Relief for Energy Assistance Through Community Help (REACH) ........... (800) 933-9677

Veterans Services
Concord Vet Center .......... (925) 680-4526
Martinez VA Medical Center ... (925) 372-2000
Rides 4 Veteran (Information & Rides) (925) 284-6109
Swords to Plowshares (Multi-service) ...... 844-7500
VA Urgent Care ............... (925) 372-2179
Veterans Crisis Line 24/7 ........ (800) 273-2345
Veterans Homeless Outreach .... (925) 404-4887
Veterans Resource Program .... (877) 846-2345
Veterans Service Office ......... (877) 846-2345

Volunteer Opportunities
AARP Tax Preparer ........... www.aarp.org/taxvolunteer
CC Volunteer & Emergency Svcs. (925) 521-5060
Friendly Visitors ............... (925) 937-8311
Health Insurance Counseling & Advocacy Programs (HICAP/Medicare Counseling)(800) 510-2020
Meals on Wheels Diablo Region .... (925) 937-8311
Meals on Wheels of West Contra Costa County ......... (925) 412-0166
Mobility Matters Drivers .......... (925) 284-6161
Senior Tax Counseling .......... (925) 521-5640

Web Sites
211 Online Resource ........ www.crisis-center.org
Contra Costa County Employment & Human Services Department (Social Services) . www.ehsd.org
CoveCare California (Affordable health insurance) ............... www.coveredca.com
Legal ........ www.cc-courts.org or www.courts.ca.gov
Medicare . www.ccdata.org or www.medicare.gov
Section 8 Waiting Lists ........ www.cheaphousingonline.org/open-section-8-waiting-lists
Social Security ............ www.ssa.gov

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

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

Contra Costa County
Senior & Disabled Transport

Kensington, North Richmond, Richmond, and Rollingwood
East Richmond Heights, El Sobrante, Hasford Heights, Easy Ride

Well Connected Espanol

San Pablo
Richmond
Pinole
North Richmond
El Cerrito Community Center
Crockett Community Center
Senior Centers
West Contra Costa Adult Education

Transportation
AC Transit ................. 919-4700
BART ........... (California) (925) 229-2278
East Bay Paratransit Info. .......... (800) 555-8085
Easy Ride (El Cerrito Residents only) ...... 559-7677
General Information ................. 511
Mobility Matters (Information & Rides) .. (925) 284-6109
R-Transit and Lyft (Van & Taxi Service for East Richmond Heights, El Sobrante, Hasford Heights, Kensington, North Richmond, Richmond, and Rollingwood Residents only) . 307-8026
San Pablo Senior & Disabled Transport . 215-3095
WestCAT

Information .......................... 724-7993
Appointments ............... 724-7433

Utility Assistance
CA Alternate Rates for Energy (CARE) Assistance for low income residents ...... (800) 743-2273
Home Energy Assistance Program (HEAP) ....... (925) 681-6380
Medical Baseline Program Relief for Energy .......... (800) 743-5000

HOURS OF OPERATION: MONDAY TO FRIDAY, 8:00 a.m. TO 5:00 p.m.

Information & Assistance (I&A) . 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.

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.

Information & Assistance (I&A)

Contra Costa 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