

Medical Services: Primary Care, Urgent Care, and Emergency Departments

Name	Address	City	Zip	phone	Type	notes
Baart Community Healthcare Clinic	1313 Cutting Blvd.	Richmond	94804	510-232-0874	primary care	medical, mental health, and drug treatment for free or low cost
LifeLong Brookside Richmond	1030 Nevin Ave	Richmond	94804	(510) 215-5001	primary care	medical, dental, and social services
LifeLong Brookside San Pablo	2023 Vale Road	San Pablo	94806	(510)215-9092	urgent care and primary care	medical, dental, and social services
Lifelong Richmond Health Center	2600 Macdonald Avenue Suite B	Richmond	94804	(510)233-2514	primary care	medical care and health education
LifeLong Dr. William Jenkins Pediatric Center	120 Broadway Suite 4	Richmond	94804	(510) 237-9537	primary care (children only)	child patients only
North Richmond Center for Health	1501 Fred Jackson Way	Richmond	94801	1-877-905-4545	primary care	CHDP, CCHP, Medi-Cal, Healthy Families, Basic Health Care, Medicare
Planned Parenthood-Central Richmond Health Center	340 Marina Way	Richmond	94801	(510) 232-1250	primary care	women's and men's healthcare, STD testing, birth control, pregnancy testing, counseling services on sliding scale
Planned Parenthood-Hilltop Richmond Health Center	2970 Hilltop Mall Road #307	Richmond	94806	(510) 222-5290	primary care	women's and men's healthcare, STD testing, birth control, pregnancy testing, counseling services on sliding scale
Planned Parenthood-El Cerrito Health Center	320 El Cerrito Plaza	El Cerrito	94530	(510) 527-9084	primary care	women's and men's healthcare, STD testing, birth control, pregnancy testing, services on sliding scale
Brighter Beginnings Family Health Clinic	2727 Macdonald Avenue	Richmond	94804	(510) 213-6681	primary care	primary care for children, teens, and adults at low-cost sliding scale
RotaCare Richmond Free Clinic	2727 Macdonald Avenue	Richmond	94804	(510) 213-6678	primary care	Free clinic Tuesdays from 4pm-7pm by appointment
West Berkeley Wellness	2831 7th St	Berkeley	94710	(510) 863-0333	primary care	non-western Medicine, including acupuncture, Chinese herbs, and nutrition advice
West County Health Center	13601 San Pablo Ave	San Pablo	94806	510-231-9400	primary care	Special family practice clinics have been established for some non-English speaking patients: Lao, Afghani, Vietnamese, Russian.
Kaiser Permanente Richmond Medical Center	901 Nevin Ave	Richmond	94801	(510) 307-1555	emergency department, urgent care, and primary care	Imaging, Laboratory, Pharmacy, Primary Care, Specialty Care, Urgent Care, Vision Services
Concentra Urgent Care	2970 Hilltop mall Road, suite 203	Richmond	94806	(510) 222-8000	urgent care	walk-ins welcome; occupational and urgent medical care, physical therapy, wellness services
Contra Costa Regional Medical Center	2500 Alhambra Avenue	Martinez	94553	925-370-5000	emergency, primary care	full service county hospital, 24 hour emergency services and primary care

Certified healthcare enrollment support

Name	Address	City	Zip	phone	notes
LifeLong Brookside Richmond	1030 Nevin Ave	Richmond	94804	(510) 215-5001	
LifeLong Brookside San Pablo	2023 Vale Road	San Pablo	94806	(510)215-9092	
Lifelong Richmond Health Center	2600 Macdonald Avenue Suite B	Richmond	94804	(510)233-2514	
LifeLong Dr. William Jenkins Pediatric Center	120 Broadway Suite 4	Richmond	94804	(510) 237-9537	
Brighter Beginnings Family Health Clinic	2727 Macdonald Avenue	Richmond	94804	(510) 213-6681	
Familias Unidas	205 39th Street	Richmond	94805	(510) 412-5930	
Catholic Charities	217 Harbour Way	Richmond	94801	(510) 234-5110	
Rubicon Programs	2500 Bissell Avenue	Richmond	94804	(510) 235-1516	Must be a client for healthcare enrollment assistance

