

# SURVIVING PARENTHOOD

12th Edition

**A RESOURCE DIRECTORY**  
**for**  
**CONTRA COSTA COUNTY**



**CHILD ABUSE  
PREVENTION  
COUNCIL *of***  
**CONTRA COSTA COUNTY**

Prepared by

Child Abuse Prevention Council  
of Contra Costa County

925-798-0546 Concord

925-755-4200 Antioch

[www.capc-coco.org](http://www.capc-coco.org)



## **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 them 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

301 West 10th Street, Suite 1  
Antioch, CA 94509  
(925) 755-4200

[www.capc-coco.org](http://www.capc-coco.org)

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 Please inform us of any incorrect, out-of-date, or misleading information.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

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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 Concord**

**(925) 755-4200 Antioch**

**[www.capc-coco.org](http://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.
- Access the Sue Fleischner Special Needs fund.
- Receive information and referral services.
- Receive information on legislative advocacy on child abuse prevention.

## CAPC Programs

- **The Community Education Program** trains volunteers to provide workshops on child abuse prevention, mandated reporting procedures and positive parenting techniques to schools, churches, service providers, businesses, and community groups.
- **Nurturing Parenting Connection** is a home visitation program that embraces the theory of “reparenting”. Nurturing Parenting Connection is a voluntary program for families who have children between the ages of 0-11 years old. In this 12-15 week visitation program, parents learn about recognizing and understanding feelings, nurturing parenting routines, alternatives to hitting, child development and ways to build self-esteem and self-concept in self and children.
- **The Community Outreach for Parent Education Program, C.O.P.E.** provides parenting information through The Kit For New Parents and postpartum Baby Bag. The Kit For New Parents offer videos and booklets that address issues on discipline, child safety, child development, finding quality childcare, early literacy and the importance of the first five years. The Baby Bag Project provides written information to parents of newborns on infant development, child safety and health as well as post-partum recovery information and names of helpful local resources for parents and child care providers.
- **Nurturing Parenting Program**, a comprehensive, research-based, culturally relevant education program for families with young children. The Nurturing Parenting Program is specifically designed to foster knowledge and skills that help parents encourage their children’s growth and development.
- **Parent Partners and Early Intervention Outreach Specialists (EIOS)**  
Parent Partners are mothers and fathers who have successfully navigated their way through the Child Welfare system, and now act as mentors, advocates, and guides for other parents in difficult situations. EIOS can help families who are involved with the Child Welfare System and have substance abuse issues.

### General Information

- For general information and referral services please call **211**. **211** provides callers with information and referral services for every day needs and in times of crisis. 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, and education programs, and more.



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# EMERGENCY NUMBERS

## IF YOUR CHILD IS MISSING:

- Dial 911 or 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 organizations:  
**Vanished Children’s Alliance:** (800) VANISHED  
**Child Quest:** (888) 818-4673  
**Polly Klaas Foundation:** (800) 587-4357
- Call the **National Center for Missing and Exploited Children** at:  
(800) THE LOST or (800) 843-5678  
This clearing center for missing children has the ability to alert authorities nationwide.
- Contact the local **Office of Emergency Services** at:  
(925) 646- 4461
- Contact **Federal Bureau of Investigation**  
Local daytime: (925) 671-7330  
Main office - 24-hour line: (415)-553-7400
- Call the local media:  
Television:  
**KGO** (415) 954-7926  
**KPIX** (415) 765-8610  
**KRON** (415) 561-8000  
**KTVU** (510) 874-0242  
  
Radio (24 hour lines):  
**KGO** (415) 954-8142  
**KCBS** (415) 765-4074  
  
Newspapers:  
**San Francisco Chronicle** (415) 777-7100  
**Contra Costa Times** (925) 935-2525
- Contact the **Contra Costa County District Attorney Investigations Unit** at (925) 646-4770 for investigations of missing or kidnapped children.

If you think your child may be a runaway:  
**Contra Costa’s Runaway Hotline:** (800) 718-4357  
**National Runaway Switchboard:** (800) 621-4000

# **Crisis Numbers**

**In an EMERGENCY dial 911**

## **TO REPORT SUSPECTED CHILD ABUSE**

**Please call Child and Family Services of  
Contra Costa County**

**Toll Free: ..... (877) 881-1116**

## **FOR CRISIS COUNSELING INFORMATION & REFERRAL**

Attorney General Crime Prevention .....(916) 322-2735

Attorney General Public Inquiry Line ....(800) 952-5225

STAND! For Families Free of Violence...(888) 215-5555

Child Care Council .....(925) 676-KIDS

Contra Costa Crisis Center .....(800) 833-2900

Collaborating Agencies

Responding to Disaster .....(800) 830-5380

Grief Hotline .....(800) 837-1818

Runaway Hotline .....(800) 718-4357

Crisis Line for the Handicapped .....(800) 426-4263

Homeless Hotline .....(800) 808-6444

National Child Abuse Hotline.....(800) 422-4453

National Runaway Switchboard .....(800) 621-4000

National Human Trafficking .....(888) 373-7888

Rape Crisis/Community Resources Center

Violence Solutions .....(800) 670-7273

## **FOR SUBSTANCE ABUSE PROBLEMS**

Alcoholics Anonymous.....(925) 939-4155

(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 Hotline .....(800) 367-AIDS

County Health Information Line .....(800) 696-9644

Poison Control Center.....(800) 523-2222

24 Hours .....(800) 876-4766

24 Hour TYY .....(800) 972-3323

Psychiatric Emergency Room.....(925) 646-2800

STD & AIDS Hotline .....(800) 342-2437

**General Information and Referral – 211**

## EMERGENCY SERVICES

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

### **American Red Cross of the Bay Area**

[www.bayarea-redcross.org](http://www.bayarea-redcross.org)

Oakland: (510) 595-4400

San Francisco: (415) 427-8000

Emergency housing, food, clothing, financial assistance for disaster victims. Financial assistance for military personnel, veterans and their families. Community education (C.P.R. and disaster classes). Most services are free.

### **AMF Food Closet**

Antioch: (925) 757-1672

Emergency food pantry for Antioch residents only (provided by Lutheran Church). Must call first. Services are free.

### **Bay Area Rescue Mission**

[www.bayarearescue.org](http://www.bayarearescue.org)

2114 MacDonald Avenue, Richmond CA 94802

(510) 215-4555 (Business Office)

(510) 215-4860 OR (510) 215-4863 (Family Center)

(510) 215-4868 (Men's Center)

Alameda, Contra Costa, Solano

Basic and special need services for homeless persons, including temporary housing, food, clothes, furniture and household goods. Adult and teen programs, outreach groups, tutoring, senior group, mothers' club and more. Services are free. Services available in English and Spanish. For information on programs and services call, V.P. Development at (510) 215-4879.

### **Home Energy Assistance Program (HEAP):**

(925) 335-8900

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.

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

Martinez (administrative): (925) 313-1500

Antioch: (925) 706-4980

Brentwood: (925) 513-3720

Hercules: (510) 262-7700

Martinez: (925) 313-7987

Pleasant Hill: (925) 602-9379

Richmond: (510) 412-3000

[www.ehsd.org](http://www.ehsd.org)

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 in Spanish, various Asian languages and others.

## **Contra Costa County Office of Emergency Services**

(925) 228-5000

Disaster preparedness information

## **Contra Costa Crisis Center**

[www.crisis-center.org](http://www.crisis-center.org)

(925) 939-1916

Crisis Hotline: (800) 833-2900

Grief Hotline: (800) 837-1818

Homeless Hotline: (800) 808-6444

24-hour crisis line. Call for crisis or distress information and referral, grief counseling. Intake for county homeless shelters. Services are free. AT&T Interpretation Service (140 Languages).

## **Contra Costa Housing Authority**

[www.contracostahousing.org](http://www.contracostahousing.org)

(925) 957-7000

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

## **Adult Protective Services (Elder Abuse)**

(877) 839-4347

If you suspect elder abuse domestically or in an institution, please call to report it. Referrals and prevention

## **Food Bank of Contra Costa and Solano**

(925) 676-7543

Provides food to Emergency Assistance Programs. These programs provide food packages to individuals and families for up to three days. Referral necessary: free Brown Bag Program for seniors. Services are free.

## **Friends Outside in Contra Costa**

Martinez: (925) 228-0644

Help for ex-offenders and their families and families of persons in jail. Emergency food, clothing and crisis intervention. Information and referrals. Family support group, holiday programs, camperships for kids, back to school, job searches. Services are free.

## **Greater Richmond Interfaith Program (GRIP)**

165 - 22nd Street, Richmond, CA 94801

(510) 233-2141

Our Super Center offers noontime lunch 7 days per week, from 11:30 - 12:45 pm. We offer free clothing on the 2nd and 4th Tuesdays at 10:00 am. The West County Resource Center offers 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 from mid-November to April 1st. All of these services are free. For parenting or family support-related classes, job training, or emergency food or shelter, call Resource Center at 510-231-6885. Provides substance abuse prevention referral services. AA meetings are from 8:00 am - 4:00 pm daily. Contact (510) 233-2141 for food and clothing distribution. Services and program information is provided in English

and Spanish. For more information on all of our programs and services call (510) 233-2141.

**“Just Ask” Program, Delta Community Services, Inc.**  
(925) 634-8275

Information and referrals regarding human services, community information, and emergency services in East Contra Costa County. Spanish services available.

**Loaves & Fishes of Contra Costa**

(925) 687-6760

Bay Point, Concord, Martinez (Dining Rooms)  
Free hot meal at lunch.

**Love-A-Child Missions Homeless Recovery Shelter**

<http://love-a-child.org/>

Bay Point: (925) 458-5663

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**

[www.ncfc.us](http://www.ncfc.us)

(925) 370-1990

Individual, couple and family therapy. Free placement services for runaway and homeless youth and youth in crisis. Family Mediation Services for at-risk youth. Recruits, trains and certifies foster families. Assists families in applying for Medi-Cal for Children and Healthy Families Program. Sliding scale for therapy services. Services available in English and Spanish.

**A Safe Place**

(510) 986-8600

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**

Central County (Concord): (925) 676-6180

West County (Richmond): (510) 262-0500

East County (Antioch): (925) 778-0303

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**

Central County: (925) 335-0698

East County: (925) 778-0298

South County: (925) 803-0188

Crisis Line: (800) 808-6444

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. Rent is 30% of eligible income. Emergency shelter for families in Martinez and North Concord. Sliding scale and free services. Spanish services available.

**Victim Witness Assistance Program**

Martinez: (925) 957-8650

Richmond: (510) 374-3272

Serves Contra Costa County. Court assistance and support for victims and witnesses to violent crimes. Reimbursement of medical claims to the State. Referrals to emergency food, clothing and shelter. Crisis intervention and counseling. Services are free. Services available in Spanish in San Pablo, Laotian in Oakland and Filipino in Martinez.

## HEALTH SERVICES

This section provides resources to ensure personal and family health.

### Hospitals

Children's Hospital, Oakland .....	(510) 428-3518
Contra Costa Regional Medical Center. (925)	370-5000
John Muir Medical Center, Concord.....	(925) 682-8200
Doctors Medical Center, Pinole .....	(510) 724-5000
Doctors Hospital, San Pablo .....	(510) 970-5000
John Muir Medical Center, Walnut Creek.(925)	939-3000
Kaiser Antioch.....	(925) 779-5000
Kaiser Hospice, Walnut Creek .....	(925) 295-4701
Kaiser Martinez .....	(925) 372-1000
Kaiser Richmond.....	(510) 307-1500
Kaiser Walnut Creek Emergency .....	(925) 307-1520
Pittsburg Health Clinic .....	(925) 431-2300
Richmond Health Clinic .....	(510) 231-1200
Sutter/Delta Medical Center, Antioch ...	(925) 779-7200
Pregnancy Services/ Healthy Start .....	(510) 231-1345
Public Health Clinic Services .....	(510) 231-8555
Teenage Program (TAP).....	(510) 231-8660
Child Health Screening .....	(800) 495-8885
ACCESS mental health .....	(888) 678-7277
ACCESS substance abuse .....	(800) 846-1652
Appointments/ Advice Line .....	(800) 495-8885

### 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.

#### **Alameda-Contra Costa Medical Association**

[www.accma.org](http://www.accma.org)

(510) 654-5383

Provides referrals to all types of physicians and practices throughout the two counties. Services are free.

#### **Children's Hospital Teen Clinic**

(510) 428-3387

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

#### **Child Health & Disability Program (CHDP)**

<http://www.cchealth.org>

(925) 313-6150

Free health exams for infants, children, teens and young adults (up to age 21) for those who are eligible. Assure that all children have a medical and dental home. Provide 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. Spanish is available.

Hours of services: 8:00 am-5:00 pm

Cost of services: No cost for those who are eligible

Languages: English and Spanish

### **Community Clinic Consortium**

[www.clinicconsortium.org/](http://www.clinicconsortium.org/)

Richmond: (510) 233-6230

Community Clinic Consortium is an alliance of nonprofit community health centers united by shared purpose and values. Clinics welcome everyone, regardless of their ability to pay. Members of the Consortium include: Brookside Community Health Center, Community Medical Centers, La Clinica De La Raza, and Planned Parenthood.

