

**Anger Management Classes**

**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

**Child Abuse**

**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

**Child Abuse Prevention**

**Child Abuse Prevention Council**. 925-798-0546  
**Children & Family Services**  
 Central .....925-602-9300  
 East.....925-522-7400  
 West .....510-231-8100

**Child Care/Child Care Subsidies**

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

**CRISIS CHILD CARE**

**Bay Area Crisis Nursery** (Ages 0-5) ..925-685-8052  
**Dahlstrom House** (Ages 6-11) .....925-685-3695  
**Safe Refuge for Families** (Ages 0-18)  
 .....925-566-8050

**Child Custody**

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

**Child/Family Counseling**

**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  
**Brighter Beginnings**  
 Antioch .....925-303-4780  
 Richmond .....510-213-6681  
**Center for Human Development**...925-687-8844  
**Community Health for Asian Americans**  
 East.....925-778-1667  
 West.....510-233-7555  
**Conflict Resolution/Mediation**  
 (Center for Human Development).....925-349-7344  
**Early Childhood Mental Health** ..510-837-6902  
 (Children ages 0-6)  
**Familias Unidas Counseling & Information**  
 .....510-412-5930  
**Family Advocate Mental Health** (CCHS)  
 .....925-957-5139  
**First Hope** (CCHS) .....925-608-6550  
**John Muir at Village Community Resource Center**  
 .....925-941-7940  
**Second Nature Behavioral Health** 510-610-4799

**The Hume Center** Central .....925-825-1793  
 East .....925-432-4118  
 West .....510-778-2816  
**YWCA Mental Health Program**...925-372-4213

**Crisis and Suicide Intervention**

**Contra Costa Crisis Center**.....2-1-1  
 Provides 24-hour crisis/warm line support.  
**National Suicide Hotlines**.....1-800-273-8255  
**Trevor Helpline** .....1-866-488-7386

**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)  
**Respite Dental Care Concord**.....925-608-5350  
**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**  
 San Pablo.....510-215-9092  
 Pinole .....510-981-3255

**Expectant/New Parent**

**BREASTFEEDING**  
**Contra Costa Breastfeeding Advice Line**  
 .....1-866-878-7767  
**La Leche League** .....1-800-525-3243  
**NEW PARENT**  
**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

**Eye Exam/Glasses/Hearing Aids**

**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

**Financial Assistance**

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

**First 5 Centers**

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

**Food**

**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**  
 Groceries, pantries, meals .....1-855-309-3663  
**Food Pantries/Soup Kitchens/Food Resource Programs** .....2-1-1  
**Loaves & Fishes Dining Rooms** .925-293-4792  
 Antioch, Martinez, Oakley  
**WIC Program**.....1-800-414-4942  
 (Pregnant women breastfeeding or with children 0-5)

**Health Insurance**

**Patient Financial Counselors**....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

**Homeless Families**

**Bay Area Rescue Mission Shelters**  
 Men .....510-215-4868  
 Women/families.....510-215-4860  
**Coordinated Outreach Referral and Engagement (CORE)** .....2-1-1  
 Homeless outreach to encampments and referrals to Concord and Brookside Shelters.  
**GRIP Family Emergency Shelter CARE Center**  
 .....510-233-2141  
**Monument Crisis Center CARE**  
 Capable.....925-825-7751  
**Concord CARE Center** .....925-685-7613  
**SHELTER, Inc.**.....925-338-1038  
**Trinity Center CARE Center**.....925-949-8712

**Housing**

**Housing Authority of Contra Costa County**  
 (Administration) .....925-957-8000  
**Pittsburg Housing Authority**.....925-252-4830  
**Richmond Housing Authority** ....510-621-1300  
**LANDLORD/TENANT**  
**Conflict Resolution/Mediation**  
 (Center for Human Development).....925-349-7344  
**Housing and Economic Advocates (HERA)**  
 .....510-271-8443  
**Pacific Community Services**.....925-439-1056  
**RENTAL ASSISTANCE**  
**Concord Family Service Center** ..925-825-3099  
 (Catholic Charities)  
**Season of Sharing**.....925-521-5065  
**SHELTER, Inc.** .....925-338-1038

