

**COUNTY OF LOS ANGELES  
DEPARTMENT OF MENTAL HEALTH  
PATIENTS' RIGHTS OFFICE**

**CONSUMER RESOURCE DIRECTORY**



# PREFACE

Welcome to the Los Angeles County Department of Mental Health Patients' Rights Office, 2016 Mental Health Consumer Resource Directory. Our goals are to assist mental health consumers in locating various resources and support throughout the greater Los Angeles County area and to empower them with information that may prove to enrich their lives.

The scope of resources in this directory emphasizes support and assistance for individuals with disabilities. With this resource directory, a consumer may find mental health services as well as health care, support groups, legal advocacy, consumer empowerment services information and much more.

We extend appreciation to the agencies, organizations and individuals who contributed by providing, sharing and updating the information necessary to produce the 2016 Mental Health Consumer Resource Directory. Your assistance and services provided have made this updated publication possible.

Contact the Patients' Rights Office to obtain a large print version or for new and/or updated resource information.

**Patients' Rights Office**  
**550 S. Vermont Avenue**  
**Los Angeles, CA 90020**  
**(800) 700-9996**  
**(213) 738-4888**  
<http://dmh.lacounty.gov>

## LOS ANGELES COUNTY BOARD OF SUPERVISORS

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Los Angeles, CA 90012  
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(213) 974-5555

## **ELECTED REPRESENTATIVES (STATE AND FEDERAL)**

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(202) 224-3121

U.S. Senate [www.senate.gov](http://www.senate.gov)

Senator Diane Feinstein (202) 224-3841 or (310) 914-7300  
Senator Kamala D. Harris (202) 224-3553 or (213) 894-5000

Office of the President  
(202) 456-1111

Governor of California  
Jerry Brown  
(213) 897-0322 or (916) 445-2841

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## SECTION ONE

### OUTPATIENT CLINICS AND WELLNESS CENTERS

**Outpatient Programs:** Provide services to severely and persistently mentally ill consumers: Also provide assessment, case management, individual and group therapy, medication and symptom management.

**Wellness Centers:** Offer treatment and support options for adult clients at higher stages of recovery that require less professional care and a greater degree of self-directed and peer support services. The centers work with clients toward community reintegration and an eventual exit from the formal mental health system.

#### Service Area: 1

<b>Alafia Mental Health Center</b> .....	(661) 940-9094
43845 10 <sup>th</sup> Street, Suite 2B, Lancaster, CA 93534	
Hours: Mon-Fri 9:00am-5:00pm ( <i>Individual therapy for children</i> )	
<b>Antelope Valley Discovery Center</b> .....	(661) 947-1595
1609 East Palmdale Blvd. Suite G, Palmdale, CA 93550	
Hours: Mon-Fri 8:30am-4:00pm	
<b>Client Run Wellness Center</b>	
<b>Antelope Valley Mental Health Center</b> .....	(661) 723-4264
349-A East Avenue K-6, Lancaster, CA 93535	
Hours: Mon-Fri 8:00am-4:00pm, <b>Walk-ins</b> accepted	
<b>Antelope Valley Wellness Center</b> .....	(661) 974-8400
251 East Avenue, K-6, Lancaster CA 93535	
Hours: Mon-Fri 8:00am-5:00pm	
<b>Palmdale Mental Health Center</b> .....	(661) 575-1800
1529 E. Palmdale Blvd, Suite 150 Palmdale, CA 93550	
Hours: Mon-Fri 8:00am-4:00pm, <b>Walk-ins</b> accepted	

## OUTPATIENT CLINICS AND WELLNESS CENTERS

### Service Area: 2

- Asian Pacific Counseling & Treatment Center**..... (818) 267-1100  
15400 Sherman Way, Suite 220, Van Nuys, CA 91406  
Hours: Mon-Fri 9:00am-5:00pm
- Community Mental Health Services of Aviva Family & Children Services...** (213) 637-5000  
3580 Wilshire Blvd., Suite 800, Los Angeles, CA 90010  
Hours: Mon-Fri 9:00am-5:00pm
- Cornerstone Mental Health Center**..... (818) 901-4836  
14660 Oxnard St., Van Nuys, CA 91411  
Hours: Mon-Fri 8:00am-2:00pm, **Walk-ins** accepted
- Didi Hirsch Mental Health Glendale**..... (818) 244-7257  
1540 E. Colorado St., Glendale, CA 91205  
Hours: Mon-Thur 8:30am-6:00pm, Fri 8:30am – 5:00pm  
**(Closed for lunch 12:00pm-1:00pm)**
- El Centro De Amistad Mental Health Center**..... (818) 347-8565  
7038 Owensmouth Ave., Canoga Park, CA 91303  
Hours: Mon-Fri 8:00am-5:00pm, **(Medi-Cal Only)**
- El Centro De Amistad Mental Health Center**..... (818) 898-0223  
566 S. Brand Blvd., San Fernando, CA 91340  
Hours: Mon 8:30am-5pm, Tue 8:30am-7:30pm,  
Wed 8:30am-6pm, Thur & Fri 8:30am-5pm
- Hillview Mental Health Center**..... (818) 896-1161  
12450 Van Nuys Blvd. #200, Pacoima, CA 91331  
Hours: Mon-Fri 9:00am-5:30pm, **Walk-ins** Mon-Fri 9:00am-4:00pm  
**Wellness Center**
- MacDonald Carey East Valley Mental Health Center**..... (818) 908-3855  
11631 Victory Blvd., Suite 203, North Hollywood, CA 91606  
Hours: Mon-Fri 8:00am-5:00pm, **Walk-ins** Mon-Fri 9:00am-3:00pm
- San Fernando Community Mental Health Center for Family Living**..... (818) 901-4854  
14545 Sherman Circle, Van Nuys, CA 91405  
Hours: Mon-Fri 8:30am-5:00pm,  
**Walk-ins** Mon-Thur 8:30am-4:30pm, Fri 8:30am-4:00pm

## OUTPATIENT CLINICS AND WELLNESS CENTERS

**San Fernando Mental Health Center**..... (818) 832-2400  
10605 Balboa Blvd., Suite 100, Granada Hills, CA 91344  
Hours: 8:00am-5:00pm, **Walk-ins** 8:00am- 4:30pm  
**Wellness Center**

**Santa Clarita Valley Mental Health Center**..... (661) 288-4800  
23501 Cinema Dr., Suite 200, Valencia, CA 91355  
Hours: Mon-Fri 8:00am-5:00pm  
**Walk-ins** Mon-Fri 8am-5:00pm, Must arrive by 8:00am

**Valley Coordinated Children Services**..... (818) 708-4500  
19231 Victory Blvd., Suite 110, Reseda, CA 91335  
Hours: Mon-Fri 8:00am- 6:30pm, **Child Crisis**

**Victory Wellness Center**..... (818) 989-7475  
14515 Hamlin St., Suite 200 Van Nuys, CA 91411  
Hours: Mon-Fri 8:30am-5:00pm

**West Valley Mental Health Center**..... (818) 598-6900  
7621 Canoga Ave., Canoga Park, CA 91304  
Hours: Mon-Fri 8:00am-5:00pm

**West Valley Mental Health Wellness Center**..... (818) 610-6700  
6800 Owensmouth Ave., #160, Canoga Park, CA 91303  
Hours: Mon-Fri 8:00am-5:00pm

### **Service Area: 3**

**Almanson Clinical Services**..... (323) 344-5536  
205 Pasadena Ave., South Pasadena, CA 91030  
Hours: Mon-Fri 8:30am-5:00pm

**Arcadia Mental Health Center**..... (626) 821-5858  
330 East Live Oak Ave., Arcadia, CA 91006  
Hours: 8:00am-5:00pm,  
**Walk-ins** Mon, Tue and Thur; will serve first 8-10 clients

**BRIDGES Wellness Center**..... (626) 350-5304  
11927 Elliot Ave., El Monte, CA 91732  
Hours: Mon-Fri 8:00am-4:30pm

## OUTPATIENT CLINICS AND WELLNESS CENTERS

**ENKI – La Puente Valley Mental Health Center**..... (626) 227-7018

160 South Seventh Ave., La Puente, CA 91744

**Hours:** Mon 9:00am–6:00pm, Tue & Wed 9:00am-7:00pm,  
Thur 10:00am-6:00pm, Fri 8:00am-5:00pm

**Wellness Center**

**Pacific Clinics – Call Center** ..... (877) 722-2737

Hours: Mon – Fri 9:00am – 5:00pm

**Pacific Clinics Pasadena Family Services**..... (626) 441-4221

66 Hurlbut St., Pasadena, CA 91105

**Hours:** Mon 8:00am-6:30pm, Tue 8:00am-7:00pm, Wed 9:00am-6:30pm,  
Thur 9:00am-7:00pm, Fri 8:00am-5:30pm

**Wellness Center**

**Pacific Clinics Sierra Family Center**..... (626) 335-5980

1160 Grand Ave., Glendora, CA 91740

**Hours:** Mon & Fri 8:00am-5:00pm, Tue, Wed & Thur 8:00am -7:00pm

Call (877) 722-2737

**Pacific Clinics Bonita Family Center**..... (909) 625-7207

790 E. Bonita Ave., Pomona, CA 91767

**Hours:** Mon & Tue 9:00am-6:30pm; Wed, Thur, Fri 9:00am-5:00pm

**Prototypes I-Can Mental Health**..... (626) 577-2261

2555 E. Colorado Blvd., Suite 100, Pasadena, CA 91107

**Hours:** Mon-Fri 8:00am-5:00pm,

**Social Model Recovery System**..... (626) 332-3145

223 E. Roland St., Covina, CA 91723

Mon-Fri 9:00am-5:00pm

**Wellness Center**

**Tri-City Mental Health Center**..... (909) 623-6131

2008 N. Garey Ave., Pomona, CA 91767

**Hours:** Mon-Thur 8:30am-5:00pm & Fri 8:00am-5:00pm

**\*Must reside in Pomona, Laverne or Claremont**

**Walk-ins** Tue 1:00pm-4pm (Adults) Wed. 1:00pm-4:00pm (Children)

### **Service Area: 4**

**AIDS Project Los Angeles**..... (213) 201-1600

611 S. Kingsley Dr., Los Angeles, CA 90005

Mon-Fri 9:00am –5:00pm. To make an appointment, call (213) 201-1445



## OUTPATIENT CLINICS AND WELLNESS CENTERS

<b>Alcott Center for Mental Health</b> ..... 1433 S. Robertson Blvd., Los Angeles, CA 90035 Mon-Fri 9:00am-6:00pm, <b>*Medi-Cal Only</b>	(310) 785-2121
<b>Amanecer Community Counseling Services</b> ..... 1200 Wilshire Blvd., Los Angeles, CA 90017 Hours: Mon-Fri 8:00am-7:30pm ( <b>Children Only</b> )	(213) 482-9400
<b>Amanecer Community Counseling Services</b> ..... 1200 Wilshire Blvd., Suite 210, Los Angeles, CA 90017 Mon-Fri 8:00am-6:30pm ( <b>Adults Only</b> )	(213) 481-1347
<b>Asian Pacific Counseling &amp; Treatment Center</b> ..... 520 S. Lafayette Park Pl., Suite 300, Los Angeles, CA 90057 Hours: Mon-Fri 9:00am-5:30pm	(213) 252-2100
<b>BACUP</b> ..... 1730 W. Olympic Blvd., Suite 500, Los Angeles, CA 90015 Mon-Fri 9:00am-5:00pm <b>*Specializes in assisting with SSI</b>	(213) 368-1888
<b>Didi Hirsch Community Mental Health</b> ..... 672 S. La Fayette Park Place, Suite 6, Granada Building, Los Angeles, CA 90057 Hours: Mon-Thur 8:30am-8:00pm, Fri 8:30am-5:00pm, <b>Walk-ins</b> Mon-Thur 8:30am-8:00pm	(213) 381-3626
<b>Downtown Mental Health Center CRS</b> ..... 640-646 S. Maple St., Los Angeles, CA 90014 Hours: 8:00 – 5:00pm; <b>Walk-ins</b> 8:00 – 4:00pm <b>Wellness Center</b>	(213) 996-7300
<b>Downtown Mental Health Center FSP</b> ..... 426 S. San Pedro St., Los Angeles, CA 90013 Hours: 8:00am-5:00pm; <b>Walk-ins</b> Mon-Fri 8:00am-4:00pm	(213) 633-2950
<b>Gateways Wellness Center</b> ..... 433 N. Hoover St., Los Angeles, CA 90004 Hours: Mon-Fri 9:00am-4:00pm	(323) 644-2040
<b>Hollywood Mental Health Center</b> ..... 1224 Vine St., Los Angeles, CA 90038 Hours: Mon-Fri 8:00am-5:00pm, <b>Walk-ins</b> Mon, Tue, Thur & Fri 8am-5pm <b>(No Walk-ins on Wed)</b>	(323) 769-6100

**Hollywood Mental Health Wellness Center**..... (323) 671-2600  
5000 Sunset Blvd., 6<sup>th</sup> floor, Los Angeles, CA 90027  
Hours: Mon-Fri 8:00am-5:00pm, Must be referred by Hollywood MHC

## OUTPATIENT CLINICS AND WELLNESS CENTERS

**Lamp Wellness Center**..... (213) 488-9559  
527 Crocker St., Los Angeles, CA 90013  
Hours: Mon-Fri 8:00am-5:00pm

**Northeast Mental Health Center**..... (323) 478-8200  
5321 Via Marisol, Los Angeles, CA 90042  
Hours: Mon-Fri 8:00am-5:00pm  
**Walk-ins** Mon-Fri 8:00am-2:00pm  
**Wellness Center**

### Service Area: 5

**Didi Hirsch Mental Health Services**..... (310) 390-6612  
4760 S. Sepulveda Blvd., Culver City, CA 90230  
Hours: Mon-Thur 8:00am-8:30pm, Fri 8:00am-5:00pm  
**Walk-ins** Mon-Thur 8:00am-4:00pm  
**Wellness Center**

**Edelman Mental Health Center**..... (310) 966-6500  
11080 West Olympic Blvd., 4th Floor Los Angeles, CA 90064  
Hours: Mon-Fri 8:00am-5:00pm, **Walk-ins** Mon-Fri 8:00am-4:00pm

**Edelman Wellness Center**..... (310) 484-3200  
11303 W. Washington Blvd., Suite 200, Los Angeles, CA 90066  
Hours Mon-Fri 8:00am-5:00pm, Must be referred by Edelman MHC

**Pacific Asian Counseling (PAC) Services**..... (310) 337-1550  
8616 La Tijera Blvd., Suite 200, Los Angeles, CA 90045  
Hours: Mon-Fri 9:00am-6:00pm

**South Central Health and Rehab (SCHARP)** ..... (323) 751-2677  
5201 S. Vermont Ave., Los Angeles, CA 90037  
Hours: Mon-Fri 8:30-4:30pm, **Walk-ins** Mon-Fri 9:30am-10:30am

**Step Up on Second**..... (310) 394-6889  
1328 Second St., Santa Monica, CA 90405  
Hours: Mon-Fri 9:00am-5:00pm, **Walk-ins** Mon-Fri 10:00am-2:00pm

**Vista Del Mar Child and Family Services**..... (310) 836-1223  
3200 Motor Ave., Los Angeles, CA 90034  
Hours: Mon-Fri 8:30am-5:00pm

## OUTPATIENT CLINICS AND WELLNESS CENTERS

**Westside Center for Independent Living (WCIL)**..... (310) 390-3611

12901 Venice Blvd., Los Angeles, CA 90066

Hours: Mon-Fri 9:00am-5:00pm,

**Walk-ins** Mon & Thurs 9:30am-12:00pm & 1:00pm-4:00pm

**Wise and Healthy Aging**..... (310) 829-4715

1527 Fourth St., Suite 200, Santa Monica, CA 90401

Hours: Mon-Fri 9:00am-5:00pm

### **Service Area: 6**

**Alafia Mental Health Institute**..... (323) 293-8771

3756 Santa Rosalia Dr., Suite 628, Los Angeles, CA 90008

Hours: Mon-Fri 8:30-5:00pm, **(Children Only; parents welcome only if child is being serviced at clinic)**

**Augustus F. Hawkins Mental Health Center**..... (310) 668-4271

1720 East 120<sup>th</sup> St., Los Angeles, CA 90059

Hours: Mon-Fri 7:30am-4:00pm, **Walk-ins** Mon-Fri 7:30am-4:00pm

**Compton Mental Health Center**..... (310) 668-6800

921 E. Compton Blvd., Compton, CA 90221

Hours: Mon-Fri 8:00am-5:00pm, **Walk-ins** 8:00am-3:00pm

**\*Process takes 3-4 hours**

**Wellness Center**

**Compton Child and Family Services Center**..... (310) 668-6600

921 E. Compton Blvd., Compton, CA 90221

Hours: Mon-Fri 8:00am-5:00pm

**Exodus Recovery Inc.**..... (323) 789-6492

8401 S. Vermont Ave., Los Angeles, CA 90044

Hours: Mon-Fri 9:00am-5:00pm, **Walk-ins** Mon-Fri 9:00am-5:00pm

**Wellness Center**

**Kedren Community Health Center**..... (323) 233-0425

4211 South Avalon Blvd., Los Angeles, CA 90011

Hours: Mon-Fri 8:30am-5:00pm,

**Walk-ins** Mon-Fri 9:00am-12:00pm and 2:00pm-4:00pm

**Portals Mental Health**.....

(323) 290-4357

3881 S. Western Ave., Los Angeles, CA 90062

Hours: Mon-Fri 8:30am-5:00pm, **Walk-ins** Mon-Fri 8:30am-5:00pm

**Wellness Center**

## OUTPATIENT CLINICS AND WELLNESS CENTERS

**West Central Family MHS**..... (323) 298-3680  
3751 Stocker St., Los Angeles, CA 90008  
Hours: Mon-Fri 8:30am-5:00pm, **Walk-ins** Mon-Fri 10:00am-3:00pm  
**Wellness Center**

### Service Area: 7

**ALMA Family Services**..... (323) 881-3799  
4701 East Cesar E. Chavez Ave., Los Angeles, CA 90022  
Hours: Mon-Fri 7:30am-6:00pm

**American Indian Counseling Center**..... (562) 402-0677  
17707 S. Studebaker Rd., Cerritos, CA 90703  
Hours: Mon-Fri 8:00am-6:00pm, **Walk-ins** Mon-Fri 9:30am-4:00pm

**ALMA Family Services**..... (562) 801-4626  
9101 Whittier Blvd., Pico Rivera, CA 90660  
Hours: Mon-Fri 8:30am- 6pm, Sat 8:30am-4:00pm

**California Hispanic Commission**..... (562) 941-2537  
10012 Norwalk Blvd., Suite 140, Santa Fe Springs, CA 90670  
Hours: Mon-Fri 8:00am-5:00pm, **Walk-ins** Mon-Fri 8:00am-5:00pm

**ENKI-East LA Mental Health Services Commerce**..... (323) 725-1337  
1436 Goodrich Blvd., Commerce, CA 90022  
Hours: Mon-Fri 8:00am-5:00pm  
**Wellness Center**

**Helpline Youth Counseling**..... (562) 864-3722  
11849 Firestone Blvd., Norwalk, CA 90650  
Hours: Mon-Thurs 9:00am-8:00pm, Fri 8:00am-6:30pm

**Pacific Clinics**..... (562) 949-8455  
11721 E. Telegraph Rd., #A, Santa Fe Springs, CA 90670  
Hours: Mon-Fri 8:00am-5:00pm,  
To make an appointment call (877) 722-2737  
**Client Run Wellness Center**

**Rio Hondo Mental Health Center**..... (562) 402-0688  
17707 Studebaker Rd., Cerritos, CA 90703  
Hours Mon-Fri 8am-5pm  
**Wellness Center**

## OUTPATIENT CLINICS AND WELLNESS CENTER

**Roybal Family Mental Health Services**..... (323) 267-3400

4701 East Cesar E. Chavez Ave., 2<sup>nd</sup> Fl, Los Angeles, CA 90022  
Hours: Mon-Wed 8:00am-6:30pm, Thur 8:00am-7:30pm, Fri 8:00am-5:30pm,  
**Walk-ins** Mon-Fri 8:00am-12:00pm

**San Antonio Mental Health Center**..... (323) 584-3700

2629 Clarendon Ave., Huntington Park, CA 90255  
Hours: Mon & Thur 7:30am-6:00pm, Tues & Wed 7:30am-7:00pm,  
Fri 7:30am-5:00pm  
**Walk-ins** Mon-Thur 9:00am-4:00pm, Fri 9:00am-3:00pm

### **Service Area: 8**

**1736 Family Crisis Center**..... (323) 737-3900

21707 Hawthorne Blvd., Torrance, CA 90503  
Hours: Mon-Fri, 9:00am-5:00pm

**Didi Hirsch Community Mental Health Center**..... (310) 677-7808

323 N. Prairie Ave., Inglewood, CA 90301  
Hours: Mon-Fri 8:30am-5:00pm, **Walk-ins** Mon-Fri 9:00am-4:00pm

**Exodus Recovery**..... (310) 792-5454

923 South Catalina Ave., Redondo Beach, CA 90277  
Hours: Mon-Fri 9:00am-5:00pm, **Walk-ins** Mon-Fri 9:00am-5:00pm  
**Wellness Center**