### **Contra Costa County Health Services Dept.: Teenage Program (T.A.P.)**

Concord Clinic: (925) 646-5275

Richmond Clinic: (510) 231-8660

Confidential health exams for 12 to 21-year-olds.

Complete physical exams, sports physicals, reproductive health services, STD testing, immunizations, hearing and vision tests, free health information. Resource and referral. Call for appointment. Services are free or low cost. Services available in English, Spanish and some Asian languages.

### **Contra Costa Dental Society**

[www.cccds.org](http://www.cccds.org)

(925) 932-8663

Referrals to private dentists in the county. Services are free.

### **Contra Costa Regional Medical Center: Dental Clinics**

Main Number: (925) 370-5300

Emergency and basic dental services. For same day appointment call 8-8:30 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 available.

### **Family, Maternal and Child Health (FMCH) Line**

(800) 696-9644

Toll free information and referral line for the following services: prenatal care, insurance coverage for prenatal care, loss of pregnancy or baby, breast feeding support, nutrition and wellness care for children. Callers can hear recorded information and referral messages 24-hours a day in English or Spanish. If a caller requires additional information, there will be an option to speak to a FMCH representative during normal business hours.

### **Public Health Services**

Information line (925) 313-6710 or (800)-696-9644

Concord Health Screening: (925) 646-5275

Information: (877) 905-4545

Primarily provides preventive care and follow-up to medical treatment. Call the office nearest you for information about specific services. 24-hour information and referrals to health care for pregnant women, teenagers and children. Sliding scale fees. Medi-Cal accepted. Services available in Spanish and various Asian languages.

## **The Wellness Community**

[www.twc-bayarea.org](http://www.twc-bayarea.org)

(925) 933-0107

The Wellness Community is an organization whose mission is to help people with cancer and their loved ones enhance their health and well-being by providing a professional program of emotional support, education, and hope. One specific program is entitled "Kids Count Too (When Mom or Dad Has Cancer)." School-age children can participate in, creative activities to help them express themselves, while teens have a group where they can discuss concerns. Services are free.

## **Hospice Services**

### **Kaiser: Hospice Walnut Creek/Martinez**

24 hour line: (510) 295-4701

(925) 295-4701

Serves Central, South & East County. Care for terminally ill patients. Bereavement services to the community.

Survivor need not be a Kaiser member. Services available in Spanish, Mandarin, Tagalog and Cantonese.

### **Hospice of The East Bay**

(800) 400-2820 or (925) 887-5678

Concord office hours M-F 8:30 am - 5:00 pm. Serves Contra Costa, Alameda and Southern Solano counties. Home care and hospice program for children and their families with life threatening illness. Provides pain and symptom management, counseling and support for parents and siblings, spiritual care, and bereavement services.

### **Hospice Preferred Choice**

(925) 798-1014

Serves Contra Costa/Alameda Counties. Hospice care and support for patients from early adulthood on, as well as their families and close friends. Training and support to caregivers, pain management, some medical equipment, counseling and on-call care 24 hours a day, 365 days a year for bereavement support. Some free services available. Services available in English and Spanish.

## **Prenatal and Postpartum Services**

### **Birthright**

[www.birthright.org](http://www.birthright.org)

24-Hour Hotline: (800) 550-4900

Brentwood: (925) 634-1275

Concord: (925) 798-7227

Counseling, pregnancy testing, maternity and baby clothes, referrals to community assistance and medical care. Free and confidential.

### **Brighter Beginnings**

[www.brighter-beginnings.org](http://www.brighter-beginnings.org)

Toll Free: (877) 427-7134

Antioch: (925) 757-5303

Oakland: (510) 437-8950

Richmond: (510) 236-6990

Prenatal and postpartum health care, nutrition, childcare, parenting education classes, substance abuse treatment, pediatric health care including immunizations, housing and transportation, education and job training, counseling and emotional support, Black Infant Health Program. Services are free.

Hours of service: Monday-Friday 9 am- 5 pm

Si Hablamos Espanol.

### **Concord Public Health Immunization Clinic**

Concord: (925) 646-5275

Richmond: (510) 231-8555

Offices in Pittsburg, Bay Point and Brentwood. Call Concord for phone numbers. Services for pregnancy testing, pelvic exams, birth control, abortion referral, STD clinics, pediatrics and immunizations. Medi-Cal accepted. Healthy Families, Family Pace accepted. Sliding scale fee. Services available in Spanish, Russian, Laotian and Vietnamese languages.

### **Contra Costa Health Services-Family Maternal Child Health programs**

[http://cchealth.org/services/breastfeeding/support\\_warmline.php](http://cchealth.org/services/breastfeeding/support_warmline.php)

(866) 878-7767 Toll Free

Answers to breastfeeding questions, referrals to in-person lactation help. Staffed by volunteer breastfeeding experts. Hours of Service: Called returned 7 days/week during day and evening hours. Cost of services: Free

Languages: English and Spanish

### **John Muir Health**

<http://www.johnmuirhealth.com>

(925) 941-7900

Our Center is a resource for women of all ages with classes, support groups, screenings, special events, and other services. From pregnancy nutrition to breastfeeding and car seat installation, our prenatal program includes a broad range of classes to help answer your questions.

### **The Nurture Center**

<http://www.nurturecenter.com>

(925) 283-1346

Support groups for pregnancy, breastfeeding and new parents. Labor preparation, newborn care, breastfeeding and infant massage classes. Lending library. Breast pump rentals. Provides professional listings for OB/GYN and Midwives, Labor Assistants, Lactation Consultants, Child Care Providers.

### **Planned Parenthood: Shasta Diablo**

[www.ppshastadiablo.org](http://www.ppshastadiablo.org)

Administration: (925) 676-0505

Antioch: (925) 754-4550

Central Richmond: (510) 232-1250

Concord: (925) 676-0300

Richmond (Hilltop): (510) 222-5290

San Ramon: (925) 838-2108

Walnut Creek: (925) 935-3010

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. Fee varies. Spanish services available.

## **Pregnancy Services in Contra Costa County**

### **Contra Costa Health Services**

(877) 905-4545

Education and referral, abortion, prenatal counseling, family planning. Out-patient clinics. Other services include: medical social worker, dietician, perinatal testing and referral, GDM monitoring, childbirth classes. Fee varies. Services available in Spanish, Russian, Laotian, Vietnamese and Asian.

### **Sutter Delta Medical Center: Family Birth Center**

[www.sutterhealth.org](http://www.sutterhealth.org)

(925) 779-7230

Prenatal and parent/infant program includes early bird prenatal class, Lamaze, sibling class, breastfeeding class and support group. Labor and Delivery services, postpartum class held in Spanish. Infant and Child CPR have fees. English/Spanish services available.

### **Women, Infant & Children (WIC) Program**

Bay Point: (925) 427-2460

Brentwood: (925) 427-8640

Concord: (925) 646-5370

Pittsburg: (925) 431-2460

Richmond: (510) 231-8600

Supplemental food and nutrition education program for pregnant and breastfeeding women and parents of families with children under five years of age. Offers nutritious foods and infant formula at no cost to families. Parenting classes. Limited income families may be eligible even if working. Services are free. Spanish services available.

### Preventing Illness And Disability

Disabilities (physical, mental, emotional) and illness are caused by many factors. Some strategies, which you can use to help prevent disabilities are:

- Mothers-to-be should begin regular visits to a doctor, nurse practitioner or mid-wife as soon as they know they are pregnant, or are thinking of becoming pregnant.
- Parents need to give their children love, appropriate affection, attention and encouragement to play in order for them to grow and learn.
- Parents need to make regular visits with their newborn to a doctor or clinic to get immunizations, nutritional information and check-ups.
- Parents need to notice their child's behavior. If you have questions about their physical and emotional development, or notice a sudden behavior change (i.e. withdrawn, extremely passive or aggressive), seek medical attention and/or child development help.
- Parents must give prompt attention to any illness and seek medical care when needed (high fevers, infections, vomiting, diarrhea, poison ingestions,

head bumps/trauma, sprains, congestion, coughing, convulsions, burns, broken bones, etc.)

**NOTE: If you have reason to believe that you may be pregnant with a disabled child (age 35 or over, family history of disabilities, previous birth of a disabled child) you may want to consider genetic counseling. Call for the Regional Center of the East bay at (925) 798-3001**

**Contra Costa County Immunization Clinic Hotline**  
(800) 246-2494

Information about free immunization clinics in eight different languages. Immunization and Pediatric Clinic for low income and uninsured. Sliding scale fee.

**Services for AIDS and HIV Positive Patients**

**AIDS Project of the East Bay**

(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.

**Contra Costa County HIV/AIDS Program**

(925) 313-6771

Offers a variety of services to clients with HIV/AIDS including medical social services and referral to free and confidential programs. Services are free and available in Spanish.

**National STD and AIDS Hotline**

English: (800) 227-8922 or (800) 342-2437

Spanish: (800) 344-7432 or (800) 243-7889

Free Sexually Transmitted Disease information and clinic referrals.

**Tri-City Health Center**

[www.tri-cityhealth.org](http://www.tri-cityhealth.org)

(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.

## MENTAL HEALTH SERVICES

### **Asian Communities Mental Health Services**

[www.acmhs.org](http://www.acmhs.org)

(510) 451-6729

Asian Family Resource Center: (510) 970-9750

Provides mental health services for Asian families in Alameda County and Contra Costa County. Case management for developmentally disabled clients and families. Prevention services for at-risk youth and their families. Most Asian languages spoken. Sliding scale fee.

### **Youth-Senior Mentoring Project**

[www.chd-prevention.org](http://www.chd-prevention.org)

(925) 687-8844 x248

Provides the opportunity for young people and elders to interact in their community. The goal of the project is to connect Contra Costa County high school aged youth and seniors (55+) in an effort to decrease senior's feelings of isolation and increase feelings of self efficacy. Youth and senior volunteers receive training prior to participation. Call for hours. Cost of services: FREE; Stipends available

### **Community Health for Asian Americans (CHAA)**

[www.chaaweb.org](http://www.chaaweb.org)

255 International Blvd. Oakland, CA 94606

(510) 835-APPS (2777)

[inforequest@appsweb.org](mailto:inforequest@appsweb.org)

The APPS Richmond Clinic is located at 3905 MacDonald Avenue, Richmond, CA 94805. The phone number is (510) 233-7555. Hours of operation are Monday, Tuesday, and Friday from 9:00 am - 5:00 pm, Wednesday and Thursday from 9:00 am - 7:00 pm. Saturdays are by appointment only. APPS primarily serves indigent and disadvantaged refugee and immigrant families who have limited or no access to mental health care. While APPS main geographic service areas are Alameda County and Contra Costa County, some clients come from cities as far away as Modesto, Santa Rosa, and Sacramento to receive culturally and linguistically competent services at APPS. The Asian population served is extremely diverse in language, ethnicity, migration history, and level of acculturation. The vast majority of clients (90%) need to be served in their native Asian languages. Over 95% of APPS' clients have Medi-Cal or are uninsured. Many of the families served are large families with 5-7 children.

### **John Muir Behavioral Health Center**

(925) 674-4100; (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.

### **Community Counseling Center**

**John F. Kennedy University**

(925) 798-9240 or (925) 680-6555

Adult, child and family therapy. Support groups for single parents, women, and adult children of alcoholics; special play therapy rooms for children. Wheelchair access. Sliding scale fees.

**Contra Costa Regional Medical Center  
Psychiatric Emergency Services**

Contra Costa County Mental Health Services  
Crisis 24 hour: (925) 646-2800

**Martinez Crisis:**

(925) 313-6414 for adults  
(925) 313-6408 for child/teens

**Richmond Crisis:**

(510) 374-3061 for adults  
(510) 374-3261 for children

**Concord Outpatient:**

(925) 646-5480 for adults  
(925) 646-5468 for children

**Pittsburg/Antioch Outpatient:**

(925) 427-8110 for adults  
(925) 427-8664 for children  
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 available.

**West County Crisis Services:**

(510) 215-3730  
M-F 8 am - 4:30 pm. Provides psychiatric emergency services. Some free services available. Medi-Cal, Medi-Care and private insurance accepted.

**Early Childhood Mental Health Program**

(510) 412-9200  
[www.ecmhp.org](http://www.ecmhp.org)  
Serves West Contra Costa County; some Alameda and Solano County. Mental Health programs for children birth to 6 years, at-risk, severely emotionally disturbed, abused, or neglected. Counseling for families and foster families. Parent and grandparent support. Support for relative caregivers of children with substance involvement. Consultation to day care providers. Monday-Friday 8:30 am - 5 pm. Evenings by appointment. Call for information on fees. Spanish services available.

