



## Resource Guide

This is a list of known providers and services in person and remote. The Diocese of Oakland is not responsible for any work recommended by these organizations.

Esta es una lista de proveedores y servicios en persona y remotos. La Diócesis de Oakland no se hace responsable de estas organizaciones y no toma responsabilidad de estos servicios.

## Guía de Recursos

### Catholic or Faith Based Local-In Person resources / Servicios Cristianos o Católicos Locales y en Persona

<p><b>Walking with Moms In Need / Camina con Madres Necesitadas</b> Concord and surrounding area</p> <p><b>Coming soon / viene pronto:</b> We will offer a safe meeting space to assist moms at participating parishes. Stay tuned / Ofreceremos lugares de reunión seguro para asistir a las mamás en parroquias participantes. Manténgase al corriente.</p>	<p>Walking with Moms in Need is a parish-based initiative to help mothers of all walks of life and their families. We help the moms, and we also help the parish community to help the moms who are in front of them. Our volunteers provide accompaniment and connect moms in need with local resources, following through and making sure they receive the help they need.</p> <p>Camina con madres necesitadas es una iniciativa parroquial para ayudar a madres en todas sus etapas de vida y a sus familias. Ayudamos a las mamás, y también ayudamos a la comunidad parroquial a ayudar a las mamás que están frente a ellos. Nuestros voluntarios brindan acompañamiento y conectan a las mamás necesitadas con recursos locales, dando seguimiento y asegurándose de que reciban la ayuda que necesitan.</p> <p><b>Check out our website or call/text us to connect. We are here to help</b></p> <p><b>Visita nuestro sitio web o llámenos o envíenos un mensaje de texto para conectarnos. Estamos aquí para ayudar</b></p> <p><a href="https://wmn-concordca.org/">https://wmn-concordca.org/</a> 925-497-7318</p>
<p><b>Gabriel Project / Proyecto Gabriel</b></p>	<p><b>PREGNANT? WORRIED? NEED HELP?</b></p>

<p>Oakland Diocese / Diócesis de Oakland (Alameda and Contra Costa Counties in the East Bay Region of the San Francisco Bay Area)</p>	<p>Call the Gabriel Project Helpline and Register to receive the help you need</p> <p><b>¿EMBARAZADA, PREOCUPADA, NECESITA AYUDA?</b></p> <p>Llama pronto a la línea de ayuda del Proyecto Gabriel para registrarte y recibir la ayuda que necesitas.</p> <p><b>1-800-910-0191</b></p> <p>We look forward to meeting with you and, together, assessing your specific needs. / Esperamos reunirnos con usted y, juntos, evaluar sus necesidades específicas.</p> <p>English and Spanish</p>
<p><b>Catholic Parishes in Concord and area</b></p> <p><b>Queen of All Saints / Reina de Todos los Santos</b> 2390 Grant Street Concord, CA 94520 (925) 825-0350</p> <p>Office hours / Horario de oficina Monday and Thursday 9:00am - 6:00pm Wednesday and Friday 9:00am - 5:00pm (Lunchbreak 1-2 pm) Closed on Tuesdays</p> <p>Lunes y Jueves 9:00am - 6:00pm Miércoles y Viernes 9:00am - 5:00pm (cerrado por almuerzo 1-2 pm) Cerrado los martes</p> <p><a href="https://qaschurch.org/">https://qaschurch.org/</a> <a href="https://qaschurch.org/ministries">https://qaschurch.org/ministries</a> <a href="https://qaschurch.org/ministerios">https://qaschurch.org/ministerios</a> English and Spanish / Inglés y Español</p>	<p>Are you looking for a parish where to worship, build community, partake in parish life, make friends? Do you need pastoral counseling? Do you need food for the soul or for the body? Someone to pray for you? Or do you simply want to pray in silence?</p> <p>¿Está buscando una parroquia donde adorar, hacer una comunidad, participar en la vida parroquial y hacer amigos? ¿Necesitas consejería pastoral? ¿Necesitas comida para tu alma o para tu cuerpo? ¿Alguien que ore por ti? ¿O simplemente quieres orar en silencio?</p> <p><b>YOU ARE LOVED HERE – YOU BELONG ERES AMADO/A AQUI – TU PERTENECES</b></p> <p><b>St Bonaventure</b> 5562 Clayton Road, Concord, CA 94521 (925) 672-5800</p> <p>Office hours / Horario de oficina Mon-Thu / Lun-Jue 8:30 am to 4:30 pm (closed for lunch / cerrado por almuerzo 1-1:30 for lunch) Fridays/Viernes 8:30 am - 12:30 pm.</p> <p><a href="https://stbonaventure.net/">https://stbonaventure.net/</a> <a href="https://stbonaventure.net/ministries-programs">https://stbonaventure.net/ministries-programs</a> <a href="https://stbonaventure.net/mass-times">https://stbonaventure.net/mass-times</a></p> <p>English and Spanish / Inglés y Español</p>

