

FAMILY SUPPORT RESOURCES

COUNSELING AND PSYCHOTHERAPY

1. The Contra Costa Mental Health Access Line

Referrals and authorizations to therapists who accept Medi-Cal; based on individual needs. Insurance review included. English/Spanish speaking. Free service, 24 hours, 888-678-7277

2. The Contra Costa Crisis Line

24 hour telephone counseling for individuals who are depressed or in crisis or are concerned about anyone who is depressed or in crisis. English/Spanish speaking. Free service, 800-833-2900

3. Postpartum Support International

Telephone support. Call back within 24 hours. English/ Spanish speaking (Press 1 for Spanish) 800-944-4PPD , 800-944-4773 www.postpartum.net,

4. Bay Area Crisis Nursery

Provides support to families who are in stress or crisis; provides a warm, loving, home-like environment for children from birth through 11 years of age. 24-Hour Free Service- 925-685-6633

5. Stand for Families Free of Violence

(Family Stress Center) Counseling, parent education & "Proud Fathers." Domestic violence support group. Sliding-scale fees. Concord 888-215-5555

6. JFK Community Center

Counseling for children and adults, couples counseling, family counseling. Sliding scale (As low as \$15 per session) English speaking. Some Spanish speaking Central County 925-798-9240

7. Las Familias Unidas

Promotes wellness and self-sufficiency in Latino and other communities. Quality mental health counseling, education and prevention, youth development, and adult & children programs. English/ Spanish Free services. Richmond 510-412-5930

8. The Lynn Center

Therapy and support for moms with developmentally or behaviorally disabled children ages 0-6, Spanish/English Speaking. Free service. Pittsburg 925-439-9628

9. Early Childhood Mental Health Program

Counseling services for children 0-7 and their families. Therapeutic preschool and consultation, groups for domestic violence, parenting, postpartum depression. Most services in English/Spanish, offered at home or at our office. West County Residents 510-412-9200.

10. Care Parent Network

Support groups, resources for moms of babies & children with special needs/ disabilities. 800-281-3023

11. We Care Services for Children

Mental health and behavioral services for children ages 0 to 6, Spanish/English Speaking. Concord 925-671-0777

12. Native American Health & Wellness Center

Support and therapy for families, young and older adults, people in rehabilitation for alcohol and drug abuse. Cultural classes, Positive Indian Parenting, Grief and Loss, Relapse Prevention Groups. Free services. Richmond 510-232-7020

13. Monument Crisis Center

Provides food and other services and resources for low-income families and individuals. 925-825-7751. Central County

14. Family Works Counseling

Family and culturally centered counseling for trauma, Victims of crime. Assessments for immigration applications. Eng./Spanish 510-982-0950

SUPPORT GROUPS, ACTIVITIES AND HOME VISITS

1. Public Health Nurse Home Visits

For postpartum moms and their newborns: medical evaluations, health education, linking clients to medical, mental health and community services. 925-313-6924

2. Nurse-Family Partnership

For women pregnant with their first child. Partner with a public health nurse to improve pregnancy and birth outcome, parenting, and self-sufficiency. Home visits begin in pregnancy, through the child's 2nd birthday. Free service. 925-313-6920

3. Prenatal Care Guidance/ Healthy Families

Prenatal & Postpartum home visits, education, support and resources, links to medical care, Free West Cty 925-313-6254 (Eng), 925-313-6853 (Span), Central 925-313-6178 (Eng); 925-313-6121 (Span), East 925-313-6254 (Eng), 925-313-6857 (Span)

4. Nurturing Parenting Connection

Home visiting program for mothers with newborns. Offering education for parents. Spanish/ English. Legal status not required. Free service , 925-798-0546, ext. 14 East & Central Contra Costa.

FAMILY SUPPORT RESOURCES

5. *Brighter Beginnings*

Parenting support for adult and teen moms, nurturing parent support groups, case management, home visiting, resources and referrals,. 1-877-427-7134 Antioch 925-757-5303, Richmond 510-236-6990

6. *Welcome Home Baby*

Home visiting service for expecting parents, parents of newborn babies, and parents caring for children under 2 years. Provides home visitation services; bilingual translations, aids in employment searches, provides parent workshops. English/Spanish speaking. Free Service. 925-753-2156

7. *Healthy Start*

Prenatal care appointments in groups with education & emotional support during pregnancy 510-231-9469, Richmond 925-370-5495, Martinez 925-431-2345, Pittsburg

8. *Contra Costa Regional Medical Center - Doula Program*

Volunteer support during labor and birth. Tell your nurse or doctor you want a Doula when you arrive at hospital in Martinez. English speaking, Spanish speaking sometimes. Free service. Call Healthy Start 925-370-5495.

9. *Hand in Hand*

Peer parenting support, listening partners, parenting education, www.handinhandparenting.org, (sliding scale) 650-322-5323, Spanish /English

10. *First Five Centers*

Parenting support, free activities, classes and groups for parents and children. 510-232-5650, West County 925-849-3987 Central County 925-709-0874, Bay Point East County 925-757-5303, Antioch East County 925-516-3880, Brentwood (Delta) East County

11. *Catholic Charities of the East Bay*

Rental assistance and help with immigrant issues. English/ Spanish speaking. Central County 925-825-3099 Oakland 510-768-3100. <http://www.cceb.org>

12. *Black Infant Health Program*

Black Infant Health provides interactive group sessions for pregnancy and postpartum periods. 925-313-6254

assistance, job services, transportation and more. Free service (Dial 211)

2. *STAND!*

Counseling/assistance for domestic violence issues. Shelter for women and children and resources. Legal status not required. 24 hours, Free services 1-888-215-5555

3. *Parent support, Substance Abuse Screening, Brief Intervention & Referral. Fast Service!*

925-335-3315 office; Marianne Elling 925-771-4655, LaFreshia Brown 925-335-3335 Free Services

4. *Alcohol and Other Drugs Services Division*

Provides alcohol and drug treatment and prevention services. Effective care in a timely manner; assessment, detoxification, outpatient counseling, narcotic treatment, residential recovery services, referrals to transitional housing, services for pregnant and parenting women and their children, primary prevention care. English/Spanish speaking. Sliding scale. Call Gary Smith 800-846-1652

DAYCARE AND ECONOMIC DEVELOPMENT

1. *Child Care Council*

Assistance with daycare and low-cost referrals. Free service West County 1-510-758-2099, Central County 925-676-KIDS (5437), East County 925-778-5437

2. *Head Start*

Free or low cost Daycare/Preschool for working families (Leave name, child age and a phone number) West County 510-374-7144 Central County –North Concord 925-427-8852 Concord --Monument Corridor 925-565-0587 East County—except for Pittsburg 925-427—8852 Pittsburg--First Baptist Head Start 925-473-2000

4. *East Bay Works*

One-stop career assistance and economic development. Assistance with job search. Free service. Central County 925- 671-4500, East County 925-706-4830, West County 510- 307-8014

5. *SparkPoint*

Offers one-stop assistance for low-income families and individuals to help them become financially stable, including high wage job training, and debt and credit counseling. ESL classes, career development, tax preparation, first time homebuyers, computer classes and basic Spanish classes. Free service. West County (510) 779-3200 Central and East County (925) 252-2300

CRISIS RESOURCES

1. *211*

Referrals to mental health services, emergency food, rental assistance, housing/shelter, healthcare, utility