




## Community Resource Guide

Contra Costa County v.0\_2026

April Parker Foundation

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## Welcome

This Resource Guide is designed to help individuals, families, and community members access the support and services they need. Whether you are seeking assistance with housing, health care, education, employment, wellness, or basic needs, this guide brings trusted resources together in one place so you can navigate your next steps with confidence.

Across every program at the April Parker Foundation, our goal remains the same: **to strengthen communities by improving access to opportunities, reducing barriers, and supporting wellbeing.**

## How to Use This Guide

Resources in this guide are organized by category and typically include:

- Organization or program name
- Description of services provided
- Contact information
- Eligibility notes, when available

You may use this guide independently or with the support of a **CARE Mentor, Case Manager, Navigator, or Program Staff**, who can assist you in connecting to the services that best meet your needs.

## If You Need Immediate Help

If you are experiencing a crisis—emotional, medical, or safety-related—please contact the appropriate emergency support in your area, such as:

- Local Crisis Line or Access Line
- Domestic Violence Hotline
- Emergency Services (9-1-1)

These services can provide immediate assistance, safety planning, and connection to urgent resources.



## Important Notes

- Information in this guide may change over time. Contact organizations directly for the most up-to-date details.
- Inclusion in this guide does not represent an endorsement; it is intended as a navigation tool for individuals seeking support.
- This guide may include services designed for specific populations (youth, adults, families, veterans, LGBTQIA2S+, individuals with disabilities, justice-involved individuals, etc.). Always ask about eligibility when reaching out.

## About the April Parker Foundation

The April Parker Foundation is a community-based nonprofit organization committed to transforming communities by empowering sustainable futures. We work alongside individuals, families, and partners to expand access to resources, remove systemic barriers, and support long-term health, stability, and economic opportunity.

Through our programs and partnerships, APF provides navigation, case management, workforce development, housing support, youth development, and community-based services designed to meet people where they are and walk with them toward where they want to go.

Our work is grounded in equity, dignity, accountability, and compassion, and guided by the belief that everyone deserves access to the tools and support needed to thrive.

## How We Can Support You

APF staff may be able to assist with:

- Resource navigation and referrals
- Care coordination and case management
- Program enrollment and eligibility guidance
- Follow-up support and service connections

If you are working with an APF CARE Mentor, Case Manager, or Program Staff, they can help you use this guide and connect to services.



## Contra Costa – Adult Resources

### Housing & Homeless Services

Organization	Services Provided	Phone	Website
<b>Contra Costa Coordinated Entry System</b>	Housing assessments, shelter referrals, housing navigation	Access via 2-1-1	<a href="http://www.contracostahomeless.org">www.contracostahomeless.org</a>
<b>Contra Costa County Health, Housing &amp; Homeless Services</b>	Homeless outreach, interim housing, permanent supportive housing	(925) 655-5000	<a href="http://www.contracosta.ca.gov">www.contracosta.ca.gov</a>
<b>Shelter, Inc.</b>	Emergency shelter, rapid rehousing, homelessness prevention	(925) 338-1038 \	<a href="http://www.shelterinc.org">www.shelterinc.org</a>
<b>Building Opportunities for Self-Sufficiency</b>	Emergency shelter, housing navigation, case management	(510) 613-0330	<a href="http://www.self-sufficiency.org">www.self-sufficiency.org</a>
<b>Bay Area Rescue Mission</b>	Emergency shelter, meals, recovery programs	(510) 215-4555	<a href="http://www.bayarearescue.org">www.bayarearescue.org</a>

### Mental Health & Ongoing Behavioral Health Support (Non-emergency, ongoing care coordination)

Organization	Services Provided	Phone	Website
<b>Contra Costa County Behavioral Health Services</b>	Outpatient mental health care, crisis response	1-888-678-7277	<a href="http://www.cchealth.org">www.cchealth.org</a>
<b>John Muir Behavioral Health</b>	Inpatient and outpatient mental health services	(925) 674-4100	<a href="http://www.johnmuirhealth.com">www.johnmuirhealth.com</a>
<b>La Clínica Behavioral Health</b>	Counseling and psychiatry services	(510) 535-4000	<a href="http://www.laclinica.org">www.laclinica.org</a>

## Substance Use Treatment

Organization	Services Provided	Phone	Website
<b>Contra Costa County Alcohol and Other Drugs Services</b>	Detox, outpatient and residential SUD treatment	Access via Crisis Line	<a href="http://www.cchealth.org">www.cchealth.org</a>
<b>BAART Programs</b>	Medication-assisted treatment and counseling	(925) 222-3211	<a href="http://www.baartprograms.com">www.baartprograms.com</a>
<b>Ujima Family Recovery Services</b>	Residential and outpatient recovery services	(510) 223-3600	<a href="http://www.ujimafrrs.org">www.ujimafrrs.org</a>

