

INTRODUCTION

If children came with instructions, life would be a lot easier! But they don't. Yet we are expected to know how to deal with children during every stage of their development. It's a difficult job. Fortunately, there is help available and much of it is free.

Surviving Parenthood has been developed to inform you of many of the services available for children and families in Contra Costa County.

We are happy to make this resource directory available to you and hope you find it useful. Copies of **Surviving Parenthood** may be obtained by contacting:

The Child Abuse Prevention Council Of Contra Costa County, Inc.

2120 Diamond Blvd. Suite 120
Concord, CA 94520
(925) 798-0546

The information contained in **Surviving Parenthood has been gathered, updated, and edited with extreme care and is current as of the publishing date. However, changes in services may occur. We would appreciate your suggestions or comments about **Surviving Parenthood**. Please inform us of any incorrect, out-of-date, or misleading information.**

ACKNOWLEDGEMENTS

The Staff of the Child Abuse Prevention
Council of Contra Costa County

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SURVIVING PARENTHOOD

Prepared by:
**CHILD ABUSE PREVENTION COUNCIL
Of CONTRA COSTA COUNTY INC. (CAPC)**
2120 Diamond Blvd., Suite 120
Concord, CA 94520
(925) 798-0546
www.capc-coco.org

The Child Abuse Prevention Council (CAPC) identifies, builds, maintains, and coordinates a network of persons and agencies working in child abuse prevention and treatment, for the purpose of information sharing, referral, improvement of services, public education, family support, and advocacy.

All services are free. By calling or visiting the office you can:

- Obtain more information about child abuse and neglect in Contra Costa County.
- Learn how you can protect your children and what signs to look for in cases of possible abuse or neglect.
- Arrange for a speaker to talk to your community or professional group about preventing and reporting child abuse and neglect.
- Obtain free copies of Surviving Parenthood and a full range of other free, informational handouts and brochures.
- Receive information and referral services.

CAPC PROGRAMS

The Community Education Program

Persons working directly with children are mandated reporters and by law required to report suspected child abuse. Training on how to prevent child abuse and keep kids safe is offered at no cost to mandated reporters and to community members.

Child Help Speak Up and Be Safe (SUBS)

The school-based, child safety program addresses child abuse, bullying, cyber-bullying and sexual harassment prevention. Lessons are available for 1st-6th grade students.

Baby Bags

When new parents leave hospitals in Contra Costa County, we provide them with a baby bag with useful and important information about child development and child safety.

Nurturing Parenting Program

A comprehensive, research-based, culturally relevant parent education program for families with young children. The Nurturing Parenting Program addresses the Five Protective Factors that build on family strengths and promote optimal child development and reduces the risk factors associated with child abuse and neglect.

Parent/Youth Partners

Parent Partners serve as mentors to parents working through the child welfare system to reunite with their children and break-the-cycle of child abuse. **Youth Partners** mentor foster youth and provide support, education on their rights and responsibilities and resources to help facilitate favorable outcomes for these young persons. Our **Mental Health Advocate** connects parents and caregivers with appropriate mental health services for kids in their care and advocates to assure children's mental health needs are being met appropriately within the systems. Our **Caregiver Liaison** helps foster care placements be successful by connecting caretakers to resources in the community.

Sue Fleischner Special Needs Fund

Provides families with support and resources in an effort to reduce the risk of child abuse and neglect. Referrals to the Special Needs Fund are available to service providers working directly with families in need.

GENERAL INFORMATION

DIAL 211

For general information and referral services, dial 211. This service provides callers with Contra Costa County-wide information and referral services for every day needs and in times of crisis.

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EMERGENCY NUMBERS

IF YOUR CHILD IS MISSING

Dial 911

Or call your local police department and tell them, "I need your help, my child is missing." Tell them that this is a "high priority police emergency."

Call local missing child organization

Polly Klaas Foundation(800) 587-4357

Call the National Center for Missing and Exploited Children

Telephone (800) THE LOST
.....(800) 843-5678

This clearing center for missing children has the ability to alert authorities nationwide.

Call the Federal Bureau of Investigation

Local daytime(925) 671-7330
Main office - 24-hour line..... (415)-553-7400

Call Local Media

Television

KGO(415) 954-7926
KPIX(415) 765-8601
KRON(415) 441-4444
KTVU(510) 874-0242

Radio (24 hour lines)

KCBS.....(415) 765-4074

Newspapers

San Francisco Chronicle(415) 777-7100
East Bay Times(925) 935-2525

For investigations of missing or kidnapped children

Human Trafficking Tip Line(925) 957-8658

IF YOU THINK YOUR CHILD MAY BE A RUNAWAY

Contra Costa's Runaway Hotline(800) 718-4357

National Runaway Switchboard800) 621-4000

CRISIS NUMBERS

IN A LIFE-THREATENING EMERGENCY

DIAL 911

TO REPORT SUSPECTED CHILD ABUSE CALL CHILDREN AND FAMILY SERVICES OF CONTRA COSTA COUNTY (CFS)

Toll Free:(877) 881-1116

CRISIS COUNSELING INFORMATION & REFERRAL

Attorney General Public Inquiry Line.....(800) 952-5225
Contra Costa Child Care Council (925) 676-KIDS
Contra Costa Crisis Center(800) 833-2900
STAND! For Families Free of Violence(888) 215-5555

Collaborating Agencies

Crisis Line for the Disabled(800) 949-4232
National Runaway Switchboard(800) 621-4000
National Human Trafficking.....(888) 373-7888
Rape Crisis/Community Resources Center
Violence Solutions.....(800) 670-7273
Responding to Disaster.....(800) 830-5380
Runaway Hotline.....(800) 718-4357

FOR SUBSTANCE ABUSE PROBLEMS

Alcoholics Anonymous(925) 939-4155
Contra Costa Behavioral Health.....(800) 846-1652
Alanon, Alateen.....(925) 932-6770
Narcotics Anonymous(925) 685-4357
National Drug Help Hotline..... (800) 662-HELP

FOR HEALTH SERVICES

California AIDS Referrals (800) 367-AIDS
County Health Information Line.....(800) 696-9644
Poison Control Center.....(800) 222-1222
Calif. Poison Control Center.....(800) 876-4766
Psychiatric Emergency Services(925) 646-2800
STD & AIDS CDC Information.....(800) 232-4636

GENERAL INFORMATION AND REFERRAL

DIAL 211

Dialing 211 provides callers with Contra Costa County-wide information and referral services for times of crisis and everyday needs. Connects callers to critical health and human services in their communities, including the following: food banks, clothing closets, shelters, rent assistance, health insurance, Medicaid and Medicare, support groups, counseling, education programs and more.

EMERGENCY SERVICES

The following agencies can help by providing free or low-cost food, clothing and shelter and other services to meet basic needs.

Adult Protective Services

Website <http://www.co.contra-costa.ca.us/914/Adult-Protective-Services>
Telephone (877) 839-4347
Telephone (925) 602-4179
Fax (925) 602-4195
Investigates allegations of abuse and neglect of dependent adults and frail elderly. 24-hour response. Services are free.

American Red Cross of the Bay Area

Website redcross.org/local/california/northern-california-coastal/about-us/locations/bay-area.html
Oakland (510) 595-4400
San Francisco (415) 427-8000
Contra Costa County (925) 603-7400
Emergency housing, food, clothing, financial assistance for disaster victims for free. Financial assistance for military personnel, and their families. Community education (C.P.R. and disaster classes). Basic needs: Food, Clothing and Shelter

AMF Food Closet (St. Andrews Lutheran Church)

Antioch (925) 757-1672
Emergency food pantry for Antioch residents only. Must call first. Services are free. The AMF Food Closet is open on Wed and Thurs, 10:00 AM-12:00 PM.

Back on Track Community Services

Website backontrack-ca.org
Telephone (925) 658-8278
Back on Track Community Services is an organization dedicated to improving the lives of women/children who have been sexually exploited or trafficked. We use harm reduction and peer mentoring to help women and children achieve their goals for a safe and fulfilling life. Staff and volunteers provide Vital Life Changing workshops, paralegal services, peer mentoring, support groups, education, and help accessing community resources, including health, education, housing programs, referral career services and Criminal Record Expungements services. Hours of services: 8:00 AM-8:00 PM. Cost of Services: Sliding fee scale offered to those that qualify. Services in English and Spanish.

Bay Area Rescue Mission – A Faith-Based Service

Website bayarearescue.org
Address 2114 Macdonald Avenue, Richmond CA 94802
Information (510) 215-4555
Center for Women and Children (510) 215-4860
Men's Services (510) 215-4868
Alameda, Contra Costa, Solano Counties, English and Spanish
Basic and special need services for homeless persons, including temporary shelter, discipleship programs, meals, clothes, household goods, furniture, food distribution, and other household items. Adult and youth programs, outreach groups, tutoring, mentoring, special community events, etc. Services are free.

Contra Costa County Department of Employment and Human Services, Child and Families Division

Website ehdsd.org
County Wide..... 925) 608-4800
Hercules.....(510) 262-7700
Richmond.....(510) 412-3000
Information on obtaining financial assistance such as Cal WORKS, general assistance, food stamps and Medi-Cal for low-income residents not eligible for other financial aid, refugee programs, protective services, etc. Services are free. Services are in Spanish, various Asian languages and others.

Contra Costa County District Attorney: Victim Witness Assistance Program

Websitecontracostada.org
Address.....900 Ward Street, Martinez, CA 94553
Telephone(925) 957-8650
Serves all victims of crime in Contra Costa County. Provides support and information to individuals and families throughout the criminal justice system. Helps victims assert their rights under Marsy's Law and ensures their voices are heard. Advocates work closely with law enforcement and community organizations to connect victims with important resources. Assists with applications for the California Victim Compensation Board, victim impact statements and restitution. Hours of services: Mon-Fri 8am to 5pm
Languages spoken: English and Spanish.

Contra Costa Crisis Center

Websitecrisis-center.org
Main Number.....(925) 939-1916
Crisis Hotline(800) 833-2900
Suicide Hotline(800) 273-8255
Homelessness and Grief Services Dial 211
Answers crisis calls and local calls to the National Suicide Prevention Lifeline including the Spanish-speaking suicide hotline. 211 information and referral manages the countywide online resource database. Provides individual and group grief support and counseling to adults and children mourning the death of a loved one. Language line available for over 140 languages. All services are free and available 24/7.

A3 Crisis Response

Telephone(883) 443-2672
Contra Costa County provides timely and appropriate behavioral health crisis services, to anyone, anytime, and anywhere in the County. The call will connect with someone to talk to, someone to respond, and a place to go.

Contra Costa County Office of Emergency Services

Website contracosta.ca.gov

Contra Costa Housing Authority

Website contracostahousing.org
Telephone(925) 957-8001
Administers public housing. Applicants are added to a waiting list. No applications taken during the first five working days of the month. Services are free. Spanish services available.

Greater Richmond Interfaith Program (GRIP)

Address..... 165 22nd St. Richmond, CA 94801
Food and Clothing Distribution(510) 233-2141
Resource Center(510) 231-6885
The Super Center offers lunch 7 days a week, 11:30 AM-12:45 PM. We offer free clothing on the 2nd and 4th Tuesdays of the month at 10:00 AM. The West County Resource Center offers the following at some locations: showers, laundry, phone, case management, mailing address, job and housing assistance to homeless individuals and families. Offers a thirty-bed emergency family shelter. All of these services are free. Provides substance abuse prevention referral services. Services and program information is provided in English and Spanish. For parenting or family support-related classes, job training, or emergency food or shelter, call the Resource Center.

Home Energy Assistance Program (HEAP)

Websitecaliheapapply.com
Address..... 1470 Civic Ct., Ste. 200, Concord, CA 94520
Telephone(925) 681-6380
Program helps households pay their energy bill once a year. Targeted for low-income households with high-energy costs. Low or no cost energy assistance Free services Available in Spanish, Vietnamese, Farsi, and Arabic.

“Just Ask” Program, Delta Community Services, Inc.

Website deltacommunityservices.com
Telephone(925) 634-8275
Information and referrals regarding human services, community information, and emergency services in East Contra Costa County. Spanish services are available.

Loaves & Fishes of Contra Costa

Websiteloavesfishescc.org
Telephone(925) 293-4792
Feeding the hungry of Contra Costa for over 30 years, with dining rooms in Antioch, Martinez, Oakley, Pittsburg and Walnut Creek. A hot lunch is available Mon-Fri, 11:00 AM-12:45 PM. We also have a small food pantry available. There is no cost for any of our services.

Love-A-Child Missions Homeless Recovery Shelter

Website loveachildmissions.org
Bay Point.....(925) 643-5170
Since 1984 Love-A-Child has been serving needy women and children of Contra Costa County by providing emergency shelter, food, clothing, legal/court assistance, parenting/pregnancy education, substance recovery programs, job training, educational support, and many other programs.

Northern California Family Center

Website www.ncfc.us
Telephone(925) 370-1990
Telephone(800) 718-4357

Provides temporary shelter to runaway & at-risk youth.
Mediation & Follow-up counseling services also available.
Services for youth between the ages of 7 & 17. Services are free for youth 24 hours a day, 7days a week. English, Spanish & Tagalog languages served.

A Safe Place

Crisis Line(510) 536-7233
A Safe Place can connect you with emergency shelter, crisis shelter, crisis counseling, transportation, medical treatment, family mediation, referrals, etc. Ask for help anywhere you see the yellow and black safe place sign.

Salvation Army

Address..... 3950 Clayton Rd. Concord, CA 94521
Telephone(925) 676-6180
Referral for assistance in obtaining basic needs. PG&E Reach Program for Central County residents, counseling, and religious services. Emergency food pantry. Services are free.

SHELTER Inc. of Contra Costa County

Website shelterincofccc.org
Central County(925) 335-0698
Assistance in providing shelter for Contra Costa County residents: homelessness prevention for families, landlord-tenant advice, and REACH PLUS program. East County Transitional Center and Pittsburg Family Center provide transitional housing for women and children, including computer and life skills classes (parenting), case management and employment counseling, training and housing. We offer support services for veterans. Emergency shelter for families in Martinez and North Concord. Sliding scale and free services. Spanish services are available.

HEALTH SERVICES

This section provides resources to ensure personal and family health.

HOSPITALS

ACCESS Behavioral Health	(888) 678-7277
UCFS Benioff Children's Hospital, Oakland	(510) 428-3000
Contra Costa Regional Medical Center	(925) 370-5000
Contra Costa Martinez Dental Clinic	(925) 370-5300
John Muir Medical Center, Concord	(925) 682-8200
John Muir Medical Center, Walnut Creek	(925) 939-3000
Kaiser Antioch	(925) 779-5000
Kaiser Martinez	(925) 372-1000
Kaiser Hospice Martinez	(925) 229-7800
Kaiser Richmond	(510) 307-1500
Kaiser Walnut Creek Emergency	(925) 295-4000
West Contra Costa County Health Services	(510) 231-9400
Contra Costa Health Center	(800) 495-8885
Sutter/Delta Medical Center, Antioch	(925) 779-7200

MEDICAL, DENTAL, AND PUBLIC HEALTH SERVICES

Medi-Cal or B.A.C. (Basic Adult Care) can help defer medical costs entirely or partially. Property and income requirements are not as strict as for other welfare programs. For more information, or to apply, check with the Employment and Human Services Department office nearest you.

African American Health Conductors Program

West County Health Center	13601 San Pablo Ave. San Pablo, CA 94806
Pittsburg Health Center	2311 Loveridge Road Pittsburg, CA 94565
General Info	(925) 431-2431
Re-Entry Health Conductor Services	(925) 431-2792
African American Health Conductor Services	(925) 431-2862
The African American Health Conductors Program is a "Call to Action" to African Americans and the county health care system to address the glaring Reducing Health Disparities within the Contra Costa Communities. Open to all, regardless of race, nationality, or background.	

Alameda-Contra Costa Medical Association

Website	accma.org
Telephone	(510) 654-5383
Provides a physician referral service to all types of physicians and practices throughout the two counties.	

Child Health and Disability Prevention Program (CHDP)

Website	cchealth.org
Telephone	(925) 313-6150or (800) 696-9644

Free health exams for infants, children, teens and young adults (up to age 21) for those who are eligible. Assures that all children have a medical and dental home. Provides assistance with case coordination and parent education. Referrals made for children for health issues including dental screening, hearing and vision, immunizations, physical examinations, and lab tests. Hours of services are 8:00 AM - 5:00 PM. No cost for those who are eligible. Languages: English and Spanish.

Community Clinic Consortium

Richmond.....(510) 233-6230
Community Clinic Consortium is an alliance of non-profit community health centers united by shared purpose and values. Clinics welcome everyone, regardless of their ability to pay. Members of the Consortium include: Lifelong Medical Care, Community Medical Centers, La Clinica De La Raza, and Planned Parenthood. Office hours are from 9:00 AM-5:30 PM. Services are provided in English and Spanish.

Contra Costa Dental Society

Website.....ccdds.org
Telephone.....(925) 284-8662
Referrals to private dentists in the county. Services are free.

Contra Costa Martinez Dental Clinic

Website.....freeclinics.com
/det/ca_Martinez_Health_Center_Dental
Telephone.....(925) 370-5300
Emergency and basic dental services. For same day appointment call between 7-7:30 am and leave a message. If you have an emergency, call at 7:00 AM. Medi-Cal, Medicare and Contra Costa Health Plan accepted. Set fee. Spanish services are available.

Family, Maternal and Child Health Line

Website.....cchealth.org/fmch
Telephone.....(800) 696-9644
Programs are dedicated to promoting the health and well-being of families and children. Those who are eligible for Medi-Cal or WIC have access to programs. To submit a request for services either call the toll-free number or go to the website and complete the referral form.

Regional Center of the East Bay (RCEB)

Website.....RCEB.org
Telephone.....(925) 691-2300
The Regional Center of the East Bay (RCEB) is a private non-profit corporation under contract with the California Department of Developmental Services. RCEB provides case management services, advocacy, client program planning, coordination of generic services, and consultation. RCEB may purchase needed services for clients based on policies established by our Board of Directors. State law, however, requires that alternate sources of funding i.e.: generic services such as medical private insurance, education, etc., be used before expenditure of Regional Center funds. An active client of the Regional Center must participate, at a minimum, in planning meetings to develop or revise an Individual Program Plan (IPP), or an Individual Family Service Plan (IFSP) for a child under 3 years of age. An IPP identifies services and plans necessary for a client to achieve agreed upon objectives. Hours of Service: 8:30 AM-5:00 PM. Languages spoken: Various, including, Spanish, ASL, Tagalog, Mandarin, Cantonese, Farsi, Vietnamese.

Cost of services: Fees may be charged when a family places a child under the age of 18 in an out-of-home placement. The fee for that service is required by the State based on a sliding scale determined by the Department of Developmental Services.

UCSF Benioff Children's Hospital, Teen Clinic

Website ucsfbenioffchildrens.org

Telephone (925) 979-4000

General medical services for teens. Fee for service: Medi-Cal and private insurance accepted. Services available in English, Spanish and Asian languages.

HOSPICE SERVICES

Hospice of the East Bay

Telephone (925) 887-5678

Hospice East Bay's Bridge program supports children and teens through art, play, talk and peer support. Families may attend for as long as needed. There is a parent/guardian support group offered at the same time as the child/teen support group.

Kaiser Foundation Hospital Hospice – Martinez

Website hospice.io/care/kaiser-foundation-hospital-hospice-martinez-walnut-creek-ca/

Telephone (925) 229-7800

Kaiser Foundation Hospital Hospice - Martinez provides special care for people who are terminally ill. This involves a team-oriented approach that addresses the medical, physical, social, emotional, and spiritual needs of the patient. Hospice also provides support to the patient's family or caregiver.

PRENATAL AND POSTPARTUM SERVICES

Birthright

Website birthright.org
24-Hour Hotline (800) 550-4900
Counseling, pregnancy testing, maternity and baby clothes, referrals to community assistance and medical care to support pregnancy. Our services are free and confidential.

Brighter Beginnings

Website brighter-beginnings.org
Toll Free (877) 427-7134
Richmond (510) 236-6990
Please call to schedule an appointment for the following medical services: General Primary Medical Care, Diagnostic Laboratory, Screenings, Coverage for Emergencies During & After Hours, Voluntary Family Planning, Immunizations, Well-Child Services, Gynecological Care, OB-Prenatal Care, OB, Postpartum Care, Pharmaceutical Services, Case Management, Eligibility Assistance, Health Education, Outreach, Transportation, Translation, Behavioral Health Services: Mental Health Services, Additional Enabling/Supportive Services
Hours of service: Monday-Friday 8:00 am to 6:30 pm
Si Hablamos Español.

