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

DISTRICT 1:
Supervisor Hilda L. Solis
Hall of Administration
500 W. Temple St. Room 856
Los Angeles, CA 90012
(213) 974-4111

DISTRICT 2:
Supervisor Mark Ridley-Thomas
Hall of Administration
500 W. Temple St. Room 866
Los Angeles, CA 90012
(213) 974-2222

DISTRICT 3:
Supervisor Sheila Kuehl
Hall of Administration
500 W. Temple St. Room 821
Los Angeles, CA 90012
(213) 974-3333

DISTRICT 4:
Supervisor Don Knabe
Hall of Administration
500 W. Temple St. Room 822
Los Angeles, CA 90012
(213) 974-4444

DISTRICT 5:
Supervisor Mike Antonovich
Hall of Administration
500 W. Temple St. Room B69
Los Angeles, CA 90012
(213) 974-5555

ELECTED REPRESENTATIVES (STATE AND FEDERAL)

U.S. Capital Switchboard
(202) 224-3121
U.S. Senate www.senate.gov
Senator Diane Feinstein (202) 224-3841or (310) 914-7300
Senator Barbara Boxer (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

TABLE OF CONTENTS

Preface…… Pg 2
Elected Representatives……..... Pg 3

Sections:

Outpatient Clinics and Wellness Centers……..... Pg 5-14
2. Service Area Navigator Team……..... Pg 15-16
3. Inpatient Psychiatric Hospitals……..... Pg 17-21
4. Urgent Care Centers…..... Pg 21
5. Institutions for Mental Disease (IMD)……..... Pg 22
6. Benefits Assistance……..... Pg 23-24
7. Consumer Empowerment Organizations…… Pg 24-27
8. Counseling Centers……..... Pg 27-31
9. Drug Treatment Programs..... Pg 31-32
10. Emergency Help and Hotlines……..... Pg 33-34
11. Employment..…… Pg 35-36
12. Licensing……..... Pg 37
13. Fraud Reporting and Professional Licensing Boards..... Pg 38
14. Housing Shelter and Food Assistance……..... Pg 39-50
15. Legal Advocacy…… Pg 50-54
16. Medical Clinics (Low Cost)……..…… Pg 55-59
17. Medically Related Health Resources……..... Pg 59-62
18. Regional Center Advocacy for Developmental Disabilities…. Pg 63-64
19. Services for the Physically Disabled…….. Pg 64-65
20. Support Groups:
    A. Aids Support..... Pg 65-66
    B. Domestic Violence and Rape Support…….. Pg 66-67
    C. Family Support..... Pg 67-68
    D. Groups for Survivors……..……..... Pg 68-69
    E. Self Help – Programs of Recovery……... Pg 69-71
21. Related Websites……..... Pg 71-72
22. Transportation…… Pg 73-77
23. Utility Assistance…… Pg 78
24. Education…….. Pg 79-82
25. Appendix…… Pg 83

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

Alafia Mental Health Center……... (661) 940-9094
43845 10th Street, Suite 2B, Lancaster, CA 93534
Hours: Mon-Fri 9:00am-5:00pm *(Individual therapy for children)*

Antelope Valley Discovery Center……... (661) 947-1595
1609 East Palmdale Blvd. Suite G, Palmdale, CA 93550
Hours: Mon-Fri 8:30am-4:00pm
Client Run Wellness Center

Antelope Valley Mental Health Center……..... (661) 723-4264
349-A East Avenue K-6, Lancaster, CA 93535
Hours: Mon-Fri 8:00am-4:00pm, Walk-ins accepted

Antelope Valley Wellness Center……. (661) 974-8400
251 East Avenue, K-6, Lancaster CA 93535
Hours: Mon-Fri 8:00am-5:00pm

Palmdale Mental Health Center……. (661) 575-1800
1529 E. Palmdale Blvd, Suite 150 Palmdale, CA 93550
Hours: Mon-Fri 8:00am–4:00pm, Walk-ins 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

Almansor 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 9:00pm-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

