

# 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 Please inform us of any incorrect, out-of-date, or misleading information.**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 of  
Contra Costa County



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

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

- Obtain more information about child abuse and neglect in Contra Costa County.
- Learn how you can protect your children and what signs to look for in cases of possible abuse or neglect.
- Arrange for a speaker to talk to your community or professional group about preventing and reporting child abuse and neglect.
- Obtain free copies of Surviving Parenthood and a full range of other free, informational handouts and brochures.
- 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.
- **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 1<sup>st</sup> – 6<sup>th</sup> 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 Fleischner 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.

# Table of Contents

<b>INTRODUCTION</b> .....	<b>1</b>
ACKNOWLEDGEMENTS .....	1
SURVIVING PARENTHOOD.....	3
<b>CAPC PROGRAMS</b> .....	<b>4</b>
<b>TABLE OF CONTENTS</b> .....	<b>5</b>
<b>EMERGENCY NUMBERS</b> .....	<b>6</b>
<b>IF YOUR CHILD IS MISSING</b> .....	6
CRISIS NUMBERS .....	7
TO REPORT SUSPECTED CHILD ABUSE .....	7
EMERGENCY SERVICES .....	8
<b>HEALTH SERVICES</b> .....	<b>12</b>
HOSPITALS.....	12
MEDICAL, DENTAL, AND PUBLIC HEALTH SERVICES.....	12
HOSPICE SERVICES.....	14
PRENATAL AND POSTPARTUM SERVICES .....	14
PREGNANCY SERVICES IN CONTRA COSTA COUNTY .....	15
SERVICES FOR AIDS AND HIV POSITIVE PATIENTS.....	17
<b>MENTAL HEALTH SERVICES</b> .....	<b>18</b>
COUNSELING SERVICES .....	21
<b>LEGAL ASSISTANCE AND ADVICE</b> .....	<b>23</b>
<b>CHOOSING CHILD CARE</b> .....	<b>26</b>
CHILD CARE SERVICES .....	26
<b>CHILD ABUSE PREVENTION, INTERVENTION AND TREATMENT SERVICES</b> .....	<b>27</b>
<b>CRISIS SERVICES</b> .....	<b>29</b>
<b>PARENT SUPPORT SERVICES</b> .....	<b>31</b>
HOME VISITING SERVICES .....	31
COMMUNITY SERVICES .....	36
SERVICES FOR BEREAVED PARENTS.....	39
SERVICES FOR DIVORCED FAMILIES.....	39
<b>SPECIAL NEEDS</b> .....	<b>41</b>
ADVOCACY, SUPPORT AND REFERRAL SERVICES .....	41
EDUCATION AND TREATMENT SERVICES .....	43
<b>GAY AND LESBIAN SERVICES</b> .....	<b>45</b>
<b>SERVICES FOR MULTI-ETHNIC GROUPS</b> .....	<b>47</b>
<b>SERVICES FOR YOUTH</b> .....	<b>49</b>
<b>SERVICES FOR SENIORS</b> .....	<b>55</b>
<b>SUBSTANCE ABUSE AND TREATMENT SERVICES</b> .....	<b>56</b>
INPATIENT SUPPORT .....	56
OUTPATIENT SUPPORT .....	57
SUBSTANCE ABUSE TREATMENT FOR PREGNANT AND PARENTING WOMEN .....	58
SUBSTANCE ABUSE TREATMENT FOR MEN.....	59
DUAL DIAGNOSIS PROGRAMS .....	60
<b>HUMAN TRAFFICKING</b> .....	<b>61</b>
<b>AFFORDABLE HOUSING AND SHELTERS</b> .....	<b>62</b>
HOUSING AUTHORITIES .....	62
PUBLIC HOUSING .....	62
HOUSING ASSISTANCE .....	63
EMERGENCY SHELTERS .....	63
HOUSING ADVOCACY .....	65
HOUSING REFFERALS .....	65
FINANCIAL ASSISTANCE FOR HOUSING .....	66
HOMELESS DROP-IN CENTERS .....	66
<b>FOOD ASSISTANCE PROGRAMS</b> .....	<b>67</b>
CENTRAL COUNTY .....	67
EAST COUNTY .....	67
WEST COUNTY .....	68
<b>CENTRAL COUNTY FAITH-BASED ORGANIZATIONS</b> .....	<b>69</b>
<b>EAST COUNTY FAITH-BASED ORGANIZATIONS</b> .....	<b>70</b>
<b>WEST COUNTY FAITH-BASED ORGANIZATIONS</b> .....	<b>72</b>
<b>INDEX BY AGENCY NAME</b> .....	<b>74</b>

# 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 COUNSELING INFORMATION & REFERRAL

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

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

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

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

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

#### Collaborating Agencies

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

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

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

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

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

### 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.

### Adult Protective Services

<http://www.co.contra-costa.ca.us/914/Adult-Protective-Services>

Telephone ..... (877) 839-4347

Telephone ..... (925) 602-4179

Fax ..... (925) 602-4195

Investigates allegations of abuse and neglect of dependent adults and frail elderly. 24-hour response. Services are free.

### American Red Cross of the Bay Area

[www.redcrossbayarea.org](http://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.

