# SURVIVING PARENTHOOD

14th Edition

## A RESOURCE DIRECTORY FOR CONTRA COSTA COUNTY

CHILD ABUSE PREVENTION COUNCIL *of* CONTRA COSTA COUNTY

Prepared for

Child Abuse Prevention Council
of Contra Costa County

925-798-0546 Concord
925-755-4200 Antioch
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 children during every stage of their development. It's a difficult job. Fortunately, there is help available and much of it is free.

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

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

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

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

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 Please inform us of any incorrect, out-of-date, or misleading information.**

**ACKNOWLEDGEMENTS**

The Staff of the Child Abuse Prevention Council

# 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**
**www.capc-coco.org**

The Child Abuse Prevention Council (CAPC) identifies builds, maintains and coordinates a network of persons and agencies working in child abuse prevention and treatment for the purpose of information sharing, referral, improvement of services, public education, family support and advocacy. All services are free. By calling or visiting the office you can:

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

# CAPC Programs

- The **Community Education Program**
  Persons working directly with children are mandated reporters and by law required to report suspected child abuse. Trainings on how to prevent child abuse and keep kids safe are offered at no cost to mandated reporters and to community members.

- **Nurturing Parenting Connection**
  This evidenced-based, voluntary parent education program supports parents from *The Strengthening Families Approach* and *Protective Factors Framework*[1] to prevent child abuse and neglect. Classes are provided in English & Spanish and are available to parents with special needs children.

- **Child Help Speak Up and Be Safe (SUBS)**
  The school-based, child safety program addresses child abuse, bullying, cyber-bullying and sexual harassment prevention. Lessons are available for 1st – 6th grade students.

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

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

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

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

**General Information - 211**

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.

[1] The Strengthening Families Approach and Protective Factors Framework Branching Out and Reaching Deeper @2014, Center for the Study of Social Policy Source: http:/www.cssp.org/reform/strengtheningfamilies

# Table of Contents


**INTRODUCTION** ..... **1**
ACKNOWLEDGEMENTS ..... 1
**CAPC PROGRAMS** ..... **4**
**TABLE OF CONTENTS** ..... **5**
**EMERGENCY NUMBERS** ..... **6**
IF YOUR CHILD IS MISSING ..... 6
CRISIS NUMBERS ..... 7
TO REPORT SUSPECTED CHILD ABUSE ..... 7
EMERGENCY SERVICES ..... 8
**HEALTH SERVICES** ..... **11**
HOSPITALS ..... 11
MEDICAL, DENTAL, AND PUBLIC HEALTH SERVICES ..... 11
HOSPICE SERVICES ..... 12
PRENATAL AND POSTPARTUM SERVICES ..... 13
PREGNANCY SERVICES IN CONTRA COSTA COUNTY ..... 14
SERVICES FOR AIDS AND HIV POSITIVE PATIENTS ..... 15
**MENTAL HEALTH SERVICES** ..... **16**
COUNSELING SERVICES ..... 18
**LEGAL ASSISTANCE AND ADVICE** ..... **21**
**CHOOSING CHILD CARE** ..... **24**
CHILD CARE SERVICES ..... 24
**CHILD ABUSE PREVENTION, INTERVENTION AND TREATMENT SERVICES** ..... **25**
**CRISIS SERVICES** ..... **27**
**PARENT SUPPORT SERVICES** ..... **29**
HOME VISITING SERVICES ..... 29
COMMUNITY SERVICES ..... 34
SERVICES FOR BEREAVED PARENTS ..... 37
SERVICES FOR DIVORCED FAMILIES ..... 37
**SPECIAL NEEDS** ..... **38**
ADVOCACY, SUPPORT AND REFERRAL SERVICES ..... 38
EDUCATION AND TREATMENT SERVICES ..... 40
**GAY AND LESBIAN SERVICES** ..... **43**
**SERVICES FOR MULTI-ETHNIC GROUPS** ..... **45**
**SERVICES FOR YOUTH** ..... **47**
**SERVICES FOR SENIORS** ..... **53**
**SUBSTANCE ABUSE AND TREATMENT SERVICES** ..... **54**
INPATIENT SUPPORT ..... 54
OUTPATIENT SUPPORT ..... 55
SUBSTANCE ABUSE TREATMENT FOR PREGNANT AND PARENTING WOMEN ..... 56
WOMEN'S RECOVERY ..... 56
MEN'S RECOVERY ..... 57
DUAL DIAGNOSIS PROGRAMS ..... 58
**AFFORDABLE HOUSING AND SHELTERS** ..... **59**
HOUSING AUTHORITIES ..... 59
PUBLIC HOUSING ..... 59
HOUSING ASSISTANCE ..... 60
EMERGENCY SHELTERS ..... 60
HOUSING ADVOCACY ..... 62
HOUSING REFFERALS ..... 62
FINANCIAL ASSISTANCE FOR HOUSING ..... 63
HOMELESS DROP-IN CENTERS ..... 63
**FOOD ASSISTANCE PROGRAMS** ..... **64**
CENTRAL COUNTY ..... 64
EAST COUNTY ..... 64
WEST COUNTY ..... 65
**CENTRAL COUNTY FAITH BASED ORGANIZATIONS** ..... **66**
**EAST COUNTY FAITH BASED ORGANIZATIONS** ..... **67**
**WEST COUNTY FAITH BASED ORGANIZATIONS** ..... **69**
**ORGANIZATIONS ADDED AS OF JANUARY 2017** ..... **70**
**INDEX BY AGENCY NAME** ..... **71**

# EMERGENCY NUMBERS

## IF YOUR CHILD IS MISSING

**Dial 911**
Or call your local police department and tell them, "I need your help, my child is missing." Tell them that this is a "high priority police emergency."

**Call local missing child 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**
Telephone …….. (800)THE LOST
…….. (800) 843-5678
This clearing center for missing children has the ability to alert authorities nationwide.

**Contact the local Office of Emergency Services**
Telephone …….. (925) 646- 4461

**Contact Federal Bureau of Investigation**
Local daytime..... (925) 671-7330
Main office - 24-hour line ..... (415)-553-7400

**Call Local Media**
Television
KGO ..... (415) 954-7926
KPIX ..... (415) 765-8610
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**
Telephone .....(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 Children and Family Services of Contra Costa County (CFS)**
**Toll Free: .....(877) 881-1116**

## CRISIS COUNSELINGINFORMATION & 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
Contra Costa 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.redcrossbayarea.org
Oakland …….. (510) 595-4400
San Francisco …….. (415) 427-8000
Emergency housing, food, clothing, financial assistance for disaster victims for free. Financial assistance for military personnel, and their families. Community education (C.P.R. and disaster classes).

### AMF Food Closet

Antioch …….. (925) 757-1672
Emergency food pantry for Antioch residents only...Must call first. Services are free.

### Bay Area Rescue Mission

www.bayarearescue.org
2114 Macdonald Avenue, Richmond CA 94802
Business Office …….. (510) 215-4555
Center for Women and Children …….. (510) 215-4860
OR …….. (510) 215-4863
Men's Center …….. (510) 215-4860

Alameda, Contra Costa, Solano
Basic and special need services for homeless persons, including temporary shelter, discipleship programs, meals, clothes, household goods, furniture, food distribution, and other household items. Adult and youth programs, outreach groups, tutoring, mentoring, special community events, etc.
Services are free. Services are available in English and Spanish.
For information on programs and services call, (510)215-4555.

### Home Energy Assistance Program (HEAP)

Telephone …….. (925) 681-6380
1470 Civic Ct., Ste. 200
Concord, CA 94520
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
Information on obtaining financial assistance such as Cal WORKS, general assistance, food stamps and Medi-Cal for low-income residents not eligible for other financial aid, refugee programs, protective services, etc. Services are free. Services are in Spanish, various Asian languages and others.

### Contra Costa County Office of Emergency Services

Telephone …….. (925) 228-5000
Disaster preparedness information,

### Contra Costa Crisis Center

www.crisis-center.org
Main Number.....(925) 939-1916
Crisis Hotline.....(800) 833-2900
Grief Hotline.....(800) 837-1818
Homeless Hotline.....(800) 808-6444
Answers crisis calls and local calls to the National Suicide Prevention Lifeline including the Spanish-speaking suicide hotline. Answer 211 information and referral calls and manages the countywide online resource database. Provides individual and group grief support and counseling to adults and children mourning the death of a loved one. Language line available for over 140 languages. All services are free and available 24/7.

### Contra Costa Housing Authority

2870 Howe Rd
Martinez, CA94553
Telephone …….. (925) 957-8000
Section 8 …… (925) 957-8050
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

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

### Greater Richmond Interfaith Program (GRIP)

165 - 22nd Street, Richmond, CA 94801
Telephone …… (510) 233-2141
Our Super Center offers noontime lunch 7 days per week, from 11:30 AM - 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.

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

### Loaves & Fishes of Contra Costa

www.loavesfishescc.org
Telephone …….. (925) 293-4792
Feed the hungry of Contra Costa for over 30 years, with dining rooms in Antioch, Bay Point, Martinez, Oakley and Pittsburg. A hot lunch is available Mon. – Fri., from 11:00 AM – 12:45 PM. We also have a small food pantry available. There is not cost for any of our services.

**Love-A-Child Missions Homeless Recovery Shelter**
http://loveachildmissions.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
Telephone …….. (925) 370-1990
Telephone …….. (800) 718-4257
Provides temporary shelter to runaway & at risk youth.
Mediation & Follow-up counseling services also available.
Services for youth between the ages of 7 & 17.
Services are free for youth
24 hours day/7days week.
English, Spanish & Tagalog languages served.

**A Safe Place**
Main Number.....(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
East County (Antioch) .....(925) 778-0808
El Sobrante/Richmond .....(510) 262-0582
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**

**www.shelterincofccc.org**
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. We offer support services for veterans. Emergency shelter for families in Martinez and North Concord. Sliding scale and free services. Spanish services are available.

**Victim Witness Assistance Program**
Martinez .....(925) 957-8650
Richmond.....(510) 374-3272
Serves Contra Costa County. Court support and assistance navigating the criminal justice system for victims and witnesses of crime. . Assists with applications for the Victim Compensation Program which may help with crime related expenses including medical, counseling, relocation, and funeral expenses. . Referrals to emergency food, clothing and shelter, crisis intervention and counseling. Services are free. Services are available in Spanish. Offices in Martinez and Richmond.

# 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
Contra Costs Regional Medical Center
Dental Clinics…….. (925) 370-5300
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
Telephone ……. (510) 654-5383
Provides a physician referral service to all types of physicians and practices throughout the two counties.

### Children's Hospital, Oakland Teen Clinic

Telephone ……. (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 Prevention Program (CHDP)

www.cchealth.org
Telephone ……... (925) 313-6150
or ……. (800) 696-9644
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/
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: Lifelong Medical Care, Community Medical Centers, La Clinica De La Raza, and Planned Parenthood. Office hours are from 9:00 AM – 5:30 PM. Services are provided in English and Spanish.

### Contra Costa County Health Services Dept.: Teenage Pregnancy Prevention Program (T.P.P.)
Telephone …… (510) 231-8660
The program seeks to reduce teen birth rates by providing comprehensive sexual health education for middle/junior high and high school youth in the cities of Richmond, San Pablo, and Pittsburg. 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.ccdds.org
Telephone …….. (925) 284-8662
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 7-7:30 am and leave a message. If you have an emergency, call at 7:00 AM. Medi-Cal, Medicare and Contra Costa Health Plan accepted. Set fee. Spanish services are available.

### Family, Maternal and Child Health (FMCH) Line
Telephone …….. (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. 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 of Contra Costa County
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 are available in Spanish and various Asian languages.

## HOSPICE SERVICES

### Kaiser: Hospice Walnut Creek/Martinez
24 hour line…….. (510) 295-4701
Telephone …….. (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 are available in Spanish, Mandarin, Tagalog and Cantonese.

### Hospice of the East Bay
Telephone …… (925) 887-5678
Hospice East Bay offers free bereavement counseling and grief support for children & teens, through our Bridge program. These services are provided at our main office in Pleasant Hill. Please call us or visit our website at www.HospiceEastBay.org for more information and bereavement services.