Alcott Center for Mental Health…… (310) 785-2121
1433 S. Robertson Blvd., Los Angeles, CA 90035
Mon-Fri 9:00am-6:00pm, *Medi-Cal Only

Amanecer Community Counseling Services…… (213) 482-9400
1200 Wilshire Blvd., Los Angeles, CA 90017
Hours: Mon-Fri 8:00am-7:30pm (Children Only)

Amanecer Community Counseling Services …….. (213) 481-1347
1200 Wilshire Blvd., Suite 210, Los Angeles, CA 90017
Mon-Fri 8:00am-6:30pm (Adults Only)

Asian Pacific Counseling & Treatment Center……..... (213) 252-2100
520 S. Lafayette Park Pl., Suite 300, Los Angeles, CA 90057
Hours: Mon-Fri 9:00am-5:30pm

BACUP .....…… (213) 368-1888
1730 W. Olympic Blvd., Suite 500, Los Angeles, CA 90015
Mon-Fri 9:00am-5:00pm *Specializes in assisting with SSI

Didi Hirsch Community Mental Health …… (213) 381-3626
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,
Walk-ins Mon-Thur 8:30am-8:00pm

Downtown Mental Health Center CRS…… (213) 996-7300
640-646 S. Maple St., Los Angeles, CA 90014
Hours: 8:00 – 5:00pm; Walk-ins 8:00 – 4:00pm
Wellness Center

Downtown Mental Health Center FSP……...…… (213) 633-2950
426 S. San Pedro St., Los Angeles, CA 90013
Hours: 8:00am-5:00pm; Walk-ins Mon-Fri 8:00am-4:00pm

Gateways Wellness Center……..... (323) 644-2040
433 N. Hoover St., Los Angeles, CA 90004
Hours: Mon-Fri 9:00am-4:00pm

Hollywood Mental Health Center……....…….. (323) 769-6100
1224 Vine St., Los Angeles, CA 90038
Hours: Mon-Fri 8:00am-5:00pm, Walk-ins Mon, Tue, Thur & Fri 8am-5pm
(No Walk-ins on Wed)

Hollywood Mental Health Wellness Center…….....……. (323) 671-2600
5000 Sunset Blvd., 6th 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 120th 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., 2nd 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. 20th 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. 7th 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. 155th 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 20th 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

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:

Correctional Treatment Center Mental Health Unit…… (213) 893-5392
Twin Towers Medical Services Building, 4 East,
450 Bauchet St., Room M4127, Los Angeles, CA 90012

Gateways Hospital and Mental Health Center…… (323) 644-2000
1891 Effie St., Los Angeles, CA 90026

Kaiser Permanente Mental Health Center…….. (213) 580-7200
765 W. College St., Los Angeles, CA 90012

LAC+USC Healthcare Network…… (323) 409-2800
1200 N. State St., Los Angeles, CA 90033

Silver Lake Medical Center……..…… (213) 484-3253
1711 W. Temple St., Los Angeles, CA 90026

White Memorial Medical Center……..…… (323) 268-5000
1720 Cesar Chavez Ave., Los Angeles, CA 90033

Service Area Five:

Exodus Recovery, Inc…… (310) 237-0454
9808 Venice Blvd., 3rd Fl, Culver City, CA 90232

Resnick Neuropsychiatric Hospital at UCLA……..…… (310) 825-0511
150 Medical Plaza, Los Angeles, CA 90095

Southern California Hospital at Culver City…… (310) 836-7001
3828 Delmas Ter., Culver City, CA 90231

V.A. Greater Los Angeles Health Care System…… (310) 478-3711
11301 Wilshire Blvd., Los Angeles, CA 90073

INPATIENT PSYCHIATRIC HOSPITALS

Service Area Six:

Kedren Acute Psychiatric Hospital and CMHC…… (323) 233-0425
4211 S. Avalon Blvd., Los Angeles, CA 90011

LAC+USC HCN (Augustus F. Hawkins Bldg.)…….. (310) 668-8151
1720 E. 120th St., Los Angeles, CA 90059