### Back on Track Community Services

[www.backontrack-ca.org](http://www.backontrack-ca.org)

Telephone ..... (925) 658-8278

Back on Track Community Services is an organization dedicated to improving the lives of women/children who have been sexually exploited or trafficked. Back on Track Community Services uses harm reduction and peer mentoring to help women and children achieve their goals for a safe and fulfilling life. Back on Track Community Services staff and volunteers provide Vital Life Changing workshops, paralegal services, peer mentoring, support groups, education, and help with accessing community resources, including health, education, housing programs, referral career services and Criminal Record Expungements services.

Hours of services: 8:00 AM – 8:00 PM. Cost of Services:

Sliding fee scale offered to those that qualify. Services are available in English and Spanish.

### Bay Area Rescue Mission

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

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

Martinez (administrative).....(925) 313-1500  
Antioch.....(925) 706-4980  
Brentwood.....(925) 513-3720  
Hercules.....(510) 262-7700  
Martinez.....(925) 313-7987  
Pleasant Hill.....(925) 602-9379  
Richmond.....(510) 412-3000

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

Information on obtaining financial assistance such as Cal WORKS, general assistance, food stamps and Medi-Cal for low-income residents not eligible for other financial aid, refugee programs, protective services, etc. Services are free. Services 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](http://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

## **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.

## **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.

### **“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](http://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](http://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

ACCESS mental health .....	(888) 678-7277
ACCESS substance abuse .....	(800) 846-1652
Appointments/ Advice Line .....	(800) 495-8885
Children's Hospital, Oakland .....	(510) 428-3518
Child Health Screening .....	(800) 495-8885
Contra Costa Regional Medical Center .....	(925) 370-5000
Dental Clinics .....	(925) 370-5300
Doctors Medical Center, Pinole .....	(510) 724-5000
Doctors Hospital, San Pablo .....	(510) 970-5000
John Muir Medical Center, Concord .....	(925) 682-8200
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
Pregnancy Services/ Healthy Start .....	(510) 231-1345
Pittsburg Health Clinic .....	(925) 431-2300
Public Health Clinic Services .....	(510) 231-8555
Richmond Health Clinic .....	(510) 231-1200
Sutter/Delta Medical Center, Antioch .....	(925) 779-7200
Teenage Program (TAP) .....	(510) 231-8660

## 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.

### African American Health Conductors Program

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

West County Health Center

13601 San Pablo Ave., San Pablo, CA 94806

General Info ..... (510) 231-1333

Re-Entry Support Services ..... (510) 231-1334

Pittsburg Health Center

2311 Loveridge Road, Pittsburg, CA 94565

General Info ..... (925) 427-8018

Re-Entry Support Services ..... (510) 231-1334

African American Health Conductors Program is a "Call to Action" to African Americans and the county health care system to address the glaring Reduce Health Disparities within the Contra Costa County Communities. We assist Individuals and Families with applying for medical coverage, refer to community resources such as food, housing and transportation, Prenatal Care Service, Re-Entry Support Service, and Medical Group Visits providing social empowerment and health education. Hours of service: Mon. – Fri., from 8:00 AM – 5:00 PM. Medi-Cal eligible

### Alameda-Contra Costa Medical Association

[www.accma.org](http://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.cccdds.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**

### **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.

### **Kaiser: 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](http://www.HospiceEastBay.org) for more information and bereavement services.

## **PRENATAL AND POSTPARTUM SERVICES**

### **Birthright**

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

24-Hour Hotline .....(800) 550-4900  
Brentwood .....(925) 634-1275  
Concord .....(925) 798-7227

Counseling, pregnancy testing, maternity and baby clothes, referrals to community assistance and medical care. Our services are free and confidential.

### **Brighter Beginnings**

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

Toll Free .....(877) 427-7134  
Antioch .....(925)757-5303  
Oakland.....(510) 437-8950  
Richmond.....(510) 236-6990

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

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

Si Hablamos Español.

### **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.

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

[www.ppsastadiablo.org](http://www.ppsastadiablo.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.

### **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.

### **Options for Women of California**

[www.optionsforwomenca.com](http://www.optionsforwomenca.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](http://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.

## **Sweet Beginnings Adoptions**

[www.thinkingaboutadoption.net](http://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.

## **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**

## 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](http://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 away for inability to pay. Medi-Cal accepted. Sliding scale and some free services.

# MENTAL HEALTH SERVICES

## Asian Communities Mental Health Services

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

Telephone ..... (510) 869-6000

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.

## Center for Recovery and Empowerment (C.O.R.E.)

1160 Brickyard Cove Suite #111, Richmond, CA 94801

Telephone ..... (510) 215- 6009

Our Intensive Outpatient Program addresses substance abuse and addiction along with any underlying co-occurring mental health concerns. We also focus on developing good social and academic habits and strive to help these young people become more like the person they want to be, without using substances to get there. Our services include: Individual and Family Therapy, Adventure Therapy, Onsite Education towards High School or GED completion, Peer Recovery Counseling, Substance Abuse Counseling and Psychiatric Nursing.

Hours of Services: 9:00am - 6:00pm Monday- Friday

Languages Spoken: English and Spanish. Services are free of charge.