## PRENATAL AND POSTPARTUM SERVICES

### Birthright
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. Our services are free and confidential.

### Brighter Beginnings
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 is accepted. Healthy Families, Family Pace is accepted. Sliding scale fee. Services are available in Spanish, Russian, Laotian and Vietnamese languages.

### John Muir Health
http://www.johnmuirhealth.com/
Telephone …… (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 Store
http://www.nurturecenter.com
Telephone …….. (925) 283-1346
Telephone ……1 (888) 998-BABY (2229)
Support groups for pregnancy, breastfeeding and new parents. Labor preparation, newborn care, breastfeeding and infant massage classes. Lending library. Breast pump rentals. Provide professional listings for OB/GYN and Midwives, Labor Assistants, Lactation Consultants, Child Care Providers.

### Planned Parenthood: Shasta Diablo
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. Our fees vary. Spanish services are available.

## PREGNANCY SERVICES IN CONTRA COSTA COUNTY

### Contra Costa Health Services

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

### Options for Women of California

www.optionsforwomenofca.com
5167 Clayton RD Suite H Concord 94521
Telephone …… (925) 827-0100
Free pregnancy counseling
Free pregnancy testing and verification
Ultra Sound *ultrasound based on eligibility
STI Screening
Eastbay Imaging Mobile Clinic (call for hours and locations)
Community Referrals
Mom 10am-2:00pm
Tues-Thurs 10am-5pm
English and Spanish (for Spanish: appointment preferred)

### Sutter Delta Medical Center: Women's Health Center

www.sutterdelta.org
Telephone …… (925) 779-2955
Prenatal Classes including Ready, Set Deliver and Breastfeeding classes and Maternity Tours. Classes include Pre-Labor, Labor and After Delivery Care Focus, Breastfeeding. Prenatal Classes are fee-based. Maternity tours are free. Instructional information for infant CPR.

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

http://cchealth.org/wic/
Toll Free Number ……1(800) 414-4WIC
Brentwood:.....(925) 513-6881
Concord: .....(925) 646-5370
Pittsburg:.....(925) 431-2460
Richmond:.....(510) 231-8600
WIC is a nutrition food program that helps pregnant and post-partum women, infants and children under 5 years of age to eat well and stay healthy. WIC offers nutrition and health education, breast feeding education and support, referrals to other community services, and checks to buy healthy foods. Limited income and many working families may qualify. Services are free. Spanish services are 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

Telephone …….. (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

Telephone ……. (510) 663-7979
Help to obtain services and financial benefits, support groups and food vouchers for people with HIV. Emergency funds are available with proof of an HIV positive status. Services are free.

### Contra Costa County HIV/AIDS Program

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

### Tri-City Health Center

www.tri-cityhealth.org
Telephone …….. (510) 770-8040
Medical care, teen clinic, primary and prenatal care, youth action project and gay men's program. Help to locate services and benefits for people with AIDS. Anonymous HIV testing and AIDS information. No one turned way for inability to pay. Medi Cal accepted. Sliding scale and some free services.

# MENTAL HEALTH SERVICES

### Asian Communities Mental Health Services

www.acmhs.org
Telephone …… (510) 451-6729
Asian Family Resource Center …… (510) 970-9750
Provides mental health services for Asian families in Alameda and Contra Costa Counties. Case management for developmentally disabled clients and families. Prevention services for at-risk youth and their families. Most Asian languages spoken. Services are provided on a Sliding scale.

### Community Health for Asian Americans (CHAA)

www.chaaweb.org
Oakland - 268 Grand Avenue, Oakland CA 94610
Monday –Friday from 9:00 AM-5:00PM
Oakland …… (510) 835-2777

Richmond – 207 37th Street, Richmond, CA 94805
Monday – Friday from 9:00AM-5:00PM
Richmond …….... (510) 233-7555

Antioch – 3727 Sunset Lane #110 Antioch, CA 94509
Antioch …… (925) 778-2820
Community Health for Asian Americans (CHAA), a community-based non-profit organization, is dedicated to improving the quality of life for the historically underserved Asian and Pacific Islander communities living in the East Bay Area. Offering services and expertise that are sensitive to language, cultural needs, and the experiences of our clients, CHAA provides behavioral health care to individuals, families and communities of various with offices in Oakland, Richmond and Antioch. CHAA programs span behavioral health services, prevention, early intervention and advocacy. CHAA offers community-based services for children, youth and adults through individual, group and family therapy, case management, alcohol and other drug prevention and treatment, consultation and psychological assessment. Collaboration is a key operating principle in our work. CHAA values that shape our services are: Wellness, recovery and resiliency; Consumer-driven services for adults; family-driven services for children; Cultural competency embedded in program and service delivery design; Community involvement that is promoted and developed; Delivery of services and supports through Integrated Service Teams.

### Contra Costa Regional Medical Center Psychiatric Emergency Services

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

**Martinez Crisis:**
Adults .....(925) 313-6414
Children and teens .....(925) 313-6408

**Richmond Crisis:**
Adults .....(510) 374-3061
Children.....(510) 374-3261

**Concord Outpatient:**
Adults .....(925) 646-5480
Children.....(925) 646-5468

**Pittsburg/Antioch Outpatient:**
Adults .....(925) 427-8110
Children.....(925) 427-8664

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

### Early Childhood Mental Health Program

www.ecmhp.org
Telephone …….. (510) 412-9200
4101 MacDonald Ave., Richmond, CA 94805
Serves West Contra Costa County. Child and Family Therapy Services – includes play therapy as well as "dyadic" therapy (caregiver and child together) for children 0-6 years. Therapy services help improve family dynamics by supporting attachment bonds between parents and their children; by teaching parenting and nurturing skills; and by helping parents address their own childhood traumas. .Hours of services are Mon., Wed., Thurs. -8:30 AM – 7:00 PM, Tues., Fri. – 8:30 AM – 5:00 PM. Medi-Cal only. Spanish services are available.

### John Muir Behavioral Health Center

Telephone …….. (925) 674-4100
Telephone …….. (800)-680-6555
John Muir offers both inpatient and outpatient treatment programs for children, adolescents, and adults who have psychiatric or behavioral problems. John Muir Health provides compassionate, effective treatment, in a warm and safe environment. Our inpatient and outpatient programs emphasize diagnosis, outstanding support, clean and comfortable facilities and continuing care.

### La Cheim's Therapeutic Behavioral Services

Telephone …….. (510) 222-3946
4892 San Pablo Dam Road
El Sobrante, CA 94803

### Mental Health Consumer Concerns, Inc. - Patients' Rights and Advocacy

Telephone …….. (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
Telephone …… (925) 465-3864
Provides information on the mental health field and the various aspects of mental illness. There are support groups throughout the month, throughout the county. The Family to Family class is 12 weeks long and covers every aspect of mental illness. There is never a charge for any of these services. It's a place to turn to when a family has a loved one diagnosed with a severe mental illness.

### Phoenix Enterprises

Telephone …….. (925) 674-9610
2355 – F Whitman Rd.,
Concord, CA 94518
www.ankabhi.org
Provides vocational services and job skills training to people with disabilities. Our hours of services are 8:00 AM – 4:00 PM. Our services are free of charge.

### Rubicon Programs Inc.

www.rubiconprograms.org
2500 Bissell Ave, Richmond, CA 94804
Telephone …….. (510) 235-1516
Mental Health Case management services for persons with serious psychiatric disorders, contact (510) 231-3918 to inquire about services and eligibility. Additionally, counseling is available for CalWORKS participants. Please ask your CalWORKS counselor to refer you.

Employment and housing services are available to homeless, underemployed persons and persons seeking re-entry. Contact (510) 412-1725 to inquire about services and eligibility.

Legal services are available for persons seeking Social Security benefits and persons with HIV. Call (510) 232-6611. Hours of services are Mon. – Fri. from 8:30 AM – 5:00 PM. There is no charge for services.

### Wellspring Psychotherapy

Telephone …….. (925) 831-2442
Adult individuals, families, couples, adolescents and children 4 years and up. Play therapy, sand tray, art, music, and games incorporated in working with children in a safe and supportive environment. Caretakers are strongly encouraged to participate in treatment. Parent education and support covering young children through adolescence. Client centered approach, working with existing strengths, appropriate boundaries, creative problem solving and empowerment. Medi-Cal and Victim Witness accepted in addition to private pay.

### West County Adult Mental Health Services

Telephone …….. (510) 215-3730
Mon. - Fri. from 8:00 AM - 4:30 PM. Provides psychiatric emergency services. Some free services available. Medi-Cal, Medi-Care and private insurance accepted.

### Whole Mind Institute

www.mdacoc.org
wholemind@mdacoc.org
Telephone …….. (510) 233-0245
We offer support groups for people experiencing life changes. We offer wellness workshops for community education and parenting classes. Office hours vary; appointment upon request. Our services are free of charge.

## COUNSELING SERVICES

### Circle of Care

www.ebac.org
Telephone …….. (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 are available.

### Community Counseling Center JFK University

Telephone …….. (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.

### 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. Support groups. Sliding scale fees and free services are available. Spanish services are available.

### Crockett Counseling Center

http://www.crockettcounselingcenter.com/
Martinez …….. (925) 370-6544
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

www.discoveryctr.net
Telephone …….. (925) 837-0505
Mental Health counseling for children through seniors (individual, family, couples, groups). Drug and alcohol prevention programs for youth with parent support group – open to parents of teens. School-based counseling services for all school in the SRVUSD. Support group gram, Families in Transition (separation/divorce) for parents and their children. Hours of service are by appointment. Our receptionist hours are 9:45 AM – 6:00 PM. The cost of services are on a sliding scale; some insurance and Medi-Cal.

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

Walnut Creek .....(925) 927-2000
Specialty in serving refugee and immigrant parents, families and children in Central and East Contra Costa. Bilingual, bicultural services available in Farsi/Dari, Russian, Spanish, Bosnian and English. Individual and family therapy in Farsi/Dari and English. Parenting classes and workshops in Spanish and Farsi/Dari. School, home and office based services. Open to all regardless of ethnic background, religious affiliation, gender and sexual orientation. Fees for services are on a sliding scale.

JFCS/East Bay's Berkeley/Oakland offices have extensive parenting and youth services in Spanish and English, including expertise in 0-5 childhood services.

### Orinda Psychology Group

Telephone …….. (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) 666-8460
APD REACH …….. (925) 779-6908

Oakley …….. (925) 679-2504
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 are available.

### The Women's Therapy Center

www.womenstherapy.org
Telephone ……... (510) 524-8288
Counseling for women and couples. Sliding scale fees. Victim witness and private insurance accepted.

### Touchstone Counseling Services

Telephone ……. (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

Brentwood …… (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

http://baylegal.org/
Telephone …….. (510) 663-4755
Telephone …….. (800) 551-5554
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 are available.

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

www.chd-prevention.org
Telephone …… (925) 349-7344 ..&..(925) 687-8844
Mediation is available for families in conflict in a neutral and confidential environment. Parties create their own agreement. We do not counsel or advise. Volunteers mediate landlord/tenant, neighbor/neighbor, customer/merchant, elder/family and many other types of disputes. A Case Developer will help you set up the mediation over the phone. The hours of service are mutually agreed upon. Our mediation programs include: Community and Elder Mediation Programs, as well as a Guardianship Mediation Program. The cost for services is on a sliding scale.

### Children's Interview Center of Contra Costa County

Telephone …….. (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 are available.

### Contra Costa County Department of Child Support Services

http://www.co.contra-costa.ca.us/index.aspx?NID=1374
Telephone …… (866) 901-3212
The Child Support Program works with both parents, and legal guardians to ensure children receive court ordered financial and medical support. Services provided include: locating absent parents, establishing paternity (fatherhood), establishing and enforcing support orders, and collecting/distributing child support payments. Hours of services are Mon. – Fri., from 7:30 AM – 4:30 PM. A $25 annual fee is charged on collections over $500. Translation for most languages is available.

### Community Violence Solutions (CVS)

(Formerly Rape Crisis Center)
Crisis Line 24 Hour …… (800) 670-7273
Antioch …… (925) 706-4290

Marin …… (415) 259-2850
San Pablo …… (510) 237-0113
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. Support groups. Sliding scale fees and free services are available. Spanish services are available.