Dental Services

Name	Address	City	Zip	phone	notes
LifeLong Dental Office	1860 Alcatraz Avenue	Berkeley	94703	510.981.4146 510.653.8500	Must become a member to access services/ residency not required.
La Clinica Dental At Childrens Hospital Oakland	747 52nd Street	Oakland	94609	510-428-3316	Dental center provides low-cost preventive and general dental services to the community. Dentistry provided by Dental students and UCSF Dental School professors includes dentures, bridges and treatment of dental emergencies
Buchanan Dental Clinic	100 Buchanan Street	San Francisco	94102	415-476-5608	Dentistry provided by Dental students and UCSF Dental School professors includes dentures, bridges and treatment of dental emergencies. \$11 assessment fee.
UCSF School of Dentistry Dental Center (Main)	707 Parnassus Avenue	San Francisco	94102	415-476-1891	website for all UCSF Dental services
University of Pacific Dental School	155 Fifth Street	San Francisco	94103	415.929.6501	Dental care provided by general dental group practices is about 30 – 40% less expensive than a typical Bay Area private dental office.. Services include everything from simple fillings and cleanings to modern veneers, implants and orthodontics.Clinics at multiple locations.
Berkeley Free Clinic	2339 Durant Ave.	Berkeley	94704	(510) 548-2570	
Diablo Valley College Dental Hygiene Teaching Clinic	321 Golf Club Road	Pleasant Hill	94523	925-969-2692	Very low cost cleaning and bleaching services. Patients must be willing to sit in the clinic classroom for multiple 3 hour sessions.
Native American Health Center Dental Services	2950 International Blvd.	Oakland	94601	510-535-4450 pediatric 510.434.5450 (Thurs + Fri Only)	There are no residential, tribal or ethnic requirements for the use of the clinic. Medi-Cal and Medicare accepted, eligibility worker available.
Western Dental	11299 San Pablo Ave	El Cerrito	94530	(800) 579-3783 510-778-7437	Multiple other locations, orthodontics, payment plans available.
Lifelong Brookside Dental Care	2023 Vale Rd	San Pablo	94806	(510) 231-9814	dental care for children and some adults

Eye Services

Name	Name	Name	Zip	phone	notes
Costco Optical	4801 Central Ave	Richmond	94804	(510) 898-2000	Exam is purchased from private doctor of optometry. Exam cost \$49 (more for contact lens) You can use your prescription at Costco Optical or take elsewhere. You can also bring your own frames and prescription and have glasses made.
Lens Crafters	1212 Hilltop Road Ste D-112	Richmond	94806	(510) 223-9770	Basic exams start at \$75; Full exams including retinal imaging and dilation \$114, Contact Lens exams \$130.
Lions Center for the Visually Impaired	175 Alvarado Avenue	Pittsburg	94565	(925)432-3013	Offers services focused on early detection and intervention in order to prevent or slow vision loss from age-related eye disease. Emphasis is placed on helping the newly blind and those with progressively failing vision. We provide services to people in their homes.
Walmart Vision Center	1400 Hilltop Mall Rd	Richmond	94806	(510) 669-0461	Basic exam \$59 and Contact Lens exam \$89. Glasses(lenses and frames starting at \$38)
West County Health Center	13601 San Pablo Ave	San Pablo	94806	800-495-8885 (Appointments) 877-905-4545 (Information)	Contra Costa County Health Services
University California Berkeley Eye Care Center	200 Minor Hall	Berkeley	94720	(510) 642-2020	Full eye exam \$102. Prices higher for contact lens exam. Many other services available with fees.
Kaiser Permanente Eye Clinic	901 Nevin Ave	Richmond	94801	510-307-1530 (ophthamologists) 510-307-1776 (optometrists)	comprehensive eye health exams, including prescriptions for glasses and contact lens prescriptions, and specialty services for binocular vision problems, low vision/visually impaired, keratoconus, sports vision and pediatric eye care.
California Vision Foundation	2415 K Street	Sacramento	95816	(800) 877-5738	Provides free eye exam and low-cost glasses to low-income California residents without vision care insurance. One adult in the household must be employed.