## Community Health for Asian Americans (CHAA)

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

Oakland – 1141 Harbor Bay Parkway Alameda, CA 94502

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) 778-1667

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

Telephone ..... (510) 412-9200

200 24th Street (24th & Bissell), Richmond, CA 94804

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](http://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  
wholmind@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](http://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](http://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](http://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.

### **Back on Track Community Services**

Backontrack-ca.org

Telephone ..... (925) 658-8278

“Criminal Record Expungement/Dismissal” is the process of going to court to ask a Judge for a Dismissal of your criminal record. When a “Conviction” is “Dismissed: “You are no longer considered a “Convicted Felon”! Your previous charges will reflect as being “Dismissed”! It is important to remember your “Criminal Record” is not destroyed! State and Federal Officials will have access to “Expunged” court files for certain purposes. Expungements are needed to pass a background check. Hours of services: 8:00 AM – 8:00 PM. Cost of Services: Sliding fee scale offered to those that qualify. Services are available in English and Spanish.

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

Telephone ..... (925) 349-7344

Telephone ..... (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 advice. 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**

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](http://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**

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

Central Center ..... (925) 521-6366  
West Center ..... (510) 974-7200  
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, Korean, Lao, and Thai.

## **Family Law Alternative Resolution Program**

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

## **Legal Services for Children**

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

## **Online Legal Assistance**

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

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

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

## **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](http://www.rubiconprograms.org/legal)

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](http://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](http://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](http://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.

## **Early Childhood Mental Health Program**

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

## **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.

# CRISIS SERVICES

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

## 211

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

211 provides callers with information about and referrals to human services for everyday needs and in times of crisis. This easy to remember telephone number connects callers to information about critical health and human services available in their community. For example, 211 can offer access to the following types of services: food banks, clothing closets, shelters, rent assistance, health insurance programs, Medicaid, and Medicare, support groups, counseling, education programs, and more.

## Bay Area Crisis Nursery

[www.bayareacrisisnursery.org](http://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 Services

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

<http://www.copefamilysupport.org/>

Telephone ..... (925) 689-5811

Offers Triple 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 – 11<sup>th</sup> 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](http://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](http://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**

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

Concord ..... (925) 825-7751

The Monument Crisis Center is a community-based organization that provides assistance to low income people in Central and East Contra Costa County. Services include food distribution, senior 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](http://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. Languages of services: English and Spanish. Most classes are free to MDUSD families with proof of address at the time of the registration.

### **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](http://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.

### **Project Second Chance Adult Literacy Program**

[www.ccclib.org/psc](http://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 6<sup>th</sup> 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.

### **REACH Contra Costa County**

(Resource Education Advocacy Crisis Intervention Hope)

[www.contracostareach.org](http://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](http://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](http://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.

### **Sweet Beginnings Women's Resource Center**

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

Telephone ..... (925) 408-7699

Services to women parenting children under 5 years, parenting classes Services are provided in English

### **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.

### **The Unity Council – Cesar Chavez Head Start**

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

1187 Meadow Lane

Concord, CA 94520

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.

### **Welcome Home Baby**

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

3727 Sunset Lane Ste. 210, Antioch, CA 94509

Telephone ..... (925) 753-2156

Fax ..... (925) 753-2157

13201 San Pablo Ave., Suite 304, San Pablo, CA 94806

Telephone ..... (510) 730-7575

Home visiting services for prenatal and postpartum families in Contra Costa County. Services include information about pregnancy, infant care, feeding, safety and community resources that may be of interest. Special focus on helping parents to understand child development over the first two years of child's life through a structured, enjoyable home-based curriculum. We also offer services to father's and we assist them with resources and support.

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](http://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](http://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](http://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**

2500 Bates Ave.,  
Concord, CA 94520  
<http://cchealth.org/clinics/>  
Telephone ..... (925) 608-5200  
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.

**Year Up Bay Area**

www.yearup.org

321 Golf Club Road, ET-114, Pleasant Hill, CA 94523

Telephone ..... (925) 204-4889

Year Up at Diablo Valley College is an intensive, one-year training and internship program that connects young adults 18-24 years old to higher education and career in the tech industry. Program highlights include a six-month internship with a top Bay Area company, a bi-weekly stipend for the duration of the program, and college credits towards an Associate’s degree in Computer Network Technology. Our hours of Services are Mon., - Fri., from 8:30 AM – 5:00 P.M. No fee for the program. However, students are required to enroll at Diablo Valley College and pay for classes. Financial aid assistance available. Students also receive a bi-weekly stipend.

**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

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

Oakland.....(510) 446-2229

Provides home counseling for parents of blind children birth to 5 years old. Assists in the growth and development of child-mobility, orientation, adjustment to family life, walking, talking, eating, etc. Focus is on what the child can do at a critical point in development. Services are free. Services are available in Spanish.

### CARE Parent Network

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

Telephone ..... (800) 644-2666

TTY ..... (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](http://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 people 12 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](http://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](http://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](http://www.genderspectrum.org)

[info@genderspectrum.org](mailto: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](http://www.pacificcenter.org)

Berkeley .....(510) 548-8283

Provides peer group support and counseling services and resources. Pacific Center is a dynamic volunteer driven organization meeting LGBT community for nearly 35 years. Open Monday-Friday from 4:00 PM -10:00 PM.