### Court Appointed Special Advocates (CASA)

www.cccocasa.org
Telephone ……... (925) 256-7284
The Court Appointed Special Advocates (CASA) program recruits, trains, and supports volunteer advocates as a powerful voice for the best interest of abused and neglected children during the court process, in order to help every child ultimately thrive in a safe and permanent home.

### Divorce Center of California

Telephone ……... (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 are possible. Free consultation.

### Family Justice Center

Central Center …… (925) 521-6366
West Center …… (510) 974-7200
And …… (510) 965-4949

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

### Family Law Alternative Resolution Program

www.cccba.org
Telephone …… (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 are available to assist in mutually accepted agreements. Varied costs, depending on type of mediation service used.

### Lawyer Referral Service - Contra Costa Bar Association

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

**Online Legal Assistance**
**Virtual Self-Help Law Center**
**Spanish Speaking-Centro Virtual de Ayuda Legal**
www.cc-courthelp.org
Our goal is to provide information that will make it easier for you to handle your court case, whether you have a lawyer or not. This site can help you learn about court procedures, find forms, and links to other important resources.

**Legal Services for Children**
www.lsc-sf.org
Telephone …… (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 are available in Spanish, Mandarin and Tagalog.

**National Center For Youth Law**
www.youthlaw.org
Telephone …….. (510) 835-8098
Uses law to protect abused and neglected children in Northern California. Expands access to health care for children and adolescents. Secures public benefits to meet children's special needs and increase access to housing for families with children. Program to combat criminalization of youth.

**Public Defender of Contra Costa County**
http://co.contra-costa.ca.us/1555/Public-Defender
Telephone …… (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 are available.

**Rubicon Legal Services (Formerly The Hawkins Center)**
www.rubiconprograms.org/legal services
Telephone …….. (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 are 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 Contra Costa Child Care Council keeps a current file on all types of licensed childcare programs. For information and referral call:

Central …… (925) 676-KIDS
East …….. (925) 778-KIDS
West …… (510) 758-KIDS
Administration …… (925) 676-5442

AWARENESS IS KEY. The majorities 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

### CocoKids

www.cocokids.org
Central …… (925) 676-KIDS
East …….. (925) 778-KIDS
West …… (510) 758-5439

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

### Trustline

www.trustline.org
Telephone …….. (800) 822-8490
California's background check for babysitters and nannies. Conducted by the CA Dept. of Justice and administered by the CA Dept. of Social Services and CA Childcare R&R Network. Our hours of service are Mon., - Fri., from 9:00 AM – 5:00 PM. The cost of services is free to check on a status; however there is a fee of $130 to apply to the background check. Spanish services are available.

# CHILD ABUSE PREVENTION, INTERVENTION AND TREATMENT SERVICES

**If child assault or abuse occurs, various indicators can identify it. Notable signs of neglect, physical, sexual and emotional abuse include:**
**Neglect:** Low birth weight, un-kept dirty appearance, lack of adequate medical and dental care, food, shelter and clothing, lack of caretaker or appropriate supervision.
**Physical:** Unexplained bruises, welts, burns, fractures, lacerations or abrasions, afraid to go home, fearful when other children cry.
**Sexual:** Venereal disease; pregnancy; difficulty walking or sitting; pain or itching in genital area; torn, stained or bloody underpants; fear of adults; runaway, infantile behavior; sophisticated or unusual sexual behavior or knowledge; may report sexual assault by parent, relative or caretaker.
**Emotional:** Failure-to-thrive; speech disorders; bed wetting; nightmares; learning disabilities; withdrawal. Passive or aggressive behavior; poor peer relationships; delay in social, physical or emotional development.
**In cases of child abuse or assault, BE CALM. BELIEVE your child; get the facts of the incident. Assure your child that what has happened WAS NOT her/his fault. Tell the child what you plan to do. Get appropriate outside help.**

### A Step Forward, Inc.

Telephone ……. (925) 685-9670 Ext. 101
Offers a range of treatment services to families and children where sexual abuse has occurred. Ongoing groups for parents of children survivors and youth offenders, adult survivors, and abused children.

Forensic consultation, assessments and treatment programs available for adult and youth sexual offenders.

Therapists are skilled in treating general non-abuse related psychotherapy issues as well.

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

Telephone ……... (510) 428-3742
Provides medical and psychological support to victims of sexual, physical, or emotional abuse and neglect and their families. Services are available around the clock. Provides follow-up medical care, reporting to CFS/Police, victim/witness assistance program, crisis intervention and educational programs for parents and professionals. Some free services are available.

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

www.capc-coco.org
Telephone ……... (925) 798-0546
Referral to child abuse prevention, intervention and treatment services in Contra Costa County. Information about child abuse and neglect, protecting your children, and indicators of abuse. Free workshops for community and professional groups:

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

### Children and Family Services (CFS)

(Formerly CPS)
Toll Free..... (877) 881-1116
If you know or suspect child abuse or neglect has occurred, call the toll free number. If the child is in immediate danger, call 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
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. Support groups. Sliding scale fees and free services are available. Spanish services are available.

### The Domestic Violence Education and Screening Project (D.O.V.E.S Project) at Children's Hospital, Oakland

Telephone …… (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.

### Early Childhood Mental Health Program

www.ecmhp.org
Telephone …… (510) 412-9200
4101 MacDonald Ave., Richmond, CA 94805
Serves West Contra Costa County. Child and Family Therapy Services – includes play therapy as well as "dyadic" therapy (caregiver and child together) for children 0-6 years. Therapy services help improve family dynamics by supporting attachment bonds between parents and their children; by teaching parenting and nurturing skills; and by helping parents address their own childhood traumas. .Hours of services are Mon., Wed., Thurs. -8:30 AM – 7:00 PM, Tues., Fri. – 8:30 AM – 5:00 PM. Medi-Cal only. Spanish services are available.

### Mujeres de Cambio

Telephone …….. (925) 727-1958
Mujeres de Cambio will provide to every woman that finds herself in a state of abuse the opportunity for a radical change. This encounter will offer an opportunity to help them break free from feeling trapped in a cycle of "abuse". Our mission is to offer necessary information and help to every woman that is open to change. Services are provided in English and Spanish.

# CRISIS SERVICES

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

### 211

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.bayareacrisisnursery.org
6 – 11 years .....(925) 685-3695
0 – 5 years .....(925) 685-8052
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. **Dalstrom House** accepts children, ages 6 - 11 years old.

### Contra Costa Crisis Center

Main Number.....(925) 939-1916
Crisis Hotline.....(800) 833-2900
Grief Hotline.....(800) 837-1818
Homeless Hotline.....(800) 808-6444
http://www.crisis-center.org
Answers crisis calls and local calls to the National Suicide Prevention Lifeline including the Spanish-speaking suicide hotline. Answer 211 information and referral calls and manages the countywide online resource database. Provides individual and group grief support and counseling to adults and children mourning the death of a loved one. Language line available for over 140 languages. All services are free and available 24/7.

### Lutheran Social Servicies

www.lssnorcal.org
San Francisco…… (415) 581-0891
Concord…… (925) 825-1060
Support services for individuals, families and youth emerging from foster care.

### Safe Families for Children

www.safe-families.org
Office/Crisis Line …… (925) 566-8050
Safe, loving homes are provided where parents may voluntarily have their children cared for, in a certified host family's home, while parents seek to restore stability in their lives. There is no charge for this service and parents remain the guardians throughout the process. Our desire is to provide family support, stabilization, and child abuse prevention by caring for a child while a crisis is stabilized.
The crisis line is available 24/7. Services are provided in English; however, volunteers are available that are Spanish speaking.

**TALK Line Family Support Center**
24-hour Parental Stress Line .....(415) 441-KIDS
Business Line.....(415) 387-3684
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.

# PARENT SUPPORT SERVICES

## 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
Telephone ……. (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.

### Bay Point Works

Main Line …….. (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 – 5:00 PM, Tuesdays until 8:00 PM. Spanish services available.

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

Telephone ……... (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 are available.

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

www.cchealth.org
Telephone ……... (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.

### C.O.P.E. Family Support Services

(Counseling Options/Parent Education) **All services are free.**
http://www.copefamilysupport.org/
Telephone ……. (925) 689-5811
Offers Tripe P Positive Parenting classes for parents of children with special needs and children 0 – 17 years old. These classes are court mandated approved. Other services include counseling referrals, adoption/foster care/kinship education and life books, seminars and workshops, as well as services through the Supporting Father Involvement Programs.

**CocoKids**
www.cocokids.org
Central .....(925) 676-KIDS
East.....(925) 778-KIDS
West.....(510) 758-5439
Parent education and support, including classes, a warm line and resources on choosing quality child care, child development, health, nutrition and safety. Child care subsidies for eligible low income families.

**Contra Costa Health Services Breastfeeding Warmline**
Telephone …….. (866) 878-7767
The Contra Costa Breastfeeding Advice Warmline offers reliable information in Spanish or English to nursing women and their families residing in Contra Costa County, free of charge. The Warmline volunteers are breastfeeding experts. They include board certified lactation consultants, lactation educators, nurses and a doctor. All messages left on the machine will be answered within 24 hours, 7 days a week. For more information, please call, (925) 313-6260.

**EMQ Families First: Kinship Care Program**
www.emqff.org
Main .....(925) 602-1750
FAX.....(925) 602-1754
Relative caregivers in Central, East and West Contra Costa are provided with a variety of services to support and stabilize the family. Services include case management assistance with guardianship, respite recreation, support groups, educational workshops, independent living skills and financial assistance. Our services are free of charge. .
Hours of service: 8:30 AM - 5:00 PM
Languages: English and Spanish

**First 5 Center, Antioch**
512 West 5th Street
Antioch, CA 94509
Telephone ……. (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
Telephone ……. (925) 709-0874
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.firstfivecc.org
or
www.aspiranet.org
760 First Street, Brentwood, CA 94513
Telephone ……. (925) 516-3880
A friendly, welcoming Family Resource Center, where parents, caregivers and young children can come to take classes and get support. We offer parent and child together classes, parent education classes, parental support, developmental screenings and resources. All of our programs are FREE, for children 0 to 5 years old, their parents and caregivers. Spanish services are available.

**First 5 Center, Monument Community**
1736 Clayton Road, Concord, CA 94520
Telephone …….. (925) 849-8861
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, Richmond**
Telephone …….. (510) 233-5890
3711 – 11th St., Richmond, CA 94801

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, San Pablo**
Telephone …….. (510) 232-5650
2707 Dover Ave., San Pablo, CA 94807
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.

**Hand-to-Hand Collaborative**
13201 San Pablo Ave #105
San Pablo, CA 94806
Telephone …… (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
Parent Support Groups
Telephone …….. (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: Antioch 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. Office hours are Mon. - Fri., from 8:30 AM – 4:30 PM. All of our services are free of charge.

**Monument Impact**
www.monumentimpact.org
Concord …… (925) 682-8248

Monument Impact addresses the complex needs of our constituency by developing our goal as building a vibrant community with a healthy and strong quality of life. We define our mission as one where we actively engage with the Monument Community to provide training and tools in order for people to become economically self-sufficient, healthy and safe, civically engaged, connected to each other, and committed to lifelong learning. Hours of services are Mon – Fri. from 9:00 AM – 5:00 PM. Many of their services are free; however, some classes have fees.
Languages of services: English, Spanish and others

### Monument Crisis Center

Concord …… (925) 825-7751
www.monumentcrisiscenter.org
The Monument Crisis Center is a community based organization that provides assistance to low income people in Central and East Contra Costa County. Services include food distribution, senior outreach, youth enrichment programs, ESL classes, employment workshops and referrals to other service providers. Our new larger, location at 1990 Market Street, Concord has become a more comprehensive and enhanced *Family Resource Center*. Hours of services: Mon. –Thurs. from 9:00 AM-12:00 PM, Tue. 5:00 PM-7:00 PM. No cost.
Languages of services: English and Spanish

### Mother's Club

Lamorinda.....(925) 941-4714
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

www.mtdiabloadulted.org
Telephone …… (925) 685-7340, ext. 6720
Provides parenting classes for families with children of all ages. Offers early childhood parent participation classes for infants to preschool children; parenting classes for infants to preschool children on elementary, middle and high school campuses throughout the Mt. Diablo Unified School District; Saturday workshops for parents and teens: drug and alcohol, teen anger management, a Speakers' Bureau, court referred parenting classes; Family Anger Management classes. Hours of services are 8:00 AM – 4:00 PM. Call the office for specific fees for services.

