** ..... 1-855-275-3246

(Excepto Concord y Pittsburg)

**Pacific Community Services**..... 925-439-1056

(Solo Residentes de Antioch, Pittsburg y Bay Point)

**EMBARGO DE VIVIENDA**

**Foreclosure Assistance – HUD** ....415-489-6400

**Housing & Economic Rights Advocates**

..... 510-271-8443

**National Foreclosure Hotline**..... 1-888-995-4673

**Pacific Community Services**..... 925-439-1056

**ASISTENCIA CON EL PAGO DE RENTA**

**Concord Family Service Center** ..925-825-3099

(Catholic Charities of East Bay)

**Season of Sharing**..... 925-521-5065

**SHELTER, Inc.** ..... 925-338-1038

**Educación y Alfabetismo**

**CCC Regional Occupational Program (ROP)**

..... 925-942-3368

**Contra Costa County Library** .... 1-800-984-4636

**Contra Costa County Office of Education**

..... 925-942-3388

**Opportunity Junction** ..... 925-776-1133

**Project Second Chance**..... 925-754-8317

(Contra Costa Library)

**ESL/GED/EDUCACIÓN PARA ADULTOS**

**Antioch Adult Education**..... 925-779-7490

**Liberty Adult Education** ..... 925-634-2565

**Pittsburg Adult Education** ..... 925-473-2400

**Embarazo**

**Birthright** ..... 925-634-1275

**Black Infant Health(CCHS)** .....925-313-6254

**Healthy Families America (CCHS)** ....925-313-6254

**Healthy Start(CCHS)** ..... 925-431-2345

**Medical Legal Partnership (FMCH)**...800-880-8047

**Planned Parenthood** ..... 1-800-230-7526

**Prenatal Care Guidance**..... 925-313-6254

(CC Health/First 5)

**Safely Surrendered Baby**.....2-1-1

**EMBARAZO Y ABUSO DE SUSTANCIAS**

**Ujima East**..... 925-427-9100

**Wollam House**..... 925-427-1384

**Empleo/Entrenamiento**

**CalJOBS** - Internet .....[www.caljobs.ca.gov](http://www.caljobs.ca.gov)

**Child Care Job Bank** ..... 925-676-5442

(Coco Kids)

**Experience Unlimited** ..... 925-602-0166

**Opportunity Junction** ..... 925-776-1133

**Rubicon** ..... 925-399-8990

**SparkPoint Contra Costa East**... 925-252-2300

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

..... [www.edd.ca.gov/Unemployment](http://www.edd.ca.gov/Unemployment)

**Fallecimiento**

**Consejería de Duelo** ..... 2-1-1

(Contra Costa Crisis Center)

**Hospice of the East Bay**..... 925-887-5678

**Gay, Lesbian, Bisexual, Transgender**

**LGBT National Help Center** ..... 1-888-843-4564

**Rainbow Community Center**..... 925-692-0090

**Información de Servicios**

**2-1-1 Contra Costa** ..... 2-1-1

(Contra Costa Crisis Center)

**Information & Assistance for Seniors &**

**Dependent Adults**..... 1-800-510-2020

**Internet a Bajo Costo**

**Access from AT&T**..... 1-855-220-5211

**Comcast Internet Essentials**..... 1-855-846-8376

**Intervención de Crisis/Suicidio**

**Contra Costa Crisis Center** ..... 2-1-1

Provee línea de crisis 24 horas al día.

**National Suicide Hotlines** ..... 1-800-273-8255

**Oportunidades para Voluntarios**

**Contra Costa Crisis Center** ..... 925-939-1916  
**Contra Costa Society for the Prevention of Cruelty to Animals** ..... 925-825-5156  
**Covia**..... 925-956-7396  
**Food Bank of Contra Costa & Solano** ..... 925-676-7543  
**Meals on Wheels** ..... 925-937-8607  
**Mobility Matters** ..... 925-284-4831  
**Volunteer Opportunities** ..... 2-1-1