# SERVICES FOR MULTI-ETHNIC GROUPS

## American Indian Child Resource Center

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

Oakland.....(510) 208-1870

Individual and family counseling; foster care and placement for Native Americans, pregnancy prevention program, treatment for child abuse and neglect, Indian child welfare advocacy, Indian education services. Services are free.

## Familias Unidas

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](http://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 Program (SVTT)

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

Telephone ..... (866) 539-8263

..... (925) 363-4776

2727 Systron Drive

Concord, CA 94518

Scott Valley Tribal TANF is a tribally administrated, culturally sensitive, federal social services program serving low income Native American families. The program provides financial assistance and many other services designed to help families become economically self-sufficient by reducing the dependency of parents on government support through job preparation, work and marriage. 8:30 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](http://www.thelatinacenter.org)

3701 Barrett Avenue,

Richmond, CA 94805

(Entrance by parking lot on 38<sup>th</sup> 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! Juntos Terminemos 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, grouching, 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 – Richmond Collaborative**

312 9th Street

Richmond, CA 94801

<http://bbk-richmond.org/>

Telephone ..... (510) 232-5812

Building Blocks for Kids (BBK) is a place-based collaborative that partners with a variety of partners to bring services to families residing in The Iron Triangle, Richmond. BBK is committed to supporting the healthy development of all children and self-sufficiency of families by engaging the community. Please contact us for more information on programs. Our hours are Mon. – Thur., from 9:00 AM – 5:00 PM. English and Spanish services are offered. Services are free.

### **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

### **Center for Recovery and Empowerment (C.O.R.E.)**

1160 Brickyard Cove Suite #111, Richmond, CA 94801  
Telephone ..... (510) 215- 6009  
Our Intensive Outpatient Program addresses substance abuse and addiction along with any underlying co-occurring mental health concerns. We also focus on developing good social and academic habits and strive to help these young people become more like the person they want to be, without using substances to get there. Our services include: Individual and Family Therapy, Adventure Therapy, Onsite Education towards High School or GED completion, Peer Recovery Counseling, Substance Abuse Counseling and Psychiatric Nursing.  
Hours of Services: 9:00am - 6:00pm Monday- Friday  
Languages Spoken: English and Spanish. Services are free of charge.

### **City of San Pablo Community Services**

[www.sanpabloca.gov](http://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](http://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](http://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](http://www.rysecenter.org)

Telephone ..... (510) 374-3401

RYSE provides trauma-informed individual counseling and individual case management to young people ages 13-21. RYSE Counselors work in collaboration with individuals to identify and work toward goals around personal health and wellness, increased self-empowerment, and/or ways to process trauma and stress. Services can be accessed in multiple ways: young people can self-refer, agencies may refer young people to RYSE, and family or kin may bring their young people to RYSE to set up supports. Services are free. Hours of operation 12:00 PM – 8:00 PM. Languages of services: English/Spanish.

### **Safe Place for Youth**

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

### **Satori's Circle**

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

## **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.

# 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**

### **Chrysalis-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.

### **Epiphany 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 days 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.

### **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.

### **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](http://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](http://www.baartprograms.com)  
Outpatient methadone SUBOXONE treatment program. Individual and group counseling. Outpatient primary medical care. Sliding scale fees. Limited Spanish services are available.

### **Center for Recovery and Empowerment (C.O.R.E.)**

1160 Brickyard Cove Suite #111, Richmond, CA 94801  
Telephone ..... (510) 215- 6009

Our Intensive Outpatient Program addresses substance abuse and addiction along with any underlying co-occurring mental health concerns. We also focus on developing good social and academic habits and strive to help these young people become more like the person they want to be, without using substances to get there. Our services include: Individual and Family Therapy, Adventure Therapy, Onsite Education towards High School or GED completion, Peer Recovery Counseling, Substance Abuse Counseling and Psychiatric Nursing. Hours of Services: 9:00am - 6:00pm Monday- Friday Languages Spoken: English and Spanish. Services are free of charge.

### **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](http://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](http://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.

### **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 Central**

2975 Treat Blvd., Suite B5, Concord, CA 94518  
[www.ujimafamily.org](http://www.ujimafamily.org)  
Telephone ..... (925) 691-5083  
Outpatient and Intensive Outpatient substance abuse treatment for women between 18 and 64 years old. We offer drug and alcohol education, relapse prevention, parenting education, pregnancy support, life skills and individual and family counseling. Hours are Mon. – Fri., from 9:00 AM – 4:00 PM.  
Medical accepted.

### **Ujima West**

[www.ujimafamily.org](http://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

## **SUBSTANCE ABUSE TREATMENT FOR MEN**

### **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)*

**Center for Recovery and Empowerment (C.O.R.E.)**

1160 Brickyard Cove Suite #111, Richmond, CA 94801

Telephone ..... (510) 215- 6009

Our Intensive Outpatient Program addresses substance abuse and addiction along with any underlying co-occurring mental health concerns. We also focus on developing good social and academic habits and strive to help these young people become more like the person they want to be, without using substances to get there. Our services include: Individual and Family Therapy, Adventure Therapy, Onsite Education towards High School or GED completion, Peer Recovery Counseling, Substance Abuse Counseling and Psychiatric Nursing. Hours of Services: 9:00am - 6:00pm Monday- Friday Languages Spoken: English and Spanish. Services are free of charge.