### Mt. Diablo Peace Center

Telephone …….. (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.

### Parent Educator Program (PEP)

www.chd-prevention.org
Telephone …… (925) 687-8844 x246
Trains parent 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. from 9:00 AM – 2:00 PM.

### REACH Contra Costa County

(Resource Education Advocacy Crisis Intervention Hope)
www.contracostareach.org
Telephone …….. (925) 753-2156
Our mission at REACH Contra Costa County is to strengthen and empower adoptive families, provide adoption information and support, and help parents access adoption resources.

### Rubicon Programs Inc.

www.rubiconprograms.org
2500 Bissell Ave, Richmond, CA 94804
Telephone …… (510) 235-1516

Mental Health Case management services for persons with serious psychiatric disorders, contact (510) 231-3918 to inquire about services and eligibility. Additionally, counseling is available for CalWORKS participants. Please ask your CalWORKS counselor to refer you.

Employment and housing services are available to homeless, underemployed persons and persons seeking re-entry. Contact (510) 412-1725 to inquire about services and eligibility.

Legal services are available for persons seeking Social Security benefits and persons with HIV. Call (510) 232-6611. Hours of services are Mon. – Fri. from 8:30 AM – 5:00 PM. There is no charge for services.

### STAND for Families Free of Violence

www.standffov.org
Telephone …….. (925) 706-8477
We provide a 10-week, free parenting class. Participants will learn nurturing parenting skills; learn how past childhood experiences may still affect them. We cover anger management, domestic abuse, child development and effects of trauma, parent/child relationships, and reproductive health for future life plans. Class times and locations vary. Classes are taught in English and Spanish. Our program is recognized by the CA Court if mandated.

### 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 are available.

### Therapy Group for Adult Men and Women

Telephone …….. (925) 798-9240
Offered through John F. Kennedy University Community Counseling Center in Pleasant Hill. Focusing on communication and interpersonal relationships.

### Welcome Home Baby

www.aspiranet.org
3727 Sunset Lane Ste. 210, Antioch, CA 94509
Telephone ……..…. (925) 753-2156
Fax …… (925) 753-2157
Home visiting services for parents residing in Central and East Contra Costa County who are parenting children under the age of 3. Services include weekly home visits, developmental screening, and 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 prenatal to age three: a two year commitment from family is required for enrollment. Enrollment is restricted to families with infants under the age of 4 months unless family qualifies for Early Head Start Home Visiting.
Hours of service: 8:00 AM - 5:00 PM. Evening and Weekend hours available as needed.
Cost of services: All services are free. Services are in English and Spanish.

## COMMUNITY SERVICES

### 2nd Time Around Grandparents Support Group

Telephone ……... (925) 685-4343
A support group for relative caregivers or grandparents who are raising grandchildren. Meetings are every Wednesday night at the Church of Nazarene in Concord. Free childcare is provided.

### Brighter Beginnings

http://www.brighter-beginnings.org/
Oakland ……... (510) 437-8950
Richmond ……... (510) 236-6990
Antioch …… (925) 757-5303
Toll Free …….. (877) 427-7134
Brighter Beginnings' Early Head Start program (HS) is designed to serve families with children, from 0 to 3 years and expecting families. The goals are to promote positive birth outcomes, enhance child development and promote healthy family relationships. Child Development Parent-Child Educators (PCE) provide early education to families in various settings, including home visits and center-based meetings through parent education and parent-child activities and group socialization. Individualized family plans focus on the specific development needs of the child and the social economic need of the family. This includes connecting families to necessary social and health services and partner organizations. Our hours of services are Mon. - Fri. from 9:00AM – 5:00PM. Our services are free of charge. Spanish services are available.

**Center for Human Development**
www.chd-prevention.org
Telephone ……..... (925) 687-8844
Center for Human Development is a community-based organization offering a spectrum of services for at-risk youth, individuals, families and communities in Contra Costa County. With our dedicated staff and volunteers, we provide wellness and prevention programs aimed at empowering people and promoting positive social growth such as wellness, youth leadership, conflict resolution, parenting skills, and other challenges facing the community.
Location: School and community based
Cost of Services: Most are free or low cost/sliding scale
Languages: English and Spanish

**Child and Family Bond of Early Childhood Mental Health Program**
Telephone ……. (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 are available.

**Child Health and Disability Prevention Program**
(CHDP)
www.cchealth.org
Telephone ……... (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.

**Delta 2000**
Telephone ……... (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.

**EMQ Families First: Kinship Care Program**
www.emqff.org
Telephone ……... (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/respite, 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 are also available.

**First Baptist Church: Social Services**
Telephone ……... (925) 473-2018
Services provided: emergency food, clothing, emergency shelter, referrals, problem solving, and tax preparation. Services are available to Pittsburg and Bay Point area residents. Services are free.

### George Miller Center
Concord ..... (925) 646-5710
Richmond..... (510) 374-3981
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 are available.

### Infant Home Visiting
(Early Childhood Mental Health Program)
Telephone …….. (510) 412-9200
Weekly home visiting by infant parent therapists to families of infants who are at risk of emotional disturbance, abuse, or neglect, including crisis response. Spanish services are available.

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

### Prenatal Care Guidance Program (PCG)
Telephone ……. (925) 313-6261
Serves low-income, Medi-Cal eligible pregnant women. Short-term intervention 3 visits. Home visits are provided by Community Health Workers Specialists. Provides assistance in applying for Medi-Cal or other related programs, aid in finding a health care provider, referrals to other programs, and in-home health education.

### Public Health Clinic Services
http://cchealth.org/clinics/
Telephone ……... (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.

### Rubicon Programs, Inc.
www.rubiconprograms.org
Telephone ……... (925) 400-9901
Rubicon's Programs' Economic Empowerment division has distinguished itself over the past three decades as a premier provider of employment, housing and other support services to East Bay residents. Our hours of Services are Mon., - Fri., from 8:30 AM – 5:00 P.M. There is no cost for services.

### SPARKPOINT Community Career Center
Bay Point …….. (925) 252-2300
Richmond …… (510) 779-3200
SparkPoint is a one-stop financial empowerment center. We provide financial coaching, career development, credit improvement, consumer law information, tax preparation, health care enrollment, and job training. Our hours of services are Mon. – Fri., from 8:00 AM – 5:00 PM. Our services are free. We provide services in English and Spanish.

## SERVICES FOR BEREAVED PARENTS

### California Sudden Infant Death Syndrome (SIDS)
www.californiasids.com
Calls within California.....(800) 369-SIDS
Calls from outside California .....(916) 851-7437
Support and referral services, public awareness and education, Training and consultation, current research information. Services are free. Services are available in English and available in other languages.

## SERVICES FOR DIVORCED FAMILIES

### Community Counseling Center
**John F. Kennedy University**
Telephone ..... (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
Telephone ..... (415) 777-9977
Educational workshops in multiple Bay Area locations for families going through separation or divorce. This program provides a safe place for children to discuss their thoughts and feelings and gives them tools to cope with the challenges in their families. Parents learn to understand the child's perspective so they can support their children, successfully co-parent and reduce family conflict. Sliding scale fees.

### Through The Looking Glass
www.lookingglass.org
Telephone ..... (800) 644-2666
TYY ..... (800) 804-1616
Telephone ..... (510) 848-1112
An infant mental health and family support program that serves families and their medically at-risk or disabled babies and children, as well as the families, babies and children of a disabled parent. Services to families include support groups, referrals through the Regional Center for home-based infant mental health and family therapy services, and developmental services. Also the National Resource Center for Parents with Disabilities. Provides information and referrals, advocacy (custody), publications, research, parent to parent network and phone consultations. Free to RCEB eligible. Spanish services are available.

# SPECIAL NEEDS

## ADVOCACY, SUPPORT AND REFERRAL SERVICES

### Blind Babies Foundation

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 are available in Spanish.

### CARE Parent Network

www.contracostaarc.com
Telephone ..... (925) 313-0999
or ..... (800) 281-3023
Support for families of children ages 0-22 with developmental disabilities, developmental delays, and special health-care needs. Provides support for Individual Education Plans, Individual Transition Plans, Individual Placement Plans, community resources and integration of support services. Offers emotional support in the form of one-to-one support, mentor support, and support groups. Services are free. Spanish services are available.

### CocoKids

www.cocokids.org
Central ..... (925) 676-KIDS
East ..... (925) 778-KIDS
West ..... (510) 758-5439
Parent education and support, including classes, a warm line and resources on choosing quality child care, child development, health, nutrition and safety. Child care subsidies for eligible low income families.

### Deaf Counseling, Advocacy & Referral Agency (CDARA)

www.dcara.org
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.

### Down Syndrome Connection

www.downsyndromeconnection.org
Telephone ..... (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

1850 Gateway Blvd., Ste. 120
Concord, CA 94520
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. Caregiver Registry. Services are free.

### LEAP (Literacy for Every Adult Program)

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

### Paws With A Cause

www.pawswithacause.org
National Headquarters ……..... (800) 253-7297
Telephone …….. (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.

### Planned Parenthood Shasta Pacific

www.pp-sp.org
Telephone …….. (925) 887-5327
Sexuality Education for People with Developmental Disabilities; Sexual Safety Curriculum, Parent-with-Child Workshops, Talks for Parents Only about Talking to Their Kids about Sex and Sexuality, Staff/caregiver training, individual consultations. Cost for services is on a sliding scale. Some presentations in Spanish are available. Arrange classes or other presentations by calling (925) 887-5327.

### Putnam Clubhouse

www.putnamclubhouse.org
Telephone …….. (925) 691-4276
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. Hours of services are Mon. – Fri., - from 9:00 AM – 5:00 PM, Wed. from 4:00 PM – 7:00 PM and Fri., from 4:00 PM – 7:00 PM. Our services are free of charge and we offer services in English and Spanish.

### Through The Looking Glass

www.lookingglass.org
Telephone …….. (800) 644-2666
TYY …….. (800) 804-1616
Telephone …….. (510) 848-1112

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

## EDUCATION AND TREATMENT SERVICES

### Barbara Milliff Center

(We Care Treatment Center)
http://www.wecarechildren.org/
Telephone ……. (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

http://cchealth.org/fmch/ccs.php
Telephone …….. (925) 313-6100
Diagnostic and medical treatment for children from birth to 21 years of age with serious illness or physically disabling conditions; including case management, and occupational therapy. Our hours are Mon. – Fri., from 8:00 AM – 5:00 PM. The cost of service is client specific. Services are offered in English, Spanish and all languages via an interpreter.

### Center for Early Intervention on Deafness

www.ceid.org
Telephone …….. (510) 848-4800
Intervention program for babies and young children with hearing impairments and /or severe speech and language delays. Infant, toddler and transition classes. Contracts with local school districts. Evening sign language class for families and the public. Sliding scale fees or free with NPS or Regional Center Contract. Scholarships also available .Signing Exact English (SEE) & American Sign Language (ASL).

### Contra Costa County Head Start

www.ccccsd.org
First Baptist Head Start.....(925) 473-2000
Brookside Head Start.....(510) 374-3732
Federal and State funded child development programs for low income children ages birth to 6 years of age, pregnant women, and their families. Comprehensive services include individualized child development, health, nutrition, mental health, disabilities and family services. Low or no cost. Spanish, Vietnamese, Farsi and Arabic services are available.

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

Telephone …….. (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

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

### George Miller Center

Concord .....(925) 646-5710
Richmond.....(510) 374-3981
Early intervention services, center and home-based, for children from birth to 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 are available.

### Lynn Center

Pittsburg …… (925) 439-9628
Lynn Center is an early intervention program serving children birth to 5 years of age with developmental delays or who are at risk for delays in a center based program or in their natural setting. The center also serves children with behavioral issues and assists preschools and day care facilities who have children with challenging behaviors. Sliding scale fee and free services. Spanish services are available.

