

SPA 8: Local Community Resources for COVID-19

Services by Category

 Behavioral Health

 Services for Children

 Dental Services

 Domestic Violence Support

 Education

 Food

 Health Advocacy

 Support for People Experiencing Homelessness

 Housing

 Medical Services

 Mental Health

Services

 Services for Seniors

 Substance Abuse

 Other Services

RESOURCES FOR South Bay– SPA 8

Behavioral Health Services

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Behavioral Health	Autism Society of Los Angeles 21250 Hawthorne Blvd. Ste #500 Torrance, CA 90503	Support for families, individuals and providers impacted by Autism Hours: M-F 8AM-5PM Note: open for resources only. Call the number, press 1 and they will provide you with resources.	All	(424)299-1531	Contact: Ronda Kopito Email: info@autismla.org http://www.autismla.org/1/	9.15.20

RESOURCES FOR South Bay– SPA 8

Services for Children

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Children	DCFS 1933 S. Broadway Los Angeles, CA 90007	Child protective services. Hours: 24/7	All	(213)765-7307	Email: crespcc@dcfs.lacounty.gov https://dcfs.lacounty.gov/	9.15.20
Childcare	Connections for Children 5901 W. Century Blvd. Los Angeles, CA 90004	Childcare referrals. Hours: MTTTH 8AM-5PM Wed: 8AM-7PM	<ul style="list-style-type: none"> • Low-income families • Infants & children (under the age of 13 years old) • Unemployed • undocumente d immigrants 		Contact: Margarita Mejia Email: margaritap@cfc-ca.org	9.15.20

SPA 8: Local Community Resources for COVID-19

Crime and Child Abuse Victims	13634 Cordary Ave, Hawthorne, CA 90250	They are assessing clients via phone. You'll need to leave a message and they will call you back to assess you.	<ul style="list-style-type: none"> All 	(310)970-1921	https://www.richstonefamily.org/	9.15.20
Child Care	Home of fun Care Daycare 18810 Grambling Pl, Carson, CA 90746	This daycare is open with 3 kids. Agency can have 14 children max Note: call for services. Pricing is based on income	All	(310)634-5158		9.15.20
Child Care	Harbor-UCLA KINDER 975 W Carson St, Torrance, CA 90502	Open to essential workers ONLY kids 6 months to 5 years old. They have 47 kids now Hours: 6:30AM to 6:00PM	Essential Workers	(310)222-4274	https://www.kindercare.com	9.15.20
Child Care	Hands on Family Care 1511 Torrance Blvd, Torrance, CA 90501	Children daycare services for essential workers Hours: 24 hours day care Note: Take all programs (crystal stairs, etc)	Essential Workers	(310)618-2085	www.handsonfunpreschool.com	9.15.20
Child Care	Gomes Family Care 1156 Ronan Ave. Wilmington, CA 90744	Children daycare services for 6 months old to 5 years old	All	(310)834-0654	https://www.bloomingbabieschildcare.com/	9.15.20

SPA 8: Local Community Resources for COVID-19

		Currently servicing 9 children Note: call to confirm hours				
Child Care	Play Ranch Family Child Care 1200 Rindge Ln, Redondo Beach, CA 90278	Children daycare services for children 6 months to 5 years old Hours: 7:30AM-5:30PM	All	(310)798-0058	playranchfdc.com	9.15.20
Child Care	Ocean view Academy 1063 Aviation blvd. Hermosa Beach, CA 90254	Children daycare services for children 2 years of age Currently servicing 3 children – 12 maximum Hours: 6AM-6PM	All	(310)372-3399	https://www.oceanviewacademy.com/	9.15.20
Children Services	Children’s Bureau 1910 Magnolia Ave. Los Angeles, CA 90007	Providing mental health services Hours: M-F 8AM-5PM	Low-come families/individuals, infants & children (under the age of 13), adolescents / young adults (over the age of 13 years), LBGTQ, undocumented immigrants, and those with full scope medical	1(800)520-2445	Email: mhreferrals@all4kids.org	9.15.20
Children Services	Elevate Your G.A.M.E.	Providing youth mentoring services	Low income families / individuals and adolescents / young	(310)780-4263	Contact: Michael Freeman	9.15.20

SPA 8: Local Community Resources for COVID-19

	2019 E. 120 th St. Los Angeles, CA 90059	Hours: M-F 9AM-4PM	adults (over the age of 13 years old)		Email: mfreeman@elevateyourgame.org http://elevateyourgame.org/	
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RESOURCES FOR South Bay– SPA 8