**Personas Desamparadas**

**Bay Area Rescue Mission**  
Hombres ..... 510-215-4868  
Mujeres y Familias ..... 510-215-4860  
**Calli House** (Edades 18-24) ..... 1-800-610-9400  
**Coordinated Outreach Referral and Engagement (CORE)** ..... 2-1-1  
Ayuda para desamparados y referencias para albergues de Concord y Brookside.  
**GRIP Resource Center CARE Center** ..... 510-233-2141  
**Monument Crisis Center CARE Capable Center** ..... 925-825-7751  
**SHELTER, Inc.** ..... 925-338-1038  
**Shepherd's Gate** (Brentwood) ..... 925-308-7507  
**Trinity Center CARE Center** ..... 925-949-8712

**Salud Mental**

**Access Mental Health Appointment Line for Contra Costa County** ..... 1-888-678-7277  
**Outpatient Psychiatric Programs** ..... 925-674-4265  
(John Muir Health Behavioral Health Center)  
**Antioch Wellness City** ..... 925-732-7930  
**Bay Area Psychotherapy Institute** ..... 925-284-2298  
**Community Health for Asian Americans** ..... 925-778-1667  
**Contra Costa Crisis Center** ..... 2-1-1  
**Consejero de Salud Mental (CCHS)** ..... 925-957-5139  
**Consejería en Village Community Center** (John Muir Health Behavioral Health Center) ..... 925-941-7940  
**First Hope- CCHS** ..... 925-608-6550  
**National Alliance for the Mentally Ill (NAMI)** ..... 925-942-0767  
**The Hume Center** ..... 925-432-4118  
**Second Nature Behavioral Health** 510-610-4799

**Seguro Medico**

**Covered California** ..... 1-800-300-1506  
www.coveredca.com  
**Child Health & Disability Prevention (CHDP)** ..... 925-313-6150  
**HICAP** ..... 1-800-510-2020  
(Health Insurance Counseling & Advocacy)  
**Kaiser Child Health Plan** ..... 1-800-464-4000  
**Medi-Cal Applications** ..... 1-800-709-8348  
**Consejeros Financieros** ..... 1-800-771-4270  
(Información sobre seguros de salud del Condado)

**Servicios de Discapacidad**

**California Children's Services** ..... 925-313-6400  
**CA Dept. of Rehabilitation** ..... 925-754-7700  
**Contra Costa ARC** ..... 925-370-1818  
**Developmental Disabilities Council** ..... 925-313-6836  
**Futures Explored** ..... 925-825-0263  
**Hearing Loss Association of America - Diablo Valley & East Bay Chapter** ..... 925-264-1199

**Independent Living Resource**... ..925-363-7293  
**In Home Supportive Services** ..... 925-229-8434  
**Regional Center of the East Bay** ..... 925-691-2300  
**Social Security**..... 1-800-772-1213  
**State Council on Developmental Disabilities Bay Area** ..... 510-286-0439  
**We Care Services for Children** ..... 925-671-0777

**Servicios de Emergencia**

**American Red Cross** ..... 1-800-733-2767  
**California Poison Control System** 1-800-222-1222  
**CA Office Emergency Services** ... 925-953-1402  
**Community Warning System** ..... 925-313-9622  
**Hazardous Materials Incident Response** ..... 925-335-3232  
**Health Emergency Hotline** ..... 1-888-959-9911

**Servicios Legales y Mediación**

**Bay Area Legal Aid**..... 510-250-5270  
**Referencias de Abogados**..... 925-825-5700  
(Contra Costa County Bar Association)  
**CCC Dept. of Child Support** ..... 1-866-901-3212  
**CC Senior Legal Services** ..... 925-609-7900  
**Conflict Resolution/Mediation** (Center for Human Development)..... 925-349-7344  
**Family Law Facilitator**..... www.cc-courts.ca.gov  
Consejería legal familiar, divorcio, manutención  
**Medical Legal Partnership (FMCH)**... 800-880-8047  
**Victim Witness Assistance** ..... 925-957-8650

**Servicios para Adolescentes**

**Alateen** ..... 925-932-6770  
**California Youth Crisis Line** ..... 1-800-843-5200  
**New Leaf Treatment Center** ..... 925-284-5200  
(Tratamiento de substancias)  
**REACH Project, Inc Antioch** ..... 925-754-3673  
**REACH Project, Inc Oakley** ..... 925-679-2504  
**Teen Parenting Classes** ..... 925-634-2565  
(Liberty Adult Education)  
**Teen Services/SAFE Place**..... 1-800-718-4357  
(Northern California Family Center)

