



Contra Costa County HELP ME GROW PARENTING GUIDE



Crisis/Suicide Intervention: 2-1-1

Anger Management Classes

C.O.P.E. Family Support Center ..925-689-5811
Mt. Diablo Adult Education 925-685-7340
Saving Our Sons and Daughters..925-432-4200
Second Nature Behavioral Health 510-610-4799
STAND! For Families Free of Violence
..... 1-888-215-5555

Child Abuse/Prevention

Children's Protective Services... 1-877-881-1116
Human Trafficking Prevention ... 1-800-670-7273
(Community Violence Solutions)
National Child Abuse Hotline 1-800-422-4453
A Step Forward 925-685-9670
PREVENTION

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

Child Care/Child Care Subsidies

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

CRISIS CHILD CARE

Bay Area Crisis Nursery (Ages 0-5) ..925-685-8052
Safe Refuge for Families (Ages 0-18)
..... 925-566-8050

Child Custody

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

Child/Family Counseling

Access Mental Health Appointment Line for Contra Costa County: Mental Health Crisis Unit, Central/East/West; Youth/Families/Adult Services 1-888-678-7277
Bay Area Psychotherapy Institute.....925-284-2298
Brighter Beginnings
Antioch..... 925-303-4780
Richmond 510-213-6681
Center for Human Development...925-687-8844
Community Health for Asian Americans
East..... 925-778-1667
West 510-233-7555
Conflict Resolution/Mediation
(Center for Human Development)..... 925-349-7344
Early Childhood Mental Health ... 510-837-6902
(Children ages 0-6)
Familias Unidas Counseling & Information
.....510-412-5930
Family Advocate Mental Health (CCHS)
..... 925-957-5139
John Muir at Village Community Resource Center 925-941-7940
Second Nature Behavioral Health 510-610-4799
The Hume Center Central 925-825-1793
East 925-432-4118
West 510-778-2816
YWCA Mental Health Program ... 925-372-4213

Crisis and Suicide Intervention

Contra Costa Crisis Center2-1-1
Provides 24-hour crisis/warm line support.
National Suicide Hotlines.....1-800-273-8255
Trevor Helpline.....1-866-488-7386

Dental

Contra Costa Health Services Dental Clinics
..... 1-877-905-4545
Bay Point Children's Dental..... 925-427-8302
Martinez 925-370-5300
Pittsburg 925-431-2501
San Pablo 510-231-9540
Dental Hygiene Clinic 925-969-2692
(Diablo Valley College)
Respite Dental Care Concord925-608-5350
Denti-Cal/Medi-Cal Dental Program
..... 1-800-322-6384
La Clínica Monument 925-363-2005
La Clínica Pittsburg Dental Clinic.925-431-1251
Lifelong Medical Care - Brookside
San Pablo..... 510-215-9092
Pinole 510-981-3255

Expectant/New Parent

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

NEW PARENT
Birthingright 800-550-4900
Black Infant Health 925-313-6254
(CCHS)
Child Abuse Prevention Council...925-798-0546
Healthy Families America (CCHS)925-313-6254
Medical Legal Partnership (FMCH)...800-880-8047
Prenatal Care Guidance..... 925-313-6254
Welcome Home Baby (ASPIRAnet)...925-753-2156

Eye Exam/Glasses/Hearing Aids

Hear NOW 1-800-648-4327
Lions Center for the Visually Impaired
..... 925-432-3013
The Hearing Foundation..... 1-800-327-8077
University California Berkeley
Eye Care Center..... 510-642-2020

Financial Assistance

CalWORKs (Families)..... 1-877-505-4630
Cash Assistance Program for Immigrant Families (CAPI)..... 1-877-505-4630
CCC Dept. of Child Support..... 1-866-901-3212
General Assistance (Individuals). 1-877-505-4630

First 5 Centers

Antioch First 5 Center 925-301-4052
East County First 5 Center 925-301-4040
Delta First 5 Center 925-516-3880
Monument Community First 5 Center 925-849-8861
West County First 5 Richmond Center 510-233-5890
West County First 5 San Pablo Center 510-232-5650