 **Dental Services**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Dental	Colgate Bright Smiles, Bright Futures PO Box 5118 Huntington Park, CA 90255	Oral health education Hours: 24 Hours online	Infants and children (under the age of 13 years old) and justice involved individuals	(310)350-7036 (877)672-3075	Contact: Nina Trujillo Email: ninajimenezt@gmail.com www.colgatebsbf.com	9.15.20
Dental	Blue Dental 12923 S Inglewood Ave Suite #3 Hawthorne, CA 90250	Emergency dental patients Hours: Thurs. 9AM-6PM Note: Appt. Only	All	(310)263-1030		9.15.20
Dental	Western Dental & Orthodontics 3561 W. Century Blvd., Ste. D Inglewood, CA 90303	Emergency dental service Hours: M-F 9AM-6PM Note: appt. only	All	(800)522-0056 (323)483-7042		9.15.20

RESOURCES FOR South Bay–SPA 8** Domestic Violence Support**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Domestic Violence Support	1736 Family Crisis Center 21707 Hawthorne Blvd. Suite 300 Torrance, CA 90503	Domestic violence, human trafficking and other crisis assistance Hours: M-F 9AM-5PM	All	(310)543-9900 ext. 217	Contact: Michele Nadeau Email: michelefor1736@gmail.com http://www.1736familycrisiscenter.org	9.8.20
Shelter	Women's Shelter of Long Beach 4201 Long Beach Blvd. Long Beach, CA 90807	Supportive services to victims of domestic violence and their children Hours: M-F 9AM-4PM	Any victim of domestic violence	Crisis hotline available 24/7 (562)437-4663 (562)437-7233	Contact: Mary Mitchell Email: memitchell@womenshelterlb.org https://www.womenshelterlb.org	9.8.20
Domestic Violence Support	National Domestic Violence Hotline 24/7	Domestic violence support services and emergency shelter services Hours: Open 24/7	All	1(800)799-7233 or text LOVEIS to 22522	Thehotline.org	9.8.20
Domestic Violence Support	Southern California Domestic Hotline	Providing resources for emergency shelters, legal assistance, mental health services, domestic violence classes, and anger management.	Individuals 18 years and older involved in domestic violence	1(800)978-3600		9.8.20

SPA 8: Local Community Resources for COVID-19

Domestic Violence Support	Jenesse Hotline	Providing resources for emergency shelters, psychological, emotional, physical, economic and sexual abuse Hours: 24/7 drop in center M-F 9AM-4PM	Individuals 18 years and older involved in domestic violence	(800)479-7328	Jenesse.org Jenesse app for mobile devices is available	9.8.20
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RESOURCES FOR South Bay– SPA 8

 **Education**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Education	School on Wheels 3150 N. San Fernando Rd. Ste. B Los Angeles, CA 90065	Educational resources (tutoring & mentoring) Hours: M-F 9AM-5PM Note: services are being provided online	People experiencing homelessness (k-12 th grade youth)	(213)896-9222	Contact: contact@schoolonwheels.org https://schoolonwheels.org/	9.17.20
Education	Torrance Unified School District 2335 Plaza Del Amo Torrance, CA 90501	Educational resources and food distribution. Hours: varies (please check website)	Children 18 & under	(310)972-6152	Contact: Tammy Khan Email: khan.tammy@tusd.org https://www.tusd.org/ For additional information click here .	9.17.20
Education	El Camino College	Educational resources and food distribution.	<ul style="list-style-type: none"> Low-income families/individuals, 	(310)660-3487	Contact: outreach@elcamino.edu www.elcamino.edu	9.17.20

SPA 8: Local Community Resources for COVID-19

	16007 Crenshaw Blvd. Torrance, CA 90506	Hours: M-F 8AM-5PM	<ul style="list-style-type: none"> • Adolescents/young adults (over the age of 13 years old) • seniors (over the age of 65 years old) • unemployed, • LBGTQ, • undocumented immigrants • justice involved individuals 			
Education	Harbage Consulting 3509 Ladoga Ave. Long Beach, CA 90808	Education Hours: M-F 9AM-5PM Note: most services are being offered virtually	<ul style="list-style-type: none"> • Low-income families / individuals • Seniors (over the age of 65 years old) • People with disabilities 	(818)398-4510	Contact: Terrance Henson Email: Terrance@harbageconsulting.com https://harbageconsulting.com/	9.17.20