### San Ramon Valley Unified School District Special Programs

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

### Spectrum Center

www.spectrumschools.com
Telephone …….. (925) 685-9703
A program for children and young adults 5-22 with developmental disabilities and challenging behaviors who are without appropriate public school placement. The program addresses students' needs in the areas of independent living, community integration, recreation, vocational training and functional academics. Speech pathologist, behavior clinicians, and classroom staff.

**Through The Looking Glass**
www.lookingglass.org
Telephone ..... (800) 644-2666
TYY ..... (800) 804-1616
Telephone ..... (510) 848-1112
An infant mental health and family support program that serves families and their medically at-risk or disabled babies and children, as well as the families, babies and children of a disabled parent. Services to families include support groups, referrals through the Regional Center for home-based infant mental health and family therapy services, and developmental services. Also the National Resource Center for Parents with Disabilities. Provides information and referrals, advocacy (custody), publications, research, parent to parent network and phone consultations. Free to RCEB eligible. Spanish services are available.

# GAY AND LESBIAN SERVICES

### Berkeley Free Clinic/Berkeley Community Health

www.berkeleyfreeclinic.org
Telephone ..... (510) 548-2570
or ..... (800) 6-CLINIC
..... (800) 625-4642
Referrals for health, shelter, substance use, counseling, legal issues and other referral agencies offered every day during phone hours. Anonymous or confidential free HIV testing for people12 years and older. Sexually Transmitted Infections (STI) clinic for all genders. Other tests available are; TB testing, Pregnancy testing, and Hepatitis testing. Peer counseling is also available. Phone hours are Mon. – Fri., from 3:00 PM – 9:00 PM, Sat. from 11AM – 2:00 PM and Sun., from 4:00 PM – 7:00 PM. Please leave a voicemail with phone number we will call you back. Services are free (donation based). Services are available in English (and possibly Spanish and Chinese, depending on which volunteers are on shift). Please call at 5:45 PM M,W, Th., Fri to make an appointment for the same evening; or drop in for women, trans, genderqueer, gender nonconforming individuals 11-2PM on Saturdays, and drop in for cisgender men on Sundays 4-7PM.

### Community Counseling Center John F. Kennedy University

Telephone ..... (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.

### Empowerment Program

www.chd-prevention.org
Telephone ..... (925) 753-1004 x 102
Center for Human Development's Empowerment Program offers two weekly youth groups in Antioch and Pittsburg where LGBTQ+ youth (ages 13-19) from East County learn leadership skills to help them flourish in their schools and communities. Activities include a support group, educational workshops, social activities, and field trips. Support is also offered to families. Call for locations, days, and times.

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

www.nclrights.org
Telephone ..... (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 are available in Spanish.

**Gender Spectrum**
www.genderspectrum.org
info@genderspectrum.org
Telephone ..... (877) 809-4159
or ..... (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 9:00am-5:00pm and by appointment or scheduled trainings/consultations, and cost of services. Services are in English and some Spanish.

**The Pacific Center**
Connecting the LGBT Community
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 4:00 PM -10:00 PM.

# SERVICES FOR MULTI-ETHNIC GROUPS

### American Indian Child Resource Center

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

Richmond
Telephone …….. (510) 412-5930
General counseling to families and individuals primarily, but not limited to, the Spanish-speaking community. Some translation, advocacy, referral and crises services. Goal is self-sufficiency. Staff is bi-lingual and bi-cultural. Documented and undocumented residents served. Sliding scale or free fees. Spanish services are available.

### Native American Health Center-Richmond

www.nativehealth.org
Telephone ……. (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: 9:00 AM - 5:00 PM, (some nights and weekends). Services are free and open to all.

### Scotts Valley Tribal TANF

www.svtribaltanf.org
Telephone …….. (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. 9:00 AM – 5:00 PM Monday-Friday Free to qualified Native Americans, English & Spanish languages available, Clients must be low income, live in Contra Costa County, and have a Native American child in the home.

### The Latina Center

www.thelatinacenter.org
3701 Barrett Avenue,
Richmond, CA 94805
(Entrance by parking lot on 38th street)
Telephone …….. (510) 233-8595
Provides skills-based trainings, The Latina Center aims to empower local Latinas to identify important health issues in their community and strengthen their individual capacities to be able to address these health issues. Most of The Latina Center programs are offered in Spanish. We offer the following programs:
1. Mujeres, Salud y Liderazgo/The Latina Community Women's Health Leadership Program (LCWHL)
2. Support Group, Ya Basta! JuntosTerminemos la Violencia Familiar/Enough!Together We Can End Domestic Violence
3. The Young Latinas Leadership and Mentoring Program

4. Financial Empowerment
5. English as a second language – ESL classes
6. Legal Advice, Immigration, Deferred Action
7. Celebrating Recuperation (CR) support group
8. Dance Therapy
9. Club: Crochet or knitting, Jewelry making, sewing class, art
10. “De Casa en Casa” education on different types of Domestic Violence.

# 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 Of The East Bay

http://www.bbbsba.org/
Telephone …….. (415) 503-4050
Telephone …….. (408) 586-0150
Telephone …….. (510) 836-8713
Any child between the ages of 6 – 16 living in one of our five county service areas (Alameda, Contra Costa, San Francisco, San Mateo and Santa Clara Counties) can enroll in one of our mentoring programs. Once matched, children can remain in the program through the age of 18 or until they graduate from High School, whichever comes later. Enrolled children must want to be matched with a Big Brother or Big Sister. We will not enroll a child based solely on the wishes of a parent or guardian. Every enrolled Parent/Child must agree to participate in periodically issued surveys to rate your match experience. These surveys are critical to our agency's ability to raise funds and help us to provide services free of charge to enrolled families.

### Brighter Beginnings - Teen Services

http://www.brighter-beginnings.org/
Oakland.....(510) 437-8950
Richmond.....(510) 236-6990
Pittsburg.....(925) 427-3035
Antioch.....(925) 757-5303
Toll Free.....(877) 427-7134
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 are available in Spanish.

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

Telephone …….. (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 3:00 PM - 4:30 PM. Per-group session fee. Organized through John F. Kennedy University Community Counseling Center.

### Building Blocks for Kids
401 1st Street
Richmond, CA 94801
http://bbk-richmond.org/
Telephone …… (510) 232-5812
Building Blocks for Kids (BBK) is a placed 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
Telephone …… (510) 393-0894
263 So. 20th 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 our office for further information.

### Calli House: Homeless Shelter for Youth
Telephone …….. (510) 236-9612
Telephone …….. (800) 610-9400
845-B Brookside Drive
Richmond, CA 94801

### City of San Pablo Community Services
www.sanpabloca.gov
Telephone …….. (510) 215-3080
Community Services offers recreational classes and programs for ages 3 years and older. We offer programs in art, music, dance, sports and fitness, as well as youth, family and senior services. Our hours are Mon. – Fri., from 7:40 AM – 5:00 PM. English and Spanish services are offered.

### Community Counseling Center John F. Kennedy University
Telephone …….. (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.

### Community Violence Solutions E.C.E. Youth Center (Educate. Connect. Empower)
(510) 815-4528
We offer the following services:

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

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

www.cocoilsp.org
Telephone …….. (925) 957-2404
ILSP provides services to current and former foster youth between the ages of 15.5 to 21. The goal of ILSP is to prepare our young adults for responsible adulthood through the offerings of workshops and individual services. In the areas of Employment, Vocational Training, Education, Housing and overall Well Being. Office hours are 8:30 AM – 5:00 PM and Tues., Wed. evenings until 8:00 PM. We offer services in English; however, we have a limited Spanish Speaking Staff.

### Covenant House

Telephone …….. (510) 379-1010
200 Harrison Street
Oakland, CA 94607
Youth 18 – 24 Crisis Shelter, Case Management, Life Skills, Substance Abuse Workshops, Job Training, Educational Resources, Medical and Psychological Care.

### Crossroads High School

http://crossroads.mdusd.org/
Concord
Telephone …….. (925) 689-6852
We offer the following services:

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

Our office hours are Mon. – Fri., from 8:15 AM – 2:30 PM. Our services are free of charge. Services are in English and some Spanish.

### El Puente

www.elpuenteconcord.org
Telephone …….. (925) 708-0761
or …… (925) 363-9718
Youth programs include afterschool tutoring/mentoring, middle and high school activities, field trips and adventures, leadership and community service for high school students, centered in the Monument Community and Concord. Hours of service will vary, depending on times and programs. There is a cost only for special activities. Service provided in English; however, Spanish is spoken.

### First Place for Youth

Concord
Telephone ……. (925) 771-3100
2702 Clayton Rd Ste. 207
Concord, CA 94519
First Place supports foster youth, ages 18 to 24, at a critical time in their lives when they need to learn to support themselves. We help our young people find safe places to live, get their first jobs, learn to pay their own bills, and learn to become responsible adults. Youth receive ongoing support services, including:

- Access to safe, affordable housing
- Intensive, weekly case management
- Individualized education and employment support
- Job development and linked learning opportunities

### 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.

### Four Corners Program

www.chd-prevention.org
Telephone …… (925) 753-1004 x105
301 West 10th 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.

### Friday Night Live

www.chd-prevention.org
Telephone …… (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 underage 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.

### Horizon High School

www.pleasanton.k12.ca.us
Telephone …….. (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.

### Insight School of California

www.insightschools.net
Telephone …… (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: 700 AM –8:00 PM. Enrollment hours. School is 24/7 Spanish enrollment counselors are available

### National STD and AIDS Hotline

English …… (800) 227-8922
Or …… (800) 232-4636
Free Sexually Transmitted Disease information and clinic referrals.

### Project SUCCESS at Center for Human Development

www.chd-prevention.org
Telephone …….. (925) 349-7349

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

### Richmond Rosie's Girls Program

Telephone …….. (510) 236-8349
Telephone ……. (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.org
Telephone …….. (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

### Safe Place for Youth

Telephone …… (800) 718-4357
(Ages 0-17)

### Satori's Circle

www.satoriscircle.com
Telephone …….. (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 9:00 AM – 6:00 PM.

### St. Vincent De Paul Society

www.svdp_cc.org
Telephone …… (925) 439-5060
Emergency Food and Clothing

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

http://cecontracosta.ucdavis.edu/4-H//
Telephone …….. (925) 646-6543
A national youth development program which uses education to help kids achieve their dreams. Program takes place during out of school time. The cost of services is $45.00 per year for accident insurance, plus the cost of project materials. Financial support is available for part of the fees. Language of service depends on those spoken by volunteers. Projects and activities offered vary by the community. Hours of services are Mon. – Thurs., from 8:00 AM – 1:00 PM or by appointment.

### Vision Quest: Educational and Group Programs
Telephone …….. (925) 922-3357
or …….. (925) 231-5556
Provides many different counseling and educational groups for adults, teens, children and families dealing with addiction(s), anger, dysfunctions, etc…and needing a safe place to move beyond the pain and stress of these issues. We offer services in the afternoon and evening hours. The cost of our services varies. You may call for additional information.

### West Contra Costa Unified School District (Families In Transition Program)
http://www.wccusd.net/Page/246
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: Mon. - Fri., from 8:30 AM - 4:30 PM
Cost of services: Free
Languages of services: English/Spanish

### West Contra Costa Youth Service Bureau
www.wccysb.org
Telephone …….. (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: 9:00 AM -5:00 PM

### Youth Continuum Homeless Hotline
Telephone ……. (800) 610-9400

### Youth Development Services
www.cccoe.k12.ca.us
Telephone …….. (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 are available.

# SERVICES FOR SENIORS

### Casa De Vallejo
Telephone …….. (707) 644-7737
1825 Sonoma Blvd.
Vallejo, CA 94590
Rentals for those 62 years and better.

### Cassidy Program (Catholic Charities of the East Bay)
Concord …… (925) 825-3099
Must be 55+ and homeless, marginally housed, or facing eviction. Please call for information and application process.