**Harbor-UCLA Med. Ctr. /Adult Outpatient**..... (310) 222-3151

1000 W. Carson St., Torrance, CA 90509  
Hours: Mon-Fri 8:00am-5:00pm

**Harbor-UCLA Wellness Center**..... (310) 781-3400

21730 Vermont Ave., Suite 210, Torrance, CA 90509  
Hours: Mon-Fri 8:00am-5:00pm.

**Must be referred from Harbor/UCLA MHC**

**Long Beach Asian Pacific Mental Health Program**..... (562) 346-1100

4510 E. Pacific Coast Hwy., Suite 600, Long Beach, CA 90804  
Hours: Mon, Tue, Thur, Fri, 8:00am-5:00pm, Wed 8:00am-6pm  
**Walk-ins** Mon-Fri 8:00am-5:00pm

**Long Beach Child and Adolescent Clinic**..... (562) 599-9271  
240 E. 20<sup>th</sup> St., Long Beach, CA 90806  
Hours: Mon, Tue, & Thur 8:00am-6:00pm, Wed 8:00am-7:00pm,  
Fri 8:00am-5:00pm  
**Walk-ins** Mon-Fri 8:00am-12:00pm and 1:00pm-5:00pm



## OUTPATIENT CLINICS AND WELLNESS CENTERS

- Long Beach Mental Health Services, Adult Clinic**..... (562) 599-9401  
1975 Long Beach Blvd., Long Beach, CA 90806  
Hours: Mon-Fri 8:00am-5:00pm,  
**Walk-ins** Mon, Wed, & Thur 8:30am-3:30pm, Tue 9:00am-3:30pm
- Mental Health America Wellness Center (MHA)**..... (562) 285-0149  
830 Atlantic Ave., Long Beach, CA 90813  
Hours: Mon-Fri 9:00am-5pm, **Walk-ins** accepted
- Mental Health America Village Integrated Service Agency**..... (562) 437-6717  
456 Elm Ave., Long Beach, CA 90802  
Hours: Mon-Fri 9:00am-5:00pm, **Walk-ins** Mon-Fri 9:00am-1:00pm
- San Pedro Mental Health Center**..... (310) 519-6100  
150 W. 7<sup>th</sup> St., San Pedro, CA 90731  
Hours: Mon-Fri 8:00am-4:00pm, **Walk-ins** Mon-Fri 8:00am-4:00pm  
**Wellness Center**
- South Bay Mental Health Center**..... (323) 241-6730  
2311 West El Segundo Blvd., Hawthorne, CA 90250  
Hours: Mon-Fri 8:00am-5:00pm,  
**Walk-ins** Tue, Wed, & Thur 8:00am-11:00am and 1:00pm-3:00pm
- South Bay Mental Health Wellness Center**..... (310) 512-8100  
1300 W. 155<sup>th</sup> St., Suite 103, Gardena, CA 90247  
Hours: Mon-Fri 8:00am-5:00pm. **Must be referred from South Bay MHC**
- St. John's Health Center Mental Health Services  
for Deaf & Hard of Hearing**..... (310) 829-8536  
1339 20<sup>th</sup> St., Santa Monica, CA 90404  
Hours: Mon-Thur 8:00am-8:00pm, Fri 8:00am-4:30pm  
**(Provides services countywide)**

## **SECTION TWO**

### **SERVICE AREA NAVIGATION TEAMS**

**Service Navigation Teams:** Service Area Navigation teams assist individuals and family members identify mental health services.

#### **Service Area One:**

Adult Navigator.....	(661) 223-3813
Child Navigator.....	(661) 223-3800
Child/ TAY Navigator.....	(661) 223-3816

#### **Service Area Two:**

Adult Navigator.....	(818) 610-6705
Child Navigator.....	(818) 610-6737
Child/TAY Navigator.....	(818) 610-6741

#### **Service Area Three:**

Adult Navigator.....	(626) 258-1999
Child/TAY Navigator.....	(626) 455-4606

#### **Service Area Four:**

Adult Navigator.....	(323) 671-2612
Child/TAY Navigator.....	(323) 671-2625

#### **Service Area Five:**

Adult Navigator.....	(310) 482-6613
Child Navigator.....	(310) 482-6610

#### **Service Area Six:**

Adult and Child Navigator.....	(323) 298-3675
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## SERVICE AREA NAVIGATION TEAMS

### **Service Area Seven:**

Adult Navigator.....	(213) 738-4068
Child/TAY Navigator.....	(213) 738-3313

### **Service Area Eight:**

Adult Navigator.....	(562) 435-2287
Child Navigator .....	(562) 435-2257

### **SECTION THREE**

#### **INPATIENT PSYCHIATRIC HOSPITALS**

##### **Service Area One:**

**Antelope Valley Hospital** ..... (661) 949-5250  
1600 West Ave., J, Lancaster, CA 93534

##### **Service Area Two:**

**Encino Hospital Medical Center**..... (818) 995-5174  
16237 Ventura Blvd., Encino, CA 91436

**Glendale Adventist Medical Center**..... (818) 409-8000  
1509 Wilson Ter., Glendale, CA 91206

**Glendale Memorial Hospital and Health Center**..... (818) 502-2362  
1420 S. Central Ave., Glendale, CA 91204

**Henry Mayo Newhall Memorial Hospital**..... (661) 253-8954  
23845 W. McBean Pkwy., Valencia, CA 91355

**Los Angeles Jewish Home For The Aging**..... (818) 758-5041  
7150 Tampa Ave., Reseda, CA 91335

**Mission Community Hospital**..... (818) 787-2222  
14850 Roscoe Blvd., Panorama City, CA 91402

**Northridge Hospital Medical Center**..... (818) 885-8500  
18300 Roscoe Blvd., Northridge, CA 91328

**Pacifica Hospital of the Valley**..... (818) 252-2271  
9449 San Fernando Rd., Sun Valley, CA 91352

**Sherman Oaks Hospital**..... (818) 205-1900  
4929 Van Nuys Blvd., Sherman Oaks, CA 91403

**Southern California Hospital of Van Nuys**..... (818) 787-1511  
14433 Emelita St., Van Nuys, CA 91401

## INPATIENT PSYCHIATRIC HOSPITALS

**USC. Verdugo Hills Hospital**..... (818) 952-2270  
1812 Verdugo Blvd., Glendale, CA 91208

**Valley Care Olive View UCLA Medical Center**..... (818) 364-4433  
14445 Olive View Drive, Sylmar, CA

### **Service Area Three:**

**Aurora Charter Oak Hospital**..... (626) 966-1632  
1161 E. Covina Blvd., Covina, CA 91724

**Aurora Las Encinas Hospital**..... (626) 795-9901  
2900 E. Del Mar Blvd., Pasadena, CA 91107

**BHC Alhambra Hospital**..... (626) 286-1191  
4619 N. Rosemead Blvd., Rosemead, CA 91770

**Citrus Valley Medical Center /Inter-Community Campus**..... (626) 938-7650  
210 W. San Bernardino Rd., Covina, CA 91723

**East Valley Hospital Medical Center**..... (626) 852-5063  
150 W. Route 66, Glendora, CA 91740-6307

**Huntington Hospital**..... (626) 397-2304  
Della Martin Center for Behavioral Health Services  
100 W. California Blvd., Pasadena, CA 91105

**Penn Mar Therapeutic Center**..... (626) 401-1559  
3938 N. Cogswell Rd., El Monte, CA 91732

**San Gabriel Valley Medical Center**..... (626) 300-7300  
438 W. Las Tunas Dr., San Gabriel, CA 91776

**Silver Lake Medical Center-Ingleside**..... (626) 288-1160  
7500 E. Hellman Ave., Rosemead, CA 91770

## INPATIENT PSYCHIATRIC HOSPITALS

### **Service Area Four:**

<b>Correctional Treatment Center Mental Health Unit</b> .....	(213) 893-5392
Twin Towers Medical Services Building, 4 East, 450 Bauchet St., Room M4127, Los Angeles, CA 90012	
<b>Gateways Hospital and Mental Health Center</b> .....	(323) 644-2000
1891 Effie St., Los Angeles, CA 90026	
<b>Kaiser Permanente Mental Health Center</b> .....	(213) 580-7200
765 W. College St., Los Angeles, CA 90012	
<b>LAC+USC Healthcare Network</b> .....	(323) 409-2800
1200 N. State St., Los Angeles, CA 90033	
<b>Silver Lake Medical Center</b> .....	(213) 484-3253
1711 W. Temple St., Los Angeles, CA 90026	
<b>White Memorial Medical Center</b> .....	(323) 268-5000
1720 Cesar Chavez Ave., Los Angeles, CA 90033	

### **Service Area Five:**

<b>Exodus Recovery, Inc.</b> .....	(310) 237-0454
9808 Venice Blvd., 3 <sup>rd</sup> Fl, Culver City, CA 90232	
<b>Resnick Neuropsychiatric Hospital at UCLA</b> .....	(310) 825-0511
150 Medical Plaza, Los Angeles, CA 90095	
<b>Southern California Hospital at Culver City</b> .....	(310) 836-7001
3828 Delmas Ter., Culver City, CA 90231	
<b>V.A. Greater Los Angeles Health Care System</b> .....	(310) 478-3711
11301 Wilshire Blvd., Los Angeles, CA 90073	

## INPATIENT PSYCHIATRIC HOSPITALS

### **Service Area Six:**

<b>Kedren Acute Psychiatric Hospital and CMHC</b> ..... 4211 S. Avalon Blvd., Los Angeles, CA 90011	(323) 233-0425
<b>LAC+USC HCN (Augustus F. Hawkins Bldg.)</b> ..... 1720 E. 120 <sup>th</sup> St., Los Angeles, CA 90059	(310) 668-8151
<b>St. Francis Medical Center</b> ..... 3630 Imperial Hwy., Lynwood, CA 90262	(310) 900-8210

### **Service Area Seven:**

<b>College Hospital</b> ..... 10802 College Pl., Cerritos, CA 90703	(562) 924-9581
<b>Metropolitan State Hospital</b> ..... 11401 Bloomfield Ave., Norwalk, CA 90650	(562) 863-7011

### **Service Area Eight:**

<b>College Medical Center</b> ..... 2776 Pacific Ave., Long Beach, CA 90806	(562) 997-2500
<b>College Medical Center - South Campus</b> ..... 1725 Pacific Ave., Long Beach, CA 90806	(562) 256-8400
<b>Community Hospital of Long Beach</b> ..... 1720 Termino Ave., Long Beach, CA 90804	(562) 494-0581
<b>Del Amo Hospital</b> ..... 23700 Camino Del Sol, Torrance, CA 90505	(800) 533-5266

## INPATIENT PSYCHIATRIC HOSPITALS

<b>Harbor-UCLA Medical Center</b> ..... 1000 W. Carson St., Torrance, CA 90509	(310) 222-2345
<b>Providence Little Company of Mary Medical Center San Pedro</b> ..... 1300 W. 7 <sup>th</sup> St., San Pedro, CA 90732	(310) 514-5359
<b>Star View Adolescent Center</b> ..... 4025 W. 226 St. Torrance, CA 90505	(310) 373-4556
<b>VA Long Beach Healthcare System</b> ..... 5901 E. 7 <sup>th</sup> St., Long Beach, CA 90822	(562) 826-8000



**SECTION FOUR**

**Urgent Care Center**

- Olive View Community Mental Health Urgent Care Center**..... (818) 485-0888  
14659 Olive View Dr., Sylmar, CA 91342  
Open Mon-Fri 8:00am-10:00pm, Sat-Sun 9:00am-5:30pm  
**(Service Area 2)**
- Exodus Recovery Eastside Urgent Care Center**..... (323) 276-6400  
1920 Marengo St., Los Angeles, CA 90033  
Hours: 24 hours 7 days a week (including holidays)  
**(Service Area 4)**
- Westside Mental Health Urgent Care – Exodus**..... (310) 253-9494  
11444 W. Washington Blvd. Los Angeles, CA 90066  
Hours: 24 hours 7 days a week (including holidays)  
**(Service Area 5)**
- Mental Health Center Urgent Care @ MLK Medical Center by Exodus**..... (562) 295-4617  
12021 S. Wilmington Ave., Los Angeles, CA 90059  
Hours: 24 hours 7 days a week includes holidays  
**(Service Area 6)**
- Mental Health Urgent Care Center at Long Beach (La Casa)**..... (562) 790-1860  
6060 Paramount Blvd., Long Beach, CA 90805  
Walk-ins 8-5pm Mon-Fri  
**(Service Area 8)**

**SECTION FIVE**

**Institutions for Mental Disease (IMD)**

<b>Community Care Center</b> ..... 2335 S. Mountain Ave., Duarte, CA 91010	(626) 357-3207
<b>Harbor View Behavioral Health Center</b> ..... 490 W. 14 <sup>th</sup> Street, Long Beach, CA 90813	(562) 591-8701
<b>Landmark Medical Center</b> ..... 2030 N. Garey Ave., Pomona, CA 91767	(909) 593-2585
<b>Laurel Park Center</b> ..... 1425 W. Laurel Ave., Pomona, CA	(909) 622-1069
<b>La Casa Psychiatric Health Facility</b> ..... 6060 Paramount Blvd., Long Beach, CA 90805	(562) 630-8672
<b>La Paz (sub-acute)</b> ..... 8835 Vans St., Paramount, CA 90723	(562) 633-5111
<b>Meadowbrook Manor</b> ..... 3951 East Blvd., Los Angeles, CA 90066	(310) 391-8266
<b>Olive Vista Center</b> ..... 2350 Culver Ct., Pomona, CA 91766	(909) 628-6024
<b>Sierra Vista</b> ..... 3455 E. Highland Ave., Highland, CA 92346	(909) 862-6554
<b>Sylmar Health and Rehabilitation Center</b> ..... 12220 Foothill Blvd., Sylmar, CA 91342	(818) 834-5082
<b>View Heights Convalescent Hospital</b> ..... 12619 S. Avalon Blvd., Los Angeles, CA 90061	(323) 757-1881

## **SECTION SIX**

### **BENEFITS ASSISTANCE**

**BACUP**..... (213) 368-1888

[info@bacup.net](mailto:info@bacup.net)

1730 W. Olympic Blvd., Suite 500, Los Angeles, CA 90015

Offers services that are entirely run by individuals in recovery or who have recovered from mental illness; purpose is to improve mental health access to individuals unable to navigate the mental health system on their own by providing benefit representation and supportive case management;

**Specializes in assisting with SSI.**

Hours: Mon-Fri 9:00am-5:00pm

**(Service Area 4)**

**Center for Health Care Rights** ..... (213) 383-4519

Toll Free..... (800) 824-0780

[www.healthcarerights.org](http://www.healthcarerights.org)

520 S. Lafayette Park Pl., Suite 214, Los Angeles, CA 90057

Provides multilingual Medicare counseling, advocacy and health insurance assistance; dedicated to assuring consumer access to quality health care through information, counseling, education, advocacy and research activities.

Hours: Mon-Fri 9:00am-5:00pm

**(Service Area 4)**

**Department of Health Care Services Medi-Cal**

[www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)

Consumers may verify criteria for medi-cal coverage and eligibility for a Covered California health plan.

Eligibility Questions..... (800) 541-5555

Phone hours: Mon-Fri 8:00am-5:00pm

**Department of Public Social Services**..... (866) 613-3777

[www.dpss.lacounty.gov](http://www.dpss.lacounty.gov)

Administers General Relief, CalFresh, GROW and Medi-Cal Programs.

Hours: Mon-Fri 8:00am-5:00pm

**(Service Area 6)**

## BENEFITS ASSISTANCE

### **Los Angeles County Department of Mental Health**

**Public Guardian's Office**..... (213) 974-0515

[www.lacounty.gov/publicguardian](http://www.lacounty.gov/publicguardian)

320 W. Temple St., 9<sup>th</sup> Floor, Los Angeles, CA 90012

Acts as conservators to persons who are unable to properly care for themselves or manage their finances.

Hours: Mon-Fri 8:00am-5:00pm

**(Service area 4)**

**Mental Health Advocacy Services**..... (213) 389-2077

[www.mhas-la.org](http://www.mhas-la.org)

3255 Wilshire Blvd., #902, Los Angeles, CA 90010

Provides free legal services to consumers; assists both children and adults with an emphasis on obtaining government benefits and services, protecting rights and fighting discrimination.

Hours: Mon-Fri 9:00am-5:00pm

**(Service Area 4)**

**Social Security Administration**..... (800) 772-1213

[www.ssa.gov](http://www.ssa.gov)

Provides information and answers questions regarding SSI and SSA benefits.

Office Hours: Mon, Tue, Thur, Fri 9:00am-3:00pm, Wed 9:00am-12:00pm

Hours: Mon-Fri 7:00am-7:00pm

### **State of California Employment Development Department - Disability Insurance**

[www.edd.ca.gov/disability](http://www.edd.ca.gov/disability)

888 S. Figueroa St., Suite 200, Los Angeles, CA 90017..... (800) 480-3287

P.O. Box 513096, Los Angeles, CA 90051

Provides partial wage replacement to eligible workers who are unable to work due to a non-industrial disability.

Hours: Mon-Fri 8:00am-5:00pm

**(Service Area 4)**

## **SECTION SEVEN**

### **CLIENT EMPOWERMENT ORGANIZATIONS**

- California Department of Fair Employment and Housing**..... (800) 884-1684
- Disability Rights California** (formerly Protection and Advocacy)..... (800) 776-5746  
1831 K St., Sacramento, CA 95811-4114  
[www.disabilityrightsca.gov](http://www.disabilityrightsca.gov)  
Strives to bring about fairness and justice for people with disabilities;  
advocates, educates, investigates and litigates to advance and protect the  
rights of Californians with disabilities.  
Hours: Mon-Fri 9:00am-5:00pm
- Los Angeles**..... (213) 427-8747  
350 S. Bixel St., Suite 290, Los Angeles, CA 90010  
Hours: Mon-Fri 9:00am-5:00pm  
**(Service area 4)**
- Los Angeles County Client Coalition**..... (213) 251-6508  
[www.localcommunities.org](http://www.localcommunities.org)  
695 S. Vermont Ave., 8<sup>th</sup> Floor, Los Angeles, CA 90020  
political and social support group for mental health consumers; focuses on  
legislative/policy-making activities, support and self-advocacy for mental  
health consumers.  
**(Service Area 4)**
- Los Angeles County Department of Consumer and Business Affairs**..... (800) 593-8222  
[www.dcba.lacounty.gov](http://www.dcba.lacounty.gov)  
500 W. Temple St., Room B-96  
Los Angeles, CA 90012  
Consumer counseling and Small Claims Court advice about purchases,  
credit, landlord/tenant disputes, car sales, foreclosures and other consumer  
problems.; investigates consumer fraud, real estate fraud identity theft and  
elder abuse complaints; mediate disputes with businesses, neighbors and  
others; educate and public outreach on consumers' rights and responsibilities.  
Hours: Mon-Fri 8:00am – 4:30pm  
**(Service Area 4)**

## CLIENT EMPOWERMENT ORGANIZATIONS

### **Los Angeles County Department of Mental Health**

#### **Consumer and Family Affairs**

[www.lacounty.gov](http://www.lacounty.gov)

550 S. Vermont Ave., 5<sup>th</sup> Floor, Los Angeles, CA 90020

Consumers and families can make a stop here when they need help; a voice to express their needs, direction about where to go next, general mental healthcare information or dialogue about the services provided at LACDMH.

The Office of Consumer and Family Affairs is here to give quality improvement to mental health services.

Hours: 8:30am-5:00pm

**(Service Area 4)**

### **Los Angeles County Department of Mental Health**

#### **Patients' Rights Office**

Toll Free Number.....

(213) 738-4888

(800) 700-9996

[www.lacounty.gov/patientsrights](http://www.lacounty.gov/patientsrights)

550 S. Vermont Ave., 6<sup>th</sup> Floor, Los Angeles, CA 90020

Programs include representation at Certification Review Hearings and

Riese Medication Capacity Hearings; Beneficiary Services Program:

Investigates and responds to grievances/complaints against directly operated clinics and contracted agencies, assist with appeals and State Fair Hearings

and provides advocacy and mediation services; Residential Advocacy Program;

Jail Advocacy Program; Project Search Program; Training and Consultation.