St. Francis Medical Center…….…….. (310) 900-8210
3630 Imperial Hwy., Lynwood, CA 90262

Service Area Seven:

College Hospital……. (562) 924-9581
10802 College Pl., Cerritos, CA 90703

Metropolitan State Hospital……..……. (562) 863-7011
11401 Bloomfield Ave., Norwalk, CA 90650

Service Area Eight:

College Medical Center……..…….. (562) 997-2500
2776 Pacific Ave., Long Beach, CA 90806

College Medical Center - South Campus……. (562) 256-8400
1725 Pacific Ave., Long Beach, CA 90806

Community Hospital of Long Beach……...…….. (562) 494-0581
1720 Termino Ave., Long Beach, CA 90804

Del Amo Hospital……...……. (800) 533-5266
23700 Camino Del Sol, Torrance, CA 90505

INPATIENT PSYCHIATRIC HOSPITALS

Harbor-UCLA Medical Center……... (310) 222-2345
1000 W. Carson St., Torrance, CA 90509

Providence Little Company of Mary Medical Center San Pedro……. (310) 514-5359
1300 W. 7th St., San Pedro, CA 90732

Star View Adolescent Center…….....……. (310) 373-4556
4025 W. 226 St. Torrance, CA 90505

VA Long Beach Healthcare System…….....…… (562) 826-8000
5901 E. 7th St., Long Beach, CA 90822

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)

Community Care Center……. (626) 357-3207
2335 S. Mountain Ave., Duarte, CA 91010

Harbor View Behavioral Health Center…….. (562) 591-8701
490 W. 14th Street, Long Beach, CA 90813

Landmark Medical Center……. (909) 593-2585
2030 N. Garey Ave., Pomona, CA 91767

Laurel Park Center…….. (909) 622-1069
1425 W. Laurel Ave., Pomona, CA

La Casa Psychiatric Health Facility…..…….. (562) 630-8672
6060 Paramount Blvd., Long Beach, CA 90805

La Paz (sub-acute)…….. (562) 633-5111
8835 Vans St., Paramount, CA 90723

Meadowbrook Manor……. (310) 391-8266
3951 East Blvd., Los Angeles, CA 90066

Olive Vista Center……. (909) 628-6024
2350 Culver Ct., Pomona, CA 91766

Sierra Vista……. (909) 862-6554
3455 E. Highland Ave., Highland, CA 92346

Sylmar Health and Rehabilitation Center…….. (818) 834-5082
12220 Foothill Blvd., Sylmar, CA 91342

View Heights Convalescent Hospital……. (323) 757-1881
12619 S. Avalon Blvd., Los Angeles, CA 90061

SECTION SIX

BENEFITS ASSISTANCE

BACUP…….……..... (213) 368-1888
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
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
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
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
320 W. Temple St., 9th 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
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
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
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
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
695 S. Vermont Ave., 8th 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
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
550 S. Vermont Ave., 5th 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 ……... (213) 738-4888
Toll Free Number…… (800) 700-9996
www.lacounty.gov/patientsrights
550 S. Vermont Ave., 6th 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…….…….. (888) 242-2522
100 W. Broadway, Suite 5010, Long Beach, CA 90802
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., 5th Floor East, Lawrence, MA 01840
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
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
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
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
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\
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
3580 Wilshire Blvd., 7th 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 ……..……..... (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
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
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
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.tarzana.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
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
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
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
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
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……..... (310) 394-9871
1527 4th Street 2nd 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
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
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.socialmodelrecoverysystems.org
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
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
Robert Sundance Family Wellness Center
1125 W. 6th 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 couselors; 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
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/
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
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
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
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
315 W. 9th 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
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.ccld.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
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
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
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
600 S. Commonwealth Ave., 6th 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
300 S. Spring St., South Tower, Los Angeles CA 90013

Medicare. ……..... (800) 633-4227
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
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/
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
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/
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
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
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
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
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
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
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
530 E. 5th 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
1625 Schrader Blvd., Los Angeles CA 90028
Serves hot meals every Sunday at 3:15pm.