**Kinship Support Services**

**Kinship Support Services** (EMQ FamiliesFirst)  
 Central .....925-602-1750  
 East.....925-222-2129  
 West .....510-215-4671

**LGBTQ Parenting**

**LGBT National Help Center**.....1-888-843-4564  
**Parents, Families & Friends of Lesbians & Gays (PFLAG)**—Internet to find local group ...www.pflag.org  
**Rainbow Community Center**.....925-692-0090

**Medical Care**

**Advice Nurse** ..... 1-877-661-6230  
**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, San Pablo  
**Health Care for the Homeless Mobile Van**  
(CCHS) Call for locations/hours ..... 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 (urgent care) ..... 510-215-9092  
**Mobile Health Clinic John Muir** ..... 925-941-7940  
**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

**Parenting Classes**

**East County 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

**Parenting Education**

**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  
**Primeros Nuestros Niños (Latina Center)** 510-233-8595  
**West County First 5 Richmond** ..... 510-233-5890  
**YWCA of Contra Costa** ..... 925-372-4213

**Parent/Child Activity Groups**

**All Abilities Playgroups** ..... 800-984-4636  
**Antioch First 5 Center** ..... 925-301-4052  
**East County 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  
**We Care Developmental Playgroups**  
..... 925-671-0777  
**West County First 5 Richmond** ..... 510-233-5890  
**West County First 5 San Pablo** ..... 510-232-5650

**Postpartum Depression**

**Parent Support Groups & Edu.** ... 510-412-9200  
(Early Childhood Mental Health Program)  
**Postpartum Depression (PPD) Helpline**  
..... 1-800-944-4773

**Welcome Home Baby** ..... 925-753-2156  
(ASPIRAnet)

**Pregnancy/Prenatal Care**

**Black Infant Health (CCHS)** ..... 925-313-6254  
**Brighter Beginnings**  
Antioch ..... 925-303-4780  
Richmond ..... 510-213-6681  
**Healthy Families America (CCHS)** ..... 925-313-6254  
**Healthy Start (CCHS) Central** ..... 925-370-5495  
East ..... 925-431-2345  
West ..... 510-231-9469  
**Lifelong Medical Care - Brookside**  
Richmond ..... 510-215-5001  
San Pablo (urgent care) ..... 510-215-9092  
**Planned Parenthood** Antioch, ... 1-800-230-7526  
Concord, Richmond, San Ramon, Walnut Creek  
**Prenatal Care Guidance (CCHS)** ..... 925-313-6254  
**Safely Surrendered Baby** ..... 2-1-1  
**SUBSTANCE ABUSE & PREGNANCY**  
**BAART-East** ..... 925-522-0124  
West ..... 510-232-0874  
**Healthy Start (CCHS) - Central** ..... 925-370-5495  
East ..... 925-431-2345  
West ..... 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 East** ..... 925-427-9100  
**Ujima Outpatient West** ..... 510-215-2280  
**Wollam House** ..... 925-427-1384

**School Districts**

**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

**Special Needs Services**

**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** ..... 707-644-4491  
**California Children's Services** ... 925-313-6400  
**Care Parent Network** ..... 925-313-0999  
**Center for Accessible Technology** ... 510-841-3224  
**Center for Early Intervention on Deafness**  
..... 510-848-4800

**Contra Costa ARC** ..... 925-370-1818  
**Contra Costa Office of Education** 925-942-3389  
**Deaf Counseling, Advocacy & Referral (DCARA)** ..... 510-343-6670  
**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) East/Central** ..... 925-849-8999  
West ..... 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

**Teen Parents**

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

**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)

Need help and  
don't know  
where to go?  
Call 2-1-1 or  
Text "HOPE" to 20121  
24/7 Spanish & English  
Or visit:

[www.211cc.org](http://www.211cc.org)

This resource guide is a  
collaborative effort of the  
Contra Costa Crisis Center and  
First 5 Contra Costa

