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ABUSE/RAPE SUBSTANCE ABUSE

STAND FOR FAMILIES FREE OF VIOLENCE.....	1-888-215-5555
HUMAN TRAFFICKING PREVENTION.....	1-800-670-7273
ALCOHOL & OTHER DRUGS ACCESS.....	1-800-846-1652
ALCOHOLIC ANONYMOUS.....	925-939-4155
WOLLAM HOUSE.....	925-427-1384
HUMAN TRAFFICKING HOTLIKME.....	1-800-670-7273
RAPE.ABUSE & INCEST NATIONAL NETWORK.....	1-800-656-4673
THUNDER ROADS ADOLESCENT TREATMENT CENTER	510-653-5040

ANIMALS

CCC ANIMAL SHELTER.....	925-779-6989
CONTRA COSTA HUMANE SOCIETY.....	925-279-2247

CHILD CARE

CC CHILD CARE COUNCIL.....	925-778-5437
BAY AREA CRISIS NURSERY.....	925-685-8052
(ages 0-5)	
DEHISTROM HOUSE.....	925-685-3695
(ages 6-12)	

CONTRA COSTA HEALTH DENTAL SERVICES

PITTSBURG.....	925-431-2501
LA CLINICA.....	925-431-1251
1-800-DENTIST.....	1-800-336-8422

EMPLOYMENT: JOB TRAINING

CCC REGIONAL OCCUPATIONAL PGM.....	925-942-3368
OPPORTUNITY JUNCTION (ANTIOCH).....	925-776-1133
PITTSBURG ADULT EDUCATION.....	925-473-4460
ANTIOCH ADULT EDUCATION.....	925-779-7490
LIBERTY ADULT EDUCATION.....	925-634-2565
CHILD CARE JOB BANK.....	925-676-5442
EXPIRIENCE UNLIMITED.....	925-602-0166
PROJECT SEVOND CHANCE.....	925-754-8317
SPARKS POINT EAST CONTRA COSTA.....	925-252-2315
EASTBAY WORKS, AMERICA'S JOB CENTER OF CA.	
ANTIOCH.....	925-706-4830
BRENTWOOD.....	925-634-2195

EVICTIION/RENT/ASSISTANCE/FORECLOSURES

PACIIFC COMMUNITY SERVICES.....	925-439-1056
BAY AREA LIGAL AID.....	510-250-5270

FORECLOSURE

NATIONAL FORECLOSURE HOTLINE.....	1-888-995-4673
PACIFIC COMMUNITY SERVICES.....	925-439-1056
FORECLOSURE SISTANCE.HUD.....	415-489-6400
HOUSING & ECONOMICS RIGHTS.....	510-271-8443
NEIGHBORHOOD HOUSING SERVICES.....	510-237-6459

RENTAL ASSISTANCE

CONCORD FAMILY SERVICE CENTER.....	925-825-3099
SEASONS OF SHARING.....	925-521-5065
SHELTER, INC.....	925-338-1038

EYE EXAM/GLASSES

CALIFORNIA VISION FOUNDATION.....	1-800-877-5738
LIONS CENTER FOR THE VISUALLY IMPAIRED.....	925-432-3013

FINANCIAL ASSISTANCE

CALWORKS/GA.....	1-877-505-4630
COMMUNITY HOUSING DEV.CORP.....	510-412-9290
CRITICAL FAMILY NEEDS.....	925-825-3099
UNEMPLOYMENT INSURANCE.....	1-800-300-5616

FOOD/CLOTHING

FOOD PANTRIES &SOUP KITCHENS.....	211
FOOD BANK OF CONTRA COSTA.....	1-855-309-3663
LOAVES & FISHES DINING ROOMS.....	925-293-4792
WIC PROGRAM.....	1-800-414-4942
ST. VINCENT DE PAUL (CLOTHING).....	925-439-5060
GRACE BIBLE FELLOWSHIP CHURCH.....	925-522-2017
CAL FRESH (FOOD STAMPS).....	1-877-505-4630

GAYS, LESBIAN, BISEXUAL, TRANSGERNDER

GLBT NATIONAL HELP CENTER.....	1-888-843-4564
RAINBOW COMMUNITY CENTER.....	925-692-0090
LGBT HEALTH CARE PLANNED PARENTHOOD).....	1-800-230-7526
NATIONAL FORECLOSURE HOTLINE.....	1-800-995-4673

HEALTH INSURANCE

HEALTH EMERGERNCY HOTLINE.....	1-888-959-9911
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(CHDP) CHILD HEALTH & DISABILITY PREVENTION..... 925-313-6150
 HICAP (health insurance counseling/advocacy).....1-800-510-2020
 CCC HEALTH/DENTAL.....1-800-495-8885
 COVERED CALIFORNIA.....1-888-975-1142
 PATIENT FINACIAL COUNCELING.....1-800-771-4270
 AIM (PRENATAL CARE).....1-800-433-2611
 MEDI-CAL.....1-800-709-8348
 KAISER CHILD HEALTH PLAN.....1-800-646-4000