**Family Institute of Pinole**

[www.familyinpinole.org](http://www.familyinpinole.org)  
(510) 741-7286 Pinole  
(510) 214-0666 Richmond  
(510) 214-0607 Contra Costa  
Weekend, evening, weekday and in-home services provided for Medi-Cal clients. Free counseling also offered for victims of crimes, and sliding scale services available. Child, teen, family, couples, individual, group therapy. Hours of services available 9:00 am - 9:00 pm

Monday through Sunday. Services provided in English and Spanish

**The Lucas Michael Rubino Family and Child Counseling Center**

[www.lucascenter.com](http://www.lucascenter.com)

515 Marina Blvd., Pittsburg, CA 94565

(925) 432-7844

The Lucas Center offers affordable counseling to east Contra Costa County. Medi-Cal, VOC, and private insurance are gladly accepted and offers a sliding scale. Provides individual, couples, family, and group counseling to people of all ages. Offers a parenting class, a therapy group for children, and other groups. Call for more details or to do a 5 minute simple intake interview to get started.

**Mental Health Consumer Concerns, Inc.**

**Patients' Rights and Advocacy**

(925) 646-5788

Advocacy to mental health clients. Investigation and resolution of complaints. Training workshops on patients' rights and peer support. Services are free.

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

[www.namicontracosta.org](http://www.namicontracosta.org)

(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.

**Wellspring Psychotherapy**

(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.

**Counseling Services**

**Bay Area Psychotherapy Training institute (BAPTI)**

(925) 824-2298

Individual, couple, child, adolescent and family counseling; parent education; drug and alcohol evaluation and education; sliding scale fees.

**Circle of Care**

[www.ebac.org](http://www.ebac.org)

(510) 531-7551

Offers ongoing Peer Support Groups for children and families who are coping with illness or loss. Groups are held on Wednesday and Thursday evenings. Other services include outpatient, individual and family counseling that is home, office, or school-based, and Comfort Companion programs for children, teens, and family impacted by illness (including HIV/AIDS) or bereavement. No one is turned away for inability to pay. Spanish services available.

### **Community Counseling Center JFK University**

(925) 798-9240

Adult, child and family therapy. Support groups for single parents, women, and adult children of alcoholics; special play therapy rooms for children. Wheelchair access. Sliding scale fees.

### **Crockett Counseling Center**

[www.crockettcounselingcenter.com](http://www.crockettcounselingcenter.com)

(925) 370-6544 Martinez

Counseling by licensed MFT's- Individual, family, couples, child group therapy, 52-week batterers program for males and a separate class for females. Court and probated approved anger management group for men and women, court approved and addiction group certified in domestic violence and anger management.

Hours of service: Monday-Friday 9:00 am-8:00 pm

Cost of service: Sliding scale, Medi-Cal, Tri-Care, Blue-Shield, Health Net, MHN, APS

Languages: English

### **Diablo Valley Counseling Center**

Walnut Creek: (925) 210-1414

Offers broad range of clinical expertise and specialized training for individuals, children, couples and families including: sexual and physical abuse, premarital, parenting and step-parenting, separation and divorce, remarriage/blended family, play therapy for children. Sliding scale fees.

### **Discovery Counseling Center**

(925) 837-0505

Provides drug and alcohol treatment for adults and teens in need of support. Also provides mental health services. Sliding scale fees.

### **Jewish Family and Children Services of the East Bay**

Walnut Creek: (925) 927-2000

Individual, child, family, and group psychotherapy, family life education, parenting workshops and groups. Resettlement of Jewish émigré's. Open to all regardless of ethnic background, religious affiliation, gender and sexual orientation. Sliding scale fees. Hebrew, Russian, Spanish, and Farsi services available.

### **Northern California Family Center**

[www.ncfc.us](http://www.ncfc.us)

(925) 370-1990

Youth and Families in Contra Costa. Individual, couple and family therapy. Free placement services for runaway and homeless youth and youth in crisis.

Family mediation services for at-risk youth. Recruits, trains and certifies foster families. Assists families in applying for Medi-Cal (Children and Healthy Families Program.) Sliding scale for therapy services. Services available in English and Spanish.

### **Orinda Psychology Group**

(925) 952-4841

Consultation with nursery schools, workshops for parents and psychological evaluations. Psychotherapy and counseling available for children and adults. Sliding scale fees. Medi-Cal, Victim Witness and private insurance accepted.

### **REACH Project Inc.**

Antioch: (925) 754--3673

Brentwood: (925) 809-7920

APD REACH: (925) 779-6908

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. Spanish services available.

### **Community Violence Solutions (CVS)**

(510) 237-0117 or (510) 307-4162

Sexual abuse counseling for children and adults. Services include evaluation, individual therapy, group therapy, family and parent therapy and education. Insurance is accepted. Availability of services is not dependent on a client's ability to pay.

### **The Women's Therapy Center**

[www.womenstherapy.org](http://www.womenstherapy.org)

(510) 524-8288

Counseling for women and couples. Sliding scale fees. Victim witness and private insurance accepted.

### **Touchstone Counseling Services**

(925) 932-0150

Individual, couple, family counseling, children's play therapy. Support groups and workshops dealing with parenting and family issues, substance abuse and child abuse. Single parent and children of divorce groups. Sliding scale fees.

## 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.

### **Affordable Aid**

(925) 686-6695

Helps people trying to handle their own legal problems (i.e. divorce, bankruptcy, custody). Paralegal advice. Set fee.

### **Bay Area Legal Aid**

[www.baylegal.org](http://www.baylegal.org)

(800) 551-5554

Alameda County: (510) 663-4744

East and Central County: (510) 233-9954

San Francisco: (415) 354-6360

West County: (510) 250-5270

Provides free legal services to low-income residents for cases involving housing, government benefits (Cal Works, food stamps, General Assistance, SSI) and health care (Medi-Cal, Medicare, County health care). Domestic violence restraining orders, divorce custody and support. Spanish services available.

### **Center for Human Development-Mediation & Conflict Resolution Programs**

[www.chd-prevention.org](http://www.chd-prevention.org)

(925) 687-8844 ext. 310

Mediations held in a location convenient to clients.

Mediation is appropriate for conflict within families, between parents and children. Offers an opportunity for clients to arrive at a resolution that has been designed only by the clients. Mediation can begin the healing of relationships for better future communication. Trained volunteer mediators provide a 3- hour meeting time, as well as the opportunity to return to mediation. Hours of services: mediations are scheduled at the convenience of clients. Cost of services: sliding scale; no one is ever turned away for lack of funds. Languages of services: English, Spanish and translators for mediation in other languages

### **Child Abuse Forensic Institute**

[www.childabuseforensics.org](http://www.childabuseforensics.org)

Napa (707) 226-6675

Pacific Grove (931) 655-6331

Resource and referral for: legal representation, system advocacy, evaluation and therapy, medical examination, testimony, and investigation for child abuse cases going to court or in court.

### **Child Care Law Center**

[www.childcarelaw.org](http://www.childcarelaw.org)

(415) 394-7144

Legal support fostering the development of high quality, affordable childcare through legal services, policy development, advocacy, training, technical assistance and education.

Services are free. Services available in Spanish.

### **Children's Interview Center of Contra Costa County** (925) 646-2305

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 or Children and Family Services. Services are free. Spanish services available.

### **Contra Costa County Department of Child Support Services**

[www.co.contracosta.ca.us/deport/famsupp/index.html](http://www.co.contracosta.ca.us/deport/famsupp/index.html)  
(866) 244-5382

Establishment of paternity, child support and medical support orders. Enforcement of child support and medical support orders. Services are free.

### **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

Court advocacy and support and Rape Crisis Center. Support for sexual assault victims, self-defense and assertiveness training, intervention, group and individual therapy, presentations for outside groups. Parenting classes and support groups. (800) 403-6111. Sliding scale fees and free services available. Spanish services available.

### **Court Appointed Special Advocates (CASA)**

[www.cccocasa.org](http://www.cccocasa.org)

(925) 256-7284

The Court Appointed Special Advocates (CASA) program was established to advocate for abused and neglected children currently involved with the Juvenile Court system. Through the use of highly trained volunteers, CASA provides these children with advocacy and mentoring services.

### **Divorce Center of California**

(925) 937-6320

Non-attorney legal service offering help with document preparation and filing with the court. Specialize in divorce and family law. Also stepparent adoption, name changes, and simple wills. Court fee waivers possible. Free consultation.

### **Family Law Alternative Resolution Program**

[www.cccbba.org](http://www.cccbba.org)

(925) 825-5700

Voluntary mediation services to assist parties in settling family law cases, including separation and divorce, post divorce, paternity, child custody and support, and other family law matters. Trained neutral family law attorneys to assist in mutually accepted agreements. Varied costs, depending on type of mediation service used.

## **Lawyer Referral Service - Contra Costa Bar Association**

[www.cccbba.org](http://www.cccbba.org)

(925) 825-5700

Non-profit lawyer referral service. Will schedule 30-minute consultation with an appropriate attorney in the Contra Costa County Area, Attorneys practice in most areas of the law. Free legal workshops.

## **Online Legal Assistance**

### **Virtual Self-Help Law Center**

### **Spanish Speaking-Centro Virtual de Ayuda Legal**

[www.cc-courthelp.org](http://www.cc-courthelp.org)

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.

## **Legal Services for Children**

[www.lsc-sf.org](http://www.lsc-sf.org)

(415) 863-3762

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 available in Spanish, Mandarin, Tagalog.

## **National Center For Youth Law**

[www.youthlaw.org](http://www.youthlaw.org)

(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 with children. Program to combat criminalization of youth.

## **Public Defender of Contra Costa County**

[www.co.contracosta.ca.us/depart/pubdef/default.html](http://www.co.contracosta.ca.us/depart/pubdef/default.html)

Concord: (925) 335-8000

Richmond: (510) 374-3233

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 available.

## **STAND! For Families Free of Violence**

[www.standagainstdv.org](http://www.standagainstdv.org)

Crisis Hotline: (888) 215-5555

(925) 676-2845 (business line)

Crisis line offers support, information and referrals about support groups, individual counseling, shelter, (up to 6 weeks) and transitional housing, (up to 2 years). STAND! also provides anger management, batterer's treatment program, legal assistance referral,

(Bay Area Legal for restraining order help) and court accompaniment for victims of domestic violence.

**The Hawkins Center**

[www.hawkinscenter.org](http://www.hawkinscenter.org).

(510) 232-6611

Provides legal representation to individuals with disabilities who are applying for Social Security and/or SSI disability benefits. Limited representation available for Contra Costa residents facing cut-off of benefits. Advocate of the Day provides answers to disability related questions. Advice and counseling regarding Social Security beneficiaries who are working or interested in returning to work. Variety of legal services (housing, family, debt, etc.) for people living with HIV/AIDS in Contra Costa County. Fees charged for successful disability cases. Other services are free of charge, including Advocate of the Day and HIV/AIDS services. English, Spanish, Mien and French services available.

## 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.

The **Child Care Council** keeps a current file on all types of childcare situations. For information and referral call:

Central (925) 676-KIDS

East (925) 778-KIDS

West (510) 233-5439

Administration (925) 676-5442

**AWARENESS IS KEY.** The majority of 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 child care. 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**

[www.cocokids.org](http://www.cocokids.org)

Central: (925) 676-KIDS

East: (925) 778-KIDS

West: (510) 758-5439

Referrals to child care facilities and other child and parent-related services. Resource library, quarterly newsletter. Finger-printing arranged for people starting a licensed family day care home or childcare center. Nutrition education and subsidy for licensed family daycare homes. Nutrition education and subsidy training for parents and providers. Services are free. Services available in Spanish and Farsi.

#### **The Pittsburg Preschool and Community Council**

(925) 439-2061

Community-based organization offering the following programs: Childcare, preschool and after-school programs, education and job training, family and youth services (including a kinship program), health education

and outreach, HIV education and support, other supportive services.

**Trustline**

[www.trustline.org](http://www.trustline.org)

(800) 822-8490

California background check for in-home childcare conducted by the California Department of Social Services. Spanish services available. Fee for service.

**Turner Kids Clubs**

[www.kidsclub-batc.com](http://www.kidsclub-batc.com)

Antioch: (925) 706-1669

Provides preschool and childcare services to children ages 3-11 years. Children learn by doing in this developmental program. Kids Clubs provides a warm, friendly atmosphere conducive to the development of the whole child. Fees based on family size and income.

## **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, unkempt 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 WAS NOT her/his fault. Tell the child what you plan to do. Get appropriate outside help.**

### **A Step Forward, Inc.**

(925) 685-9670

Offers a range of treatment services to families and children where child sexual abuse has occurred.

Ongoing groups for adult survivors, sex offenders (teen and adult) and abused children. Psychological testing.

Services delivered to incest victims' families and non-familial child sexual abuse cases. Therapists are skilled in treating general non-abuse related psychotherapy issues as well. Sliding scale fees.

### **Center for Child Protection at Children's Hospital Oakland**

(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**

Antioch: (925) 753-1004

Pleasant Hill: (925) 687-8844

Richmond: (510) 234-5359

Provides alcohol, tobacco, and other drug prevention programs for youth, families, schools, and community groups. Also provides programs in conflict resolution, anger management, violence prevention, youth development, parenting, LGBTQ youth support, and HIV/AIDS prevention.

Call for information. Spanish services available.

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

www.capc-coco.org

Antioch: (925) 755-4200

Concord: (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 program (Nurturing Parenting Connections listing). Parent education classes through the Nurturing Parenting Program. English and Spanish. Services are free.