## Medical & Primary Care

Organization	Services Provided	Phone	Website
<b>Contra Costa Health Services</b>	Primary care, specialty care, county clinics	(925) 313-6500	<a href="http://www.cchealth.org">www.cchealth.org</a>
<b>John Muir Health</b>	Hospitals, primary and specialty care	(925) 947-3000	<a href="http://www.johnmuirhealth.com">www.johnmuirhealth.com</a>
<b>La Clínica de la Raza</b>	Primary care, dental, behavioral health	(510) 535-4000	<a href="http://www.laclinica.org">www.laclinica.org</a>

## Food & Basic Needs

Organization	Services Provided	Phone	Website
<b>Food Bank of Contra Costa and Solano</b>	Food pantries, CalFresh assistance	(855) 309-3663	<a href="http://www.foodbankccs.org">www.foodbankccs.org</a>
<b>211 Contra Costa</b>	Food, utility, and emergency assistance referrals	2-1-1	<a href="http://www.211contracosta.org">www.211contracosta.org</a>
<b>Bay Area Rescue Mission</b>	Meals, clothing, hygiene services	(510) 215-4555	<a href="http://www.bayarearescue.org">www.bayarearescue.org</a>

## Legal, Domestic Violence & Advocacy

Organization	Services Provided	Phone	Website
<b>Bay Area Legal Aid</b>	Free civil legal assistance	(800) 551-5554	<a href="http://www.baylegal.org">www.baylegal.org</a>
<b>Contra Costa Family Justice Center</b>	DV advocacy, legal support, safety planning	(925) 521-6366	<a href="http://www.ccfjc.org">www.ccfjc.org</a>
<b>STAND! For Families Free of Violence</b>	Crisis line, shelter, counseling	(888) 215-5555	<a href="http://www.standffov.org">www.standffov.org</a>

## Employment & Workforce

Organization	Services Provided	Phone	Website
<b>Contra Costa Workforce Development Board</b>	Job training, employment placement	(925) 602-6800	<a href="http://www.contracostaworkforce.com">www.contracostaworkforce.com</a>
<b>America's Job Center of California – Contra Costa</b>	Career coaching and employment services	(925) 602-6800	<a href="http://www.caljobs.ca.gov">www.caljobs.ca.gov</a>

## Veteran Services

Organization	Services Provided	Phone	Website
<b>Contra Costa County Veterans Service Office</b>	Benefits counseling and claims assistance	(925) 313-1481	<a href="http://www.contracosta.ca.gov">www.contracosta.ca.gov</a>
<b>VA Martinez Outpatient Clinic</b>	Medical and mental health services	(925) 372-2000	<a href="http://www.va.gov">www.va.gov</a>
<b>Swords to Plowshares</b>	Veteran housing, legal, employment support	(415) 252-4788	<a href="http://www.swords-to-plowshares.org">www.swords-to-plowshares.org</a>

## Disability & Adult Protective Services

Organization	Services Provided	Phone	Website
<b>Adult Protective Services – Alameda County</b>	Abuse, neglect, exploitation reporting	1-877-839-4347	<a href="http://www.contracosta.ca.gov">www.contracosta.ca.gov</a>
<b>Disability Rights California</b>	Disability legal advocacy	(800) 776-5746	<a href="http://www.disabilityrightsca.org">www.disabilityrightsca.org</a>
<b>IHSS Alameda County</b>	In-home supportive services	(925) 313-1550	<a href="http://www.contracosta.ca.gov">www.contracosta.ca.gov</a>

## Transportation Assistance

Organization	Services Provided	Phone	Website
<b>County Connection</b>	Public bus transportation services	(925) 676-7500	<a href="http://www.countyconnection.com">www.countyconnection.com</a>
<b>Medi-Cal Transportation</b>	Non-emergency medical transportation	Contact health plan	<a href="http://www.dhcs.ca.gov">www.dhcs.ca.gov</a>
<b>211 Contra Costa</b>	Transportation assistance referrals	2-1-1	<a href="http://www.211contracosta.org">www.211contracosta.org</a>

### You Are Not Alone

Accessing services can feel overwhelming, and it's okay to need support along the way. This Resource Guide is intended to help you take the next step at your own pace and connect with services that support your health, stability, and wellbeing.

If you encounter barriers, long waitlists, or are unsure where to start, help is available.

### How We Can Help

We provide navigation, care coordination, and community-based support to help individuals and families move forward. Our CARE Mentors and Case Managers can assist with referrals, applications, follow-up, and problem-solving when systems feel difficult to navigate.