

**Abuse**

**CHILDREN**

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

**ADULTS**

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

Human Trafficking Prevention... 1-800-670-7273  
(Community Violence Solutions)

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/HIV Program.. 925-313-6771

**Alcohol & Drug Abuse**

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 CCC)

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

**DETOX TREATMENT CENTERS**

BAART - Detoxification Program.. 925-522-0124

Frederick Ozanam Center .....925-676-4840

Pueblos del Sol (Men)..... 925-676-2580

The Center for Recovery.....925-674-4100

Thunder Road Adolescent Treatment Center  
..... 510-653-5040

**TREATMENT / COUNSELING**

A Chance for Freedom (Bi-Bett) .....925-685-7418

Crossroads Program Services .... 925-682-5704

La Casa Ujima Residential..... 925-229-0230

Power Program ..... 925-685-7613

Ujima Central Mothers' Program ..925-691-5083

**SMOKING CESSATION**

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

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

**Animals**

ARF-Animal Rescue Foundation 1-800-567-1273

CCC Animal Services..... 925-335-8300

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

Pet Food Assistance Program .. 925-676-7543

**Child Care/Crisis Child Care**

CC Child Care Council .....925-676-5437

Head Start Programs/Child Care Services  
(CCC Community Services Bureau).....925-313-1551

**CRISIS CHILD CARE**

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

Safe Families (Ages 0-18)..... 925-566-8050

**Crisis and Suicide Intervention**

Contra Costa Crisis Center ..... 1-800-833-2900

Provides 24-hour crisis/warm line support.

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

**Death & Dying**

Grief Counseling ..... 1-800-837-1818

(Contra Costa Crisis Center)

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

**Dental Care**

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

Contra Costa Health Services Dental Clinics

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

Martinez .....925-370-5300

Dental Hygiene Clinic ..... 925-969-2692

(Diablo Valley College)

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

La Clínica Monument ..... 925-363-2005

Respite Dental Care Concord..... 925-646-5016

**Disability Services**

Adaptive Learning Center ..... 925-827-3863

Adults with Disabilities Services

(Mt. Diablo Adult Ed.) ..... 925-685-7340

California Children's Services.....925-957-2680

CA Dept. of Rehabilitation .....925-602-3953

Contra Costa ARC .....925-370-1818

Developmental Disabilities Council . 925-313-6836

Futures Explored ..... 925-825-0263

Independent Living Resource ... 925-363-7293

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

**Education & Literacy**

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

Project Second Chance.....925-927-3250

(Contra Costa Library)

Stride Center..... 510-234-1300

**ESL/GED/ADULT EDUCATION**

Acalanes Adult Education .....925-280-3980

Martinez Adult Education..... 925-228-3276

Mt. Diablo Adult Education .....925-685-7340

**Emergency Services**

American Red Cross ..... 1-800-733-2767

California Poison Control System.1-800-222-1222

CCC Office Emergency Services.....925-646-4461

Emergency Broadcast System.....KCBS740AM

Hazardous Materials Incident Response

..... 925-335-3232

Health Emergency Hotline ..... 1-888-959-9911

**Employment/Job Training**

CalJOBS-Internet..... www.caljobs.ca.gov

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

(Child Care Council)

EASTBAY Works, America's Job Center of CA

Concord ..... 925-671-4500

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

Monument Impact ..... 925-682-8248

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

Internet ..... www.edd.ca.gov/Unemployment

**Evictions/Rent Assist./Foreclosures**

**EVICITION NOTICE/LANDLORD TENANT**

**ASSISTANCE**

Bay Area Legal Aid .....925-219-3325

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

(except Concord and Pittsburg)

**FORECLOSURE ASSISTANCE**

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

(Catholic Charities of East Bay)

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

Housing & Economic Rights Advocates

(HERA) .....510-271-8443

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

**RENTAL ASSISTANCE**

Concord Family Service Center

(Catholic Charities of East Bay) ..... 925-825-3099

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

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

**Financial Assistance**

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

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

**Food**

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

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

Food Bank of Contra Costa & Solano

(Groceries, pantries, meals) ..... 925-676-7543

Food Pantries/Soup Kitchens ..... 211

Loaves & Fishes Dining Martinez...925-293-4792

WIC Program.....925-646-5370

(Pregnant women breastfeeding or with children 0-5)