Contra Costa Public Health Immunization Clinics

Website cchealth.org/immunization/clinics.php
Schedule appointment (925) 608-5350
Offers all doctor-recommended, school required vaccines, Covid vaccines, booster, and mpox. Primarily serves those with Medi-Cal or uninsured regardless of immigration status. Fees are based on patient age, vaccines needed. Those with private insurance should contact their regular healthcare providers.
Clinic schedules (See website with addresses)
Brentwood: Mondays 1:00 PM-8:30 PM
Concord: Tuesdays 5:30 PM-9:30 PM
Thursdays 1:00 PM-4:30 PM
Pittsburg: Tuesdays 1:00 PM-4:30 PM
San Pablo: Thursdays 5:30 PM-9:00 PM
Fridays 1:00 PM-4:30 PM
Drop-ins are welcome, but those with appointments have priority. For other clinics. Call (925) 313-6740

Planned Parenthood, Northern California

Website plannedparenthood.org/planned-parenthood-northern-california
Telephone (925) 676-0505
Birth control, pregnancy testing and referrals, prenatal services, abortion, infertility clinic, sterilization (male and female), STD treatment, AIDS testing, counseling, health and physical exams, immunizations, and mid-life exams. Medi-Cal and private insurance accepted. Our fees vary. Spanish services are available. Hours 8:30 AM-5:00 PM. Services are offered in Antioch, Richmond, Concord, El Cerrito, San Ramon, and Walnut Creek.

PREGNANCY SERVICES IN CONTRA COSTA COUNTY

Contra Costa Health Centers

Telephone(877) 905-4545
Education and referral, abortion, prenatal counseling, family planning. We offer out-patient clinics. Other services include: medical social worker, dietician, perinatal testing and referral, GDM monitoring, childbirth classes. Our fees vary. Services are available in Spanish, Russian, Laotian, Vietnamese and Asian.

Contra Costa Public Health Immunization Clinics

Website cchealth.org/immunization/clinics.php
Schedule appointment(925) 608-5350
Offers all doctor-recommended, school required vaccines, Covid vaccines, booster, and mpox. Primarily serves those with Medi-Cal or uninsured regardless of immigration status. Fees are based on patient age, vaccines needed. Those with private insurance should contact their regular healthcare providers.
Clinic schedules (See website with addresses)
Brentwood: Mondays 1:00 PM-8:30 PM
Concord: Tuesdays 5:30 PM-9:30 PM
Thursdays: 1:00 PM-4:30 PM
Pittsburg: Tuesdays: 1:00 PM-4:30 PM
San Pablo: Thursdays: 5:30 PM-9:00 PM
Fridays: 1:00 PM-4:30 PM
Drop-ins are welcome, but those with appointments have priority. For other clinics call (925) 313-6740.

Options Health

Website optionshealth.org
Address 5167 Clayton RD Suite H, Concord, CA 94521
Telephone(925) 827-0100
Free pregnancy counseling, Free pregnancy testing and verification, Ultrasound (ultrasound based on eligibility), STD Testing, Abortion Aftercare, Eastbay Imaging Mobile Clinic (call for hours and locations), Community Referrals. Mon 10am-2pm. Tues-Thurs 10am-5pm. English and Spanish (for Spanish: appointment preferred).

Sutter Delta Medical Center: Women's Health Center

Website sutterdelta.org
Telephone(925) 779-7230
Prenatal Classes including Ready, Set Deliver and Breastfeeding classes and Maternity Tours. Classes include Pre-Labor, Labor and After Delivery Care Focus, Breastfeeding. Prenatal classes are fee-based. Maternity tours are free. Instructional information for infant CPR.

Women, Infant & Children (WIC) Program

Website cchealth.org/wic/
Toll Free(800) 414-4942
Locations in Brentwood, Concord, Pittsburg, and San Pablo. WIC is a nutrition program for women, infants, and children up to age 5. WIC's mission is to provide supplemental benefits for a variety of nutritious foods, nutrition education, support for breast feeding, and referrals to other services. Income guidelines apply.

SERVICES FOR AIDS AND HIV POSITIVE PATIENTS

AIDS Project of the East Bay

Website apeb.org

Telephone (510) 663-7979

Help to obtain services and financial benefits, support groups and food vouchers for people with HIV. Emergency funds are available with proof of an HIV positive status. Services are free.

Bay Area Community Health

Website bach.health

Telephone (510) 770-8040

Medical care, teen clinic, primary and prenatal care, youth action project and gay men's program. Help to locate services and benefits for people with AIDS. Anonymous HIV testing and AIDS information. No one turned away for inability to pay. Medi-Cal accepted. Sliding scale and some free services.

Contra Costa County HIV/AIDS Program

Website cchealth.org/hiv

Martinez (925) 313-6771

Toll free (800) 287-0200

Offers programs to reduce the transmission of HIV and STDs, provides services for people living with HIV/AIDS, including free condoms, testing, and community training. Medical case management also offered. You must be eligible for Medi-Cal-Medi-care or have other insurance, or be below the federal poverty level.

STD and AIDS Information from CDC

Telephone (800) 232-4636

MENTAL HEALTH SERVICES

Center for Recovery and Empowerment (C.O.R.E.)

Address..... 1160 Brickyard Cove Suite #111
Richmond, CA 94801

Telephone(510) 215- 6009

Our Intensive Outpatient Program for adolescents addresses substance abuse and addiction along with any underlying co-occurring mental health concerns. We also focus on developing good social and academic habits and strive to help these young people become more like the person they want to be, without using substances to get there. Our services include: Individual and Family Therapy, Adventure Therapy, Onsite Education towards High School or GED completion, Peer Recovery Counseling, Substance Abuse Counseling and Psychiatric Nursing.

Hours of Services: 9:00am - 6:00pm Monday-Friday.

Languages Spoken: English and Spanish. Services are free of charge.

Community Health for Asian Americans (CHAA)

Websitechaaweb.org

Address (Richmond) 3919 MacDonald Ave.
Richmond, CA 94805

Telephone (Richmond).....(510) 233-7555

Address (Antioch) 3727 Sunset Lane #110
Antioch, CA 94509

Telephone (Antioch).....(925) 778-1667

Community Health for Asian Americans (CHAA), a community-based non-profit organization, is dedicated to improving the quality of life for the historically underserved Asian and Pacific Islander communities living in the East Bay Area. Offering services and expertise that are sensitive to language, cultural needs, and the experiences of our clients, CHAA provides behavioral health care to individuals, families and communities with offices in Richmond and Antioch. CHAA programs span behavioral health services, prevention, early intervention and advocacy. CHAA offers community-based services for children, youth and adults through individual, group and family therapy, case management, alcohol and other drug prevention and treatment, consultation and psychological assessment.

Collaboration is a key operating principle in our work. CHAA values that shape our services are: Wellness, recovery and resiliency; Consumer-driven services for adults; family-driven services for children; Cultural competency embedded in program and service delivery design; Community involvement that is promoted and developed; Delivery of services and supports through Integrated Service Teams. Mon-Fri, 9:00 AM-5:00 PM

Contra Costa Regional Medical Center Psychiatric Emergency Services Contra Costa County Crisis Center

Website cchealth.org/mentalhealth

Crisis 24 hour(800) 833-2900

Services for children and their families with behavioral and emotional difficulties. Crisis and short-term therapy for adults; psychiatric consultation and medication monitoring. Child play therapy. Support group for women re-entering the job market. Sliding scale fee. Spanish services are available.

- **East County Adult Mental Health Services**
2311 Loveridge Rd., 2nd Floor
Pittsburg, CA 94565
925-431-2600
- **Antioch Health Center**
2335 Country Hills Dr.
Antioch, CA 94509
925-608-8700
- **West County Adult Mental Health Services**
13585 San Pablo Ave., 2nd floor
San Pablo Ca 94806
510-942-4700
- **Central County Adult Mental Health Services**
1420 Willow Pass Rd. #200
Concord, CA 94520
925-646-5480
- **Central County Children's Behavioral Health**
2425 Bisso Lane #200
Concord, CA 94520
925-646-5468
- **First Hope**
391 Taylor Boulevard, Suite 100
Pleasant Hill, CA 94523
925-608-6550
- **Older Adult Mental Health**
2425 Bisso Lane #100
Concord, CA 94520
925-521-5620

Dovetail Learning Center

Website dovetaillearning.org

The We Are Resilient™ approach provides practical, researched-based skills for coping with stress, strengthening resilience, and finding joy. We want to support YOU! Join us in transforming our communities – our schools, healthcare clinics, and homes. Free downloadable resources.

- **Community wellbeing:** Build a world where children, youth, adults, and families can support each other through promoting universal emotional and mental health.
- **Equity:** Create a path to unlearn and dismantle structures of systemic racism and discrimination and celebrate diversity, equity, and inclusion.
- **Free Access:** Transform our communities through open education digital resources—free for anyone to download, adapt and share.

Early Childhood Mental Health Program

Website ecmhp.org

Address 200 24th St. Richmond, CA 94804

Telephone (510) 412-9200

Therapy Intake Services (510) 508-1255

CTN Services (510) 412-9230

Childcare Solutions (510) 412-9211

Serves West Contra Costa County. Child and Family Therapy Services – includes play therapy as well as “dyadic” therapy (caregiver and child together) for children 0-6 years. Therapy services help improve family dynamics by supporting attachment bonds between parents and their children; by teaching parenting and nurturing skills; and by helping parents address their own childhood traumas. Hours of services are Mon, Wed, Thurs 8:30 AM-7:00 PM; Tues, Fri 8:30 AM-5:00 PM. Medi-Cal only. Spanish services are available.

John Muir Behavioral Health Services

Website..... johnmuirhealth.com/locations/behavioral-health-center-concord.html

Telephone(925) 674-4100

Telephone(800) 680-6555

John Muir offers both inpatient and outpatient treatment programs for children, adolescents, and adults who have psychiatric or behavioral problems. John Muir Health provides compassionate, effective treatment, in a warm and safe environment. Our inpatient and outpatient programs emphasize diagnosis, outstanding support, clean and comfortable facilities and continuing care.

National Alliance for the Mentally Ill of Contra Costa County (NAMI)

Websitenamicontracosta.org

Telephone(925) 465-3864

Provides information on the mental health field and the various aspects of mental illness. There are support groups throughout the month, throughout the county. The Family-to-Family class is 12 weeks long and covers every aspect of mental illness. There is never a charge for any of these services. It's a place to turn to when a family has a loved one diagnosed with a severe mental illness.

People Who Care Children Association

Websitepwc-pittsburg.org

Address.....2231 Railroad Ave. Pittsburg, CA 94565

Telephone(925) 427- 5037

People Who Care (PWC) Children Association Afterschool Program serves at-risk youth ages 12-21 and families in East Contra Costa County by providing mental health services (i.e. individual and family therapy, groups, case management, etc.) at no cost to families. PWC Clinical Success Program utilizes a Triage Model, consisting of: a Clinical Therapist, Intervention Specialist, and a Peer Counselor. PWC also offers community service, vocational and green jobs training, and social development. Hours of services: Mon-Fri, 9:30 AM-6:00 PM. Languages spoken: English & Spanish.

Rubicon Programs, Inc.

Website rubiconprograms.org

Address.....2500 Bissell Ave, Richmond, CA 94804

Telephone(510) 235-1516

Mental Health Case management services for persons with serious psychiatric disorders. Additionally, counseling is available for CalWORKS participants. Please ask your CalWORKS counselor to refer you. Inquire about services and eligibility:

Telephone(510) 231-3918

Employment and housing services are available to homeless, underemployed persons and persons seeking re-entry. Inquire about services and eligibility:

Telephone(510) 412-1725

Legal services are available for persons seeking Social Security benefits and persons with HIV:

Telephone(510) 232-6611
Hours of services are Mon-Fri 8:30 AM-5:00 PM. There is no charge for services.

The Hume Center

Website humecenter.org
Address.....1333 Willow Pass Road, Suite 102
Concord, CA 94520

Telephone(925) 825-1793

Hume Center offers individual, couples, family, and group psychotherapy and psychiatric services for adults. We accept Medi-Cal and Medicare and offer a sliding scale. In addition, our Behavioral Consulting Services offers consultation for parents and caregivers of children and adults diagnosed with Intellectual Development Disabilities.

Hours of Services: Mon-Fri, 9:00 AM-5:00 PM.

Languages Spoken: English - We utilize the Language Line for interpretation for clients with Medi-Cal coverage.

Cost of Services: Sliding Scale

Three Bridges Psychology and Mediation

Websitethreebridgesforpsy.com

Address..... 402 Colusa Ave. El Cerrito, CA 94530

Telephone(510) 847-7452

Three Bridges Psychology & Mediation was developed to meet the needs of families and children involved in the Family Court system. We specialize in working with adults and children who are mandated to participate in treatment or would like assistance managing the emotional overload related to their involvement in Family Court or custody decisions.

- Psychological evaluations in family court
- Private recommending mediation
- Therapy services
- Child custody evaluations
- Parent coaching
- Co-parenting therapy

Hours of Service: Mon-Fri 8:00AM-5:00PM.

Languages Spoken: English

Cost of Services: Sliding Scale

Asian Family Behavioral Health Resource Center

Websiteseniorcare.com/adult-day-care/cc/richmond

Address.....12240 San Pablo Ave, Richmond, CA

Telephone(510) 970-9750

Asian Family Resource Center is a licensed Adult Day Program in Richmond, CA. Adult Day Program(s) are licensed individually by state or local governments and surveys are typically completed by local entities, such as the Department of Aging Services. Long-Term Care Ombudsman serve as advocates for residents of all licensed long term care settings. Asian Family Resource Center also provides case management, life skills, and counseling for Vietnamese, Laos, Mien, and Khmu.

Hours: 9:00 AM-4:30 PM

Cost of Services: Medi-Cal, Contra Costa Health Plan, and Medi-Care.

Wellspring Psychotherapy

Websitetherapywellspring.com

Address..... 8 Crow Canyon Ct. San Ramon, CA 94583

Telephone(925) 831-2442

Adult individuals, families, couples, adolescents and children 4 years and up. Play therapy, sand tray, art, music, and games incorporated in working with children in a safe and supportive environment. Caretakers are strongly encouraged to participate in treatment. Parent education and support covering young children through adolescence. Client centered approach, working with existing strengths, appropriate boundaries, creative problem solving and empowerment. Medi-Cal and Victim Witness accepted in addition to private pay.

West County Adult Mental Health Services

Telephone510) 942-4700
Provides psychiatric emergency services. Some free services available. Medi-Cal, Medi-Care accepted. Mon-Fri from 8:00 AM-5:00 PM.

Contra Costa Behavioral Health (One Door to Wellness Recovery & Resiliency)

Website cchealth.org/mentalhealth
Telephone(925) 957-5150
Mental Health Access Line..... 1-888-678-7277
Mental Health, alcohol, & other drugs and Homeless Programs. The Mental Health Services program serves Contra Costa residents with mental health needs. We work to instill hope and empower our consumers to manage their symptoms and reclaim their lives and relationships. Our services for our consumers and their families include prevention and early intervention programs, rehabilitation services, psychotherapy, group services, day treatment services, residential, crisis and inpatient. Mental health services including peer and family support are provided for children, adolescents, adults, and older adults.

Counseling Services

East Bay Agency for Children

Website www.ebac.org
Telephone (510) 531-7551

East Bay Agency for Children's Circle of Care is a unique program that supports children and their families coping with the death of a significant family member or life-threatening illness. This program helps children and their families process their loss, provide a safe place that helps to normalize grief and learn to cope with their experience through specialized services.

Community Violence Solutions (CVS) (Formerly Rape Crisis Center)

Website www.cvsolutions.org
Rape Crisis Line 24 Hour (800) 670-7273
Antioch (925) 706-4290
San Pablo (510) 237-0113
Children's Interview Center (925) 608-5650

Community Violence Solutions is a collaborating partner in the countywide Anti-Trafficking project. Victims of sexual and/or labor trafficking may receive crisis intervention, counseling, comprehensive case management, advocacy, and accompanying services. Community Violence Solutions operates two Drop-In Centers for individuals under the age of 24 who have experienced Commercial Sexual Exploitation. CVS also conducts training for law enforcement and Service Providers and provides community presentations free of charge to bring awareness about the important issue of Human Trafficking.

Hours of services: Mon-Fri, 9:00 AM-5:00 PM.

Languages spoken: English and Spanish.

Are interpreters available? Yes, all languages through Language Line.

Discovery Counseling Center of the San Ramon Valley

Website www.discoveryctr.net
Email discoverycounseling@discoveryctr.net
Address 115 Town and Country Drive
San Ramon, CA 94527
Telephone (925) 837-0505

Discovery Counseling Center offers comprehensive, culturally appropriate, affordable and accessible mental wellness services in times of difficulty and life transitions.

Hours of Service: Mon-Sat 9:00 AM-7:00 PM.

Languages Spoken: English.

Cost of Services: On a sliding scale based on family income.

Jewish Family and Community Services East Bay

Website jfcs-eastbay.org
Address 2151 Salvio St. Suite 350, Concord, CA 94520
Email info@jfcs-eastbay.org
Telephone (925) 927-2000

Specialty in serving refugee and immigrant parents, families, and children in Central and East Contra Costa. Bilingual, bicultural services available in Farsi/Dari, Russian, Spanish, Urdu, Pashtu, and English. Individual and family therapy, parenting classes and workshops. School, home, and office-based services. Open to all regardless of ethnic background, religious affiliation, gender, and sexual orientation. Fees for services are on a sliding scale. Languages Spoken: Farsi/Dari, English, Spanish, Russian, Urdu, Pashtu.

REACH Project, Inc.

Antioch(925) 754-3673
 Brentwood(925) 666-8460
 APD REACH(925) 754-3673
 Oakley(925) 679-2504
 Toll Free Assessment(866) 720-3784
 Individual and family counseling, including Spanish speaking. Age-appropriate support and peer groups, teen and adult drug and alcohol treatment. Parent and grandparent support. Youth intervention and panel hearings ages 6-17. Sliding scale fees.

St. Peter Martyr Church

Address 740 Black Diamond St. Pittsburg, CA 94565
 Telephone(925) 432-4771
 Provides counseling by appointment. Offers youth services such as: youth groups, teen support. Family support related classes occasionally offered. Food bags are available on the 2nd and 4th Fridays of the month, 1:00-2:00 PM. For more information regarding any of the above services, please call.

Touchstone Counseling Services

Websitetouchstonecounseling.com
 Telephone (intake) (925) 932-0150 ext. 309
 Individual, couple, family counseling, children's play therapy. Support groups and workshops dealing with parenting and family issues, substance abuse, anger management, and child abuse. Single parent and children of divorce groups. Sliding scale fees.

Golden Hills Community Church & Counseling Center

Address 2401 Shady Willow Lane, Brentwood, CA 94513
 Telephone(925) 516-0653
 Telehealth via video or phone (925) 809-1888 ext. 7162
 Appointments (925) 809-1888 ext. 7162
 The GHCC Counseling Center offers counseling for a variety of issues and is available for all ages, has licensed Marriage and Family Therapists. Offers youth groups & teen support, parenting classes, and women and men substance abuse groups (12 Step support group). For more information regarding any of the above services, please call.

Kings Chapel

Address 320 Worrell Rd. Antioch, CA 94509
 Telephone(925) 756-7315
 Counseling Service offered by the pastor. Counseling offered to members and non-members. This is a county wide service.

Pittsburg Baptist Church

Website pittsburgbaptistchurch.com
 Address 2586 Willow Pass Road, Bay Point, CA 94565
 Telephone(925) 458-0621
 Provides counseling by appointment only. Call the church for food, clothing, and furniture requests.

Grace Bible Fellowship of Antioch

Website gbfofantioch.org

Address 3415 Oakley Rd. Antioch, CA 94509

Email grace@gbfofantioch.org

Telephone (925) 522-2017

Offers youth services such as GYM Ministry (held on 1st and 3rd Wednesday of every month at 7:00 PM), and youth fellowship. Benevolence fund is also available. Free meals are served at the church during summer months; van pick up is available. Grace Closet provides the community free food and clothing on Wednesdays from 4:00-6:00 PM. Requirements are ID and proof of income. Recovering program for adults called "Overcomes" Thursdays at 7:00 PM. For more information regarding any of the above services, please call.

Hours of Services: Tues-Fri 9:00 AM-5:00 PM, Sunday 8:00-11:00 AM, Wednesday 7:15 PM

Languages Spoken: English.

LEGAL ASSISTANCE AND ADVICE

Private legal services are expensive. However, there are places to obtain free or less expensive legal services. Each of the agencies listed below deals with specific legal matters; there are certain cases they do not handle. Read each listing carefully before calling.