RESOURCES FOR South Bay– SPA 8

 **Food**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Food	Calvary Presbyterian Church 13560 Hawthorne Blvd. Hawthorne, California 90250	Food Pantry / free food giveaway 1 st Saturday of the month. Meet at 11:30AM in parking lot – social distancing required Hours: 12PM-1PM	All	(310)676-1144	Email: calvaryprews@sbcglobal.net http://www.calvaryhawthorne.org/	9.9.20
Food	St. Joseph Catholic Church	Food pantry / free food giveaway	All	(310)679-1014	Email: info@stjoseph-haw.org	9.8.20

SPA 8: Local Community Resources for COVID-19

	11901 Acacia Ave. Hawthorne, CA 90250	2 nd Sunday of the month Hours: 9AM-11AM			https://www.stjosephhawthorne.org/	
Food	House of Yahweh 4430 W. 147 th St. Lawndale, CA 90260	Food Pantry / free food giveaway Call to confirm hours	All	(310)675-1384 (310)644-1337	Email: ed@hoy-southbay.org https://www.hoy-southbay.org/	9.2.20
Food	Shields for Families 11705 Deputy Yamamoto Pl. Lynwood, CA 90262	Food Pantry / free food giveaway Every Thursday Hours: 10AM-2PM	All	(323)242-5000	Email: info@shieldsforfamilies.org https://www.shieldsforfamilies.org/	9.2.20
Food	MFP – St. Paul’s Methodist Church 2600 Nelson Ave. Redondo Beach, CA 90278	Food Pantry / free food giveaway Every 1 st & 3 rd Thursday of the month Hours: 9AM-11AM Note: dinner services for those in need every Tuesday evening at 6PM	All	(310)370-4319	Email: spumc2600@gmail.com https://stpaulsrb.org/	9.2.20
Food	Greater New Bethel 601 E. 99 th St.	Food Pantry / free food giveaway	All		Email: rikkiferrell@greaternewbethelbaptistchurch.org https://www.greaternewbethelbaptistchurch.org/	9.9.20

SPA 8: Local Community Resources for COVID-19

	Inglewood, CA 90301	2 nd Tuesday & 4 th Thursday of the month Hours: 10AM-1PM				
Food Resource	PHFE WIC Program 12781 Schabaram Ave. Irwindale, CA 91706	WIC provides nutrition services by uploading food benefits to an electronic card– families do not need to leave their home to receive the benefits Hours: 8AM-5PM	Families w/pregnant or breastfeeding woman, and children under 5 years of age	(626)893-7582 Text “Us” to 91997	Contact: Pina Hernandez Email: pina@phfewic.org https://www.phfewic.org/	9.2.20
Food	Help Me Help You 1301 W. 12 th St. Long Beach, CA 90813	Providing food pantry distribution and public benefits enrollment assistance (CalFresh, MediCal, GR, & Social Security Benefits) Hours: M-F 9AM- 5PM Note: providing drive-thru pantry services. Locations change every month, please call.	All	(562)612-5001	Contact: Zina Washington Email: info@helpmehelpu.org https://www.helpmehelpu.org/	9.2.20

RESOURCES FOR South Bay–SPA 8

 **Health Advocacy**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Health Advocacy	Health Advocates	Health advocacy for SSI and SSDI recipients. Hours: M-Th 8AM-5PM, Fri 8AM-12PM	Low-income families/individuals, people experiencing homelessness, infants & children (under the age of 13 years old), adolescents/young adults (over the age of 13 years old), unemployed, LBGTQ, disabled individuals		Contact: Suzan Etheridge Email: suzane@healthadvocates.com	9.15.20
Health Advocacy	Patient & family centered care partners (PFCCpartners) 5199 E. PCH Suite 306 Long Beach, CA 90804	Support people to access all care and empower them to be engaged patients Hours: M-F 9AM-4PM Note: agency is having regular virtual meetings for community members to help people connect and reduce feelings of isolation.	All	(562)961-1100	Contact: Libby Hoy Email: libby@pfccpartners.com https://pfccpartners.com/	9.15.20