### Center for Human Development-Elder Mediation Program
www.chd-prevention.org
Telephone …… (925) 687-8844 ext. 250
Mediations held in a location convenient to clients. Mediation is appropriate for conflict within families, between parents and children (of any age) and practically conflict or dispute. Offers an opportunity for clients to arrive at a resolution that has been designed by the clients. Mediation can begin the healing of relationships for better communication. Trained volunteer mediators provide a 3-hour meeting time, as well as the opportunity to return to mediation. 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.

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

# 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. Mon, - Fri., 8:00 AM-5:00 PM. Services are free.

## INPATIENT SUPPORT

### Crysalis-Horizon Services – Oakland, CA

Telephone ……. (510) 450-1190
A month long residential treatment facility for women.

### Discovery House

Telephone ……... (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.

### Ephipany House – San Francisco, CA

Telephone ……... (415) 409-6003
A 6 month, or a year residential treatment facility for women.

### Frederic Ozanam Center

Telephone ……. (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.

### Harbor Light (Salvation Army)

Telephone ……... (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)

Telephone ……. (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
Telephone ..... (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 are available.

### Pueblo Del Sol
Telephone ..... (925) 676-2580
3 to 7-day detox facility. Adults Males. Free to county residents who cannot afford regular fee. Community based, open 7 days a week, 24 hours a day. 90-day treatment for Spanish, as well as 7-day detox services (Non Medical Detox). Sliding scale fees. Spanish services are available. No walking, please call.

### Shamay House – Vallejo, CA
Telephone ..... (707) 644-2577
(Terri Rayford, In-take Coordinator)
A 90-day resident treatment facility for women.

### Sunrise House
Telephone ..... (925) 229-2318
Private 90-day residential or day substance abuse treatment facility. Family support groups on Tuesday nights.

### TLC (The Latin Connection)
Telephone ..... (415) 822-9404
A residential treatment facility for men and women with children. Up to 1-year of treatment services – bi-lingual.

## OUTPATIENT SUPPORT

### Alanon and Alateen
Telephone ..... (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
Telephone ..... (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
Telephone ..... (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
www.contracostaaa.org
Telephone ..... (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
www.baartprograms.com
Outpatient methadone SUBOXONE treatment program. Individual and group counseling. Outpatient primary medical care. Sliding scale fees. Limited Spanish services are available.

### Chance for Freedom – Concord

Telephone ..... (925) 685-7418
Bi-lingual outpatient treatment facility for men and women, and youth adolescent program.

### Central County Multi Service Center – Anka Behavioral

2047 Arnold Industrial Way, Suite A
Concord, CA 94520
Telephone ..... (925) 685-7613
Provides outpatient programs for alcohol and drug abuse. One on one counseling, showers, meals, housing and shelter referrals. Hours are Mon. – Fri., from 8:30 AM – 5:00 PM. Our services are free of charge. Please call for further information.

### Narcotics Anonymous

www.contracostana.org
Concord ..... (925) 685-4357
Hotline ..... (510) 444-4673
12- Step program of recovery from drug addiction. Meetings are throughout northern California. Donations accepted. Some Spanish services are available.

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

Telephone ..... (925) 837-0505
Mental health counseling and substance abuse recovery program for adults and adolescents. Crisis intervention, support groups, parenting classes in the schools. Sliding scale fees.

### Ujima East

www.ujimafamily.org
Telephone ..... (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.

## WOMEN'S RECOVERY

### East County Wollam House

Telephone ..... (925) 427-1384
Substance abuse treatment program for women with children. Please call to check availability.

### La Casa Ujima
Telephone …….. (925) 229-0230
904 Mellus St,
Martinez CA 94553
Ask for Intake coordinator.
Orientation is on Mondays at 11:00 AM **BE ON TIME**!
Orientation can be conducted by phone.
For women with children, and pregnant women or parenting women.

### Orchid Women's Perinatal Substance Abuse Treatment
Oakland ……. (510) 535-0611
We provide substance abuse treatment for women, ages 18 – 64, with or without children under age 6. Treatment consists of Alco/Drug Education, Parenting, Relapse Prevention, Anger Management, Nutrition, and Health Awareness. This is a 6 – 18 month program, also provided space for Mental Health Clients and Parolees. The cost of services is on a sliding scale, up to $350.00.

### Rectory
Telephone ……. (510) 236-3134
Orientations are held on Tuesdays at 1:00 PM. Call for information.

### 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

## MEN'S RECOVERY

### Discovery House Men's Program
Telephone …….. (925) 646-9270
Residential program for men

### DVR Men's Program
Telephone …….. (925) 672-5700
Residential program for men

### J. Cole Recovery Homes, Inc.
www.thecolehouse.org
Telephone …….. (925) 978-2873
A Residential AOD Recovery for Adult Men. Offering a Social Model program with 12 step focus. Early Recovery Skills, Relapse Prevention, Recovery Dynamics, Thinking For A Change, Individual and Group Sessions, Process Group, Life Skills, Social Skills UA Testing, Employment Prep, Referrals, Wrap Around Services. We offer 24-hour services. The cost of services is $2,500.00 per 30-day episode.

### Sunrise Men's Program
Telephone ……. (925) 229-2318
Residential program for men

## DUAL DIAGNOSIS PROGRAMS

*(For women and men)*

### Nierika House

Telephone …….. (925) 676-9768
Must be referred by a psychiatric hospital or a case manager. Referral forms can be obtained from Nierika House. This is a 14 day stabilization program for severely persistently mentally ill adults.

# AFFORDABLE HOUSING AND SHELTERS

## HOUSING AUTHORITIES

**City of Pittsburg Housing Authority (not with Contra Costa County Housing)**
916 Cumberland St.
Pittsburg, CA 94565
Telephone ..... (925) 252-4830

**City of Richmond Housing Authority (not with Contra Costa Housing)**
330 24th Street
Richmond, CA 94804
Telephone ..... (510) 621-1300

**Contra Costa Housing Authority**
2870 Howe Rd
Martinez, CA94553
Telephone ..... (925) 957-8000
Section 8 ..... (925) 957-8050

## PUBLIC HOUSING

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

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

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

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

## HOUSING ASSISTANCE

### Community Housing Development Corp.
1535-A 3rd St.
Richmond, CA 94801
Telephone …….. (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: Mon. –Fri., 9:00 AM - 5:00 PM.

### My Destiny Transitional Living Services
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
Telephone …….. (510) 237- 6459
Assists with homeownership counseling, financial literacy training, affordable rentals, foreclosure prevention counseling, community organizing and neighborhood development. Please call for further information.

### Saffron Strand, Inc.
www.saffronstrand.org
Telephone …… (510) 778-9492
Telephone …… (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 9:00 AM – 4:00 PM.

## EMERGENCY SHELTERS

### Appian House
Telephone …….. (800) 610-9400
Transitional housing youth 18-21 years old
Located in El Sobrante, CA

### Bay Area Rescue Mission- Women's Family Center
Telephone …….. (510) 215-4860
224 MacDonald Ave
Richmond, CA 94801

### Bay Area Rescue Mission – Men's Shelter
Telephone …… (510) 215-4860
200 MacDonald Ave.
Richmond, CA 94801

**Brookside Shelter**
Telephone ..... (800) 799-6599
847 C Brookside Drive
Richmond, CA 94801
Provides emergency shelter for single men, single women, and single, pregnant women 18+.

**Cassidy Program (Catholic Charities of the East Bay)**
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**
Telephone ..... (925) 957-2417

**Contra Costa Interfaith Housing**
Telephone ..... (925) 944-2244
Fax ..... (925) 944-2248
www.ccinterfaithhousing.org
399 Taylor Blvd #115, Pleasant Hill, Ca. 94523
The mission of CCIH is to provide permanent affordable housing and vital support services to homeless and at risk families and individuals in Contra Costa County. We provide services in English and Spanish.

**FESCO- The Family Shelter**
Telephone ..... (510) 581-3223
Shelter Intake
22671 Third Street
Hayward, CA 94541

**GRIP (Greater Richmond Interfaith Program) Family Housing Program**
Telephone ..... (510) 233-2141
165 22nd Street
Richmond, CA 94801

**Heather House**
www.heatherhouse.org
Shelter ..... (707) 427-8566
724 Ohio Street
Fairfield, CA 94533
A 60 day shelter program. Client must be able to work. No single males. Men with children are ok. We offer food, shelter, resources and case management. Call daily at 7:30 AM for availability, (first come, first served). Our services are free.

**Homeless Shelter Directory**
www.homelessshelterdirectory.org

**Love-A-Child Missions**
Telephone ..... (925) 458-5663
2279 Willow Pass Road Bay Point, CA 94565

**Mission Solano Rescue Mission**
Telephone ..... (707) 422-1011
740 Travis Blvd.
Fairfield, CA 94533

**Nierika House**
Telephone ..... (925) 676-9768
1959 Solano Way
Concord, CA 94522

**Phoenix Center**
Telephone ..... (925) 680-0222
1470 Civic Court Suite 110
Concord, CA 94519

**Shelter Intake Line for CCC Shelter Intake for single adults only**
Telephone ..... (800) 799-6599

**Shelter Plus Program**
Telephone ..... (925) 313-6574
Mental health, substance abuse, AIDS, or chronic physical disabilities, and their families.

**Shepard's Gate**
Telephone ..... (888) 216-4776
Telephone ..... (925) 308-7507
605 Sycamore Ave.
Brentwood, CA 94513

**Winter Nights Program**
Interfaith Council of Contra Costa County
Telephone ..... (925) 933-6030
Local churches that provide shelter and food for homeless families only from October-May ONLY for central and east county residents only.

## HOUSING ADVOCACY

**Bay Area Legal Aid**
http://baylegal.org/
Telephone ..... (510) 663-4755
Telephone ..... (800) 551-5554

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

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

## HOUSING REFFERALS

**Mercy Housing California**
www.mercyhousing.org
Telephone ..... (415) 355-7100
1360 Mission St., Suite 300
San Francisco, CA 94103
Affordable rental units in Contra Costa County.

**Affordable Housing Portal**
www.affordablehousingportal.org
111 Affordable Rental sites, many below market rate.

**Bridge Housing**
www.bridgehousing.com
Telephone ..... (415) 989-1111

Housing Listings …… (415) 267-7673
600 California St. Suite 900
San Francisco, CA 94108

Affordable housing hotline.

### Eden Housing
www.edenhousing.org
Telephone …….. (510) 247-8141
22645 Grand Street
Hayward, CA 94541
Low income rental resources in the East Bay.

### Monterey Pines Apartments
www.epmi-co.com
Telephone …….. (510) 233-4387
or …….. (510) 215-1926
Case management, resident resources, food pantry, after school program, referral services, BTOP Computer Training materials. Office hours are Mon. – Fri., from 9:00 AM – 5:00 PM. There is no charge for our services.

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

### Shelter Inc. Prevention Program
Telephone ……. (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)*

**Multi-Service Centers:**

### (Anka Behavioral)Central County
Telephone …….. (925) 685-7613
1121 Detroit Ave.
Concord, CA 94520

### East County
Telephone …….. (925) 778-3750
1404 West 4th Street
Antioch, CA 94509

### West County
Telephone ……. (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 4th Monday each month

### Food Bank of Contra Costa and Solano
www.foodbankccs.org
(925) 676-7543
Free food assistance for low income individuals, children, families & seniors, including grocery& fresh produce. Distribution in local communities throughout Contra Costa County. Calfresh (Food Stamp) application assistance. Hours Vary-Call Food Bank or go to website for schedule. Services are free.
English & Spanish Services are provided.
Call or visit website to see which programs you may qualify for.

### Martinez & Pacheco Boys & Girls Clubs of the Diablo Valley
1301 Alhambra Ave, Martinez
10:00 AM – 12:00 PM 1st Monday each month

### Monument Crisis Center
www.monumentcrisiscenter.org
(925) 825-7751
Monument Crisis Center serves low income families and individuals in Contra Costa County by providing nutritious food, education, general assistance and referrals. Food distribution is Mon. – Thurs., from 9:00 AM – 12:00 PM and Tues. evenings from 5:00 PM – 7:00 PM. There is no charge for our services. Services are provided in English and Spanish (and all other languages – we try to translate as much as possible). Contact the Center for further program details and hours.