<p><b>St Catherine of Sienna</b>  Church / Iglesia: 606 Mellus Street  Parish Center &amp; Office / Centro parroquial &amp; Oficina Parroquial:  1125 Ferry Street, Martinez, CA 94553</p> <p>Office hours / Horario de oficina:  Mon-Tues / Lun-Mar: 8:30am - 2pm  Wed / Mie: 8:30am - 6:30pm,  Thu / Jue: 1pm - 6:30pm;  Fri / Vie: 8:30am - 1pm</p> <p>(925) 228-2230</p> <p><a href="https://stcmtz.org/">https://stcmtz.org/</a>  <a href="https://stcmtz.org/mass-times">https://stcmtz.org/mass-times</a>  English only / Solo Inglés</p> <p><b>Christ the King</b>  195A Brandon Road Pleasant Hill, CA 94523  925-682-2486  <a href="https://www.ckph.org/">https://www.ckph.org/</a></p> <p>Office hours / Horario de oficina:  Mon-Fri / Lun-Vie 9am – 5pm</p> <p>English only / Solo Inglés</p> <p><b>St Stephen</b>  1101 Keaveny Ct, Walnut Creek, CA 94597  925-274-1341  <a href="https://www.saintstephenparish.org">https://www.saintstephenparish.org</a></p>	<p><b>St Francis</b>  860 Oak Grove Road Concord, CA 94518  925-682-5447</p> <p>Office hours / Horario de oficina:  Mon-Fri / Lun-Vie 9:00am-7:00pm.  (Closed for lunch / Cerrado por almuerzo  12pm-1pm)</p> <p><a href="https://sfaconcord.com/">https://sfaconcord.com/</a>  <a href="https://sfaconcord.com/sacraments-liturgy">https://sfaconcord.com/sacraments-liturgy</a>  <a href="https://sfaconcord.com/get-involved">https://sfaconcord.com/get-involved</a>  <a href="https://sfaconcord.com/parish-information/gift-shop">https://sfaconcord.com/parish-information/gift-shop</a></p> <p>English and Spanish / Inglés y Español</p> <p><b>St Agnes / Santa Inés</b>  3966 Chestnut Concord CA 94519  (925) 689-0838</p> <p>Office Hours / Horario de Oficina:  Mon-Thur / Lun-Jue 9am-4pm</p> <p>Adoration Chapel / Capilla de Adoración:  Mon-Sun / Lun-Dom 6am - 9 pm</p> <p><a href="https://stagnesparish.net/">https://stagnesparish.net/</a>  <a href="https://stagnesparish.net/ministries">https://stagnesparish.net/ministries</a></p> <p>English only / Solo inglés</p>
<p><b>Pope Francis Legal Clinic: Free legal advice / Consejo Legal gratis</b>  2121 Harrison Street - Oakland, CA 94612</p> <p><a href="https://ctlcathedral.org/pope-francis-legal-clinic">https://ctlcathedral.org/pope-francis-legal-clinic</a></p>	<p>Free legal consultations that rely upon the theological tradition of the Roman Catholic Church, its virtues and divine mercy / Consultas legales gratuitas basadas en la tradición de la Iglesia Católica, sus virtudes y divina misericordia.</p> <p>Tuesdays/Martes: 10:00 am - 2:00 pm  Thursdays/Jueves: 10:00 am - 2:00 pm</p> <p><b>Appointments are required / Se necesita hacer cita. Call/Llamar 510-893-4711 ext. 300</b></p> <p>Service in English and in Spanish. Pls let us know so we may coordinate translation / Servicio en Inglés y en Español. Favor avisar para coordinar traducción.</p>