**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.

# HUMAN TRAFFICKING

## **ARM (Art, Recreation, Movement) of Care**

1839 Ygnacio Valley Rd. #216

Walnut Creek, CA 94598-3214

Telephone ..... 925-709-4276

<http://www.armofcare.net/>

ARM stands for Art, Recreation and Movement. ARM of Care provides trauma-informed Creative Art Therapy programs to help restore and empower children, youth and young adults who have been commercially sexually exploited or are at risk of being exploited. We partner with agencies throughout Northern California who serve these populations to provide ongoing specially designed creative arts programs. ARM of Care also provides trauma informed trainings to staff and the public.

Hours of services: By Appointment

Languages spoken: English (primary at this time, some creative arts therapists speak Spanish)

Cost of services: Program fees range and dependent upon type of creative arts program, length of program, location, number of participants. Speaking/presenting fee is \$100 per hour with a minimum of 1 hour.

Ages served: Youth and young adults as well as staff for those who work with the clients.

Gender/Sexual Orientation served: All

What qualifications are required to access services: It varies and discussed to determine if ARM of Care is a match for a need.

California Counties Served: Contra Costa, Alameda, San Francisco, and San Mateo. Other counties are possible if agreed.

## **Rainbow Community Center**

2118 Willow Pass Road, Suite 500.

Concord, CA 94520

Telephone ..... 925 692.0090

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

We offer support to the LGBTQ+ community from 12 to 100 years old. Our youth program provides emotional support, guidance, case management, peer support and education for those between 12 and 23 years old. The center also offers case management and mental health therapy for adults, as well as food pantry services, transgender support groups, seniors groups and activities, social groups and other programs. Please call for more information.

Hours of services: Monday to Friday from 1:00 to 6:00 pm.

Languages spoken: English, Spanish, Portuguese.

Interpreters available: Spanish and Portuguese.

Cost of services: Services are free of cost except for mental health therapy. For counseling we accept Medi-Cal and use a sliding scale for payment

# 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 24<sup>th</sup> 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](http://www.my-destiny.org)

Richmond.....(510) 654-4420

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

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

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

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

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](http://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](http://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](http://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](http://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](http://www.pcsi.org)

**HOUSING REFFERALS****Affordable Housing Portal**

[www.affordablehousingportal.org](http://www.affordablehousingportal.org)  
 111 Affordable Rental sites, many below market rate.

**Bridge Housing**

[www.bridgehousing.com](http://www.bridgehousing.com)  
 Telephone ..... (415) 989-1111  
 Housing Listings ..... (415) 267-7673  
 600 California St. Suite 900  
 San Francisco, CA 94108

Affordable housing hotline.

### **Edén Housing**

www.edenhousing.org

Telephone..... (510) 247-8141

22645 Grand Street

Hayward, CA 94541

Low income rental resources in the East Bay.

### **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.

### **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 Health, Inc.**

##### **Central County**

Telephone ..... (925) 825-4700

1850 Gateway Blvd #900

Concord, CA 94520

##### **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 4<sup>th</sup> Monday each month

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

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

Telephone ..... (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 1<sup>st</sup> Monday each month

#### **Monument Crisis Center**

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

Telephone ..... (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 4<sup>th</sup> Monday each month

## EAST COUNTY

### Antioch

#### **Veteran's Memorial Hall**

401 West 6<sup>th</sup> St., Antioch

10:00 AM – 12:00 PM 1<sup>st</sup> Wednesday each month

### Bay Point

#### **Ambrose Community Center**

3105 Willow Pass Rd., Bay Point

10:00 AM – 12:00 PM 4<sup>th</sup> Wednesday each month

#### **Brentwood/Oakley/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 1<sup>st</sup> Tuesday each month

Produce distribution every 2<sup>nd</sup> & 4<sup>th</sup> 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 1<sup>st</sup> or 3<sup>rd</sup> 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 2<sup>nd</sup> Tuesday each month

**El Cerrito, Kensington, Richmond (Greater Richmond Interfaith Program (GRIP))**

**Southside Church of Christ**

1501 Florida Ave., Richmond

10:00 AM – 12:00 PM 4<sup>th</sup> Tuesday each month

**El Sobrante, Pinole**

**The Salvation Army**

4600 Appian Way, El Sobrante

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 4<sup>th</sup> Tuesday each month

**San Pablo**

**Davis Park Community Ctr.**

1651 Folsom Ave., San Pablo

10:00 AM – 12:00 PM 3<sup>rd</sup> Monday each month

# CENTRAL COUNTY FAITH-BASED ORGANIZATIONS

## Christ the King Church

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.