Emotional Wellness/Mental Health Services

Name	Address	City	Zip	phone	notes
Familias Unidas	205 39th Street	Richmond	94805	(510) 412-5930	Mental health counseling, service advocacy, information/referral services, education and prevention, youth development, and wrap-around service
ContraCostaYouth	2425 Bisso Lane, Suite 100	Concord	94520	(925) 646-5239	Guide to Health, Mental, Social Service, Employment and Education sponsored by the Contra Costa Youth Council.
Early Childhood Mental Health	4101 Macdonald Avenue	Richmond	94805	(510) 412-9200	Provide af mental health services to children ages birth to six years and their families/caregivers, as well as consultation services to day care providers and preschools both public and private. (From Website)
We Care Services for Children	2191 Kirker Pass Road	Concord	94521	(925) 671-0777	Home, school and clinic based services for mental health and developmental disability services.
We Care Services for Children	1450 Civic Court, Suite 200	Concord	94520	(925) 671-0777	Home, school and clinic based services for mental health and developmental disability services.
Community Health for Asian Americans	268 Grand Avenue	Oakland	94610	(510) 835-2777	Mental health treatment services to adults at risk of homelessness, children, and adolescents, victims of domestic violence, students at the RYSE Center in Richmond and at schools
Asian Community Mental Health Services	12240 San Pablo Avenue	Richmond	94805	(510) 970 -9750	Multicultural, multilingual services to adults and children. Bilingual service in Khmo, Vietnamese, Mien and Lao. Parent support groups, counseling, community integration, drug and alcohol treatment.
West County Mental Health	1340 Arnold Drive, Suite 200	Martinez	94553	(925) 957-5150 1-888-678-7277	Mental health Access Line for referrals and emergency care 24 hours per day.
EMQ Families First	2380 Salvio St., Suite 200	Concord	94520	(925) 602-1750	Emphasis on children suffering from neglect, abuse, trauma, with significant behavioral disturbance. Work with children in foster care.
Kaiser Permanente Psychiatry and Chemical Dependency Services	901 Nevin Ave	Richmond	94801	510-307-1591	No referral required for Kaiser health plan members, assessment performed at first visit.
Multi-lingual Counseling	1330 Broadway Ste. 732	Oakland	94612	510-451-0661	Individual, couple, child, elderly, group therapy in English, Farsi, Dari, and Spanish. Oakland, San Leandro and Newark.
Richmond Native Wellness Center	2566 Macdonald Avenue	Richmond	94804	(510)232-7020	Open to everyone (no tribal/ethnic requirements); provides mental health support, health system navigation, and other support groups
Latina Center	3701 Barrett Avenue	Richmond	94805	(510) 233-8595	The Latina Center mission is to improve the quality of life and health of the Latino community by providing leadership and personal development opportunities for all Latinas.
RYSE Center	205 41st Street	Richmond	94805	(510) 374-3401	RYSE provides case management services to support young people's health, housing, education, and social and emotional needs and priorities; provides individual short-term counseling, both clinical and non-clinical, and social support groups including anger management, gender groups, LGBTQ support group, and, grief and loss groups.