Harbor Interfaith …….. (562) 831-0589
www.harborinterfaith.org
633 W. 10th 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
303 E. 5th 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
1734 E. 41st 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
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
853 W. 7th 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 congregate 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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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
530 E. 5th 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
633 W. 10th 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
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
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
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
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
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
303 E. 5th 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
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
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..... (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
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
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
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
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
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
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) 240-4550
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
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
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
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
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
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
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
U.S. Department of Housing/Urban Development
611 W. 6th 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
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
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
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
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
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
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
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
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
1313 W. 8th 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
Main Office: 3175 W. 6th 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
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
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/
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
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
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
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
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
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
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
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
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
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
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……..... 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……..... 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
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
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
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
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
(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
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
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
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
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
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. (2nd & 4th) 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
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
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
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)

Long Beach Comprehensive Health Center ……. (562) 599-2153
www.dhs.lacounty.gov
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).
(Service Area 8)

Medi-Cal (*Eligibility Questions*)……..... (800) 456-2387

Medicare (*Eligibility Questions*)…….. (800) 633-4227

Mid Valley Comprehensive Health Center ……. (818) 947-0230
www.dhs.lacounty.gov
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.
(Service Area 2)

Queenscare Family Health Center ……. (800) 454-1800
www.queenscarehealthcenters.org
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.
(Service Area 4)

MEDICAL CLINICS (LOW COST)

UCLA Nursing Health Clinic at Union Rescue Mission (URM)…….. (213) 673-4849
www.nursing.ucla.edu
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
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
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
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
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
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
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
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
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
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
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
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
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
275 Seventh Ave., 22nd 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
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 .
No walk-ins accepted.
(Service Area 4)

Christopher and Dana Reeve Foundation …….. (800) 539-7309
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
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
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
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
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
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
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
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
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
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
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
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
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
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
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 E-mail: 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 E-mail: 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 E-mail: cartinfo@gmail.com
7601 Imperial Hwy., Downey CA 90242

Center for the Partially Sighted..... (310) 988-1970
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 E-mail: info@gladinc.org
2222 Laverna Ave., Los Angeles CA 90041

The Arc Los Angeles and Orange Counties..... (562) 803-4606
www.arcselac.org or E-mail: 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
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
(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 .

Venice Family Clinic (Formally Common Ground)
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
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 or Email: 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
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 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.

Rainbow Services ……..... (310) 547-9343
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..... 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
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
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
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
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
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
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
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
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
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
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
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
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
*Call the toll free number for a location near you.

AL-Anon/AL-Ateen..... (888) 425-2666
www.alanonla.org
Santa Fe Springs, CA (Spanish)

Adult Children of Alcoholics (ACA)
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
National referral line..... (800) 347-8998
National Hotline..... (888) 714-8341
Local..... (310) 216-4444

Codependents Anonymous
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
Consumer Credit Counseling…… (800) 254-1000
www.consumercounseling.org
Crystal Meth Anonymous……..... (877) 262-6691
www.cmainla.com
Debtors Anonymous…… (310) 822-7250
www.socalda@socalda,org
Emotions Anonymous
www.emotionsanonymous.org
Gamblers Anonymous (GA)
www.gamblersanonymous.org

Marijuana Anonymous (MA)
www.marijuana-anonymous.org
International..... (800) 766-6779
Los Angles - East District..... (626) 869-6210
Los Angeles - South District..... (310) 499-0189
Los Angles – North District..... (818) 759-9194

Narcotics Anonymous (NA)
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

Nicotine Anonymous ..... (877) 879-6422
www.nicotine-anonymous.com
Southern California Region..... (800) 642-0666
English/Spanish

Recovery International..... (866) 221-0302
www.recoveryinternational.org
English/Spanish
Culver City
English/Spanish

Self Help and Recovery Exchange SHARE)
www.shareselfhelp.org
Message Service……..... (310) 846-5270
Toll Free..... (877) 742-7349