**Moraga, Lafayette, Orinda, Rheem Valley, Pleasant Hill, Alamo, San Ramon, Danville**

### St. Paul's Episcopal Church
1924 Trinity Ave., Walnut Creek
10:30 AM – 11:30 AM 4th Monday each month

## EAST COUNTY

**Antioch**

### Veteran's Memorial Hall
401 West 6th St., Antioch
10:00 AM – 12:00 PM 1st Wednesday each month

**Bay Point**

### Ambrose Community Center
3105 Willow Pass Rd., Bay Point
10:00 AM – 12:00 PM 4th Wednesday each month

**Brentwood/Oakley/Bethel Island/Knightsen/Discovery Bay/Byron**

### St. Vincent de Paul of Contra Costa
218 Pine St., Brentwood
9:00 AM– 12:00 PM Monday, Wednesday

Must present a picture I.D. and live within the Brentwood/Oakley/Bethel Island/Knightsen/Discovery Bay/Byron areas

**Pittsburg**

### Solomon Temple Missionary Baptist Church

655 California Ave., Pittsburg
10:00 AM – 12:00 PM 1st Tuesday each month
Produce distribution every 2nd & 4th Thurs. of the month from 5:00 PM – 6:00 PM

**FBC Community Outreach**

224 Linda Vista
Pittsburg
Telephone …… (925) 473-2018
10:00 AM – 12:00 PM 1st or 3rd Thursdays each month

## WEST COUNTY

**Crockett, Hercules, Port Costa, Rodeo**

### Bayo Vista Child Care Ctr.

2 California St., Rodeo
10:00 AM– 12:00 PM 2nd Tuesday each month

**El Cerrito, Kensington, Richmond**

### Southside Church of Christ

1501 Florida Ave., Richmond
10:00 AM – 12:00 PM 4th Tuesday each month

**El Sobrante, Pinole**

### The Salvation Army

4600 Appian Way, El Sobrante
Telephone …… (510) 262-0582
1PM – 4 PM Monday and Thursday. Required to make an appointment.

**North Richmond**

### Shields-Reid Center

1410 Kelsey St., Richmond
10:00 AM – 12:00 PM 4th Tuesday each month

**San Pablo**

### Davis Park Community Ctr.

1651 Folsom Ave., San Pablo
10:00 AM – 12:00 PM 3rd Monday each month

# CENTRAL COUNTY FAITH BASED ORGANIZATIONS

### Christ the King Church
Telephone …….. (925) 682-2486
Assist the needy on a person-to-person basis. Emergency food, clothing and other services are provided Monday to Friday from 3-5pm. If you are in need or know of anyone who is in need, please call the parish.
.

### Hillside Covenant Church
Telephone ……. (925) 934-1110
Congregation works in conjunction with Contra Costa Interfaith Coalition. Offers food boxes to families once a month. Our hours are Mon. – Fri. 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
Telephone ……. (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 every 60 days (2 months); for those living within parish boundaries. For information call (925) 609-5944.

### Salvation Army
3950 Clayton Road,
Concord, CA 94521
Central County (Concord) ……. (925) 676-6180
East County (Antioch) …….. (925) 778-0808
El Sobrante/Richmond …….. (510) 262-0582
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.

### Tabernacle Baptist Church
4380 Concord Blvd., Concord, CA 94521
Telephone …….. (925) 685-5505
Provides family, marriage and individual counseling by appointment. 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

### First A.M.E. Community Church
Bay Point
Telephone …….. (925) 676-8356
Provides free breakfast program

### Golden Hills Community Church & Counseling Center
2401 Shady Willow Lane
Brentwood, CA 94513
Telephone ……. (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) 809-1888 ext.7162 for appointments. Golden Hills Community Church offers youth groups & teen support. 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
Telephone ……. (925) 522-2017
www.gbfofantioch.org
Offers youth services such as; GYM Ministry held on 1st and 3rd Wednesday of every month at 7:00 PM and youth fellowship. Benevolence fund is also available. Meals are served at the church; van pick up is available, telephone (925) 522-2017. Grace Closet are available at 3109 Lone Tree Way, Antioch Ca 94509, Wednesday from 4-6pm. Requirement are ID and proof of income. Recovering program for adults called "Overcomes" on Thursdays 7pm at 3415 Oakley Road, Antioch CA 94509.For more information regarding any of the above services, please call.

### Holy Rosary Church
www.holyrosaryca.org
Antioch ……. (925) 757-4020
Groceries give away Tue., Wed., and Thurs. from 9:00 AM-10:00 AM @ 21 E. 15th St. Antioch, CA 94509 (**Must be resident of Antioch and provide ID and proof of residence**). 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) 757-4020. Services are offered in English and Spanish.

### Kings Chapel
Telephone ……. (925) 756-7315
Counseling Service offered by the pastor. Counseling offered to members and non-members. This is a county wide service.

### Pittsburg Baptist Church
2586 Willow Pass Road
Bay point, CA 94565
Telephone …….. (925) 458-0621
www.pittsburgbaptistchurch.com
Provides counseling by appointment only.
Breads and pastries available on Thursdays at 2:00pm

**Solomon Temple Missionary Baptist Church**
655 California Ave.
Pittsburg, CA 94565
Telephone …….. (925) 439-5905
Clothing and food distributed every 1st Tuesday of the month from 10:00 AM -12:00 PM. Produce distribution every 2nd and 4th Thursday of the month from 4:00 PM – 5:00 PM. For more information regarding any of the above services, please call.

**St. Peter Martyr Church**
740 Black Diamond
Pittsburg, CA 94565
Telephone …….. (925) 432-4771
Provides counseling by appointment. Offers youth services such as: youth groups, teen support. Family support related classes occasionally offered. Food bags available every other Friday from 1:00 PM – 2:00 PM. For more information regarding any of the above services, please call.

**The Salvation Army Church**
620 Tregallas Rd.
Antioch, CA 94509
Telephone …….. (925) 778-0808
Provides emergency food on Tues., Thurs. and Fri., from 9:30 AM -11:30 AM by appointment. Please call for more information. Emergency energy assistance programs are Mon. – Fri., from 9:30 AM -11:30 AM by appointment only. Offers many children and youth programs. Our Try-Club afterschool homework club meets Mon. – Fri., from 3:00 PM – 6:00 PM. There is a weekly fee for this program. Our worship services are Sun., from 11:00 AM – 12:30 PM.

# WEST COUNTY FAITH BASED ORGANIZATIONS

### First Presbyterian Church
3415 Barrett Avenue,
Richmond, CA 94805
Telephone ……. (510) 234-0954
Deacon food pantry every Friday from 10:00 AM - 12:00 PM (first come first serve). Participants can come once a month. We have a Saturday evening service in Spanish at 6:30 PM. Sunday services are conducted in English (10:30 AM) Mandarin (3:30 PM) and Portuguese (6:30 PM). Our services are free of charge. For information regarding any of our programs and services please call (510) 234-0954. Our office staff is English only.

### Grace Lutheran Church ELCA
2369 Barrett Avenue,
Richmond, CA 94804
Telephone ……. (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 Richmond Interfaith Program (GRIP)
165 - 22nd Street,
Richmond, CA 94801
Telephone ……... (510) 233-2141
Souper Center offers noontime lunch 7 days per week, from 11:30 AM - 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 April1st. 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
Telephone ……. (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
Telephone ……... (510) 799-3171
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.

## ORGANIZATIONS ADDED AS OF JANUARY 2017

### The Unity Council – Cesar Chavez Head Start

1187 Meadow Lane
Concord, CA 94520
www.unitycouncil.org
Telephone …….. (925) 798-1900
Our program provides individualized early learning experiences, comprehensive family services, and opportunities for family and community participation. We offer prenatal services, a home visiting program, as well as Early Head Start and Head Start center based programs.
Hours of services are 8:00 AM – 5:00 PM
Languages Spoken; Spanish, English, Arabic and Berber
Our services are free of charge.

### Project Second Chance Adult Literacy Program

www.ccclib.org/psc
1750 Oak Park Blvd.
Pleasant Hill, CA 94523
Telephone …….. (925) 927-3250
Project Second Chance (PSC), the Contra Costa County Library's adult literacy program, offers free, confidential, one-on-one instruction in reading, writing, and spelling to adults who read or write below the 6th grade level. While many PSC students are native English speakers, many others are non-native English speakers who can benefit from tutoring sessions that are conducted in English. Our hours of services are Mon. – Fri. from 8:30 AM – 5:00 PM.; evening hours by appointment. Our services are free of charge.

### Senior Peer Counseling – Contra Costa County

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

### Sweet Beginnings Adoptions

www.thinkingaboutadoption.net
Telephone …… (925) 408-7699
Open adoption education and support services for women who are pregnant and considering adoption options – not a Crisis Pregnancy Center. Hours of service – by appointment only. Services are provided in English and Spanish. Our services are free of charge.

### Sweet Beginnings Women's Resource Center

www.sweetbeginningswomensresourcecenter.org
Telephone …….. (925) 408-7699
Services to women parenting children under 5 years, parenting classes Services are provided in English and Spanish. Our services are free of charge.

# INDEX BY AGENCY NAME


211 ..... 27
2nd Time Around Grandparents Support Group ..... 34
A Safe Place ..... 10
A Step Forward, Inc. ..... 25
Adult Protective Services (Elder Abuse) ..... 9
Affordable Aid ..... 21
Affordable Housing Portal ..... 62
AIDS Project of the East Bay ..... 15
Alameda-Contra Costa Medical Association ..... 11
Alanon and Alateen ..... 55
Alcohol and Drug Abuse Council of Contra Costa County ..... 55
Alcohol and Drug Addiction Program Kaiser Hospital ..... 55
Alcoholics Anonymous ..... 55
Ambrose Community Center ..... 64
American Indian Child Resource Center ..... 45
American Red Cross of the Bay Area ..... 8
AMF Food Closet ..... 8
Appian House ..... 60
Asian Communities Mental Health Services ..... 16
Aspiranet, Welcome Home Baby ..... 35
Barbara Milliff Center ..... 29, 40
Bay Area Addiction Research and Treatment ..... 56
Bay Area Crisis Nursery ..... 27
Bay Area Legal Aid ..... 21, 62
Bay Area Rescue Mission- Men's Shelter ..... 60
Bay Area Rescue Mission ..... 8
Bay Area Rescue Mission - Women's Family Center ..... 60
Bay Point Works ..... 29
Bayo Vista Child Care Center ..... 65
Berkeley Free Clinic: Berkeley Community Health ..... 43
Big Brothers/Big Sisters ..... 47
Birthright ..... 13
Blind Babies Foundation ..... 38
Boy's Group/Community Counseling Center JFK University ..... 47
Boys & Girls Club of Martinez/Pacheco ..... 64
Bridge Housing ..... 62
Brighter Beginnings Teen Services ..... 47
Brighter Beginnings ..... 13, 34
Brookside Shelter ..... 61
Building Blocks for Kids ..... 48
Building Futures ..... 48
California Children's Services ..... 40
California Sudden Infant Death Syndrome (SIDS) ..... 37
Calli House: Homeless Shelter for Youth ..... 48
Cal-Works Recipients ..... 64
CARE Parent Network ..... 38
Casa de Vallejo ..... 53
Cassidy Program (Catholic Charities of the East Bay) ..... 53, 61
Catholic Charities CARE Collaborative for Emancipated Foster Youth ..... 61
Catholic Charities ..... 62
Center for Child Protection at Children's Hospital Oakland ..... 25
Center for Early Intervention on Deafness ..... 40
Center For Human Development ..... 35
Center for Human Development-Elder Mediation Program ..... 53
Center for Human Development-Mediation & Conflict Resolution Programs ..... 21
Central County Multi Services Center-Anka ..... 56
Chance for Freedom- Concord ..... 56
Child Abuse Prevention Council of Contra Costa County, Inc. (CAPC) ..... 25

