

Medical Hub Resource Guides (updated: 2021)

Harbor-UCLA and MLK Hub Areas

Food Pantries Resources

<u>Agency</u>	<u>Contact information</u>	<u>Services</u>	<u>Fees/ Information</u>
1. Fingers of God Goodnews Ministry	21919 S. Figueroa Street 90745 Carson, CA. Phone: (323) 719-0290 Hours: Saturday 10AM - 12PM	Food distribution	Free
2. Carson Hope Community Church	129 E. 223rd Street 90745 Carson, CA. Phone: (310) 834-3667 Hours: Thursday 11AM to 4PM	Food distribution	Free
3. Boys & Girls Club of the Los Angeles Harbor	1435 Del Amo Blvd, 90501 Torrance, CA. Phone: (310) 833-0807 Hours: Friday 3PM to 4:30PM	Food distribution	Free
4. Jesus Christ the Redeemer Center	755 E, 23rd St. 90745 Carson, CA. Phone: (424) 264-9875 Hours: Every Saturday except the last Saturday of the month 11AM to 12PM	Food distribution	Free
5. Gardena Valley Assembly of God	1473 W. 182nd Street 90248 Gardena, CA. Phone: (310) 329-6933 Hours: Sunday 12:30PM to 1:30PM	Food distribution	Free
6. Salvation Army – Stillman Sawyer Family Services	820 Lomita Blvd. 90710 Harbor City, CA. Phone: (310) 370-4515 Hours: Monday, Wednesday, + Friday 9AM to 4PM / Baby Diapers available Monday- Friday 9:30AM-12:30PM	Food Distribution, Baby Diaper Distribution	Free
7. Jesus is the Answer Apostolic Church	25100 S. Normandie Ave, Suite A. 90710 Harbor City, CA. Phone: (310) 667-0147 Hours: Wednesday 12PM to 4PM	Food distribution	Free

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8. Lomita City Hall	24300 Narbonne Ave. 90717 Lomita, CA. Hours: Tuesday, April 27, 2021 9AM - 12PM	Food distribution	Free
9. Community's Child	18807 Crenshaw Pl. 90504 Torrance, CA. Phone: (310) 534-4040 Hours: Tuesday + Friday 10AM to 3PM Baby Diapers Also Available	Food distribution, baby diaper distribution	Free
10. Boys & Girls Club of the Los Angeles Harbor	1444 West Q. Street 90744 Wilmington, CA. Phone: (310) 549-8323 Hours: Friday 3:30PM to 5:30PM	Food distribution	Free
11. Harbor Christian Center, Inc.	1602 N. Wilmington Blvd. 90744 Wilmington, CA. Phone: (310) 835-5661 Hours: Saturday 11AM to 1:30PM	Food distribution	Free
12. Crenshaw Baptist Church	18749 Crenshaw Boulevard 90504 Torrance, CA. Phone:- (310) 323-2115 Hours: Wednesday 9AM to 11AM	Food distribution	Free
13. His Helping Hands	25501 Oak Street 90717 Lomita, CA. Phone: (310) 326-2757 Hours: Thursday 6PM to 7PM	Food distribution	Free
14. Buddhist Tzu Chi Foundation	1355 Broad Ave. 90744 Wilmington, CA. Phone: (909) 447-7799 Hours: Saturday 10:30AM to 12PM	Food distribution	Free
15. Gardena S.D.A. Church	16113 S. Denker Ave. 90247 Gardena, CA. Phone: (310) 324-3992 Hours: Saturday 12PM to 3PM	Food distribution	Free

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Financial Support Resources

<u>Agency</u>	<u>Contact information</u>	<u>Services</u>	<u>Fees/ Information</u>
1. LA Family Housing	7817 Lankershim Blvd. North Hollywood, CA. 91605 (818) 982-4091 (818) 255-2766 (Family Solutions Center) info@lafh.org	Employment support, financial literacy, case management, life skills training	Free Languages: English, Spanish
2. Local Initiatives Support Corporation	500 S. Grand Avenue Suite 2300 Los Angeles, CA 90071 (213) 250-9550 skim@lisc.org (Seung Kim, Senior Director)	Financial literacy coaching, cash for utilities	Free/ Low cost Languages: English
3. Jenesse Center	(323) 299-9496 (Admin office) (800) 479-7328 (Jenesse Hotline) info@jenesse.org	Financial literacy for survivors of domestic violence, case management	Free Languages: English
4. Jewish Los Angeles Special Needs Trust (JLA Trust)	6505 Wilshire Blvd. Suite 450 Los Angeles, CA 90048 (310) 773-9728 info@ilatrust.org	Financial support and services for people with disabilities who want to supplement their SSI, IHSS, or MediCal benefits	Free Languages: English
5. Pomona Neighborhood Center, Inc.	999 W. Holt Ave. D Pomona, CA. 91768 (530) 464-5099 pnccares@gmail.com (general info)	Financial literacy program, single mother refuge, case management, support services	Free Languages: English