**Servicios para Ancianos**

**Adult Day Services Network** ..... 925-682-1000  
**Alzheimer's Association** ..... 1-800-272-3900  
**An Elderly Wish Foundation** ..... 925-978-1883  
**CC Café** (Programa de almuerzo caliente)  
Antioch ..... 925-757-7325  
Bay Point ..... 925-458-2662  
Brentwood ..... 925-634-5040  
Pittsburg ..... 925-439-2136  
**Covia** ..... 925-956-7400  
**Eldercare Locator** ..... 1-800-677-1116  
**Family Caregiver Alliance** ..... 1-800-445-8106  
**Information & Assistance for Seniors & Dependent Adults** ..... 1-800-510-2020  
**In-Home Personal Assistance** ..... 925-945-8040  
(Diablo Valley Foundation for the Aging)  
**Meals-on-Wheels** ..... 925-937-8311  
**Medicare Hotline** ..... 1-800-633-4227  
**Mobility Matters** ..... 925-284-6161  
**Senior Food Program** (Food Bank) Bay Point, Antioch, Brentwood, Oakley, Pittsburg 925-676-7543  
**Senior Outreach Services** ..... 925-937-8311  
**Senior Peer Counseling** ..... 925-521-5636  
**Social Security**..... 1-800-772-1213

**Servicios para Inmigrantes**

**Cash Assistance Program for Immigrants** ..... 1-877-505-4630  
**Educación para Ciudadanía**  
Antioch Adult Education ..... 925-779-7490  
Liberty Adult Education ..... 925-634-2565  
Pittsburg Adult Education ..... 925-473-2400  
**Immigration & Naturalization Services** (Catholic Charities of the East Bay) ..... 925-825-3099  
**Immigration & Citizenship Program** (International Institute of the Bay Area) ..... 925-237-8581  
**Refugee & Immigrant Services** ..... 925-927-2000  
(Jewish Family & Community Services of the East Bay)  
**Refugee Health Program** ..... 925-313-6893  
**Stand Together Contra Costa** ..... 925-900-5151  
Línea de respuesta rápida y servicios legales de inmigración en el condado de Contra Costa.  
**U.S. Citizenship and Immigration Services** ..... 1-800-375-5283

**SIDA/VIH**

**AIDS Info** ..... 1-800-448-0440  
**Contra Costa AIDS Line** ..... 925-313-6771

**Transportación**

**511 Contra Costa Bay Area Travel Information**... 5-1-1  
**BART** ..... 925-676-2278  
**Dial-A-Ride** ..... 925-754-3060  
**Mobility Matters** ..... 925-284-6161  
**Tri-Delta** (Información de rutas) ..... 925-754-4040

**Veteranos**

**Contra Costa County Veterans Services** ..... 925-313-1481  
**Concord Veterans Center** ..... 925-680-4526  
**Martinez VA Outpatient Clinic** ..... 925-372-2000  
**Veterans Suicide Hotline** ..... 1-800-273-8255

**Violación/Victimias de Crimen**

**Asistencia para Victimias de Crimen** ..... 925-957-8650  
**Central Family Justice Center** ..... 925-521-6366  
**Crockett Counseling Center** ..... 925-370-6544  
**Human Trafficking Hotline** ..... 1-800-670-7273  
(Tráfico de humanos) (Community Violence Solutions)  
**Rape, Abuse & Incest National Network** ..... 1-800-656-4673  
**Second Nature Behavioral Health** 510-610-4799

**Vivienda**

**Housing Authority Public Housing Wait List** (Excepto Richmond y Pittsburg) ..... 925-957-8084  
**Housing Authority - Pittsburg**... .. 925-252-4830  
**Housing Workshop/Shared Housing** (Independent Living Resources) ..... 925-363-7293  
**SHELTER, Inc.** ..... 925-338-1038  
**Senior & Adults w/ Disabilities** . 1-800-510-2020