## **Children and Family Services (CFS)**

(Formerly CPS)

Central (925) 646-1680

East (925) 522-7400

West (510) 231-8100

Toll Free: (877) 881-1116

If you know or suspect child abuse or neglect has occurred, call the office in your area. If the child is in immediate danger, call the 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)

Crisis Line 24 Hour: (800) 670-7273

Marin: (415) 259-2850

San Pablo: (510) 237-0113

Provides counseling and referrals regarding sexual assault to victims of all ages. Counseling and support groups for victims, survivors, husbands, boyfriends, fathers, mothers, etc. Offers educational presentations on sexual assault to groups and organizations, colleges and high schools. 24-hour crisis intervention. Outpatient therapy by licensed staff. Sliding scale and some free services. Spanish services available.

## **The Domestic Violence Education and Screening Project (D.O.V.E.S Project)**

(510) 428-3000

Offers education, screening, counseling and advocacy to battered caregivers and to children exposed to domestic violence. Provides therapy for child witnesses, their caregivers, and referrals and help for financial and legal concerns. Spanish services, and Crisis Interpretive Services for any language.

## **STAND! For Families Free of Violence**

Antioch: (925) 706-8477

Concord: (925) 827-0212

Offers programs to strengthen families and to treat and prevent child abuse and neglect. Services include child, family, individual and in-home counseling, anger management classes, parent education classes, short term respite child care, grandparent support groups, Latino Family Resource Center, and Proud Fathers (a job readiness and parenting program for fathers.) Sliding scale and some free services. Spanish services available.

## **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**

[www.211.org](http://www.211.org)

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 information about critical health and human services available in their community. 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**

[www.bacn.info](http://www.bacn.info)

Crisis Line: (925) 685-8052

(925) 685-6633

Free, confidential and voluntary residential care facility for infants, toddlers and preschoolers of parents who are temporarily unable to cope during a time of stress. Provides food, clothing and loving care. Parents can visit child during the day.

### **Contra Costa Crisis Center**

(925) 939-1916

Crisis Hotline: (800) 833-2900

Grief Hotline: (800) 837-1818

Homeless Hotline: (800) 808-6444

<http://www.crisis-center.org>

24-hour crisis line. Call for crisis or distress information and referral, grief counseling. Intake for county homeless shelters. Services are free. AT&T Interpretation Service (140 Languages).

### **Family Institute of Pinole**

(510) 734-7028

668 Quinan Street

Pinole, CA 94564

Provides trauma-based treatment and an array of counseling services to diverse and predominantly low-income West, East, and Central Contra Costa County families. Trauma center offers an integrated package of individual, family and group therapies.

Hours of service: weekend, evenings and daytime hours

Languages: English and Spanish

### **STAND! For Families Free of Violence**

[www.standagainstdv.org](http://www.standagainstdv.org)

Crisis Hotline: (888) 215-5555

(925) 676-2845 (business line)

Crisis line offers support, information and referrals

about support groups, individual counseling, shelter, (up to 6 weeks) and transitional housing, (up to 2 years). STAND! also provides anger management, batterer's treatment program, legal assistance referral, (Bay Area Legal for restraining order help) and court accompaniment for victims of domestic violence.

**TALK Line Family Support Center**

(415) 441-KIDS (24-hour Parental Stress Line)

(415) 387-3684 (business line)

24-hour parental stress line for parents having problems with their feelings and in dealing with their children.

Drop-in center, counseling and therapy, support groups, respite child care and job assistance. Free or low fee.

Spanish services available.

## **PARENT SUPPORT SERVICES**

### **Aspiranet, Welcome Home Baby**

[www.Aspiranet.org](http://www.Aspiranet.org)

13201 San Pablo Ave #105, San Pablo CA 94806

(510) 307-4401 TEL

(510) 237-2497 FAX

Home visiting services for first time parents in Contra Costa County. Services include information about infant care, feeding, safety and community resources that may be of interest. Special focus on helping parents to understand child development over the first three years of a child's life through a structured, enjoyable home based curriculum. Services can be received from birth to age three if needed.

Hours of service: 8:00 am- 5:00 pm

Cost of services: All services are free

Languages are in English and Spanish

### **Bay Point Works**

(925) 427-8393

Job support Hotline: (877) LUV-A-JOB

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 child care, 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 9:00 am – 5 pm, Tuesdays until 8:00 pm. Spanish services available.

### **Parent Educator Program (PEP)**

[www.chd-prevention.org](http://www.chd-prevention.org)

(925) 687-8844 x246

Trains community volunteers to present health promotion curriculum to elementary and middle school students in grades K-6. The program is designed to reduce risk factors for adolescent drug use and promote resiliency in children. PEP enables volunteers to co-facilitate an interactive curriculum that promotes responsible decision making, refusal skills, self-esteem, and positive peer interaction among students. Office Hours: Mon, Tues and Thurs 9 am – 2 pm

### **EMQ Families First**

[www.emqff.org](http://www.emqff.org)

(925) 602-1750 Main

(925) 602-1754 FAX

Relative caregiver in Central, East and West Contra Costa are provided with a variety of services. Case management services include advocacy and guardianship. Non-case managed services include recreation, respite, support group, educational forums, ILSP, informational /referral, financial assistance, and transportation. Services are currently provided by EMQ Families First in collaboration with West Contra Costa Youth Services Bureau and The Family Stress Center.

Hours of service: 8:30am-5:00pm

Languages: English and Spanish

**First 5 Center, Antioch**

512 West 5<sup>th</sup> Street  
Antioch, CA 94509  
(925) 757-5303

A friendly, welcoming place where parents and young children can gather to take classes and get support. All of our programs are FREE, for children 0 to 5 years old and their parents.

**First 5 Center, Bay Point**

3225 Willow Pass Road  
Bay Point, CA 94565  
(925) 709-1598

A friendly, welcoming place where parents and young children can gather to take classes and get support. All of our programs are FREE, for children 0 to 5 years old and their parents.

**First 5 Center, Delta**

[www.deltafirst5@mdrymca.org](mailto:www.deltafirst5@mdrymca.org)  
760 First Street, Brentwood, CA 94513  
(925) 516-3880

A friendly, welcoming place where parents and young children can gather to take classes and get support. All of our programs are FREE, for children 0 to 5 years old and their parents.

**First 5 Center, Monument Community**

1736 Clayton Road, Concord, CA 94520  
(925) 808-7359

A friendly, welcoming place where parents and young children can gather to take classes and get support. All of our programs are FREE, for children 0 to 5 years old and their parents.

**First 5 Center West County Bay Area Community Resources**

[www.bacr.org](http://www.bacr.org) and [www.firstfivecc.org](http://www.firstfivecc.org)  
(510) 232-5650

A friendly, welcoming place where parents and young children can gather to take classes and get support. All of our programs are FREE, for children 0 to 5 years old and their parents.

**From My Heart to Your Heart**

[www.frommyheart2urheart.com](http://www.frommyheart2urheart.com)  
365 E. Leland Rd.  
Pittsburg, CA 94565

STEP Systematic Training for Effective Parenting offers parents a realistic and practical approach to meeting the challenge of raising children today. It helps them learn effective and enjoyable ways to relate to children. STEP can help you become a better parent. STEP participants work together in small discussions groups. Parents become actively involved in discussing common concerns and learning specific child training ideas and skills. Light meal served. Court approved for family visitation.

Hours of service: M-TH 3 pm-8 pm

Saturdays by appointment only.

Cost of services: \$80.00 Per eight sessions

Languages of services: English and Spanish

**Hand-to-Hand Collaborative**

13201 San Pablo Ave #105,

San Pablo, CA 94806

(510) 307-4401

Home visitation (African-American & Asian families who are pregnant or have infants 0-4 months reluctant to participate in community programs living in zip codes 94801, 94804, & 94806). Basic parenting, life skills, communication skills, child development education and coaching, as well as linking families to other community-based services (food, housing, counseling).

Hours of service: Monday-Friday 8:00 am- 5:00 pm

Cost of services: Free

Languages: English, Mien, Cantonese, & other Asian languages.

**John Muir Health**

[www.Johnmuirhealth.com](http://www.Johnmuirhealth.com)

Parent Support Groups

(925) 941-7900

John Muir Health offers a wide range of health education classes including parenting prenatal and parent/infant classes. Teen pregnancy classes and resources and mental health support groups are also offered.

**Kaiser Permanente: Health Education Department**

Antioch: (925) 779-5147

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.

**EMQ Families First Kinship Program**

[www.emqff.org](http://www.emqff.org)

East County: (925) 706-8477 EXT 230

Central County: (925) 602-1750 EXT 16009

West County: (510) 215-4671

The Kinship Program provides assistance to relative Caregivers (i.e. grandparents, aunts/uncles, older siblings) who are caring for their grandchildren, nieces, nephews and younger siblings due to the biological parents not being available. Services include but are not limited to guardianship assistance, advocacy, in-home support, counseling, community referrals, recreation, respite, support group, educational forums, workshops, ILSP information /referral, transportation and some financial assistance. Offers transitional housing programs for youth 16-19 who are in the process of emancipating from the foster care.

Hours of service: 9:00 am-5:00 pm

Cost of service: Free

Languages: English and Spanish

**Monument Community Partnership**

[www.monumentcommunity.org](http://www.monumentcommunity.org)

(925) 348-9970 Concord

Provides opportunities to improve the health and wealth of the Monument community in Concord through resident leadership development, the Monument Business Alliance and the Neighborhood Action Teams that focus on literacy, community gardens, economic improvement, health and safety, and volunteerism. Builds relationships between residents, service providers, government, and businesses to improve lives and create positive community change.

Hours of services: Monday-Friday 9:00 am-5:00 pm

Cost of services: Free

Languages: English and Spanish

### **Monument Crisis Center**

Concord 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 out reach, youth enrichment programs, ESL classes, employment workshop and referrals to other service providers. The Monument Crisis Center is active in raising awareness of community needs and resources. Hours of services: M - Th 9 am-12 pm, Tue 5 pm - 7 pm. No cost. Languages of services: English and Spanish

### **Mother's Club**

San Ramon Valley: (925) 927-2444

Lamorinda: (925) 941-4714

Concord & East County: (925) 988-3383

Support for mothers with children from birth to five years old, including children's playgroups, social activities and outings for mothers as well as children.

Baby-sitting cooperative (San Ramon Valley). Monthly newsletter and meetings (Lamorinda). Annual dues.

### **Mt. Diablo Adult Education**

#### **Parent Education Program**

(925) 685-7340, ext. 2771

Provides parenting classes for families with children of all ages. Sponsors a Parent Conference at Concord High School. Offers early childhood parent participation classes for infants to preschool children; parenting classes on elementary, middle and high school campuses throughout the Mt. Diablo Unified School District; Saturday workshops for parents and teens: conflict, drug and alcohol, and tobacco; a Speakers' Bureau, court referred parenting classes; Family Anger Management classes.

### **Mt. Diablo Peace Center**

[www.peacehost.net/mdpc](http://www.peacehost.net/mdpc)

(925) 933-7850

Raising Peaceful Children, a workshop format for parents and educators of preschool children. Race Awareness Program (RAP), a 10-week after school, high school program to raise race awareness issues.

### **Nurturing Parenting Connection**

(925) 798-0546

Is a home visitation program that embraces the theory of "reparenting". Nurturing Parenting Connection is a

voluntary program for families who have children between the ages of 0-11 years old. In this 12-15 week visitation program, parents learn about recognizing and understanding feelings, nurturing parenting routines, alternatives to hitting, child development and ways to build self-esteem and self-concept in self and children.

**The Pittsburg Preschool and Community Council**  
(925) 439-2061

Community based organization offering the following programs: childcare, preschool, and after school programs, education and job training, family and youth services (including a kinship program), health education and outreach, HIV education and support, other supportive services.

**Strengthening Family Ties at the Center For Human Development**

Pleasant Hill:(925) 687-8844

Antioch, Richmond - call Pleasant Hill phone number.

Parenting skills workshops for parents of late elementary age children. Promotes healthy, drug-free behavior, self esteem, and support for positive discipline and anger management.

Call for information. Spanish services available.

**Therapy Group for Adult Men and Women**

(925) 798-9240

Offered through John F. Kennedy University Community Counseling Center in Pleasant Hill. Focusing on communication and interpersonal relationships.

## **Community Services**

### **The Attachment Therapy Center**

(925) 979-9992

An Infant/Child and Family Therapy Center addressing attachment and other issues of early childhood through age 12. Reactive attachment disorder, autistic spectrum disorders, pre-and post adoption therapy, pre and perinatal therapy, "Bringing Baby Home" groups for parents, parent coaching, childrens peer attachment (social skills) groups, community outreach and consultation. Some Medi-Cal and sliding fee

### **Contra Costa Health Services Breastfeeding Warmline**

(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. For more information, please call, (925) 313-6260.

### **Delta 2000**

(925) 779-1404

Strengthens neighborhood efforts and nonprofit 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 nonprofits, such as workshops, forums, and roundtable discussions. Delta 2000 also assists individuals who need to be linked to specific services.