HOMELSS SHELTERS/DROP-IN CENTERS

NATIONAL RUNAWAY SWITCHBOARD.....1-800-621-4000
 SAFE PLACE-MARTINEZ (YOUTH).....1-800-718-4357
 FERST MULTISERVICE CTR..... 925-778-3750
 SHEPHERD’S GATE.....925-308-7507
 SHELTER, INC.....925-338-1038
 TRANSITIONAL AND INTERM HOUSING.....925-338-1038
 WINTER NIGHTS.....925-435-2074

BAY AREA RESCUE MISSION SHELTERS

MEN.....510-215-4868
 WOMEN/FAMILIES.....510-215-4860
 TEEN SERVICE/SAFE PLACE.....1-800-718-4357

HEARING AIDS

HEAR NOW.....1-800-648-4727
 THE HEARING FOUNDATION.....1-800-327-8077

HOUSING

HOUSING AUTHORITY..... 925-252-4830
 BAY AREA LIGAL AID.....1-800-275-3246
 PACIFIC COMMUNITY SERVICES.....925-439-1056

LEGAL & MEDIATION SERVICES

BAY AREA LEGAL AID.....510-250-5270
 CCC BAR ASSOCIATION.....925-825-5700
 CCC DISTRICT ATTORNEY.....925-957-2200
 FAMILY LAW FACILITATOR.....925-646-4099

MEDICAL CARE

ADVICE NURSE.....1-877-661-6230
 BAART HEALTHCARE EAST.....925-522-0124
 CCC HEALTH CENTERS.....1-800-495-8885

HEALTHCARE FOR HOMELESS MOVILE VAN.....211
 LA CLINICA.....925-431-1251
 OPERATION ACCESS.....415-733-0052
 PLANNED PARENTHOOL.....1-800-230-7526
 ROTA CARE CLINIC.....925-439-2009
 SUTTER DELTA COMMUNITY CLINIC.....925-779-3676
 MOBILE HEALTH CLINIC (JOHN MUIR).....925-363-7588
 RENTAL/SHELTER, INC.....925-338-1038
 SEASON OF SHARING.....925-521-5065
 SENIORS/ADULTS W/DISABILITIES.....1-800-510-2020
 HOUSING & ECONOMIC RIGHTS ADVOCATES.....510-271-8443
 PACIFIC COMMUNITY SERVICES925-439-1056

MEDICAL EQUIPMENT

ECOMONY MEDICAL.....925-671-4800
RECARES.....510-251-2273

MENTAL HEALTHY

CONTRA COSTA CRISIS LINE.....1-800-833-2900
 FIRST HOPE-CCHS.....925-681-4450
 ACCESS MENTAL HEALTH APT. LINE.....1-888-768-7277
 COMMUNITY COUNSELING CENTER.....925-798-9240
 PROGRAMS.....1-800-680-6555

NATIONAL ALLIANCE FOR THE MENTALLY ILL III.....925-942-0767
 PRESCRIPTION PAYMENT HELP

COAST2COAST RX CARD.....1-800-931-8872

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE FOR CALIFORNIALS.....1-888-477-2669

RX OUTRACH.....1-800-769-3880

RX ASSIST.....www.rxassist.org

SPECIAL NEEDS SERVICES

STATE COUNCIL ON DEVELOPMENTAL DISABILITIES
 BAY AREA.....510-286-0439
 BAY RESPITE CARE.....1-888-644-4491
 CALIFORNIA CHILDREN’S SERVICES.....925-957-2680
 CARE PARENT NETWORK.....1-800-281-3023
 CONTRA CONSTA ARC.....925-370-1818
 DEVELOPMENTAL DISABILITIES COUNCIL.....925-313-6836
 DOWN SYNDROME CONNECTION.....925-362-8660

EARLY CHILDHOOD MENTAL HEALTH.....510-837-6902
EARLY INTERVENTION SERVICES.....925-849-8999
LIGHTHOUSE FOR THE BLIND AND VISUALLY IMPAIRED
LYNN CENTER EARL INTERVENTION SERVICES.....925-439-9628
REGIONAL CENTER OF THE EAST BAY.....925-691-2300
RESPITE CARE PROGRAM.....510-834-2443
SPECIAL NEEDS CHILDCARE PROJECT.....925-676-5442
THROUGH THE LOOKING GLASS.....1-800-644-2666
WE CARE SERVICES FOR CHILDREN.....925-6710777

SUICIDE

CONTRA COSTA CRISIS CENTER.....1-800-833-2900
NATIONAL SUICIDE HOTLINES.....1-800-273-8255
SPANISH.....1-877-784-2432

TRANSPORTATION

AC TRANSIT.....510-891-4700
BART.....925-676-2278
BAY AREA TRAVEL INFORMATION.....511
COUNTY CONNECTION/COUNTRY LINK.....925-676-7500
DIAL A RIDE.....925-754-3060
TRI-DELTA.....925-754-4040

UTILITY ASSISTANCE

CALIFORNIA ALTERNATE RATES FOR ENERGY (CARE)
1-800-743-2273
LOW-INCOME HOME ENERGY ASSISTANCE (LIHEAP).....925-681-6380
MEDICAL BASELINE PROGRAM RELIEF FOR ENERGY...1-800-743-5000

VETERANS

CCC VETERANS SERVICES.....925-313-1481
SUPPORTIVE SERVICES FOR VETERAN FAMILIES
(SHELTER INC.).....925-957-7579
VETERANS SUICIDE HOTLINE.....1-800-273-8255