Lesbian/Gay/Bisexual/Transgender
Local Resources www.eastbaypride.com
Rainbow Comm Center Senior Services 692-0090

Recreation & Education
AARP Smart Driver (877) 846-3299 www.aarp.org/drive
Antioch Adult School 779-7940
Clubs, Organizations & Exercise Program Lists (800) 510-2020
Liberty Adult School 634-2565
Los Medanos College 513-1625
Pittsburg Campus 439-2181
Pittsburg Adult School 473-4460

Senior Centers
Antioch 779-7074
Brentwood 516-5380
Pittsburg 252-4890

Well Connected (Activities, conversation, classes, and support over the phone) (877) 797-7299
Well Connected Espanol (877) 400-5867

Transportation
BART 676-2278
Dial-A-Ride (Paratransit) 754-3060
Schedule rides 754-3060
General Information 511
Mobility Matters (Information & Rides) 284-6109
Tri-Delta Dial-A-Ride 754-3060
Tri-Delta Transit Route Info 754-4040

Utility Assistance
CA Alternate Rates for Energy (CARE) (800) 743-2273
Home Energy Assistance Program (HEAP) 681-6380
Medical Baseline Program Relief for Energy (800) 743-5000
Relief for Energy Assistance Through Community Help (REACH) (800) 933-9677

Veterans Services
Concord Vet Center 680-4526
Delta Veterans Group 222-7586
East County Veterans Resource Center 206-4976
Martinez VA Medical Center 372-2000
Rides 4 Veterans (Information & Rides) 284-6109
Swords to Plowshares (Multi-service) 510 844-7500

VA Urgent Care 372-2179
Veterans Crisis Line 24/7 (800) 273-8255
Veterans Homeless Outreach 404-4887
Veterans Service Office 313-1481

Volunteer Opportunities
AARP Tax Preparer www.aarp.org/taxvolunteer
CC Volunteer & Emergency Services 521-5060
Friendly Visitors (800) 937-8311
Health Insurance Counseling & Advocacy Program www.aarp.org/healthcounseling
Program HICAP (Medicare Counseling) (800) 510-2020
Meals on Wheels Diablo Region 937-8311
Meals on Wheels of West Contra Costa County (510) 412-0166
Mobility Matters Drivers 284-6161
Senior Peer Counseling 521-5640

Web Sites
211 Online Resource www.crisis-center.org
Benefits www.benefitscheckup.org
Contra Costa County Employment & Human Services www.ehsd.org
Department (Social Services) Mercer California Covered California www.coveredca.com
East County Senior Coalition www.eastcountyseniors.com
Medicare www.medicare.gov or www.edhsc.org
Section 8 Waiting Lists www.edhsc.org/section-8-waiting-lists
Social Security www.ssa.gov

Information & Assistance (IA) is a program of Contra Costa County Area Agency on Aging, under the umbrella of the Employment & Human Services Department. Knowledgeable social workers provide information, referrals to resources, and support in problem solving to seniors aged 60 and older, adults with disabilities, and caregivers.

Hours of Operation:
Monday to Friday, 8:00 a.m. to 5:00 p.m.

Information & Assistance (IA) 400 Ellinwood Way Pleasant Hill, CA 94523

I&A does not guarantee information or services provided by agencies in the Mini-Guide. Please report any errors to I&A.

If you have a concern or complaint about the I&A Program, please contact the Program Supervisor:
(925) 229-8434, infoandassist@ehsd.cccounty.us or mail letter to the above address.

Donations accepted, checks Payable to “Contra Costa County

Contra Costa County Community Warning System (CWS) Registration
To receive emergency alerts on your cell phone, please call (925) 655-0111 or visit www.cwsalerts.com

This Mini Guide lists only some of the resources that are available in East Contra Costa County. If you do not find what you need here, call Information & Assistance.

All calls are confidential. Interpreters are available to assist in any language.

Contra Costa County

Information & Assistance
SENIOR & DISABLED HELPLINE
800-510-2020 • 925-229-8434

East COUNTY

Mini Guide to Aging and Adult Services

If calling within Contra Costa County (800) 510-2020

If calling from outside Contra Costa County or from a cell phone (925) 229-8434

For hearing or speech impaired using a telecommunication device, call Relay Service 711

infoandassist@ehsd.cccounty.us www.ehsd.org

EAST - Current as of March 2024