**Gay, Lesbian, Bisexual, Transgender**

GLBT National Help Center..... 1-888-843-4564

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

**Health Care**

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

Contra Costa Health Services Health Centers

Concord, Martinez ..... 1-800-495-8885

Health Care for the Homeless Mobile Van

(CCHS) Call for locations/hours .....925-608-5300

**COMMUNITY CLINICS**

La Clínica Monument .....925-363-2005

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

Concord, San Ramon, Walnut Creek

Respite Health Care Concord.....925-608-5300

RotaCare – Concord..... 925-429-6409

**HOSPITALS**

Contra Costa Regional Medical Center

..... 925-370-5000

John Muir Health Walnut Creek..... 925-939-3000

John Muir Health Concord ..... 925-682-8200

Kaiser Medical Ctr Walnut Creek... 925-295-4000

San Ramon Regional Medical Center

..... 925-275-9200

**Health Insurance**

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

Patient Financial Counseling..... 1-800-771-4270

(Information on County health coverage programs)

**Homeless**

**Bay Area Rescue Mission**  
 Men's shelter.....510-215-4868  
 Women & Families.....510-215-4860  
**Berkeley Shelter Bed Hotline**.....1-866-960-2132  
**Calli House-Richmond (Youth, 18-24)** 1-800-610-9400  
**Coordinated Outreach Referral and Engagement (CORE)**.....2-1-1  
 Homeless outreach to encampments and referrals to Concord and Brookside Shelters.  
**GRIP Family Emergency Shelter** ..510-233-2141  
**Monument Crisis Center** .....925-825-7751  
**Multi-Service Center**.....925-685-7613  
 (Anka Behavioral Health)  
**SHELTER, Inc.**.....925-338-1038  
**Shepherd's Gate** Brentwood .....925-308-7507  
**Trinity Center** .....925-949-8712  
**Winter Nights (ICCC)** .....925-435-2074

**Housing**

**Housing Authority Public Housing Wait List**  
 (Except Richmond and Pittsburg) .....925-957-8000  
**Housing Workshop/Shared Housing**  
 (Independent Living Resources) .....925-363-7293  
**Senior & Adults w/ Disabilities**...1-800-510-2020  
**SHELTER, Inc.** .....925-338-1038

**Immigrant & Refugee Services**

**Cash Assistance Program for Immigrants**  
 .....1-877-505-4630  
**Citizenship Class**.....925-685-7340  
 (Mt. Diablo Adult Education)  
**Immigration & Naturalization Services**  
 (Catholic Charities of the East Bay) .....925-825-3099  
**Refugee & Immigrant Services** ..925-927-2000  
 (Jewish Family & Community Services of the East Bay)  
**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**.....924-219-3325  
**CCC Bar Association** .....925-825-5700  
**CCC Dept. of Child Support**.....1-866-901-3212  
**CC Senior Legal Services** .....925-609-7900  
**Family Law Facilitator** .....925-608-1000  
 (Divorce, Child Custody, Support, Paternity issues help)  
**Victim Witness Assistance** .....925-957-8650

**Low Cost Internet**

**Access from AT&T**.....1-855-220-5211  
**Comcast Internet Essentials** .....1-855-846-8376

**Mental Health**

**Access Mental Health Appointment Line for Contra Costa County**.....1-888-678-7277  
**Adolescent, Adult & Children's Psychiatric Programs** .....1-800-680-6555  
 (John Muir Health Behavioral Health Center)  
**Community Counseling Center** ..925-798-9240  
 (John F. Kennedy University)  
**Contra Costa Crisis Center**.....1-800-833-2900  
**Crockett Counseling Center** .....925-370-6544

**Family Advocate Mental Health (CCHS)**  
 .....925-957-5139  
**First Hope- CCHS** .....925-681-4450  
**George Miller Center** .....925-646-5710  
**National Alliance for the Mentally Ill (NAMI)**  
 .....925-942-0767  
**Northern CA Family Center** .....925-370-1990  
**Power Program (Dual Diagnosis)** ..925-685-7613  
 (Anka Behavioral Health)  
**Putnam Clubhouse** .....925-691-4276  
**Second Nature Behavioral Health** 510-610-4799  
**The Hume Center** .....925-825-1793  
**YWCA Mental Health Program**....925-372-4213

**Multi-Service Centers**

**Monument Crisis Center** .....925-825-7751  
**Multi-Service Center**.....925-685-7613  
 (Anka Behavioral Health)  
**Trinity Center** .....925-949-8712