### **Early Childhood Mental Health Program**

[www.ecmhp.org](http://www.ecmhp.org)

(510) 412-9200

Serves West Contra Costa County. Mental Health programs for children birth to 6 years who are at-risk, severely emotionally disturbed, abused or neglected. Counseling for families and foster families. Parent and grandparent support. Support for relative caregivers of children with substance involvement. Consultation to daycare providers. Monday - Friday 8:30 am-5 pm. Evenings by appointment. Please call for fee and insurance information. Spanish services available.

### **Family Service Center**

Bay Point: (925) 252-2300

Richmond: (510) 374-7111

A unique, multi-disciplinary collaboration of the County Departments of Employment and Human Services and Probation, a school district, community based organizations, and neighborhood residents. Services include Cal Works, Medi-Cal, Food Stamps, Children and Family Services, Employment Counseling, Children's Mental Health Counseling, Public Health Nursing, Adult Mental Health Services, Substance Abuse

Services, School/Family Resources, Parenting Classes (Bay Point).

### **EMQ Families First: KinshipCare Program**

[www.emqff.org](http://www.emqff.org)

(925) 602-1750

Relative caregivers in East and West Contra Costa County are provided with a variety of services. Case management services include advocacy, guardianship. Non-case managed services include recreation/respites, support group, educational forums, ILSP information/referral, financial assistance and transportation. Services are currently provided by Families First in collaboration with West Contra Costa Youth Services Bureau and the Family Stress Center. Hours of services are 8:30 am - 5:00 pm. Spanish services also available.

### **First Baptist Church: Social Services**

(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.

### **REACH Project Inc.**

Antioch: (925) 754-3673

Brentwood: (925) 240-2045

APD REACH: (925) 779-6908

Individual and family counseling. Age-appropriate support and peer groups, teen and adult drug and alcohol treatment. Parent and grandparent support. Youth intervention and panel hearings for youth ages 6-17. Sliding scale fees. Spanish services available.

### **Opportunity Junction**

3102 Delta Fair Boulevard

Antioch, CA 94509

(925) 776-1133

Opportunity Junction fights poverty by helping low-income adults gain the skills and confidence to support themselves and their families. At Opportunity Junction, technology, literacy and personal development combine with real world experience to put people on the road to economic self-sufficiency.

### **2nd Time Around Grandparents Support Group**

(925) 685-4343

A support group for relative caregivers or grandparents raising grandchildren. Meetings every Wednesday night at the Church of Nazarene in Concord. Free childcare.

## Home Visiting Services

Parenthood can be a rewarding and exciting, yet 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.

### **Barbara Milliff Center**

(We Care Treatment Center)

[www.wecarebmcc.org](http://www.wecarebmcc.org)

(925) 671-0777

Early intervention treatment program for children birth to age 6 with special needs and their families. Serves children with developmental disability or delay, or at risk for delay. Also serves children with special emotional or behavioral needs including those who have been neglected or abused. Specialists provide home visits. Services are free.

### **Child and Family Bond of Early Childhood Mental Health Program**

(510) 412-9200

A range of outpatient services for children and families of children ages 0-6, including home visiting, on-site play therapy, and family counseling. Many children are referred through day care programs. Spanish services available.

### **Child Health and Disability Prevention Program (CHDP)**

[www.cchealth.org](http://www.cchealth.org)

(925) 313-6150 or (800) 696-9644

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.

### **George Miller Center**

Concord: (925) 646-5710

Richmond: (510) 374-3981

Early intervention services, center and home-based, for children from birth to 3 years 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 available.

### **Infant Home Visiting**

(Early Childhood Mental Health Program)

(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 available.

### **Medically Vulnerable Infant Program**

(925) 313-6920

Serves infants from birth to three who are at risk for delays in development due to medical conditions or complications surrounding pregnancy or birth, and their families/caregivers. Home visits from Public Health Nurses with consultation provided by occupational and physical therapists. Focuses on the infant's development and teaching the infant's caregiver.

### **Prenatal Care Guidance Program (PCG)**

(925) 313-6261

Serves low-income, Medi-Cal eligible pregnant women and their infants up to 15 months. Home visits provided by Community Health Workers. 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.

### **Brighter Beginnings**

[www.theperinatalcouncil.org](http://www.theperinatalcouncil.org)

(877) 427-7134

Home visits provided by counselors. Services include prenatal and postpartum health care; nutrition education; childcare; parenting education classes; substance abuse treatment; pediatric health care, including immunizations; housing and transportation services; education and job training; counseling and emotional support. Services are free.

### **Brighter Beginnings - Teen Services**

[www.theperinatalcouncil.org](http://www.theperinatalcouncil.org)

Toll Free: (877) 427-7134

Oakland: (510) 437-8945

Richmond: (510) 236-6990

Pittsburg: (925) 427-3035

Antioch: (925) 757-5303

Serves the pregnancy, postpartum and parenting needs of male and female teens and siblings up to age 20. Emphasis on the needs of disenfranchised low-income teens. Home visits are also provided by Social Workers and trained staff. Services are free. Services available in Spanish.

### **Public Health Clinic Services**

[www.cccord.org](http://www.cccord.org)

(925) 313-6250

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.

### **Through The Looking Glass**

[www.lookingglass.org](http://www.lookingglass.org)

(800) 644-2666

(800) 804-1616 TYY

(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 and French services available.

### **Aspiranet Welcome Home Baby**

[www.welcomehomebaby.org](http://www.welcomehomebaby.org)

San Pablo: (510) 307-4401

Antioch: (925) 753-2156

Home visiting program provides service coordinators who visit first-time parents and help with the transition to the challenging and integral job of being a parent. Resource, referral, follow through for housing, employment, mental health, transportation, food sources, check-ups, immunizations and more. The home visitors help with child development, play activities, parenting, breastfeeding and nutrition. Services are free. Grandparent Support Groups.

## **Services For Bereaved Parents**

### **California Sudden Infant Death Syndrome (SIDS)**

[www.californiasids.com](http://www.californiasids.com)

(800) 369-SIDS (calls within California)

(916) 266-7437 (calls from outside California)

Support and referral services, public awareness and education, training and consultation, current research information. Services are free. Some services available in other languages.

### **Parents of Murdered Children and Other Survivors of Homicide Victims**

[www.pomc.com](http://www.pomc.com)

San Pablo: (510) 232-2798

Hayward: (510) 604-3620

Fairfield: (707) 365-6912

Central County: (925) 672-7577

Non-denominational support groups. Provides structured and educational information enabling surviving families of murder victims to heal their grief and gain support throughout the criminal justice process. Pleasant Hill meets the first Monday of each month (with the exception of holidays - 2nd Monday of each month). Meetings are at the Senior Center in Pleasant Hill. Services are free.

## **Services For Divorced Families**

### **Community Counseling Center John F. Kennedy University**

(925) 798-9240

Adult, child and family therapy. Support groups for single parents, women, and adult children of alcoholics; special Play Therapy rooms for children. Wheelchair access. Sliding scale fees.

**Kids' Turn**

[www.kidsturn.org](http://www.kidsturn.org)

(415) 777-9977

Workshops provided evenings and weekends throughout the Bay Area. East Bay 6-week workshop for children ages 4 - 14 and their parents as the family undergoes separation or divorce. Workshops help to improve understanding of the process, communication between family members, and support of the children, refocusing on their needs. Sliding scale fees.

## **SPECIAL NEEDS**

### **Advocacy, Support and Referral Services**

#### **Blind Babies Foundation**

[www.blindbabies.org](http://www.blindbabies.org)

Oakland: (510) 446-2229

Provides home counseling for parents of blind children birth to 5 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 available in Spanish.

#### **CARE Parent Network**

[www.contracostaarc.com](http://www.contracostaarc.com)

(925) 313-0999 or (800) 281-3023

Parent-directed family resource center serving families of children with disabilities. Information and referral, support groups, parent-to-parent matching program, Parent Resource Directory, quarterly newsletter, browsing library, parent education classes. Maintains a resource listing of home based visiting programs, which specialize in infants with special needs. Services are free. Spanish services available.

#### **Contra Costa Clubhouse Inc.**

[www.ccclubhouse.org](http://www.ccclubhouse.org)

(925) 627-4216

3024 Willow Pass Rd., Suite 230

Concord, CA 94519

Putnam Clubhouse 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—everything from clerical to cooking, governance to fundraising

#### **Deaf Counseling, Advocacy & Referral Agency**

[www.dcara.org](http://www.dcara.org)

(DCARA)

Toll Free TYY: (877) 322-7288;

Toll Free Voice: (877) 322-7299

“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.

#### **Disability Program of Planned Parenthood: Shasta Diablo**

[www.ppshastadiablo.org](http://www.ppshastadiablo.org)

Antioch: (925) 754-4550

Concord: (925) 676-0505

Central Richmond: (510) 232-1250

Richmond-Hilltop: (510) 222-5290

San Ramon: (925) 838-2108

Walnut Creek: (925) 935-3010

Vallejo: (707) 643-4545

Fairfield: (707) 429-8855

Napa: (707) 252-8050

Primarily Contra Costa, but some other areas are served. Sexuality and socialization program for disabled persons. Counseling, education and family planning for persons with special needs (ranging from physical, mental, and developmental disabilities). Information and referrals for programs and counseling concerning sexual abuse, prevention and treatment. Reproductive health care includes birth control services, STD treatment and prenatal care. Resource library available. Sliding scale fees. French services available.

### **Down Syndrome Connection**

[www.downsyndromeconnection.org](http://www.downsyndromeconnection.org)

(925) 362-8660

Consists of parents, educators, therapists and concerned persons. Seeks to optimize the quality of life for individuals with Down Syndrome by offering direct services to them and their caregivers, and by educating the general public about special concerns and unique contributions of the Down Syndrome community.

### **Independent Living Resource**

Concord: (925) 363-7293

Antioch: (925) 754-0539

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. Services are free

### **LEAP (Literacy for Every Adult Project)**

[www.ci-richmond.ca.us](http://www.ci-richmond.ca.us)

(510) 307-8084

Provides class instruction and tutoring in math, reading, writing, social services, and science. Preparation for GED test also available. Class instruction and tutoring in English, reading and writing. Fill out and application Mon-Thu 9:00 am- 4:00 pm

### **Paws With A Cause**

[www.pawswithacause.org](http://www.pawswithacause.org)

(800) 253-7297 National Headquarters

(925) 584-9472

P.O. Box 2105

Orinda, CA 94563

Paws With A Cause is a national non-profit organization that trains Assistance Dogs for people with disabilities.

## **Education And Treatment Services**

### **Barbara Milliff Center**

(We Care Treatment Center)

[www.wecarebmcc.org](http://www.wecarebmcc.org)

(925) 671-0777

Early intervention treatment program for children birth to age 6 with special needs and their families. Serves children with developmental disability or delay, or at risk for delay. Also serves children with special emotional or behavioral needs including those who have been

neglected or abused. Specialists provide home visits. Services are free.

### **California Children's Services**

(925) 313-6100

For physically disabled and ill children with disabling conditions that are expensive to treat. Need diagnosis and treatment plan from a physician to receive services. Call for information. Spanish services available

### **Center for Early Intervention on Deafness**

[www.ceid.org](http://www.ceid.org)

(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).

### **Contra Costa County Head Start**

[www.ccccsd.org](http://www.ccccsd.org)

(925) 473-2000 First Baptist Head Start

(510) 374-3732 Brookside Head Start

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 available.

### **Contra Costa County Office of Education: Special Education Services**

(925) 942-3376

Information and referral for special education services available in the 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**

(925) 827-0949

Serves Contra Costa school districts (with the exception of Mt. Diablo, West Contra Costa and San Ramon Valley.) Provides educational services for children birth to three. Specializes in children with vision, hearing, orthopedic problems or other development disabilities. Services are free. Spanish services are available.

### **George Miller Center**

Concord: (925) 646-5710

Richmond: (510) 374-3981

Early intervention services, center and home-based, for children from birth to 3 years 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 available.

### **Lynn Center**

(925) 439-7516

Lynn Center is an early intervention program serving children birth to 6 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 available.

### **The Regional Center of the East Bay**

[www.recb.org](http://www.recb.org)

(925) 798-3001

(510) 383-1200

Case management, advocacy, coordination of services, some consultation with specialized staff for people of all ages with mental health challenges, autism, epilepsy, cerebral palsy and certain neurological disorders, as defined by State Law. Early intervention for children under 3 years who are developmentally delayed. Services are free. Spanish and various Asian services available

### **San Ramon Valley Unified School District Special Programs**

[www.srvusd.k12.ca.us/srvusd](http://www.srvusd.k12.ca.us/srvusd)

(925) 820-6815

For residents in the San Ramon 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.

### **Spectrum Center**

[www.spectrumcenter.org](http://www.spectrumcenter.org)

(925) 685-9703 x17

A program for children and young adults 3-22 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, vocation training and functional academics. Speech pathologist, behavior clinicians, and classroom staff.

### **Through The Looking Glass**

[www.lookingglass.org](http://www.lookingglass.org)

(800) 644-2666

(800) 804-1616 TYY

(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 and French services available.