RESOURCES FOR South Bay–SPA 8**📌 Support for People Experiencing Homelessness**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Homeless Services	Society of St. Vincent De Paul 210 N. Ave. 21, Los Angeles, CA 90031	Homeless prevention and homeless services Hours: M-F 8AM-5PM	Justice involved individuals	1(888)552-7872	Contact: Susana Santana Email: vincentianservices@svdpla.org https://svdpla.org/	9.15.20
Homeless Services	PATH 340 N. Madison Ave. Los Angeles, CA 90004	Housing, food distribution, homeless services, and job training and placement Hours: 24 Hours (appt. only)	<ul style="list-style-type: none"> • Low-income families/individuals • People experiencing homelessness 	(323)644-2245 (323)644-2216	Contact: Carlos Gonzales Email: carlosg@epath.org Contact: Stephanie Fiechter Email: stephenf@epath.org https://www.epath.org/	9.15.20
Homeless Services	PATH 455 E. Artesia Blvd. Ste. #2 Long Beach, CA 90805	Mental health, substance abuse, senior services, housing, food distribution, homeless services. Hours: M-F 7AM-3:30PM	<ul style="list-style-type: none"> • People experiencing homelessness 	(323) 449-9074	Contact: Courtney Reed Email: Courtneyr@epath.org La-hop.org/Outreach	9.15.20
Homeless Services	Good Seed Shelter 6568 5 th Ave Los Angeles, Ca 90043	Shelter for mentally ill Hours: 24 hours Note: Must complete an intake between Sun-Sat 8:30AM-5PM. Shelter services is not	Individuals ages 16-26	(323)758-5433	https://goodseedcdc.org/	9.15.20

SPA 8: Local Community Resources for COVID-19

		guaranteed due to COVID-19 restrictions				
Homeless Services	Beacon Light Mission 525 Broad Ave, Wilmington, CA 90744	Shelter supportive services Hours: first come, first serve. Hours vary by branch. Intake hours 10AM-1PM. Note: individuals must be drug and alcohol free for a period of 7 days. If bringing medication, it must be presented to staff.	All	(310)830-7063 – for males only (310)519-3667 – for women only	http://www.beaconlightmission.org/	9.15.20

RESOURCES FOR South Bay– SPA 8

 **Housing**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Housing	Community’s Child 18807 Crenshaw Pl. Torrance, CA 90504	Housing, food distribution, homeless services, diaper distribution Hours: Tuesdays & Fridays 10AM-3PM (appt. only)	All	(310)534-4040 ext 302	Contact: Dede Ornelas Email: dede.o@cchild.org https://www.communityschild.org/	9.15.20
Housing	LAHSA 811 Wilshire Blvd 6 th Flr.	Housing and sheltering resources Hours: M-F 8AM-5PM	People experiencing homelessness	N/A	https://www.lahsa.org/get-help	8.15.23

SPA 8: Local Community Resources for COVID-19

	Los Angeles, CA 91770					
Housing	Housing Rights Center 3255 Wilshire Blvd., Los Angeles, CA 90010	Housing and homeless services Hours: M-F 8:30AM-5PM	All	1(800)477-5977	Email: info@housingrightscenter.org http://www.housingrightscenter.org/	9.15.20

RESOURCES FOR South Bay– SPA 8

 **Medical Services**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Medical	St. Francis Medical Center 3630 E. Imperial Hwy. Lynwood, CA 90262	Provide education on the community on Medi-Cal, CalFresh and Covered CA. They assist with enrollments, renewals and utilization services. Hours: M-F 8:30AM-5PM Note: No walk-ins	All	(310)900-7444	Contact: Carolina Rivas Email: carolinarivas@verity.org https://stfrancis.verity.org/SFMC/	9.1.20
Medical	APLA Health 611 S. Kingsley Dr. Los Angeles, CA 90005	Medical, mental health, housing, food distribution and other Ryan White supportive services	Priority population are those living with HIV and the LGBTQ community (not servicing youth).	(213)201-1600 – Public Line	Contact: Katja Nelson Email: knelson@apla.org https://aplahealth.org/	9.4.20

SPA 8: Local Community Resources for COVID-19

		<p>Hours: HIV Client Line supportive services M-F 9AM-3:30PM</p> <p>Behavioral Health M-F 9AM-5PM</p> <p>Note: accepting walk-ins but prefer clients calling before coming)</p>				
Medical	<p>Claris Health 575 E. Hardy Ste. 109 Inglewood, CA 90301</p>	<p>Medical and parenting classes (including court-mandated)</p> <p>Hours: M-F 9AM-5PM</p> <p>Note: Walk-ins allowed but appts. are preferred</p>	Justice involved individuals	(310)268-8400	<p>Contact: Stacy Williams Email: stacy@clarishealth.org</p>	9.1.20
Medical	<p>St. Louise Resource Services 8535 Florence Ave. St. 100 Downey, CA 90240</p>	<p>Covered CA, CalFresh, and referrals to other agencies.</p> <p>Hours: M-F 8:30AM-5PM</p> <p>Note: walk-ins are allowed</p>	Justice involved individuals	<p>(424)220-6645 (844)245-1900</p>	<p>Contact: Lydia Ramirez Email: lramirez@stlrs.org https://stlouiseresourceservices.org/</p>	9.1.20