Social Services

Name	Address	City	Zip	phone	notes
Rubicon Programs	2500 Bissell Avenue	Richmond	94804	(510) 235-1516	Assists people who are homeless, economically disadvantaged, have mental health disabilities or other barriers. Coordinates mental health, housing, legal, and employment services.
Social Security Office	3164 Garrity Way	Richmond	94806	(800)772-1213	Manage social security account and benefits
Catholic Charities	217 Harbour Way	Richmond	94801	(510) 234-5110	Critical needs, Immigration Law, Income Tax Assistance, Foreclosure Prevention Counseling
Catholic Charities Richmond Family Literacy Program	2000 Giaramita	Richmond	94801	(510) 236-3900	Richmond Family Literacy Program at Verdi Elementary School
Contra Costa Social Services	1305 MacDonald Ave	Richmond	94801	(510) 412-3280 (510) 231-8114	(Multiple offices in Richmond)
The Latina Center	3701 Barret Ave	Richmond	94805	(510) 233-8595	No cost ESL, Parenting Classes, Small Business Training various locations, in Spanish. Friday Arts and Crafts programs for a small donation.
Salvation Army	510-262-0582	El Sobrante	94803	(510) 262-0582	Food and Nutrition, Emergency Shelter, other services offered at Oakland, Concord and San Francisco location.
Services for seniors and people with disabilities					
Contra Costa County Aging and Adult Services	500 Ellinwood Way	Pleasant Hill	94523	(925) 229-8434	
Adult Day Services Network	490 Golf Club Rd	Pleasant Hill	94523	925-682-1000	
Guardian Adult Day Health Center	3905 San Pablo Dam Road	El Sobrante	94803	(510) 669-1005	
Alzheimer's Respite Program	6500 Stockton Avenue	El Cerrito	94530	(510) 559-7677	
West County Adult Day / Alzheimer's Respite Care Center	1015 Nevin Avenue, Suite 108	Richmond	94801	(510) 235-6276	
Disabled People's Recreation Center (DPRC)	1900 Barrett Ave.	Richmond	94804	510-620-6814	
Emergency Housing Programs					
Contra Costa Homeless Program	1350 Arnold Drive, Suite 202	Martinez	94553	925-313-7700;	1-800-799-6599 (Adult Shelter Hotline) ; 1-800-610-9400 (Youth shelter hotline)
Contra Costa Respite Care	2047 Arnold Industrial Way, Suite D	Concord	94520	925-646-5309	For homeless adults discharged from local hospitals and requiring medical stabilization services.
Greater Richmond Interfaith Program	165 22nd Street	Richmond	94801	(510) 233-2141	
Richmond Rescue Mission	200 MacDonald Ave	Richmond	94801	(510) 215-4555	

Food Resources

Name	Address	City	Zip	Phone	Notes
Nevin Plaza Farmer's Market	13th Street and Nevin Avenue	Richmond	94801		Wednesdays 10 a.m. - 2 p.m. May 6 to November 18 2015
Civic Center Plaza Farmer's Market	MacDonald Ave and Civic Center Plaza	Richmond	94804		Fridays 8 - 5 p.m. Year Round
Farmer's Market	12th Street and Nevin Ave.	Richmond	94801		10 - 2 p.m. June 20 to October 31
Farmer's Market	El Cerrito Plaza	El Cerrito	94530		Tuesdays and Saturdays 9-1p.m. Year Round
Urban Tilth	31 Maine Ave	Richmond	94804	(510) 232-0911	(From Website)We use our 13 school and community gardens and small urban farms to teach and employ community members to grow, distribute, cook, and consume thousands of pounds of local produce each year, to create a more equitable and just food system within a healthier and more self-sufficient community.
Richmond Grows	325 Center Plaza	Richmond	94804	N/A	mailto:richmondgrows@gmail.com (No phone)Seed Lending Library for those who are interested in learning about sustainable agriculture, growing own food, preserving variety in plants.
Richmond Emergency Food Pantry	2369 Barrett Ave	Richmond	94804	(510) 235-9732	Tues./Fri. 10-2 p.m.
Bay Area Rescue Center Food	123 Macdonald Avenue	Richmond	94801	(510) 215-4887	Hours Monday through Friday 8:00 a.m. to 4 p.m., Saturday 8:00 a.m. to 3 p.m. closed Sunday
Bay Area Food Bank	P.O. Box 6324	Concord	94524	855-309-FOOD (3663)	Link to information regarding multiple local food bank locations and service to seniors, families and children, community produce. http://www.foodbankccs.org/wp-content/uploads/2015/02/Programs-by-City-Flyer-Richmond_2-17-15.pdf
Meals on Wheels	P.O. Box 3195	Martinez	94553	510-412-0166 or 1-866-669-6697	Meals delivered 5 days a week before noon to eligible seniors.
Cloverfield	501 La Paloma Rd.	El Sobrante	94803	(510) 381-1132	Organic urban farm selling vegetables, fruit, herbs, flowers by subscription or during weekly u-pick hours Saturday and Sunday.
WIC	39th & Bissell	Richmond	94805	(510) 231-8600	Nutrition counseling, breastfeeding reports, WIC issues scrip to eligible families to purchase WIC qualifying food.
Contra Costa County Human Services Program office	1305 Macdonald Ave	Richmond	9801	(510) 412-3000	Assistance for enrolling in CalFresh (food stamps)

