



# Contra Costa County HELP ME GROW GUIA PARA PADRES



## Abuso Infantil/Prevención

**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  
**PREVENCIÓN**  
**Child Abuse Prevention Council** .. 925-798-0546  
**Children's & Family Services**  
 Centro ..... 925-602-9300  
 Este ..... 925-522-7400  
 Oeste ..... 510-231-8100

## Actividades para Padres é Hijos

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

## Asistencia Financiera

**CalWORKs (Familias)** ..... 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 (Individuos)** .. 1-877-505-4630

## Asistencia para Mujeres Embarazadas/Nuevos Padres

**AMAMANTO**  
**Contra Costa Breastfeeding Advice Line**  
 ..... 1-866-878-7767  
**La Leche League** ..... 1-800-525-3243  
**NUEVOS PADRES**  
**Birthright** ..... 800-550-4900  
**Black Infant Health** ..... 925-313-6254  
 (CCHS)  
**Child Abuse Prevention Council** .. 925-798-0546  
**Healthy Families America (CCHS)** .... 925-313-6254  
**Medical Legal Partnership (FMCH)** .. 800-880-8047  
**Prenatal Care Guidance** ..... 925-313-6254  
 (CC Health/First 5)  
**Welcome Home Baby (ASPIRAnet)**.. 925-753-2156

## Atención Médica

**Brighter Beginnings - Family Health Clinic**  
 Antioch..... 925-303-4780  
 Richmond ..... 510-213-6681  
**Contra Costa Health Services Health Centers**  
 ..... 1-800-495-8885  
 Antioch, Bay Point, Brentwood, Concord, Martinez,  
 Pittsburg, Richmond  
**Consejera de Salud** ..... 1-877-661-6230  
**Clínica Móvil Desamparados (CCHS)**  
 Llamar para lugar/horas ..... 925-608-5300  
**La Clínica Monument**..... 925-363-2005  
**La Clínica Oakley** ..... 925-776-8240  
**La Clínica Pittsburg**..... 925-431-1251

## Lifelong Medical Care - Brookside

Richmond ..... 510-215-5001  
 San Pablo (cuidado de urgencia)..... 510-215-9092  
 Pinole ..... 510-981-3255  
**Mobile Health Clinic** John Muir.... 925-941-7940  
**Planned Parenthood** ..... 1-800-230-7526  
**Respite Health Care Concord** ..... 925-646-5300  
**RotaCare Clinic** Concord ..... 925-429-6409  
**RotaCare Clinic** Pittsburg ..... 925-439-2009  
**RotaCare Clinic** Richmond ..... 510-213-6678

## Centro de los Primeros 5

**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

## Clases Educativas para Padres

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

## Clases para el Manejo de la Ira

**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

## Clases para Padres

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

## Comida

**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**  
 ..... 1-855-309-3663  
**Bancos de Comida/Almuerzos**..... 2-1-1  
**Loaves & Fishes Dining Rooms** .. 925-293-4792  
**WIC Program** ..... 1-800-414-4942  
 (Mujeres embarazadas, lactando o padres de niños 0-5)

## Consejería para Niños/Familia

**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 - Family Health Clinic**  
 Antioch..... 925-303-4780  
 Richmond ..... 510-213-6681  
**Center for Human Development**... 925-687-8844

## Community Health for Asian Americans

Este ..... 925-778-1667  
 Oeste ..... 510-233-7555

## Conflict Resolution/Mediation

(Center for Human Development)..... 925-349-7344  
**Early Childhood Mental Health** ... 510-837-6902  
 (edades 0-6)

## Familias Unidas Counseling & Information

..... 510-412-5930  
**Consejero de Salud Mental (CCHS)**  
 ..... 925-957-5139

## John Muir at Village Community Resource Center

..... 925-941-7940  
**Second Nature Behavioral Health** 510-610-4799  
**The Hume Center - Centro**..... 925-825-1793  
 Este ..... 925-432-4118  
 Oeste ..... 510-778-2816  
**YWCA Mental Health Program** ... 925-372-4213