**Parenting Classes**

**C.O.P.E. Family Support Center** ..925-689-5811  
**Crockett Counseling Center** ....925-370-6544  
**Martinez Adult Education**.....925-228-3276  
**Monument First 5 Center** .....925-849-8861  
**Mt. Diablo Adult Education** .....925-685-7340  
**Second Nature Behavioral Health** 510-610-4799

**Pregnancy**

**Black Infant Health (CCHS)** .....925-313-6254  
**Healthy Families America (CCHS)** ....925-313-6254  
**Healthy Start (CCHS)** .....925-370-5495  
**Independent Adoption Center** ....925-827-2229  
**Medical Legal Partnership (FMCH)**...800-880-8047  
**Options for Women** .....925-827-0100  
**Planned Parenthood** .....1-800-230-7526  
**Prenatal Care Guidance** .....925-313-6254  
 (CC Health/First 5)  
**Safely Surrendered Baby**.....1-800-833-2900

**SUBSTANCE ABUSE & PREGNANCY**

**La Casa Ujima**.....925-229-0230

**Rape/Victims of Crime**

**Community Violence Solutions** .1-800-670-7273  
**Discovery Counseling Center** .....925-837-0505  
**Central Family Justice Center** .....925-521-6366  
**Rape, Abuse & Incest National Network**  
 .....1-800-656-4673  
**Second Nature Behavioral Health** 510-610-4799  
**Victim Witness Assistance Program**

**Senior Services**

**Adult Day Services Network** .....925-682-1000  
**Alzheimer's Association** .....1-800-272-3900  
**An Elderly Wish Foundation** .....925-978-1883  
**Caring Hands (John Muir)** .....925-952-2999  
**CC Café (Hot lunch program)**  
 Concord.....925-825-1488  
 Martinez .....925-646-2598  
 Pleasant Hill .....925-771-7641  
 Rossmoor.....925-988-7703  
 San Ramon .....925-973-3250  
 Walnut Creek.....925-280-7310  
**Eldercare Locator** .....1-800-677-1116  
**Family Caregiver Alliance** .....1-800-445-8106  
**In Home Personal Assistance**....925-945-8040  
 (Diablo Valley Foundation for the Aging)  
**Information & Assistance for Seniors & Dependent Adults**.....1-800-510-2020

**Jewish Family & Community Services of the East Bay**.....925-927-2000  
**Meals-on-Wheels** .....925-937-8607  
**Medicare Hotline** .....1-800-633-4227  
**Mobility Matters** .....925-284-6161  
**Senior Food Program - Concord, Martinez, Walnut Creek (Food Bank)** .....925-676-7543  
**Senior Outreach Services** .....925-937-8311  
**Senior Peer Counseling**.....925-521-5636  
**Social Security**.....1-800-772-1213

**Teen Services**

**Alateen**.....925-932-6770  
**California Youth Crisis Line**.....1-800-843-5200  
**New Leaf Treatment Center** .....925-284-5200  
 (Substance Abuse Treatment)  
**Teen Services/SAFE Place**.....1-800-718-4357  
 (Northern California Family Center)

**Transportation**

**Bay Area Travel Information**.....511  
**BART** .....925-676-2278  
**County Connection/County Link** ..925-676-7500  
**Mobility Matters** .....925-284-6161  
**Monument Community Shuttle** ....925-682-8248

**Utility Assistance**

**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  
**REACH- Utility Assistance Prgrm**.....925-676-6180  
 (Salvation Army-Concord)  
**Utility Shut-off Assistance** .....1-800-743-5000

**Veterans**

**Contra Costa County Veterans Services**  
 .....925-313-1481  
**Concord Veterans Center** .....925-680-4526  
**Martinez VA Outpatient Clinic**.....925-372-2000  
**SHELTER, Inc.** .....925-957-7579  
**Veterans Suicide Hotline**.....1-800-273-8255

**Volunteer Opportunities**

**Caring Hands (John Muir)** .....925-952-2999  
**Contra Costa Crisis Center** .....925-939-1916  
**Contra Costa Society for the Prevention of Cruelty to Animals** .....925-825-5156  
**Episcopal Senior Communities**...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

Need help and don't know where to go?  
 Call 2-1-1 or visit [www.211database.org](http://www.211database.org)