Arts and Enrichment

Name	Address	City	Zip	phone	notes
Arts and Enrichment					
Richmond Art Center	2450 Barrett Ave	Richmond	94804	(855) 370-7314	Largest visual arts center in the East Bay; promotes art in the community through classes on site and in the community, promotes local artists in its gallery and through events. Membership discounts and scholarships available.
East Bay Center for the Performing Arts	339 11th St	Richmond	94801	94801	Classes and Conservatory level training in music and dance encompassing different cultures and traditions from classical to jazz to Regional Mexican and Laotian music. Children and Adults welcome.
Richmond Public Library Main Library	325 Civic Center Plaza	Richmond	94804	510-620-6561	
Richmond Public Library Bayview Branch	5100 Hartnett Ave	Richmond	94804	(510) 620-6566	
Richmond Public Library West Side Branch	135 Washington Ave.	Richmond	94801	(510) 620-6567	
Richmond Recreation Center	3230 Macdonald Avenue	Richmond	94804	510-620-6793	
NIAD Art Center	551 23rd Street	Richmond	94804	(510) 620-0290	Art program for people with developmental disabilities
First Five Family Classes	2707 Dover Street	San Pablo	94806	(510) 232-5650	Free Art, Early Literacy, Music and Movement, Parenting Classes (spanish, english) for families whose children are 0 to age 5. Classes registration begins two week before each new session starts. Some drop-in classes available.
Girls Inc	260 Broadway	Richmond	94804	(510) 232-5440	Free/ and low cost after school and summer enrichment programs for girls 6 through 18 years. Media, health and financial literacy programs for teens.
West Contra Costa Boys and Girls Club	2801 Moran Ave	Richmond	94804	(510) 215-4646	Low cost after school and summer enrichment.
RYSE Youth Center	205 41st St	Richmond	94805	(510) 374-3401	Open to youth 13 to 21, the RYSE center provides free programs in arts, media, health and well as educational support.

Exercise, Fitness, and Nutrition Classes

Name	Address	City	Zip	phone	notes
Richmond Main Street Initiative Fitness Classes	310 9th Street	Richmond	94801		Free Zumba and Martial Arts classes offered weekly.
Richmond Plunge	1 East Richmond Avenue	Richmond	94801	510-620-6820	Swim Classes, Lap swim, Family Recreational Swim, Water Exercise, Masters Swim, Programs for Seniors, Water Safety and Swim Team.
Planet Fitness	4925 Macdonald Ave	Richmond	94805	(510) 232-2100	membership as low as \$10 per month
Hilltop YMCA	4300 Lakeside D	Richmond	94806	(510) 222-9622	Financial Aid available
Weigh of Life classes at Veteran Hall	968 23rd St	Richmond	94804	(510) 323-3052	provides opportunities for families to enjoy improving their health through exercise classes, nutrition education and social support. Fruit and vegetables distributed after each class. Childcare provided.
Weigh of Life classes at Nevin Community Center	598 Nevin Avenue	Richmond	94801	(510) 620-6813	provides opportunities for families to enjoy improving their health through exercise classes, nutrition education and social support. Fruit and vegetables distributed after each class. Childcare provided.
Weigh of Life classes at Shields-Reid Community Center	1410 Kelsey St	Richmond	94801	(510) 620-6822	provides opportunities for families to enjoy improving their health through exercise classes, nutrition education and social support. Fruit and vegetables distributed after each class. Childcare provided.
Weigh of Life classes at Helms Middle School	2500 Road 20	San Pablo	94806	(510) 231-1423	provides opportunities for families to enjoy improving their health through exercise classes, nutrition education and social support. Fruit and vegetables distributed after each class. Childcare provided.
Kaiser Permanente Health Education Richmond	901 Nevin Ave.	Richmond	94801	(510) 307-2210	Classes vary in cost from free to low cost for members, many are open to non members as well. Classes offered include healthy eating, stress relief, yoga, healthy sleep and many more.
Kaiser Permanente Health Education Pinole	1301 Pinole Valley Road	Pinole	94564	(510) 243-4020	
Disabled People's Recreation Center (DPRC)	1900 Barrett Ave.	Richmond	94804	510-620-6814	