

**Anger Management Classes**

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

**Child Abuse/Prevention**

**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  
**PREVENTION**  
**Child Abuse Prevention Council.** 925-798-0546  
**Children & Family Services**  
 Central..... 925-602-9300  
 East ..... 925-522-7400  
 West ..... 510-231-8100  
**Safe Refuge for Children and Families**(Ages 0-18)  
 .....925-566-8050

**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  
**Safe Refuge for Children and Families**(Ages 0-18)  
 .....925-566-8050

**Child Custody**

**Bay Area Legal Aid** West .....1-800-551-5554  
**CCC Dept. of Child Support**..... 1-866-901-3212  
**Family Law Facilitator**..... 925-608-2067

**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 x 316  
 West..... 510-233-7555 x 10  
**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  
**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**..... 925-363-2000  
**La Clínica Pittsburg Dental Clinic** 925-431-1250  
**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  
**Prenatal Care Guidance**..... 925-313-6254  
**Welcome Home Baby** (ASPIRAnet)...925-301-4050

**Eye Exam/Glasses/Hearing Aids**

**Hear NOW** ..... 1-800-328-8602  
**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**

**CCC Dept. of Child Support**..... 1-866-901-3212  
**COVID-19 Financial Assistance Referrals**  
 ..... 2-1-1  
**Rapid Resolution** ..... 510-447-1752  
 (The Hume Center)  
**Social Services Rapid Response Team**  
 General Assistance (GA), CalWORKs, Medi-Cal  
 ..... 925-335-6581

**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** 510-232-5650  
**West County First 5 San Pablo Center** 510-232-5650

**Food**

**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 To GO Meals** ... 925-293-4792  
**Social Services Rapid Response Team**  
 CalFresh Food Stamps  
 ..... 925-335-6581  
**WIC Program** ..... 1-800-414-4942  
 (Pregnant women breastfeeding or with children 0-5)

**Health Insurance**

**California Children’s Services** .....925-313-6400  
**Child Health & Disability Prevention (CHDP)**  
 ..... 925-313-6150  
**Covered California** ..... 1-800-300-1506  
 ..... www.coveredca.com  
**Patient Financial Counselors**..... 1-800-771-4270  
**Kaiser Child Health Plan** ..... 1-800-464-4000

**Homeless Families**

**Coordinated Outreach Referral and Engagement (CORE)** ..... 2-1-1  
**GRIP CARE Center and Shelter** .....510-233-2141  
**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 Catholic Charities**..... 925-825-3099  
**COVID-19 Assistance Catholic Charities**  
 ..... 510-768-3100  
**COVID-19 Financial Assistance Referrals**  
 ..... 2-1-1  
**Season of Sharing**..... 925-655-1205  
**SHELTER, Inc.**..... 925-338-1038

**Kinship Support Services**

**Kinship Support Services** (Uplift Family Services)  
 Central ..... 925-602-1750  
**Kinship Support Services** (Youth Services Bureau)  
 West ..... 510-215-4671  
**Lilliput Families**  
 East ..... 925-384-1650  
 Central ..... 925-370-3100

**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  
**Drive-Through Testing Sites for COVID-19**  
 ..... 1-844-421-0804  
**Health Care for the Homeless Mobile Van**  
 (CCHS) Call for locations/hours ..... 925-608-5300  
**La Clínica Monument** ..... 925-363-2005  
**La Clínica Oakley** ..... 925-776-8200  
**La Clínica Pittsburg** ..... 925-431-2100  
**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  
**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  
**C.O.P.E. Family Support Center** . 925-689-5811  
**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**  
 ..... 510-231-1453

**Parenting Education**

**C.O.P.E. Family Support Center** . 925-689-5811  
**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**.. 510-232-5650

**Parent/Child Activity Groups**

**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**.. 510-232-5650  
**West County First 5 San Pablo**.. 510-232-5650

**Postpartum Depression**

**Parent Support Groups & Edu.** ... 510-837-6902  
 (Early Childhood Mental Health Program)  
**Postpartum Depression (PPD) Helpline**  
 ..... 1-800-944-4773  
**Welcome Home Baby**..... 925-301-4050  
 (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  
**STUBSTANCE 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 Office of Education** 925-942-3388

**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 Resource Center on ADHD**  
 ..... 1-866-200-8098  
**Regional Center of the East Bay** ..925-691-2300  
**Respite Care Program**..... 510-834-2443  
 (Family Support Services of the Bay Area)  
**Special Needs Child Care Project** 925-676-5442  
 (Coco Kids)  
**Through The Looking Glass** ..... 1-510-848-1112  
**United Cerebral Palsy of the Golden Gate**  
 ..... 510-832-7430  
**Vistability** ..... 925-370-1818  
**We Care Services for Children** ... 925-671-0777

**Teen Parents**

**CA Youth Crisis Line** ..... 1-800-843-5200  
**Through The Looking Glass** ..... 1-510-848-1112

**Wraparound Services**

**Care Parent Network (Vistability)** .....925-313-0999  
**Community Health for Asian Americans**  
 East.....925-778-1667 x 316  
 West..... 510-233-7555 x 10  
**Contra Costa Family Justice Center**  
 Central ..... 925-521-6366  
 East ..... 925-281-0970  
 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

