



# Building Community Connections

Mental Health Community Resources







John Muir Health and its partners aim to improve the health of the communities we serve with quality and compassion. John Muir Health is committed to supporting whole-person wellness, including mental and behavioral health. We partner with local community-based non-profit organizations to provide seamless access to care for all community members, regardless of insurance status.

# How to Access Resources

Are you seeking mental health resources? We can help make a connection that's right for you. Throughout this resource guide, you will find John Muir Health funded Mental Health programs that provide zero cost services to Contra Costa community members. Browse through different organizations such as Village Community Resource Center, Family Justice Center, Antioch Unified School District, Fred Finch Mental Health Services, Putnam Clubhouse, RYSE, and Women's Cancer Resource Center.

For more information about our programs, collaborations, or any further questions, please reach out to [community.benefit@johnmuirhealth.com](mailto:community.benefit@johnmuirhealth.com)

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# Village Community Resource Center

Mejorando Pensamientos Fortaleciendo Comunidades (MPFC)

<https://www.vcrcbrentwoodca.org/>

## Mission

Improve the quality of life for children and families in East Contra Costa County by promoting equity through education, wellness, leadership and organizing, and partnerships.

## Program Description

Born in 2022, Mejorando Pensamientos Fortaleciendo Comunidades (MPFC) was created by Village Community Resource Center (VCRC) in response to the the need for Hispanic/ Latino underserved community members to have access to mental health programs that are available in Spanish and led by community members. MPFC is guided by Promotora volunteers who have been trained in stress awareness, mental health first aid and stress reduction techniques. Our goal is to help community members learn what stress is, how to prevent it, and control it. We are a community helping community.

## Eligibility

- Shows interest in stress reduction classes
- Participants must be 18 years or older
- Services available in Spanish only
- Ability to attend weekly sessions

## Location

- Antioch
- [Brentwood](#)
- [Byron](#)
- Oakley
- Pittsburg



## Contact

**VCRC's Phone Number**  
925-626-7892

**Karina I Martinez**  
925-791-3657  
[karina@vcrcbrentwoodca.org](mailto:karina@vcrcbrentwoodca.org)

**Gloria Pantoja**  
925-325-2625  
[gloria@vcrcbrentwoodca.org](mailto:gloria@vcrcbrentwoodca.org)





# Monument Impact

## Mentes Positivas en Acción Promotora Program

<https://monumentimpact.org/en/home/>

### Mission

To ensure that immigrants, refugees, and low-income residents in Concord and surrounding communities have the voice, tools, and relationships for an equitable share of the social and economic wealth in our region.

### Program Description

Mentes Positivas en Acción is a program designed to reach Spanish-speaking community members who self-identify as living with stress and depressive symptoms. It aims to give participants the tools to lower their stress and depression levels and prevent future occurrences.

### Eligibility

- Open to all ages
- For individuals under 17 years old parents' approval is required and parents must be present during the classes.
- Course is only available in **Spanish** (all the material and promotores speak in Spanish during the course).
- Must have access to Zoom
- Attend an 8-week course once a week for two hours

### Location

- [Antioch](#)
- Bay Point
- [Concord, Monument Ave](#)
- [Concord, Clayton Rd](#)
- Oakley
- Pittsburg



### Contact

#### Lorena Cruz

(925) 682-8248 ext. 2700

[lorena@monumentimpat.org](mailto:lorena@monumentimpat.org)

#### Alejandra Villagran

(925) 222-5671

[alejandra@monumentimpact.org](mailto:alejandra@monumentimpact.org)

# Contra Costa Family Justice Center

## Trauma Recovery Services

<https://www.cocofamilyjustice.org/>

### Mission

Bring together our community to support the healing of family violence survivors, and to integrate capable partners with a comprehensive service approach to renew individuals and our community from a trauma of family violence.

### Program Description

Trauma-informed mental health counseling for individuals ages 10 years old and over, at no cost.