## **GAY AND LESBIAN SERVICES**

### **Berkeley Free Clinic: Gay Men's Health Collective**

[www.berkeleyfreeclinic.org](http://www.berkeleyfreeclinic.org)

(510) 548-2570 or (800) 6-CLINIC (800) 625-4642

Anonymous free HIV testing for people 12 years and older. STD clinic for men. Referrals for health, shelter, addiction, counseling, legal issues and other referral agencies. Peer Counseling. Services are free. Services available in sign language and Spanish.

### **Community Counseling Center**

#### **John F. Kennedy University**

(925) 798-9240

Adult, child and family therapy. Support groups for single parents, women, and adult children of alcoholics; special play therapy rooms for children. Wheelchair access. Sliding scale fees.

### **Gay and Lesbian Switchboard of the National Center for Lesbian Rights**

[www.nclrights.org](http://www.nclrights.org)

(415) 392-6257

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 available in Spanish.

### **Gender Spectrum**

[www.genderspectrum.org](http://www.genderspectrum.org)

[info@genderspectrum.org](mailto:info@genderspectrum.org)

(877) 809-4159 (925) 254-3907

Gender Spectrum provides education, resources and support to help create a gender sensitive and inclusive environment for all children and teens. School trainings, parent support groups and consultations, annual Family Conference. Works with medical and mental health care providers, social service agencies, and others working with families and kids. Hours of services 9:00 am-5:00 pm and by appointment or scheduled trainings/consultations, cost of services: English and some Spanish.

### **The Pacific Center**

Connecting the LGBT Community

[www.pacificcenter.org](http://www.pacificcenter.org)

Berkeley: (510) 548-8283

Provides peer group support and counseling services and resources. Pacific Center is a dynamic volunteer driven organization meeting LGBT community for nearly 35 years. Open Monday-Friday from 4 pm-10 pm.

### **Rainbow Community Center of Contra Costa County (RCC)**

[www.rainbowcc.org](http://www.rainbowcc.org)

(925) 692-0900

RCC provides services for the lesbian, gay, bisexual, and transgender (LGBT) community and for people questioning their sexual and/or gender identity. RCC

provides services for LGBT youth and their parents. Services include youth support groups in east, west and central county, and parent support groups, individual and family counseling and a Saturday youth drop-in program in the Concord offices. Hours of services: Monday to Friday 1:00 pm to 6:00 pm evening parent group Saturday youth 3 pm - 7 pm  
Cost of services: Free  
Languages of service English, some Spanish and Tagalog. Please call RCC offices for information on dates and times of services. Intakes are needed prior to participation in some groups and counseling services.

## SERVICES FOR MULTI-ETHNIC GROUPS

### **American Indian Child Resource Center**

[www.aicrc.org](http://www.aicrc.org)

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**

Antioch: (925) 755-7775

Richmond: (510) 412-5930

General counseling to families and individuals primarily, but not limited to, the Spanish-speaking community. Some translation, advocacy, referral and crisis services. Goal is self-sufficiency. Staff is bi-lingual and bi-cultural. Food voucher program. Documented and undocumented residents served. Sliding scale or free fees. Spanish services available.

### **Scotts Valley Tribal TANF**

[www.svtribaltanf.org](http://www.svtribaltanf.org)

(925) 363-4778

The mission of Scott Valley Tribal TANF is for our people to help our people to form healthy, self-sufficient families and to provide Native American families with resources available in the Contra Costa County community. SVTT mission is also to support the vision for the preservation of two (2) parent homes, inspire native American parents for positive change for their families and preserve culturally positive traditions for all native American families. 9 am-5 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.

### **Native American Health Center-Richmond**

[www.nativehealth.org](http://www.nativehealth.org)

(510) 232-7020

(510) 232-7018

260 23rd Street

Richmond, CA 94601

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 am-5 pm (Some nights and weekends)

Services are free and open to all.

### **The Latina Center**

[www.thelatinacenter.org](http://www.thelatinacenter.org)

3919 Roosevelt Avenue, Richmond, CA 94805

(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. We offer the following programs:

1. Mujeres, Salud y Liderazgo/The Latina Community Women's Health Leadership Program (LCWHL)
2. Y Ya Basta! Juntos Terminemos la Violencia Familiar/Enough! Together We Can End Domestic Violence
3. The Young Latinas Leadership and Mentoring Program
4. ART Program
5. Circulo de Mujeres/ Women's Circle- Breast Cancer Support
6. Leaders in Business, Leaders At Home- Economic Development
7. PECES Programa por Padres/ STEP Parenting Program

## 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, grouchiness, 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**

Oakland: (510) 729-5050

Matches children ages 7-14 with stable mature adults 21-plus in Alameda and Contra Costa counties. Provides friendships that increase child's self-esteem and future options. Big Brothers matched with boys in households with no males, also married couples can be companions to boys. Big sisters matched with girls in households headed by male or female. Services are free.

### **Boy's Group/Community Counseling Center JFK University**

(925) 798-9240

This group is for 6th and 7th graders who need support with social and communication skills, self-confidence and transition to junior high school. Meets on Wednesday's 3 pm - 4:30 pm. Per-group session fee. Organized through John F. Kennedy University Community Counseling Center.

### **Building Blocks for Kids**

401 1<sup>st</sup> Street

Richmond, CA 94801

[www.bbk-richmond.org](http://www.bbk-richmond.org)

(510) 232-5812

Building Blocks for Kids (BBK) is a place based collaborative that consists of 27 non-profit and county agencies, representatives from local, state, and federal government, community members and foundations. The BBK Collaborative is committed to supporting the healthy development of all children and self sufficiency of families in the Iron Triangle by engaging the community, block by block. Please contact for further programs.

### **Building Futures**

(510) 393-0894

263 So. 20<sup>th</sup> Street

Richmond, CA 94804

The Building Futures Mentoring Program strives to make a difference in a child's life. This free program was established to provide youth from over-stressed families an opportunity to grow through a positive relationship with an adult mentor. Please call for further information

### **Four Corners Program**

[www.chd-prevention.org](http://www.chd-prevention.org)

(925) 753-1004 x105

301 West 10<sup>th</sup> Street

Antioch, CA 94509

The "Four Corners" of Family, Education, Community, and Faith in Oneself form the foundation of this program, with the goal of stopping the cycle of gang violence. Staff facilitates school-based sessions and support groups which help youth express anger without resorting to violence. Please call for meeting times and locations.

### **North Richmond Community Services**

[www.chd-prevention.org](http://www.chd-prevention.org)

(510) 234-5359

After school program for elementary and middle school youth includes homework assistance, computer lab, Kidzlit reading program, arts and crafts, games and sports, cooking and dance classes, and a snack program. Teens Wiping Away Stereotypes (TWAS) for older youth offers leadership opportunities, job training, and community service projects. Special Programs: summer day camp, backpack giveaway, holiday events, and field trips. Hours of services: 9:00 am.-5:00 pm. Languages of services: English/Spanish

### **Friday Night Live**

[www.chd-prevention.org](http://www.chd-prevention.org)

(925) 687-8844 x222

Friday Night Live builds partnerships for positive and healthy youth development which engages young people as active leaders and resources in their schools and communities. High school aged leaders plan, implement and evaluate under age drinking prevention projects that focus on creating long lasting policy changes. Friday Night Live Chapter meeting days and times vary by location. Services are FREE. Please call for more information

### **Project SUCCESS**

[www.chd-prevention.org](http://www.chd-prevention.org)

(925) 687-8844 x228

Alcohol and other drug prevention education groups, process groups, individual mentoring and brief intervention for middle school students. Services are provided at eight middle school sites throughout Contra Costa County. Please call for hours and schedule.

### **Community Counseling Center**

#### **John F. Kennedy University**

(925) 798-9240

Adult, child and family therapy. Support groups for single parents, women, and adult children of alcoholics; special play therapy rooms for children. Wheelchair access. Sliding scale fees.

**Crossroads High School**

Concord: (925) 689-6852

Focuses on the academic (high school education/diplomas), emotional, physical, social and related needs of pregnant girls, young mothers and their infants, including day care for up to 18 months. Services are free.

**First Place for Youth**

Concord: (925) 771-3100

2702 Clayton Rd Ste. 207

Concord, CA 94519

Provides housing help for youth. Program also works with former foster care youth and emancipated youth.

**Foster Youth Services at Mount Diablo Unified School District**

Concord: (925) 458-6858

Education support for foster children in the Mt. Diablo Unified School District, K-12. Services are free.

**Horizon High School**

[www.pleasanton.k12.ca.us](http://www.pleasanton.k12.ca.us)

(925) 426-4275

Dublin, San Ramon, Danville, Alamo, Tri-Valley area.

A high school program for pregnant & parenting teens.

Meets graduation requirements for a high school diploma. Program includes child care, parenting classes, prenatal classes, counseling, employment counseling.

Young Fathers Program held in the evening.

**Independent Living Skills Program (ILSP)**

(925) 957-2404

The Independent Living Skills Program is designed to successfully prepare young people in foster care and group homes to learn life skills for emancipation. The program also assists in locating housing for youth. The program is available to any teenager or young adult between the ages of 15 and 21 and in foster care.

**Insight School of California**

[www.insightschools.net](http://www.insightschools.net)

(866) 992-6551

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: 7 am – 8 pm Enrollment hours. School is 24/7 Spanish enrollment counselors are available

**National STD and AIDS Hotline**

(800) 227-8922 or (800) 342-2437,

Spanish: (800) 344-7432 or (800) 243-7889

Free Sexually Transmitted Disease information and clinic referrals.

### **NEAT Family (New Experiences in Acceptance and Trust) at Center for Human Development**

Antioch: (925) 753-1004

Pleasant Hill: (925) 687-8844

Richmond: (510) 234-5359

Group support and education for teens regarding alcohol, drugs and/or other high-risk behavior. Activities and peer groups held throughout the county. Anger management for families workshops. No charge for NEAT Family Support Groups.

### **Pleasant Hill Police Youth Services Bureau**

[www.pleasanthillpd.com](http://www.pleasanthillpd.com)

(925) 288-4630 or (925) 288-4642

Crisis intervention, substance abuse assessment and referral, assistance with runaway and truancy problems, personal short-term counseling and referral for youth, parents and families who live in Pleasant Hill and/or attend Pleasant Hill schools.

Services are free.

### **Richmond Rosie's Girls Program**

(510) 236-8349

(510) 412-5647 ext.137

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 week long 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 (Anger Management Class)**

[www.rysecenter.com](http://www.rysecenter.com)

(510) 374-3401

Incorporating various modalities of learning, activities in the group include painting/collage. Music production and role plays. The goal of the group is to teach youth that anger is a normal and appropriate response that when processed and expressed appropriately can help youth communicate more effectively. Youth who successfully complete the class will be eligible to attend RYSE movie and pizza night as well as an A's baseball game.

Classes are held at the RYSE Center

### **Satori's Circle**

[www.satoriscircle.com](http://www.satoriscircle.com)

(415) 573-4980

Satori's Circle offers at-risk, pre-teen and teenage girls the proper tools, education, counseling and mentoring to lead and live healthy, safe and successful lives. Services include weekly life skills workshops, educational support, clothes closet, and emergency resource referrals.

Services are free. Hours of operation are 9 am – 6 pm

**St. Vincent De Paul Society**

[www.stvincent.org](http://www.stvincent.org)

(925) 439-5060

Emergency Food and Clothing

**University of California Cooperative Extension 4-H Program**

[www.cecontracosta.ucdavis.edu](http://www.cecontracosta.ucdavis.edu)

(925) 646-6543

A national youth development program that promotes citizenship, leadership and life skills among youth. Youth working along side adult volunteers, can explore a wide-range of activities. Current emphasis is on science, engineering and technology, and health. Hours of services: Monday – Thursday 8 am - 1 pm by appointment. Program takes place during out of school time. Cost of services: \$6.00 for accident insurance plus cost of project materials. Languages of services: Depends on languages of volunteers. Projects and activities offered varies from community to community.

**Youth Development Services**

[www.cccoe.k12.ca.us](http://www.cccoe.k12.ca.us)

(925) 942-3300

Jobs for teen parents. Parenting classes available in West County and Pittsburg. Focus on youth development, youth leadership workshops, HIV, STI workshops, communication and life-skills training and parents as first teachers of in-home preschool education for ages three to five years. Services are free. Spanish services available.

**West Contra Costa Youth Service Bureau**

[www.wccysb.org](http://www.wccysb.org)

(510) 215-4670

West 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, youth development, community collaborative Building Blocks for Kids (BBK) which serves the Iron Triangle neighborhood in Richmond. Serves west, central and east regions of Contra Costa County. Services are free  
Hours of services: 9 am - 5 pm

**West Contra Costa Unified School District (Families In Transition Program)**

[www.wccusd.net/documents/departments.aspx](http://www.wccusd.net/documents/departments.aspx)

Richmond: (510) 307-4508

The Families in Transition office provides support for homeless school-age children and youth who attend and 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.

Hours of services: M-F 8:30 am - 4:30 pm

Cost of services: Free

Languages of services: English/Spanish

## SERVICES FOR SENIORS

### **Cassidy Program (Catholic Charities of the East Bay)**

Brentwood (925) 308-7775

Concord (925) 825-3099

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

### **Contra Costa County East County Adult and Senior Services**

[www.ehsd.org](http://www.ehsd.org)

Inside Contra Costa County: (800) 510-2020

Outside Contra Costa County: (925) 335-8720

TTY Device: (925) 335-8730

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. For more information, or to receive an East County Mini Guide to Adult and Senior Services call (800) 510-2020, or (925) 335-8730.