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Olive View and High Desert Hub Areas

Educational Support and Resources

<u>Agency</u>	<u>Contact information</u>	<u>Services</u>	<u>Fees/ Information</u>
1. Boys and Girls Club Antelope Valley	Lancaster: 45404 N. Division Street Lancaster, CA 93535 Palmdale: 815 Ave q-6 E, Palmdale, CA 93550 (661) 267-2582	Tutoring and homework assistance, after school programming, mentorship program for foster youth	Fees: \$25/year Language: English
2. Foster Children’s Resource Center	(818) 701-0506	New clothing & school supplies for children 0 – 18 y/o	<u>Fees:</u> Free Must have DCFS referral from CSW NO WALK-INS
3. Pen or Pencil	National Alliance of Faith and Justice, 422 Landsford St., Lancaster, CA 93535 (661) 944-4129 x43	Dropout reduction, mentoring, crime prevention, and service learning program.	<u>Fees:</u> Free <u>Languages:</u> <u>English</u>
4. Kids’ Club	Several locations within the Long Beach Unified School District (562) 577-1654 or (562) 433-7401	Before and after school program that provides activities, supervision, and guidance	<u>Fees:</u> low <u>cost</u> <u>Language:</u> <u>English</u>
5. Long Beach Community Action Partnership	www.lbcap.org 117 W. Victoria St., Long Beach, CA 90805 (562) 216-4600	Adult computer and ESL classes	<u>Fee:</u> Free <u>Languages:</u> <u>English,</u> <u>Spanish</u>
6. Long Beach Public Libraries	www.lbpl.org 101 Pacific Ave., Long Beach, CA 90802 (562) 570-7500 – Main library	Family Learning centers offering homework help and other supports for youth literacy skills	<u>Fee:</u> Free <u>Languages:</u> <u>English,</u> <u>Spanish</u>

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7. Los Alamitos Youth Center	10909 Oak St., Los Alamitos, CA 90720 (562) 493-4043	After- school homework clinic	<u>Fee: Free</u> <u>Languages: English</u>
8. Power 4 Youth	607 E. 3rd St., Long Beach, CA 90802 (562) 435-2352	After-school supervised academic mentoring and homework help. Middle school and High School only	<u>Fees: Free</u> <u>Languages: English</u>
9. Signal Hill Public Library	City of Signal Hill 1770 E. Hill St., Signal Hill, CA 90755 (562) 989-7323	Homework help for K-12 students	<u>Fees: Free</u> <u>Languages: English</u>
10. Youth Excelling for Success (YES) Program	Pacific Asian Counseling Services (PACS) www.pacsla.org 3530 Atlantic Ave., Suite 210, Long Beach, CA 90807 (562) 424-1886	After school activity and homework help for K-12 students	<u>Fees: Free</u> <u>Languages: English</u>

Children’s Hospital LA and LAC+USC Hub Areas

Regional Caregiver Support and Resources

<u>Agency</u>	<u>Contact information</u>	<u>Services</u>	<u>Fees/ Information</u>
1. Uplift Family Services	815 N. El Centro Ave. Los Angeles, CA. 90038 (323)769-7111 (Felicia Flores) fflores@upliftfs.org (Felicia Flores)	Parent skills, support groups, workshops with childcare included	Free Languages: English
2. Aviva Family and Children’s Services	7120 Franklin Ave. Los Angeles, CA 90046 (323) 876-0550	Peer mentorship, support for families in crisis, case management	Free Languages: English
3. Alma Family Services	1200 North State Street #1016 Los Angeles, CA. 90033 (323) 881-3799 info@almafamilyservices.org	Child and family development programs, children center, peer support groups	Free Languages: English
4. Child Net Youth and Family Services	4155 Outer Traffic Circle Long Beach, CA. 90804 (562) 498-5500	Behavioral health services for youth, support services	Free Languages: English