Back on Track Community Services

Websitebackontrack-ca.org

Telephone(925) 658-8278

“Criminal Record Expungement/Dismissal” is the process of going to court to ask a Judge for a Dismissal of your criminal record. When a “Conviction” is “Dismissed: “You are no longer considered a “Convicted Felon”! Your previous charges will reflect as being “Dismissed”! It is important to remember your “Criminal Record” is not destroyed! State and Federal Officials will have access to “Expunged” court files for certain purposes. Expungements are needed to pass a background check. Hours of services: 8:00 AM-8:00 PM. Cost of Services: Sliding fee scale offered to those who qualify. Services are available in English and Spanish.

Bay Area Legal Aid Line

Legal Advice Line.....(800) 551-5554

A free legal hotline available to qualified low-income residents living in the Bay Area. The Legal Advice Line provides counsel and advice in all languages on a range of civil legal issues. Attorneys may give a caller legal advice, schedule eligible clients for an appointment in a neighborhood office, or provide the caller with a helpful referral to other social services organizations, when appropriate.

Center for Human Development: Mediation & Conflict Resolution Programs

Websitechd-prevention.org/programs/conflictresolution-php

Address..... 901 Sunvalley Blvd. Suite 220, Concord, CA 94520

Telephone(925) 687-8844

Mediation is a voluntary conflict and alternative dispute resolution process that supports two or more parties with working through their differences, with the help of a third-party neutral mediator. Trained and experienced mediators help people talk to each other, define the issues, understand different points of view, explore workable solutions, and guide the parties in reaching agreements acceptable to everyone. Decision making power remains with the parties. A range of community and court-based cases are mediated including neighbor/neighbor disputes, tenant/landlord and homeowner association issues, elder/aging and family disputes, co-parenting and separation issues, workplace/co-worker disputes, consumer/merchant, and organizational disputes. Services are offered on a sliding-scale basis and are available to community members, employees, community and non-profit organizations, public agencies, businesses, the courts, and schools.

Children's Interview Center of Contra Costa County

Websitecvnsolutions.org/childrens-interview-center

Telephone(925) 608-5650

The Children's Interview Center is a child-friendly center where children who allege sexual abuse can safely tell their story in a comfortable, compassionate setting. The goal is to reduce the number of interviews as well as interactions with different adults to reduce trauma. Clients must be referred by local police. Services are free. Spanish services are available.

Contra Costa County Department of Child Support Services

Websitecontracosta.ca.gov/1374/Child-Support-Services

Telephone(866) 901-3212

The Child Support Program works with both parents and legal guardians to ensure children receive court ordered financial and medical support. Services provided include: locating absent parents, establishing paternity (fatherhood), establishing and enforcing support orders, and collecting/distributing child support payments. Hours of services are Mon-Fri, 7:30 AM-4:30 PM. A \$25 annual fee is charged on collections over \$500. Translation for most languages is available.

Community Violence Solutions (CVS) (Formerly Rape Crisis Center)

Crisis Line 24 Hour.....(800) 670-7273

Antioch(925) 706-4290

Marin(415) 259-2850

San Pablo(510) 237-0113

Children's Interview Center(925) 608-5650

Community Violence Solutions is a collaborating partner in the countywide Anti- Trafficking project. Victims of sexual and/or labor trafficking, may receive crisis intervention, counseling, comprehensive case management, advocacy, linkage & resources, and accompanying services.

Community Violence Solutions operates two Drop-In Centers for individuals under the age of 24 that have experienced Commercial Sexual Exploitation. CVS also conducts training for law enforcement and Service Providers and provides community presentations free of charge to bring awareness about the important issue of Human Trafficking. Hours of services: Mon-Fri 9am-5pm or 24hrs a day through Crisis Line. Languages spoken: English and Spanish.

Are interpreters available? Yes, all languages through Language Line.

Court Appointed Special Advocates (CASA)

Websitecccocasa.org

Telephone(925) 256-7284

The Court Appointed Special Advocates (CASA) program recruits, trains, and supports volunteer advocates as a powerful voice for the best interest of abused and neglected children during the court process, in order to help every child ultimately thrive in a safe and permanent home.

Family Justice Center

Websitecocofamilyjustice.org

Central Center (Concord).....(925) 521-6366

West Center (Richmond).....(510) 974-7200

East Center (Antioch).....(925) 281-0970

The Family Justice Center is a “one-stop” center for victims of domestic violence, sexual assault, stalking, human trafficking, child and elder abuse or neglect. We provide advocacy, court accompaniment, emotional support and access to counseling, mental health services, assistance with emergency shelter, law enforcement assistance, safety planning, and legal assistance: restraining orders, custody and divorce issues. Our hours of services are Mon-Fri, 9:00 AM-5:00 PM. We offer drop-in services on Mondays. Walk-ins are welcome; however, appointments are encouraged. There is no charge for our services. Our services are offered in English, Spanish, Korean, Lao, and Thai.

Lawyer Referral Service - Contra Costa Bar Association

Website cccba.org/for-the-community/find-a-lawyer
Telephone (925) 825-5700
Non-profit lawyer referral service. Will schedule a 30-minute consultation with an appropriate attorney in the Contra Costa County Area. Attorneys practice in most areas of the law. Free legal workshops.

Legal Services for Children

Website www.lsc-sf.org
Telephone (English) (415) 780-6366
Telephone (Spanish) (415) 780-6367
Serves San Francisco and Bay Area Counties. Free comprehensive law firm for young people who are alone, abandoned, physically molested, sexually assaulted, and accused of or victims of crime. Assists with juvenile court, disability, mental health, education rights, institutional abuse, plus resources such as housing, guardians, school placement and job training. Serves HIV-affected families with children. Services are free. Services are available in Spanish, Mandarin and Tagalog.

National Center for Youth Law

Website www.youthlaw.org
Address 1212 Broadway, Suite 600
Oakland, CA 94612
Telephone (510) 835-8098
Uses law to protect abused and neglected children in Northern California. Expands access to health care for children and adolescents. Secures public benefits to meet children's special needs and increase access to housing for families.

Online Legal Assistance: Virtual Self-Help Law Center **Spanish Speaking: Centro Virtual de Ayuda Legal**

Website www.cc-courthelp.org
Our goal is to provide information that will make it easier for you to handle your court case, whether you have a lawyer or not. This site can help you learn about court procedures, find forms, and links to other important resources.

Professional Supervised Visitation

Email aliciacarillo@yahoo.com
Telephone (510) 467-6336

Supervised visitation is the contact of a non-custodial parent and one or more children in the presence of a neutral third party, or supervisor, record the events of the visit and to ensure the safety of all parties. Third Party Professional offers no opinions, just records. This is a court approved field only service. Serving children 0 to 17 years old.

Public Defender of Contra Costa County

Website www.co.contra-costa.ca.us/1555/Public-Defender
Telephone (925) 335-8000
Richmond (510) 412-4900
Free or low-cost attorneys for those unable to pay who are charged with a crime and, in cases of child reclamation, when the State tries to remove a child. Sliding scale and free services are available.

The Hawkins Center

Website hawkinscenter.org
Telephone (510) 232-6611
Provides legal representation to individuals with disabilities who are applying for Social Security and/or SSI disability benefits and have been denied. Limited representation available for Contra Costa residents facing cut-off of benefits.

CHOOSING CHILD CARE

Finding a childcare situation to meet your specific needs may be a frustrating task. Affordable childcare, in a convenient location, with convenient hours, can be difficult to find. Very often there are long waiting lists...PLAN AHEAD.

AWARENESS IS KEY. Most childcare settings are safe and provide quality care. However, parents should take some precautionary measures:

- Visit the facility before you make a decision to send your child. Look at their license – note on the license the expiration date and how many children are allowed.
- Obtain a list of other parents with children in the center and call them for references.
- Find out the center's policies on discipline, naptime, toilet training, feeding, etc. Decide whether these policies are compatible with your own practices.
- **CORPORAL PUNISHMENT IS ILLEGAL IN LICENSED CHILD-CARE FACILITIES.**
- Make unannounced visits to the facility. Be suspicious if you are told you can only visit at certain times.
- Listen to what your child tells you about the childcare. Notice any sudden changes in your child's behavior.
- If you suspect a problem, share your concerns with other parents. Report suspicions of abuse or get more information from Children and Family Services or the police.
- To register or inquire about a complaint against a child care facility, call Community Care Licensing at (510) 622-2602.

CHILD CARE SERVICES

Contra Costa Child Care Council: CocoKids

Website cocokids.org

Telephone (866) coco-kids

Administration (925) 676-5442

The Contra Costa Child Care Council keeps a current file on all types of child care programs. Call for information and resources for choosing quality child care. Child care subsidies available for eligible low-income families. Also provides parent education and support, including classes, on child development, health, nutrition and safety.

Trustline

Website trustline.org

Telephone (800) 822-8490

California's background check for babysitters and nannies. Conducted by the CA Dept. of Justice and administered by the CA Dept. of Social Services and CA Childcare R&R Network. Our hours of service are Mon-Fri 9:00 AM-5:00 PM. The cost of services is free to check on a status; however, there is a fee of \$130 to apply to the background check. Spanish services are available.

CHILD ABUSE PREVENTION, INTERVENTION AND TREATMENT SERVICES

If child assault or abuse occurs, various indicators can identify it. Notable signs of neglect, physical, sexual and emotional abuse include:

Neglect: Low birth weight, un-kept dirty appearance, lack of adequate medical and dental care, food, shelter and clothing, lack of caretaker or appropriate supervision.

Physical: Unexplained bruises, welts, burns, fractures, lacerations or abrasions, afraid to go home, fearful when other children cry.

Sexual: Venereal disease; pregnancy; difficulty walking or sitting; pain or itching in genital area; torn, stained or bloody underpants; fear of adults; runaway, infantile behavior; sophisticated or unusual sexual behavior or knowledge; may report sexual assault by parent, relative or caretaker.

Emotional: Failure-to-thrive; speech disorders; bed-wetting; nightmares; learning disabilities; withdrawal. Passive or aggressive behavior; poor peer relationships; delay in social, physical or emotional development.

In cases of child abuse or assault, BE CALM.

BELIEVE your child; get the facts of the incident.

Assure your child that what has happened IS NOT her/his fault. Tell the child what you plan to do. Get appropriate outside help.

A Step Forward, Inc.

Website astepforwardinc.com

Telephone (925) 685-9670

Offers a range of treatment services to families and children where sexual abuse has occurred. Ongoing groups for parents of children survivors and youth offenders, adult survivors, and abused children. Forensic consultation, assessments and treatment programs available for adult and youth sexual offenders. Therapists are skilled in treating general non-abuse related psychotherapy issues as well.

Center for Child Protection at UCSF Benioff Children's Hospital Oakland

Website [ucsfbenioffchildrens.org/
clinics/center-for-child-protection](http://ucsfbenioffchildrens.org/clinics/center-for-child-protection)

Telephone (510) 428-3742

Provides medical and psychological support to victims of sexual, physical, or emotional abuse and neglect and their families. Services are available around the clock. Provides follow-up medical care, reporting to CFS/Police, victim/witness assistance program, crisis intervention and educational programs for parents and professionals. Some free services are available.

Center for Human Development: Beyond Violence

Website chd-prevention.org

Telephone (925) 349-7340

We offer assistance to victims of violence and trauma.

Facilitate school-based sessions and support groups. Offer individual support services and parent meetings. Provide referrals for other needed services. Please call for meeting times and locations. Referrals from John Muir Health and/or Designated Schools are required to access services.

Hours of services: 8:00 AM-4:00 PM.

Languages spoken: English and Spanish.

Child Abuse Prevention Council of Contra Costa County, Inc. (CAPC)

Websitecapc-coco.org

Telephone(925) 798-0546

Referral to child abuse prevention, intervention and treatment services in Contra Costa County. Information about child abuse and neglect, protecting your children, and indicators of abuse.

Free workshops for community and professional groups:

- Nurturing Parenting Connections Home-Visiting
- Nurturing Parenting Center-Based Education
- Parent Partner Program
- Youth Partner Program
- English and Spanish. Services are free.

Children and Family Services (CFS) (Formerly CPS)

Toll Free(877) 881-1116

If you know or suspect child abuse or neglect has occurred, call the toll free number. If the child is in immediate danger, call both the local police and Children and Family Services. A social worker will talk with you confidentially and assess the degree of risk involved. If the child is in immediate danger, a visit will occur immediately. If not, a visit may occur within 10 days. By reporting to Children and Family Services, resources to promote the future safety of the child are offered (i.e., counseling, parent education, respite care, transportation, parent aides, etc.).

Community Violence Solutions (CVS) (Formerly Rape Crisis Center)

Websitewww.cvsolutions.org

Rape Crisis Line 24 Hour(800) 670-7273

Antioch(925) 706-4290

San Pablo(510) 237-0113

Children's Interview Center(925) 608-5650

Community Violence Solutions is a collaborating partner in the countywide Anti-Trafficking project. Victims of sexual and/or labor trafficking may receive crisis intervention, counseling, comprehensive case management, advocacy, and accompanying services. Community Violence Solutions operates two Drop-In Centers for individuals under the age of 24 who have experienced Commercial Sexual Exploitation. CVS also conducts training for law enforcement and Service Providers and provides community presentations free of charge to bring awareness about the important issue of Human Trafficking.

Hours of services: Mon-Fri, 9:00 AM-5:00 PM.

Languages spoken: English and Spanish.

Are interpreters available? Yes, all languages through Language Line.

Early Childhood Mental Health Program

Websiteecmhp.org

Address200 24th St. Richmond, CA 94804

Telephone(510) 412-9200

Therapy Intake Services(510) 508-1255

CTN Services(510) 412-9230

Childcare Solutions(510) 412-9211

Serves West Contra Costa County. Child and Family Therapy Services – includes play therapy as well as “dyadic” therapy (caregiver and child together) for children 0-6 years. Therapy services help improve family dynamics by supporting attachment bonds between parents and their children; by teaching parenting and nurturing skills; and by helping parents address their own childhood traumas. Hours of services are Mon, Wed, Thurs 8:30 AM-7:00 PM; Tues, Fri 8:30 AM-5:00 PM. Medi-Cal only. Spanish services are available.

Mujeres de Cambio

Telephone(925) 727-1958
Mujeres de Cambio will provide to every woman who finds herself in a state of abuse the opportunity for a radical change. Our mission is to offer necessary information and help to every woman open to change. Services are provided in English and Spanish.

Pacific Clinics (formerly Uplift Family Services)

Websitepacificclinics.org
Telephone(925) 602-1750
Relative caregivers in Central, East and West Contra Costa are provided with a variety of services to support and stabilize the family. Services include case management assistance with guardianship, respite recreation, support groups, educational workshops, independent living skills and financial assistance. Our services are free of charge. Hours of service: 8:30 AM - 5:00 PM.
Services are provided in English and Spanish.

CRISIS SERVICES

Whether you are a single parent, divorced or widowed, married, a step-parent, foster parent or adoptive parent, chances are there are days you are tired, stressed-out or at your wits end. You may need relief, advice, special support, or an understanding ear. The following programs offer a wide range of intervention and support services.

211

Website 211.org

Telephone 211

211 provides callers with information about and referrals to human services for everyday needs and in times of crisis. This easy to remember telephone number connects callers to critical health and human services available in their communities. For example, 211 can offer access to the following types of services: food banks, clothing closets, shelters, rent assistance, health insurance programs, Medicaid, and Medicare, support groups, counseling, education programs, and more.

Bay Area Crisis Nursery

Website bayareacrisisnursery.org

Telephone (925) 685-6633

The Bay Area Crisis Nursery provides free emergency childcare services daily from 7AM - 7PM. Parents can enroll for full day or hourly care. The Nursery also provides short-term emergency shelter services for up to 30 days and respite services allowing parents a 1-2 day stay monthly.

Contra Costa Crisis Center

Website crisis-center.org

Main Number (925) 939-1916

Crisis Hotline (800) 833-2900

Answers crisis calls and local calls to the National Suicide Prevention Lifeline including the Spanish-speaking suicide hotline. Supplies 211 information and referrals and manages the countywide online resource database. Provides individual and group grief support and counseling to adults and children mourning the death of a loved one. Language line available for over 140 languages. All services are free and available 24/7.

Lutheran Social Services

Website lssnocal.org

San Francisco (415) 581-0891

Concord (925) 825-1060

Mi Casa Program

Website lssnocal.org/what_we_do/
concord_redding_stockton_sacramento/mi-casa-concord.html

Support services for individuals, families and youth emerging from foster care.

Safe Refuge for Children and Families

Website SafeRefugeCF.org

Office/Crisis Line (925) 566-8050

Provides temporary screened, safe, and loving homes where parents may voluntarily have their children cared for during a family crisis. Crisis situations may include homelessness, unemployment, incarceration, drug addiction, sickness, hospitalization, or any other crisis circumstance that makes it difficult for the parents to care for their children. This is a voluntary program and the families in crisis always retain all of their parental rights and custody. We partner with families to provide respite, support, and encouragement while they navigate crisis situations. Services provided in English and Spanish. Services are free.

TALK Line Family Support Center

Telephone (415) 441-KIDS
24-hour parental stress line for parents having problems with their feelings and in dealing with their children.

Safe and Sound

Telephone (415) 668-0494
Drop-in center, counseling and therapy, support groups, respite childcare and job assistance. Free or low fee.

PARENT SUPPORT SERVICES

HOME VISITING SERVICES

Parenthood can be a rewarding and exciting, yet a very stressful experience. All parents have questions and concerns about their children from infancy to adolescence. Contra Costa County offers a wide range of home visiting programs to help meet your needs as a parent.

Bay Point Works Community Center

Website..... ambroserec.org/bay-point-works-community-career-center

Telephone.....(925) 252-2331

Located in the Ambrose Recreation Center in Bay Point, the Community Career Center offers job seekers access to computers, telephones, fax machines and copy machines. The center also offers information on childcare, housing, transportation, and other resources in Bay Point. Daily updated job announcements. Resume writing assistance. Telephone message center for clients without reliable phone service. Referral to employment workshops. Open Monday - Friday 9:00AM-5:00PM. Spanish services available.

Early Childhood Mental Health Program

Website..... ecmhp.org

Address.....200 24th St. Richmond, CA 94804

Telephone.....(510) 412-9200

Therapy Intake Services.....(510) 508-1255

CTN Services.....(510) 412-9230

Childcare Solutions.....(510) 412-9211

Serves West Contra Costa County. Child and Family Therapy Services – includes play therapy as well as “dyadic” therapy (caregiver and child together) for children 0-6 years. Therapy services help improve family dynamics by supporting attachment bonds between parents and their children; by teaching parenting and nurturing skills; and by helping parents address their own childhood traumas. Hours of services are Mon, Wed, Thurs 8:30 AM-7:00 PM; Tues, Fri 8:30 AM-5:00 PM. Medi-Cal only. Spanish services are available.

Child Health and Disability Prevention Program (CHDP)

Website..... cchealth.org/chdp

Messages.....(925) 313-6150

Appointments.....(800) 494-8855

Free health exams for infants, children, teens and young adults (up to age 21). Home visits provided by Public Health Nurses and Community Health Workers. Assistance with access to health care services, case coordination, parent education and child safety. The respite office is open Mon-Fri, 9:00 AM-4:00 PM to take respite requests; respite services are provided 24 hours per day, 7 days per week, based on the needs of the families.

C.O.P.E. (Counseling Options/Parent Education) Family Support Services

Website..... copefamilysupport.org

Email.....info@copefamilysupport.org

Address.....3021 Citrus Circle, Suite 105
Walnut Creek, CA 94598

Telephone.....(925) 689-5811

Individual psychotherapy (\$120 hour/*sliding scale may be available to those who qualify), Parent coaching, Family therapy, Child therapy, Group therapy, Anger Management classes, Triple P Positive Parenting programs, Co-Parenting, legal and family court referrals, youth achievement workshops, teen truancy, case management and Victims of Crime application assistance and therapy. Fees vary depending on program.

Hours of service: Mon-Thurs, 9:00 AM-5:30 PM; Fri 9:30 AM-3:00 PM.

Languages spoken: English, Spanish, & Arabic.

Contra Costa Child Care Council: CocoKids

Website cocokids.org

Telephone (866) 262-6543

Parent education and support, including classes, a warm line and resources on choosing quality childcare, child development, health, nutrition and safety. Childcare subsidies for eligible low income families.

Contra Costa Health Services: Breastfeeding Advice Line

Telephone (866) 878-7767

The Contra Costa Breastfeeding Advice Warmline offers reliable information in Spanish or English to nursing women and their families residing in Contra Costa County, free of charge. The Warmline volunteers are breastfeeding experts. They include board certified lactation consultants, lactation educators, nurses and a doctor. All messages left on the machine will be answered within 24 hours, 7 days a week.