SPA 8: Local Community Resources for COVID-19

Medical	<p>Coastal Health Center Group</p> <p>1333 Chestnut Ave. Long Beach, CA 90813</p>	<p>Medical, mental health, education, legal, and immigration support.</p> <p>Hours: M-F 7:30AM-7:30PM Sat 8AM-4:30PM</p> <p>Note: mental health & legal/immigration services are available through the phone and walk-ins. Recommended to arrive when site opens – walk-in spots get filled fast.</p>	All	(562) 753-2301	<p>Contact: Jacqueline Valle Email: coastal@dhs.lacounty.gov</p>	9.1.20
Medical	<p>Torrance Memorial Medical Center</p> <p>3330 Lomita Blvd., Torrance, CA 90505</p>	<p>Medical, substance use, senior services, education, health insurance enrollment</p> <p>Hours: M-F 8:30AM-5PM Note: Walk-ins allowed & appts.</p>	All	(310)517-4638	<p>Contact: Anita Chun Email: anita.chun@tmmc.com</p> <p>https://www.torrancememorial.org</p>	9.2.20
Medical	<p>Providence Vasek Polak Health Clinic</p>	<p>Medical, mental health and health insurance</p>	Appointments available only	(310)355-0100	<p>Contact: Juan Mendez Email: juan.mendez@providence.org</p>	9.2.20

SPA 8: Local Community Resources for COVID-19

	13355 Hawthorne Blvd., Hawthorne, CA 90250	enrollment assistance Hours: M-F 8AM-5PM Note: all visits are being made over the phone	for uninsured adults		https://www.providence.org/locations/vasek-polak-health-clinic	
Medical	St. John's Well Child & Family Center – Washington Prep Wellness Center 1555 W 110th St. Los Angeles, CA 90047	Medical and mental health services Hours: Mon. & Tues. 8:30AM-5PM Wed. & Fri. 8:30AM-12:30PM Thurs. 11AM-7:30PM Sat. 7AM-3:30PM Note: Walk-in appointments available	All	(323) 757-2771	https://www.wellchild.org/	9.8.20
Medical	San Antonio Medical Clinic Villamizar Alfonso, MD 10811 S. Grevillea Ave. Inglewood, CA 90304	General practice – treatment of common medical conditions and patient referrals Hours: M-F 10AM-2PM Note: Walk-ins & appointments	All	(310)673-1922		9.2.20

SPA 8: Local Community Resources for COVID-19

Medical	<p>South Bay Family Healthcare</p> <p>270 E. 223rd St. Carson, CA 90745</p>	<p>General practice – treatment of all common medical conditions and patient referrals</p> <p>Hours: MWF 8AM-4:30PM T&TH 9AM-5:30PM</p>	All	<p>(310)802-6170</p> <p>(310)221-6800 Spanish</p>		9.2.20
Medical	<p>South Bay Family Healthcare</p> <p>23430 Hawthorne Blvd. Ste. 210 Torrance, CA 90505</p>	<p>For chronic care management and immunizations for children.</p> <p>Hours: varies by branch – call to confirm. Appt. only.</p> <p>Telemedicine available</p> <p>Note: this facility does not offer medical service</p>	All	<p>(310)802-6177 ext. 1123</p>	<p>Contact: Brooke McIntyre Tuley Email: dbmcintyre@sbclinic.org</p>	9.2.20
Medical	<p>APLA Health</p> <p>3741 S. La Brea Ave. Los Angeles, CA 90016</p>	<p>Provides medical, mental health, housing, food distribution, health insurance enrollment assistance and social and medical services for the Trans Community</p> <p>Hours: M-F 9AM-5PM</p>	Transgender individuals between the ages 18-29	<p>(323)628-3996</p>	<p>Contact: Sandra Esqueda Email: sesqueda@apla.org</p>	9.16.20

SPA 8: Local Community Resources for COVID-19

		Note: by appt. only				
Medical	Central Neighborhood Health Foundation 575 E. Hardy St. #109 Inglewood, CA 90301	Providing televisits, physicals, and walk-ins Hours: M-F 8:30AM-5PM Note: 1 guest per patient	All	(323)778-4310	https://www.cnhfclinics.org/locations/cnhf-inglewood	9.2.20
Medical	Concentra Urgent Care 390 N. PCH Ste. 1000 El Segundo, CA 90245	Urgent care open and available for walk-ins Hours: M-F 8AM-5PM Note: if presenting COVID-19 symptoms please call before arriving. Patients with abdominal pain and chest pain will be sent to a hospital Note: appts are only for follow-ups	All	(310)640-9911		9.2.20
Medical	Center for Heart and Health 360 N. Sepulveda Blvd. #3000	Providing county pre employment physicals only Hours: 9AM-4:30PM	Adults only	(310)670-1120		9.2.20

