

Emergency Resource Sheet

Need help call [2-1-1](tel:211) for information and referral!

Abuse

Children's Protective Services.....	1-877-881-1116
Adult Protective Services	1-877-839-4347
Human Trafficking Hotline.....	1-800-670-7273
(Community Violence Solutions)	
Ombudsman of CCC.....	925-685-2070

AIDS/HIV

AIDS Info.....	1-800-448-0440
Contra Costa AIDS Line	1-800-287-0200

Alcohol & Drug Abuse

Al-Anon	1-888-425-2666
Alcohol & Other Drugs ACCESSI	-800-846-1652
Alcoholics Anonymous	925-939-4155
Narcotics Anonymous	925-685-4357

DETOX TREATMENT CENTERS

BAART—California Detox Pgm.....	925-522-0124
East County Wollam House.....	925-427-1384
Pueblos del Sol (Men).....	925-676-2580
The Center for Recovery.....	925-674-4100
A Chance for Freedom (Bi-Bett)	925-685-9550
Crossroads Recovery Cente.....	925-682-5704
Substance Abuse Treatment Program (New Connections Concord)	925-363-5000

Death & Dying

Grief Groups Alameda County Grief Counseling	1-800-837-1818
(Contra Costa Crisis Center)	
Hospice of the East Bay	925-887-5678

Disability Services

Area Developmental Disabilities Board 5	510-286-0439
California Children's Services.....	925-313-6100
CA Dept. of Rehabilitation	925-602-3953
Contra Costa ARC.....	925-370-1818
Developmental Disabilities Council.....	925-313-6836
Futures Explored	925-284-3240
Hawkins Center of Legal & Support Services (Rubicon Programs)	510-232-6611
Independent Living Resource	925-363-7293
Life Skills (Dev. disabled) / On Track.....	925-685-7340
Regional Center of the East Bay	925-798-3001

Employment/Job Training

CalJOBS — www.careeronestop.org	
Child Care Job Bank	925-676-5442
(Child Care Council)	
Experience Unlimited.....	925-602-0166
One-Stop Center, Concord	925-671-4500
Unemployment Insurance, CA	1-800-300-5616
Workforce Services . (Rubicon)	510-412-1709

Housing- (eviction, foreclosure, rental assistance, etc.)

EVICTIION NOTICE ASSISTANCE

Housing Rights, Inc.....	1-800-261-2298
Pacific Community Services.....	925-439-1056
Bay Area Legal Aid.....	1-800-551-5554

FORECLOSURE ASSISTANCE

Concord Family Service Center.	925-825-3099
(Catholic Charities of East Bay) Spanish Assistance	
Consumer Credit Counseling	1-866-889-9347
Foreclosure Assistance – HUD.....	1-800-569-4287
Housing Rights.....	1-800-261-2298
Housing & Economic Rights Advocates	510-271-8443
National Foreclosure Hotline.....	1-888-995-4673
Pacific Community Services.....	925-439-1056

RENTAL ASSISTANCE

Concord Family Service Center (Catholic Charities of East Bay)	925-825-3099
Shelter, Inc.	925-335-0698

PERMANENT AND SUPPORTIVE HOUSING

Housing Authority of Contra Costa County	925-957-8000
Housing Authority Public Housing Wait List	925-957-8084
Housing Workshop/Shared Housing	925-363-7293
HPRP Prevention Services	925-957-7575
Permanent Supportive Housing (Shelter, Inc).....	925-335-0698
Senior & Adults w/ Disabilities.....	1-800-510-2020

LANDLORD/TENANT

Housing Counseling (Catholic Charities).....	925-825-3099
Pacific Community Services.....	925-439-1056
Tenant/Landlord Counseling	

Immigrant & Refugee Services

Catholic Charities East Bay (Alameda County)	510-768-3159
Bay Area Immigrant and Refugee Services	510-574-0836
East Bay Sanctuary Covenant.....	510-540-5296
Centro de Servicios	510-489-4100
(Tri-City Area)	
Asian Family Resource Center	510-970-9750
Cash Assistance Program for Immigrants	925-602-9379
Citizenship Class.....	925-685-7340
(Mt. Diablo Adult Education)	
Immigration & Naturalization Services (Catholic Charities of the East Bay)	925-825-3099
Lao Family Community Development (San Pablo).....	510-215-1220
Multicultural Senior Support Network (Concord Senior Center)	925-671-3320
Refugee & Immigrant Services.....	925-927-2000
(Jewish Family & Children Services)	
Refugee Health Program.....	925-313-6893
U.S. Citizenship and Immigration Services.....	1-800-375-5283

Mental Health

Access Mental Health Appointment Line for Contra Costa County: Mental Health Crisis Unit, Central County Youth/Families/Adult Services	1-888-678-7277
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Financial Assistance

CalWORKs (Families).....	925-602-9379
Consumer Credit Counseling	1-866-889-9347
Critical Family Needs	925-825-3099
(Catholic Charities of East Bay)	
General Assistance (Individuals) .	925-602-9379
Season of Sharing	925-521-5065