Food

CalFresh (food stamps) 1-877-505-4630
(Contra Costa Employment and Human Services)
EBT Card Services 1-877-328-9677
Food Bank of Contra Costa & Solano
Groceries, pantries, meals 1-855-309-3663

Food Pantries/Soup Kitchens/Food Resource Programs 2-1-1
Loaves & Fishes Dining Rooms .. 925-293-4792
WIC Program..... 1-800-414-4942
(Pregnant women breastfeeding or with children 0-5)

Health Insurance

California Children's Services925-313-6400
Child Health & Disability Prevention (CHDP)
..... 925-313-6150
Covered California 1-800-300-1506
..... www.coveredca.com
Patient Financial Counselors 1-800-771-4270
Kaiser Child Health Plan1-800-464-4000

Homeless Families

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

Housing

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

Kinship Support Services

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

LGBTQ Parenting

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

Medical Care

Advice Nurse 1-877-661-6230
Brighter Beginnings - Family Health Clinic
Antioch..... 925-303-4780
Richmond 510-213-6681



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Crisis/Suicide Intervention: 2-1-1

Contra Costa Health Services Health Centers
 1-800-495-8885
 Antioch, Bay Point, Brentwood, Concord, Martinez,
 Pittsburg, San Pablo
Health Care for the Homeless Mobile Van
 (CCHS) Call for locations/hours925-608-5300
La Clínica Monument.....925-363-2005
La Clínica Oakley925-776-8240
La Clínica Pittsburg925-431-1251
Lifelong Medical Care - Brookside
 Richmond510-215-5001
 San Pablo (urgent care).....510-215-9092
Mobile Health Clinic John Muir925-941-7940
Planned Parenthood1-800-230-7526
Respite Health Care Concord925-646-5311
RotaCare Clinic Concord925-429-6409
RotaCare Clinic Pittsburg925-439-2009
RotaCare Clinic Richmond510-213-6678

Parenting Classes

East County First 5 Center925-301-4040
Child Abuse Prevention Council.....925-798-0546
C.O.P.E. Family Support Center ..925-689-5811
Mt. Diablo Adult Education925-685-7340
Primeros Nuestros Niños510-233-8595
 (The Latina Center)
Second Nature Behavioral Health 510-610-4799
West Contra Costa Adult Education Center
510-215-4666

Parenting Education

C.O.P.E. Family Support Center ..925-689-5811
Mt. Diablo Adult Education925-685-7340
Parent Support Groups & Edu. ...510-837-6902
 (Early Childhood Mental Health Program)
Prenatal Care Guidance (CCHS).....925-313-6254
Primeros Nuestros Niños (Latina Center), 510-233-8595
West County First 5 Richmond ..510-233-5890

Parent/Child Activity Groups

All Abilities Playgroups 800-984-4636
Antioch First 5 Center925-301-4052
East County First 5 Center925-301-4040
Contra Costa County Library 800-984-4636
Delta First 5 Center925-516-3880
Family Literacy Program.....510-236-3900
 (Catholic Charities of the East Bay)
Monument Community First 5 Center 925-849-8861
Mt. Diablo Adult Education925-685-7340
We Care Developmental Playgroups
925-671-0777
West County First 5 Richmond ..510-233-5890
West County First 5 San Pablo ..510-232-5650

Postpartum Depression

Parent Support Groups & Edu. ...510-412-9200
 (Early Childhood Mental Health Program)
Postpartum Depression (PPD) Helpline
1-800-944-4773
Welcome Home Baby925-753-2156
 (ASPIRAnet)

Pregnancy/Prenatal Care

Black Infant Health(CCHS)..... 925-313-6254
Brighter Beginnings
 Antioch.....925-303-4780
 Richmond510-213-6681
Healthy Families America (CCHS)925-313-6254
Healthy Start (CCHS) Central.....925-370-5495
 East.....925-431-2345
 West510-231-9469