Hours: Mon-Fri 8:30am-5:00pm

**(Service Area 4)**

### **Mental Health America of Los Angeles**

100 W. Broadway, Suite 5010, Long Beach, CA 90802

(888) 242-2522

[www.mhala.org](http://www.mhala.org)

Promotes mental health recovery and wellness; works to ensure that

individuals with mental illness reach their rightful place as participating, productive members of the community

Hours: Mon-Fri 9:00am-5:00pm

**(Service Area 8)**

## CLIENT EMPOWERMENT ORGANIZATIONS

### Programs:

- Transitional Age Youth Services**..... (562) 284-0108  
2025 Seventh St., Long Beach, CA 90804  
Serves young adults with mental illness, many of whom are aging out of the foster care system or leaving the streets; assists youth to find housing, learn daily living skills, go back to school and enter the work world with the goal of productive lives as adults.  
**(Service Area 8)**
- Mental Health America - Antelope Valley Services**..... (661) 726-2850  
43423 Division St., Suite 107, Lancaster, CA, 93535  
Offers a variety of services including: Integrated Services for Adults, Transitional Age Youth Program, Homeless Assistance Programs, Operation Health Homecoming, Housing, Employment Services and Discovery Center.  
**(Service area 1)**
- National Empowerment Center**..... (800) 769-3728  
599 Canal St., 5<sup>th</sup> Floor East, Lawrence, MA 01840  
[www.power2u.org](http://www.power2u.org)  
A consumer/survivor/ex-patient-run organization that carries a message of recovery, empowerment, hope and healing to people with mental health and trauma issues; provides training, education, information, referrals and more.  
Hours: Mon-Thur 8:30-5:00, Fri 8:30-4:00pm
- National Mental Health Consumers' Self-Help Clearinghouse**..... (800) 553-4539  
1211 Chestnut St., Suite 1100, Philadelphia, PA 19107  
[www.mhselfhelp.org](http://www.mhselfhelp.org)  
A peer operated national technical assistance center which has played a major role in the development of the mental health consumer/survivor/ex-patient movement. The movement strives for dignity, respect, and opportunity for those diagnosed with mental health conditions.  
Hours: Mon-Fri 9:00am-5:00pm

## CLIENT EMPOWERMENT ORGANIZATIONS

**Project Return Peer Support Network**..... (323) 346-0960

[www.mhala.org/project-return](http://www.mhala.org/project-return)

6055 E. Washington Blvd., Suite 900, Commerce, CA 90040

Offers empowerment and integration through involvement in self-help groups and Warm Line, membership in our centers, and independence through employment and advocacy. Current services include:

Self-Help Groups, Warm Line, Community Inclusion Program, El Centrito de Apoyo, Un Paso Mas, Center for Dignity, Recovery and Stigma Elimination, Hacienda of Hope, Hope Well, Bill's Corner, Activity Captains and Training.

Hours: Mon – Fri 8:00am – 5:00pm.

**(Service Area 7)**



## **SECTION EIGHT**

### **COUNSELING CENTERS**

- Airport Marina Counseling Center**..... (310) 670-1410  
[www.airportmarina.org](http://www.airportmarina.org)  
7891 La Tiera Blvd., Los Angeles, CA 90045  
Offers comprehensive therapeutic services to individuals, children and families, couples and older adults many of whom would otherwise have little access to counseling; available in Spanish.  
Hours: Mon-Thur 9:00am-9:00pm, Fri-Sun 9:00am-3:00pm  
**(Service Area 5)**
- Antioch University Counseling Center**..... (310) 574-2813  
[www.antiochla.edu](http://www.antiochla.edu)  
400 Corporate Pointe, Culver City, CA 90230  
Provides supportive and empowering psychological services that are individualized to meet the needs of children, adolescents, and adults, including couples and families. No psychiatrist available. Services available in Spanish, Russian, Farsi, Hebrew.  
Hours Mon-Thur 8:00am-8:00pm, Fri 9:00am-5:00pm, Sat 9:00am-4:00pm  
**(Service Area 5)**
- Family Services of Santa Monica**..... (310) 451-9747  
1533 Euclid St., Santa Monica, CA, 90404  
Provides individual, couples, family, and group counseling to address a broad range of issues, including behavior problems, anxiety, depression, relationship difficulties, loss and bereavement, substance abuse, sexuality, career changes, life transitions, illness, disability, separation, divorce and parenting; psychiatrist available for adults minors 18 and under only, accepts Medi-cal; Spanish speaking staff.  
Hours: Mon-Thur 8:30am-9:00pm, Fri 8:30am-4:00pm  
**(Service Area 5)**
- Intercommunity Counseling Center**..... (562) 698-1272  
[www.iccwhittier.org](http://www.iccwhittier.org)  
7702 Washington Ave., First Floor Whittier, CA 90602/  
P.O. Box 9046, Whittier, CA 90608-9046  
Our services include: •Traditional counseling for individuals, couples, and families •Diagnostic assessments and evaluations •Growth groups (e.g., anger management, cooperating parenting for divorcing couples)  
•Outreach activities at a youth center, a homeless shelter, several schools  
•Educational events with local organizations to increase awareness of mental health services and reduce the related stigma.  
Hours: Mon-Fri 9:00am-5:00pm .  
**(Service Area 7)**

## COUNSELING CENTERS

**Jewish Family Services of Los Angeles** ..... (877) 275-4537

[www.jfsla.org](http://www.jfsla.org)

3580 Wilshire Blvd., 7<sup>th</sup> Floor, Los Angeles, CA 90010

A multi-service agency whose goals are to strengthen and preserve individual, family and community life by providing a wide range of needed human services to people in the community at every stage of the life cycle, especially those who are poor and disadvantaged. Counseling is available in English, Russian, Hebrew, Farsi, and Spanish speaking communities.

Services are provided on a sliding scale and some insurance is accepted

Hours: Mon-Thur 8:30am-5:30pm

**(Service Area 5)**

**LA Warmline**..... (855) 952-9276

Provides a safe place to talk for those individuals experiencing loneliness, financial problems, relationship problems, substance use issues, and difficulties with employers or therapists.

Hours: 7 days a week 10:00pm-6:00am

**Life Management Counseling Center**..... (310) 543-9233

22930 Crenshaw Blvd., Suite K, Torrance, CA 90505

Hours: Mon-Thurs 9:00am-6:00pm, Appointments only

**(Service Area 8)**

**National Council of Jewish Women Los Angeles/Women Helping Women Services**

[www.ncjwla.org](http://www.ncjwla.org) ..... (877) 655-3807

543 N. Fairfax Ave., Los Angeles, CA 90036

Strives for social justice by improving the quality of life for women, children and families by safeguarding individual rights and freedoms; improves and enhances the live of individuals in need through Women Community Counseling and Support Services and Women Helping Children Art and Literacy programs for Youth. Spanish, Hebrew, French spoken.

**Appointment only.** Scholarships given twice a year.

Hours: Mon, Tue, & Thur 10:00am-12:30pm, & Wed 6:00pm-8:00pm

**(Service Area 4)**

**Open Paths Counseling Center**..... English (310) 258-9677

5731 W. Slauson Ave., Suite 175, Culver City CA 90230..... Spanish (310) 967-6090

[www.openpaths.org](http://www.openpaths.org)

Provides therapeutic counseling in English and Spanish to members of the community who are unable to afford standard fees for mental health services.

Hours: Mon-Fri 10:00am-8:00pm

**(Service Area 5)**

## COUNSELING CENTERS

- Southern California Counseling Center**..... (323) 937-1344  
[www.sccc-la.org](http://www.sccc-la.org)  
5615 Pico Blvd., Los Angeles, CA 90019  
Provides counseling to individuals, couples and families seeking help to lead more meaningful and productive lives by addressing such issues as depression, loneliness, marital and family problems, anxiety and relationships. Psychiatrist on site. Accepts cash, checks and credit cards. English only.  
Hours: Mon-Fri 8:00am-9:00pm & Sat-Sun 9:00am-5:00pm,  
Walk-ins Mon-Thur 6:00pm-8:00pm & Sat 12:00pm-2:00pm  
**(Service Area 4)**
- Straight Talk, Inc.**..... (714) 828-2000  
[www.straighttalkcounseling.org](http://www.straighttalkcounseling.org)  
5712 Camp St., Cypress, CA 90630  
Offers a variety of affordable mental health, substance abuse and rehabilitative services to individuals whose access to such services are generally limited, restrictive or otherwise unavailable; Offers counseling on a sliding scale fee.  
Hours: Mon-Thur 10:00am-9:00pm & Fri 11:00am-7:00pm  
**(Service Area 7)**
- Tarzana Treatment Centers**..... (888) 777-8565  
[www.tarzanatc.org](http://www.tarzanatc.org)  
18646 Oxnard St., Tarzana, CA 91356  
A full service behavioral healthcare organization that provides high quality, cost-effective substance abuse and mental health treatment to adults and youth; operates psychiatric hospital, residential and outpatient alcohol and drug treatment centers and family medical clinics  
Hours: Open 24 hours 7 days a week  
**(Service Area 2)**
- The Maple Counseling Center**..... (310) 271-9999  
[www.tmcc.org](http://www.tmcc.org)  
9107 Wilshire Blvd., Lower level, Beverly Hills CA 90210-5518  
Offers low cost, high quality mental health counseling services for individuals, couples, families, adolescents and children; counseling fees are on a sliding scale.  
Hours: Mon-Thur 9:00am-9:00pm, Fri 9:00am-5:00pm, Sat 9:00am-1:00pm  
**(Service Area 5)**

## COUNSELING CENTERS

- The Men's Center Los Angeles** ..... (818) 348-9302  
[www.menscenterlosangeles.com](http://www.menscenterlosangeles.com)  
21243 Ventura Blvd., Suite 214, Woodland Hills, CA 91364  
Offers individual, couple, family and group counselling by licensed psychotherapists and registered interns, experienced in dealing with men's issues. Offers seminars and retreats.  
Hours: Mon-Fri 10:00am – 6:00pm  
**(Service Area 2)**
- The Relational Center** ..... (323) 935-1807  
[www.therelationalcenter.org](http://www.therelationalcenter.org)  
5486 Wilshire Blvd., Los Angeles, CA 90036  
Offers mental health services to address the harmful effects of isolation on consumers and their families; must become a member to have access to the services; membership is \$200 per month and can be modified based on documented need.  
Hours: Mon-Fri 9:00am-9:00pm, Sat-Sun 10:00am-5:00pm  
**(Service Area 4)**
- The Saturday Center** ..... (310) 829-7997  
[www.saturdaycenter.org](http://www.saturdaycenter.org)  
3201 Wilshire Blvd., Suite 201, Santa Monica, CA 90403  
Provides high quality psychotherapy to the community at affordable fees and in a private practice setting; accepts PPO insurance and Medicare.  
**Appointment only.**  
Hours: Mon-Sat 8:00am-9:00pm  
**(Service Area 5)**
- Vet Center Readjustment Counseling Services** ..... (310) 641-0326  
[www.va.gov](http://www.va.gov)  
5730 Uplander Way, Suite 100, Culver City, CA 90230-6617  
Readjustment counseling is a wide range of psycho social services offered to eligible Veterans and their families in the effort to make a successful transition from military to civilian life.  
Hours: Mon-Fri 8:00am-4:30pm  
**(Service Area 5)**

## COUNSELING CENTERS

- Wise & Healthy Aging**..... (866) 757-9473  
[www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org)..... (310) 394-9871  
1527 4<sup>th</sup> Street 2<sup>nd</sup> Fl. Santa Monica CA 90401  
Provides a variety of mental health services for seniors including caregiver support, in-home psychotherapy, peer counseling and referral services.  
Hours: Mon-Fri 8:30am-5:00pm  
**(Service Area 5)**
- Wright Institute**..... (310) 277-2796  
[www.wila.org](http://www.wila.org)  
9911 W. Pico Blvd, Suite 270, Los Angeles, CA 90035-2720  
Offers individual, couples and group therapy Fees are based on a sliding scale.  
Hours: Mon-Fri, 8:00am-9:00pm Appointment only  
**(Service Area 5)**

## **SECTION NINE**

### **DRUG TREATMENT PROGRAMS**

#### **American Health Services (AHS) and Eldorado Community Service Centers (ECSC)**

Call for general inquiries regarding services, locations, and hours..... (877) 557-7826  
Provides a diversified range of medical, psychological, and substance abuse services; treatment programs are tailored to individual basis and patient needs.

#### **Asian American Drug Abuse Program Inc.....** (323) 293-6284

[www.aadapinc.org](http://www.aadapinc.org)

2900 S. Crenshaw Blvd, Los Angeles CA 90016

Serves Asian Pacific Islanders and other under-served communities with substance abuse services throughout Los Angeles County; programs and services are provided to all individuals regardless of race or ethnicity; programs include HIV/AIDS outreach and cross training, drug court services.  
Hours: Mon-Fri 9:00am-6:00pm

**(Service Area 6)**

#### **California Hispanic Commission on Alcohol and Drug Abuse "CHCADA"**

Adolescent Services: 5101 Florence Ave., Suite 9, Bell, CA 90201..... (323) 222-4599  
Adult Services: 9033 Washington Blvd., Pico Rivera, CA 90660..... (562) 942-9625  
State Contract: 2101 Capitol Ave., Sacramento, CA 95816..... (916) 443-5473

Seeks to provide culturally competent bicultural, bilingual and monolingual services that will reduce the environmental vulnerability of low income Latinos and other marginalized populations in California and throughout the United States; services include substance abuse treatment/recovery, specialized criminal justice system outpatient adult treatment and family support.

Hours: Mon-Fri 8:30am-5:30pm consumers may walk-in, appointments preferred.

**(Service Area 7)**

#### **Didi Hirsh Mental Health Services.....** (888) 807-7250

4760 S. Sepulveda Blvd, Culver City, CA 90230-4888

Provides quality substance abuse services in communities where stigma or poverty limits access.

Hours: Mon-Fri 8:30am-5:00pm

**(Service Area 5)**

## DRUG TREATMENT PROGRAMS

- Homeless Healthcare LA** ..... (213) 744-0724  
2330 Beverly Blvd., Los Angeles, CA 90057  
Provides a comprehensive program for individuals who are challenged by substance use, mental illness, and chronic health conditions.  
Hours: Mon-Fri 8:00am-5:00pm, walk-ins Mon-Fri 8:00am-3:00pm  
**(Service Area 4)**
- Social Model Recovery Systems, Inc.**..... (626) 332-3145  
[www.socialmodelrecovery.com](http://www.socialmodelrecovery.com)  
223 E. Rowland St., Covina CA 91723  
Provides substance abuse treatment for both adults and adolescents at eight locations in Los Angeles and Orange Counties.  
Hours: Mon-Fri 8:30am-5:30pm, walk-ins welcomed, appointments preferred.  
**(Service Area 3)**
- Substance Abuse and Mental Health Services Administration (SAMHSA)**  
[www.samhsa.gov](http://www.samhsa.gov)  
1 Choke Cherry Rd., Rockville MD 20857  
An agency within the U.S. Department of Health and Human Services that leads the public health efforts to advance the behavioral health of the nation; the mission is to reduce the impact of substance abuse and mental illness on America's communities.  
Treatment referral lines open 24/7 ..... (800) 662-4357  
Suicide prevention lines open 24/7 ..... (800) 273-8255
- United American Indian Involvement**..... (213) 202-3970  
[www.uaii.org](http://www.uaii.org)  
Robert Sundance Family Wellness Center  
1125 W. 6<sup>th</sup> St., Suite103, Los Angeles, CA 90017  
Hours: Mon-Fri 8:00am-5:00pm, walk-ins welcomed, appointments preferred.  
**(Service Area 4)**
- Venice Medical and Mental Health Services**..... (310) 399-9883  
717 Lincoln Blvd., Venice, CA 90291  
Provides substance abuse treatment services; other services include detoxification, methadone maintenance, methadone detoxification and a halfway house.  
Hours: Mon-Fri 6:00am-2:30pm, Appointments only.  
**(Service Area 5)**

## DRUG TREATMENT PROGRAMS

**West Valley Mental Health Center**..... (818) 598-6900  
7621 Canoga Ave, Canoga Park, CA 91304  
Substance abuse counselors; Seeking Safety Group and Individual  
counseling. **Must be enrolled with West Valley Health Center to  
participate in any substance abuse services offered.**  
English/Spanish/Russian  
Hours: Mon-Fri 8:00am-5:00pm, walk-ins welcomed.  
**(Service Area 2)**



## **SECTION TEN**

### **EMERGENCY HELP AND HOTLINES**

- ACCESS -LA County Department of Mental Health Referral**..... (800) 854-7771  
Provides on-site evaluation by PET-Team; provides linkages to consumers to Mental Health services in the community; resources to consumers in crisis.  
Hours: 24 hours 7 days a week.
- Adult Protective Services (APS)**..... (877) 477-3646  
A 24-hour service program designed to investigate all reported at-risk situations without regard to income involving individuals 65 or older and dependent adults (18-64 who are physically or mentally impaired). Types of referrals include physical, sexual or financial abuse, isolation, neglect, or self-neglect. Referrals are received through the Elder Abuse Hotline or from other entities.  
Available 24 hours 7 days a week.
- California HIV/AIDS Referral Website Service and Live Chat Hotline**..... (800) 367-2437  
[www.cdph.ca.gov/programs/aids](http://www.cdph.ca.gov/programs/aids)  
Assists in locating HIV testing, prevention, care, treatment and support services.  
Hours: Mon – Fri 8:00am – 4:00pm
- Community Helpline: A Division of Helpline Youth Counseling** ..... (877) 541-2525  
[www.hycinc.org/community-helpline-hotline/](http://www.hycinc.org/community-helpline-hotline/)  
Provides counseling and assistance to at-risk, low income children, youth and their families.  
Hours: 7 days a week, Sunday thru Monday 7:00am–10:00pm
- Los Angeles County Domestic Violence Hotline**..... (800) 978-3600  
Assists victims to find a safe way out of their abusive environments.  
Hours: 24 hours 7 days a week.
- East Los Angeles Women’s Center**  
**AIDS Hotline**..... (800) 400-7432  
**Rape and Battering Hotline**..... (800) 585-6231  
Ensure that all women, girls and their families live in a place of safety, health, and personal well-being, free from violence and abuse, with equal access to necessary health services and social support, with an emphasis on Latino communities.  
Hours: 24 hours 7 days a week.
- Hotline of Southern California**..... (562) 596-5548  
Provides crisis counseling, information and referrals for teens and adults throughout Southern California region.  
Hours: 7 days a week 9:00am-9:00pm

## EMERGENCY HELP AND HOTLINES

### **Los Angeles County Department of Children & Family Services**

**Child Abuse Hotline**..... (800) 540-4000

Ensures the safety and protection of children; report possible abuse and/or neglect of children.

### **Los Angeles Rape and Battering Hotline**

South Los Angeles..... (310) 392-8381

Central Los Angeles..... (213) 626-3393

West San Gabriel Valley..... (626) 793-3385

Provides emotional support, advocacy, information and referrals.

Hours: 24 hours 7 days a week.

**National Teen Dating Abuse Hotline**..... (866) 331-9474

Designed exclusively for teens to speak to a peer or an adult advocate anonymously and confidentially

Hours: 24 hours 7 days a week.

**National Center for Victims of Crime**..... (202) 467-8700

Hours: Mon-Fri 8:30-5:30 EST

**National Suicide Prevention Hotline**..... (800) 273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress Hours: 24 hours, 7 days a week.

**Suicide Prevention Center**..... (877) 727-4747

Hotline for people feeling suicidal. Has trained volunteer counselors to help.

Hours: 24 hours 7 days a week including holidays.

**Veterans Crisis Line**..... (800) 273-8255

Connects veterans in crisis, their families and friends with qualified, caring VA responders through a confidential, toll-free hotline, online chat, and text-messaging service.

Hours: 24 hours 7 days a week.

**(Service Area 4)**

## **SECTION ELEVEN**

### **EMPLOYMENT**

- Asian American Employment Access**..... (323) 293-6284  
[www.aadapinc.org](http://www.aadapinc.org)  
2900 S. Crenshaw Blvd., Los Angeles, CA 90016  
Improves community health by providing prevention education, treating substance abuse, and facilitating economic development to increase job skills and employment opportunities.  
Hours: Mon-Fri 9:00am-6:00pm  
**(Service Area 4)**
- California Department of Rehabilitation**..... (213) 736-3904  
[www.dor.ca.gov](http://www.dor.ca.gov)  
3333 Wilshire Blvd., Suite 200, Los Angeles, CA 90010  
Assists people with disabilities to retain employment and live independently. Providing vocational rehabilitation, training, education, transportation, job placement, assistive technology, deaf and hearing services and blind services.  
Hours: Mon-Fri 8:00am -5:00pm  
**(Service Area 4)**
- Chrysalis Enterprises**..... (213) 806-6300  
[www.changlives.org](http://www.changlives.org)  
522 S. Main St., Los Angeles, CA 90019  
Dedicated to creating a pathway to self-sufficiency for homeless and low-income individuals by providing the resources and support needed to find and retain employment.  
Orientation: Mon-Thur starts at 8:00am  
Hours: Mon-Thur 8:00am-12:00pm; 1:00pm-4:00pm and Fri 8:00am-12:00pm  
**(Service Area 4)**
- Downtown Work Source Center/Chicana Service Action Center**..... (213) 629-5800  
[www.worksourcecalifornia.com](http://www.worksourcecalifornia.com)  
315 W. 9<sup>th</sup> St., # 101, Los Angeles, CA 90015  
Assist individuals in finding employment.  
Hours: Mon-Fri 8:00am-5:00pm  
**(Service Area 4)**
- Weingart Center Association**..... (213) 689-2231  
[www.weingart.org](http://www.weingart.org)  
566 S. San Pedro St., Los Angeles, CA 90013  
Assists the homeless find employment through its workforce development program.  
Hours: Mon-Fri 8:00am-5:00pm. Spanish spoken. **Admission requirement 18yrs+.**  
**(Service Area 4)**

## EMPLOYMENT

**Women at Work**.....

(626) 796-6870

2555 E. Colorado Blvd., Suite 204, Pasadena, CA 91107

A career and job resource center for both men and women.