### Eligibility

- Victims of extremely violent crime within Contra Costa County
- Clients significantly affected by interpersonal violence
- Prioritizing uninsured clients
- Short term program
- Free of charge
- Telehealth options provided
- Short term therapy (up to 16 sessions)
- Services are in **English, Spanish and Portuguese**

### How to refer:

- Ask clients to call one of three FJC locations
- Clients will be screened by FJC staff for eligibility
- Clients can select between in person or telehealth sessions

### Location

- [Antioch](#)
- [Concord](#)
- [Richmond](#)



### Contact

**Richmond:** (510) 974-7200

**Concord:** (925) 521- 6366

**Antioch:** (925) 281- 0970

Clinicians are present at each site



FAMILY JUSTICE CENTER  
SAFETY | HEALING | COMMUNITY

# Contra Costa Family Justice Center

## Child Abuse Counseling Project

<https://www.cocofamilyjustice.org/>

### Mission

Bring together our community to support the healing of family violence survivors, and to integrate capable partners with a comprehensive service approach to renew individuals and our community from a trauma of family violence.

### Program Description

Trauma-informed mental health counseling for children ages 6-18 years old at no cost.

### Eligibility

- Ages 6-18 years old
- Victim or witness of domestic violence, sexual assault, child abuse, elder abuse or human trafficking
- Prioritizing uninsured clients
- Up to 50 sessions
- Free of charge
- Services in **English** and **Spanish**

### How to refer:

- Ask clients to call one of three FJC locations
- Clients will be screened by FJC staff for eligibility
- Clients can select between in person or telehealth sessions

### Location

- [Antioch](#)
- [Concord](#)
- [Richmond](#)



### Contact

**Richmond:** (510) 974-7200

**Concord:** (925) 521- 6366

**Antioch:** (925) 281- 0970

Clinicians are present at each site



# Antioch Unified School District (AUSD)

## School-Based Therapy

### Program Description

The Trauma Recovery program provides trauma-informed mental health counseling, psychiatric evaluation, medication management, and case management to all victims of violent crimes, without barriers and at no cost.

### Eligibility Criteria

- Students must meet moderate to severe criteria for mental health symptoms
- Students must face significant impairment in school, social, and family functioning
- Available to students attending a school with Fred Finch Youth and Family Services on site (see below)
- **Schools:**
  - Deer Valley High School
  - Antioch High School
  - Dozier-Libby Medical High School
  - Bidwell High School
  - Live Oak High School

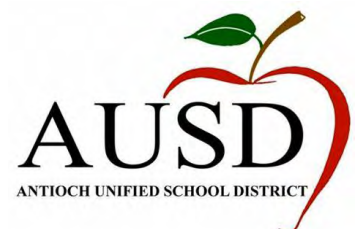
### Program Description

School Based Services provides welcoming, complexity capable mental health services; engaging youth, families and collaborative partners with the purpose of increasing school and life success. Through our partnership with JMH and AUSD, these services are available to all students at partner schools regardless of income or insurance status.



### Contact

Contact your school directly







# Fred Finch Youth and Family Services

## Telehealth Appointments

### Mission

To provide innovative, effective services supporting children, youth, young adults, and families to heal from trauma and lead healthier, productive lives.

### Program Description

To promote equity and access to free short-term, mental health therapy through telehealth for youth, adults, and families in East Contra Costa County.

### Eligibility

- Individuals and families experiencing anxiety, depression, trauma, emotional difficulties, or stress that feels unmanageable
- All individuals are welcome
- Prioritizes uninsured clients
- 1 Hour individual and family counseling appointments
- Appointments occur most Saturdays from 9am-12pm
- Appointments all occur via phone or video call
- Services are available in **English** and **Spanish**

### Referral Process

- To make an appointment call **(925) 941-7940** or email **community.benefit@johnmuirhealth.com** with the following information:
  - Patient's name, phone number, short sentence on what services they are looking for.

### Contact

#### Community Health Improvement

(925) 941- 7940

community.benefit@johnmuirhealth.com





# Mental Health Connections

<http://www.putnamclubhouse.org/>

## Mission

Peer Connection Centers are resource hubs based on purpose, hope and recovery. Staff are well-trained peers, who have experienced their own recovery successes and work alongside members to meet them where they are. They identify and utilize personal strengths. Together they build an agreement, incorporating these strengths to realize dreams for the future.

