

Homeless

Bay Area Rescue Mission
Men's Shelter 510-215-4868
Women & Family Shelter.....510-215-4860
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 Resource Center..... 510-233-2141
Monument Crisis Center 925-825-7751
SHELTER, Inc......925-338-1038
Shepherd's Gate - Brentwood925-308-7507
Trinity Center 925-949-8712
Winter Night's (ICCCC) 925-435-2074

Housing

Housing Authority Public Housing Wait List
(Except Richmond and Pittsburg)925-957-8000
Housing Authority - Pittsburg...925-252-4830
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 Education
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 Costa925-900-5151
Rapid response and immigration legal services in Contra Costa County.
U.S. Citizenship and Immigration Services
.....1-800-375-5283

Information & Referral

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

Legal & Mediation Services

Bay Area Legal Aid.....510-250-5270
CCC Bar Association925-825-5700
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.....925-608-1000
(Divorce, Child Custody, Support, Paternity issues help)
Medical Legal Partnership (FMCH)...800-880-8047
Victim Witness Assistance925-957-8650

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 and Children's Psychiatric Programs 1-800-680-6555
(John Muir Health Behavioral Health Center)
Bay Area Psychotherapy Institute.....925-284-2298
Community Health for Asian Americans
.....925-778-1667
Contra Costa Crisis Center..... 2-1-1
Family Advocate Mental Health (CCHS)
..... 925-957-5139
First Hope- CCHS 925-681-4450
National Alliance for the Mentally Ill (NAMI)
..... 925-942-0767
The Hume Center925-432-4118

Multi-Service Centers

SparkPoint Contra Costa East ..925-252-2300
Village Community Center..... 925-626-7892

Parenting Classes

Antioch/Brentwood First 5 Center925-516-3880
(Brighter Beginnings)
Bay Point First 5 Center 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

Pregnancy

Birthingright 925-634-1586
Black Infant Health (CCHS)925-313-6254
Healthy Families America (CCHS).....925-313-6254
Healthy Start (CCHS).....925-431-2345
Independent Adoption Center925-827-2229
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..... 1-800-833-2900
SUBSTANCE ABUSE & PREGNANCY
Ujima East.....925-427-9100
Wollam House 925-427-1384

Rape/Victims of Crime

Community Violence Solutions..1-800-670-7273
Rape, Abuse & Incest National Network
..... 1-800-656-4673
Victim Witness Assistance Program
.....925-957-8650

Senior Services

Adult Day Services Network925-682-1000
Alzheimer's Association1-800-272-3900
An Elderly Wish Foundation.....925-978-1883
Caring Hands (John Muir)..... 925-952-2999
CC Café (Hot lunch program)
Antioch 925-757-7325
Bay Point 925-458-2662
Brentwood 925-634-5040
Pittsburg 925-439-2136
Covia 925-956-7396
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 925-937-8607
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 Services925-937-8311
Senior Peer Counseling925-521-5636
Social Security 1-800-772-1213

Teen Services

Alateen 925-932-6770
California Youth Crisis Line..... 1-800-843-5200
New Leaf Treatment Center925-284-5200
(Substance abuse treatment)
REACH Project, Inc Antioch 925-754-3673
REACH Project, Inc Oakley..... 925-679-2504
Teen Parenting Classes925-634-2565
(Liberty Adult Education)
Teen Services/SAFE Place..... 1-800-718-4357
(Northern California Family Center)

Transportation

Bay Area Travel Information..... 511
BART925-676-2278
Dial-A-Ride 925-754-3060
Mobility Matters 925-284-6161
Tri-Delta Route Info925-754-4040

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 Prgm.....925-778-0808
(Salvation Army-Antioch)
Utility Shut-off Assistance 1-800-743-5000

Veterans

Contra Costa County Veterans Services
..... 925-313-1481
Concord Veterans Center925-680-4526
Martinez VA Outpatient Clinic925-372-2000
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
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

Need help and don't know where to go?
Call 2-1-1 or visit www.211database.org