Hours: Mon-Tue & Thur 9:30am-5:00pm, Wed 9:30am-7:00pm.

Closed on Friday's. Spanish spoken. No appointment necessary for drop in services. \*Free Wi-Fi if you have your own device.

**(Service Area 3)**

## **SECTION TWELVE**

### **LICENSING**

#### **Community Care Licensing (Board and Care)**

##### **Los Angeles Residential Greater LA Adult and Senior Care Regional Office**

[www.cclcd.ca.gov](http://www.cclcd.ca.gov)

1000 Corporate Center Dr., # 500, Monterey Park, CA 91754..... (323) 980-4934

Hours: Mon-Fri 8:00am-5:00pm

#### **California Department of Public Health Licensing and Certification Program**

<https://hfcis.cdph.ca.gov/longtermcare/consumer/complaint.aspx>

Main Number..... (800) 236-9747

##### ***For complaints, incidents, and survey issues contact:***

*Administrative Headquarters Staff*

12440 E. Imperial Hwy., Room 522, Norwalk CA 90650..... (562) 345-6884

Hours: Mon-Fri 8:00am-5:00pm

**California Department of Public**..... (800) 228-1019

##### **House Facilities Inspection Division**

[www.hfcis.cdph.ca.gov](http://www.hfcis.cdph.ca.gov)

##### **All Acute Care Hospitals**

3400 Aerojet Ave., El Monte, CA 91731

For Orange County Hospitals ..... (800) 228-5234

681 S. Parker St., Suite 200, Orange CA 92868

Hours: Mon-Fri 8:00am-5:00pm

**Department of Health Care Services (DHCS)**..... (916) 323-1864

[www.dhcs.ca.gov/provgovpart/pages/mh-licensing.aspx](http://www.dhcs.ca.gov/provgovpart/pages/mh-licensing.aspx)

1501 Capitol Ave., MS 4000, P.O. Box 997413, Sacramento, CA 95899-7413

Provides Californians with access to affordable, high-quality health care, including medical, dental, mental health, substance use disorder services, and long-term services and supports.

#### **Department of Public Social Services**

**In Home Supportive Services**..... (888) 944-4477

[www.cdss.ca.gov](http://www.cdss.ca.gov)

2707 S. Grand Ave., Los Angeles, CA 90007

Hours: Mon-Fri 8:00am-5:00pm

#### **Los Angeles Public Health/Home**

**Health Hospice**..... (213) 351-1131

[www.lapublichealth.lacounty.gov](http://www.lapublichealth.lacounty.gov)

600 S. Commonwealth Ave., 6<sup>th</sup> Fl, Los Angeles, CA 90005

Hours: Mon-Fri 8:00am-5:00pm

## **SECTION THIRTEEN**

### **FRAUD REPORTING AND PROFESSIONAL LICENSING BOARDS**

#### **Department of Insurance**

Consumer Hotline..... (800) 927-4357

[www.insurance.ca.gov](http://www.insurance.ca.gov)

300 S. Spring St., South Tower, Los Angeles CA 90013

**Medicare.**..... (800) 633-4227

[www.medicare.gov](http://www.medicare.gov)

Report Medicare fraud

Hours: 24hrs, 7 days a week

**Board of Behavioral Science Examiners.**..... (916) 574-7830

[www.bbs.ca.gov/consumer/index.shtml](http://www.bbs.ca.gov/consumer/index.shtml)

1625 N. Market Blvd., Suite S-200 Sacramento, CA 95834

Protects and serves Californians by setting, communicating, and enforcing standards for safe and competent mental health practice.

Hours: Mon-Fri 8:00am-5:00pm

**Board of Vocational Nursing and Psychiatric Technicians.**..... (916) 263-7827

[www.bvnpt.ca.gov/](http://www.bvnpt.ca.gov/)

Licensed Vocational Nurses & Psychiatric Technicians

2535 Capital Oaks Dr., Suite 205, Sacramento, CA 95833-2919

Ensures only qualified persons are licensed by enforcing education requirements, standards of practice and educating consumers of their rights.

Hours: Mon-Fri 8:00am-5:00pm

**Department of Consumer Affairs/Board of Psychology.**..... (866) 503-3221

[www.psychology.ca.gov/consumers/index.html](http://www.psychology.ca.gov/consumers/index.html)

1625 N. Market Blvd., Suite N-215, Sacramento, CA 95834

Protects the safety and welfare of consumers of psychological services.

Hours: Mon-Fri 8:00am-5:00pm

**The Medical Board of California.**..... (800) 633-2322

[www.mbc.ca.gov/consumers/](http://www.mbc.ca.gov/consumers/)

2005 Evergreen St., Suite 1200, Sacramento CA 95815

Responsible for investigating complaints and taking disciplinary actions against physicians, surgeons and other healthcare professionals, if a violation is confirmed.

Hours: Mon-Fri 8:00am-5:00pm

## **SECTION FOURTEEN**

### **HOUSING, SHELTER AND FOOD ASSISTANCE**

#### **FOOD**

- African Community Resource Center**..... (213) 381-1088  
[www.acrcintl.org](http://www.acrcintl.org)  
3540 Wilshire Blvd., Suite 321, Los Angeles CA 90010  
Assists African refugees, immigrants and people of African heritage to increase their capacity for economic self-sufficiency, health care etc.  
Hours: Mon-Fri 9:00am-4:00pm  
**(Service Area 4)**
- Beacon Light Mission**..... (310) 830-7063  
[www.beaconlightmission.org](http://www.beaconlightmission.org)  
525 Broad Ave., Wilmington, CA 90744  
Offers seven-night temporary shelter for homeless men and hot dinner; call for additional information.  
Office hours: Mon – Sun 8:00am – 4:00pm.  
**(Service Area 8)**
- Bible Tabernacle**..... (310) 821-6116  
[www.thebibletabernacle.com](http://www.thebibletabernacle.com)  
Offers housing and Food Box Programs for men, women and children. Call for additional programs information.  
Office hours: Mon – Fri 8:00am – 4:30pm and Sat 8:00am – 12:00pm.  
**(Service Area 5)**
- Catholic Charities of Los Angeles**..... (213) 251-3400  
[www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)  
Provides emergency vouchers for temporary housing; food pantry centers throughout Los Angeles. Call for locations.  
Office hours: Mon – Fri, 8:30am – 5:00pm.  
**(Service Area 4)**
- Christian Outreach in Action**..... (562) 432-1440  
[www.coalongbeach.org](http://www.coalongbeach.org)  
Provides transitional housing referrals, warm meals and groceries. Call for additional information.  
Office hours: 9:00am – 4:00pm.  
**(Service Area 8)**

## FOOD

- East Los Angeles Service Center** ..... (323) 260-2808  
[www.css.lacounty.gov](http://www.css.lacounty.gov)  
133 N. Sunol Dr., Los Angeles, CA 90063  
Provides emergency food; zip code requirement. Call for additional information.  
Office hours: Mon – Fri 9:30am – 12:00pm and 1:30pm – 4:00pm.  
**(Service Area 7)**
- Emmanuel Baptist Rescue Mission** ..... (213) 626-4681  
[www.ebrm.org](http://www.ebrm.org)  
530 E. 5<sup>th</sup> St., Los Angeles, CA 90014  
Offers emergency homeless shelter for men only and meals for men, women and children. Call for additional details.  
Office hours: 8:30am – 12:00pm.  
**(Service Area 4)**
- Food on Foot** ..... (310) 442-0088  
[www.foodonfoot.org](http://www.foodonfoot.org)  
1625 Schrader Blvd., Los Angeles CA 90028  
Serves hot meals every Sunday at 3:15pm.
- Harbor Interfaith** ..... (562) 831-0589  
[www.harborinterfaith.org](http://www.harborinterfaith.org)  
633 W. 10<sup>th</sup> St., San Pedro, CA 90731  
Family Resource center offers emergency family shelter and FISH, the agency's food pantry program; must meet program requirements.  
Call for additional information.  
Office hours: Mon – Fri 9:00am – 7:00pm.  
**(Service Area 8)**
- Los Angeles Mission** ..... (213) 629-1227  
[www.losangelesmission.org](http://www.losangelesmission.org)  
303 E. 5<sup>th</sup> St., Los Angeles, CA 90013  
Provides three hot meals daily and overnight shelter. Call for additional program information and meals schedule.  
Office hours: Mon - Fri  
**(Service Area 4)**



## FOOD

**Los Angeles Regional Foodbank**..... (323) 234-3030

[www.lafoodbank.org](http://www.lafoodbank.org)

1734 E. 41<sup>st</sup> St., Los Angeles 90058

Calfresh outreach program, nutrition education, programs for seniors and children, mobile food pantry, emergency food assistance program, rapid food distribution.

Hours: Mon-Fri 8:00am-5:00pm

**Service Area Varies**

**Long Beach Rescue Mission** ..... (562) 591-1292

[www.lbrm.org](http://www.lbrm.org)

1430 Pacific Ave., Long Beach CA 90813

Emergency shelter services comprised of two facilities and meals for men, women and children. Call for additional shelter information.

Office hours: Mon-Sun 8:00am-7:00pm.

Open to the Public meals:

Lunch Mon-Thurs 12:00pm \*arrive before 12:00pm;

Dinner Mon-Sun 6:00pm, 7 days a week

Sunday's lunch is served following chapel services 10:30am;

\*Must attend service for meal.

**(Service Area 8)**

**Mary Star of the Sea Christian Care** ..... (310) 833-3541

[www.marystar.org](http://www.marystar.org)

853 W. 7<sup>th</sup> St., San Pedro, CA 90731

Lunch is served Mon - Friday for those in need. Lunch service begins at 11:30am until food supply has finished. Groceries are distributed every Monday at 9:00am. You must be signed up in order to receive aid. Please call for additional information.

Office hours: Mon – Thur 9:00am – 12:00pm and 1:00pm – 8:00pm;

Friday 1:00pm – 4pm; Sat – Sun 9:00am – 3:00pm.

**(Service Area 8)**

**Meals on Wheels**..... (888) 998-6325

413 N. Lee St., Alexandria, VA 22314

Local Senior Nutrition programs provide over one million meals to seniors in need each day. Some programs serve meals at congregated locations like senior centers, some deliver meals directly to homes of seniors whose mobility is limited and many provide both services.

## FOOD

- The Midnight Mission** ..... (213) 624-9258  
[www.midnightmission.org](http://www.midnightmission.org)  
601 S. San Pedro St., Los Angeles, CA 90013  
Offers emergency services: Courtyard Outreach, Safe Sleep and Subsistence Programs. Walk-ins to Courtyard welcome or call for additional information.  
Office hours: Mon–Fri 8:00am– 5:00pm.  
**(Service Area 4)**
- North Valley Caring Services** ..... (818) 891-0481  
[www.nvcsinc.org](http://www.nvcsinc.org)  
15453 Rayen St., North Hills, CA 91343  
Offers a long-standing Breakfast Program that is offered three days a week, homeless individuals and at-risk families are able to eat a hot meal prepared by NVCS' most-valued volunteers. NVCS also provides a semi-monthly Food Pantry, assisting community members to make ends meet.  
Call for additional information.  
Office hours: Mon – Fri 8:00am – 4:30pm.  
**(Service Area 2)**
- People for People WSGVCC** ..... (626) 285-2549  
1311 E. Las Tunas Dr., San Gabriel, CA 91776  
Offers emergency food Tue–Thur 9:00am–2:30pm and Fri 8:00am – 12:30pm.  
Closed Sat and Sun.  
**(Service area 3)**
- Project Angel Food**..... (323) 845-1800  
922 Vine St., Los Angeles, CA 90038  
Provides meals to the sick as they battle critical illnesses. Volunteers and staff cook and deliver nutritious meals, free of charge, to the homes of men, women and children affected by life-threatening illnesses throughout Los Angeles County.  
**(Service Area 4)**
- St. Francis Center** ..... (213) 747-5347  
[www.sfcla.org](http://www.sfcla.org)  
1835 S. Hope St., Los Angeles, CA 90015  
Serves walk-thru breakfast on Mon. Tue – Fri  
breakfast served 7:30am – 9:00am and Sat 8:00am – 10:00am.  
Call for additional information.  
Office hours: 7:30am – 3:30pm.  
**(Service Area 4)**

## FOOD

- St. Lawrence Family Food Pantry** ..... (323) 567-1439  
10122 Compton Ave., Los Angeles, CA 90002  
Provides food Mon – Thur 11:00am – 12:00pm. Call for additional information.  
Office hours: 9:00am – 9:00pm.  
**(Service Area 6)**
- St. Margaret's Center** ..... (310) 672-2208  
[www.cityofinglewood.org/depts](http://www.cityofinglewood.org/depts)  
10217 Inglewood Ave., Inglewood, CA 90304  
Offers shelter and food pantry referrals to households that are  
homeless or at risk of becoming homeless.  
Call or walk in for additional information.  
Office hours: Mon – Fri 8:30am – 12:00pm; 1:00pm – 5:00pm.  
**(Service Area 8)**
- St. Mark's Evangelical Lutheran** ..... (323) 731-2157  
[www.stmarkla.org](http://www.stmarkla.org)  
3651 S. Vermont Ave., Los Angeles, CA 90007  
Offers sack lunches Mon 10am – 12:00pm; Wed 11:00am – 1:00pm and  
Thanksgiving Meal. Call for additional information.  
Office hours: Mon – Fri 9:00am – 12:00pm.  
**(Service Area 6)**
- St. Vincent Cardinal Manning Center** ..... (213) 229-9971  
[www.svdpla.org](http://www.svdpla.org)  
231 Winston St., Los Angeles, CA 90013  
Offers Drop-In Center and lunch for men on Mon – Wed 6:00am – 10:30am;  
for women, Thur 7:30am -11:30am. Call for additional information.  
Office hours: Mon – Fri 6:00am – 5:00pm.  
**(Service Area 4)**
- St. Vincent De Paul Society** ..... (323) 224-6280  
[www.svdpla.org](http://www.svdpla.org)  
210 N. Ave., 21 Los Angeles, CA 90031  
Offer Transitional and Permanent Supportive Housing Programs.  
Call the Assistance Hot-Line for additional information (888) 552- 7872;  
Mon – Fri 9:00am – 6:00pm.  
**(Service Area 4)**

## FOOD

**Union Rescue Mission** ..... (213) 347-6300

[www.urm.org](http://www.urm.org)

545 S. San Pedro St., Los Angeles, CA 90013

Provide emergency shelter services for men, women, and children experiencing homelessness. Call or walk-in for additional information.

Office hours: Mon – Fri 8:00am – 4:30pm.

**(Service Area 4)**

**Union Station Adult Center** ..... (626) 791-6610

[www.unionstationhs.org](http://www.unionstationhs.org)

412 S. Raymond Ave., Pasadena, CA 91105

Offer •Emergency shelter •Transitional housing •Permanent supportive housing •Market value housing. Call for additional information.

Office hours: 7:30am – 2:30pm Sun – Sat.

Appointment recommended but walk-ins welcome.

**(Service Area 3)**

**Volunteers of America- Pathways to Home** ..... (323) 231-8154

[www.voala.org](http://www.voala.org)

3804 Broadway Pl., Los Angeles, CA 90037

Offers emergency shelter, housing and food programs. Call for additional information 24 hours a day; appointment is recommended but walk-ins welcome.

**(Service Area 6)**

**WIC Program** ..... (888) 942-9675

[www.wicworks.ca.gov](http://www.wicworks.ca.gov)

WIC is a federally-funded health and nutrition program for women, infants, and children. WIC helps families by providing nutrition education and issuing checks for healthy supplemental foods. Call for additional local information.

Office hours: Mon – Fri 8:00am – 5:00pm.

**(All Service Areas)**

## SHELTER

**Beacon Light Mission** ..... (310) 830-7063

[www.beaconlightmission.org](http://www.beaconlightmission.org)

525 Broad Ave., Wilmington, CA 90744

Offers seven-night temporary shelter for homeless men and hot dinner; call for additional information. Office hours: Mon – Sun 8:00am – 4:00pm.

**(Service Area 8)**

## SHELTER

- Bell Shelter**..... (562) 264-3679  
[www.salvationarmy.org/southern-california/bell-shelter](http://www.salvationarmy.org/southern-california/bell-shelter)  
5600 Rickenbacker Rd., Bell, CA 90201  
Offers Transitional Shelters for single men and women; does not accept walk-ins.  
Public inquiries: Mon – Fri 8:00am – 4:00pm.  
**(Service Area 7)**
- Bible Tabernacle**..... (310) 821-6116  
[www.thebibletabernacle.com](http://www.thebibletabernacle.com)  
Offers housing and Food Box Programs for men, women and children.  
Call for additional program information.  
Office hours: Mon – Fri 8:00am – 4:30pm and Sat 8:00am – 12:00pm.  
**(Service Area 5)**
- Catholic Charities of Los Angeles**..... (213) 251-3400  
[www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)  
Provides emergency vouchers for temporary housing; food pantry centers throughout Los Angeles. Call for locations.  
Office hours: Mon – Fri 8:30am – 5:00pm.  
**(Service Area 4)**
- Christian Outreach in Action** ..... (562) 432-1440  
[www.coalongbeach.org](http://www.coalongbeach.org)  
Provides transitional housing referrals, warm meals and groceries.  
Call for additional information.  
Office hours: 9:00am – 4:00pm.  
**(Service Area 8)**
- Emmanuel Baptist Rescue Mission**..... (213) 626-4681  
[www.ebrm.org](http://www.ebrm.org)  
530 E. 5<sup>th</sup> St., Los Angeles, CA 90014  
Offers emergency homeless shelter for men only and meals for men, women and children. Call for additional details.  
Office hours: 8:30am – 12:00pm.  
**(Service Area 4)**
- Harbor Interfaith** ..... (562) 831-0589  
[www.harborinterfaith.org](http://www.harborinterfaith.org)  
633 W. 10<sup>th</sup> St., San Pedro, CA 90731  
Family Resource center offers emergency family shelter and FISH, the agency's food pantry program; must meet program requirements.  
Call for additional information.  
Office hours: Mon – Fri 9:00am – 7:00pm.  
**(Service Area 8)**

## SHELTER

**His Nesting Place Ministries** ..... (562) 422-2137

[www.hisnestingplace.org](http://www.hisnestingplace.org)

350 E. Market St., Long Beach CA 90805

Offers housing programs to pregnant women. Must meet program requirements. Call for an appointment.

Office hours: 9:00am – 2:00pm.

**(Service Area 8)**

**Homeless Healthcare Los Angeles** ..... (213) 744-0724

[www.hhcla.org](http://www.hhcla.org)

2330 Beverly Blvd., Los Angeles CA 90057

Offers emergency shelter services on a first come first served basis. Line up starts at 1:00pm. This access site is part of the United Way Coordinated Entry System (CES), a no wrong door, countywide system that engages and connects single adults experiencing homelessness to the optimal resource for their needs. Call for more information.

Office hours: Mon – Friday, 8:00am – 5:00pm.

**(Service Area 4)**

**Homes for Life Foundation** ..... (310) 337-7417

[www.homesforlife.org](http://www.homesforlife.org)

8939 Sepulveda Blvd., Suite 460, Los Angeles, CA 90045

Provides permanent service-enriched housing for persons with mental disabilities. Call for additional information.

Office hours: 9:00am – 5:30pm

**(Service Area 5)**

**Hope Again** ..... (323) 661-4004

[www.hopeagain.org](http://www.hopeagain.org)

1515 N. Winona Blvd., Los Angeles, CA 90027

Offers transitional housing for men and women only. Potential residents can walk-in or call for additional information.

Office hours: Mon – Thur 9:00am – 3:30pm.

**(Service Area 4)**

**LAMP** ..... (213) 488-9559

[www.lampcommunity.org](http://www.lampcommunity.org)

526 San Pedro St., San Pedro, CA 90013

Offers emergency shelter, private apartments and community residences. Call for additional program information.

Office hours: Mon – Fri, 8:00am – 5:00pm.