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5. Korean American Family Services (KFAM)	3727 West 6th St. Suite 320 Los Angeles, CA. 90020 (888) 979-3800 (24-hour crisis hotline) (213) 389-6755 admin@kfamla.org	Counseling, support groups, parenting classes	Free Languages: English, Korean
6. Our House Grief Support Center	3750 West 6th St. Los Angeles, CA 90020 (310)473-1511 ourhouse@ourhouse-grief.org	Grief support services for children and adults	Free Languages: English
7. The Village Family Services (TVFS)	6736 Laurel Canyon Blvd. Suite 200 North Hollywood, CA. 91606 (818) 755-8786	Shower and laundry services, healthcare referrals, housing referrals, career services	Free Languages: English
8. Allies for Every Child (AFEC)	5721 West Slauson Ave. Suite 140 Culver City, CA 90230 (310) 846-4100 (admin office) (310) 397-4200 (early education center)	Parenting classes, dental and vision screenings, early education programs	Free Languages: English, Spanish
9. True Lasting Connections (TLC) Family Resource Center	13220 Bellflower Blvd. Downey, CA. 90242 (562) 904-3577	Health services, food, clothing, and support groups	Free Languages: English
10. Violence Intervention Programs (VIP), Inc	1721 Griffin Avenue Los Angeles, CA 90031 (323) 221-4134 contact@vip-cmhc.org	Mental health services, food, clothing, support groups; children/teens, adult, elderly, and LGBTQ+ services	Free and low cost Languages: English and Spanish

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County Wide Supports and Resources

<u>Agency</u>	<u>Contact information</u>	<u>Services</u>	<u>Fees/ Information</u>
1. Grace Resource Center	45134 Sierra Hwy, Lancaster, CA 93534 (661) 940-5272 https://www.graceresources.org	Faith-based resources for pregnant and parenting mothers (including emergency baby supplies) and other resources for youth and adults on a drop-in basis. Also provides clothing distribution, parenting classes, grocery delivery, and food distribution.	Fees: Free and low cost Language: English
2. MAMA's Neighborhood	844-376-2627 or email at mamas@dhs.lacounty.gov to find a clinic	Free prenatal and healthcare services for mothers, food access, housing placement, and more	Fees: Free Language: English, Spanish
3. Jewish Family Service / Family Violence Project	13949 Ventura Blvd #320 Sherman Oaks 91423 (818)789-1293 (818) 505-0900 24-hour crisis line	Emergency DV shelter, case management, individual and group therapy, and victim/legal advocacy	Fees: Free Language: English, Spanish, Armenian
4. The Children's Safety Alliance	Sites in: Pacoima, North Hills, Chatsworth & Newhall (818) 455-2152 or (818) 814-4506	Sexual abuse, Awareness classes, individual counseling	Fees: sliding scale Language: English, Spanish
5. Valley Women's Center	Multiple locations in SFV (818)713-8700 info@valleywomenscenter.org	Parenting classes	Fees: Medical, sliding scale Language: English
6. Neighborhood Legal Services	(800) 433-6251 (legal assistance hotline)	Free legal services to low-income families	Fees: Free Language: English, Spanish

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7. Metropolitan Community Church (MCC) of Christ in the Valley	5730 Cahuenga Blvd. N. Hollywood 91601 (818) 762-1133 Mccuccinthevalley.com	LGBTQ Sunday Worship Shndays at 10:00AM, social activities, support services, music	Fees: Free
8. LGBTQ National Hotline	(888) 843-4564	Support	Fees: Free
9. The Trevor Project – LGBTQ Suicidal Hotline	(866) 488-7386 Text: (202) 304-1200	Support	Fees: Free
10. LA LGBTQ Resource Map	Visit: lacontroller.org/lgbtqresourcemap	Finds resources for LGBTQ – housing, legal, health, and more	Fees: Free
11. Translatina Coalition – Center for Violence Prevention and Transgender Wellness	Visit: Translatinacoalition.com	Resources for education, health, housing, and employment preparation	Fees: Free
12. Winter Shelter Hotline	(800)548-6047	Referrals for Winter shelters	Fees: Free
13. New Economics for Women (NEW)	303 S. Loma Drive Los Angeles, CA 90017 (213) 483-2060 info@neworg.us	Child passenger safety workshop, free safety seats and safety seat inspections	Fees: Free Language: English
14. Foster Love	Email requests only: fosterlovela.org	New clothing and hygiene supplies for 0-5 foster kids only. Agency will deliver items within 24 hrs after email request	Fees: Free Language: English