SPA 8: Local Community Resources for COVID-19

	El Segundo, CA 90245	Note: appt. only				
Medical	HealthCare Partners Manhattan Beach Office 5400 Rosecrans Ave. #100 Hawthorne, CA 90250	Providing telehealth visits Hours: M-F 8AM- 5PM Note: only by appt. Walk-ins allowed only for urgent care.	All	(310)643-8500		9.2.20
Medical	Northeast Community Clinic 4455 W. 117 th St. Suite #300 Hawthorne, CA 90250	Providing telehealth visits Hours: M-F 8AM- 5PM	All	(310)645-0444		9.2.20
Medical	South Bay Family Health Healthcare 1091 S. La Brea Ave. Inglewood, CA 90301	Providing telehealth visits and general health care Hours: M&F 8AM-4:30PM TWTH 8AM- 6:30PM Note: Appts. only	All	(310)802-6170 (Appointment Line)	www.sbfhc.org	9.2.20
Medical	Mission City Community Network – Inglewood 301 N. Prairie Ave. Inglewood, CA 90301	Providing telehealth appointments only, general health services, emergency dental services, and psychiatry	All	(818)895-3100	www.mccn.org	9.2.20

SPA 8: Local Community Resources for COVID-19

		Hours: M-F 8AM-5PM				
Medical	LA Community Care Med Group 11633 Hawthorne Blvd. #103 Hawthorne, CA 90250	Providing telehealth appointments, physicals, diabetes and cholesterol services, school and immigration physicals. Hours: M&T 9AM-5PM Wed – closed TH&F 9AM-3PM	All	(310)219-2929		9.2.20
Medical	Loving Hearts Private Care 11616 Hawthorne Blvd. Hawthorne, CA 90250	Providing in home care services and transportation Hours: M-F 9AM-5:30PM Note: appt. only	All	Number not in service – contact via email	Contact: Annet Sparks Email: lovingheartsprivatecareinc@gmail.com Lovingheartsprivatecare.com	9.2.20
Medical	Bayside Medical Center 2301 W. El Segundo Blvd. Hawthorne, CA 90250	Providing telehealth appointments, accepting walk-in clients, occupational health, physicals and COVID-19 testing Hours: Urgent care M-F 7AM-	All	(323)757-2118	Baysidemedicalcenter.com	9.2.20

SPA 8: Local Community Resources for COVID-19

		<p>7PM – with the exception of holidays</p> <p>Works com injuries: 24/7</p> <p>Note: Appointments only for testing, along with a fee</p>				
Medical	<p>South Bay Family Healthcare 742 W. Gardena Blvd. Gardena, CA 90247</p>	<p>Providing telehealth appointments</p> <p>Hours: MWF 7:30AM-4:30PM T 8AM-6:30PM TH 8AM-5:30PM</p> <p>Note: Appts. Only</p>	All	<p>(310)327-1357</p> <p>(310)802-6170 (Appointment Line)</p>	<p>https://locator.lacounty.gov/health/Location/3182183/south-bay-family-healthcare-center---gardena</p>	9.2.20
Medical	<p>South Bay Family Healthcare 2114 Artesia Blvd. Redondo Beach, CA 90278</p>	<p>Providing telehealth appointments</p> <p>Hours: MWF 8AM-4:30PM T&TH 10AM-7:30PM</p>	All	(310)802-6170	<p>https://locator.lacounty.gov/health/Location/3182183/south-bay-family-healthcare-center---gardena</p>	9.2.20