**(Service Area 4)**

## SHELTER

- Los Angeles Mission** ..... (213) 629-1227  
[www.losangelesmission.org](http://www.losangelesmission.org)  
303 E. 5<sup>th</sup> St., Los Angeles, CA 90013  
Provides three hot meals daily and overnight shelter. Call for additional program information and meals schedule.  
Office hours: Mon - Fri  
**(Service Area 4)**
- Long Beach Rescue Mission** ..... (562) 591-1292  
[www.lbrm.org](http://www.lbrm.org)  
1430 Pacific Ave., Long Beach CA 90813  
Emergency shelter services for men, women and children. Call for additional shelter information.  
Office hours: Mon-Sun 8:00am-7:00pm.  
Open to the Public meals:  
Lunch Mon-Thur 12:00pm \*arrive before 12:00pm; Dinner Mon-Sun 6:00pm, 7 days a week  
Sunday's lunch is served following chapel services 10:30am;  
**\*Must attend service for meal.**  
**(Service Area 8)**
- The Midnight Mission** ..... (213) 624-9258  
[www.midnightmission.org](http://www.midnightmission.org)  
601 S. San Pedro St., Los Angeles, CA 90013  
Offers emergency services: Courtyard Outreach, Safe Sleep and Subsistence Programs. Walk-ins to Courtyard welcome or call for additional information.  
Office hours: Mon – Fri 8:00am – 5:00pm.  
**(Service Area 4)**
- P.A.T.H (People Assisting the Homeless)**..... (323) 644-2200  
[www.epath.org](http://www.epath.org)..... (323) 644-2216  
340 N. Madison Ave., Los Angeles, CA 90004 (PATH Mall location)  
If you are homeless or at risk of becoming homeless, please contact us via phone or visit us at the PATH Mall for basic referrals and to schedule an official intake for services.  
Hours of service – official intakes: Mon to Fri 8:00am -11:00am.  
PATH Mall hours: Mon - Thurs 8:00 a.m. to 3:30 pm (closed 12:00 to 1:00pm); Fri 8:00 am - 12:00 pm.  
**(Service Area 4)**

## SHELTER

- Rainbow Shelter**..... (310) 547-9343  
[www.rainbowservicesdv.org](http://www.rainbowservicesdv.org)  
Offers a 30-day emergency shelter called Rainbow House and a transitional shelter where you and your children may remain for up to one year called Villa Paloma.  
**24-Hour English/Spanish Hotline.**
- Shelter Hotline**..... (800) 548-6047  
Provides emergency shelter referrals.  
Hours: 24 hours 7 days a week..... TDD (800) 660-4026
- St. Margaret's Center** ..... (310) 672-2208  
[www.cityofinglewood.org/depts](http://www.cityofinglewood.org/depts)  
10217 Inglewood Ave., Inglewood, CA 90304  
Offers shelter and food pantry referrals to households that are homeless or at risk of becoming homeless. Call or walk in for additional information.  
Office hours: Mon – Fri 8:30am – 12:00pm; 1:00pm – 5:00pm.  
**(Service Area 8)**
- St. Vincent Cardinal Manning Center** ..... (213) 229-9971  
[www.svdpla.org](http://www.svdpla.org)  
231 Winston St., Los Angeles, CA 90013  
Offers Drop-In Center and lunch for men on Mon – Wed 6:00am – 10:30am; for women, Thurs 7:30am -11:30am. Call for additional information.  
Office hours: Mon – Fri 6:00am – 5:00pm.  
**(Service Area 4)**
- St. Vincent De Paul Society** ..... (323) 224-6280  
[www.svdpla.org](http://www.svdpla.org)  
210 N. Avenue 21 Los Angeles, CA 90031  
Offer Transitional and Permanent Supportive Housing Programs.  
Call the Assistance Hot-Line for additional information (888) 552- 7872;  
Mon – Fri 9:00am – 6:00pm.  
**(Service Area 4)**
- Volunteers of America- Pathways to Home**..... (323) 231-8154  
[www.voala.org](http://www.voala.org)  
3804 Broadway Pl., Los Angeles, CA 90037  
Offers emergency shelter, housing and food programs. Call for additional information 24 hours a day; appointment is recommended but walk-ins welcome.  
**(Service Area 6)**



## SHELTER

**Union Rescue Mission** ..... (213) 347-6300

[www.urm.org](http://www.urm.org)

545 S. San Pedro St., Los Angeles, CA 90013

Provide emergency shelter services for men, women, and children experiencing homelessness. Call or walk-in for additional information.

Office hours: Mon – Fri 8:00am – 4:30pm.

**(Service Area 4)**

**Union Station Adult Center** ..... (262) 240-4550

[www.unionstationhs.org](http://www.unionstationhs.org)

412 S. Raymond Ave., Pasadena, CA 91105

The 56-bed adult center provides homeless men & women with safe substance-free shelter, meals & supportive services. The average length of stay is three months.

**(Service Area 3)**

## HOUSING

**Bible Tabernacle** ..... (310) 821-6116

[www.thebibletabernacle.com](http://www.thebibletabernacle.com)

Offers housing and Food Box Programs for men, women and children. Call for additional programs information.

Office hours: Mon – Fri 8:00am – 4:30pm and Sat 8:00am – 12:00pm.

**(Service Area 5)**

**Catholic Charities of Los Angeles** ..... (213) 251-3400

[www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)

Provides emergency vouchers for temporary housing; food pantry centers throughout Los Angeles. Call for locations.

Office hours: Mon – Fri 8:30am – 5:00pm.

**(Service Area 4)**

**His Nesting Place Ministries** ..... (562) 422-2137

[www.hisnestingplace.org](http://www.hisnestingplace.org)

350 E. Market St., Long Beach CA 90805

Offers housing programs to pregnant women. Must meet program requirements. Call for an appointment.

Office hours: 9:00am – 2:00pm.

**(Service Area 8)**

## HOUSING

- Homeless Healthcare Los Angeles** ..... (213) 744-0724  
[www.hhcla.org](http://www.hhcla.org)  
2330 Beverly Blvd., Los Angeles CA 90057  
Offers emergency shelter services on a first come first served basis.  
Line up starts at 1:00pm. This access site is part of the United Way  
Coordinated Entry System (CES), a no wrong door, countywide system  
that engages and connects single adults experiencing homelessness to the  
optimal resource for their needs. Call for more information.  
Office hours: Mon – Friday, 8:00am – 5:00pm.  
**(Service Area 4)**
- Homes for Life Foundation** ..... (310) 337-7417  
[www.homesforlife.org](http://www.homesforlife.org)  
8939 Sepulveda Blvd., Suite 460, Los Angeles, CA 90045  
Provides permanent service-enriched housing for persons with mental  
disabilities. Call for additional information.  
Office hours: 9:00am – 5:30pm  
**(Service Area 5)**
- Hope Again** ..... (323) 661-4004  
[www.hopeagain.org](http://www.hopeagain.org)  
1515 N. Winona Blvd., Los Angeles, CA 90027  
Offers transitional housing for men and women only. Potential  
residents can walk-in or call for additional information.  
Office hours: Mon – Thur 9:00am – 3:30pm.  
**(Service Area 4)**
- HUD**  
Assisted Rental Housing..... (213) 534-2500  
[www.portal.hud.gov](http://www.portal.hud.gov)  
U.S. Department of Housing/Urban Development  
611 W. 6<sup>th</sup> St., Suite 801, Los Angeles, CA 90017 –  
Offers information on public housing, Section 8, rental assistance  
vouchers and certificates, a list of HUD subsidized apartment complexes, and  
purchasing HUD homes. Provides information concerning emergency shelters,  
homeless programs, and block grants. Provides assistance or information  
regarding the Federal Fair Housing Act.  
Hours Mon-Fri 8:00-4:30pm  
**(Service Area 4)**

## HOUSING

**Christian Outreach in Action** ..... (562) 432-1440

[www.coalongbeach.org](http://www.coalongbeach.org)

Provides transitional housing referrals, warm meals and groceries.

Call for additional information.

Office hours: 9:00am – 4:00pm.

**(Service Area 8)**

**LAMP** ..... (213) 488-9559

[www.lampcommunity.org](http://www.lampcommunity.org)

526 San Pedro St., San Pedro, CA 90013

Offers emergency shelter, private apartments and community residences.

Call for additional programs information.

Office hours: Mon – Fri, 8:00am – 5:00pm.

**(Service Area 4)**

**P.A.T.H (People Assisting the Homeless)** ..... (323) 644-2200

[www.epath.org](http://www.epath.org)

340 N. Madison Ave., Los Angeles, CA 90004 (PATH Mall location)

If you are homeless or at risk of becoming homeless, please contact us via phone or visit us at the PATH Mall for basic referrals and to schedule an official intake for services.

Hours of service – official intakes: Mon to Fri 8:00am -11:00am.

PATH Mall hours: Mon - Thur 8:00a.m. - 3:30pm (closed 12:00 to 1:00pm);

Fri 8:00am - 12:00pm.

**(Service Area 4)**

**South Central Health and Rehabilitation Program (SCHARP)** ..... (323) 751-2689

5201 S. Vermont Ave., Los Angeles, CA 90037

Mental health facility. Will refer to local shelters. drop in center for dual diagnosis clients.

Programs offered: Step Out Apartments

Hours: Mon-Fri 8:00am-5:00pm

**(Service Area 6)**

**SRO Housing** ..... (213) 229-9657

[www.srohousing.org](http://www.srohousing.org)

Provides emergency and transitional housing. SRO serves persons with chronic and severe mental illnesses as well as other co-occurring disorders. Call for additional information.

Office hours: Mon – Fri 9:00am – 5:00pm.

**(Service Area 4)**

## HOUSING

- St. Vincent De Paul Society** ..... (323) 224-6280  
[www.svdpla.org](http://www.svdpla.org)  
210 N. Avenue 21, Los Angeles, CA 90031  
Offers Transitional and Permanent Supportive Housing Programs.  
Call the assistance hot-line for additional information; (888) 552-7872  
Mon – Fri 9:00am – 6:00pm.  
**(Service Area 4)**
- Union Station Adult Center** ..... (626) 791-6610  
[www.unionstationhs.org](http://www.unionstationhs.org)  
412 S. Raymond Ave., Pasadena, CA 91105  
The 56-bed Adult Center provides homeless men and women with a safe, substance-free shelter, meals and supportive services. Call for additional information. **No emergency services provided.**  
Office hours: Mon – Fri 7:00am – 2:30pm. Closed to public Sat and Sun.  
**(Service Area 3)**
- Volunteers of America- Pathways to Home** ..... (323) 231-8154  
[www.voala.org](http://www.voala.org)  
3804 Broadway Pl., Los Angeles, CA 90037  
Offers emergency shelter, housing and food programs. Call for additional information 24 hours a day; **appointment is recommended but walk-ins welcome.**  
**(Service Area 6)**
- Weingart Center Association** ..... (213) 627-9000  
[www.weingart.org](http://www.weingart.org)  
566 South San Pedro Str., Los Angeles, CA 90013  
Offers housing programs with assigned bunks or rooms (60% of beds are in single rooms), with secure lockers for personal items. All of the shelter programs are 24-hour; there are different housing offerings available at the Weingart Center. Call for additional information.  
Office hours: 8:00am – 12pm; 2:00pm – 4:00pm.  
**No emergency housing provided.**  
**(Service Area 4)**

## **SECTION FIFTEEN**

### **LEGAL ADVOCACY**

**American Civil Liberties Union (ACLU)**..... (213) 977-9500

[www.aclu-sc.org](http://www.aclu-sc.org)

1313 W. 8<sup>th</sup> St., Los Angeles, CA 90017

The ACLU defends the fundamental rights outlined in the United States Constitution and the Bill of Rights. These include the right to freedom of speech and assembly; the right to religious freedom; due process of law; equality before the law; and the right to privacy. **Does not accept walk-ins. (Service Area 4)**

**Adult Protective Services (APS)**..... (213) 738-2600

[www.css.lacounty.gov](http://www.css.lacounty.gov)

Main Office: 3175 W. 6<sup>th</sup> St., Los Angeles, CA 90020

Provides help to elder adults (65 years and older) and dependent adults (18-64 who are disabled), when these adults are unable to meet their own needs, or are victims of abuse, neglect or exploitation. County APS agencies investigate reports of abuse of elders and dependent adults who live in private homes, apartments, hotels or hospitals and health clinics when the alleged abuser is not at staff member. Elder Abuse 24-hour Reporting Hotline (877) 477-3646.

Hours: Mon- Fri 8:00am to 5:00pm

**(Service Area 4)**

**Alliance for Children's Rights**..... (213) 368-6010

[www.kids-alliance.org](http://www.kids-alliance.org)

3333 Wilshire Blvd Suite 550, Los Angeles, CA 90010

Provides free legal services and advocacy. The Alliance ensures children have safe, stable homes, healthcare, and the education they need to thrive. Call for additional information.

Office hours: Mon – Fri 9:00am - 5:30pm

**(Service Area 4)**

**Asian Advancing Justice**..... (888) 349-9695

[www.advancingjustice-la.org](http://www.advancingjustice-la.org)

Advocates for civil rights, provides legal services and education, and builds coalitions to positively influence and impact Asian Americans, Native Hawaiians, and Pacific Islanders, especially those who speak little or no English. Assistance is prioritized to low-income persons in the following areas of law: family, immigration, consumer, public benefits, employment, housing, and civil rights. Call for additional information.

Office hours: Mon – Fri 9:00am – 5:00pm. **Appointment required.**

**(Service Area 4)**

## LEGAL ADVOCACY

**Bet Tzedek Legal Services**..... (323) 939-0506

[www.bettzedek.org/](http://www.bettzedek.org/)

3250 Wilshire Blvd., Ste. 1301, Los Angeles, CA 90010

Provide free expert legal advice and representation to low-income residents of Los Angeles County. Priority legal areas include, Elder law, Family Caregiver Rights, Disability Services, Employment Rights, Debtors' Rights and Bankruptcy and outreach. Call for additional information.

Office hours: Mon – Fri 9:00am - 5:00pm. **Appointment required.**

**(Service Area 4)**

**California Women's Law Center**..... (323) 951-1041

[www.cwlc.org](http://www.cwlc.org)

The California Woman's Law Center breaks down barriers and advances the potential of women and girls through transformative litigation, policy, advocacy and education. Call for additional information.

Office hours: Mon – Fri 9:00am - 5:00pm. **Appointment required.**

**(Service Area 4)**

**Center for Health Care Rights** ..... (800) 824-0780

520 S. Lafayette Park Pl, Suite 214, Los Angeles, CA 90057

A non-profit organization dedicated to Medicare advocacy and education for Californians.

Telephone Counseling available Mon - Fri 9:00am to 4:00pm.

**(Service Area 4)**

**Center for Human Rights and Constitutional Law**..... (213) 388-8693

[www.centerforhumanrights.org](http://www.centerforhumanrights.org)

256 Occidental Blvd, Los Angeles, CA 90057

A non-profit, public interest legal foundation dedicated to furthering and protecting the civil, constitutional, and human rights of immigrants, refugees, children, prisoners, and the poor through federal litigation, legislative updates, technical assistance, publication and training.

Call for additional information.

Office hours: Mon – Fri 9:00am - 5:30pm. Accepts collect calls.

**(Service Area 4)**

**Department of Consumer and Business** ..... (800) 593-8222

**Affairs (Dispute Settlement Service)**

[www.dcba.lacounty.gov](http://www.dcba.lacounty.gov)

500 W. Temple St., Room B96, Los Angeles, CA 90012

Offers free medication and counseling services, both community and court-connected, to the residents and businesses of Los Angeles County.

Call or walk-in for additional information.

Office hours: Mon – Fri 8:00am - 4:30pm.

## LEGAL ADVOCACY

- Disability Rights California (DRC)**..... (800) 776-5746  
1831 K St., Sacramento, CA 95811  
Advocates, educates and litigates to advance and protect the rights of Californians with disabilities. Offers legal advice and representation to clients of the State's 21 regional centers.  
Call or walk in for additional information.  
Office hours: Mon – Fri 9:00am - 5:00pm.
- Sacramento**..... (916) 504-5800  
1831 K St., Sacramento, CA 95811
- Los Angeles Regional**..... (213) 213-8000  
350 S. Bixel St., Suite 290, Los Angeles CA 90017  
**(Service Area 4)**
- Disability Rights Legal Center**..... (213) 736-1031  
[www.disabilityrightslegalcenter.org](http://www.disabilityrightslegalcenter.org)  
800 S. Figueroa St., Suite 1120, Los Angeles, CA 90017
- Civil Rights Litigation Project**  
**Options Counseling and Lawyer Referral Service**  
Provide legal representation to individuals with disabilities who experience discrimination, mistreatment or harassment based on their disability. Areas of expertise include: Self-Advocacy • Disability Awareness & Etiquette  
•The Americans with Disabilities Act • California Disability Rights Law  
• Fair Housing Act •Special Education Law and other disability rights laws.  
Telephone and on-line intake only. Accepts collect calls.  
**(Service Area 4)**
- Legal Aid Foundation**..... (800) 399-4529  
[www.lafla.org](http://www.lafla.org)  
1102 Crenshaw Blvd., Los Angeles, CA 90019  
Provide direct representation, offers counsel and advice and provides referrals to low-income people in greater Los Angeles. LAFLA has six offices located in the communities where our clients live and work. Call for additional information.  
Office hours: Mon – Fri 9:00am – 5:00pm. Appointment preferred.  
**(Service area 4)**

## LEGAL ADVOCACY

**L.A. Center for Law and Justice** ..... (323) 980-3500

[www.laclj.org](http://www.laclj.org)

1241 S. Soto St., Suite 102, Los Angeles, CA 90023

Offers a full range of legal services (from advice and counsel to court representation), in its four core programs: Domestic Violence, Teen Legal Advocacy (Teen/LA), Immigration, Access to Justice and Special Projects.

Office Hours: Mon – Fri 8:00am – 12:00pm and 1:00pm – 5:00pm.

Clients are seen by appointment only. Sorry, no walk-ins.

**(Service Area 7)**

**Los Angeles County Bar Association** ..... (213) 627-2727

[www.lacba.org](http://www.lacba.org)

1055 West Seventh St., Suite 2700, Los Angeles, CA 90017

Offers the following programs to the public: Smartlaw- Lawyer referral Service; Center for Civic Mediation; Counsel for Justice; Fee Disputes; Immigration Legal Assistance Project; Domestic Violence Project; AIDS Legal Service Project; Indigent Criminal Defense; LACBA Veterans Project. Call for additional information.

Office hours: Mon – Fri 8:45am - 5:00pm. **No walk-ins accepted.**

**(Service Area 4)**

**Los Angeles County Law Library** ..... (213) 785-2529

[www.lalawlibrary.org](http://www.lalawlibrary.org)

301 W. 1st St., Los Angeles, CA 90012

LA Law Library proactively supports people's needs in a dynamic global environment, acting as the curator and cultivator of a superior collection of legal resources, a gateway to legal information and a navigator facilitating access to the legal system. Call or walk-in for additional information.

Library hours: Mon – Fri 8:30 am – 6:00 pm and Sat 9:00 am – 5:00 pm.

**(Service Area 4)**

**Mental Health Advocacy Services, Inc. (MHAS)** ..... (213) 389-2077

[www.mhas-la.org](http://www.mhas-la.org)

3255 Wilshire Blvd., Suite 902 Los Angeles, California 90010

Provides free legal services to people with mental and developmental disabilities. MHAS is sponsored by the Los Angeles County and Beverly Hills Bar Associations and the Mental Health Association in California. Please call for intake.

Office hours: Mon – Fri 9:00am – 5:00pm. **Walk-ins are not accepted.**

**(Service Area 4)**



## LEGAL ADVOCACY

- Public Counsel** ..... (213) 385-2977  
[www.publiccounsel.org](http://www.publiccounsel.org)  
610 S. Ardmore Ave., Los Angeles, CA 90005  
Not-for-profit law firm specializing in delivering pro bono legal services and strives to achieve three main goals: protecting the legal rights of disadvantaged children; representing immigrants who have been the victims of torture, persecution, domestic violence, trafficking, and other crimes; and fostering economic justice by providing individuals and institutions in underserved communities with access to quality legal representation. Call for additional information.  
Office hours: Mon – Fri 9:00am. - 12:30pm and 1:30pm - 5:15pm.  
**Clients seen by appointment only.**  
**(Service Area 4)**
- U.S. Dept. of Justice (ADA Unit/Civil Rights Division)** ..... (800) 514-0301  
[www.ada.gov](http://www.ada.gov) ..... TTY (800) 514-0383  
950 Pennsylvania Avenue, NW  
Civil Rights Division  
Disability Rights Section - NYA  
Washington, D.C. 20530  
The Civil Rights Division of the Department of Justice works to uphold the civil and constitutional rights of all Americans, particularly some of the most vulnerable members of our society. The Division enforces federal statutes prohibiting discrimination on the basis of race, color, sex, disability, religion, familial status and national origin. Call to obtain answers to general and technical questions regarding the American with Disabilities Act:  
Mon, Tue, Wed and Fri 9:00am – 5:30pm; Thur 12:30pm – 5:30pm EST.  
Calls are confidential.
- U.S. Equal Employment Opportunity Commission** ..... (800) 669-4000  
[www.eeoc.gov](http://www.eeoc.gov) ..... TTY (800) 669-6820  
131 M St., NE, Washington, DC 20507  
The U.S. Equal Employment Opportunity Commission enforces Federal laws prohibiting employment discrimination, provides outreach, education and technical assistance. Call for additional information.