## Hillcrest Congregational Church

404 Gregory Lane, Pleasant Hill, CA 94523  
Telephone ..... 925-689-8260  
Email: hillcrestucc@att.net  
Website: hillcrestucc.org  
Provides food and clothing to all students, veterans and residents of Contra Costa County. The Food Room is an outlet of the Contra Costa-Solano Food Bank. Visitors can receive a 3-day emergency supply of food, 4 times per year. Visitors to the Clothing Room are welcome to receive clothing 4 times per year.  
Open hours are from 9:00 -11:45 a.m. Mondays, Wednesdays & Fridays and the 3<sup>rd</sup> Saturday of the month. **All services are free.**

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

Antioch ..... (925) 757-4020

Groceries give away Tue., Wed., and Thurs. from 9:00 AM-

10:00 AM @ 21 E. 15<sup>th</sup> 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](http://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 2<sup>nd</sup> and 4<sup>th</sup> 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 April 1st. All of these services are free. For parenting or family support-related classes, job training, or emergency food or shelter, call the Resource Center at (510) 231-6885. Provides substance abuse prevention referral services. AA meetings are from 8:00 AM - 4:00 PM daily. For food and clothing distribution please contact (510) 233-2141. Services and program information is provided in English and Spanish. For more information on all programs and services call (510) 233-2141.

## **Unity Church of Richmond**

351 - 28th Street,  
Richmond, CA 94804

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

Offers childcare through our Valley Preschool/Daycare facility

Monday thru Friday from 6:30AM to 6:00PM. For information

please call 510-245-2273 to speak to the Preschool/daycare

Director. For information on all of our programs and services,

please visit our website at [www.valleybible.org](http://www.valleybible.org) or contact the

church office by phone at 510-799-3171

**Whole Mind Institute**

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

[wholemind@mdacoc.org](mailto: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.

# INDEX BY AGENCY NAME

211 .....	29
2nd Time Around Grandparents Support Group .....	36
A Safe Place .....	10
A Step Forward, Inc.....	27
Adult Protective Services .....	8
Affordable Housing Portal .....	65
African American Health Conductors Program.....	12
AIDS Project of the East Bay .....	17
Alameda-Contra Costa Medical Association .....	12
Alanon and Alateen .....	57
Alcohol and Drug Abuse Council of Contra Costa County.....	57
Alcohol and Drug Addiction Program Kaiser Hospital.....	57
Alcoholics Anonymous.....	57
Ambrose Community Center .....	67
American Indian Child Resource Center .....	47
American Red Cross of the Bay Area .....	8
AMF Food Closet.....	8
Anka Behavioral Central County .....	66
Antioch Salvation Army Church .....	71
Appian House.....	63
ARM (Art, Recreation, Movement) of Care.....	61
Asian Communities Mental Health Services .....	18
Back on Track Community Services .....	8, 23
Barbara Milliff Center .....	31, 43
Bay Area Addiction Research and Treatment .....	57
Bay Area Crisis Nursery.....	29
Bay Area Legal Aid .....	23, 65
Bay Area Rescue Mission .....	8
Bay Area Rescue Mission – Men’s Shelter .....	63
Bay Area Rescue Mission-Family Center.....	63
Bay Point Works .....	31
Bayo Vista Child Care Ctr. ....	68
Berkeley Free Clinic/Berkeley Community Health .....	45
Big Brothers/Big Sisters .....	49
Birthright .....	14
Blind Babies Foundation .....	41
Boy’s Group/Community Counseling Center JFK University.....	49
Bridge Housing.....	65
Brighter Beginnings.....	14, 36
Brookside Shelter.....	64
Building Blocks for Kids – .....	49
Building Futures .....	50
C.O.P.E. Family Support Services .....	31
California Children’s Services.....	43
California Sudden Infant Death Syndrome (SIDS) .....	39
Calli House: Homeless Shelter for Youth .....	50
Cal-Works Recipients: (one time only cash grant) .....	66
CARE Parent Network .....	41
Casa De Vallejo .....	55
Cassidy Program (Catholic Charities of the East Bay) .....	55, 64
Catholic Charities.....	65
Catholic Charities CARE Collaborative for Emancipated Foster Youth .....	64
Center for Child Protection at Children’s Hospital Oakland.....	27
Center for Early Intervention on Deafness .....	43
Center for Human Development .....	37
Center for Human Development-Elder Mediation Program.....	55
Center for Human Development-Mediation & Conflict Resolution Programs.....	23
Center for Recovery and Empowerment (C.O.R.E.) .....	18, 50, 57, 60
Chance for Freedom – Concord .....	58