<p><b>Options Health Clinic-Pittsburg</b>  184 E Leland Road - Pittsburg, CA 94565</p> <p><a href="https://optionshealth.org/">https://optionshealth.org/</a></p>	<p>Free service to individuals and their families who come seeking help in decisions about pregnancy, sexual health, and parenting. Prenatal Services, sexual health, women's health. No insurance required. / Servicio gratuito para individuos y sus familias que buscan ayuda en sus desiciones de embarazo, salud sexual, y cuidado de sus hijos. No se necesita aseguanza.</p> <p>Monday / Lunes: 10am-2pm  Tuesday / Martes: 10am-5pm  Wednesday / Miercoles: 10am-5pm  Thursday / Jueves: 10am-5pm  Friday / Viernes: By Appointment / por cita</p> <p><b>Call / Llama al: (925) 827-0100</b>  <b>or visit / visita <a href="https://optionshealth.org/">https://optionshealth.org/</a></b></p> <p>Service in English or in Spanish / Se atiende en español y en inglés</p>
<p><b>Order of Malta Clinic of Northern California / Clinica de la Orden de Malta</b>  2121 Harrison Street #120 Oakland, CA 94612</p> <p>Consultations in person or via telemedicine / Consultas en persona o por telemedicina</p> <p>Monday-Friday / Lunes a viernes 9am-4pm</p> <p>Appointments are strongly encouraged / Favor haga cita</p> <p>Call / Llame al (510) 587-3000  <a href="https://www.orderofmaltaclinic.com">https://www.orderofmaltaclinic.com</a></p> <p>Service in English and in Spanish / Se atiende en español y en inglés</p>	<p>For the uninsured / Para los que no tienen aseguanza – No questions asked / No hacemos preguntas</p> <p>Free, on-site (and remote) preventative health care services and treatment to uninsured and low-income patients – no questions asked. Services include Primary care, cardiology, oncology, Neurology, Gynecology, Otorhinolaryngology, Ophthalmology, Gastroenterology, and Social Services. Lab work, x-rays, mammography, immunizations, pap tests come at no cost to the patient.</p> <p>Servicio médico gratuito en persona y por telemedicina para pacientes sin aseguanza y de bajos recursos – Sin preguntas. Los servicios incluyen atención primaria, cardiología, oncología, ginecología, dermatología, podología, endocrinología, gastroenterología, oftalmología, neurología, otorinolarinología, y servicios sociales. pruebas de laboratorio, las radiografías, las mamografías, las pruebas de Papanicolau y las inmunizaciones, se brindan sin costo para los pacientes.</p>

<p><b>St. Vincent de Paul –Headquarters / Oficina principal</b> 2210 2210 Gladstone Drive, Pittsburg, CA</p> <p>For medical appointments call on Wednesdays / Para hacer cita médica, llame los miércoles 1pm-3pm 925-439-2009</p> <p>For dental appointments apply online (lottery system) / para cita dental aplique en línea (es por lotería) www.dentistsonwheels.org</p> <p>For other services / Para otros servicios (925) 439-5060</p>	<p>Food pantry,dining hall, clothing, basic medical care, dental care, rent support and more!</p> <p>Comida, Comedor, Ropa, Servicios Médicos básicos, Servicios dentales, ayuda con renta, ayuda con renta y más!</p> <p>Service available in English and Spanish / Español e inglés</p> <p><a href="https://www.svdp-cc.org/">https://www.svdp-cc.org/</a></p>
<p><b>Relationship &amp; Marriage Ministry support / Apoyo de relaciones de pareja y relaciones matrimoniales</b></p>	<p>Sandra Catalina Murillo –Reina de Todos Los Santos/Queen of all Saints Email: sandracatalina@live.com</p> <p>Workshops on Theology of the body / Talleres sobre Teologia del Cuerpo : Andrea Walle, Email: andreaxwalle@gmail.com</p> <p>Diana y Pedro Tobar-Ministerio de Matrimonios/ Marriage ministry leaders –St. Mark’s Church Richmond Phone: 510-672-4871</p>
<p><b>Mental Health Resources/ Recursos de Salud Mental</b></p>	<p><b>Most Holy Rosary Church</b> 1313 A St. Antioch, CA 94509</p> <p>Healing through love mental health ministry / Ministerio de Salud Mental, Sanando a través del amor:</p> <p>925-757-4020 Parish office hours / Horas oficina parroquial: Monday – Friday / Lunes – Viernes 8:30am - 12pm + 1:30pm – 4pm (closed for lunch / cerrado para almuerzo)</p> <p><a href="https://holynosaryantioch.org/mental-health-ministry">https://holynosaryantioch.org/mental-health-ministry</a></p> <hr/> <p>Kiona Medina-Oficina de Justicia Social Monday – Friday / Lunes – Viernes 9am - 4pm</p>