Lifelong Medical Care - Brookside
 Richmond510-215-5001
 San Pablo (urgent care)510-215-9092
Planned Parenthood Antioch.....1-800-230-7526
 Concord, Richmond, San Ramon, Walnut Creek
Prenatal Care Guidance (CCHS)925-313-6254
Safely Surrendered Baby2-1-1
SUBSTANCE ABUSE & PREGNANCY
BAART-East925-522-0124
 West510-232-0874
Healthy Start (CCHS) – Central.....925-370-5495
 East925-431-2345
 West.....510-231-9469
La Casa Ujima Residential.....925-229-0230
La Casa Central Mothers' Program Ujima
925-691-5083
The Rectory Women's Recovery Center
510-236-3134
Ujima Outpatient East925-427-9100
Ujima Outpatient West510-215-2280
Wollam House925-427-1384

School Districts

Acalanes Union High School District 925-280-3900
Antioch Unified School District925-779-7500
Brentwood Union School District ..925-513-6300
Byron Union School District925-809-7500
Canyon School District925-376-4671
Contra Costa County Office of Education
925-942-3388
John Swett Unified School District
510-245-4300
Knightesen School District925-625-0073
Lafayette School District925-927-3500
Liberty Union High School District925-634-2166
Martinez Unified School District.....925-335-5800
Moraga School District925-376-5943
Mt. Diablo Unified School District.....925-682-8000
Oakley Union Elementary School District
925-625-0700
Orinda Union School District925-254-4901
Pittsburg Unified School District.....925-473-2300
San Ramon Valley Unified School District
925-552-5500
Walnut Creek School District....925-944-6850
West Contra Costa Unified School District
510-231-1100

Special Needs Services

Ability Tools1-800-390-2699
State Council on Developmental Disabilities
Bay Area510-286-0439
Asian Community Mental Health ..510-970-9750
Bay Respite Care707-644-4491
California Children's Services ...925-313-6400
Care Parent Network925-313-0999
Center for Accessible Technology ...510-841-3224
Center for Early Intervention on Deafness
510-848-4800
Contra Costa ARC925-370-1818
Contra Costa Office of Education 925-942-3389
Deaf Counseling, Advocacy & Referral
(DCARA).....510-343-6670
Developmental Disabilities Council..925-313-6836
Down Syndrome Connection925-362-8660
Early Childhood Mental Health ...510-837-6902
Early Intervention Services (Easter Seals Bay
 Area) East/Central.....925-849-8999
 West510-457-5800
Help Me Grow2-1-1

LightHouse for the Blind and Visually Impaired.....1-888-400-8933
Lynn Center Early Intervention Services
 Children 0-6.....925-439-9628
National Resource Center on ADHD
1-800-233-4050
Regional Center of the East Bay .925-691-2300
Respite Care Program.....510-834-2443
 (Family Support Services of the Bay Area)
Respite Program.....510-527-2550
 (Ala Costa Center)
Special Needs Child Care Project 925-676-5442
 (Coco Kids)
Through The Looking Glass.....1-800-644-2666
United Cerebral Palsy of the Golden Gate
510-832-7430
We Care Services for Children ...925-671-0777

Teen Parents

CA Youth Crisis Line1-800-843-5200
Through The Looking Glass.....1-800-644-2666

Wraparound Services

Care Parent Network925-313-0999
Community Health for Asian Americans
 East.....925-778-1667
 West510-233-7555
Contra Costa Family Justice Center
 Central925-521-6366
 East925-281-0970
 West510-974-7200
Early Childhood Mental Health Program
Wraparound Support510-412-9200
Early Intervention- (George Miller)
 Central925-646-5710
 West510-374-3981
Familias Unidas510-412-5930
Fred Finch Therapeutic Behavioral
Services510-482-2244
Lynn Center Early Intervention Services
 Children 0-6.....925-439-9628
Wraparound Services.....925-671-0777
 (We Care Services for Children)

Need help and
 don't know
 where to go?

Call 2-1-1 or
 Text "HOPE" to 20121
 24/7 Spanish & English

Or visit:
www.211cc.org

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