Child and Family Bond of Early Childhood Mental Health Program ..... 29,35
Child Health & Disability Program (CHDP) ..... 11
Child Health and Disability Prevention Program ..... 29,35
Children and Family Services (CFS) ..... 7,26
Children's Hospital Teen Clinic ..... 11
Children's Interview Center of Contra Costa County ..... 21
Christ the King Church ..... 66
Church of the Nazarene - Concord ..... 64
Circle of Care ..... 18
City of North Richmond Public Housing ..... 59
City of Oakley Public Housing ..... 59
City of Pittsburg Housing Authority (not with Contra Costa County Housing) ..... 59
City of Pittsburg Public Housing ..... 59
City of Richmond Housing Authority (not with Contra Costa Housing) ..... 59
City of Rodeo Public Housing ..... 59
City of San Pablo Community Services ..... 48
CocoKids ..... 24,30,38
Community Clinic Consortium ..... 12
Community Counseling Center JFK University ..... 18,37,43,48
Community Health for Asian Americans (CHAA) ..... 16
Community Housing Development Corp. ..... 60
Community Violence Solutions (CVS) ..... 18, 21, 26
Community Violence Solutions E.C.E. Youth Center ..... 48
Concord Public Health Immunization Clinic ..... 13
Contra Costa County Access Unit ..... 54
Contra Costa County Children and Family Services Independent Living Skills Program (ILSP) ..... 49
Contra Costa County Department of Child Support Services ..... 21
Contra Costa County Department of Employment and Human Services, Child and Families Division ..... 8
Contra Costa County East County Adult and Senior Services ..... 53
Contra Costa County Head Start ..... 40
Contra Costa County Health Services Dept.: Teenage Pregnanct Prevention Program (T.P.P.) ..... 12
Contra Costa County HIV/AIDS Program ..... 15
Contra Costa County Housing Authority Section 8 ..... 60
Contra Costa County Immunization Clinic Hotline ..... 15
Contra Costa County Office of Education: Special Education Services ..... 40
Contra Costa County Office of Emergency Services ..... 8
Contra Costa Crisis Center ..... 9,27
Contra Costa Dental Society ..... 12
Contra Costa Health Services Breastfeeding Warmline ..... 30
Contra Costa Health Services ..... 14
Contra Costa Housing Authority ..... 9
Contra Costa Interfaith Housing ..... 61
Contra Costa Regional Medical Center Psychiatric Emergency Services ..... 16
Contra Costa Regional Medical Center Dental Society ..... 12
Contra Costa Selpa ..... 41
C.O.P.E. Family Support Services ..... 29
Court Appointed Special Advocates (CASA) ..... 22
Covenant House ..... 49
Crockett Counseling Center ..... 19
Crossroads High School ..... 49
Crysalis-Horizen Services- Oakland ..... 54
Davis Park Community Center ..... 65
Deaf Counseling, Advocacy & Referral Agency (CDARA) ..... 38
Delta 2000 ..... 35
Diablo Valley Counseling Center ..... 19
Discovery Counseling Center ..... 19

Discovery House Men's Program ..... 57
Discovery House ..... 54
Divorce Center of California ..... 22
Domestic Violence Education and Screening Project (D.O.V.E.S Project) ..... 26
Down Syndrome Connection ..... 38
DVR Men's Program ..... 57
Early Childhood Mental Health Program ..... 17, 26
East County Wollam House ..... 56
Eden Housing ..... 63
El Puente ..... 49
Empowerment Program ..... 43
EMQ Families First Kinship Care Program ..... 30,35
Epiphany House- San Francisco ..... 54
Familias Unidas ..... 45
Family Justice Center ..... 22
Family Law Alternative Resolution Program ..... 22
Family, Maternal and Child Health Line ..... 12
FBC Community Outreach ..... 65
FERST Multi Service Centers ..... 63
FESCO- The Family Shelter ..... 61
First 5 Center, Antioch ..... 30
First 5 Center, Bay Point ..... 30
First 5 Center, Delta ..... 30
First 5 Center, Monument Community ..... 31
First Baptist Church: Social Services ..... 35
First Five Center Richmond ..... 31
First Five Center San Pablo ..... 31
First Place for Youth ..... 49
First Presbyterian Church ..... 69
Food Bank of Contra Costa and Solano ..... 64
Foster Youth Services at Mount Diablo Unified School District ..... 50
Four Corners Program ..... 50
Frederic Ozanam Center ..... 54
Friday Night Live ..... 50
Gay and Lesbian Switchboard of the National ..... 43
Gender Spectrum ..... 44
George Miller Centers ..... 36, 41
Golden Hills Community Church and Counseling ..... 67
Grace Bible Fellowship of Antioch ..... 67
Grace Lutheran Church ELCA ..... 69
Greater Richmond Interfaith Program (GRIP) ..... 9, 69
GRIP (Greater Richmond Interfaith Program) Family Housing Program ..... 61
Hand-to-Hand Collaborative ..... 31
Harbor House (Salvation Army) ..... 54
Harbor Light (Salvation Army) ..... 54
Heather House ..... 61
Hillside Covenant Church ..... 66
Holy Rosary Church ..... 67
Home Energy Assistance Program (HEAP) ..... 8
Homeless Shelter Directory ..... 61
Horizon High School ..... 50
Hospice of East Bay ..... 13
Independent Living Resource ..... 38
Independent Living Skills Program (ILSP) ..... 50
Infant Home Visiting ..... 36
Insight School of California ..... 50
J. Cole Recovery Homes Inc. ..... 57
Jewish Family and Children Services of the East Bay ..... 19
John Muir Behavioral Health Center ..... 17
John Muir Health ..... 13, 31
Just Ask Program, Delta Community Services, Inc. ..... 9
Kaiser Permanente: Health Education Department ..... 31
Kaiser: Hospice Walnut Creek/Martinez ..... 12

Kids' Turn ..... 37
Kings Chapel ..... 67
La Casa Ujima ..... 57
La Cheim's Therapeutic Behavioral Services ..... 17
Latina Center ..... 45
Lawyer Referral Service - Contra Costa Bar Association ..... 22
LEAP (Literacy for Every Adult Project) ..... 39
Legal Services for Children ..... 23
Loaves & Fishes of Contra Costa ..... 9
Love-A-Child Missions Homeless Recovery Shelter ..... 10
Love-A-Child Missions ..... 61
Lutheran Social Services ..... 27
Lynn Center ..... 41
Mental Health Consumer Concerns, Inc. Patients' Rights and Advocacy ..... 17
Mercy Housing California ..... 62
Mission Solano Rescue Mission ..... 61
Monterey Pines Apartments ..... 63
Monument Impact ..... 31
Monument Crisis Center ..... 32,64
Mother's Club ..... 32
Mt. Diablo Adult Education Parent Education Program ..... 32
Mt. Diablo Peace Center ..... 32
Mujeras De Cambio ..... 26
My Destiny Transitional Living Services ..... 60
Narcotics Anonymous ..... 56
National Alliance for the Mentally Ill of Contra Costa County (NAMI) ..... 17
National Center For Youth Law ..... 23
National STD and AIDS Hotline ..... 15, 50
Native American Health Center-Richmond ..... 45
Neighborhood House ..... 55
Neighborhood Housing Services of the East Bay ..... 60
Nierika House ..... 58,61
Northern California Family Center ..... 10
Nurture Center Store ..... 13
Online Legal Assistance ..... 23
Options for Women of California ..... 14
Opportunity Junction ..... 36
Orchid Women's Perinatal Substance Abuse Treatment ..... 57
Orinda Psychology Group ..... 19
Pacific Center ..... 44
Pacific Community Services ..... 62
Parent Educator Program (PEP) ..... 33
Paws With A Cause ..... 39
Phoenix Center ..... 62
Phoenix Enterprises ..... 17
Pittsburg Baptist Church ..... 67
Planned Parenthood Shasta Pacific ..... 39
Planned Parenthood: Shasta Diablo ..... 13
Prenatal Care Guidance Program (PCG) ..... 36
Project SUCCESS at Center for Human Development ..... 50
Public Defender of Contra Costa County ..... 23
Public Health Clinic Services ..... 36
Public Health Services of Contra Costa County ..... 12
Pueblo del Sol ..... 55
Putnam Club House ..... 39
Queen of All Saints Church ..... 66
REACH Contra Costa County ..... 33
REACH Project Inc. ..... 19
Rectory ..... 57
Richmond Rosie's Girls Program ..... 51
Rubicon Legal Services (formally The Hawkins Center) ..... 23
Rubicon Programs Inc. ..... 17,33,36
RYSE Center (Anger Management) ..... 51

Safe Families for Children ..... 27
Safe Place for Youth ..... 51
Saffron Strand, Inc. ..... 60
Salvation Army Church ..... 66,68
Salvation Army ..... 10,65,68
San Ramon Valley Discovery Counseling Center, Inc. ..... 56
San Ramon Valley Unified School District Special Programs ..... 41
Satori's Circle ..... 51
Scotts Valley Tribal TANF ..... 45
Season of Sharing ..... 63
Shamay House- Vallejo ..... 55
SHELTER Inc. of Contra Costa County ..... 10
Shelter Inc. Prevention Program ..... 63
Shelter Intake Line CCC Shelter Intake for single adults only ..... 62
Shelter Plus Program ..... 62
Shepard's Gate ..... 62
Shields-Reid Center ..... 65
Solomon Temple Missionary Baptist Church ..... 65,68
Southside Church of Christ ..... 65
SparkPoint Community Career Center ..... 36
Spectrum Center ..... 41
St. Paul's Episcopal Church ..... 64
St. Peter Martyr Church ..... 68
St. Vincent De Paul Society ..... 51
St. Vincent of Paul of Contra Costa ..... 64
STAND! For Families Free of Violence ..... 33
Strengthening Family Ties at the Center for Human Development ..... 33
Sunrise House ..... 55
Sunrise Men's Program ..... 57
Sutter Delta Medical Center; Women's Healh Center ..... 14
Tabernacle Baptist Church ..... 66
TALK Line Family Support Center ..... 28
Therapy Group for Adult Men and Women ..... 33
Through The Looking Glass ..... 37, 39,42
TLC (The Latin Connection) ..... 55
Touchstone Counseling Services ..... 20
Tri-City Health Center ..... 15
Trustline ..... 24
Ujima East ..... 56
Ujima West ..... 57
Unity Church of Richmond ..... 69
University of California Cooperative Extension 4-H Program ..... 51
Valley Bible Church ..... 69
Veteran's Memorial Hall ..... 64
Victim Witness Assistance Program ..... 10
Vision Quest: Educational and Group Programs ..... 52
Welcome Home Baby ..... 34
Wellspring Psychotherapy ..... 18
West Contra Costa Unified School District (Families In Transition Program) ..... 52
West Contra Costa Youth Service Bureau ..... 52
West County Adult Mental Health Services ..... 18
Whole Mind Institue ..... 18
Winter Nights Program ..... 62
Women, Infant & Children (WIC) Program ..... 14
Women's Therapy Center ..... 20
Youth Continuum Homeless Hotline ..... 52
Youth Development Services 52

### Added as of January 2017

The Unity Council – Cesar Chavez Head Start ..... 70
Project Second Chance Adult Literacy Program ..... 70
Senior Peer Counseling – Contra Costa County ..... 70
Sweet Beginnings Adoptions ..... 70
Sweet Beginnings Women's Resource Center ..... 70

# Abuse is 100% preventable!

Please join us in our commitment to ensure every child the happy and safe childhood they deserve. If you would like to support our efforts in providing Surviving Parenthood to the community free of charge, please send your donation directly to the Child Abuse Prevention Council. You will be helping the CAPC to fulfill its mission to promote the safety of children and prevent child abuse and neglect in Contra Costa County by raising community awareness, influencing public policy, educating our community, and providing resources.

## Yes, I would like to make a donation to the Child Abuse Prevention Council.

Name_____

Address_____

City_____ Zip_____

Phone_____

Please make check payable to:

**Child Abuse Prevention Council**
2120 Diamond Blvd., Suite 120
Concord, CA 94520

**(925) 798-0546**

Tax I.D. #68-0046163

**www.capc-coco.org**

**Become a Fan on Facebook**
**Contra Costa Child Abuse Prevention Council**

# NOTES

# NOTES

Child Abuse Prevention Council
of Contra Costa County
2120 Diamond Blvd., Suite 120
Concord, CA  94520
www.capc-coco.org