

RCC Services

Kind Hearts Program for Seniors and People

living with HIV/AIDS: weekly food pantry, twice monthly home deliveries, home visitors, monthly community meals, case management, and various HIV support groups for both men and women.

Rainbow Counseling Services: individual counseling, couples counseling, support groups and “coming out” groups, referrals to local providers and support for parents of LGBTQ youth.

Youth Programs: Fostering a positive self-identity for all LGBTQ youth, RCC offers social activities, structured programs and a youth drop-in center.

Senior Services: Senior lunches, food pantry, social groups and outings are some of the services supporting our senior community.

Health and Wellness Services: HIV Rapid Testing Clinics, smoking cessation, safer sex supplies and information, services and support for survivors of domestic violence, sexual assault, and other violence.

Social & Support Groups: Peer-led and professionally facilitated support groups, recovery groups, social groups and activities for people of various identities.

Social Activities: Movie nights, game nights, Pride Picnic, outings, Crab Feed, and more!

Volunteer Opportunities: Volunteering provides a special opportunity to give back to our community.

*Please visit our website (www.rainbowcc.org)
or call RCC at 925.692.0090
for more information*

RCC Vision Statement

The Rainbow Community Center of Contra Costa County envisions a society that embraces acceptance, safety, and equality for all, regardless of sexual orientation or gender identity/expression.

RCC Mission Statement

The Rainbow Community Center of Contra Costa County builds community and promotes well-being among Lesbian, Gay, Bisexual, Transgender, Queer and Questioning persons and our allies.

RCC Funding

Our Programs are supported by the generosity of individual donors, funds from federal, state, and county initiatives and private foundations, including: Contra Costa County Mental Health, Contra Costa County Health Dept. AIDS Program, Contra Costa County Dept. of Conservation and Development Community Development Block Grant Program, Kaiser Permanente Foundation, Horizons Foundation under a grant from The California Wellness Foundation, The San Francisco Foundation, and Bay Area Physicians for Human Rights.

Business Hours:

RCC is open Mon-Fri, from 1-6 PM and many groups meet during evening and weekend hours. Be sure to follow us on Facebook!

Rainbow Community Center (RCC)

2118 Willow Pass Road, Suite 500
Concord, CA 94520

Phone: (925) 692.0090

Fax: (925) 692.0091

E-Mail: rcc@rainbowcc.org

Website: www@rainbowcc.org

Confidential Counseling Line
925.692.2056

Kind Hearts Program

*Important information
for people with
HIV/AIDS
and
LGBTQ people*



**Serving Contra Costa's Lesbian, Gay,
Bisexual, Transgender, Queer and
Questioning (LGBTQ) Community**

About the Kind Hearts Program

The Kind Hearts program provides services to people with HIV/AIDS and to lesbian, gay, bisexual, transgender, queer, questioning, intersex, and two-spirit people over the age of 50. Our goal is to provide community-building, to support wellness, and to address isolation, depression, and other concerns.

Food Pantry

The RCC's weekly food pantry provides special food boxes to people with HIV and to qualifying seniors. Currently, we receive donations from the Food Bank of Contra Costa and Solano, Walnut Creek Trader Joe's, Peet's Coffee in Lafayette, and Nob Hill Bakery in Walnut Creek. For those who qualify, we provide **grocery home delivery** service twice a month.

Brown Bag Program

The BB distributes grocery boxes on the 1st and 3rd Thursday.

Extra Helpings Program

EH grocery boxes are available twice a month.

Friendly Visitor Program

We match volunteers for social visits with LGBT Seniors and/or Poz people. The Friendly Visitor program accepts referrals and volunteers at any time.

Senior Luncheons

Twice a month, volunteers provide a delicious lunch for our Seniors. (Please call to confirm day and time).

Poz Lunches

Once a month, we serve an informal lunch to HIV+ members of our community. (Please call to confirm day and time).

Social Programs

At our community meals, members of our community have a chance to eat a healthy meal, reconnect with friends, and make new ones. For those who are unable to participate in activities at the center, our Friendly Visitor volunteers create opportunities to share meals, play games, plan birthday parties, and participate in other fun activities.

Volunteer Opportunities

The Kind Hearts program welcomes volunteers who want to connect, give back, and participate in the life of our communities. Volunteers run the food pantry and home delivery service. They also provide telephone check-ins and social visits for those who are homebound. Occasionally, volunteers also prepare, host, and serve community meals.

For more information:

Contact the Kind Hearts
Program Director

925-692-0090 x303

kindhearts@rainbowcc.org

Community Services You Should Know About

Rainbow Community Center

925-692-0090

Ask to talk to someone who can tell you about the Kind Hearts program.

Lavender Seniors of the East Bay

510-667-9655

Services, programs, and support groups for LGBT Elders 55+ in Alameda County and Western Contra Costa County.

Contra Costa County Area Agency on Aging 925-229-8434

Information and Assistance Line

This hotline can educate you about resources in Contra Costa County to help you maintain safety and independence. Ask about meal delivery, transportation, and other services. Call 800.510.2020 from within Contra Costa County.

Contra Costa County AIDS Program

925-313-6771

Services include case management, legal aid, medical assistance, and more.

Contra Costa Crisis

800-833-2900

If you or someone you know is in danger of hurting him/herself:

Elder Abuse Hotline: If you or someone you know is experiencing elder abuse: **877-839-4347**