RESOURCES FOR South Bay–SPA 8 **Mental Health Services**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Mental Health	Centinela Youth Services, Inc. 11539 Hawthorne Blvd., Hawthorne, CA 90250	Diversion services for youth Hours: Mon-Thurs 8AM-6PM Every other Friday 8AM-5PM	<ul style="list-style-type: none"> • Low-income families / individuals • Adolescents / young adults (over 13 years old) 	(310)970-7702	Email: referrals@cys-la.org https://www.cys-la.org/	9.3.20
Mental Health	Nami Southbay P.O. Box 5295 Torrance, CA 90510	Mental health resources Hours: M-F 8AM-5PM Note: appt. only via zoom or phone	All	(310)892-8046 (310)533-0705	Contact: Paul Stansbury Email: pstans5@aol.com https://namisouthbay.com/	9.15.20
Mental Health	Heritage Clinic 3600 Wilshire Blvd. Suite #2200 LA, CA 90010	Mental health Hours: M-F 8:30AM-5PM	<ul style="list-style-type: none"> • Low income families / individuals • Seniors (over the age of 50 years old) 	(323)314-5959	Contact: Shawn Herz Email: sherz@heritageclinic.org https://heritageclinic.org/	9.4.20
Mental Health	South Bay Center for Counseling (SBCC Thrive LA) 540 N. Marine Wilmington, CA 90744	Mental health, education, legal, immigration, food distribution, job training and placement. Hours: M-F 9AM-5PM	Justice Involved Individuals	(562)833-4991	Contact: Elisea Grimaldo Email: egrimaldo@sbaycenter.com https://www.sbccthrivela.org/	9.3.20

SPA 8: Local Community Resources for COVID-19

		Note: walk-ins allowed, appts preferred.				
Mental Health	Counseling and research associates dba masada homes 108 W. Victoria Street Gardena, CA 90248	Mental health counseling Hours: M-F 10AM-3PM Note: Telehealth appts.	<ul style="list-style-type: none"> • Low-income families/individuals • Infants & children (under the age of 13 years old) adolescents/young • Adults (over the age of 13 years old) • Full scope medi-cal 	(310)715-2020	Contact: Mirna Cedillo Email: GardenaOutptReferrals@masadahomes.org	9.3.20
Mental Health	Pacific Asian Counseling Services 8618 La Tijera Blvd. Los Angeles, CA 90045	Mental health counseling. Hours: M-F 9AM-6PM Note: remote services	<ul style="list-style-type: none"> • Low-income families / individuals • Infants & children (under the age of 13 years old) • Adolescents/young adults (over the age of 13 years old) • Unemployed 	(310)337-1550 ext. 2013	Contact: Tony Figueroa Email: tfigueroa@PACSLA.org http://prod.pacsla.com/	9.16.20
Mental Health	Stages of Life Counseling, Inc. 23133 Hawthorne Blvd. Ste 101A Torrance, CA	Mental health counseling services. Hours: M-F 9AM-5PM Note: Appt. Only	<ul style="list-style-type: none"> • Adolescents/young adults (over the age of 13 years old) • Seniors (over the age of 65 years old) • Couples 	(424)226-6368	Contact: Lisa Holder Email: Elisa@stagesoflifecounseling.com	9.3.20
Mental Health	Helpline Youth Counseling, Inc. 14181 Telegraph Rd.	Mental health counseling, substance use services, food	<ul style="list-style-type: none"> • Low-income families/individuals 	(562)256-6309 (562)273-0722	Contact: Karen Alfaro Email: kalfaro@hycinc.org Contact: Jeff Farber	9.8.20

SPA 8: Local Community Resources for COVID-19

	Whittier, CA 90604	distribution, homeless services. Hours: M-F 8AM-5PM Note: Appt. Only	<ul style="list-style-type: none"> • People experiencing homelessness • Adolescents/young adults (over the age of 13 years old), • LGBTQ 		Email: jfarber@hycinc.org https://www.hycinc.org/	
Mental Health	Access 24/7	Servicing individuals who have severe depressive thoughts due to fear and/or isolation Hours: 24/7	All	(800)854-7771 or text LA to 741741	https://dmh.lacounty.gov	9.3.20
Mental Health	Didi Hirsch Mental Health Services 1007 Myrtle Ave, Inglewood, CA 90301	Crisis residential treatment for adults, psychiatric services, medication support Hours: 24/7	Servicing individuals between the ages of 18-62 years of age	(310) 895-2347 Intake (310) 412-4191	Didihirsch.org	9.3.20
Mental Health	National Suicide Prevention Lifeline 24/7	Suicide prevention hotline Hours: 24/7	All	1(800)273-8255 1(800)628-9454 (Spanish)	https://www.sprc.org/	9.3.20
Mental Health	Didi Hirsch Suicide Prevention LA & Orange County	Suicide prevention Hours: 24/7	All	1(877)727-4747	suicidelifelineprevention.org	9.3.20
Mental Health	Suicide Prevention	Suicide prevention Hours: 24/7	Deaf & hard of hearing	1(800)799-4889		9.3.20