### **Center for Human Development-Elder Mediation Program**

[www.chd-prevention.org](http://www.chd-prevention.org)

(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. Hours of services: mediations are scheduled at the convenience of clients. Cost of services: sliding scale; no one is ever turned away for lack of funds. Languages of services: English, Spanish and translators for mediation in other languages

## **SUBSTANCE ABUSE AND TREATMENT SERVICES**

Drugs and alcohol are often used as a way 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 Access Unit**

(800) 846-1652

Gateway to all substance abuse services in Contra Costa County. Refer persons over the phone to detox, outpatient, or residential programs. 8:30 am-5:00 pm. Services are free.

### **Inpatient Support**

#### **Discovery House**

(925) 646-9270

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. For admission call (800) 846-1652 for the Contra Costa County access unit. Sliding scale fees.

#### **Frederic Ozanam Center**

(925) 676-4840

Social model recovery center for women with drug and alcohol problems. 30 day to 6 month programs. No one is turned away for inability to pay. Spanish services available.

#### **Harbor Light (Salvation Army)**

(415) 503-3044

1275 Harrison St.

San Francisco, CA 94103

Harbor Light is a state licensed substance abuse residential treatment program. For adults with no children.

#### **Harbor House (Salvation Army)**

(415) 503-3029

407 Ninth Street

San Francisco, CA 94103

Is a transitional housing state licensed chemical dependency program for single parent (mothers or fathers) homeless families seeking a self sustaining life.

#### **Neighborhood House**

(510) 235-9780

Serves West Contra Costa County. Information, referral, drug treatment, detox recovery, health screening and

workshops. Community In Peace program, education center for children grades K-12. Senior Center offers emergency food, housing, clothing, PG&E assistance and hot lunches. Services are free. Spanish and some Southeast Asian services available.

### **Shennum Detox Center**

(925) 676-2580

3 to 7-day detox facility. Coed. Free to county residents who cannot afford regular fee. Community based, open 7 days a week, 24 hours a day. Sliding scale fees. Spanish services available.

### **Sunrise House**

(925) 229-2318

Private 90-day residential or day substance abuse treatment facility. Family support groups on Tuesday nights.

## **Outpatient Support**

### **Alanon and Alateen**

(925) 932-6770

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**

(925) 932-8100

Friday Night Live program, community presentations, central county coordination of Driving Under the Influence (DUI) classes for adult first-offenders. Alcohol and drug education classes for youth. Services are free, except for some classes.

### **Alcohol and Drug Addiction Program**

#### **Kaiser Hospital**

(925) 295-4145

Group treatment for drug and alcohol problems. Call for an intake appointment. Antabuse and detox available. Family counseling also available. Information and referral to other group meetings in Richmond. Kaiser members only.

### **Alcoholics Anonymous**

(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**

Richmond: (510) 232-0874

Antioch: (925) 522-0124

After Hours: (800) 520-5455

<http://www.baart-cdp.com>

Outpatient methadone LAAM treatment program. Individual and group counseling. Outpatient primary

medical care. Sliding scale fees. Limited Spanish services available.

### **Narcotics Anonymous**

Concord: (925) 685-4357

Hotline: (510) 444-4673

12- step program of recovery from drug addiction.

Meetings throughout northern California. Donations accepted. Some Spanish services available.

### **New Connections**

[www.newconnections.org](http://www.newconnections.org)

Concord: (925) 363-5000

Pittsburg: (925) 439-7111

Free comprehensive drug/alcohol assessments. Group, family and individual counseling for teens and families. Intensive outpatient treatment. On-site counseling at 25 area schools. Prevention, educational groups and trainings for teens. Sliding scale fees.

### **Power Program**

Central County: (925) 685-7613

East County: (925) 778-3750

Provides outpatient programs for alcohol and drug abuse. Please call for further information.

### **San Ramon Valley Discovery Counseling Center, Inc.**

(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 East**

(925) 427-9100

Perinatal Program, Postpartum, Children under 5 may accompany parents.

## **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, as a consequence, 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.

### **The Orchid Women's Recovery Center**

Oakland: (510) 535-0611

Provides 6 month commitment program and satellite transitional house with room for children. AA and NA meetings. Parenting classes, nutrition groups, alcohol and drug education, recreation. Peer-oriented. Services are free.

**Ujima West**

www.ujimafamily.org

Richmond: (510) 215-2280

FAX: (510) 215-2283

Drug and alcohol recovery education. Individual group and family counseling, pregnancy support, parenting education, life skills education, and relapse prevention.

Hours of service: Monday-Friday 9:00 am-4:00 pm

Cost of services: Sliding scale or Free

Languages: English

**East County Wollam**

(925) 427-1384

Substance program for women with children. Please call to check availability.

**Rosemary Corbin House**

(925) 381-9619

Non-Smoking facility for women with children. 6 Month program.

**La Casa Ujima**

(925) 229-0230

Ask for Intake coordinator.

Orientation on Mondays at 11:00 am BE ON TIME!

For women with children, and pregnant women.

**Rectory**

(510) 236-3134

Orientations are held on Tuesdays at 1pm. Call for information

**MEN'S RECOVERY****Faureso Men's Program**

(510) 232-4803

Residential program for men.

**Sunrise Men's Program**

(925) 229-2318

Residential program for men

**Discovery House Men's Program**

(925) 646-9270

Residential program for men

**DVR Men's Program**

(925) 672-5700

Residential program for men

**Cole House Men's Program**

(925) 978-2873

90-180 day Residential treatment for men

**Pueblo del Sol**

(925) 676-2580

Spanish speaking for men

**Dual Diagnosis Programs**  
*(for women and men)*

**Neirika House**

(925) 676-9768

Must have a completed referral form that can be obtained through Neirika House. This is a 14 day evaluation program.

# AFFORDABLE HOUSING AND SHELTERS

## Housing Authorities

### **Contra Costa Housing Authority**

2870 Howe Rd  
Martinez, CA 94553  
(925) 957-8000

### **Contra Costa Housing East County**

(925) 957-7004

### **Contra Costa County Housing Authority Section 8**

(925) 957-8050  
801 W 8<sup>th</sup> St  
Antioch, CA 94509

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

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

### **City of Richmond Housing Authority** (not with Contra Costa Housing)

330 24<sup>th</sup> Street  
Richmond, CA 94804  
(510) 621-1300

## Public Housing

### **City of Oakley**

990 A Rosemary Lane  
Oakley, CA 94561  
(925) 957-8005  
*(Covering Antioch, Brentwood and Oakley housing developments)*

### **City of Pittsburg**

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

### **City of North Richmond**

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

### **City of Rodeo**

2 California Street  
Rodeo, CA 94572  
(925) 957-8008  
*(Covering Martinez and Rodeo housing developments)*

## Housing Assistance

### **Community Housing Development Corp.**

1535-A 3rd St.  
Richmond, CA 94801  
(510) 412-9290

CHDC is a HUD approved housing counseling agency. Provides: matched savings for education, home purchase, or small business; help to low and moderate income persons in purchasing new homes; instructions to home owners on protecting and caring for their homes; financial education workshops; loan modification and foreclosure counseling; free income tax preparation. Please call for more information. Hours of services: M-F 9:00 am- 5:00 pm.

### **Eden Information & Housing Referrals**

(510) 537-2552  
Alameda County

### **My Destiny Transitional Living Services**

[www.my-destiny.org](http://www.my-destiny.org)  
Richmond: (510) 654-4420

My Destiny is a community based organization that provides temporary housing for young adult women. Provides supportive services to promote self-sufficiency by developing social and education programs that aid in a healthy transition into adulthood. Serves young women who have emancipated from foster care, juvenile justice systems, or have transitioned from various types of shelters. Children are welcome in these programs. Hours of services: 24hr transitional home.

Cost of services: \$300 to \$500 per month for single or double occupancy.

### **Neighborhood Housing Services of the East Bay**

[www.eastbaynhs.org](http://www.eastbaynhs.org)  
(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.

### **Rubicon Programs Inc.**

[www.rubiconprograms.org](http://www.rubiconprograms.org)  
2500 Bissell Ave, Richmond, CA 94804  
(510) 235-1516

Mental health services include a day treatment program, independent living services, money management, and counseling for CalWORKS participants. Offers extensive employment, housing placement, and legal services. Homeless services require attendance at our "Getting Started" workshop on Monday or Tuesday at 9:30 am.

### **Saffron Strand, Inc.**

[www.saffronstrand.org](http://www.saffronstrand.org)  
(510) 778-9492  
(510) 275-9494

Saffron Strand, Inc. is a non-profit membership organization whose goal is to reduce homelessness in

Richmond and other west Contra Costa communities by getting homeless adults back to work, Saffron Strand training and work opportunities increase vocational and work-related social skills, improving capacity for gainful employment. Saffron Strand also organizes an annual conference for Bay Area professionals and others working to reduce homelessness. Hours of services: Monday-Thursday 9 am - 4 pm.

### **Emergency Shelters**

#### **Appian House**

(800) 610-9400  
Transitional housing youth 18-21  
Located in El Sobrante, CA

#### **Bay Area Rescue Mission-Family Center**

(510) 215-4860  
224 MacDonald Ave  
Richmond, CA 94801

#### **Calli House: Homeless Shelter for Youth**

(800) 610-9400  
845-B Brookside Drive  
Richmond, CA 94801

#### **Cassidy Program (Catholic Charities of the East Bay)**

Brentwood (925) 308-7775  
Concord (925) 825-3099  
Must be 55+ and homeless, marginally housed, or facing eviction. Please call for information and application process.

#### **Catholic Charities**

**CARE - Collaborative for Emancipated Foster Youth**  
(925) 957-2417

#### **Contra Costa County Homeless Program**

(800) 799-6599  
847 C Brookside Dr.  
Richmond, CA 94801

#### **Contra Costa Interfaith Housing**

Tel: 925-944-2244  
Fax: 925-944-2248  
[www.ccinterfaithhousing.org](http://www.ccinterfaithhousing.org)  
[beth@ccinterfaithhousing.org](mailto:beth@ccinterfaithhousing.org)  
3164 Putnam Blvd.  
Walnut Creek, CA 94547

#### **FESCO- The Family Shelter**

(510) 581-3223  
Shelter Intake  
22671 Third Street  
Hayward, CA 94541

#### **GRIP (Greater Richmond Interfaith Program) Family Housing Program**

(510) 233-2141  
165 22nd Street  
Richmond, CA 94801

**Heather House**

(707) 427-8566

724 Ohio Street

Fairfield, CA 94533

**Homeless Shelter Directory**

[www.homelessshelterdirectory.org](http://www.homelessshelterdirectory.org)

**Love-A-Child Missions**

(925) 458-5663

2279 Willow Pass Road

Bay Point, CA 94565

**La Cheim's Therapeutic Behavioral Services**

(510) 243-2360

2853 Groom Drive

Richmond, CA 94806

**Mission Solano Rescue Mission**

(707) 422-1011

740 Travis Blvd.

Fairfield, CA 94533

**Nierika House**

(925) 676-9768

1959 Solano Way

Concord, CA 94522

**Phoenix Center**

(925) 680-0222

3525 Chestnut Avenue

Concord, CA 94519

**Phoenix Enterprises**

(925) 674-9610

936 Detroit Avenue

Concord, CA 94518

**Safe Place for Youth**

(800) 718-4357

(ages 9-17)

**Shelter Plus Program**

(925) 313-6574

Mental health, substance abuse, AIDS, or chronic physical disabilities, and their families.

[www.cchealth.org/services/homeless/shelter\\_plus\\_care.php](http://www.cchealth.org/services/homeless/shelter_plus_care.php)

**Shepard's Gate**

(888) 216-4776

(925) 308-7507

605 Sycamore Ave.

Brentwood, CA 94513

**Winter Nights Program**

Interfaith Council of Contra Costa County

(925) 933-6030

Local churches that provide housing and food from October-April ONLY for central and east county residents only.

**Youth Continuum Homeless Hotline**  
(800) 610-9400

### **Housing Advocacy**

**Housing Rights Inc.**  
(510) 548-8776  
www.housingrights.org

**Mt. Diablo Housing Opportunity Center**  
(866) 469-0133  
www.mtdhoc.org  
2699 Monument Blvd #G

**Bay Area Legal Aid**  
(510) 233-9952  
(800) 551-5554  
info@baylegal.org

**Catholic Charities**  
(925) 825-3099  
Concord Family Service Center  
Housing advocacy and case management  
3540 Chestnut Ave.  
Concord, CA 94519

**Pacific Community Services**  
(925) 957-7592  
www.pcsi.org

### **FINANCIAL ASSISTANCE FOR HOUSING**

#### **Cal-Works Recipients: (one time only cash grant)**

- Transitional Support Grant-** assist move to permanent housing from transitional
- Emergency Assistance Grant-** pay back rent to prevent loss of housing
- Relocation Grant-** assist with moving expenses to bring family closer to job and/or childcare

#### **Season of Sharing** (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-** (925) 295-1038

Mon & Wed 9 am – 10 am

To assist financially to prevent homelessness through Season of Sharing funds, with back rent or moving cost.