	510-267-8379
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**OTHER PUBLIC RESOURCES**

<p><b>Food Resources / Recursos de Comida in West Contra Costa</b></p>	<p>855-309-FOOD (3663)</p> <p><a href="https://www.foodbankccs.org/map-city/concord">https://www.foodbankccs.org/map-city/concord</a></p> <p><a href="https://www.foodbankccs.org/es/map-city/concord">https://www.foodbankccs.org/es/map-city/concord</a></p>
<p><b>Loaves and Fishes</b> Admin Office: 835 Ferry Street, Martinez, CA Central Kitchen: 510 Garcia Ave., Unit H, Pittsburg, CA</p>	<p>Food/Dining halls/Comida/Comedores</p> <p>Phone: (925) 293-4792</p>
<p><b>Birthright of Concord</b> 3106 Clayton Rd. Concord, California, 94519</p> <p>Chat en línea en el sitio web. <a href="https://birthright.org/concord/">https://birthright.org/concord/</a></p> <p><b>Walk ins are welcome / Bienvenidos con o sin cita</b></p> <p>Monday / Lunes, 1:00 PM - 4:00 PM Tuesday / Martes, 11:00 AM - 2:00 PM Wednesday / Miercoles, 1:00 PM - 4:00 PM Thursday / Jueves, 11:00 AM - 2:00 PM Friday / Viernes, By Appointment Saturday / Sabado, By Appointment</p> <p>Phone: 925.798.7227 <a href="https://birthright.org/concord/">https://birthright.org/concord/</a></p>	<p>Love, friendship, and support to women who are pregnant or think they may be pregnant, for as long as they need us. Free pregnancy test, Maternity and Baby items, Diapers AND support and information about pregnancy, childbirth, adoption, prenatal care, community programs, parenting skills, child care. Referrals for medical support, financial resources, housing legal, social assistance, professional counseling. Online chat at the website <a href="https://birthright.org/concord/">https://birthright.org/concord/</a></p> <p>Amor, amistad y apoyo a las mujeres que están embarazadas o creen que pueden estarlo, y mientras nos necesiten. Prueba de embarazo gratuita, artículos para maternidad y bebé, Pañales Y Apoyo e información sobre embarazo, parto, adopción, atención prenatal, programas comunitarios, entrenamiento para padres y cuidado infantil. Referencias para apoyo médico, recursos económicos, vivienda legal, asistencia social, asesoramiento profesional.</p>
<p><b>STAND—Domestic Violence Help</b></p>	<p>Domestic Violence Help Ayuda con Violencia Domestica <a href="https://www.standffov.org/">https://www.standffov.org/</a></p> <p>1410 Danzig Plaza, Concord, CA 94520 Business Line: 925-676-2845 Crisis Line: 1-888-215-5555</p>

## **Ujima Family Recovery Services**

Martinez, 94553  
San Pablo, 94806  
Pittsburg, 94565  
Concord, 94518  
Richmond, 94805  
Vallejo, 94590

### **Support Education Counseling for Children whose Parents are Addicted to Alcohol and other Drugs**

Located in San Pablo  
For Confidential Information Call / Para solicitar información de modo confidencial: (510) 236-0399  
<https://ujimafamily.org/programs/the-childrens-recovery-and-family-education-program/>

### **Solano outpatient**

Located in Vallejo, serves women from Solano Country  
For Confidential Information Call / Para solicitar información de modo confidencial: 707-558-8500  
<https://ujimafamily.org/programs/ujima-hope-solano-outpatient-treatment-program/>

A Special Therapeutic Recovery Program for Pregnant and Parenting Women and Children / Un programa especial de recuperación terapéutica para mujeres y niños embarazadas y con hijos