Sex and Love Addicts Anonymous…… (323) 957-4881
www.sasocal.org
English/Spanish

Sexaholics Anonymous.....…… (310) 491-8845
www.sasocal.org
English/Spanish

Sexual Compulsives Anonymous..... (323) 570-2659
www.scalosangeles.org
English/Spanish

SECTION TWENTY-ONE

RELATED WEBSITES

Bazelon Center for Mental Health Law
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
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
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
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
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
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
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
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
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
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) 883-0827
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
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
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
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
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
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
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..... 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
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……..... 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
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
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
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
P.O. box 866003, Loa 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
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
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
P.O. Box 531776, Los Angeles, CA 90053
(Service Areas Vary)

Montebello Transit……. (323) 558-1625
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
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
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
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.seniorservicessfv.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
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
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……. …… EXT. 455
1527 4th St., 2nd 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
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
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
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/
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
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
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-scholorships.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

The California State University…… (562) 951-4000
www.calstate.edu

Antelope Valley College……..... (661) 722-6300
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……..... 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/
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
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
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/studentservices/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/
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……..... 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
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.educ/studentservices/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……..... 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
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
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/
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/
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……..... 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/studentservices
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.pomonaedu/administration/dean-of-students/disbility-accomodations/
Disabled Students and Program Services (DSPS)
Hours: Mon-Fri 8:00am-5:00pm
(Service Area 3)

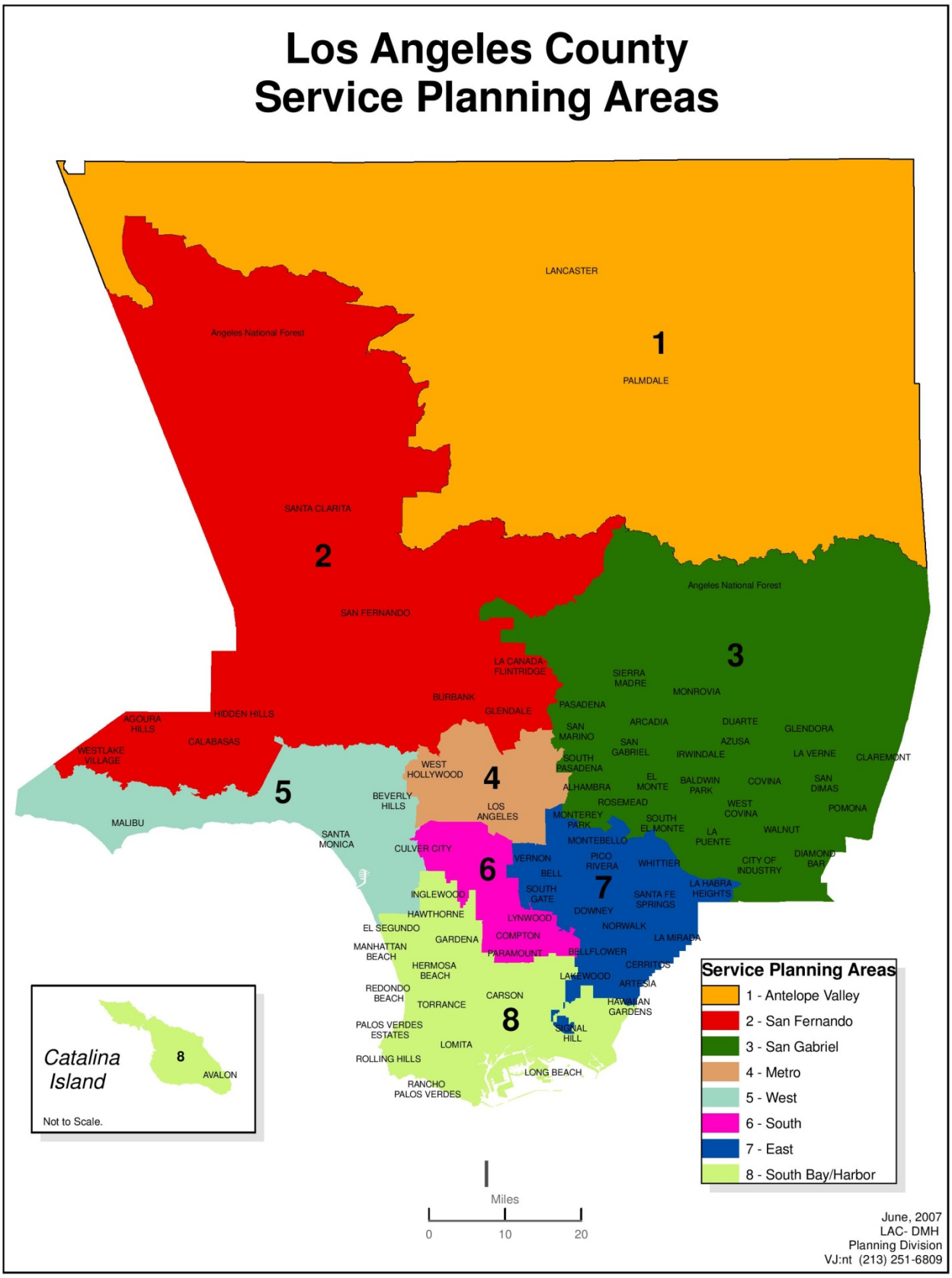
Rio Hondo College……. (562) 908-3420
www.riohondo.edu/dsps
Disabled Students and Program Services (DSPS)
Hours: Mon-Tue 8:00am-4:00pm, Wed-Thur 8:00am-8:30pm, Fri 8:00am-3:00pm
(Service Area 7)