Child Abuse Prevention Council of Contra Costa County, Inc. (CAPC)	27
Child and Family Bond of Early Childhood Mental Health Program	31, 37
Child Care Services	26
Child Health & Disability Program (CHDP)	13
Child Health and Disability Prevention Program	31, 37
Children and Family Services (CFS)	28
Children's Hospital Teen Clinic	13
Children's Interview Center of Contra Costa County	23
Christ the King Church	69
Church of the Nazarene	67
Circle of Care	21
City of North Richmond Public Housing	62
City of Oakley Public Housing	62
City of Pittsburg Housing Authority (not with Contra Costa County Housing)	62
City of Pittsburg Public Housing	62
City of Richmond Housing Authority (not with Contra Costa Housing)	62
City of Rodeo Public Housing	62
City of San Pablo Community Services	50
CocoKids	26, 32, 41
Community Clinic Consortium	13
Community Counseling Center	39
Community Counseling Center JFK University	21
Community Counseling Center John F. Kennedy University	45, 50
Community Health for Asian Americans (CHAA)	18
Community Housing Development Corp.	63
Community Violence Solutions (CVS)	21, 24, 28
Community Violence Solutions E.C.E. Youth Center (Educate. Connect. Empower)	50
Concord Public Health Immunization Clinic	15
Contra Costa Child Care Council	32
Contra Costa Clubhouse Inc.	42
Contra Costa County Access Unit	56
Contra Costa County Department of Child Support Services	24
Contra Costa County Department of Employment and Human Services, Child and Families Division	9
Contra Costa County East County Adult and Senior Services	55
Contra Costa County Head Start	43
Contra Costa County Health Services Dept.: Teenage Pregnancy Prevention Program (T.P.P.)	13
Contra Costa County HIV/AIDS Program	17
Contra Costa County Homeless Program	65
Contra Costa County Immunization Clinic Hotline	15
Contra Costa County Office of Education: Special Education Services	43
Contra Costa County Office of Emergency Services	9
Contra Costa Crisis Center	9, 29
Contra Costa Dental Society	13
Contra Costa Health Services	15
Contra Costa Health Services Breastfeeding Warmline	32
Contra Costa Housing Authority	9, 62
Contra Costa Interfaith Housing	64
Contra Costa Regional Medical Center Psychiatric Emergency Services	19
Contra Costa Regional Medical Center: Dental Clinics	13
Contra Costa Selpa	43
Court Appointed Special Advocates (CASA)	24
Covenant House	51
CRISIS SERVICES	29
Crockett Counseling Center	21
Crossroads High School	51
Crysalis-Horizon Services – Oakland, CA	56

Davis Park Community Ctr. ....	68
Deaf Counseling, Advocacy & Referral Agency (CDARA) .....	41
Delta 2000 .....	37
Diablo Valley Counseling Center .....	21
Discovery Counseling Center .....	21
Discovery House .....	56
Discovery House Men’s Program .....	59
Divorce Center of California.....	24
Domestic Violence Education and Screening Project (D.O.V.E.S Project) .....	28
Down Syndrome Connection .....	41
DVR Men’s Program.....	59
Early Childhood Mental Health Program .....	19, 28
East County Wollam House .....	58
Eden Housing .....	66
El Puente.....	51
Empowerment Program .....	45
EMQ Families First .....	32
Ephipany House – San Francisco, CA .....	56
Familias Unidas.....	47
Families First: KinshipCare Program .....	37
Family Justice Center .....	24
Family Law Alternative Resolution Program.....	24
Family, Maternal and Child Health Line .....	13
FBC Community Outreach .....	68
FESCO- The Family Shelter .....	64
First 5 Center, Antioch .....	32
First 5 Center, Bay Point .....	32
First 5 Center, Delta .....	32
First 5 Center, Monument Community .....	33
First 5 Center, Richmond .....	33
First 5 Center, San Pablo.....	33
First A.M.E. Community Church.....	70
First Baptist Church: Social Services .....	38
First Place for Youth.....	51
First Presbyterian Church .....	72
Food Bank of Contra Costa and Solano.....	67
Foster Youth Services at Mount Diablo Unified School District .....	52
Four Corners Program .....	52
Frederic Ozanam Center .....	56
Friday Night Live .....	52
Gay and Lesbian Switchboard of the National .....	45
Gender Spectrum.....	45
George Miller Centers.....	38, 44
Golden Hills Community Church and Counseling .....	70
Grace Bible Fellowship of Antioch .....	70
Grace Lutheran Church ELCA .....	72
Greater Richmond Interfaith Program (GRIP).....	9, 68, 72
GRIP (Greater Richmond Interfaith Program) Family Housing Program .....	64
Hand-to-Hand Collaborative .....	33
Harbor House (Salvation Army) .....	56
Harbor Light (Salvation Army) .....	56
Hawkins Center.....	25
Heather House .....	64
Hillside Covenant Church.....	69
Holy Rosary Church.....	70
Home Energy Assistance Program (HEAP) .....	9
Homeless Shelter Directory .....	64
Horizon High School.....	52
Hospice of Contra Costa .....	14
Independent Living Resource .....	41
Independent Living Skills Program (ILSP).....	51
Infant Home Visiting .....	38
Insight School of California .....	52