Family Support Services

Website fssba.org

Address..... 303 Hegenberger Rd., Suite 400
Oakland, CA 94621

Telephone (510) 834-2443

Family Support Services provides respite care and other supportive services to parents/caregivers of children with special needs, such as those who have a developmental disability, are medically fragile, drug exposed, abused or neglected or at risk of abuse or neglect. Respite provides caregivers (biological or resource parents, relative or fictive kin caregivers) with a planned break to relieve some of the stress of full-time care giving. We also provide Kinship, Family Preservation and mental health services.

First 5 Center, Antioch

Website first5coco.org

Address..... 300 H St, Antioch, CA 94509

Telephone (925) 301-4052

A friendly, welcoming Family Resource Center, where parents, caregivers and young children can come to take classes and get support. We offer parent and child classes to do together, parent education classes, parental support, developmental screenings, and resources. All of our programs are FREE for children 0 to 5 years old, their parents and caregivers. Spanish services are available.

First 5 Center, Bay Point & Pittsburg

Website first5coco.org

Address..... 355 E Leland Rd., Pittsburg, CA 94565

Telephone (925) 301-4040

A friendly, welcoming Family Resource Center, where parents, caregivers and young children can come to take classes and get support. We offer parent and child classes to do together, parent education classes, parental support, developmental screenings, and resources. All of our programs are FREE for children 0 to 5 years old, their parents and caregivers. Spanish services are available.

First 5 Center, Delta

Websitefirst5coco.org
Address.....760 First Street, Brentwood, CA 94513
Telephone(925) 516-3880

A friendly, welcoming Family Resource Center, where parents, caregivers and young children can come to take classes and get support. We offer parent and child classes to do together, parent education classes, parental support, developmental screenings, and resources. All of our programs are FREE for children 0 to 5 years old, their parents and caregivers. Spanish services are available.

First 5 Center, Monument Community

Websitefirst5coco.org
Address.....1736 Clayton Road, Concord, CA 94520
Telephone(925) 849-8861

A friendly, welcoming Family Resource Center, where parents, caregivers and young children can come to take classes and get support. We offer parent and child classes to do together, parent education classes, parental support, developmental screenings, and resources. All of our programs are FREE for children 0 to 5 years old, their parents and caregivers. Spanish services are available.

First 5 Center, San Pablo

Websitefirst5coco.org
Address.....2707 Dover Ave., San Pablo, CA 94807
Telephone(510) 232-5650

A friendly, welcoming Family Resource Center, where parents, caregivers and young children can come to take classes and get support. We offer parent and child classes to do together, parent education classes, parental support, developmental screenings, and resources. All of our programs are FREE for children 0 to 5 years old, their parents and caregivers. Spanish services are available.

Golden Hills Community Church & Counseling Center

Address.....2401 Shady Willow Lane, Brentwood, CA 94513
Telephone(925) 516-0653
Telehealth via video or phone (925) 809-1888 ext. 7162
Appointments (925) 809-1888 ext. 7162

The GHCC Counseling Center offers counseling for a variety of issues and is available for all ages, has licensed Marriage and Family Therapists. Offers youth groups & teen support, parenting classes, and women and men substance abuse groups (12 Step support group). For more information regarding any of the above services, please call.

Kaiser Permanente Health Education Department

Antioch(925) 813-3560
Martinez(925) 372-1198
Park Shadelands.....(925) 906-2190
Richmond.....(510) 307-2210
Walnut Creek(925) 295-4410

Various health education classes including parenting, prenatal and parent/infant classes. Teen pregnancy classes and resources. Mental health support groups. Some open to non-members. Set fees. Call for information and class schedules. Office hours are Mon-Fri 8:30 AM-4:30 PM. All of our services are free of charge.

Monument Impact

Websitemonumentimpact.org
Concord(925) 682-8248

Monument Impact addresses the complex needs of our constituency by developing our goal to build a vibrant community with a healthy and strong quality of life. We define our mission as one where we actively engage with the Monument Community to provide training and tools in order for people to become economically self-sufficient, healthy and safe, civically engaged, connected to each other, and committed to lifelong learning. Many services are free; however, some classes have fees.

Hours of services are Mon-Fri, 9:00 AM-5:00 PM.

Languages of services: English, Spanish and others.

Monument Crisis Center

Website monumentcrisiscenter.org
Address..... 1990 Market St. Concord, CA 94520
Telephone(925) 825-7751

The Monument Crisis Center is a community-based organization that provides assistance to low-income people in Central and East Contra Costa County. Services include food distribution, senior outreach, youth enrichment programs, ESL classes, employment workshops and referrals to other service providers. Our new larger, location at 1990 Market Street, Concord has become a more comprehensive and enhanced *Family Resource Center*. No cost. Languages of services: English and Spanish. Food distribution program: Pittsburg – 1st & 3rd Thursdays of month 12pm -2pm
Concord – MWF 9am-12pm

Mount Diablo Adult Education Parent Education Program

Websitemtdiabloadulted.org
Email..... parented@mdusd.org
Telephone (925) 685-7340 ext. 6720

Provides parenting classes for families with children of all ages. Offers early childhood parent participation classes for infants to preschool children; parenting classes for infants to preschool children on elementary, middle and high school campuses throughout the Mount Diablo Unified School District; Saturday workshops for parents and teens: drug and alcohol, teen anger management, a Speakers' Bureau, court referred parenting classes; Family Anger Management classes. Hours of services are 8:00 AM-4:00 PM. call the office for specific fees for services. Languages of services: English and Spanish. Most classes are free to MDUSD families with proof of address at the time of the registration.

Mount Diablo Peace & Justice Center

Website ourpeacecenter.org

Telephone(925) 933-7850
Dedicated to peaceful communities since 1969. Offers an art and writing challenge to middle school and high school students.

Professional Supervised Visitation

Email Aliciacarrillo@yahoo.com
Telephone(510) 467-6336

Supervised visitation is the contact of a non-custodial parent and one or more children in the presence of a neutral third party or supervisor. The purpose is to record the events of the visit and to ensure the safety of all parties. Professionals offer no opinions. This is a court approved only service serving children 0 to 17 yrs.

Project Second Chance Adult Literacy Program

Website ccclib.org/psc
Email psc@library.cccounty.us
Address215 Salvio St. Suite 299, Concord, CA 94520
Telephone(925) 691-3960

Project Second Chance (PSC), the Contra Costa County Library's adult literacy program, offers free, confidential, one-on-one instruction in reading, writing, and spelling to adults who read or write below the 6th grade level. While many PSC students are native English speakers, many others are non-native English speakers who can benefit from tutoring sessions that are conducted in English. Our hours of services are Mon-Fri 8:30 AM-5:00 PM.; evening hours by appointment. Our services are free of charge.

REACH (Resource Education Advocacy Crisis Intervention Hope) Contra Costa County

Website aspiranet.org/antioch
Telephone(925) 753-2156

Our mission at REACH Contra Costa County is to strengthen and empower adoptive families, provide adoption information and support, and help parents' access adoption resources.

Rubicon Programs, Inc.

Website rubiconprograms.org
Address2500 Bissell Ave, Richmond, CA 94804
Telephone(510) 235-1516

Mental Health Case management services for persons with serious psychiatric disorders. Additionally, counseling is available for CalWORKS participants. Please ask your CalWORKS counselor to refer you. Inquire about services and eligibility:

Telephone(510) 231-3918

Employment and housing services are available to homeless, underemployed persons and persons seeking re-entry. Inquire about services and eligibility:

Telephone(510) 412-1725

Legal services are available for persons seeking Social Security benefits and persons with HIV:

Telephone(510) 232-6611

Hours of services are Mon-Fri 8:30 AM-5:00 PM. There is no charge for services.

STAND! for Families Free of Violence

Website standffov.org
Address 1410 Danzig Plaza, Concord, CA 94520
Telephone(925) 676-2845

24 Hour Help Line(888) 215-5555
24-Hour Crisis and Support Line, Children's Counseling,
Emergency Shelter, Transitional Housing, Education
Presentations and Outreach, Individual and Peer Counseling,
Countywide Domestic Violence Survivor Support Groups.
Parenting Groups and Batterer's Intervention Groups,
Domestic Violence Liaisons, Legal and Court Advocacy and
Accompaniment, Youth Education Support Services (YESS).

Sweet Beginnings

Website sbfrc.org/
Telephone(925) 408-7699
Sweet Beginnings Diaper Bank provides emergency diapers
and wipes for children under age 4. Children age 4 will receive
a Potty Training Kit. We also provide emergency feminine
hygiene kits. Families can pick up 40 emergency diapers every
30 days. Please see our Facebook page for details.

The Unity Council – Cesar Chavez Head Start

Website unitycouncil.org/program/headstart
Address 1187 Meadow Lane, Concord, CA 94520
Telephone(925) 798-1013
Our program provides individualized early learning
experiences, comprehensive family services, and opportunities
for family and community participation. We offer prenatal
services, a home visiting program, as well as Early Head Start
and Head Start center-based programs. Our services are free
of charge. Hours of services are 8:00 AM-5:00 PM. Languages
Spoken; Spanish, English, Arabic and Berber.

Pacific Clinics (formerly Uplift Family Services)

Website pacificclinics.org
Telephone(925) 602-1750
Relative caregivers in Central, East and West Contra Costa are
provided with a variety of services to support and stabilize the
family. Services include case management assistance with
guardianship, respite recreation, support groups, educational
workshops, independent living skills and financial assistance.
Our services are free of charge. Hours of service: 8:30 AM -
5:00 PM. Languages: English and Spanish.

We Care Services for Children (previously We Care Treatment Center)

Website wecarechildren.org
Email ewilliamson@wecarechildren.org
Telephone(925) 671-0777
Since 1960, We Care has provided life-changing
Developmental and Mental Health services to children in
Contra Costa County. We focus our efforts on young (0-6)
children and their families to have the greatest impact possible.
Services include Enhanced Preschool, Kindergarten
Readiness, Parent/Child and Play Therapy, Developmental
Play Groups, Wraparound, Preschool Consultation, and more.
Contact We Care Directly to determine eligibility for no cost
services.
Hours of Service: Weekdays, 8:00 AM-4:30 PM.
Languages Spoken: English and Spanish.
Interpreters Available: Yes

Welcome Home Baby

Website aspiranet.org
Address 3727 Sunset Lane Ste. 210, Antioch, CA 94509

Telephone(925) 753-2156
Home visiting services for prenatal and postpartum families in Contra Costa County. Services include information about pregnancy, infant care, feeding, safety and community resources that may be of interest. Special focus on helping parents to understand child development over the first two years of child's life through a structured, enjoyable home-based curriculum. All services are free.
Hours of service: 8:00 AM - 5:00 PM. Evening and Weekend hours available as needed.
Services are in English and Spanish.

COMMUNITY SERVICES

Brighter Beginnings

Website brighter-beginnings.org

Antioch (925) 303-4780

Richmond (510) 236-6990

We are currently accepting NEW patients. Please call to schedule an appointment for the following medical services: General Primary Medical Care, Behavioral Health Services, Coverage for Emergencies During & After Hours, Voluntary Family Planning, Immunizations, Well Child Services, Postpartum Care, Case Management, Eligibility Assistance, Health Education, Outreach, Transportation, Translation.

Hours of service: Monday-Friday 8 AM- 6:00 PM.

Si Hablamos Español.

Center for Human Development

Website chd-prevention.org

Telephone (925) 687-8844

Center for Human Development is a community-based organization offering a spectrum of services for at-risk youth, individuals, families and communities in Contra Costa County. With our dedicated staff and volunteers, we provide wellness and prevention programs aimed at empowering people and promoting positive social growth such as wellness, youth leadership, conflict resolution, parenting skills, and other challenges facing the community. Location is school and community-based. Most services are free or low cost/sliding scale. Languages: English and Spanish.

Pittsburg-Bay Point Community Coalition

Address.....440 Railroad Ave. Suite 102A
Pittsburg, CA 94565

Telephone (925) 755-4728

The Pittsburg-Bay Point Community Coalition mobilizes community members to advocate for the policy change in cannabis, alcohol, prescription drugs and other substances in the Pittsburg and Bay Point Communities.

Center for Human Development: Medi-Cal Enrollment Navigator Project

Website chd-prevention.org

Address.....901 Sunvalley Blvd. Suite 220
Concord, CA 94520

Telephone (925) 430-4050

CHD has a team of trained bilingual navigators ready to help community members without health insurance to apply for Medi-Cal and submit Medi-Cal renewals. Our services are free and available to serve the entire Contra Costa County area in both Spanish and English.

Hours of services: 8:30 AM-5:00 PM.

Center For Human Development: Strengthening Families Program

Website chd-prevention.org

Address..... 901 Sunvalley Blvd Ste #220, Concord, CA 94520

Telephone (925) 349-7349

Strengthening Families Program aims to increase the family bond by incorporating lessons about family bonding, how to listen when your youth talks, and setting boundaries. The SFP program does not focus on just the parent or caregivers; it involves the entire family, including the youth. SFP main goal is to increase protective factors of families by encouraging families to build stronger bonds by spending more time together, creating traditions, and communicating more. By strengthening protective factors, we in turn will reduce risk factors that threaten families and communities.

Cake4Kids

Website cake4kids.org
Address PO Box 2863 Sunnyvale, CA 94087
Telephone (408) 752-2538
Qualifications: We only work with human and social services agencies and not directly with families. Cake4Kids is a 501(c)(3) nonprofit that provides free, custom birthday cakes to underserved children through partnerships developed with social and human services agencies – homeless children in shelters, children who are victims of domestic violence or human trafficking, children in foster care, and youth living at the poverty level. Our goal is to raise the children’s self-esteem and confidence with this simple gift on their special day.
Hours of services: Mon-Fri 9:00 AM-5:00 PM.

Early Childhood Mental Health Program

Website ecmhp.org
Address 200 24th St. Richmond, CA 94804
Telephone (510) 412-9200
Therapy Intake Services (510) 508-1255
CTN Services (510) 412-9230
Childcare Solutions (510) 412-9211
Serves West Contra Costa County. Child and Family Therapy Services – includes play therapy as well as “dyadic” therapy (caregiver and child together) for children 0-6 years. Therapy services help improve family dynamics by supporting attachment bonds between parents and their children; by teaching parenting and nurturing skills; and by helping parents address their own childhood traumas. Hours of services are Mon, Wed, Thurs 8:30 AM-7:00 PM; Tues, Fri 8:30 AM-5:00 PM. Medi-Cal only. Spanish services are available.

Child Health and Disability Prevention Program (CHDP)

Website cchealth.org
Messages (925) 313-6150
Appointments (800) 415-8855
Free health exams for infants, children, teens and young adults (up to age 21). Home visits provided by Public Health Nurses and Community Health Workers. Assistance with access to health care services, case coordination, parent education and child safety.

Delta 2000

Telephone (925) 779-1404
Strengthens neighborhood efforts and non-profit sustainability by linking business, government, and community services toward the betterment of East Contra Costa County. Delta 2000 brings resource development programs to individuals and non-profits, such as workshops, forums, and roundtable discussions. Delta 2000 also assists individuals who need to be linked to specific services.

Family Urgent Response System (FURS)

Website cal-furs.org
Telephone (833) 939-3877
Family Urgent Response System (FURS) support hotline and network. It is available to caregivers, current and former foster youth 24/7, 365 days of the year! There are state-wide and local supports available, including a mobile response team. You can connect with FURS via email, phone, or chat.

First Baptist Church: Social Services

Website fbpittsburg.org/ministry/outreach/first-baptist-family-life-center
Telephone (925) 473-2018
Services provided: emergency food, clothing, emergency shelter, referrals, problem solving, and tax preparation. Services are available to Pittsburg and Bay Point area residents. Services are free.

George Miller Center

Concord (925) 646-5710
Richmond (510) 374-3981
Must be eligible for Regional Center services. Early intervention services, center and home-based, for children from birth to 18 months with special needs (developmental delays or disabilities). After school social recreation program for developmentally disabled students 11-22 years of age. Spanish services are available.

Early Childhood Mental Health Program

Website ecmhp.org
Telephone (510) 412-9200
Weekly home visiting by infant parent therapists to families of infants who are at risk of emotional disturbance, abuse, or neglect, including crisis response. Spanish services are available.

Opportunity Junction

Website opportunityjunction.org
Address 3102 Delta Fair Boulevard, Antioch, CA 94509
Telephone (925) 776-1133
Opportunity Junction fights poverty by helping low-income Contra Costa residents gain the skills and confidence to get and keep jobs that support themselves and their families. At Opportunity Junction we use technology, literacy and personal development combined with real world experience to put people on the road to economic self-sufficiency.

Prenatal Care Guidance Program (PCG)

Website cchealth.org/fmch/prenatal.php
Telephone (925) 313-6254
Serves low-income, Medi-Cal eligible pregnant women. Short-term intervention (3 visits). Home visits are provided by Community Health Workers Specialists. Provides assistance in applying for Medi-Cal or other related programs, aid in finding a health care provider, referrals to other programs, and in-home health education.

Public Health Clinic Services

Website cchealth.org/clinics
Address 2500 Bates Ave. Concord, CA 94520
Telephone (925) 608-5200

Public Health Nurse home visiting services provided primarily to prenatal, postpartum women, infants and children. Please call the office for more information or to make a referral. Assistance with crises and accessing services to establish a safe and nurturing environment. Services are free.

Rubicon Programs, Inc.

Website rubiconprograms.org

Address 2500 Bissell Ave, Richmond, CA 94804

Telephone (510) 235-1516

Mental Health Case management services for persons with serious psychiatric disorders. Additionally, counseling is available for CalWORKS participants. Please ask your CalWORKS counselor to refer you. Inquire about services and eligibility:

Telephone (510) 231-3918

Employment and housing services are available to homeless, underemployed persons and persons seeking re-entry. Inquire about services and eligibility:

Telephone (510) 412-1725

Legal services are available for persons seeking Social Security benefits and persons with HIV:

Telephone (510) 232-6611

Hours of services are Mon-Fri 8:30 AM-5:00 PM. There is no charge for services.

SparkPoint Community Career Center

Bay Point (925) 655-3700

Richmond (510) 779-3200

Career Center (925) 655-3726

SparkPoint is a one-stop financial empowerment center. We provide financial coaching, career development, credit improvement, consumer law information, tax preparation, and health care enrollment. The Career Center offers free use of computers. Our hours of services are Mon-Fri, 8:00 AM-5:00 PM. Our services are free. We provide services in English and Spanish.

Pacific Clinics (formerly Uplift Family Services)

Website pacificclinics.org

Telephone (925) 602-1750

Fax (925) 602-1754

Relative caregivers in Central, East and West Contra Costa are provided with a variety of services to support and stabilize the family. Services include case management assistance with guardianship, respite recreation, support groups, educational workshops, independent living skills and financial assistance. Our services are free of charge.

Hours of service: 8:30 AM - 5:00 PM.

Languages: English and Spanish.

SERVICES FOR BEREAVED PARENTS

California Sudden Infant Death Syndrome (SIDS)

Telephone (800) 369-SIDS

Support and referral services, public awareness and education, training and consultation, current research information.

Services are free. Services are available in English and other languages.

SPECIAL NEEDS

ADVOCACY, SUPPORT AND REFERRAL SERVICES

Blind Babies Foundation

Website blindbabies.org
Address 1330 Arnold Dr. Suite 24, Martinez, CA 94553
Telephone (925) 370-3100
Toll Free: (323) 295-4555
Provides home counseling for parents of blind children birth to 3 years old. Assists in the growth and development of child-mobility, orientation, adjustment to family life, walking, talking, eating, etc. Focus is on what the child can do at a critical point in development. Services are free. Services are available in Spanish.

CARE Parent Network

Website careparentnetwork.org
Address 2051 Harrison St. Suite C, Concord, CA
Telephone (925) 313-0999
Support for families of children ages 0-22 with developmental disabilities, developmental delays, and special health-care needs. Provides support for Individual Education Plans, Individual Transition Plans, Individual Placement Plans, community resources and integration of support services. Offers emotional support in the form of one-to-one support, mentor support, and support groups. Services are free. Spanish services are available.

Contra Costa Child Care Council: CocoKids

Website cocokids.org
Telephone (866) 262-6543
Parent education and support, including classes, a warm line and resources on choosing quality childcare, child development, health, nutrition and safety. Childcare subsidies for eligible low income families.

Deaf Counseling, Advocacy & Referral Agency (DCARA)

Website dcara.org
Address 14895 E. 14th St., Suite 200
San Leandro, CA 94578
Telephone (510) 343-6670
Interpretive Service (510) 722-7004
"Of, by and for" deaf, deaf-blind, deafened and hard of hearing people. Information and referrals to community services and agencies, peer counseling for everyday problems and crisis situations, independent living skills, communication access, legal advocacy, employment services and community education.