## LEGAL ADVOCACY

**Victim Witness Assistance Program**..... (800) 380-3811

[www.da.lacounty.gov](http://www.da.lacounty.gov)

3204 Rosemead Blvd., Suite 200, El Monte, CA 91731

Representatives from the Los Angeles County District Attorney's Victim-Witness Assistance Program (VWAP) provide a variety of services to victims of crime. These include crisis intervention; emergency assistance; counseling referrals; court escort and orientation; restitution assistance; returning of property; assistance with employers; and case status notification. Call for additional information.

Office hours: Mon – Fri 8:00am – 5:00pm.

**(Service Area 3)**

**Wise and Healthy Aging / Ombudsmen** ..... (310) 394-9871

[www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org)

1527 4th St., 2nd Floor, Santa Monica, CA 90401

Provides the following services for older adults: Advocacy, investigation of complaints made by or on behalf of residents, informal mediation, elder abuse investigation, education, witnessing of resident's signatures, and conducts regular unannounced visits. Call for additional information.

Office hours: 8:30am – 5:00pm.

**(Service Area 5)**

## SECTION SIXTEEN

### **MEDICAL CLINICS (LOW COST)**

- Antelope Valley Health Center** ..... (661) 471-4400  
[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)  
335 E Ave., K6 B, Lancaster, CA 93535  
The Antelope Valley Health Center offers the following free and low-cost public health services. Call for appointment.  
Office hours: 7:30am – 3:00pm.  
**(Service Area 1)**
- Arroyo Vista Family Health Center** ..... (323) 254-5221  
[www.arroyovista.org](http://www.arroyovista.org)  
6000 N. Figueroa St, Los Angeles, CA 90042  
Arroyo Vista Family Health Center provides a comprehensive range of medical, dental, optometry, imaging, and pharmaceutical services. Services are designed for all ages, from infants and children, to teens, adults, and the elderly.  
Office hours: Mon – Fri 8:00am – 7:00pm; Sat 8:00 – 4:30pm.  
Walk-ins accepted.  
**(Service Area 4)**
- Denti-Cal** ..... (800) 322-6384  
[www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)  
(Dental coverage with Medi-Cal) Call to identify a dentist in your area.
- Edward R. Roybal Comprehensive Health** ..... (323) 980-2731  
245 S. Fetterly Ave, Los Angeles, CA 90022 ..... or (323) 780-2216  
The Outpatient Reduced-cost Simplified Application allows clients to receive care and medicine at a cost based on family size, resources and income. Cost for services may be low fee or no fee.  
Most services require appointments. Appointments only call (800) 383-4600  
Hours: Mon-Fri 8:00am-5:00pm and Sat. 9:00am-5:00pm.  
**(Service Area 7)**

## MEDICAL CLINICS (LOW COST)

**El Monte Comprehensive Health Center**..... (626) 579-8463

[www.dhs.lacounty](http://www.dhs.lacounty)

10953 Ramona Blvd., El Monte, CA 91731

The Center provides adult, infant and children's, and women's health services in addition to on-site pharmacy, laboratory, x-ray, health education, and mental health services. The El Monte Clinic also provides a range of onsite specialty services such as cardiology, colposcopy, gynecology, optometry, nephrology, podiatry and pediatrics.

Hours of Operations: Mon – Fri 8:00am – 8:30pm and Sat 8:00am – 5:00pm.

**(Service Area 3)**

**Hollywood-Sunset Free Clinic**..... (323) 660-2400

[www.hsfreeclinic.org](http://www.hsfreeclinic.org)

A licensed, FREE, nonprofit, primary health care facility which provides quality medical, counseling and related services to individuals of Echo Park, Silver Lake, East Hollywood and downtown communities of Los Angeles. Call for additional information.

Office hours: Mon – Fri 10:00am – 8:00pm and Sat 9:00am – 1:00pm.

Walk-ins are not accepted.

**(Service Area 4)**

**Hubert H. Humphrey Comprehensive Health**..... (323) 846-4312

[www.dhs.lacounty.gov](http://www.dhs.lacounty.gov)

5850 S. Main St., Los Angeles, CA 90003

Provides primary care through several clinics including Adult Medicine, Family Medicine, Pediatrics and the HIV/Main Street Clinic. Also offers specialty care services in ophthalmology, podiatry, geriatrics, physical therapy and behavioral health. Other services include pharmacy, radiology, laboratory, and nutritional counseling.

Hours of Operations: Mon – Fri 8:00am – 5:00pm.

Urgent Care Hours: Daily 8:00am- 12:00am.

**(Service Area 6)**

**H. Claude Hudson Comprehensive Health**..... (213) 744-3945

[www.dhs.lacounty.gov](http://www.dhs.lacounty.gov)

2829 S., Grand Ave., Los Angeles, CA 90007

Offers a full spectrum of primary and specialty care services.

Hours of Operation: Mon – Fri 8:00am – 5:00pm.

Urgent Care Hours: 8:00am – 12:00am Daily.

**(Service Area 6)**

## MEDICAL CLINICS (LOW COST)

- JWCH Medical Clinics – Weingart Center** ..... (866) 733-5924  
[www.jwchinstitute](http://www.jwchinstitute)  
5650 Jillson St., Commerce, CA 90040  
Provides primary medical care; homeless health care; HIV services; specialty care; behavioral health. 10 locations. Call for additional information and appointment for all locations.  
Office hours: Mon – Fri 7:30am – 6:00pm and Sat 8:00am – 12:00pm.  
**(Service Area 4)**
- Westly Health Center-Bellflower (JWCH)**..... (866) 733-5924  
14371 Clark Ave., Bellflower, CA 90706  
Hours of operation: Mon-Thur 8-7pm, Fri 8-5pm. \*Call for appointments  
**(Service Area 7)**
- Westly Health Center-Bell Gardens (JWCH)**..... (866) 733-5924  
6912 Ajax Ave., Bell Garden's, CA 90201  
Hours of operation: Mon & Fri 8-5pm, Tue & Wed 8-7pm, Sat. (2<sup>nd</sup> & 4<sup>th</sup>) 8-5pm.  
\*Call for appointments  
**(Service Area 7)**
- Westly Health Center- Lynwood (JWCH)**..... (866) 733-5924  
3591 E. Imperial Hwy., Lynwood, CA 90262  
Hours of operation: Mon-Thur 8-7pm, Fri 8-5pm, Sat 8-5pm.  
**Call for appointments**  
**(Service Area 6)**
- Westly Health Center-Lynwood #2 (JWCH)**..... (866) 733-5924  
3580 E. Imperial Hwy., Lynwood CA 90262  
Hours of operation: Mon-Fri 8:30-5:30pm. **Call for appointments**  
**(Service Area 6)**
- Westly Health Center-Norwalk (JWCH)** ..... (866) 733-5924  
12360 Firestone Blvd., Norwalk, CA 90650  
Hours of operation: Mon-Thur 8am-7pm, Fri & Sat. 8am-5pm.  
**Call for appointments**  
**(Service Area 7)**

## MEDICAL CLINICS (LOW COST)

**Korean Health Education Info/Research (KHEIR)**..... (213) 637-1070

[www.lakheir.org](http://www.lakheir.org)

KHEIR - S. Mark Taper Foundation Community Clinic

3727 West 6th St., Suite 200, Los Angeles, CA 90020

Offer free or low-cost medical care under various County and State programs. Programs include Primary Care, Men's Health, Women's Health, Alternative Medicine, Prenatal Care, Pediatrics, and Family Planning.

Monday: 9:30am – 5:30pm, Tue – Fri 8:30am -5:30pm.

Open select Saturdays, call to check.

**(Service Area 4)**

**United American Indian Involvement , Inc. Los Angeles**..... (213) 202-3970

[www.ihs.gov](http://www.ihs.gov)

1125 W. 6th St., Suite 400, Los Angeles CA 90017

Part of the California Area Indian Health Service. Provides a healthcare delivery system to Native Americans who are registered in a federally recognized tribe. Call or walk-in for additional information.

Hours of Operation: Mon – Fri 8:00am -5:00pm. Open on some scheduled Saturdays and evenings.

**(Service area 4)**

**Saban Community Clinic**..... (323) 653-1990

[www.sabancommunityclinic.org](http://www.sabancommunityclinic.org)

8405 Beverly Blvd., Los Angeles, CA 90048

Provides patients with the care they need under one roof – preventive health care, dentistry, pediatrics, pharmacy, even mental health services. Saban Community Clinic has three health centers conveniently located in neighborhoods in the Los Angeles and West Hollywood areas.

Call us for an appointment.

Mon - Thurs 7:00am -6:45pm and Fri 7:00am – 4:15pm.

**(Service Area 4)**

## MEDICAL CLINICS (LOW COST)

<b>Long Beach Comprehensive Health Center</b> .....	(562) 599-2153
<a href="http://www.dhs.lacounty.gov">www.dhs.lacounty.gov</a>	
1333 Chestnut Ave., Long Beach, CA 90813	
Offers Primary Care services; Immunizations; Prenatal Care; Women’s Health (OB/GYN); Disease Diagnosis and Ongoing Treatment; Treatment for Chronic Illnesses; Ancillary services; Health Education; Pharmacy; Blood Draws; Radiology (X-Ray, Fluoroscopy, Mammography); Social Work and Specialty Care; HIV/AIDS Care; Podiatry; Dermatology; Optometry; Ophthalmology; Urology.	
Clinic Hours: Mon – Fri 8:00am. - 4:30pm;	
Walk-in Clinic Hours: Mon – Fri 7:30am – 7:30pm and Sat 8:00am – 4:30pm (Not open on county holidays).	
<b>(Service Area 8)</b>	
Medi-Cal ( <i>Eligibility Questions</i> ).....	(800) 456-2387
<b>Medicare</b> ( <i>Eligibility Questions</i> ).....	(800) 633-4227
<b>Mid Valley Comprehensive Health Center</b> .....	(818) 947-0230
<a href="http://www.dhs.lacounty.gov">www.dhs.lacounty.gov</a>	
Offers primary care services for adult and pediatric patients. Specialty services include women’s services, cardiology, colonoscopy, dermatology, ophthalmology/retina camera, podiatry, hernia surgery, and urology. Ancillary and diagnostic services provided onsite include pharmacy, social work, health education, nutrition services, phlebotomy services, and radiology that includes x-ray, ultrasound, echocardiogram, and mammography.	
<b>(Service Area 2)</b>	
<b>Queenscare Family Health Center</b> .....	(800) 454-1800
<a href="http://www.queenscarehealthcenters.org">www.queenscarehealthcenters.org</a>	
950 South Grand Ave., 2nd Fl., Los Angeles, CA 90015	
Provides primary healthcare that is accessible to any patient in need in the communities we serve, regardless of ability to pay. Queenscare has six Federally Qualified Health Centers throughout Los Angeles County.	
Appointments preferred for new patients.	
Call Center Hours: Mon – Fri 7:00am – 7:00pm.	
<b>(Service Area 4)</b>	

## MEDICAL CLINICS (LOW COST)

**UCLA Nursing Health Clinic at Union Rescue Mission (URM)**..... (213) 673-4849

[www.nursing.ucla.edu](http://www.nursing.ucla.edu)

[www.urm.org/services/clinics](http://www.urm.org/services/clinics)

545 S San Pedro St., Los Angeles, CA 90013

A primary care clinic to provide compassionate health care to people who are homeless and marginalized. All services at the center are provided free of charge. For questions or to ask about making and appointment, visit or call Mon – Fri 7:30am – 4:00pm.

**(Service Area 4)**

**Women’s Health Center** ..... (213) 223-2900

[www.downtownwomenscenter.org](http://www.downtownwomenscenter.org)

442 S. San Pedro St., Los Angeles, CA 90013

Women’s Health Center is an on-site clinic jointly run with local partner JWCH, through which we provide basic medical care, preventive care, mammogram and HIV screenings, and physical and mental health assessments. Orientation is required.

Visit or call for additional information: Tue and Fri, 8:30am – 5:00pm.

**(Service Area 4)**



## **SECTION SEVENTEEN**

### **MEDICALLY RELATED HEALTH RESOURCES**

**American Diabetes Association** ..... (323) 966-2890

[www.diabetes.org](http://www.diabetes.org)

Fights against the deadly consequences of diabetes and fight for those affected by diabetes. Funds research to prevent, cure and manage diabetes. Delivers services to hundreds of communities. Provides objective and credible information. Gives voice to those denied their rights because of diabetes.

To find out more call Mon – Fri 8:30am – 8:00pm EST or visit website.

**(Service Area 4)**

**American Heart Association** ..... (213) 291-7000

[www.heart.org](http://www.heart.org)

816 S. Figueroa St., Los Angeles, CA 90017

Works to improve the lives of all Americans: Provides public health education in a variety of ways, provides CPR education training, helps people understand the importance of healthy lifestyle choices, and provides science-based treatment guidelines to healthcare professionals to help them provide quality care to their patients; educate law makers, policymakers and the public while advocating for changes to protect and improve the health of our communities.

Call or visit the website for additional information.

**(Service Area 4)**

**American Kidney Fund** ..... (800) 638-8299

[www.kidneyfund.org](http://www.kidneyfund.org)

11921 Rockville Pike, Suite 300, Rockville, MD 20852

A national not-for-profit organization serving people with kidney disease. Providing financial support to patients in need, and by delivering programs that educate, build awareness, and drive advocacy, resulting in greater public understanding and ultimately the prevention of kidney disease.

Call, write or visit the website for additional information.

Hours of Operation: Mon –Thur 8:30am – 5:00pm EST.

**American Liver Foundation** ..... (800) 465-4837

[www.liverfoundation.org](http://www.liverfoundation.org)

Facilitates, advocates and promotes education, support and research for the prevention, treatment and cure of liver disease. Call, write or visit the website for additional information

Mon – Fri 9:00am – 7:00pm EST.

## MEDICALLY RELATED HEALTH RESOURCES

### **American Lung Association**

[www.lung.org](http://www.lung.org)

3325 Wilshire Blvd., Suite 900, Los Angeles, CA 90010 ..... (800) 586-4872

Working to save lives by improving lung health and preventing lung disease through Education, Advocacy and Research. Call or visit the website for additional information.

### **American Parkinson Disease Association** .....

(800) 223-2732

APDA Greater Los Angeles Chapter .....

(310) 486-0153

[www.apdaparkinsonla.org](http://www.apdaparkinsonla.org)

9854 National Blvd., #165, L.A. CA 90034

The American Parkinson Disease Association nationwide network provides information and referral, education and support programs, health and wellness activities, and events to facilitate a better quality of life for the Parkinson's community.

### **American Red Cross** .....

(800) 627-7000

[www.RedCross.org](http://www.RedCross.org)

Offers Disaster Relief, Health and Safety Training, Lifesaving Blood; Supports America's Military Families and International Services.

### **American Stroke Association** .....

(800) 242-8721

[www.strokeassociation.org](http://www.strokeassociation.org)

7272 Greenville Ave., Dallas, TX 75231

Wide array of programs, products & services, from patient education and information to scientific statements with cutting edge information for Health Care Professionals. You can get info on stroke risk factors and warning signs. Life after a stroke, resources, referrals and access to support groups. English/Spanish spoken  
Office hours: 24 hrs/7 days a week

### **Arthritis Foundation** .....

(800) 954-2873

[www.arthritis.org](http://www.arthritis.org)

800 W. 6th St., Suite 1250, Los Angeles, CA 90017

Helps conquer everyday battles through life-changing information and resources, access to optimal care, advancements in science and community connections.

Local Office Hours: Mon – Fri 8:30 – 5:00 pm.

Call or walk in for additional information.

**(Service Area 4)**

## MEDICALLY RELATED HEALTH RESOURCES

**Asthma and Allergy Foundation of America** ..... (800) 727-8462

[www.aafa.org](http://www.aafa.org)

8201 Corporate Dr., Suite 1000, Landover, MD 20785

Provides practical information, community based services and support to people through a network of Regional Chapters, Support Groups and other Local Partners around the U.S. AAFA develops health education, organizes state and national advocacy efforts and funds research to find better treatments and cures.

Toll-Free Hotline Hours: Mon – Fri 10:00am – 3:00pm, Eastern Standard Time.

**Brain Injury Association of California** ..... (800) 444-6443

[www.biacal.org](http://www.biacal.org)

3501 Mall View Rd., Suite 115 - Box 397, Bakersfield, CA 93306

Provides information, resources, education, advocacy and support for those affected by brain injury.

**Cancer Care** ..... (800) 813-4673

[www.cancercare.org](http://www.cancercare.org)

275 Seventh Ave., 22<sup>nd</sup> fl, New York, NY 10001

Provides telephone, online and face-to-face counseling, support groups, education, publications and financial and co-payment assistance. Services are free of charge. Call or visit website for additional information.

**Cancer Legal Resource Center (CLRC)** ..... (866) 843-2572

[www.disabilityrightslegalcenter.org/cancer-legal-resource-center](http://www.disabilityrightslegalcenter.org/cancer-legal-resource-center)

800 S. Figueroa St., Suite 1120, Los Angeles, CA 90017

Cancer Legal Resource Center is a joint program of Disability Rights Legal Center and Loyola Law School, Los Angeles. The CLRC provides information and education about cancer-related legal issues to the public through its national telephone assistance line.

Online submission preferred at [www.clrcintake.org](http://www.clrcintake.org).

**No walk-ins accepted.**

**(Service Area 4)**

**Christopher and Dana Reeve Foundation** ..... (800) 539-7309

[www.christopherreeve.org](http://www.christopherreeve.org)

636 Morris Turnpike, Suite 3A, Short Hills, NJ 07078

The Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research and improving the quality of life for people living with paralysis through grants, information and advocacy. Leave a message and your call will be returned.

Hours: Mon-Fri 9:00am-5:00pm EST.

## MEDICALLY RELATED HEALTH RESOURCES

**Chronic Fatigue Immune Dysfunction** ..... (800) 442-3437

[www.cfids.org](http://www.cfids.org)

P.O. Box 220398, Charlotte, NC 28222-0398

Educational info and referral services to persons with inquiries on CFDIS.

Supports research and publishes journal.

**Eating Disorder Referral and Information Center**

[www.edreferral.com/index.html](http://www.edreferral.com/index.html)

Provides information regarding eating disorders and referrals for eating disorder specialists and support groups.

**On-line information only.**

**Epilepsy Foundation of Greater Los Angeles** ..... (800) 564-0445

[www.end-epilepsy.org/index.php](http://www.end-epilepsy.org/index.php)

5777 W. Century Blvd, Suite 820, Los Angeles, California 90045.....

(310) 670-2870

Provides patient resources for education, supportive care, research, and advocacy for fighting Epilepsy.

**(Service Area 5)**

**Food and Nutrition Information Center** ..... (301) 504-5414

<http://fnic.nal.usda.gov/about-fnic>

National Agricultural Library,

10301 Baltimore Ave., Room 108, Beltsville, MD 20705

Provides online science-based information about food and nutrition.

The Web site contains over 2500 links to current and reliable nutrition information.

Call to talk to a Nutrition Information Specialist Mon - Fri 8:30am - 4:30pm.

**Foundation Fighting Blindness** ..... (800) 683-5555

[www.blindness.org](http://www.blindness.org)

7168 Columbia Gateway Dr., Suite 100, Columbia, MD 21046

A private non-profit that raises funds for research targeting treatments

and cures for vision-robbing retinal diseases. Call for additional information.

**Multiple Sclerosis Support Group** ..... (800) 344-4867

[www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group](http://www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group)

National MS Society self-help groups may focus on support, advocacy, education, or be more social in nature. Some groups also serve specific populations. Find a group in your area or to talk to someone about establishing a group, contact an MS Navigator or online.

## MEDICALLY RELATED HEALTH RESOURCES

**National Stuttering Association** ..... (800) 937-8888

[www.westutter.org](http://www.westutter.org)

119 W. 40th St., 14th Fl, New York, NY 10018

The NSA provides information about stuttering, increases public awareness of stuttering, serves as a support and advocacy group, is a referral organization for speech therapy resources throughout the United States and has over 100 self-help/support groups for children and adults throughout the United States. Call for additional information.

**SolveME/CFS Initiative** ..... (704) 364-0016

[www.solvecfs.org](http://www.solvecfs.org)

P.O. Box 36007, Los Angeles, CA 90036

Provides important information to help navigate a life with ME/CFS; access to webinar recordings, research updates, articles and other posts. Call for additional information.