Food

[MEALS, SHELTERS, DROP-IN CENTERS INFORMATION GUIDE](#) (pdf)

EBT Card Services	1-877-328-9677
Food Bank of Contra Costa & Solano	
Groceries, pantries, meals.....	1-800-870-FOOD
Food Stamps	925-602-9379
Loaves & Fishes Dining Room	925-687-6760
Meals-on-Wheels	1-866-669-6697
Monument Crisis Center	925-825-7751
WIC Program	1-800-414-4942
(Pregnant women breastfeeding or with children 0-5)	

Homeless/ Shelters

Bay Area Rescue Mission	510-215-4868
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Berkeley Food & Housing Project	510-649-4965
Berkeley Shelter Bed Hotline	1-866-960-2132
Brookside Shelter (Richmond)	
Concord Shelter (singles only).....	1-800-799-6599
Calli House -Richmond (Youth, 14-21)	1-800-610-9400
Connectin Point (Family Shelter Network).....	415-644-0504
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FERST MultiService Center	925-685-7613
GRIP Resource Center	510-233-2141
HPRP Rapid Re-Housing	925-957-7575
Love-A-Child Shelter —Bay Point	(000) 925-458-5663
SAFE Place —Martinez (Youth, 9-17)	1-800-718-4357
Shepherd's Gate (Brentwood)	925-308-7507
AASRA	1-800-313-2772
Emergency Shelter Program	510-786-1246
Second Chance	510-792-4357
Shepherd's Gate	925-443-4283

TRANSITIONAL HOUSING

Alameda Point Collaborative	510-898-7800
Bonita House (Berkeley)	510-923-1099
BOSS	510-843-3700
Henry Robinson (O)	510-419-1010

DOMESTIC VIOLENCE SHELTERS

Asian Women's Shelter (SF).....	1-877-751-0880
La Casa de las Madres (SF)	1-877-503-1850
Riley Center (SF)	415-255-0165
WOMAN, Inc. – referrals (SF)	415-864-4722
Tri-Valley Haven	1-800-884-8119
Women's Refuge	510-547-4663
Shelter Against Violent Environ (SAVE)	510-794-6055
Building Futures with Women and Children	1-866-292-9688
A Safe Place	510-536-7233
Tri-Valley Haven for Women	800-884-8119
STAND! Against Domestic Violence -	888-215-5555

Adolescent, Adult & Children's Psychiatric Programs (John Muir Health Behavioral Health Center)	1-800-680-6555
Central County Wellness & Recovery Center	925-521-1230
John F. Kennedy Community Counseling Center	925-798-9240
Catholic Charities of the East Bay	925-825-3099
Crockett Counseling Center	925-370-6544
National Alliance for the Mentally Ill (NAMI)	925-465-3864
Power Program (Dual Diagnosis)	925-685-7613
YWCA Mental Health Program	925-372-4213

Legal & Mediation Services

Bay Area Legal Aid	925-219-3325
CCC Bar Association	925-686-6900
CCC District Attorney	925-957-2200
CC Senior Legal Services	1-800-551-5554
Family Law Facilitator	925-957-7887
Victim Witness Assistance	925-957-8650
Alameda County BAR Association (O)	510-893-7160
API Legal Outreach (O)	510-251-2846
Family Violence Law Center (O)	510-208-0255
Immigrant Survivors Legal Aid (O)	510-267-8845
International Institute of the Bay Area (O)	510-451-2846
Volunteer Legal Services Corp. (O)	510-302-2222

Senior Services

Adult Day Services Network	925-682-1000
Alzheimer's Assoc. of East Bay	1-800-272-3900
CC Café (Hot lunch program)	
Concord.....	925-825-1488
Martinez	925-646-2598
Pleasant Hill	925-798-8788
Rossmoor.....	925-988-7703
San Ramon	925-973-3250
Walnut Creek.....	925-938-7800
Eldercare Locator	1-800-677-1116
Family Caregiver Navigator	1-800-445-8106
Senior Outreach Services	925-937-8311
Medicare Hotline	1-800-633-4227
Older Adult Services	925-927-2000
Reassurance Program (Senior Helpline Services)	925-284-6161
Senior Food Program	1-800-870-FOOD
Senior Peer Counseling	925-335-8741
Senior Services (John Muir Health)	925-947-3300

Suicide

Contra Costa Crisis Center	1-800-833-2900
National Suicide Hotlines	1-800-273-TALK
.....	1-800-SUICIDE (Spanish)..... 1-877-SUICIDA

Utility Assistance

California Alternate Rates for Energy (CARE) Program	1-800-743-2273
Low-Income Home Energy Assistance Program	925-335-8900
Medical Baseline Program Relief for Energy	1-800-743-5000
Relief for Energy Asst. (REACH)	1-800-933-9677
Utility Shut-off Assistance	1-800-743-5000
PGE's HEAP Program	(866) 675-6623
CARE Program	(800) 743-2273
REACH	(800) 933-9677