Down Syndrome Connection

Website dscba.org
Address 101 Town and Country Dr. Suite J
Danville, CA 94526
Email iinfor@dscba.org
Telephone (925) 362-8660
Exists to empower, inspire, and support people with Down Syndrome, their families, and the community that serves them, while fostering awareness and acceptance.

Independent Living Resource

Websiteilrsc.org
Address..... 1850 Gateway Blvd., Ste. 170
Concord, CA 94520
Telephone(925) 363-7293
Serves Contra Costa County and Solano Counties. Helps people with disabilities rise to their highest level of independence. Benefits include advocacy, counseling, housing referral, peer counseling, interpreter-reader registries, career counseling workshops and support groups. Caregiver Registry. Services are free.

LEAP (Literacy for Every Adult Program)

Websiteci.richmond.ca.us/788/Literacy-Program-LEAP
Telephone(510) 307-8084
We offer GED preparation classes and testing; ESL – English as a second language; Basic Skills for work; Computer Skills (BTOP). Office hours are Mon-Thurs 8:30 AM-5:00 PM; Applications are accepted Mon-Thurs 9:00 AM-4:00 PM. Our services are free of charge. Spanish services are available.

Paws With A Cause

Websitepawswithacause.org
Address..... 4646 Division, Wayland, MI 49348
Emailpaws@pawswithacause.org
Telephone(616) 877-7297
Paws With A Cause is a national non-profit organization that trains Assistance Dogs for people with disabilities. Hours: Mon-Fri, 8:00 AM-4:30 PM (EST).

Planned Parenthood, Northern California

Website..... plannedparenthood.org/
planned-parenthood-northern-california
Administration(925) 676-0505
Arrange classes/presentations(925) 887-5327
Antioch(925) 754-4550
Concord(925) 676-0300
El Cerrito(510) 527-5806
Richmond (Hilltop).....(510) 222-5290
San Ramon(925) 838-2108
Walnut Creek(925) 935-3010
Sexuality Education for People with Developmental Disabilities; Sexual Safety Curriculum, Parent-with-Child Workshops, Talks for Parents Only about Talking to Their Kids about Sex and Sexuality, Staff/caregiver training, individual consultations. Cost for services is on a sliding scale. Some presentations in Spanish are available.

Mental Health Connections: Connections House (formerly Putnam Clubhouse)

Websitementalhealthconnectionsca.org
..... connectionshouseca.org
Address.....3024 Willow Pass Rd. Suite 230
Concord, CA 94519
Telephone(925) 691-4276

Mental Health Connections, Inc., which operates Connections House, Peer Connections Centers, and Connections Transit Support, provides a safe and welcoming place where participants (called members, not patients or clients or consumers) build on personal strengths instead of focusing on illness. Members learn and improve vocational and social skills while working together to run all aspects of the Clubhouse. Hours of services are Mon-Fri 9:00 AM-5:00 PM; Wed 4:00-7:00 PM; and Fri 4:00-7:00 PM. Our services are free of charge and we offer services in English and Spanish.

Through The Looking Glass

Website lookingglass.org
Address..... 3075 Adeline St., Suite 120
Berkeley, CA 94703
Telephone(510) 848-1112

An infant mental health and family support program that serves families and their medically at-risk or disabled babies and children, as well as the families, babies, and children of a disabled parent. Services to families include support groups, referrals through the Regional Center for home-based infant mental health and family therapy services, and developmental services. Also the National Resource Center for Parents with Disabilities. Provides information and referrals, advocacy (custody), publications, research, parent to parent network and phone consultations. Free to RCEB eligible. Spanish services are available.

SonRise Equestrian Foundation

Website sonrisekids.org
E-mail..... sonrise@sonrisekids.org
Telephone 925-838-7433

TRAVELING TAILS: Traveling Tails is a program that brings miniature horses into children’s hospice and care homes to visit children who are near the end of life or facing serious medical issues. The minis also visit special needs schools and camps, working with children who have autism and other developmental delays.

HELPING HANDS: Helping Hands pairs together teens with social or emotional challenges with teen volunteers and adult mentors, forming a team that works on ranch chores, learns various aspects of horsemanship, and participates in group discussions about maturing into adulthood. Tuesdays from 4:15PM - 5:30PM.

EDUCATION AND TREATMENT SERVICES

Center for Early Intervention on Deafness

Website ceid.org
Telephone(510) 848-4800

Intervention program for babies and young children with hearing impairments and/or severe speech and language delays. Infant, toddler and transition classes. Contracts with local school districts. Evening sign language class for families and the public. Sliding scale fees or free with NPS or Regional Center Contract. Scholarships also available. Signing Exact English (SEE) & American Sign Language (ASL).

Child Health and Disability Prevention Program (CHDP): California Children's Services

Website cchealth.org/chdp
Email chdp@cchealth.org
Address 1220 Morello Ave., Suite 200, Martinez
Telephone (925) 313-6150
Diagnostic and medical treatment for children from birth to 21 years of age with serious illness or physically disabling conditions; including case management, and occupational therapy. Our hours are Mon-Fri, 8:00 AM-5:00 PM. The cost of service is client specific. Services are offered in English, Spanish and all languages via an interpreter.

Contra Costa County Head Start

Website ehsd.org/community-services
Telephone (enrollment info) (925) 272-4727
Federal and State funded child development programs for low-income children ages birth to 6 years of age, pregnant women, and their families. Comprehensive services include individualized child development, health, nutrition, mental health, disabilities and family services. Low or no cost. Spanish, Vietnamese, Farsi and Arabic services are available.

Contra Costa County Office of Education: Special Education Services

Website cccoe.k12.ca.us
Telephone (925) 942-3376
Information and referral for special education services available in various districts for the severely handicapped, severely emotionally disturbed and severely multiple handicapped students ages 3 to 21. Call the school district nearest you for referral to a program to suit your child's needs. Services are free.

Contra Costa Selpa

Website ccselpa.org
Telephone (925) 827-0949
Serves Contra Costa school districts (with the exception of Mount Diablo, West Contra Costa and San Ramon Valley)
Provides coordination of services, maximization of resources and assures provision of special education services for all eligible children. Offers parent education and staff development opportunities and alternative dispute resolution services for member LEAS and parents. Office hours are Mon-Fri, 7:30 AM-4:00 PM. Our services are free of charge.

George Miller Center

Concord (925) 646-5710
Richmond (510) 374-3981
Early intervention services, center and home-based, for children from birth to 18 months with special needs (developmental delays or disabilities). After school social recreation program for developmentally disabled students 11-22 years of age. Must be eligible for Regional Center Services. Spanish services are available.

Lynn Center

Pittsburg (925) 439-9628

Lynn Center is an early intervention program serving children birth to 5 years of age with developmental delays or who are at risk for delays in a center-based program or in their natural setting. The center also serves children with behavioral issues and assists preschools and day care facilities who have children with challenging behaviors. Sliding scale fee and free services. Spanish services are available.

San Ramon Valley Unified School District: Special Education Programs

Websitesrvusd.net
Telephone(925) 820-6815
The San Ramon Valley Unified School District serves population from birth to 22 years of age with identified special education needs with a wide range of disabilities. Please call for general information. For specific programs and referrals, please contact your local school. If you are outside of the San Ramon school district, contact your local school district.

Spectrum Center Valley Campus

Websitespectrumschools.com
Address..... 1026 Oak Grove Road, Bldg. D, Suite 11
Concord, CA 94518
Telephone(925) 685-9703
A program for children and young adults 5-22 with developmental disabilities and challenging behaviors who are without appropriate public school placement. The program addresses students' needs in the areas of independent living, community integration, recreation, vocational training and functional academics. Speech pathologist, behavior clinicians, and classroom staff.

Through The Looking Glass

Websitelookingglass.org
Address..... 3075 Adeline St., Suite 120, Berkeley, CA 94703
Telephone(510) 848-1112
An infant mental health and family support program that serves families and their medically at-risk or disabled babies and children, as well as the families, babies, and children of a disabled parent. Services to families include support groups, referrals through the Regional Center for home-based infant mental health and family therapy services, and developmental services. Also the National Resource Center for Parents with Disabilities. Provides information and referrals, advocacy (custody), publications, research, parent to parent network and phone consultations. Free to RCEB eligible. Spanish services are available.

We Care Services for Children (previously We Care Treatment Center)

Websitewecarechildren.org
Emailewilliamson@wecarechildren.org
Telephone(925) 671-0777
Since 1960, We Care has provided life-changing Developmental and Mental Health services to children in Contra Costa County. We focus our efforts on young (0-6) children and their families to have the greatest impact possible. Services include Enhanced Preschool, Kindergarten Readiness, Parent/Child and Play Therapy, Developmental Play Groups, Wraparound, Preschool Consultation, and more. Hours of Service: Weekdays, 8:00 AM-4:30 PM. Languages Spoken: English and Spanish. Interpreters Available: Yes
Cost of Services: Contact We Care Directly to determine eligibility for no cost services.

LGBTQIA+

Berkeley Free Clinic/Berkeley Community Health

Website berkeleyfreeclinic.org

Telephone (510) 548-2570

Toll Free (800) 625-4642

Referrals for health, shelter, substance use, counseling, legal issues and other referral agencies offered every day during phone hours. Anonymous or confidential free HIV testing for people 12 years and older. Sexually Transmitted Infections (STI) clinic for all genders. Other tests available are TB testing, pregnancy testing, and hepatitis testing. Peer counseling is also available. Phone hours are Mon-Fri, 3:00-9:00 PM; Sat, 11:00 AM-2:00 PM; and Sun, 4:00-7:00 PM. Please leave a voicemail with phone number and we will call you back. Please call at 5:45 PM, Mon or Wed-Fri, to make an appointment for the same evening. Drop-in for women, trans, gender queer, gender nonconforming individuals available Saturdays, 11:00 AM-2:00 PM. Drop-in for cisgender men on Sundays, 4:00-7:00 PM. Services are free (donation-based). Services are available in English (and possibly Spanish and Chinese, depending on which volunteers are on shift).

Center for Human Development: Empowerment Program

Website chd-prevention.org

Telephone (925) 338-8021

Center for Human Development's Empowerment Program offers two weekly youth groups in Antioch and Pittsburg where LGBTQIA+ youth (ages 13-19) from East County learn leadership skills to help them flourish in their schools and communities. Activities include a support group, educational workshops, social activities, and field trips. Support is also offered to families. Call for locations, days, and times.

Gay and Lesbian Switchboard of the National Center for Lesbian Rights

Website nclrights.org

Telephone (415) 392-6257

Toll Free Legal Help Line (800) 528-6257

National legal and advocacy organization dedicated to achieving full civil and human rights for all lesbians and their families. NCLR provides litigation, legal resources, advocacy, and community education. NCLR leads the struggle to win equal protections and benefits for same-sex families. Services are free. Services are available in Spanish.

Rainbow Community Center

Website rainbowcc.org

Address 2380 Salvio St. Suite 301, Concord, CA 94520

Telephone (925) 692-0090

We offer support to the LGBTQIA+ community from 12 to 100 years old. Our youth program provides emotional support, guidance, case management, peer support and education for those between 12 and 23 years old. The center also offers case management and mental health therapy for adults, as well as food pantry services, transgender support groups, senior groups and activities, social groups and other programs. Please call for more information.

Hours of services: Mon-Fri 1:00 to 6:00 PM.

Languages spoken: English, Spanish, Portuguese.

Interpreters available: Spanish and Portuguese.

Cost of services: Services are free of cost except for mental health therapy. For counseling we accept Medi-Cal and use a sliding scale for payment.

The Pacific Center for Human Growth

Website pacificcenter.org
Telephone (Berkeley)..... (510) 548-8283
Connecting the LGBTQIA+ Community. Provides peer group support and counseling services and resources. Pacific Center is a dynamic volunteer driven organization meeting LGBTQIA+ community for nearly 35 years. Open Monday-Friday from 10:00 AM-7:00 PM. Community Drop-in Hours: Monday-Friday from 10:00 AM-8:00 PM, Saturday from 10:00 AM-2:00 PM.

SERVICES FOR MULTI-ETHNIC GROUPS

American Indian Child Resource Center

Website aicrc.org
Telephone (Oakland) (510) 208-1870
Individual and family counseling; foster care and placement for Native Americans, pregnancy prevention program, treatment for child abuse and neglect, Indian child welfare advocacy, Indian education services. Services are free.

Familias Unidas

Website familias-unidas.org
Telephone (Richmond) (510) 412-5930
General counseling to families and individuals primarily, but not limited to, the Spanish-speaking community. Some translation, advocacy, referral, and crises services. The goal is self-sufficiency. Staff is bilingual and bicultural. Documented and undocumented residents served. Sliding scale or free fees. Spanish services are available.

Native American Health Center, Richmond

Website nativehealth.org
Address 2566 MacDonald Ave. Richmond, CA 94804
Telephone (510) 232-7020
Culturally appropriate mental health wellness, prevention and early intervention services for all people residing in Contra Costa County, from a Native American traditional approach. Provides ongoing support groups, youth, elders parenting, relapse prevention. Provides case management services Hours of services: 9:00 AM - 5:00 PM, (some nights and weekends). Services are free and open to all.

Scotts Valley Tribal TANF Program (SVTT)

Website svtribaltanf.org
..... scottsvalley-nsn.gov
Address 2727 Systron Drive
Concord, CA 94518
Telephone (866) 539-8263
..... (925) 363-4778

Scott Valley Tribal TANF is a tribally administrated, culturally sensitive, federal social services program serving low-income Native American families. The program provides financial assistance and many other services designed to help families become economically self-sufficient by reducing the dependency of parents on government support through job preparation, work, and marriage. Hours: 8:30 AM-5:00 PM Monday-Friday. Free to qualified Native Americans. English & Spanish languages available. Clients must be low-income, live in Contra Costa County, and have a Native American child in the home.

The Latina Center

Website thelatinacenter.org
Email info@thelatinacenter.org
Address 3701 Barrett Avenue, Richmond, CA 94805
(Entrance by parking lot on 38th street)
Telephone (510) 233-8595

Provides skills-based trainings, The Latina Center aims to empower local Latinas to identify important health issues in their community and strengthen their individual capacities to be able to address these health issues. Most of The Latina Center programs are offered in Spanish.

Community Health for Asian Americans (CHAA)

Websitechaaweb.org
Address (Richmond)3919 MacDonald Ave.
Richmond, CA 94805
Telephone (Richmond).....(510) 233-7555
Address (Antioch).....3727 Sunset Lane #110
Antioch, CA 94509
Telephone (Antioch).....(925) 778-1667

Community Health for Asian Americans (CHAA), a community-based non-profit organization, is dedicated to improving the quality of life for the historically underserved Asian and Pacific Islander communities living in the East Bay Area. Offering services and expertise that are sensitive to language, cultural needs, and the experiences of our clients, CHAA provides behavioral health care to individuals, families and communities with offices in Richmond and Antioch. CHAA programs span behavioral health services, prevention, early intervention and advocacy. CHAA offers community-based services for children, youth and adults through individual, group and family therapy, case management, alcohol and other drug prevention and treatment, consultation and psychological assessment. Collaboration is a key operating principle in our work. CHAA values that shape our services are: Wellness, recovery and resiliency; Consumer-driven services for adults; family-driven services for children; Cultural competency embedded in program and service delivery design; Community involvement that is promoted and developed; Delivery of services and supports through Integrated Service Teams. Mon-Fri, 9:00 AM-5:00 PM

SERVICES FOR YOUTH

The major adolescent problems of today are depression, drug and alcohol dependency, pregnancy and suicide. The following six major factors in teenage depression deserve attention:

- Lack of self-confidence, feelings of guilt, lack of energy, brooding and sadness often accompany lack of self-confidence.
- Social abandonment. Feelings of emptiness, death wishes and social frustration.
- Loss of interest. Difficulty in interpersonal communication.
- Sadness. Weight changes, grouching, frequent crying and feelings of hopelessness.
- Somatic symptoms. Disturbed sleep and eating habits, feelings of loneliness.
- Acting out. Desire to run away from home, aggressiveness and lack of self-confidence.

The following programs are specifically geared to helping adolescents and their families:

Big Brothers/Big Sisters Of The Bay Area

Website bbbsba.org
Telephone (415) 503-4050
..... (408) 586-0150
..... (510) 836-8713

Any child between the ages of 6-16 living in one of our five county service areas (Alameda, Contra Costa, San Francisco, San Mateo and Santa Clara Counties) can enroll in one of our mentoring programs. Once matched, children can remain in the program through the age of 18 or until they graduate from High School, whichever comes later. Enrolled children must want to be matched with a Big Brother or Big Sister. We will not enroll a child based solely on the wishes of a parent or guardian. Every enrolled Parent/Child must agree to participate in periodically issued surveys to rate your match experience. These surveys are critical to our agency's ability to raise funds and help us to provide services free of charge to enrolled families.

Brighter Beginnings: Teen Services

Website brighter-beginnings.org
Telephone (Oakland) (510) 437-8950
Telephone (Richmond) (510) 236-6990

Serves the pregnancy and postpartum needs of teens.
Emphasis on the needs of disenfranchised low-income teens.
In Alameda County only. Home visits are also provided by Social Workers and trained staff. Services are free. Services are available in Spanish.

FIERCE Advocates (Formerly Building Blocks for Kids - BBK)

Website fierceadvocates.org
Email info@fierceadvocates.org
Address 312 9th St. Richmond, CA 94801
Telephone (510) 232-5812

FIERCE Advocates amplifies the voices of Black, Latinx and other parents and caregivers of color. We partner with them to advance equitable access and opportunities for all youth to have quality education and all families to achieve emotional and physical well-being. We realize our goals through healing-centered care, leadership development, and parent-led advocacy. Please contact us for more information on programs. Our hours are Mon-Thurs, 9AM-5PM. English and Spanish services are offered. Services are free.

Calli House: Homeless Shelter for Youth

Website cchealth.org/h3/calli-house.php
Address 845-B Brookside Dr. Richmond, CA 94801
Telephone (510) 236-9612
..... (800) 610-9400

Calli House, based in West Contra Costa, is a short-term housing and supportive services program for up to 4 months. It is designed to address the immediate needs of runaway and homeless youth ages 18-24 in Contra Costa County. Available 24 hours a day, the program is a safe haven off the streets, with the capacity to serve up to 15 youth. Youth receive intensive case management services and are reintegrated back into the community.

Center for Recovery and Empowerment (C.O.R.E.)

Address 1160 Brickyard Cove Suite #111
Richmond, CA 94801
Telephone (510) 215- 6009

Our Intensive Outpatient Program for adolescents addresses substance abuse and addiction along with any underlying co-occurring mental health concerns. We also focus on developing good social and academic habits and strive to help these young people become more like the person they want to be, without using substances to get there. Our services include Individual and Family Therapy, Adventure Therapy, Onsite Education towards High School or GED completion, Peer Recovery Counseling, Substance Abuse Counseling and Psychiatric Nursing. Services are free of charge.

Hours of Services: Mon-Fri 9:00 AM-6:00 PM

Languages Spoken: English and Spanish.

City of San Pablo Community Services

Website sanpabloca.gov
Address 2450 Road 20, San Pablo, CA 94806
Telephone (510) 215-3080

Community Services offers recreational classes and programs for ages 3 years and older. We offer programs in art, music, dance, sports and fitness, as well as youth, family and senior services. Our hours are Mon-Fri 9:00 AM-5:00 PM. English and Spanish services are offered.

Community Violence Solutions E.C.E. Youth Center (Educate. Connect. Empower.)

Website cvsolutions.org
Telephone (510) 237-0113

We offer the following services:

- 24-hour Crisis Intervention and Stabilization
- Telephone (1-800) 670-7273
- Advocacy and Accompaniment
- Counseling Services
- Comprehensive Case Management
- Safety Planning
- Criminal Justice Advocacy

- Street Outreach
- Linkages to Resources

Contra Costa County Children and Family Services Independent Living Skills Program (ILSP)

Website cocoilsp.org

Telephone (925) 957-2404

Toll Free (866) 994-ILSP

ILSP provides services to current and former foster youth between the ages of 15.5 to 21. The goal of ILSP is to prepare our young adults for responsible adulthood through the offerings of workshops and individual services for employment, vocational training, education, housing, and overall wellbeing. Office hours are Mon-Fri 8:30 AM-5:00 PM and Tues and Wed evenings until 8:00 PM. We offer services in English; however, we have a limited Spanish Speaking Staff.

Contra Costa County Office of Education: Youth Services Department

Website cocoschools.org/ys

Email AChamberlain@cccoe.k12.ca.us

Address 77 Santa Barbara Rd. Pleasant Hill, CA 94523

Telephone (925) 942-3300

Youth Services (YS) provides a broad range of coordinated services for youth who are in foster care or homeless or experiencing barriers and need support to finish school, find a job or pursue a career path. Our programs are designed to prepare students to become self-confident, self-sufficient, and independent adults.