<https://ujimafamily.org/>

### **Casa Ujima**

Located in / Ubicado en Martinez  
For Confidential Information Call / Para solicitar información de modo confidencial: (925) 229-0230  
<https://ujimafamily.org/programs/la-casa-ujima-residential-treatment-program/>

### **The Rectory**

Located in San Pablo, serves women from Contra Costa County  
For Confidential Information Call / Para solicitar información de modo confidencial: (510) 236-3134  
<https://ujimafamily.org/programs/the-rectory-womens-recovery-center/>

### **East Outpatient**

Located in Pittsburg, serves women from Contra Costa County  
For Confidential Information Call / Para solicitar información de modo confidencial: (925) 427-9100  
<https://ujimafamily.org/programs/ujima-east-outpatient-treatment-program/>

### **Central Outpatient**

Located in Concord  
For Confidential Information Call / Para solicitar información de modo confidencial: 925-691-5083  
<https://ujimafamily.org/programs/ujima-central-outpatient-treatment-program/>

### **West Outpatient**

Located in Richmond, serves women from Contra Costa County  
(510) 215-2280

	<p><a href="https://ujimafamily.org/programs/ujima-west-outpatient-treatment-program/">https://ujimafamily.org/programs/ujima-west-outpatient-treatment-program/</a></p>
<p><b>Bay Area Crisis Nursery</b> 1506 Mendocino Dr, Concord, 94521</p>	<p>Emergency Child Care, Crisis Care, Respite care (Children can stay for 24-72 hours monthly), Diapers, Food Bank / Cuidado infantil de emergencia, atención de crisis, cuidado de relevo para que puedas descansar (los niños pueden quedarse entre 24 y 72 horas al mes), pañales, banco de alimentos</p> <p><b>Visit the center and Register to expedite future care / Visita y Registrarte en el centro para agilizar la atención futura</b></p> <p>Office hours / Horario de oficina: Mon-Fri / Lun-Vie 9am-5pm</p> <p>Donation hours Mon-Fri / Lun-Vie 10am-5pm</p> <p>Phone: 925-685-8052 <a href="https://bayareacrisisnursery.org/">https://bayareacrisisnursery.org/</a></p>
<p><b>CocoKids</b></p>	<p>Childcare/ cuidado de niños. 1035 Detroit Ave #200, Concord, CA 94518 <b>Phone:</b> (925) 676-5442 <a href="https://www.cocokids.org/">https://www.cocokids.org/</a> Must register to be placed on waiting list / Debe registrarse para ser agregado a la lista de espera</p>
<p><b>Ruby's Place</b></p>	<p>Domestic Violence Shelter / Refugio de Violencia Domestica 20880 Baker Rd, Castro Valley, CA 94546 <b>Phone:</b> (510) 581-5626</p>
<p><b>Love a Child Mission</b> 2279 Willow Pass Rd., Bay Point, CA 94565</p>	<p>Faith based homeless shelter for women and children / Refugio cristiano para mujeres y niños sin hogar (925) 643.5170 Service in English / Servicio en inglés necesita traductor</p>

	<a href="https://loveachildmissions.org/">https://loveachildmissions.org/</a>
<p><b>Fist Five</b>  <b>Concord:</b> 1736 Clayton Road, Concord  (925) 849-8861</p> <p><b>Antioch:</b> 300 H Street, Antioch  (925) 301-4052</p> <p><b>Pittsburg:</b> 355 E Leland Rd., Pittsburg  (925) 301-4040</p> <p><b>Brentwood:</b> 760 1st Street, Brentwood  (925) 516-3880</p>	<p>First 5 Centers holistically support families with children from birth to age 5 /  Apoyo integral a las familias con niños desde el nacimiento hasta los 5 años.</p> <p>Visit a center to register in their programs /  Visite un centro para registrarse en sus programas</p> <p><a href="https://www.first5coco.org/">https://www.first5coco.org/</a>  <a href="https://www.first5coco.org/es/">https://www.first5coco.org/es/</a></p>
<p><b>Monument Impact</b></p> <p><b>Monument:</b> 2699 Monument Blvd, Ste G  Concord, CA 94520</p> <p><b>Keller House:</b> 1760 Clayton Rd Concord, CA  94520</p> <p><b>Antioch:</b> 3501 Lone Tree Way #3 Antioch,  CA 94509</p>	<p>Monument Impact is a community-based nonprofit based in Concord and Antioch and serving immigrant, refugee and low-income communities in Central and East Contra Costa. They offer technology classes (English, Farsi, Spanish), ESL, Emerging Business Support, CalWORKS, Mental health and emotional Support in Spanish, Spanish speaking community leaders for outreach efforts (MediCal enrolment, cancer diagnosis and prevention, vaccines), outdoor community fitness, Diabetes Education &amp; Empowerment (English, Spanish), community organizing, leadership development, advocacy &amp; campaigns, hire a worker program, securing an ITIN number to file taxes or open bank accounts or access tax credits, Day labor program, job connections, civic integration, driver's license preparation, skill training, leadership development</p> <p>Day labor center, Hire a worker, ELEVATE Concord, Arts &amp; Culture, Immigration Services /</p> <p>Monument Impact es una organización comunitaria sin fines de lucro con sede en Concord y Antioch que presta servicios a comunidades de inmigrantes, refugiados y de bajos ingresos en el centro y el este de Contra Costa.</p> <p>Clases de tecnología (inglés, farsi, español), Clases de Inglés, apoyo a empresas emergentes (programas en español y en inglés), CalWORKS, salud mental y apoyo</p>