Santa Monica College…….. (310) 434-4265
www.smc.edu/studentservices/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
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
Disabled Students and Program Services (DSPS)
Hours: Mon-Fri 8:00am-5:00pm
(Service Area 7)

APPENDIX


Los Angeles County
Service Planning Areas
1
PALMDALE
LANCASTER
Angeles National Forest
2
SANTA CLARITA
SAN FERNANDO
3
Angeles National Forest
SIERRA MADRE
MONROVIA
ARCADIA
DUARTE
GLENDORA
AZUSA
IRWINDALE
LA VERNE
CLAREMONT
SAN GABRIEL
SAN MARINO
PASADENA
SOUTH PASADENA
ALHAMBRA
EL MONTE
BALDWIN PARK
COVINA
SAN DIMAS
POMONA
WEST COVINA
WALNUT
DIAMOND BAR
CITY OF INDUSTRY
LA HABRA HEIGHTS
LA PUENTE
SOUTH EL MONTE
ROSEMEAD
MONTEREY PARK
MONTEBELLO
WHITTIER
PICO RIVERA
SANTA FE SPRINGS
LA MIRADA
NORWALK
DOWNEY
BELLFLOWER
CERRITOS
LAKEWOOD
ARTESIA
HAWAIIAN GARDENS
LA CANADA-FLINTRIDGE
BURBANK
GLENDALE
HIDDEN HILLS
AGOURA HILLS
CALABASAS
WESTLAKE VILLAGE
5
MALIBU
SANTA MONICA
BEVERLY HILLS
WEST HOLLYWOOD
4
LOS ANGELES
CULVER CITY
6
VERNON
BELL
SOUTH GATE
7
INGLEWOOD
HAWTHORNE
LYNWOOD
COMPTON
PARAMOUNT
EL SEGUNDO
GARDENA
MANHATTAN BEACH
HERMOSA BEACH
REDONDO BEACH
TORRANCE
CARSON
8
PALOS VERDES ESTATES
LOMITA
ROLLING HILLS
RANCHO PALOS VERDES
SIGNAL HILL
LONG BEACH
Catalina Island
8
AVALON
Not to Scale.
Service Planning Areas
1 - Antelope Valley
2 - San Fernando
3 - San Gabriel
4 - Metro
5 - West
6 - South
7 - East
8 - South Bay/Harbor
Miles
0
10
20
June, 2007
LAC- DMH
Planning Division
VJ:nt (213) 251-6809