Hours of Service: Mon-Fri, 7:00 AM-5:30 PM.

Languages Spoken: English, Spanish.

No charge for services.

Covenant House

Website covenanthouse.org/homeless-shelters/
oakland-california/

Address 200 Harrison St. Oakland, CA 94607

Telephone (510) 379-1010

Youth 18-24 Crisis Shelter, Case Management, Life Skills, Substance Abuse Workshops, Job Training, Educational Resources, Medical and Psychological Care.

Crossroads High School

Website crossroads.mdusd.org

Telephone (Concord) (925) 689-6852

We offer the following services:

- Academic classes working toward high school diploma
- Parenting Classes
- Free on-site childcare for children up to 3 years of age

Office hours: Mon-Fri, 8:15 AM-2:30 PM.

Services are free of charge.

Services are in English and some in Spanish.

Grace Bible Fellowship of Antioch

Website gbfofantioch.org

Address 3415 Oakley Rd. Antioch, CA 94509

Email grace@gbfofantioch.org

Telephone (925) 522-2017

Offers youth services such as GYM Ministry (held on 1st and 3rd Wednesday of every month at 7:00 PM), and youth fellowship. Benevolence fund is also available. Free meals are served at the church during summer months; van pick up is available. Grace Closet provides the community free food and clothing on Wednesdays from 4:00-6:00 PM. Requirements are ID and proof of income. Recovering program for adults called "Overcomes" Thursdays at 7:00 PM. For more information regarding any of the above services, please call.

Hours of Services: Tues-Fri 9:00 AM-5:00 PM, Sunday 8:00-11:00 AM, Wednesday 7:15 PM

Languages Spoken: English.

Foster Youth Services at Mount Diablo Unified School District

Websitemdusd.org/fys
Olympic Continuation High School.....2730 Salvio Street
Concord, CA 94519

Email fosteryouth@mdusd.org

Telephone (925) 682-8000 ext. 3055

Fax (925) 566-6692

Education support for foster children in the Mount Diablo Unified School District, K-12. We exist to positively impact students in foster care by removing barriers to academic and social-emotional well-being through empowerment, advocacy, and compassion. Ages served: approx. 4-19.

LGBTQIA+/Gender services available. Services are free.

Hours of services: Mon-Fri 8:00 AM-4:30 PM, excluding school holidays.

Languages: Spanish & English.

Homeless Outreach Program for Education (H.O.P.E) at Mount Diablo Unified School District

Website mdusd.org/hope
Olympic Continuation High School.....2730 Salvio Street
Concord, CA 94519

Telephone (925) 682-8000 ext. 3656

Ages served: approx. 16-24. Services are free.

LGBTQIA+/Gender services available.

Hours of services: Mon-Fri 8:00 AM-4:30 PM excluding school holidays.

Languages: Spanish & English.

Stride Company: Insight School of California

Websitek12.com

Telephone (866) 968-7512

Insight is a tuition FREE, diploma granting, fully online, WASC and NAAS accredited, public high school. Quality state certified teachers, academic support, 24-hour technical support and 24-hour tutoring. 110+ courses including AP, honors, and dual college credit. Socialize at dances, clubs, social activities and graduation. FREE use of laptop, printer, headset and microphone. Helps pay for internet cost. Hours of services: School is 24/7. Enrollment hours are 7:00 AM-8:00 PM. Spanish enrollment counselors are available.

Kelley House

Telephone (800) 610-9400

Intake Telephone Dial 211

Homeless Shelter for youth 18-24 years of age.

STD and AIDS Information from CDC

Telephone(800) 232-4636
Free Sexually Transmitted Disease information and clinic referrals.

People Who Care Children Association

Websitepwc-pittsburg.org
Address2231 Railroad Ave. Pittsburg, CA 94565
Telephone(925) 427- 5037
People Who Care (PWC) Children Association Afterschool Program serves at-risk youth ages 12-21 and families in East Contra Costa County by providing mental health services (i.e. individual and family therapy, groups, case management, etc.) at no cost to families. PWC Clinical Success Program utilizes a Triage Model consisting of a Clinical Therapist, Intervention Specialist, and a Peer Counselor. PWC also offers community service, vocational and green jobs training, and social development.
Hours of services: Mon-Fri 9:30 AM-6:00 PM.
Languages spoken: English & Spanish.

Project SUCCESS at Center for Human Development

Website chd-prevention.org
Telephone(925) 349-7349
Alcohol and other drug prevention education groups, process groups, individual mentoring, and brief intervention for middle school students. Services are provided at nine middle school sites throughout Contra Costa County. Please call for hours and schedule.

Richmond Rosie's Girls Program (City of Richmond Community Services Department)

Email info@rosietheriveter.org
Telephone(510) 620-6793
Based on a national program designed to build self-esteem, leadership, and physical confidence in middle school girls through an exploration of trades and non-traditional activities. During the two weeklong camp sessions, girls will learn and apply skills in carpentry, horticulture, electrical maintenance, plumbing and other technical trades. Rosie's Girls will also develop their critical thinking skills as they explore issues such as gender roles, body image, and social pressure. Call for hours of services. Participants must complete a registration form and have it signed by a parent or guardian.

RYSE Center

Website rysecenter.org
Email info@rysecenter.org
Address3939 Bissell Ave. Richmond, CA 94805
Telephone(510) 374-3401
RYSE provides trauma-informed individual counseling and individual case management to young people. RYSE Counselors work in collaboration with individuals to identify and work toward goals around personal health and wellness, increased self-empowerment, and/or ways to process trauma and stress. Services can be accessed in multiple ways: Members can approach any staff directly for such supports and they will be directed to the appropriate staff, partner agencies may refer young people to RYSE, and family or kin may bring their young people to RYSE to set up supports.
Services are free.
Hours of operation:

Sept-Jun:..... Mon-Fri 12:00-8:00 PM, Thurs 2:30-8:00 PM
Jul-Aug:..... Mon-Fri 11:00 AM-8:00 PM, Thurs 2:30-8:00 PM
Languages of services: English/Spanish.

Safe Place for Youth (Northern California Family Center)

Website ncfc.us
Telephone (800) 718-4357

The Northern California Family Center is a non-profit, licensed Foster Family Agency that has been serving the needs of youth and families for over 38 years. Our staff are dedicated professionals on-call 24 hours a day to provide experienced clinical care and assessment for a wide range of personal and family problems. The Northern California Family Center works with youth who have run away, have been kicked out, are truant, are out of parental control, or homeless. We provide four services:

- Outreach/Safe Place
- Short-term shelter for youth
- Family Mediation
- Follow-up counseling

St. Vincent De Paul Society

Website svdp-cc.org
Telephone (925) 439-5060
Emergency Food and Clothing.

St. Peter Martyr Church

Address 740 Black Diamond St. Pittsburg, CA 94565
Telephone (925) 432-4771

Provides counseling by appointment. Offers youth services such as: youth groups, teen support. Family support related classes occasionally offered. Food bags are available on the 2nd and 4th Fridays of the month, 1:00-2:00 PM. For more information regarding any of the above services, please call.

Take It Down

Take It Down is a free service that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were under 18 years old. You can remain anonymous while using the service and you won't have to send your images or videos to anyone. Take It Down will work on public or unencrypted online platforms that have agreed to participate.

It's scary when this happens to you, but it can happen to anyone. You've taken the first step, and we're here to help you with the next steps. Take It Down is a service provided by the National Center for Missing & Exploited Children.

West Contra Costa Unified School District: Families in Transition Program

Website wccusd.net/Page/246
Telephone (Richmond) (510) 307-4508

The Families in Transition office provides support for homeless school-age children and foster youth who attend or wish to attend WCCUSD schools. The Families in Transition Office provides homeless youth with the following services:

assistance getting back into school/enrollment disputes, transportation assistance, counseling, school supplies, and referrals to community agencies. Services are free.

Hours of services: Mon-Fri 8:30 AM-4:30 PM
Languages of services: English/Spanish.

Contra Costa Youth Service Bureau

Website wccysb.org

Telephone(510) 215-4670

Contra Costa Youth Service Bureau is a comprehensive community-based agency designed to improve coordination of services to children, youth, and families residing in Contra Costa County. The Bureaus' direct service programs include Wraparound Services for Medi-Cal eligible children/youth 8-18 years old, a Kinship Support Services Program for relative caregivers, family preservation support services, and youth development. Serves west, central and east regions of Contra Costa County. Services are free.

Hours of services: 9:00 AM 5:00 PM

Year Up

Website yearup.org

Diablo Valley College321 Golf Club Road, L-100
Pleasant Hill, CA 94523

Telephone(925) 338-8545

Year Up at Diablo Valley College is an intensive, one-year training and internship program that connects young adults 18-24 years old to higher education and career in the tech industry. Program highlights include a six-month internship with a top Bay Area company, a bi-weekly stipend for the duration of the program, and college credits towards an Associate's degree in Computer Network Technology. No fee for the program. However, students are required to enroll at Diablo Valley College and pay for classes. Financial aid assistance available. Students also receive a bi-weekly stipend.

Hours of Services: Mon-Fri, 8:30 AM-5:00 PM.

Youth Employment Services (Y.E.S.) at Mount Diablo Unified School District

Websitemdusd.org/yes

Olympic Continuation High School.....2730 Salvio Street
Concord, CA 94519

Telephone(925) 682-8000 Ext. 3098

MDUSD's YES Program is designed to support youth to enter the workforce and obtain career readiness while working on completing education and/or employment goals. Youth involved in the YES Program will develop skills to prepare them for employment and careers through educational programs offered in the community. Services are free. Ages served: approx. 16-24.

LGBTQIA+/Gender services available.

Hours of services: Mon-Fri, 8:00 AM-4:30 PM, excluding school holidays.

Languages: Spanish & English.

SERVICES FOR SENIORS

Catholic Charities of the East Bay:

Rental Assistance

Email housingservices@cceb.org
Contra Costa County (925) 825-3099
Alameda (510) 860-4985
Must be 55+ and homeless, marginally housed, or facing
eviction. Please call for information and application process.

Center for Human Development: Elder Mediation Program

Website chd-prevention.org
Telephone (925) 687-8844 ext. 250
Mediations held in a location convenient to clients. Mediation is
appropriate for conflict within families, between parents and
children (of any age) and practically conflict or dispute. Offers
an opportunity for clients to arrive at a resolution that has been
designed by the clients. Mediation can begin the healing of
relationships for better communication. Trained volunteer
mediators provide a 3-hour meeting time, as well as the
opportunity to return to mediation. Mediations are scheduled at
the convenience of clients. Cost of services is on a sliding
scale, no one is ever turned away for lack of funds.
Languages of services: English, Spanish and translators for
mediation in other languages.

Contra Costa County East County Aging and Adult Services

Website ehdsd.org/aging-and-adult-services
Within Contra Costa County (800) 510-2020
Outside Contra Costa County (925) 229-8434
TTY (925) 602-4198
One call can connect you with: adult day care, adult protective
services, alzheimer's resources, caregiver assistance,
education, employment, financial assistance, food programs,
health insurance counseling, health resources, help in the
home, housing alternative, in-home assessments and support
services, legal assistance, linkages, recreation, support groups,
tax counseling, transportation and volunteering.

Legacy at Sonoma

Address 1825 Sonoma Blvd. Vallejo, CA 94590
Telephone (707) 644-7737
Rentals for those 62 years and older.

Senior Peer Counseling – Contra Costa County

Address 2425 Bisso Lane, Suite 100, Concord, CA 94520
Telephone (925) 521-5640
The Senior Peer Counseling Program offers individual brief
counseling to residents of Contra Costa County who are 55
years of age or older. Counseling sessions are confidential and
usually take place in the home or a mutually agreed upon
meeting place. Hours are Mon-Fri, 8:00 AM-5:00 PM. Services
are provided in English, Spanish and Chinese (Mandarin and
Cantonese). Our services are free of charge.

SUBSTANCE ABUSE AND TREATMENT SERVICES

Drugs and alcohol are often used as ways to cope with unwanted feelings or stress. The following indicators are signs of substance abuse: denial, rationalization, secrecy, mood swings, wild schemes, depression, change in appetite, remorse, poor work/school performance, preoccupation with getting more drugs and a new set of hidden friends. Substance abuse distorts how one thinks, feels, and relates to other people. Substance abuse can happen to anyone. Over-achievers are often abusers. If, for any reason, you are concerned about a drug or drinking problem and want help for yourself or someone you know, the following agencies may be of assistance:

Contra Costa County Behavioral Health Access

Website cchealth.org/aod
Telephone (800) 846-1652
Gateway to all substance abuse services for adults in Contra Costa County. Refer persons over the phone to detox, outpatient, or residential programs. Mon-Fri, 8:00 AM-5:00 PM. Services are free to residents of Contra Costa County and Medi-Cal Contra Costa County recipients.

Golden Hills Community Church & Counseling Center

Address 2401 Shady Willow Lane, Brentwood, CA 94513
Telephone (925) 516-0653
Telehealth via video or phone (925) 809-1888 ext. 7162
Appointments (925) 809-1888 ext. 7162
The GHCC Counseling Center offers counseling for a variety of issues and is available for all ages, has licensed Marriage and Family Therapists. Offers youth groups & teen support, parenting classes, and women and men substance abuse groups (12 Step support group). For more information regarding any of the above services, please call.

INPATIENT SUPPORT

Chrysalis-Horizon Services – Oakland, CA

Website horizonservices.org/chrysalis
Telephone (510) 450-1190
Chrysalis is a drug and alcohol prevention, treatment, and recovery facility for women 18 years of age and older. Chrysalis serves women who are chronic alcohol and/or other drug abusers/dependent and are homeless, pregnant, IV drug user, and/or court ordered/referred. Referrals from: CALWorks/TANF, detox, dually diagnosed, diagnosed HIV+/AIDS, BASN, Shelter Plus Care, CPS, Alameda County ACCESS, and/or SACPA (Proposition 36).

Discovery House

Address.....4645 Pacheco Blvd. Martinez, CA 94553
Telephone(925) 646-9270
Toll Free.....(800) 846-1652
90-day residential treatment program for adult male substance abusers. Focus is on behavioral change in treating substance abuse. Individual, group counseling and education programs; basic living skills and recreation. NA and AA meetings. Sliding scale fees.

Epiphany Center – San Francisco

Websitetheepiphanycenter.org
Address..... 100 Masonic Ave. San Francisco, CA 94118
Telephone(415) 567-8370
Intake Hotline(415) 426-9151
Primary Focus: Substance Abuse Rehab Services
Treatment Type: Residential, Short-term residential, Long-term residential, Computerized treatment.
Treatment Approaches: Cognitive/behavioral therapy, Dialectical behavioral therapy, Substance abuse counseling approach, Trauma-related counseling, Rational emotive behavioral therapy.
Sliding fee scale (fee is based on income and other factors).
Payment assistance (check with facility for details).

Frederic Ozanam Center

Telephone(925) 676-4840
Intake Line (925) 676-4840 ext. 10
Social model recovery center for women with drug and alcohol problems. 30-day and 90-day programs.

Harbor House (Salvation Army)

Websiteharborhouse.salvationarmy.org
Address.....407 Ninth St. San Francisco, CA 94103
Telephone(415) 503-3022
Family emergency shelter services.

Harbor Light (Salvation Army)

Website sfhomeless.wikia.org/wiki/
The_Salvation_Army-Harbor_Light_Center
Address.....1275 Harrison St. San Francisco, CA 94103
Telephone(415) 503-3000
Substance abuse residential treatment program for single adults with no children.

Pueblos Del Sol

Website rehab.com/pueblos-del-sol
Address..... 2090 Commerce Ave. Concord, CA 94520
Telephone (925) 676-2580
A detox facility for adult males. Community-based, open 7 days a week, 24 hours a day. Sliding scale fees. Spanish services are available. No walk-ins, please call.

Shamia House

Website shamia-recovery-center.hub.biz
Address.....126 Ohio St. Vallejo, CA 94590
Telephone
(Terri Rayford, Intake Coordinator)(707) 644-2577
A 90-day resident treatment facility for women and children up to 12 months of age.

OUTPATIENT SUPPORT

Alanon and Alateen of Contra Costa County

Websiteal-anoncontracosta.org
Telephone(925) 932-6770
Self-help group meetings for adults, children, and teens whose lives have been affected by the alcoholism of a relative.
Services are free.

Alcohol and Drug Abuse Council of Contra Costa County

Websiteadaccc.com
Telephone(925) 932-8100
ADA is committed to providing the highest quality substance abuse programs in Contra Costa County for those who have been convicted by the court and ordered to attend a program. Service for those living in Contra Costa County and surrounding areas from diverse backgrounds. Fees for services.

Alcoholics Anonymous

Websitecontracostaaa.org
24hr AA Hotline(925) 939-4155
A fellowship of men and women who share experiences, strengths, and hope that they will solve their common problem and help others recover from alcoholism. The only requirement is a desire to stop drinking. Primary purpose is to stay sober and help other alcoholics achieve sobriety. Services are free.

Bay Area Addiction Research and Treatment

Websitebaartprograms.com
Richmond(510) 232-0874
Antioch(925) 522-0124
After Hours Emergencies(800) 520-5455
Outpatient Methadone and SUBOXONE treatment program. Individual and group counseling. Outpatient primary medical care. Sliding scale fees. Limited Spanish services are available.

Center for Recovery and Empowerment (C.O.R.E.)

Address 1160 Brickyard Cove Suite #111
Richmond, CA 94801
Telephone(510) 215- 6009
Our Intensive Outpatient Program addresses substance abuse and addiction for adolescents along with any underlying co-occurring mental health concerns. We also focus on developing good social and academic habits and strive to help these young people become more like the person they want to be, without using substances to get there. Our services include: Individual and Family Therapy, Adventure Therapy, Onsite Education towards High School or GED completion, Peer Recovery Counseling, Substance Abuse Counseling and Psychiatric Nursing.
Hours of Services: Mon-Fri 9:00 AM-6:00 PM.
Languages Spoken: English and Spanish.
Services are free of charge.

Chance for Freedom, Central

Address560 Lennon Lane, Walnut Creek, CA 94598
Telephone(925) 685-7418

Outpatient treatment facility for all substance abuse. For adults.

Narcotics Anonymous

Website contracostana.org

24 Hour Helplines:

Contra Costa County.....(925) 685-4357

Alameda County.....(510) 444-4673

12- Step program of recovery from drug addiction. Meetings are throughout northern California. Donations accepted. Some Spanish services are available.

Discovery Counseling Center of the San Ramon Valley

Website discoveryctr.net

Telephone(925) 837-0505

Mental health counseling and substance abuse recovery program for adults and adolescents. Crisis intervention, support groups, parenting classes in the schools. Sliding scale fees.

Ujima

Website ujimafamily.org

East County(925) 427-9100

Central County(925) 691-5083

West County.....(925) 510-2280

An intensive outpatient substance abuse recovery program for adults. Services include: Alcohol and drug recovery programs, alcohol and drug recovery education, individual, group and family counseling, pregnancy support, parenting education, life skills education, domestic violence education, 12-step support, relapse prevention education, family reunification support, case coordination services, and alumnae activities. Medi-Cal only.

Contra Costa Behavioral Health

Website cchealth.org/aod

Telephone (925)-335-3330

To access AODS services 1-800-846-1652

One Door to Wellness Recovery & Resiliency. Our Alcohol and Other Drugs program offers a comprehensive approach to providing substance abuse prevention, treatment and recovery services for Contra Costa residents. Our continuum of care includes detoxification, outpatient counseling, residential programs, services for pregnant women and youth, and narcotic replacement therapy programs. We offer a broad range of community-based programs that are culturally competent and client driven.

SUBSTANCE ABUSE TREATMENT FOR PREGNANT AND PARENTING WOMEN

The intake of alcohol and drugs while pregnant can cause birth defects (i.e. brain damage, low birth weight, fetal alcohol syndrome, etc.) Babies born with infant drug addiction must subsequently undergo drug withdrawal. These babies are difficult to care for and, consequently, are at high risk for child abuse. Alcohol/drug abuse can also cause premature births, miscarriages, and tends to increase a baby's risk for Sudden Infant Death Syndrome (SIDS). Those who are pregnant and using drugs should seek help from the following agencies:

East County Wollam House

Telephone(925) 427-1384

Provides detoxification for women. Treatments include 30-, 60- and 90-day programs for substance abuse, an ongoing alcohol recovery program, one-on-one planning for recovery from alcohol and drug problems, and AA/NA meetings. Open 24 hours daily. Eligibility: Contra Costa woman ages 18+ and mothers with children ages 0-5; legal status not required.

