

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 them during every stage of their development. It's a difficult job. Fortunately there is help available, and much of it is free.

At one time or another we've all seen it. The desperation on the face of a struggling parent. The sadness in the eyes of an abused or neglected child. We've seen it and felt helpless to do anything about it. The truth is, there is something we can do. As concerned neighbors, friends and relatives, there are many things we can do to help prevent child abuse and neglect before it ever occurs. Even little things can make a difference in the life of a child.

It shouldn't hurt to be a child. Together we can make a difference...



CHILD ABUSE  
PREVENTION  
COUNCIL *of*  
CONTRA COSTA COUNTY

#### Main Office

1410 Danzig Plaza, Suite 110  
Concord, CA 94520

Tel 925.798.0546  
Fax 925.798.0756

Email [capc@sbcglobal.net](mailto:capc@sbcglobal.net)  
[www.capc-coco.org](http://www.capc-coco.org)

#### Antioch Satellite Office

Rivertown Resource Center  
301 West 10th Street, Suite 2  
Antioch, CA 94509

Tel 925.755.4200  
Fax 925.755.4006

Tax ID #68-0046163  
United Way Donor #750897



CHILD ABUSE  
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CONTRA COSTA COUNTY

Child Abuse is Everybody's Business



# It Only Takes a Minute to Make a Difference in the Life of a Child...



## Mission

Our mission is to promote the safety of children and prevent child abuse and neglect in Contra Costa County by raising community awareness, influencing public policy, educating our community, and providing resources.

## History

The Child Abuse Prevention Council of Contra Costa County, Inc. was founded in 1976 as part of an umbrella organization and was incorporated in 1984 as an independent, non-profit corporation. We serve as the county's clearinghouse for identifying, building, strengthening and coordinating a network of community members and professionals involved in the prevention, intervention and treatment of child abuse. All services are provided, free of charge, in English and Spanish throughout Contra Costa County.

## What Is Child Abuse?

**PHYSICAL ABUSE** – Physical injury inflicted non-accidentally on a child.

**PHYSICAL NEGLECT** – Not providing children with enough food, clothing, shelter, medical care, hygiene and supervision.

**SEXUAL ABUSE** – Using a child for the sexual needs of adults: exposing, fondling, intercourse, pornography and sexual stimulation.

**EMOTIONAL ABUSE** – Attacking a child's self-esteem: constant criticizing, yelling, belittling, insulting, rejecting and withholding love, support and help.

## What You Can Do

### REACH OUT FOR SUPPORT IF YOU NEED IT

Call a friend, a hotline or an organization in your area for help.

### REACH OUT TO OTHER FAMILIES

- Be a friend and listen.
- Offer to help with household chores.
- Offer to take care of the children and give parents a break.
- Help a parent connect with local resources such as a family resource center.

### SUPPORT COMMUNITY CHILD ABUSE PREVENTION EFFORTS

- Volunteer your time. Child abuse is a community problem. It takes all of its members to solve it.
- Donate to the Child Abuse Prevention Council. Financial help is a very important way to support child abuse prevention.
- Learn more about child abuse prevention and the services offered by the Child Abuse Prevention Council.
- Wear a blue ribbon and tell people that it stands for the prevention of child abuse and neglect.

### REPORT SUSPECTED ABUSE OR NEGLECT

Sometimes you alone can not help. Reporting can stop the abuse and get help for children and families. Call the police if you think a child is in immediate danger. Report any case of suspected child abuse in Contra Costa County to Children and Family Services at:

East County: 925.427.8811

West County: 510.374.3324

Central County: 925.646.1680

## Services

**Information and Referral Services** are available through both our Concord and Antioch offices.

Our **Resource Library**, located at our Concord office, is open to the public.

Our **Workshops** teach positive parenting techniques.

The **Sue Fleischner Special Needs Fund** is available.

**Surviving Parenthood**, our resource directory for Contra Costa County, lists contact information for services available for children and families.

## Programs

The **Community Education Program** trains volunteers to provide workshops on positive parenting techniques, child abuse prevention, and mandated reporting laws and procedures to schools, churches, service providers, businesses, and community groups.

The **Community Outreach for Parent Education Program, COPE**, provides parenting information through **Prenatal Parenting Kits** and **Postpartum Baby Bags**. The Parenting Kits offer specially designed videos and booklets addressing discipline, safety, child development, daycare guidelines and the importance of the first five years. Our Baby Bags are versatile totes filled with information on infant care, child safety and effective parenting techniques, the ages and stages developmental chart and our **Surviving Parenthood** resource directory.

**Newborn Connections** is a post partum visitation program designed to bring positive parenting skills into the homes of new mothers, following the birth of a child. The program provides in-home visits, support, parent education and access to resources, helping reduce the incidence of abuse and neglect.

It only takes a minute to ...learn a child's name ...hug a child ...listen to a child ...read to a child ...take a breath ...listen to your heart ...talk, not yell ...stop a child from being hurt ...believe and protect all children.