## Crianza de hijos LGBTQ

**LGBT National Help Center** ..... 1-888-843-4564  
**Parents, Families & Friends of Lesbians & Gays (PFLAG)** (sitio de internet) ..... www.pflag.org  
**Rainbow Community Center**  
 Centro ..... 925-692-0090  
 Oeste ..... 510-833-2139

## Cuidado de Niños

**Coco Kids - Central**..... 925-676-5437  
 Este ..... 925-778-5437  
 Oeste ..... 510-758-5439  
**Head Start Programs (CCC Community Services Bureau)** ..... 925-681-6300  
**CUIDADO DE NIÑOS DURANTE UNA CRISIS**  
**Bay Area Crisis Nursery (Edades 0-5)** .. 925-685-8052  
**Safe Refuge for Families (Ages 0-18)**  
 ..... 925-566-8050

## Cuidado Dental

**Contra Costa Health Services Dental Clinics**  
 ..... 1-877-905-4545  
 Bay Point Children's Dental ..... 925-427-8302  
 Martinez ..... 925-370-5300  
 Pittsburg ..... 925-431-2501  
 San Pablo ..... 510-231-9540  
**Dental Hygiene Clinic** ..... 925-969-2692  
 (Diablo Valley College)  
**Respite Dental Care Concord**..... 925-608-5350  
**Denti-Cal/Medi-Cal Dental Program**  
 ..... 1-800-322-6384  
**La Clínica Monument**..... 925-363-2005  
**La Clínica Pittsburg Dental Clinic** 925-431-1251  
**Lifelong Medical Care - Brookside**  
 Pinole ..... 510-981-3255  
 Richmond ..... 510-215-5001  
 San Pablo ..... 510-215-9092

## Custodia de Niños

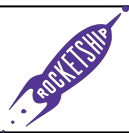
**Bay Area Legal Aid Oeste** ..... 510-250-5270  
 Este/Central ..... 925-219-3325  
**CCC Dept. of Child Support**..... 1-866-901-3212  
**Family Law Facilitator** .... 925-608-1000

## Depresión Posparto

**Parent Support Groups & Edu.** ... 510-837-6902  
 (Early Childhood Mental Health Program)  
**Postpartum Depression (PPD) Helpline**  
 ..... 1-800-944-4773  
**Welcome Home Baby (ASPIRAnet)** ... 925-753-2156

**Diciembre 2019**

**www.211cc.org**



# Contra Costa County HELP ME GROW GUIA PARA PADRES



Crisis/Suicide Intervention: 2-1-1

## Distritos Escolares

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

## Embarazo/Atención Prenatal

**Black Infant Health (CCHS)**..... 925-313-6254  
**Healthy Families America (CCHS)** ..... 925-313-6254  
**Healthy Start (CCHS) – Central** ..... 925-370-5495  
 Este ..... 925-431-2345  
 Oeste ..... 510-231-9469  
**Lifelong Medical Care - Brookside**  
 Richmond ..... 510-215-5001  
 San Pablo ..... 510-215-9092  
**Planned Parenthood** Antioch,..... 1-800-230-7526  
 Concord, Richmond, San Ramon, Walnut Creek  
**Prenatal Care Guidance** ..... 925-313-6254  
 (CCHS)  
**Safely Surrendered Baby** ..... 1-800-833-2900

## ABUZO DE SUSTANCIAS Y EMBARAZO

**BAART- Este** ..... 925-522-0124  
 Oeste ..... 510-232-0874  
**Healthy Start (CCHS) - Centro**..... 925-370-5495  
 Este ..... 925-431-2345  
 Oeste ..... 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** Este ..... 925-427-9100  
 Ujima Outpatient Oeste ..... 510-215-2280  
**Wollam House** ..... 925-427-1384