La Casa Ujima Residential Treatment Program

Website ujimafamily.org/programs/la-casa-ujima-residential-treatment-program/

Address 904 Mellus St. Martinez CA 94553

Telephone (925) 229-0230

La Casa Ujima Residential Treatment Program offers services to promote recovery from drug and alcohol addiction for pregnant, postpartum and parenting women with children up to age 4. Services include: 24 Hour Residential treatment program, alcohol and drug recovery education, individual, group and family counseling, pregnancy support, parenting education, domestic violence education, life skills education, Individual and group trauma Therapy, 12 Step support, relapse prevention education, alumnae activities, psychiatric support.

Orchid Women's Recovery Center

Address 1342 East 27th St. Oakland, CA 94606

Email orchid@bibett.org

Telephone (510) 535-0611

We provide substance abuse treatment for women, ages 18-64. We serve women with children under age 6 and women without children. Treatment consists of Alcohol/Drug Education, Parenting, Relapse Prevention, Anger Management, Nutrition, and Health Awareness. This is a 6-month program, Medi-Cal covered.

Rectory Women's Recovery Center

Address 1901 Church Lane, San Pablo, CA 94806

Website ujimafamily.org/programs/the-rectory-womens-recovery-center/

Telephone (510) 236-3134

Associated with La Casa Ujima. Our community-based program helps women, including women with children under 5 years of age. We explore their alternatives in recovery and taking responsibility for their own lives. We also offer them the opportunity for personal recovery while continuing to care for their children. Services include: 24 Hour Residential Treatment program, Alcohol and Drug Recovery Education, Individual, group and family counseling, Pregnancy support, Parenting education, Domestic Violence education, Childcare and child development services, Life skills education, Individual and Group Trauma Therapy, 12 Step support, Relapse prevention education, Family reunification support, Transitional Housing, Alumnae activities, Psychiatric support.

Ujima Central

Website ujimafamily.org

Address 2975 Treat Blvd. Suite B5, Concord, CA 94518

Telephone (925) 691-5083

Services are provided for pregnant and parenting women, men and their families on a nondiscriminatory basis with an equal opportunity for those requesting admission regardless of ability to pay. We do not discriminate because of race, color, sex, sexual orientation, age, handicap, or national origins, providing eligibility requirements are met. Applicants meet with staff before being admitted. The admission of children is determined on an individual basis for each mother, each father and for each child.

Ujima West

Website ujimafamily.org

Telephone (Richmond).....(510) 215-2280

Ujima West Outpatient Treatment Program offers evidence based specialized services to promote recovery from drug and alcohol abuse for pregnant, postpartum and parenting women with children and men. We offer a warm family atmosphere where the recovering woman and man can begin to learn how to live in an alcohol and drug free environment. Our community-based program helps women explore their alternatives in recovery and taking responsibility for their own lives. We also offer them the opportunity for personal recovery while continuing to care for their children. Services Include: Outpatient alcohol and drug recovery program, Alcohol and Drug Recovery Education, Individual, group and family counseling, Pregnancy support, Parenting education, Childcare and child development services, Life skills education, Domestic Violence education, 12 Step support, Relapse prevention education, Family reunification support, Case coordination services, Alumnae activities.

SUBSTANCE ABUSE TREATMENT FOR MEN

Discovery House Men's Program

Address.....4645 Pacheco Blvd. Martinez, CA 94553

Telephone(925) 646-9270

Toll Free.....(800) 846-1652

90-day Residential program for adult male substance abusers. Focus is on behavioral change in treating substance abuse. Individual, group counseling, education programs, basic living skills and recreation. AA and NA meeting.

Diablo Valley Ranch Men's Program

Address..... 11540 Marsh Creek Road, Clayton CA 94517

Telephone(925) 672-5700

Diablo Valley Ranch provides long term drug rehab and substance abuse care with a primary focus on dual diagnosis. Services include substance abuse treatment and buprenorphine treatment. Special programs available include programs for dual diagnosis, programs for people with HIV/AIDS, gay, seniors/older adults, and addicted criminal justice clients. Payments accepted: medicaid, medicare, private health insurance, military insurance, self-payment. Payment assistance: sliding scale.

J. Cole Recovery Homes, Inc.

Website thecolehouse.org

Telephone(925) 978-2873

A Residential Recovery Program for Adult Men. Offering an Integrated Model program, including a 12-step focus. Early Recovery Skills, Relapse Prevention, Recovery Dynamics, Individual and Group Sessions, Process Group, Life Skills, Social Skills, UA Testing, Employment Prep, Referrals, and Wrap Around Services. The cost of services is \$7,500.00 per 30-day episode, plus + \$500 Assessment/Intake fee. We accept Contra Costa County Medi-Cal through Access Line referral.

Hours of Services: 24hr Residential; Business Hours are 9:00 AM-5:00 PM.

HUMAN TRAFFICKING

PLEASE CALL NATIONAL HUMAN TRAFFICKING HOTLINE

Toll Free (888) 373-7888

ARM (Art, Recreation, Movement) of Care

Website armofcare.net

Address 1839 Ygnacio Valley Rd. #216
Walnut Creek, CA 94598

Telephone (925) 709-4276

ARM stands for Art, Recreation and Movement. ARM of Care provides trauma-informed Creative Art Therapy programs to help restore and empower children, youth and young adults who have been commercially sexually exploited or are at risk of being exploited. We partner with agencies throughout Northern California who serve these populations to provide ongoing specially designed creative arts programs. ARM of Care also provides trauma informed trainings to staff and the public.

Hours of services: By Appointment.

Languages spoken: English (primary at this time, some creative arts therapists speak Spanish).

Cost of services: Program fees range and dependent upon type of creative arts program, length of program, location, and number of participants. Speaking/presenting fee is \$100 per hour with a minimum of 1 hour.

Ages served: Youth and young adults as well as staff for those who work with the clients.

California Counties Served: Contra Costa, Alameda, San Francisco, and San Mateo. Other counties are possible if agreed.

Banteay Srei

Website banteaysrei.org

Address 310 8th St. #102, Oakland, CA 94607

Email info@banteaysrei.org

Telephone (510) 318-4438
..... (510) 318-0909

A safe place for young Southeast Asian women, that promotes education, community, and leadership development to foster cultural pride, and self-determination for women at-risk of or engaged in sexual exploitation. Services include advocacy, case management, and prevention education. The agency also provides prevention education on the Commercial Sexual Exploitation of children to the community. Hours: 8:00 AM-4:00 PM. Safe place drop-in center Tues/Thurs 4:00-6:00 PM.

Languages spoken: various Southeast Asian Languages.

Cambodian and English interpreters available. Serving Young Southeast Asian women/trafficking survivors/thrives.

Bay Area Legal Aid

Website baylegal.org

Address 1025 Macdonald Ave. Richmond, CA. 94801

Telephone (510) 233-9954

Legal Advice Line (800) 551-5554

We provide low-income clients with free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation. We help our clients protect their families, their health, and their livelihoods through the following practice areas and special projects: Consumer Protection, Health Care Access, Domestic Violence and Sexual Assault Prevention, Immigration, Economic Justice, Housing Preservation and Homelessness Prevention, Medical-Legal Partnership, Re-Entry Project, Veterans Project, and Youth Justice Project. We will ask you questions about your situation, income, assets, and location to see if we can help you.
Hours of services: Mon-Fri, 9:00 AM-5:00 PM.

Bay Area Women Against Rape

Website bawar.org
Address 470 27th St. Oakland, CA 94612
Telephone (510) 430-1298
Hotline (510) 345-1056
Services for sexually exploited youth 24-hours crisis and response hotline, individual peer counseling, advocacy, court accompaniments, in-custody visits, care kits, and referral to other resources. Hours: 9:00 AM-5:00 PM.
Languages Spoken: English and Spanish.

Cake4Kids

Website cake4kids.org
Address PO Box 2863 Sunnyvale, CA 94087
Telephone (408) 752-2538
Qualifications: We only work with human and social services agencies and not directly with families. Cake4Kids is a 501(c)(3) nonprofit that provides free, custom birthday cakes to underserved children through partnerships developed with social and human services agencies – homeless children in shelters, children who are victims of domestic violence or human trafficking, children in foster care, and youth living at the poverty level. Our goal is to raise the children’s self-esteem and confidence with this simple gift on their special day.
Hours of services: Mon-Fri 9:00 AM-5:00 PM.

Catholic Charities of the East Bay

Website cceb.org
Address 217 Harbour Way, Richmond, CA 94801
Telephone (510) 768-3100
Fax (510) 237-6778
Survivor informed, residential home, housing/utilities assistance, case management, counseling, mentoring program, legal immigration services, refugee resettlement/support services, ESL classes, restorative practices training, crisis response services, mental health first aid training, family literacy services, and family-to-family services. Sex trafficking/labor trafficking services serve minors and adults.

**Community Violence Solutions (CVS)
(Formerly Rape Crisis Center)**

Website cvsolutions.org
Rape Crisis Line 24 Hour (800) 670-7273
Antioch (925) 706-4290
San Pablo (510) 237-0113
Children’s Interview Center (925) 608-5650

Community Violence Solutions is a collaborating partner in the countywide Anti-Trafficking project. Victims of sexual and/or labor trafficking may receive crisis intervention, counseling, comprehensive case management, advocacy, and accompanying services. Community Violence Solutions operates two Drop-In Centers for individuals under the age of 24 who have experienced Commercial Sexual Exploitation. CVS also conducts training for law enforcement and Service Providers and provides community presentations free of charge to bring awareness about the important issue of Human Trafficking.

Hours of services: Mon-Fri 9:00 AM-5:00PM.

Languages spoken: English and Spanish and all languages through Language Line.

Contra Costa County District Attorney: Human Trafficking Advocacy Program

Website contracosta.ca.gov/7690/Human-Trafficking-Unit

Address 900 Ward St. Martinez, CA 94553

Hotline (925) 957-8658

Serves victims of sex and labor trafficking in Contra Costa County. Advocates work closely with law enforcement and community organizations to support human trafficking survivors and connect them with important resources. Provides trauma informed services and information to individuals and families throughout the criminal justice process. Advocates help victims assert their rights under Marsy's Law and ensure their voice is heard. Assist with applications for the California Victim Compensation Board, victim impact statements and restitution.

Contra Costa Human Trafficking

Website contracostacoalition.org

Contra Costa Crisis Center

24 Hour Crisis Line (800) 833-2900

National Human Trafficking

24 Hour Hotline (800) 373-7888

Text "Help" or "Info" 233-7333

The Coalition seeks to eliminate human trafficking, and envisions public and private systems working together to create a community free of exploitation. Please note the Coalition is not a direct service provider. Services are free.

Covenant House

Website covenanthouse.org/homeless-shelters/oakland-california

Address 200 Harrison St. Oakland, CA. 94607

Telephone (510) 379-1010

Provides sanctuary and support for youth ages 18-24 facing homelessness and human trafficking. Two locations in the Bay Area; Oakland and Berkeley. Programs and services are designed to advance physical, emotional, educational, vocational, and spiritual well-being, and provide the best chance for success in independence. All programs and services are free of charge. In Oakland, the emergency shelter immediately provides for basic needs and urgent medical care. People receive a nutritious meal, take a shower with new personal care products, receive new clothes, and sleep in a warm, safe bed. They are then connected to supportive services that will help them thrive.

Feet First Foundation

Website feetfirstnp.org

Address 880 Howe Rd. Martinez, CA 94553

Telephone (833) 339-9111

Combines physical exercise, mentoring and mental health counseling to give youth the tools and confidence they need to persevere and flourish.

Freedom House

Website freedomhousesf.org
Address P.O. Box 2065, Burlingame, CA. 94011
Telephone (650) 993-8723

Freedom House offers up to 18 months of transitional housing and aftercare for survivors of slavery and human trafficking. Aftercare includes shelter, food and clothing, case management, life skills training and other care services to assist survivors' transition to independence. Serving women 18 and older. Services are free.

Advocacy:

- Career Counseling
- Case Management
- Therapy
- Shelter/transitional housing
- Safe shelter/24 hour staff

Languages Spoken: English (however we accept women from other countries).

International Rescue Committee

Website rescue.org
Address 2020 Hurley Way #420, Sacramento, CA. 95825
Telephone (916) 482-0120

Assists foreign-born survivors of sex and labor trafficking, and US citizens of labor trafficking with case management and wrap-around services. Provisions offered included short- and long-term housing, safety planning, assistance accessing state benefits, referrals to pro-bono immigration and family law attorneys and more. Provides free training and technical assistance on the subject of human trafficking. Languages spoken: English, Spanish, Farsi, Dari, Pashto, Arabic, Russian, Turkish. An individual must qualify as a survivor of human trafficking based on the federal definition.

Love Never Fails

Website loveneverfailsus.com
Address 6937 Village Parkway, #2074, Dublin, CA 94568
Telephone (844) 249-2698

Provides safe housing for victims of trauma or at-risk Bay Area women 18+ with their children. Safe housing program last 18 months. Workforce Development Program for 16–24-year-olds of all gender identities who have experienced human trafficking, domestic violence, poverty, homelessness, been in foster care and juvenile justice system. Awareness education is provided to youth and adults throughout the Bay Area.

MISSEY

Sitio web missey.org
Address 424 Jefferson St. Oakland, CA. 94607
Telephone (510) 251-2070

Survivor-led and survivor-centered. Works to prevent girls and gender-expansive youth from ever entering circumstances of sexual exploitation and violence. We also support young people who are experiencing exploitation to exit. Once they've exited, we partner with them so that they may avoid re-entering sexually exploitative circumstances and live free of harmful transactional relationships. Using a holistic, healing-centered approach, we help youth process their abuse and understand their inherent worth as important, unique, and powerful human beings deserving of safety, love and joy.

New Day for Children

Website newdayforchildren.com
Email contact@newdayforchildren.com
Address P.O. Box 439, Alamo, CA 94507
Residential Home, Restorative Care, Education and
Therapeutic Services for minor females 10-18 years of age.

Pillars of Hope

Website pillarsofhope.us
Address P.O. Box 101, Clayton, CA. 94517
Telephone (925) 457-3977
Anti-Human trafficking and street-outreach organization with
services for both victims and survivors. Rebuilding lives
through awareness intervention, restoration, transition, and
reintegration.

Rainbow Community Center

Website rainbowcc.org
Address 2380 Salvio St. Suite 301, Concord, CA 94520
Telephone (925) 692-0090
We offer support to the LGBTQIA+ community from 12 to 100
years old. Our youth program provides emotional support,
guidance, case management, peer support and education for
those between 12 and 23 years old. The center also offers
case management and mental health therapy for adults, as well
as food pantry services, transgender support groups, senior
groups and activities, social groups and other programs.
Please call for more information.
Hours of services: Mon-Fri 1:00 to 6:00 PM.
Languages spoken: English, Spanish, Portuguese.
Interpreters available: Spanish and Portuguese.
Cost of services: Services are free of cost except for mental
health therapy. For counseling we accept Medi-Cal and use a
sliding scale for payment.

Ruby's Place

Website rubysplace.org
Email info@rubysplace.org
Address 20880 Baker Road, Castro Valley, CA 94546
24/7 Support Line (888) 339-7233
Youth Services Text Line (510) 214-6331
Non-profit agency in Hayward, California providing shelter and
supportive services for families and individuals experiencing
domestic violence and human trafficking. Supportive services
include: crisis services, case management services,
therapeutic services, and children's program. Serving male,
female, LGBTQIA+.

Survivors, Healing, Advising and Dedicated to Empowerment (SHADE) Movement

Website shademovement.org
Email info@shademovement.org
Address P.O. Box 99583, Emeryville, CA 94662
Telephone (510) 437-0192
Provides peer community support groups, pathways to
success, bedside advocacy and intervention program, street
outreach, economic leadership opportunities, and prevention
and social justice workshops, and survivor leadership.
Languages Spoken: English and Spanish.
Cost of Services: Free.

AFFORDABLE HOUSING AND SHELTERS

TO APPLY FOR SECTION 8 OR VOUCHER
HOUSING:

ONLINE APPLICATIONS ONLY
WWW.CONTRACOSTAHOUSING.ORG

HOUSING AUTHORITIES

City of Pittsburg Housing Authority (not with Contra Costa County Housing)

Address..... 916 Cumberland St. Pittsburg, CA 94565
Telephone(925) 252-4830

City of Richmond Housing Authority

Address..... 330 24th St, Richmond, CA 94804
Telephone(510) 621-1300

Contra Costa Housing Authority

Address..... 3133 Estudillo St. Martinez, CA 94553
Telephone(925) 957-8001

PUBLIC HOUSING

City of Richmond

Address..... 1601 N. Jade St. Richmond, CA 94801
Telephone(925) 957-8007
Covering North Richmond and San Pablo housing
developments.

City of Oakley

Address..... 990 A Rosemary Lane, Oakley, CA 94561
Telephone(925) 957-8005
Covering Martinez, Bay Point, Brentwood and Oakley housing
developments.

City of Pittsburg

Address..... 875 El Pueblo Ave. Pittsburg, CA 94565
Telephone(925) 957-8006
Covering Pittsburg and Bay Point housing developments.

City of Rodeo

Address..... 2 California St. Rodeo, CA 94572
Telephone(925) 957-8008
Covering Martinez and Rodeo housing developments.

HOUSING ASSISTANCE

Community Housing Development Corp.

Website communityhdc.org

Email info@communityhdc.org

Address 1535 Jackson Way, Suite A
Richmond, CA 94801

Telephone (510) 412-9290

Provides a broad range of affordable housing opportunities and services to enable low- and moderate-income residents to gain better housing and financial stability.

Hours of services: Mon-Fri, 9:00 AM-5:00 PM.

Neighborhood Housing Services of the East Bay

Website richmondnhs.org

Address 12972 San Pablo Ave. Richmond, CA 94805

Telephone (510) 237-6459

Assists with homeownership counseling, financial literacy training, affordable rentals, foreclosure prevention counseling, community organizing and neighborhood development. Please call for further information. Mon-Thurs, 9:00 AM-5:00 PM.

EMERGENCY SHELTERS

Bay Area Rescue Mission: Women's Family Center

Website bayarearescue.org

Address 224 MacDonald Ave. Richmond, CA 94801

Telephone (510) 215-4860

Bay Area Rescue Mission: Men's Shelter

Website bayarearescue.org

Address 200 MacDonald Ave. Richmond, CA 94801

Telephone (510) 215-4868

Concord Shelter

Website 211cc.org

Telephone CORE (Coordinated Outreach Referral)

Engagement 211

The Concord Shelter has reopened! The shelter now has individual sleep stations and the capacity to accept couples and adult-only multi-generational households. The site also has kennels to accommodate pets. The new configurations of Concord Shelter offer increased privacy and physical distancing, greater equity in household types that can be served, and respect for the companionship pets provide to many persons experiencing homelessness. The shelter can be accessed through CORE outreach by calling 211.

Brookside Shelter

Address 847 C Brookside Drive, Richmond, CA 94801

Telephone 211

Provides emergency adult shelter for single adults. Provides the basic needs of shelter, shower, food and clothing. Service includes case management services assisting resident with linkage to support programs including housing, social and human resource services, employment search and placement, legal services, counseling, and health needs. Some rooms are made available for couples or individuals with special needs. No drop-ins accepted. Must be referred by CORE team.

Call 211 to be transferred to CORE and reach the shelter intake line, or dial 211 and press option 3 to be directed to program automatically.

Catholic Charities of the East Bay – Rental Assistance

Concord(925) 825-3099
.....(510) 768-3100

Must be 55+ and homeless, marginally housed, or facing eviction. Please call for information and application process.

FESCO - The Family Shelter

Website fescofamilyshelter.org

Address.....22671 3rd St. Hayward, CA 94541

Telephone(510) 581-3223

Emergency Shelter for families at the Marquis House. A 23-bed shelter that houses up to 8 families of all configurations. Also provides linkage to independent housing, benefits acquisition, and other services such as health care for up to 60 days.

Greater Richmond Interfaith Program (GRIP)

Address..... 165 22nd St. Richmond, CA 94801

Food and Clothing Distribution(510) 233-2141

Resource Center(510) 231-6885

The Super Center offers lunch 7 days a week, 11:30 AM-12:45 PM. We offer free clothing on the 2nd and 4th Tuesdays of the month at 10:00 AM. The West County Resource Center offers the following at some locations: showers, laundry, phone, case management, mailing address, job and housing assistance to homeless individuals and families. Offers a thirty-bed emergency family shelter. All of these services are free. Provides substance abuse prevention referral services. Services and program information is provided in English and Spanish. For parenting or family support-related classes, job training, or emergency food or shelter, call the Resource Center.

Homeless Shelter Directory

Website homelessshelterdirectory.org

Hope Solutions

Website hopesolutions.org/mission-and-values/

Address.....399 Taylor Blvd #115, Pleasant Hill, CA 94523

Telephone(925) 944-2244

Fax(925) 944-2248

The mission of Hope Solutions is to provide permanent affordable housing and vital support services to homeless and at-risk families and individuals in Contra Costa County. We provide services in English and Spanish.