### **Homeless Drop-in Centers**

*(Case Management, Laundry, Support for Homeless)*

#### **FERST Multi-Service Centers: (Anka Behavioral)**

**Central County**  
(925) 685-7613  
1121 Detroit Ave.  
Concord, CA 94520

**East County**

(925) 778-3750

1404 West 4<sup>th</sup> Street

Antioch, CA 94509

**West County**

(510) 232-7571

1515 Market Ave.

San Pablo, CA 94806

## FOOD ASSISTANCE PROGRAMS

(Please call (925) 676-7543 or (800) 870-3663 with any questions)

### Central County

- Concord** Church of the Nazarene  
1650 Ashbury Dr., Concord  
11:00 am – 1:00 pm 4<sup>th</sup> Monday each month
- Martinez & Pacheco** Boys & Girls Club of Martinez  
1301 Alhambra Ave, Martinez  
10:00 am – 12:00 pm 1<sup>st</sup> Monday each month
- Moraga, Lafayette** St. Paul's Episcopal.  
**Orinda, Rheem Valley** 1924 Trinity Ave., Walnut Creek  
**Pleasant Hill, Alamo**  
**San Ramon, Danville**  
**Walnut Creek**  
10:30 am – 11:30 am 4<sup>th</sup> Monday each month

### East County

- Antioch:** Veteran's Memorial Hall  
401 West 6<sup>th</sup> St., Antioch  
10:00 am – 12:00 pm 1<sup>st</sup> Wednesday each month
- Bay Point:** Ambrose Community Center  
3105 Willow Pass Rd., Bay  
Point  
10:00 am – 12:00 pm 4<sup>th</sup> Wednesday each month
- Brentwood/Oakley** St. Vincent de Paul of  
**Bethel Island/Knightsen** Contra Costa  
**Discovery Bay/Byron** 654 3<sup>rd</sup> St., Brentwood  
9:00 am – 12:00 pm Monday, Wednesday & Friday
- Pittsburg:** Solomon Temple  
655 California Ave., Pittsburg  
10:00 am – 12:00 pm 1<sup>st</sup> Tuesday each month
- FBC Community Outreach  
224 Linda Vista., Pittsburg  
10:00 am – 12:00 pm 1<sup>st</sup> & 3<sup>rd</sup> Thursdays each month

### West County

- Crockett, Hercules** Bayo Vista Child Care Ctr.  
**Port Costa, Rodeo:** 2 California St., Rodeo  
10:00 am – 12:00pm 2<sup>nd</sup> Tuesday each month
- El Cerrito, Kensington** Southside Church of Christ  
**Richmond:** 1501 Florida Ave., Richmond  
10:00 am – 12:00 pm 4<sup>th</sup> Tuesday each month
- El Sobrante, Pinole:** The Salvation Army  
4600 Appian Way, El Sobrante  
10:00 am – 11:30 am 2<sup>nd</sup> Monday each month
- N. Richmond:** Shields-Reid Center  
1410 Kelsey St., Richmond

10:00 am – 12:00 pm 4<sup>th</sup> Tuesday each month  
**San Pablo** Davis Park Community Ctr.  
1651 Folsom Ave., San Pablo

10:00 am – 12:00 pm 3<sup>rd</sup> Monday each month

## **CENTRAL COUNTY FAITH BASED ORGANIZATIONS**

### **Christ the King Church**

(925) 682-2486

Assist the needy on a person-to-person basis.

Emergency food, clothing and other services are provided. If you are in need or know of anyone who is in need, please call the parish.

### **Hillside Covenant Church**

(925) 934-1110

Congregation works in conjunction with Contra Costa Interfaith Coalition. Offers food boxes to families

Once a month. Monday–Friday 8:30 am - 5:00 pm.

Please call in advance to prepare food box.

### **Queen of All Saints Church**

2390 Grant Street, Concord, CA 64520

(925) 825-0350

Offers St. Vincent de Paul Food Pantry on Mondays, Wednesdays, and Fridays from 9:30 am - 11:30 am.

Provides packaged food to those in need once per month; for those living within parish boundaries. For information call (925) 609-5944.

### **Salvation Army**

3950 Clayton Road, Concord, CA 94521

(925) 676-6180

Provides family, marriage or individual counseling by appointment only. Offers a food feeding pantry, and assist with PG& E bills through the R.E.A.C.H. Program (applicants cannot be on any public housing programs). There are after school programs from 3 pm - 6 pm for children 6yrs. to 12 yrs. old. Call the Salvation Army at (925) 676-6180 for information on the summer program.

### **Seven Pillars Ministries**

1159 Cueno Court, Concord, CA 94518

(925) 686-2889

Seven Pillars is a ministry for young adults - primarily after high school age and until married with children; however, some young married couples and some single parents. Individual pastoral counseling is available. Please call (925) 686-2889. Provides financial counseling services, budget development and assist with student loan applications (by appointment). Currently supplies the Contra Costa County Homeless Shelter with clothes, blankets and various items. Supports Thanksgiving and Christmas for Everyone through the Ministry of Harvest Church. Many year-round actives, such as barbeques, game nights, retreats, hikes and other activities. For more information on programs and services call (925) 686-2889.

### **Tabernacle Baptist Church**

4380 Concord Blvd., Concord, CA 94519

(925) 685-5505

Provides family, marriage and individual counseling by appointment. Offers summer camp - a week at Castle Point Ministries in Lucerne, CA for juniors (grades 3-6)

and teens (grades 7-12). Works with the Bay Area Rescue Mission to provide food, furniture and clothing. Contact pastor for special holiday programs for families in need. All of our services are provided in English and Spanish. For information call (925) 685-5505.

## **EAST COUNTY FAITH BASED ORGANIZATIONS**

### **Agape Bible Fellowship**

605 W Madill St. Antioch., CA 94509

(510) 868-1029

Homeless Ministry prepares and serves meals at local shelters, leads small groups at the shelters and provides transportation from any shelter to church services when needed. For information on all programs and services call pastor at (510) 868-1029.

### **Antioch Christian Center**

1360 E Tregallas Rd.

Antioch, CA 94509

(925) 706-8600

Provides counseling by appointment only. Annual parenting seminars held in the spring, and annual family conference held in the summer. Specializes in training families experiencing domestic violence. Provides Angel Tree for children of incarcerated parents. For more information regarding any of the above services, please call.

### **Antioch Salvation Army Church**

525 E. 18th St.

Antioch, CA 94509

(925) 778-0303

Provides family, marriage and individual counseling by appointment. Provides emergency food on Tuesday - Thursday from 9:30 am -11:30 am by appointment. Please call for more information. emergency energy assistance programs are Monday through Friday from 9:30 am -11:30 am by appointment only. Offers many children and youth programs. The PREP-GED Program is Tuesday - Thursday from 10:00 am-1:00 pm. Our TRY Club-after school homework club meets Monday - Friday from 3:00 pm-6:00 pm. There is a weekly fee for this program. Christian Scouting Club is Sundays from 2:00 pm -3:30 pm. Also a Kids' Choir, basketball, and performing arts. Offers parenting and family support classes. When funds are available, shelter is open for families with children for a maximum of two days. Provides emergency holiday meals. Provides a community Thanksgiving dinner and a kids' Christmas party. Worship service/dinner is on Sundays from 4:00 pm - 7:00 pm. For information on all programs and services call (925) 778-0303.

### **Antioch United Methodist Church on the Rock**

50 Walton Lane

Antioch, CA 94509

(925) 757-4359

Food closet Monday to Friday 1-4

### **Golden Hills Community Church and Counseling Center**

2401 Shady Willow Lane

Brentwood, CA 94513

(925) 516-0653

The GHCC Counseling Center offers counseling for a variety of issues and is available for all ages, has licensed Marriage and Family Therapists. Call (925) 516-0653 for appointments. Golden Hills Community Church offers youth groups, teen support, mentoring, and tutoring. After school programs and summer programs offered. Parenting classes offered. Offers 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**

3109 Lone Tree Way

Antioch, CA 94509

(925) 522-2017

[www.gbfofantioch.org](http://www.gbfofantioch.org)

Provides counseling by appointment only. Offers youth services such as; Youth 4 Real held on 2nd and 4th Friday of every month at 7 pm, and youth fellowship. Benevolence fund is also available. Hot meals are available on Thanksgiving, and Christmas day. Meals are served at the church; van pick up is available, telephone (925) 522-2017. For more information regarding any of the above services, please call.

### **Holy Rosary Church**

[www.holyrosaryca.org](http://www.holyrosaryca.org)

Antioch: (925) 757-4020

Groceries give away Tue, Wed, and Th 9 am - 10 am @ 21 E. 21<sup>st</sup> St Antioch, CA 94509 **(FOR ANTIOCH RESIDENTS ONLY)**. Mobile Mall operates once a month at different locations in the community. They offer gently used clothing, shoes, toys, books, kitchen items and linen. Shop for free. This service is offered county wide. No paper work needed. Please contact at (925) 706-1534. Services are offered in English and Spanish.

### **Kings Chapel**

(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**

2586 Willow Pass Road

Bay point, CA 94565

(925) 458-0621

[www.pittsburgbaptistchurch.com](http://www.pittsburgbaptistchurch.com)

Provides counseling by appointment only. Summer day AA Meetings on Fridays at 7 pm

Breads and pastries available on Tuesdays and

Thursdays at 3:00 pm

Emergency food box available depending on availability

Needle exchange on Tuesdays.

### **Solomon Temple Missionary Baptist Church**

655 California Ave.

Pittsburg, CA 94565

(925) 439-5905

Clothing and food distributed every 1st Tuesday of the month from 10 am-12 pm. For more information regarding any of the above services, please call.

**St. Peter Martyr Church**

740 Black Diamond

Pittsburg, CA 94565

(925) 432-4771

Provides counseling on Sunday mornings and some evenings. Offers youth services such as:

Childcare/preschool, youth groups, teen support, mentoring, and tutoring. Family support related classes occasionally offered. Hot meals available through food program, food vouchers available Fridays from 12 pm-2 pm, and food bags available upon request. For more information regarding any of the above services, please call. For Pittsburg residents only.

## WEST COUNTY FAITH BASED ORGANIZATIONS

### **First Presbyterian Church**

3415 Barrett Avenue,  
Richmond, CA 94805  
(510) 234-0954

Offers a food pantry every Thursday from 10:00 am - 12:00 pm (first come first serve). Participants can come once a month. Sunday services are conducted in English and Portuguese. For information regarding any of our programs and services please call (510) 234-0954.

### **Grace Lutheran Church ELCA**

2369 Barrett Avenue,  
Richmond, CA 94804  
(510) 235-3858

Offers family, marriage, and individual counseling, as well as teen support and mentoring services. Offers after school and summer programs. Provides a food pantry on Tuesdays and Fridays from 10:00 am until 1:00 pm. Provides anger management classes for those who are mandated to attend. Programs and services are provided in English, Spanish, and Laotian. For more information on food pantry please call (510) 235-9732.

### **Greater Church of the Redeemed**

1830 Rumrill Avenue,  
San Pablo, CA 94806  
(510) 932-7867

Offers family, marriage or individual counseling by appointment. Services are provided in English and Spanish. For information on all programs and services call (510) 932-7867.

### **Greater Richmond Interfaith Program (GRIP)**

165 - 22nd Street,  
Richmond, CA 94801  
(510) 233-2141

Souper Center offers noontime lunch 7 days per week, from 11:30 - 12:45 pm. We offer free clothing on the 2nd and 4th Tuesdays at 10:00 am. The West County Resource Center offers 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 from mid-November to April 1st. All of these services are free. For parenting or family support-related classes, job training, or emergency food or shelter, call the Resource Center at (510) 231-6885. Provides substance abuse prevention referral services. AA meetings are from 8:00 am - 4:00 pm daily. For food and clothing distribution please contact (510) 233-2141. Services and program information is provided in English and Spanish. For more information on all programs and services call (510) 233-2141.

### **Unity Church of Richmond**

351 - 28th Street,  
Richmond, CA 94804  
(510) 235-0336

Provides family, marriage or individual counseling by appointment only. Please contact (510) 235-0336 to schedule an appointment. Offers HIV education workshops. Works in conjunction with the Greater Richmond Interfaith Program (G.R.I.P.) and the East Bay Perinatal Council's Richmond office to provide services to the community. For information on all programs and services contact (510) 235-0336.

**Valley Bible Church**

1477 Willow Avenue,

Hercules, CA 94547

(510) 799-3171

[www.valleybible.org](http://www.valleybible.org)

For marriage or individual counseling contact (510) 799-3171. Offers childcare through our Valley Preschool Daycare facility Monday - Friday from 6:30 am - 6:00 pm. For information call (510) 245-2273. Offers basketball and soccer programs, Home Improvement Ministry (HIM) for minor home repairs for seniors and single parents. Prison Ministry provides Christmas food baskets for families of prison inmates. Provides hearing devices. For information on all of our programs and services contact (510) 800-3171.

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## NOTES



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