## Exámen de la vista/Lentes/Audífonos

**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

## Familias sin Hogar

**Bay Area Rescue Mission Shelters**  
 Hombres ..... 510-215-4868  
 Mujeres/Familias ..... 510-215-4860

**Coordinated Outreach Referral and Engagement (CORE)** ..... 2-1-1  
 Ayuda para desamparados y referencias para albergues de Concord y Brookside.  
**GRIP Family Emergency Shelter CARE Center** ..... 510-233-2141  
**Concord CARE Center** ..... 2-1-1  
**SHELTER, Inc.**..... 925-338-1038  
**Trinity Center CARE Center** ..... 925-949-8712

## Intervención de Crisis/Suicidio

**Contra Costa Crisis Center**..... 2-1-1  
**National Suicide Hotlines**..... 1-800-273-8255  
**Trevor Helpline**..... 1-866-488-7386

## Padres Adolescentes

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

## Seguro de Salud

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

## Servicios de Apoyo de Tenencia para Familiares

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

## Servicios para Necesidades Especiales

**Ability Tools** ..... 1-800-390-2699  
**State Council on Developmental Disabilities Bay Area**..... 510-286-0439  
**Asian Community Mental Health** .. 510-970-9750  
**Bay Respite Care** ..... 1-888-644-4491  
**California Children's Services** ... 925-313-6400  
**Care Parent Network** ..... 925-313-0999  
**Center for Accessible Technology** ... 510-841-3224  
**Center for Early Intervention on Deafness**  
 ..... 510-848-4800  
**Contra Costa ARC** ..... 925-370-1818  
**Contra Costa Office of Education** 925-942-3389  
**Deaf Counseling, Advocacy & Referral (DCARA)**..... 510-346-6670  
**Developmental Disabilities Council** .. 925-313-6836  
**Down Syndrome Connection** .... 925-362-8660  
**Early Childhood Mental Health**... 510-837-6902  
**Early Intervention Services (Easter Seals Bay Area) Este/Central**..... 925-849-8999  
 Oeste ..... 510-457-5800  
**Help Me Grow** ..... 2-1-1  
**LightHouse for the Blind and Visually Impaired** ..... 1-888-400-8933  
**Lynn Center Early Intervention Services**  
 Children 0-6..... 925-439-9628  
**National Resource Center on ADHD**  
 ..... 1-800-233-4050

**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

## Vivienda/Pago de Renta

**Housing Authority of Contra Costa County**  
 (Administración) ..... 925-957-8000  
**Pittsburg Housing Authority** ..... 925-252-4830  
**Richmond Housing Authority**..... 510-621-1300

## ASISTENCIA PARA INQUILINOS

**Housing and Economic Advocates (HERA)**  
 ..... 510-271-8443  
**Pacific Community Services** ..... 925-439-1056

## ASISTENCIA PARA PAGO DE RENTA

**Concord Family Service Center** . 925-825-3099  
 (Caridades Católicas)  
**Season of Sharing** ..... 925-521-5065  
**SHELTER, Inc.** ..... 925-338-1038

## Wraparound Services (Asistencia Integral)

**Care Parent Network** ..... 925-313-0999  
**Community Health for Asian Americans**  
 East ..... 925-778-1667  
 West ..... 510-233-7555  
**Contra Costa Family Justice Center**  
 Centro ..... 925-521-6366  
 Este ..... 925-281-0970  
 Oeste ..... 510-974-7200  
**Early Childhood Mental Health Program**  
**Wraparound Support** ..... 510-412-9200  
**Early Intervention (George Miller)**  
 Centro ..... 925-646-5710  
 Oeste ..... 510-374-3981  
**Familias Unidas** ..... 510-412-5930  
**Fred Finch Therapeutic Behavioral Services** ..... 510-482-2244  
**Lynn Center Early Intervention Services**  
 Children 0-6 ..... 925-439-9628  
**Wraparound Services** ..... 925-671-0777  
 (We Care Services for Children)

Necesita ayuda y no sabe a donde ir?  
 Marque 2-1-1 o Mandé por Texto  
 "HOPE" a 20121

Esta guía de *recursos* es un esfuerzo de  
 colaboración entre el Contra Costa Crisis  
 Center y Primeros 5 de Contra Costa



Diciembre 2019

www.211cc.org