J. Cole Recovery Homes, Inc. ....	60
Jewish Family and Children Services of the East Bay .....	22
John Muir Behavioral Health Center .....	19
John Muir Health .....	15, 33
Just Ask Program, Delta Community Services, Inc. ....	10
Kaiser Permanente: Health Education Department .....	33
Kaiser: Hospice Walnut Creek/Martinez .....	14
Kids' Turn .....	40
Kings Chapel.....	70
La Casa Ujima.....	59
La Cheim's Therapeutic Behavioral Services.....	19
Latina Center .....	47
Lawyer Referral Service - Contra Costa Bar Association .....	25
LEAP (Literacy for Every Adult Project) .....	42
Legal Services for Children.....	25
Loaves & Fishes of Contra Costa.....	10
Love-A-Child Missions.....	64
Love-A-Child Missions Homeless Recovery Shelter .....	10
Lutheran Social Services .....	29
Lynn Center.....	44
Martinez & Pacheco Boys & Girls Clubs of the Diablo Valley.....	67
Mental Health Consumer Concerns, Inc. Patients' Rights and Advocacy.....	19
Mercy Housing California.....	66
Mission Solano Rescue Mission .....	64
Monterey Pines Apartments.....	66
Monument Crisis Center .....	34, 67
Monument Impact.....	34
Mother's Club .....	34
Mt. Diablo Adult Education Parent Education Program .....	34
Mt. Diablo Peace Center .....	34
Mujeres de Cambio.....	28
My Destiny Transitional Living Services .....	63
Narcotics Anonymous.....	58
National Alliance for the Mentally Ill of Contra Costa County (NAMI) .....	19
National Center For Youth Law .....	25
National STD and AIDS Hotline .....	17, 52
Native American Health Center-Richmond.....	47
Neighborhood Housing Services of the East Bay .....	63
Neirika House .....	60
Nierika House .....	64
Northern California Family Center.....	10
Online Legal Assistance .....	25
Opportunity Junction.....	38
Options for Women of California.....	15
Orchid Women's Perinatal Substance Abuse Treatment.....	59
Orinda Psychology Group .....	22
Pacific Center .....	46
Pacific Community Services .....	65
Parent Educator Program (PEP).....	34
PARENT SUPPORT SERVICES .....	31
Paws With A Cause .....	42
Perinatal Council - Teen Services .....	49
Phoenix Center .....	65
Phoenix Enterprises .....	20
Pittsburg Baptist Church .....	70
Planned Parenthood Shasta Pacific .....	42
Planned Parenthood: Shasta Diablo .....	15
Power Program.....	58
Prenatal Care Guidance Program (PCG) .....	38
Project Second Chance Adult Literacy Program.....	35
Project SUCCESS at Center for Human Development .....	52
Public Defender of Contra Costa County .....	25
Public Health Clinic Services .....	38

Public Health Services.....	14
Queen of All Saints Church .....	69
Rainbow Community Center.....	61
REACH Contra Costa County .....	35
REACH Project Inc. ....	22
Rectory .....	59
Richmond Rosie’s Girls Program.....	53
Rubicon Programs Inc. ....	20, 35
Rubicon Programs, Inc .....	39
RYSE Center (Anger Management Class) .....	53
Safe Families for Children .....	29
Safe Place for Youth.....	53
Saffron Strand, Inc. ....	63
Salvation Army.....	10, 69
San Ramon Valley Discovery Counseling Center, Inc. ....	58
San Ramon Valley Unified School District Special Programs .....	44
Satori’s Circle .....	53
Scotts Valley Tribal TANF Program (SVTT) .....	47
Season of Sharing .....	66
Senior Peer Counseling – Contra Costa County .....	55
Shamay House – Vallejo, CA .....	57
SHELTER Inc. of Contra Costa County .....	11
Shelter Inc. Prevention Program.....	66
Shelter Plus Program .....	65
Shennum Detox Center.....	57
Shepard's Gate.....	65
Shields-Reid Center.....	68
Solomon Temple Missionary Baptist Church .....	68, 71
Southside Church of Christ .....	68
SPARKPOINT Community Career Center.....	39
SPECIAL NEEDS .....	41
Spectrum Center.....	44
St. Paul’s Episcopal Church .....	67
St. Peter Martyr Church.....	71
St. Vincent de Paul of Contra Costa .....	68
St. Vincent De Paul Society .....	53
STAND for Families Free of Violence .....	35
Strengthening Family Ties at the Center for Human Development ..	35
Sunrise Men’s Program.....	60
Sweet Beginnings Adoptions .....	16
Sweet Beginnings Women’s Resource Center .....	36
Tabernacle Baptist Church.....	69
TALK Line Family Support Center.....	30
The Salvation Army.....	68
The Unity Council – Cesar Chavez Head Start.....	36
Therapy Group for Adult Men and Women.....	36
Through The Looking Glass .....	40, 42, 44
TLC (The Latin Connection) .....	57
Touchstone Counseling Services.....	22
Tri-City Health Center .....	17
Trustline.....	26
Ujima Central .....	59
Ujima East.....	58
Ujima West .....	59
Unity Church of Richmond.....	72
University of California Cooperative Extension 4-H Program .....	53
Valley Bible Church .....	73
Veteran’s Memorial Hall .....	67
Victim Witness Assistance Program.....	11
Vision Quest: Educational and Group Programs.....	54
Welcome Home Baby .....	36
Wellspring Psychotherapy .....	20
West Contra Costa Unified School District (Families In Transition Program).....	54
West Contra Costa Youth Service Bureau .....	54

West County .....	66
West County Crisis Services .....	20
Whole Mind Institute.....	20, 73
Winter Nights Program .....	65
Women, Infant & Children (WIC) Program .....	16
Women's Therapy Center .....	22
Year Up Bay Area .....	39
Youth Continuum Homeless Hotline .....	54
Youth Development Services .....	54

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

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

# NOTES