<p><b>Monument Impact (cont)</b></p> <p>Visit a site or call to register to any of their programs / Visita una de sus oficinas o llama para registrate a alguno de sus programas Office Hours / Horario de oficina: 9:00 AM – 4:00 PM Day Labor Center / Centro de trabajo: Monday through Saturday 6:00 AM – 10:00 AM</p> <p>(925) 682-8248</p> <p><a href="https://monumentimpact.org/">https://monumentimpact.org/</a></p>	<p>emocional en español, promotores (inscripción en MediCal, diagnóstico y prevención del cáncer, vacunas), ejercicio comunitario al aire libre, diabetes Educación y empoderamiento (inglés, español), organización comunitaria, desarrollo de liderazgo, promoción y campañas, programa de contratación de trabajadores, obtención de un número ITIN para presentar impuestos o abrir cuentas bancarias o acceder a créditos fiscales, programa de jornaleros, conexiones laborales, integración cívica, preparación para la licencia de conducir, capacitación de habilidades, desarrollo de liderazgo, Centro de jornaleros, Programa contrata a un trabajador, ELEVATE Concord, Arte y Cultura, Servicios de Inmigración.</p>
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**REMOTE – ONLINE - INTERNET**

**Association of Catholic Mental Health Ministers/ Asociacion de Ministros de Salud Mental Catolicos:** <https://catholicmhm.org>

Interested in starting a mental health ministry in your parish or community? This global association equips lay people to run support groups and offer basic workshops rooted in Catholic faith.

¿Interesado en empezar un ministerio en su parroquia? Esta asociación da herramientas y entrenamiento gratuito a personas laicas para que guíen grupos de apoyo basados en la fe católica. Contacte a Kiona Medina: [kmedina@oakdiocese.org](mailto:kmedina@oakdiocese.org)

**Catholic Therapists/Terapeutas Católicos:** <https://www.catholictherapists.com/> Large data base of Catholic therapists from all over the country organized by zip code. Base de Datos organizada por códigos postales de todo el país.

**Oakland Diocese Directory:** Growing database of Bay Area locals and telehealth providers. / Diversos recursos del área de la Bahía. <https://www.oakdiocese.org/social-services-directory>

**My Catholic Doctor** - <https://mycatholicdoctor.com/>

**My Catholic Dentists** - <https://catholicdentistsnetwork.com/>

**Pope Paul VI - NaPro Technology** - (infertility help) - <https://popepaulvi.com/>

**Catholic Cemeteries, Diocese of Oakland** - (help for those who cannot afford burial for a loved one, especially a child, an infant, a baby who died by miscarriage, was stillborn, or by abortion.) - <https://oakdiocese.org/catholic-funeral-cemetery-services>

**The Diocesan Contact for Rachel's Vineyard /retiros ecumenales para sanacion de pierda de embarazo y/o aborto.** Ecumenical retreats for healing from miscarriage and or abortion. <https://oakdiocese.org/after-the-choice-ministry>

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### Public Community Resources and governmental agencies:

- Contra Costa Crisis Center A3-Anyone, Anywhere, Anytime Mobile Crisis Response: 844-844-5544 <https://cchealth.org/a3/>; or <https://www.cchealth.org/get-care/a3-crisis-response>
- CalHOPE Warm Line (Stress, Anxiety, Depression, Worries): 833-317-4673; Chat line: <https://calhopeconnect.org/> , website: <https://www.calhope.org/>
- Cash Aid/ CALWORKS: <https://ehsd.org/benefits/calworks-cash-0id/calworks-fact-sheet/>
- Contra Costa Behavioral Health Access Line: 1-888-678-7277
- Contra Costa Community Emergency Warning System: <https://cwsalerts.com/>
- Contra Costa Crisis Center 1-800-833-2900; 211; Text HOME to 74141; HOPE to 20121
- Covid-19 Funeral Assistance (till 09/30/2025): <https://www.ferns.gov/disaster/coronavirus/economic/funeral-assistance>
- Disaster Distress Helpline (SAMHSA, Mental or Substance Use) 1-800-662-HELP; 1-800-985-5990
- Domestic Violence Hotline: 800-799-7233; text 939255
- Disaster Relief Assistance: <https://www.ca.gov/>; 1-800-807-6755;

<https://www.fema.gov/assistance/individual>

- Elderly Services: <https://ehsd.org/aging-and-adult-services/>
- Food Assistance/ CalFresh: <https://ehsd.org/benefit-programs/calfresh-formerly-known-as-food-stamps/>
- Food Safety:  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/FoodborneDiseasesandOutbreaks.aspx>
- Free Tax Help: <https://ehsd.org/2024/01/19/free-tax-help/>
- Get Low-Cost Internet: <https://ehsd.org/get-connected-contra-costa/>
- Head Start, Early Head Start, State Preschool: Eligibility hotline: (925) 272-4727  
<https://ehsd.org/childcare-preschool/head-start-early-head-start-and-state-preschool/>
- Housing and Homeless Services: <https://ehsd.org/overview/housing-homeless-services/>
- Legal Aid: <https://www.baylegal.org> ; 1-800-551-5554
- Low Income Home Energy Assistance Program, LIHEAP: 1-866-674-6327;  
<https://liheappm.acf.hhs.gov/navigator.php>
- Mental and Substance Use Treatment Referral and Info: 1-800-662-HELP
- National Suicide Prevention Hotline: 988
- Nurse Advice Line, Medi Nurse, CA (24/7, FREE): (877) 409-9052  
<https://www.dhcs.ca.gov/Pages/DHCS-COVID-19-Medi-Nurse-Line.aspx>
- PG&E Financial Assistance: <https://www.pge.com/en/account/billing-and-assistance/financial-assistance.html>
- Power Outages, PG&E: <https://www.pge.com/en/outages-and-safety.html>
- Physician Support Line: 1 (888) 409-0141 <https://www.physiciansupportline.com/>
- Problem Gambling Help: Text Support to 53342; 1-800-GAMBLER; <https://800gambler.chat/>  
The National Problem Gambling Helpline offers call, text and chat services 24/7/365
- Public Safety and Emergency Info:  
<https://www.contracosta.ca.gov/5435/Public-Safety-Emergency-Info>
- Refugee & Immigrant Programs: <https://ehsd.org/refugee-and-immigrant-programs/>
- Community Warning System Contra Costa County: <https://cwsalerts.com/>
- Domestic Violence, Call 800-799-7233; Call or Text: START to 88788
- Suicide and Crisis Lifeline <https://988lifeline.org/> 1-800-273-8255
- US Beaches Alert System: <https://www.epa.gov/beacfiles/find-information-about-particular-us-beach>
- Veterans Crisis Line: Dial 988 then press 1, Text 828255 1-800-273-8255  
<https://www.veteranscrisisline.net/>
- Vital Records, CA CDPH: <https://www.cdph.ca.gov/Programs/CHSI/pages/vital-records.aspx>
- Water Assistance, Contra Costa Water: <https://www.ccwater.com/237/Customer-Payment-Assistance>
- Women, Infants, and Children Food Benefits: <https://cchealth.org/wic>; 1-800-414-4WIC

**This is a growing directory. If you know of any more Catholic Social Services resources or have any questions, please contact [kmedina@oakdiocese.org](mailto:kmedina@oakdiocese.org)**