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<p>15. Department of Rehabilitation</p>	<p>(818) 901-5049 Contact: Miriam Caldwell caldwel@dor.ca.gov</p>	<p>Job exploration counseling, workplace readiness training, and self- advocacy Serves ages 16-21 who have an IEP or a disability</p>	<p>Fees: Free: Language: English</p>
<p>16. Fostering UNITY</p>	<p>CARE Line (213) 269-0000</p>	<p>Urgency intervention line for resources, special items, & support Not an emergency hotline</p>	<p><u>Fees:</u> Free <u>Languages:</u> English, Spanish, Russian, Chinese, Ukrainian, Sign Language, Hebrew & Arabic</p>
<p>17. Fostering UNITY</p>	<p>Care Service Partners (213) 269-0026</p>	<p>Peer one on one intervention for: Navigating DCFS Education Confidential listening ear</p>	<p><u>Fees:</u> Free <u>Languages:</u> English, Spanish, Russian, Chinese, Ukrainian, ALS, Hebrew & Arabic</p>

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<u>Agency</u>	<u>Contact information</u>	<u>Services</u>	<u>Fees/ Information</u>
1. Hollywood Lutheran Church	1733 N. New Hampshire Ave. Hollywood, CA. Phone: (323) 667-1212 Hours: Wednesday 11AM to 1PM	Food distribution	Free
2. Metropolitan Community Church of LA	4607 Prospect Ave. Los Angeles, CA. 90027 Phone: (323) 669-3436 Hours: Saturday 7AM to 9:30AM	Food distribution	Free
3. Silverlake Community Church	2930 Hyperion Ave. Los Angeles, CA. 90027 Phone: (323) 663-3151 Hours: Wednesday 5PM to 6:30PM	Food distribution, baby diaper distribution	Free
4. First Southern Baptist Church of Hollywood	1528 N. Wilton Place Hollywood, CA. 90028 Phone: (323) 466-9631 Hours: Monday 9:30AM to 10AM	Food distribution	Free
5. Loaves & Fishes - Glendale	4322 San Fernando Road Glendale, CA. 91204 Phone: (213) 318-5707 Hours: Monday, Tuesday, Wednesday and Friday 10AM to 3:30PM	Food distribution	Free
6. Salvation Army Hollywood Corps	5941 Hollywood Blvd. Los Angeles, CA. 90028 Phone: (323) 960-0640 Hours: Monday, Wednesday, + Friday 10AM to 12PM / Baby Diapers Available Monday, Tuesday, & Wednesday 10AM to 12PM	Food distribution, baby diaper distribution	Free
7. International Families Association	1741 Gardena Avenue, Suite E Glendale, CA. 91204 Phone: (818) 770-0779 Hours: Monday 1PM to 4PM	Food distribution, baby diaper distribution	Free

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8. Los Angeles Housing Partnership	1229 N. Bronson Avenue Los Angeles, CA. 90038 Phone: (213) 629-9172 Hours: 3rd Friday of the month 4PM to 5PM	Food distribution	Free
9. LA City College	4301 Melrose Ave. Los Angeles, CA. 90029 Hours: Thursday, April 22, 2021 9 AM - 12 PM	Food distribution	Free
10. The Great Vision Church	4465 W. Melrose Avenue Los Angeles, CA. 90029 Phone: (213) 675-8291 Hours: Saturday 7AM to 8AM	Food distribution	Free
11. Blessed Sacrament Food Pantry	6657 Sunset Blvd. Hollywood, CA. 90028 Phone: (323) 874-5577 Hours: Tuesday 4PM to 6PM and Saturday 9AM to 12PM	Food distribution	Free
12. Los Angeles Housing Partnership	504 N. Berendo Street Los Angeles, CA. 90004 Phone: (213) 629-9172 Hours: 1st Friday of the month 4PM to 5PM	Food distribution	Free
13. Rosewood United Methodist Church	4101 Rosewood Ave Los Angeles, CA. 90004 Phone: (323) 423-5961 Hours: 1st and 3rd Saturday of the month 8:30AM to 10:30AM	Food distribution	Free
14. Manos Que Sobreviven	3010 Estara Ave. Los Angeles, CA. 90065 Phone: (323) 688-8111 Hours: Tuesday 10AM to 12PM	Food distribution	Free
15. World International Ministries – Eagle Rock	3571 Eagle Rock Blvd. Los Angeles, CA. 90065 Phone: (323) 344-2337 Hours: Wednesday 12PM to 3PM	Food distribution	Free