Telephone Hours: 10:00am – 3:00pm. **No direct patients' services offered.**

## **SECTION EIGHTEEN**

### **REGIONAL CENTER ADVOCACY FOR DEVELOPMENTAL DISABILITIES**

#### **Office of Clients Rights Advocacy for the Developmental Disabled:**

Toll Free Number..... 1-800-390-7032  
Toll Free Number..... 1-877-669-6023

**Eastern Los Angeles Regional Center**..... (626) 299-4700

[www.elarc.org](http://www.elarc.org)

1000 S. Fremont Ave.

P.O. Box 7916

Alhambra, CA 91802-7916

Hours: Mon-Fri 8:00am-5:00pm

**(Service Area 3)**

**Harbor Regional Center**..... (310) 540-1711

[www.harborrc.org](http://www.harborrc.org)

21231 Hawthorne Blvd.

Torrance, CA 90503

Hours: Mon-Fri 8:00am-5:00pm

**(Service Area 8)**

**Frank D. Lanterman Regional Center**..... (213) 383-1300

[www.lanterman.org](http://www.lanterman.org)

3303 Wilshire Blvd., Suite 700

Los Angeles, CA 90010

Hours: Mon-Fri 8:00am-5:00pm

**(Service Area 4)**

**North Los Angeles County Regional Center**..... (818) 778-1900

[www.nlacrc.org](http://www.nlacrc.org)

15400 Sherman Way, Suite 170

Van Nuys, CA 91406-4211

Hours: 8:00am-5:00pm

**(Service Area 2)**

**San Gabriel/Pomona Regional Center**..... (909) 620-7722

[www.sgprc.org](http://www.sgprc.org)

75 Rancho Camino Dr.

Pomona, CA 91766

Hours: Mon-Fri 8:00am-5:00pm, phone lines open 24 hours 7 days a week

**(Service Area 3)**

## REGIONAL CENTER ADVOCACY FOR DEVELOPMENTAL DISABILITIES

**South Central LA Regional Center**..... (213) 744-7000

[www.sclarc.org](http://www.sclarc.org)

650 West Adams Blvd., Suite 400

Los Angeles, CA 90007-2545

Hours: Mon-Fri 8:00am-5:00pm

**(Service Area 6)**

**Westside Regional Center**..... (310) 258-4000

[www.westsiderc.org](http://www.westsiderc.org)

5901 Green Valley Circle, Suite 320

Culver City, CA 90230-6953

Hours: Mon-Fri 8:00am-5:00pm

**(Service Area 5)**

## **SECTION NINETEEN**

### **SERVICES FOR THE PHYSICALLY DISABLED**

**Braille Institute**..... (800) 272-4553  
Website: [www.brailleinstitute.org](http://www.brailleinstitute.org) E-mail: [la@brailleinstitute.org](mailto:la@brailleinstitute.org)..... or (323) 663-1111  
741 N. Vermont Ave., Los Angeles CA 90029

**Canine Support Teams**..... (951) 301-3625  
Website: [www.caninesupportteams.org](http://www.caninesupportteams.org) E-mail: [cstmain@caninesupportteams.org](mailto:cstmain@caninesupportteams.org)  
Trains assistance dogs for persons with disabilities other than blindness.  
Qualified persons receive the dogs at no cost.

**Center for Applied Rehabilitation Technology**..... (562) 401-6800  
Website: [www.rancho.org/cart](http://www.rancho.org/cart) E-mail: [cartinfo@gmail.com](mailto:cartinfo@gmail.com)  
7601 Imperial Hwy., Downey CA 90242

**Center for the Partially Sighted**..... (310) 988-1970  
[www.low-vision.org](http://www.low-vision.org)  
6101 W. Centinela Ave., Suite 150, Culver City CA 90230  
\*Call for other locations and more information.

**Greater Los Angeles Council on Deafness**..... (323) 478-8000  
[www.gladinc.org](http://www.gladinc.org) E-mail: [info@gladinc.org](mailto:info@gladinc.org)  
2222 Laverna Ave., Los Angeles CA 90041

**The Arc Los Angeles and Orange Counties**..... (562) 803-4606  
[www.arcselac.org](http://www.arcselac.org) or E-mail: [admin@arcselac.org](mailto:admin@arcselac.org)  
12049 Woodruff Ave., Downey CA 90241  
For people with intellectual and developmental disabilities, must be referred  
from the regional center.  
Hours: Mon-Fri 8:00am-4:30pm  
**(Service Area 7)**



## **SECTION TWENTY**

### **A. SUPPORT GROUPS - AIDS SUPPORT**

**Aids Project L.A.** ..... (213) 201-1600

[www.apla.org](http://www.apla.org)

611 South Kingsley Dr., Los Angeles, CA 90005

APLA's bilingual programs and services enhance both the health and quality of life of people living with HIV.

Walk-ins accepted. Client Service Hours: Mon – Fri 9:00am - 5:00pm\*

\*be sure to call the office you are visiting to verify time and availability of services or E-mail: [info@apla.org](mailto:info@apla.org)

**(Service Area 4)**

**Clientline** ..... (213) 201-1500

Provides telephone case management to clients in need of assistance who do not have multiple or complex service needs. A trained intern, volunteer, or employee will answer questions and provide information about accessing services at APLA and throughout L.A.

Client-line Hours: Mon-Fri 9:00am - 4:30pm.

**Mental Health** ..... (213) 201-1621

Offers a broad range of services, including short-term individual, couples and family counseling, addictive behaviors counseling, support groups, long-term therapy with volunteer licensed therapists and referrals to HIV/AIDS-sensitive mental health providers. All services are available in English and Spanish and provided in a culturally competent manner.

For more information or to access Mental Health Services, please call or email [mhs@apla.org](mailto:mhs@apla.org).

**Venice Family Clinic (Formally Common Ground)**

[VFCinfo@mednet.ucla.edu](mailto:VFCinfo@mednet.ucla.edu)

604 Rose Ave., Venice, CA 90291

The Clinic provides treatment and counseling to HIV-infected patients, as well as anonymous HIV testing and outreach to the community.

Call for questions about appointments and services.

Call Center Hours: Mon – Thur 8:00am – 5:00pm;

Fri 8:00am – 4:00pm or E-mail.

**(Service Area 5)**

## A. SUPPORT GROUPS - AIDS SUPPORT

**HIV Case Management Services – Weingart Center** ..... (213) 627- 5302

[www.weingart.org](http://www.weingart.org)

566 S. San Pedro St., Los Angeles, CA 90013

The Weingart Center for the Homeless provides comprehensive human services to HIV and other at-risk individuals. For assistance on how to get help, please call the Resource Center at (213) 833-5020 or (213) 689-2160

Mon – Fri 8:00am – 4:00pm.

**(Service Area 4)**

**Minority AIDS Project**..... (323) 936-4949

[www.minorityaidsproject.org](http://www.minorityaidsproject.org) or Email: [info@minorityaidsproject.org](mailto:info@minorityaidsproject.org)

5149 W. Jefferson Blvd., Los Angeles, CA 90016

AIDS service organization providing case management, pilot care, support groups.

Hours: Mon-Fri 9:00am-6:00pm

**(Service Area 6)**

## B. SUPPORT GROUPS – DOMESTIC VIOLENCE AND RAPE SUPPORT

**Project Sister** ..... (909) 626- 4357

[www.projectsister.org](http://www.projectsister.org)

24 Hours-7days a week- Help Line

P.O. Box 1369, Pomona, CA 91769

Provides services to the women, children, and men survivors of sexual assault and abuse and their families.

Call (626) 966 – 4155 or Email: [info@projectsister.org](mailto:info@projectsister.org) for additional information or Walk-In Support for Survivors of Sexual Assault at

363 S. Park Ave., Suite 303, Pomona, CA 91766.

Clinic days and hours are as follows: Mon 5:00– 7:00 pm; Tue 5:00– 7:00pm;

Wed 5:00– 7:00pm; Thur 5:00– 7:00pm (Spanish Language Available).

**(Service Area 3)**

**YWCA 24-Hour Hotline** ..... (626) 967-0658

[www.ywca.org](http://www.ywca.org).

**Rainbow Services** ..... (310) 547-9343

[www.rainbowservicesdv.org](http://www.rainbowservicesdv.org)

453 W 7th St, San Pedro, CA 90731

If you are in danger and are in need of immediate assistance,

PLEASE CALL 911 or our 24-hour hotline.

**(Service Area 8)**

## B. SUPPORT GROUPS – DOMESTIC VIOLENCE AND RAPE SUPPORT

**Strength United** ..... (661) 253-0258  
[www.csun.edu/eisner-education/strength-united](http://www.csun.edu/eisner-education/strength-united)..... or (818) 886-0453  
14651 Oxnard St. Van Nuys, CA 91411  
24-Hour Support and Resource Telephone Line, 24 Hours a Day, Seven  
Days a Week, 365 Days a Year.  
**(Service Area 2)**

**Women & Children’s Shelter** ..... (562) 945-3939  
[www.wccshope.org](http://www.wccshope.org)  
If you need help right now, call our 24-hour hotline. Operators can help  
you plan your safety, find resources, and discuss your options. For  
additional information, contact Administrative Office at (562) 945-3937,  
Mon – Fri 8:30am – 5:00pm.

## C. SUPPORT GROUPS – FAMILY SUPPORT

**Compassionate Friends**  
[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)  
National Office..... (877) 969-0010  
Los Angeles..... (310) 474-3407  
Chino Hills..... (626) 919-7206  
Support groups for bereaved parents, siblings & grandparents. Call for  
information on dates and time of meetings.

**Crystal Stairs Inc.** ..... (323) 299-8998  
[www.crystalstairs.org](http://www.crystalstairs.org)  
5110 West Goldleaf Circle, Suite 150 Los Angeles, CA 90056  
Helping parents find child care, training child care providers on how to  
nurture and educate young children, helping parents and providers bridge  
the affordability gap with child care subsidies.  
Call or walk-in for additional information.  
Hours of Operations: Mon 8:00am – 7:00pm and Tue – Fri 8:00am – 5:00pm.  
**(Service Area 5)**

**Echo Parenting & Education** ..... (213) 484-6676  
[www.echoparenting.org](http://www.echoparenting.org)  
1000 W. Sunset Blvd., Suite 201, Los Angeles, CA 90012  
Teach parents, teachers and others who strongly influence children’s lives  
an approach that integrates current research in human development and  
trauma-informed care with the practice of nonviolence.  
Call for additional information and schedule of Parenting Classes.  
Office Hours: Mon – Fri 9:00am – 4:00pm.  
**(Service Area 4)**

## C. SUPPORT GROUPS – FAMILY SUPPORT

**Friends Outside in Los Angeles County** ..... (626) 795-7607

[www.friendsoutside](http://www.friendsoutside)

261 E. Colorado Blvd., Suite 217 Pasadena, CA 91101

Provide Services to people affected by incarceration from multiple locations in Los Angeles County. Call for additional information and assistance.

**(Service Area 3)**

**Grandparents as Parents** ..... (818) 264-0880

[www.grandparentsasparents.org](http://www.grandparentsasparents.org)

22048 Sherman Way, Suite 217, Canoga Park, CA 91303

Support groups for grandparents and relative caregivers who are raising their grandchildren. Call for a specific support group, times and location in your area.

Office Hours: Mon – Fri 8:30am – 4:30pm.

**(Service Area 2)**

**Hathaway - Sycamores Children and Family Services** ..... (626) 395-7100

[www.hathaway-sycamores.org](http://www.hathaway-sycamores.org)

210 S. DeLacey Ave., Suite 110, Pasadena, CA 91105

Provides support services that include after-school enrichment programs for children and youth, individual and family counseling, academic support, access to community technology center, and other preventative programs.

Call main office for nearest location and additional information.

**(Service Area 3)**

**NAMI: National Alliance for the Mentally Ill** ..... (800) 950-6264

[www.nami.org](http://www.nami.org)

3803 N. Fairfax Dr., Suite 100, Arlington, VA 22203

A peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Free of cost to participants. Call to find a local office, the NAMI Family Support Group nearest to you and/or additional information and assistance.

**(All Service Areas)**

**P.F. Bresse Foundation** ..... (213) 387-2822

[www.bresee.org](http://www.bresee.org)

184 South Bimini Pl., Los Angeles, CA 90004

Provides comprehensive after-school programs and family services that equip young people to pursue their education, achieve their full potential, and serve others. Call for additional informational.

Office Hours: Mon – Fri 9:00am – 6:00pm.

**(Service Area 4)**

## D. SUPPORT GROUPS – FOR SURVIVORS

**Didi Hirsch Mental Health Services** ..... (310) 895-2326

[www.didihirsch.org/survivors-after-suicide](http://www.didihirsch.org/survivors-after-suicide)

Helps survivors cope with the death of their loved one so they can move forward in their lives in a positive and productive way. Call for more information on the Survivors after Suicide bereavement support services, group time and locations.

**INCEST SURVIVORS ANONYMOUS (I.S.A.)**..... (562) 428-5999

[www.lafn.org/medical/isa/home](http://www.lafn.org/medical/isa/home)

P.O. Box 17245, Long Beach, CA 90807-7245

Write or call for additional information and literature.

**National Organization of Parents of Murdered Children, Inc.** ..... (888) 818-7662

[www.pomc.com](http://www.pomc.com)

4960 Ridge Ave. Suite 2, Cincinnati, Ohio 45209

Provide support and assistance to all survivors of homicide victims while working to create a world free of murder. Membership is open to those who have been cruelly bereaved by the murder of a loved one.

Call for additional information.

Office Hours: Mon – Fri 8:00am – 5:00pm. EST.

## E. SUPPORT GROUPS – SELF-HELP PROGRAMS OF RECOVERY

**Alcoholics Anonymous (AA)** ..... (800) 923-8722

[www.LACOaa.org](http://www.LACOaa.org)

**\*Call the toll free number for a location near you.**

**AL-Anon/AL-Ateen**..... (888) 425-2666

[www.alanonla.org](http://www.alanonla.org)

Santa Fe Springs, CA (Spanish)

**Adult Children of Alcoholics (ACA)**

[www.adultchildren.org](http://www.adultchildren.org)

Covina..... (626) 963-8639

Glendale..... (818) 317-0076

Hollywood..... (323) 541-7878

Long Beach/South Bay..... (310) 320-3931

Los Angeles..... (323) 984-1351

Norwalk..... (562) 323-7218

Reseda..... (626) 644-6920

West Los Angeles..... (310) 987-7335

Whittier..... (562) 692-2621

**Cocaine Anonymous (CA)**

[www.ca4la.org](http://www.ca4la.org)

National referral line..... (800) 347-8998  
National Hotline..... (888) 714-8341  
Local..... (310) 216-4444

**Codependents Anonymous**

[www.lacoda.org](http://www.lacoda.org)

LA CoDA 24hr Automated meeting information & message line..... (323) 969-4995  
The Valleys CoDA Community..... (818) 379-3300  
CoDA, Inc..... (888) 444-2359  
CoDA Spanish..... (562) 340-8364

**F. TWELVE STEP/SELF-HELP/RECOVERY SUPPORT GROUPS**

**Compulsive Eaters Anonymous**..... (323) 660-4333

[www.ceahow.org](http://www.ceahow.org)

**Consumer Credit Counseling**..... (800) 254-1000

[www.consumercounseling.org](http://www.consumercounseling.org)

**Crystal Meth Anonymous**..... (877) 262-6691

[www.cmainla.com](http://www.cmainla.com)

**Debtors Anonymous**..... (310) 822-7250

[www.socalda@socalda.org](mailto:www.socalda@socalda.org)

**Emotions Anonymous**

[www.emotionsanonymous.org](http://www.emotionsanonymous.org)

**Gamblers Anonymous (GA)**

[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

**Marijuana Anonymous (MA)**

[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

International..... (800) 766-6779  
Los Angeles - East District..... (626) 869-6210  
Los Angeles - South District..... (310) 499-0189  
Los Angeles – North District..... (818) 759-9194

**Narcotics Anonymous (NA)**

[www.na.org](http://www.na.org)

Southern California Region..... (800) 863-2962  
Greater Los Angeles..... (323) 933-5395  
Los Angeles for Spanish speaking..... (888) 622-4672

## F. TWELVE STEP/SELF-HELP/RECOVERY SUPPORT GROUPS

<b>Nicotine Anonymous</b> .....	(877) 879-6422
<a href="http://www.nicotine-anonymous.com">www.nicotine-anonymous.com</a>	
Southern California Region.....	(800) 642-0666
English/Spanish	
<b>Recovery International</b> .....	(866) 221-0302
<a href="http://www.recoveryinternational.org">www.recoveryinternational.org</a>	
English/Spanish	
Culver City	
English/Spanish	
<b>Self Help and Recovery Exchange (SHARE)</b>	
<a href="http://www.shareselfhelp.org">www.shareselfhelp.org</a>	
Message Service.....	(310) 846-5270
Toll Free.....	(877) 742-7349
<b>Sex and Love Addicts Anonymous</b> .....	(323) 957-4881
<a href="http://www.sasocal.org">www.sasocal.org</a>	
English/Spanish	
<b>Sexaholics Anonymous</b> .....	(310) 491-8845
<a href="http://www.sasocal.org">www.sasocal.org</a>	
English/Spanish	
<b>Sexual Compulsives Anonymous</b> .....	(323) 570-2659
<a href="http://www.scalosangeles.org">www.scalosangeles.org</a>	
English/Spanish	

## **SECTION TWENTY-ONE**

### **RELATED WEBSITES**

#### **Bazelon Center for Mental Health Law**

[www.bazelon.org](http://www.bazelon.org)

A website with information and alerts on disability issues and legislation, publications, case summaries, and links to other useful sites on mental health law and general disability issues.

#### **California Association of Mental Health Patients' Rights Advocates**

[www.camhpra.org](http://www.camhpra.org)

This is the website for CAMHPRA, a professional organization for Patients' Rights Advocates. It is a membership organization working to promote public policy furthering the rights and well-being of mental health consumers. This site contains membership information and links to information that is of interest to Patients' Rights Advocates along with general legal resources, statutes and regulations, government agencies, diagnosis and treatment, and consumer concerns and associations.

#### **California Department of Mental Health**

[www.mentalhealthla.com](http://www.mentalhealthla.com)

This is the home page for the California Department of Mental Health. It includes descriptions of mental health programs, information for county administrators and providers, and links to press releases and publications.

#### **California Network of Mental Health Clients**

[www.mhsoac.ca.gov](http://www.mhsoac.ca.gov)

The CNMHC is the first statewide, client-run organization in the country and was formed in 1983 as an organization for, by and of persons who have received or are receiving mental health services. The primary goals of the CNMHC are to empower clients through the development of self-help groups and networking around the state; to confront discriminating attitudes about mental health clients; to provide a strong voice of, by and for mental health clients; and to promote and instill the rights of clients in and out of treatment situations, with special attention to the right to freedom of choice. This web site contains information on current news, programs, and resources.

#### **L.A. County Department of Mental Health**

[www.dmh.lacounty.gov](http://www.dmh.lacounty.gov)

This website allows you to download this entire resource directory and have access to resources offered by the L.A. County Department of Mental Health including the Patients' Rights Website.

#### **Mental Health America**

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

A website for Mental Health America which focuses on education, crisis hotlines, and advocacy networks.



## RELATED WEBSITES

### **National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

This website offers breaking news regarding mental health issues on a national level. It also offers information on breaking scientific news and research currently being conducted.

### **Substance Abuse and Mental Health – SAMSA**

[www.smhsa.gov](http://www.smhsa.gov)

Offers latest headlines and feature articles in the field of substance abuse and mental health and presents programs and current campaigns.

### **The State Bar of California**

[www.calbar.org](http://www.calbar.org)

This web site contains information on the State Bar activities and organizations and includes names and addresses of all attorneys admitted to practice in California.

### **Wellness and Client Run Centers**

[www.wcrc.pbworks.com](http://www.wcrc.pbworks.com)

A project website for Wellness and Client Run Centers. This website includes employment, job fairs and education opportunities, community resources, and disability benefits information. Including resources for youth, ex-offenders, and multicultural services.

## **SECTION TWENTY-TWO**

### **TRANSPORTATION SERVICES**

- ACCESS Transportation Services**..... (800) 883-1295  
[www.accessla.org](http://www.accessla.org)..... TDD (800) 826-7280  
P.O. Box 5728, El Monte CA 91734  
Curb-to curb shared ride service for ADA paratransit eligible individuals.  
Must apply, eligibility is required.  
Call to schedule reservations ..... (800) 883-1295  
Customer Service Hours: Mon-Fri 8:00am-5:00pm  
**(Covers Multiple Service Areas)**
- Alhambra Community Transit (ACT)** ..... (626) 289-1220  
[www.cityofalhambra.org](http://www.cityofalhambra.org)  
111 S. First St., Alhambra, CA 91801  
The Alhambra Community Transit (ACT) shuttle bus offers riders  
inexpensive fixed-route bus transit service within city limits for just a 25-cent fare.  
Call for bus Schedule Info Mon – Fri 8:00am – 5:00pm.  
**(Service Area 3)**
- Antelope Valley Transit Authority**..... (661) 945-9445  
[www.avta.com](http://www.avta.com)  
42210 6th Street West, Lancaster, CA 93534  
AVTA Office hours: Mon - Fri 8:00am - 6:00am. Closed Saturday and Sunday.  
Open 8:00am -5:00pm on the last Saturday of each month for pass sales.  
Dial-a-Ride Service: For seniors over 65 and disabled residents. Eligibility  
application must be made in advance to be eligible.  
**(Service Area 1)**
- Bell Gardens Dial-A-Ride**..... (562) 806-7777  
[www.cityofbellgardens.org/cityservices/transportation/dialaride.aspx](http://www.cityofbellgardens.org/cityservices/transportation/dialaride.aspx)  
6327 S. Garfield Ave, Bell Gardens CA 90201  
Services offered to general public for \$1.00 and .25 cents for disabled and  
seniors age 55 and older.  
Hours: Mon-Fri 7:30-6:00pm, Sat 10:00am-5:00pm,  
No Service on major holidays.  
**(Service Area 7)**
- Cerritos Dial-A-Ride**..... (866) 402-7433  
[www.cerritos.us/residents/transportation/dial\\_a\\_ride.php](http://www.cerritos.us/residents/transportation/dial_a_ride.php)  
18125 Bloomfield Ave, Cerritos, CA 90703  
The Cerritos Dial-A-Ride offers curb-to-curb transportation for Cerritos  
residents with disabilities and seniors, age 55 or older, eligibility required.  
Hours: Mon-Fri 8:00am-8:00pm, Sat-Sun 8:00am-5:00pm  
**(Service Area 7)**

## TRANSPORTATION SERVICES

**City of Commerce Municipal Bus**..... (323) 887-4419

**Medi-Ride**..... (323) 887-4480

[www.ci.commerce.ca.us](http://www.ci.commerce.ca.us)

5555 Jillson Street, Commerce, CA 90040

Medi-Ride Hours: Mon-Fri 8:00am-3:30pm

Eligibility required, Medi-Ride is a ride shared program for seniors 50yrs and older and for residents with a disability.