Love-A-Child Missions Homeless Recovery Shelter

Website loveachildmission.org

Address..... 2279 Willow Pass Rd. Bay Point, CA 94565

Telephone(925) 643-5170

Serving homeless women and children by providing emergency shelter, food, clothing, and offering hope through substance recovery programs, job training, education support and many other programs.

Phoenix Center

Address.....1470 Civic Court, Suite 110

Concord, CA 94519
Telephone(925) 680-0222

Bay Area Community Services

Telephone(925) 484-8457
Supports mental health and housing needs.

Shelter Intake Line for CCC

Website cchealth.org/h3/coc/help.php
Telephone 211
..... text "HOPE" to 2021

Shepherd's Gate (A Faith Based Organization)

Website shepherdsgate.org
Address 605 Sycamore Ave. Brentwood, CA 94513
Telephone (925) 308-7507
Intake Line (925)308-7507 ext. 307
Not an emergency shelter. Helping women and children
escape homelessness, addiction, and abuse.

Winter Nights Family Shelter, Inc.

Websitecccwinternights.org
Address404 Gregory Lane #7, Pleasant Hill, CA 94523
Emailbill@cccwinternights.org
Telephone(925) 435-2074
Winter Nights Family Shelter Inc. is a non-profit that provides
temporary shelter to homeless families with minor children in
partnerships with interfaith congregations throughout Contra
Costa County. The Family Shelter program is located in a
series of faith communities for 2 weeks at a time. Winter Nights
also operates a Safe Parking Program for individuals living in
their cars. The program is open to qualified individuals,
couples, seniors and families. Seasonal Family Shelter
(September – June).
Languages Spoken: English, interpreters available.

HOUSING ADVOCACY

Bay Area Legal Aid

Websitebaylegal.org
Address1025 Macdonald Ave. Richmond, CA 94801
Legal Advice Line(800) 551-5554
Assists with Section 8 tenants at risk of losing housing or facing
discrimination.

Catholic Charities of the East Bay – Rental Assistance

Concord(925) 825-3099
Telephone(510) 768-3100
Must be 55+ and homeless, marginally housed, or facing
eviction. Please call for information and application process.

HOUSING REFFERALS

Bridge Housing

Websitebridgehousing.com
Address600 California St. Suite 900
San Francisco, CA 94108
Telephone(415) 989-1111

Housing Listings.....(415) 267-7673
Affordable housing applications, including senior and disabled properties.

Eden Housing

Website edenhousing.org
Address..... 22645 Grand St. Hayward, CA 94541
Telephone(510) 582-1460
Low-income rental resources in the East Bay.

Mercy Housing California

Websitemercyhousing.org
Address..... 1256 Market St. San Francisco, CA 94102
Telephone(415) 355-7100
Affordable rental units in San Francisco and Bay Area communities.

Monterey Pines Apartments

Website themontereypines.com
Telephone(510) 233-4387
.....(510) 215-1926
Case management, resident resources, food pantry, after school program, referral services, BTOP Computer Training materials. Office hours: Mon-Fri 9:00 AM-5:00 PM. Services are free.

FINANCIAL ASSISTANCE FOR HOUSING

Season of Sharing

Telephone(415) 777-7120
Available through EHSD volunteers (one time only cash grant) can be used for rent deposits, etc. Social worker calls volunteers to begin process.

Shelter Inc. Prevention Program

Websiteshelterinc.org/renthelp
Address..... 1333 Willow Pass Rd, Suite 206
Concord, CA 94520
Telephone(925) 335-0698
Financial assistance to prevent homelessness through Season of Sharing funds, with back rent or moving costs.

FOOD ASSISTANCE PROGRAMS

Food Bank of Contra Costa and Solano Counties

Website foodbankccs.org
Email info@foodbankccs.org
Address 4010 Nelson Ave. Concord, CA 94520
Telephone (925) 676-7543
Toll-free 1-855-309-FOOD (3663)
Free food assistance for low-income individuals, children,
families & seniors, including grocery & fresh produce.
Distribution in local communities throughout Contra Costa
County. CalFresh (Food Stamp) application assistance. Hours
vary, call Food Bank or go to website for schedule. Services
are free. English & Spanish spoken. Call or visit the website to
see which programs you may qualify for.

Alameda County Community Food Bank

Toll Free (800) 870-3663

Monument Crisis Center

Website monumentcrisiscenter.org
Address 1900 Market St. Concord, CA 94520
Telephone (925) 825-7751
Monument Crisis Center serves low-income families and
individuals in Contra Costa County by providing nutritious food,
education, general assistance, and referrals. Food distribution
program: Pittsburg – 1st & 3rd Thursdays of month 12pm -2pm
Concord – MWF 9am-12pm. There is no charge for our
services. Services are provided in English and Spanish (and all
other languages – we try to translate as much as possible).
Contact the Center for further program details and hours.

Salvation Army

Address 3950 Clayton Rd. Concord, CA 94521
Telephone (925) 676-6180
Hours: Mon-Wed and Friday, 10:00 AM-12:00 PM and 1:00-
3:00 PM.

St. Paul's Episcopal Church

Address 1924 Trinity Ave. Walnut Creek, CA 94596
Telephone (925) 934-2324
St. Paul's collaborates with Vestia in Pleasant Hill.
Hours of services: 4th Monday of the month, 10:30-11:30 AM

Vestia

Website Vestiainc.org
Address 400 Ellenwood Way, Pleasant Hill, CA
Telephone (925) 655-1208
Clients of Contra Costa's employment and Human Services
programs can receive up to three days' worth of food.

Delta Christian Community Food Pantry

Address 11215 Brentwood Blvd. Brentwood, CA 94513
Telephone (925) 642-1527
A Mobile food van, delivering food on Tuesdays in Byron,
Knightsen, and Bethel Island.

FBC Community Outreach (First Baptist Church)

Address.....204 Odessa Ave. Pittsburg CA 94565
Telephone(925) 432-7498
Food Pantry.

FoodFinder's Program

FoodFinder's website and app act as food pantry locators that show you when and where to get free food assistance in your area. The interactive map on the home page is a map of food pantries nearby – every red pin you see is a food assistance program nearby. Tap on one to see when they give away food!
Website foodfinder.us

Golden Hills Community Church & Counseling Center

Address.....2401 Shady Willow Lane, Brentwood, CA 94513
Telephone(925) 516-0653
Telehealth via video or phone (925) 809-1888 ext. 7162
Appointments (925) 809-1888 ext. 7162
The GHCC Counseling Center offers counseling for a variety of issues and is available for all ages, has licensed Marriage and Family Therapists. Offers youth groups & teen support, parenting classes, and women and men substance abuse groups (12 Step support group). For more information regarding any of the above services, please call.

Grace Bible Fellowship of Antioch

Website gbfofantioch.org
Address.....3415 Oakley Rd. Antioch, CA 94509
Email.....grace@gbfofantioch.org
Telephone(925) 522-2017
Offers youth services such as GYM Ministry (held on 1st and 3rd Wednesday of every month at 7:00 PM), and youth fellowship. Benevolence fund is also available. Free meals are served at the church during summer months; van pick up is available. Grace Closet provides the community free food and clothing on Wednesdays from 4:00-6:00 PM. Requirements are ID and proof of income. Recovering program for adults called "Overcomes" Thursdays at 7:00 PM. For more information regarding any of the above services, please call.
Hours of Services: Tues-Fri 9:00 AM-5:00 PM, Sunday 8:00-11:00 AM, Wednesday 7:15 PM
Languages Spoken: English.

Most Holy Rosary Church

Website holyrosaryantioch.org
Address.....21 East 15th St. Antioch, CA 94509
Telephone(925) 757-4020
Groceries give away Tues-Thurs, 9:00 AM-10:00 AM. **(Must be resident of Antioch and provide ID and proof of residence).**
Services are offered in English and Spanish.

Solomon Temple Missionary Baptist Church

Address.....655 California Ave. Pittsburg, CA 94565
Telephone(925) 439-5905
Fresh produce distribution every 2nd and 4th Thursday of the month, 2:00-3:00 PM.

Pittsburg Baptist Church

Website pittsburgbaptistchurch.com
Address 2586 Willow Pass Road, Bay Point, CA 94565
Telephone (925) 458-0621
Provides counseling by appointment only. Call the church for food, clothing, and furniture requests.

North Richmond MBC

Website northrichmondmbc.org
Address 1427 Fred Jackson Way, Richmond, CA 94801
Telephone (510) 232-7751
We have a food and clothing program that is offered to the community. Services are free.
Hours of Services: 11:00 AM-1:00 PM.

Davis Park Community Center

Address 1651 Folsom Ave. San Pablo, CA 94806
Telephone (925) 215-3080
Food distributed every 2nd and 4th Friday, 12:00-1:00 PM, out of the multi-purpose room. Bring an ID and proof of address.

Bay Area Rescue Mission – A Faith-Based Service

Website bayarearescue.org
Address 2114 Macdonald Ave. Richmond, CA 94802
Information (510) 215-4555
Center for Women and Children (510) 215-4860
Men's Services (510) 215-4868
Alameda, Contra Costa, Solano Counties. Basic and special need services for homeless persons, including temporary shelter, discipleship programs, meals, clothes, household goods, furniture, food distribution, and other household items. Adult and youth programs, outreach groups, tutoring, mentoring, special community events, etc. Services are free. English and Spanish.

First Presbyterian Church

Address 3415 Barrett Ave. Richmond, CA 94805
Telephone (510) 234-0954
Deacon food pantry every Friday 10:00 AM-12:00 PM (first come first serve). Participants can come once a month. Sunday services are conducted in English at 10:30 AM and Portuguese at 10:00 AM in the Chapel. Our services are free of charge. For information regarding any of our programs and services, please call. Our office staff is English only.

Grace Lutheran Church ELCA

Address 2369 Barrett Avenue Richmond, CA 94804
Telephone (510) 235-3858
Food Pantry (510) 235-9732
Offers family, marriage, and individual counseling, as well as teen support and mentoring services. Offers after school and summer music instruments programs for children. Provides a food pantry on Tuesdays and Fridays 10:00 AM-1:00 PM. Provides anger management classes for those who are mandated to attend.

Greater Richmond Interfaith Program (GRIP)

Address..... 165 22nd St. Richmond, CA 94801
Food and Clothing Distribution(510) 233-2141
Resource Center(510) 231-6885
The Super Center offers lunch 7 days a week, 11:30 AM-12:45 PM. We offer free clothing on the 2nd and 4th Tuesdays of the month at 10:00 AM. The West County Resource Center offers the following at some locations: showers, laundry, phone, case management, mailing address, job and housing assistance to homeless individuals and families. Offers a thirty-bed emergency family shelter. All of these services are free. Provides substance abuse prevention referral services. Services and program information is provided in English and Spanish. For parenting or family support-related classes, job training, or emergency food or shelter, call the Resource Center.

Jewish Family and Community Services East Bay

Websitejfcs-eastbay.org
Address.....2151 Salvio St. Suite 350, Concord, CA 94520
Email info@jfcs-eastbay.org
Telephone(925) 927-2000
Specialty in serving refugee and immigrant parents, families, and children in Central and East Contra Costa. Bilingual, bicultural services available in Farsi/Dari, Russian, Spanish, Urdu, Pashtu, and English. Individual and family therapy, parenting classes and workshops. School, home, and office-based services. Open to all regardless of ethnic background, religious affiliation, gender, and sexual orientation. Fees for services are on a sliding scale. Languages Spoken: Farsi/Dari, English, Spanish, Russian, Urdu, Pashtu.

Contra Costa Interfaith Coalition

Websiteccichope.org
Email contracostainterfaithcoalition@gmail.com

- **DONATION FURNITURE PROGRAM**
Quality furniture and household item donations are picked up and delivered to those in need by a dedicated team of volunteer drivers.
- **LINEN PROGRAM**
Donations of clean and gently used sheets, blankets, comforters, etc. are given to families in need. Our member churches will have occasional "linen drives" to support this program.
- **4TH WEEK FOOD PROGRAM**
Qualified families can receive food gift cards when they need assistance in meeting their food needs at the end of the month. The families in this program receive assistance for a limited time until the family can support themselves.
- **EMERGENCY FOOD PROGRAM**
- CCIC member churches supply boxes of food to assist a family in food crisis. These food boxes are kept in the vehicles of county social service workers and are available to their clients when a visit determines an emergency need.
- **KITCHEN STARTER KITS**
Basic cooking supplies, dishes, and utensils are provided based on family size for those transitioning from homelessness to permanent housing.
- **CLEANING STARTER KITS**
Basic cleaning supplies are provided based on need especially those transitioning from homelessness to permanent housing.

FAITH-BASED ORGANIZATIONS

Christ the King Church, Pleasant Hill

Address..... 199 Brandon Lane, Pleasant Hill, CA 94523

Telephone(925) 682-2486

Assist the needy on a person-to-person basis. Emergency food, clothing and other services are provided Mon-Fri 3:00-4:30 PM. Enter the Gregory Lane entrance. If you are in need or know of anyone who is in need, please call the parish.

Hillcrest Congregational Church

Website hillcrestucc.org

Address.....404 Gregory Lane, Pleasant Hill, CA 94523

Email..... hillcrestucc@att.net

Telephone(925) 689-8260

Must be a Contra Costa County resident to receive benefits.

Provides food and clothing to all students, veterans, and residents of Contra Costa County. The Food Room is an outlet of the Contra Costa-Solano Food Bank. Visitors can receive a 3-day emergency supply of food once a month. Visitors to the Clothing Room are welcome to receive clothing 4 times per year. All services are free.

Open hours are Mon, Wed, & Fri 9:00-11:45 AM.

Hillside Covenant Church

Telephone(925) 934-1110

Hillside Covenant Church is providing groceries for anyone who needs them. We welcome you to come at that time, no questions asked, and someone will safely place a contact free grocery bag of essentials.

Hours: Wednesday 2:00–4:00 PM.

Queen of All Saints Church

Address..... 2390 Grant St. Concord, CA 64520

Telephone(925) 609-5944

The food pantry, offered through their St. Vincent de Paul Ministry and located on the side of the rectory on Bacon Street, is open on Wednesdays 9:30-11:30AM and on the 3rd Saturday of each month, 1:00-3:00 PM. Also, people in crisis with utilities, rent and more can receive assistance.

Salvation Army

Address..... 3950 Clayton Rd. Concord, CA 94521

Telephone(925) 676-6180

Referral for assistance in obtaining basic needs. PG&E Reach Program for Central County residents, counseling, and religious services. Emergency food pantry. Services are free.

Jewish Family and Community Services East Bay

Website jfcs-eastbay.org

Address.....2151 Salvio St. Suite 350, Concord, CA 94520

Email..... info@jfcs-eastbay.org

Telephone(925) 927-2000

Specialty in serving refugee and immigrant parents, families, and children in Central and East Contra Costa. Bilingual, bicultural services available in Farsi/Dari, Russian, Spanish, Urdu, Pashtu, and English. Individual and family therapy, parenting classes and workshops. School, home, and office-based services. Open to all regardless of ethnic background, religious affiliation, gender, and sexual orientation. Fees for services are on a sliding scale. Languages Spoken: Farsi/Dari, English, Spanish, Russian, Urdu, Pashtu.

The Bay Church

Website thebay.church/connect/compassion
 Address 4725 Evora Rd. Concord, CA 94520
 Telephone (925) 458-9100

- **FOSTER CARE:** Make a difference in the lives of our future generation. You can serve many ways through our four focuses: Royal Family Kids Camp and Mentoring (children ages 7-11), T.R.A.C. camp and mentoring (teens ages 12-15), Brave (girls ages 12-18), and Foster the City (serving our foster families).
- **FOOD SECURITY: CONCORD CAMPUS:** Designed as a "Farmer's Market", we assist families as they shop for food and groceries. Food Collection happens Thursdays at 8:15 AM; Food Sorting happens Saturdays at 10:30 AM; and Food Distribution happens Saturdays at 1:30 PM. **BRENTWOOD CAMPUS:** Currently has a non-perishable food pantry on-site for the community. As well as, volunteers who deliver food to four senior communities twice a week in the surrounding areas. Days and times vary. Please contact us for details.
- **HOMELESS CARE: CLEAN START:** offering hot showers to those who are unsheltered: **TUESDAYS**, 9:30 AM at West Pittsburg Community Church, 204 Bailey Rd, Bay Point; **FRIDAYS:** 8:30 AM at NorCal Sports, 360 Ferry Street, Martinez; **SATURDAYS**, 9:30 AM at Saint Vincent de Paul 1415 Simpson Ct., Pittsburg.
- **SCHOOL SUPPORT: ADOPT-A-SCHOOL:** Make a difference in the lives of our future generation by volunteering with Adopt-a-School. In these changing times, our schools need our involvement more than ever! Be a virtual homework helper, from the comfort of your home. By choosing to contribute your time, you will help create a culture of learning that brings lasting hope to our community, and you'll provide a student with the assurance that someone cares and you are there to help them succeed.

Golden Hills Community Church & Counseling Center

Address 2401 Shady Willow Lane, Brentwood, CA 94513
 Telephone (925) 516-0653
 Telehealth via video or phone (925) 809-1888 ext. 7162
 Appointments (925) 809-1888 ext. 7162
 The GHCC Counseling Center offers counseling for a variety of issues and is available for all ages, has licensed Marriage and Family Therapists. Offers youth groups & teen support, parenting classes, and women and men substance abuse groups (12 Step support group). For more information regarding any of the above services, please call.

Grace Bible Fellowship of Antioch

Website gbfofantioch.org
 Address 3415 Oakley Rd. Antioch, CA 94509
 Email grace@gbfofantioch.org
 Telephone (925) 522-2017

Offers youth services such as GYM Ministry (held on 1st and 3rd Wednesday of every month at 7:00 PM), and youth fellowship. Benevolence fund is also available. Free meals are served at the church during summer months; van pick up is available. Grace Closet provides the community free food and clothing on Wednesdays from 4:00-6:00 PM. Requirements are ID and proof of income. Recovering program for adults called "Overcomes" Thursdays at 7:00 PM. For more information regarding any of the above services, please call. Hours of Services: Tues-Fri 9:00 AM-5:00 PM, Sunday 8:00-11:00 AM, Wednesday 7:15 PM Languages Spoken: English.

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Website holyrosaryantioch.org
Address 21 East 15th St. Antioch, CA 94509
Telephone (925) 757-4020
Groceries give away Tues-Thurs, 9:00 AM-10:00 AM. **(Must be resident of Antioch and provide ID and proof of residence).**
Services are offered in English and Spanish.

Kings Chapel

Address 320 Worrell Rd. Antioch, CA 94509
Telephone (925) 756-7315
Counseling Service offered by the pastor. Counseling offered to members and non-members. This is a county wide service.

Pittsburg Baptist Church

Website pittsburgbaptistchurch.com
Address 2586 Willow Pass Road, Bay Point, CA 94565
Telephone (925) 458-0621
Provides counseling by appointment only. Call the church for food, clothing, and furniture requests.

Solomon Temple Missionary Baptist Church

Address 655 California Ave. Pittsburg, CA 94565
Telephone (925) 439-5905
Fresh produce distribution every 2nd and 4th Thursday of the month, 2:00-3:00 PM.

St. Peter Martyr Church

Address 740 Black Diamond St. Pittsburg, CA 94565
Telephone (925) 432-4771
Provides counseling by appointment. Offers youth services such as: youth groups, teen support. Family support related classes occasionally offered. Food bags are available on the 2nd and 4th Fridays of the month, 1:00-2:00 PM. For more information regarding any of the above services, please call.

First Baptist Church

Address 204 Odessa Ave. Pittsburg, CA 94565

AMF Food Closet (St. Andrews Lutheran Church)

Telephone (Antioch) (925) 757-1672
Emergency food pantry for Antioch residents only. Must call first. Services are free. The AMF Food Closet is open Wed and Thurs 10:00 AM-12:00 PM.

First Presbyterian Church

Address..... 3415 Barrett Ave. Richmond, CA 94805
Telephone(510) 234-0954
Deacon food pantry every Friday 10:00 AM-12:00 PM (first come first serve). Participants can come once a month. Sunday services are conducted in English at 10:30 AM and Portuguese at 10:00 AM in the Chapel. Our services are free of charge. For information regarding any of our programs and services, please call. Our office staff is English only.

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Church of Christ

Website mdacoc.org
Address..... 4709 MacDonald Ave. Richmond, CA 94805
Telephone(510) 233-0245

Contra Costa Interfaith Coalition

Website ccichope.org
Email..... contracostainterfaithcoalition@gmail.com

- DONATION FURNITURE PROGRAM
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