## Resources

- Peer and family support
- Personal recovery planning
- Monthly 1-1 coaching
- Recovery focused curriculum
- Care coordination
- Supportive employment program
- Transportation to/from Putnam Peer Connection Centers and community-based activities in relation to programming; and when possible, to/from medical appts, interviews, school/work and for essential errands.
- Services available in **English, Spanish, Russian, Farsi**

## Location

- Antioch
- [Concord](#)
- San Pablo

## Contact

**San Pablo:** (510) 260-0099

**Concord:** (925) 849- 4132

**Antioch:** (925) 350-0460



Peer  
Connections



# RYSE Center

<https://rysecenter.org/>

## Mission

RYSE creates safe spaces grounded in social justice that build youth power for young people to love, learn, educate, heal, and transform lives and communities.

## Services Description

We envision a movement led by young people that ensures dignity for youth, their families, and their communities.

Mental Health Services at RYSE are anchored in the belief that young people have the lived knowledge and expertise to identify, prioritize, and direct the activities and services necessary to thrive.

## Eligibility for Mental Health Services

- For youth in need of individual therapy and/or case management
- For ages 13-21 years old only
- Must reside in West Contra Costa County
- Prioritizes youth who do not have insurance
- Other general RYSE programming services are available to all Contra Costa County youth

## Location

- [Richmond](#)

## Contact

**Lalis Vasquez**

(510) 374-3401

[Info@rysecenter.org](mailto:Info@rysecenter.org)





# Women's Cancer Resource Center

<https://www.wcrc.org/>

## Mission

The Women's Cancer Resource Center provides equitable access to cancer information, support, and care.

## Agency Overview

The Women's Cancer Resource Center provides emotional support, education, information and referral, and practical support services to assist people through their cancer journey. We help individuals from various backgrounds and cultures navigate through the often-overwhelming health care system to get the appropriate care and treatment they need. All of our services are provided **free of charge**.

## Emotional Support

**Support Groups:** Our groups are led by trained facilitators with experience pertinent to the focus of the group.

- Latina Women (in Spanish)
- Sister to Sister (African American women)
- Metastatic Cancer
- Holistic, Integrative, and Alternative Medicine
- Women with Cancer
- Caregiver/ Loved Ones

**LatinX Services:** Amigas offers safe and welcoming support to LatinX women through weekly support groups, cancer education workshops, wellness programs and community outreach. Groups are facilitated in Spanish.

**Sister to Sister:** Sister to Sister offers safe and welcoming support to African American women through bi-weekly support groups, cancer education workshops, wellness programs and community outreach.

**Psychotherapy:** This one-of-a-kind psychotherapy program offers 12 sessions free of charge for low income women with cancer and caregivers who desire a safe place to discuss any issue related to cancer. Services are also available in Spanish and Mandarin.

**Compassion Program (by phone):** Trained volunteers provide weekly,



## Contact

### Veronica Peinado

Intake Coordinator

510.601.4040 (main line)

510.809.0209 (direct line)

510.809.0215 (Programa Latinx)



bi-weekly, or monthly emotional support calls to people in active treatment or survivorship, helping to connect them to additional resources, as needed.

**Community Wellness:** Promoting healthy living, cancer risk-reduction and quality of life through creativity, movement, mindfulness and education.

- Educational Workshops
- Body Movement Workshops
- Creative Workshops
- Cooking Club
- Mindfulness Workshops

**Practical Assistance:** Financial Assistance Programs

- The Faith Fancher Breast Cancer Fund provides one-time support to low-income people actively in treatment for breast cancer and living in Alameda and Contra Costa Counties.
- The Lindy Fund provides one-time support to low-income people actively in treatment for all types of cancer (except breast) and living in Alameda and Contra Costa Counties.
- All referrals must be made by a social worker where treatment is received.

**Patient Navigation:**

- Our patient navigation program strives to reduce medical and treatment barriers via culturally-centered communication about a cancer diagnosis and treatment options; reduce loneliness through ongoing emotional support; and empower our clients to be advocates by working with their doctors and medical team.
- We assist clients with cancer care coordination throughout their cancer experience. This may include transportation assistance (LYFT, UBER, as available), providing interpretation services, helping with medical insurance issues, and coordinating referrals (for wigs, prostheses, nutritional assistance, financial assistance, legal advice, clinical trials, and second opinions).





If you have any questions or are interested in collaborating with us, please reach out to [community.benefit@johnmuirhealth.com](mailto:community.benefit@johnmuirhealth.com)