**(Service Area 7)**

**Compton Dial-A-Ride**..... (310) 537-4890

[www.comptoncity.org](http://www.comptoncity.org)

1108 N. Oleander Ave, Compton, CA 90222

The Compton Dial-A-Ride program is designated for senior citizens 55yrs and older and persons with disabilities who reside within the city of Compton.

Eligibility is required.

Hours: 24 hours 7 days a week service.

**Dial-A-Taxi:** Provides services for Compton residents, disabled individuals at least 18yrs of age and senior citizens, age 55 and older only.

Hours to register: Mon-Thur 9:00am-4:00pm. **Appointment only**..... (310) 605-6224

**(Service Area 6)**

**Culver City Bus**..... (310) 253-6510

[www.culvercity.org](http://www.culvercity.org)..... TDD (310) 253-6548

4343 Duquesne Ave, Culver City, CA 90232

Customer Service Hours: Mon-Fri 7:30am-5:30pm

**(Service Area 5)**

**Downey Dial-A-Ride**..... (562) 904-7215

[www.downeyca.org](http://www.downeyca.org)

8150 Nance Ave, Downey CA 90241

Dial-A-Ride is a shared curb-to-curb transportation service provided for the City of Downey to residents who are 65yrs of age, or those with a

physician-certified disability which prohibits the use of public transportation.

The service operates within the City of Downey's boundaries and travels to Kaiser Bellflower and Cerritos College

Hours: Mon-Fri 8:00am-4:30pm

**(Service Area 7)**

## TRANSPORTATION SERVICES

**El Sol East Los Angeles Shuttle**..... (626) 258-3380

[www.lagobus.info](http://www.lagobus.info)..... TDD (626) 282-7829

900 S. Fremont Ave, Alhambra CA 91803

Free for seniors 60yrs and older, persons with disabilities, and children under 5, and metro pass holders.

Customer Service Hours: Mon-Thur 6:00am-9:00pm, Fri 6:00am-11:00pm, Sat 9:00am-11:00pm, Sun 9:00am-5:00pm. Holidays follow the Sunday schedule.

**(Service Area 7)**

**Glendale Dial-A-Ride**..... (818) 548-3960

[www.glendaleca.gov](http://www.glendaleca.gov)

633 E. Broadway, RM 209, Glendale, CA 91206

A curb-to-curb transportation service made by the city of Glendale to its residents who are 65yrs of age and older and for the disabled residents.

Certification is required if the resident is under 65yrs of age.

Hours of Operations: Mon – Fri 8:00am – 6:00pm; Sat 9:00am – 4:00pm;

Sun 9:00am – 2:00pm. Reservation Line: (818) 247- 0691.

**(Service Area 2)**

**Inglewood Transportation Program**..... (310) 412-4378

[www.cityofinglewood.org/depts./rec/human\\_services/transportation](http://www.cityofinglewood.org/depts./rec/human_services/transportation)

One Manchester Blvd, Inglewood, CA 90301

The senior center offers transportation opportunities to qualified residents of Inglewood, Lennox, and Hawthorne.

Para-transit (wheelchair accessible vans), taxi coupons, and discount passes.

Eligibility is required.

Hours: Mon- Fri 8:00am-5:00pm

**(Service Area 8)**

**La Canada Flintridge Dial-A-Ride**..... (818) 790-8880

[www.lcf.ca.gov/transit/dial-a-ride](http://www.lcf.ca.gov/transit/dial-a-ride)

1327 Foothill Blvd, La Canada, Flintridge, CA 91011

The City's Dial-A-Ride program is a free door-to-door transportation service for residents 60 years of age or older or disabled residents of any age. Dial-A-Ride registration is required. Certification is required if the resident is under 65yrs of age.

Dial-A-Ride Hours of Operation: Mon-Fri 8:00am-6:00pm;

Sat 9:00am-4:00pm; Sun 9:00am-2:00pm. For reservations,

call Mon-Fri 8:00am 6:00pm.....

(818) 247-0691

**(Service Area 2)**

## TRANSPORTATION SERVICES

- LADOT/Cityride Services**..... (310) 808-7433  
[www.ladottransit.com](http://www.ladottransit.com)  
P.O. box 866003, Los Angeles CA 90086  
A transportation program for qualified seniors and individuals with disabilities living in the city of LA and designated areas of Los Angeles County. Call for application and additional information.  
Office Hours: Mon-Fri 8:00am-5:00pm  
**(Service Areas 1, 2, 3, & 6)**
- Long Beach Transit/Dial-A-Lift**..... (562) 591-8753  
[www.lbtransit.com](http://www.lbtransit.com)  
1963 E. Anaheim St., Long Beach, CA 90813  
Shared ride transit service exclusively for persons who are unable to use the Long Beach Transit fixed route bus system. Members must reside in and travel through the cities of Long Beach, Lakewood and Signal Hill.  
Eligibility is required.  
Customer Service Hours: Mon-Fri 8:00am-4:30pm.  
For reservations, call (562) 435-0115  
between the hours of 6:30 AM and 5:00 PM, seven days a week and up to 7 days in advance of the trip.  
**(Service Area 8)**
- METRO - Los Angeles County Metropolitan Transportation Authority**..... (323) 466-3876  
[www.metro.net](http://www.metro.net)  
One Gateway Plaza, Los Angeles, CA 90012  
Call for Bus & Rail Transit Information: Mon – Fri 6:30am - 7:00pm;  
Sat and Sun 8:00am – 4:30pm. Lost & Found: 323.937.8920.  
**(Service Area 4)**
- MetroLink**..... (800) 371-5465  
[www.metrolink.com](http://www.metrolink.com)  
P.O. Box 531776, Los Angeles, CA 90053  
**(Service Areas Vary)**
- Montebello Transit**..... (323) 558-1625  
[www.cityofmontebello.com](http://www.cityofmontebello.com)  
400 S. Taylor Ave., Montebello CA 90640  
Montebello Dial-A-Taxi (DAT): Provides services for seniors 62yrs. and older and qualified disabled residents of any age and their attendants.  
Transportation services offered within the city of Montebello and medical trips within the designated DAT boundary services area.  
Eligibility required. Call for additional information. Office Hours 8:00am – 5:00pm.  
**(Service Area 7)**

## TRANSPORTATION SERVICES

- Monterey Park – Dial-A-Ride**..... (626) 307-1396  
[www.montereypark.ca.gov](http://www.montereypark.ca.gov)  
320 W. Newmark Ave., Monterey Park, CA 91754  
Free transportation service that travels within Monterey Park city limits, except for medical needs to adjacent communities only. For residents 55yrs. and older or who are disabled.  
Eligibility is required. Office Hours: Mon-Fri 8:00am-4:00pm.  
**(Service Area 3)**
- Pico Rivera - Dial-A-Ride and Dial-A-Van**..... (562) 948-4844  
[www.pico-rivera.org](http://www.pico-rivera.org)  
9200 Mines Ave., Pico Rivera, CA 90660  
Dial-A-Ride and Dial-A-Van: Provide free curb-to-curb transportation services within the city to all Pico Rivera residents age 55yrs and older or who are disabled residents of any age. Eligibility is required. For applications and additional information, call or walk-in:  
Mon – Thur 8:00am – 5:00pm and Fri 8:00am -3:00pm.  
**(Service Area 7)**
- Rosemead Dial-A-Ride**..... (626) 572-4099  
[www.cityofrosemead.org](http://www.cityofrosemead.org)  
8838 E. Valley Blvd., Rosemead, CA 91770  
For Rosemead residents 55yrs and older or have disabilities, eligibility is required.  
Hours: Daily 365 days of the year 6:00am-7:00pm, holidays 8:00am-4:00pm  
**Rosemead Explorer**: All residents may use the Explorer cost;  
.50 cents each time you board.  
Hours: Mon-Fri 5:00am-8:00pm, Sat-Sun 10:00am-5:00pm  
**(Service Area 3)**
- San Fernando Dial-A-Ride**..... (818) 366-4119  
[www.seniorservicesfv.org](http://www.seniorservicesfv.org)  
117 Macnell Street, San Fernando, CA 91340  
Eligibility is required service for seniors and disabled.  
Hours: Mon-Sat 7:00am-5:30pm  
**(Service Area 2)**

## TRANSPORTATION SERVICES

- Sierra Madre Dial-A-Ride**..... (626) 355-3873  
[www.cityofsierramadre.com](http://www.cityofsierramadre.com)  
232 W. Sierra Madre Blvd., Sierra Madre, CA 91024  
Transportation service for the elderly and disabled residents of Sierra Madre.  
Eligibility is required for this service.  
Service hours: Mon – Fri 8:00am – 10:30am and 2:00pm – 5:00pm;  
no services on Sat, Sun, & Holidays.
- Gateway Coach**..... (626) 355-5278  
A fixed route public transportation service for the city of Sierra Madre  
available at no cost.  
Service hours: Mon - Fri 11:00am-2:00pm, no services on weekends  
and holidays. Call for additional information.  
**(Service Area 3)**
- West Hollywood Dial-A-Ride**..... (800) 447-2189  
[www.weho.org](http://www.weho.org)  
8300 Santa Monica Blvd., West Hollywood, CA 90004  
Free curb-to-curb transportation for residents 62yrs and older and the  
disabled of any age, eligibility is required.  
Call between 7:00am-7:00pm Mon - Fri to schedule trips between  
7:30am – 5:30pm Mon - Fri.
- Taxi Coupon Subsidy program:** ..... (310) 981-9303  
P.O. Box 74487, Los Angeles, CA 90004  
Hours: Mon-Fri 7:00am-7:00pm  
**(Service Area 4)**
- Wise and Healthy Aging/Dial-A-Ride Program**..... (310) 394-9871  
[www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org)..... EXT. 455  
1527 4<sup>th</sup> St., 2<sup>nd</sup> Fl, Santa Monica, CA 90401  
Program for adults over the age of 60 and disabled individuals over 18;  
eligibility is required.  
Hours: Mon-Fri 8:00am-6:00pm  
**(Service Area 5)**

## **SECTION TWENTY-THREE**

### **REDUCED RATES ASSISTANCE**

**California Lifeline** ..... (866) 272-0349

[www.californialifeline.com/en](http://www.californialifeline.com/en)

The California Lifeline Program is a state program that provides discounted home phone and cell phone services to eligible households. Contact your telephone provider if you would like general information about the federal Lifeline Program. If you currently do not have home or cell phone service, you may contact the California Lifeline Call Center to determine the available phone companies in your area.

Hours: Mon- Fri 7:00am – 7:00pm. Closed federal holidays and weekends

**Low Income Home Energy Assistance Program** ..... (866) 674-6327

[www.csd.ca.gov/Services/HelpPayingUtilityBills.aspx](http://www.csd.ca.gov/Services/HelpPayingUtilityBills.aspx)

A federal program that provides assistance to eligible low-income households to manage and meet their immediate home heating and/or cooling needs.

Hours: Mon-Fri 8:00am-5:00pm

**Los Angeles Department of Water and Power (LADWP)** ..... (800) 342-5397

[www.ladwp.com](http://www.ladwp.com)

LADWP offers discount rate programs to make water and electricity more affordable for qualifying families who are experiencing difficulties paying their bills.

Hours: Mon-Fri 7:00am – 7:00pm, Saturday 7:00am – 2:00pm, closed Sun and Holidays

**Southern California Gas Company (SoCalGasCo)** ..... (877) 238-0092

[www.socalgas.com/for-your-home/assistance-programs/](http://www.socalgas.com/for-your-home/assistance-programs/)

SoCalGas offers many assistance programs for customers with financial difficulties.

Hours: 24 hours per day -7 days a week

**Southern California Edison (SCE) Residential Assistance Program** ..... (800) 736-4777

[www.sce.com/wps/portal/home/residential/assistance/care-fera](http://www.sce.com/wps/portal/home/residential/assistance/care-fera)

Offer the California Alternate Rates for Energy (CARE) and Family Electric Rate Assistance (FERA) programs to provide income-qualified customers with much-needed bill relief.

Hours: Mon-Fri 8:00am-6:00pm



## **SECTION TWENTY-FOUR**

### **EDUCATION**

#### **California Community College Chancellor's Office**

[www.extranet.cccco.edu/divisions/studentservices/dsps](http://www.extranet.cccco.edu/divisions/studentservices/dsps)

#### ***DISABLED STUDENTS AND PROGRAM SERVICES (DSPS)***

The **DSPS** program provides support services, specialized instruction, and education accommodations to students with disabilities so that they may participate as fully and benefit as equitably from the college experience as their non-disabled peers. A *Student Education Contract* (SEC) is developed for each student which links student goals, curriculum program, and academic accommodations to his/her specific disability related educational limitation.

#### **Colleges with Programs for Students with Learning Disabilities**

[www.college-scholarships.com/learning\\_disabilities.htm](http://www.college-scholarships.com/learning_disabilities.htm)

Almost all colleges and universities provide some level of services and/or accommodations for learning disabled students, as mandated by the *American with Disabilities Act* (ADA)

**Los Angeles Community College District**..... (213) 891-2000

[www.laccd.edu](http://www.laccd.edu)

**The California State University**..... (562) 951-4000

[www.calstate.edu](http://www.calstate.edu)

**Antelope Valley College**..... (661) 722-6300

[www.avc.edu/studentservices/ssd](http://www.avc.edu/studentservices/ssd)..... EXT. 6162

#### ***Disabled Students and Program Services (DSPS)***

Hours: Mon-Thur 7:30am-6:00pm, Fri 7:30am-11:00am

**(Service Area 1)**

**Cerritos Community College**..... (562) 860-2451

[www.cms.cerritos.edu/dsps](http://www.cms.cerritos.edu/dsps)..... EXT. 2402

#### ***Disabled Students and Program Services (DSPS)***

Hours: Mon-Thur 8:00am-4:00pm, Fri 8:00am-12:00pm

**(Service Area 7)**

**Chaffey College**..... (909) 652-6379

[www.chaffey.edu/dsps/](http://www.chaffey.edu/dsps/)

#### ***Disabled Students and Program Services (DSPS)***

Hours: Mon 7:30am-6:30pm, Tues-Thur 7:30am-4:30pm, Fri 7:30am-2:00pm

**(Service Area 3)**

## EDUCATION

- Citrus College**..... (626) 914-8675  
[www.citruscollege.edu/stdntsrv/dsps/pages](http://www.citruscollege.edu/stdntsrv/dsps/pages)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Thur 8:00am-5:00pm, Fri 8:00am-4:30pm  
(Service Area 3)
- College of The Canyons**..... (661) 362-3341  
[www.canyons.edu/offices/dsps/pages](http://www.canyons.edu/offices/dsps/pages)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Thur 10:00am-5:00pm, closed on Fridays  
(Service Area 1)
- East Los Angeles College**..... (323) 265-8787  
[www.elac.edu/student-services/dsps](http://www.elac.edu/student-services/dsps)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Fri 8:00am-5:30pm  
(Service Area 6)
- El Camino College**..... (310) 660-3295  
[www.elcamino.edu/src/](http://www.elcamino.edu/src/)  
**Disabled Students and Program Services (DSPS)/Special Resource Center (SRC)**  
Hours: Mon-Thur 8:00am-4:30pm, Fri 8:00am-12:00pm  
(Service Area 8)
- Glendale Community College**..... (818) 240-1000  
[www.glendale.edu/services/dsps](http://www.glendale.edu/services/dsps)..... EXT. 5905  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon, Tue, Thur 8:00am-6:00pm, Wed 8:00am-4:00pm,  
Fri 8:00am-3:30pm  
(Service Area 2)
- Long Beach City College**..... (562) 938-4558  
[www.dsps.lbcc.edu](http://www.dsps.lbcc.edu)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Thur 8:00am-6:00pm, Fri 8:00am-12:00pm  
(Service Area 8)
- Los Angeles Harbor College**..... (310) 233-4629  
[www.lahc.edu/student-services/sps](http://www.lahc.edu/student-services/sps)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Thur 8:30am-6:00pm, Fri 8:30am-2:00pm  
(Service Area 8)

## EDUCATION

**Los Angeles City College**..... (323) 953-4000  
[www.lacitycollege.edu/services/dsps/oss](http://www.lacitycollege.edu/services/dsps/oss)..... EXT. 2270

**Disabled Students and Program Services (DSPS)/Office of Special Services (OSS)**

Hours: Mon-Thur 8:00am-4:30pm, Fri 8:00am-2:30pm

**(Service Area 4)**

**Los Angeles Pierce College**..... (818) 719-6430  
[www.piercecollege.edu/offices/specials\\_services](http://www.piercecollege.edu/offices/specials_services)

**Disabled Students and Program Services (DSPS)**

Hours: Mon-Thur 8:00am-6:00pm, Fri 8:00am-4:00pm

**(Service Area 2)**

**Los Angeles Southwest College**..... (323) 241-5480  
[www.lasc.edu/dsps](http://www.lasc.edu/dsps)

**Disabled Students and Program Services (DSPS)**

Hours: Mon-Tue 9:00am-6:00pm, Wed 9:00am-5:00pm, Thur 9:00am-4:00pm,  
Fri 8:30am-11:30am

**(Service Area 6)**

**Los Angeles Trade-Tech College**..... (213) 763-3773  
[www.lattc.edu/](http://www.lattc.edu/)

**Disabled Students and Program Services (DSPS)**

Hours: Mon-Thur 8:00am-4:00pm, Fri 8:00am-12:00pm

**(Service Area 4)**

**Los Angeles Valley College**..... (818) 947-2681  
[www.lavc.edu/ssd/](http://www.lavc.edu/ssd/)

**Disabled Students and Program Services (DSPS)**

Hours: Mon, Wed, Thur 8:00am-4:00pm, Tue 8:00am-7:00pm, Fri 8:00am-2:00pm

**(Service Area 2)**

**Mt. San Antonio College**..... (909) 274-4290  
[www.mtsac.edu/dsps](http://www.mtsac.edu/dsps)..... EXT. 4290

**Disabled Students and Program Services (DSPS)**

Hours: Mon-Thur 8:00am-6:00pm, Fri 8:00am-4:30pm

**(Service Area 3)**

**Pasadena City College**..... (626) 585-7566  
[www.pasadena.edu/student-services](http://www.pasadena.edu/student-services)

**Disabled Students and Program Services (DSPS)**

Hours: Mon-Wed & Fri 8:00am-4:00pm, Thur 8:00am-12:00pm

**(Service Area 3)**

## EDUCATION

- Pomona College**..... (909) 821-8000  
[www.pomona.edu/administration/dean-of-students/disability-accomodations/](http://www.pomona.edu/administration/dean-of-students/disability-accomodations/)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Fri 8:00am-5:00pm  
(Service Area 3)
- Rio Hondo College**..... (562) 908-3420  
[www.riohondo.edu/dsps](http://www.riohondo.edu/dsps)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Tue 8:00am-4:00pm, Wed-Thur 8:00am-8:30pm, Fri 8:00am-3:00pm  
(Service Area 7)
- Santa Monica College**..... (310) 434-4265  
[www.smc.edu/student-services/disability/](http://www.smc.edu/student-services/disability/)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Thur 8:00am-7:00pm, Fri 8:00am-3:30pm  
(Service Area 5)
- West Los Angeles College**..... (310) 287-4450  
[www.wlac.edu/dsps](http://www.wlac.edu/dsps)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Thur 8:30am-4:30pm, Fri 9:00am-1:00pm  
(Service Area 5)
- Whittier College**..... (562) 907-4825  
[www.whittier.edu/disability](http://www.whittier.edu/disability)  
**Disabled Students and Program Services (DSPS)**  
Hours: Mon-Fri 8:00am-5:00pm  
(Service Area 7)

# APPENDIX

## Los Angeles County Service Planning Areas