SPA 8: Local Community Resources for COVID-19

Mental Health	Friendship Line	Crisis line for people age 60 years and older, and adults living with disabilities. Hours: 24/7	Seniors (60 years & older) and adults with disabilities	1(800)971-0016	https://www.ioaging.org/	9.3.20
Mental Health	LAUSD Hotlines	Human resources and stress management resources Hours: M-F 8AM-5PM Technology support: Sat & Sun 8AM-5PM	LAUSD employees	(213)241-2700 Employees		9.3.20
Mental Health	Lumos Transforms 454 N. Avenue 56 #1 Los Angeles, CA 90042	Provides mental health supportive services Hours: varies, call for more information	All	(323)254-7775	Contact: Nkem Ndefo Email: info@lumostransforms.com https://lumostransforms.com/	9.16.20
Mental Health	California Youth Crisis Line	24/7 crisis counseling, emotional support, and suicide prevention	California youth 10 years & older	1(800)843-5200	http://calyouth.org/cycl/	9.3.20
Mental Health	Long Beach Mental Health Department 2600 Redondo Ave. 6 th Flr.	Providing mental health services, senior services, education, housing, homelessness services,	Adolescents and Adults	(562)256-2906 – Adolescents (562)256-2900 – Adults	Contact: Keeley Gilmore Email: kgilmore@dmh.lacounty.gov	9.3.20

SPA 8: Local Community Resources for COVID-19

	Long Beach, CA 90806	Hours: M-F 8AM-5PM Adolescents M-F 8AM-6PM Adults				
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RESOURCES FOR South Bay– SPA 8

 **Services for Seniors**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Senior services	California Phones 425 W. Broadway Ste. 105	Free landline phones, Bluetooth phone, accessories for those with hearing, vision, mobility, speech and memory challenges regardless of age or income. Hours: Service Centers 8AM-5PM M-F, Contact Center M-F 7AM-6PM, Sat. 9AM-4PM	No age limited or income required. Must have hearing, vision, mobility, speech or memory challenges, certification from agent, landline or cell phone with bluetooth - unless applying for an accessory where it is not required i.e. artificial larynx.	(818)257-3574	Contact: Theresa Tong Email: ttong@ddtp.org https://californiaphones.org/	8.31.20
Senior services	City of Palos Verdes Estates' Senior Program; PVE Cares	Senior services Hours: M-F 9AM-5PM Note: Appt. Only	Seniors (over the age of 65 years old)	(310)750-9788	Contact: Marcelle Herrera Email: mherrera@pvestates.org	9.15.20

SPA 8: Local Community Resources for COVID-19

	340 Palos Verdes Drive W Palos Verdes Estates, CA 90274					
Food	Torrance Lomita Meals on Wheels 3525 Maricopa St., Torrance, CA 90504	Food distribution Hours: M-F 8:30AM-2:30PM Note: one day per week delivery	Seniors (over the age of 65 years old)	(310)542-3434	Contact: Laura Bohm Email: office@tlmow.org http://tlmow.org/	8.31.20
Senior Services	San Pedro Service Center: Emergency Assistance Food Program 769 W. 3 rd St. San Pedro, CA 90731	Emergency assistance food program for the elderly Hours: M-F 8AM-5PM Note: Schedule an appt. 24 hours in advance	Seniors (over the age of 65 years old)	(310)519-6091	Contact: Greg Robinson Email: grobinson@wdacs.lacounty.gov https://wdacs.lacounty.gov/center/san-pedro/	8.31.20
Senior Services	Wilmington Jaycees Foundation 1371 Eubank Ave. Wilmington, CA 90744	Providing hot meals community members Hours: call to confirm Note: one hot meal is provided the same day of call	Seniors (over the age of 65 years old) Wilmington area only, living alone or living with someone older or disability	(310)518-4533	http://wilmingtonjayceesfoundation.yolasite.com/	8.31.20

SPA 8: Local Community Resources for COVID-19

Senior Services	Meals on Wheels of Long Beach, Inc. PO Box 15688 Long Beach, CA 90815	Food distribution program for seniors: \$8.25 fee, low-income families can qualify for 2 meals delivered; hot & cold meal, desert and carton of milk Hours: M-F 10:30AM-12:30PM	Seniors (over the age of 65 years old)	(562)439-5000	https://mowlb.org/	8.31.20
Senior Services	His Helping Hands 25501 Oak St. Lomita, CA 90717	Provides emergency food for people who live in Harbor City, Lomita, Torrance, and Wilmington & surrounding communities Hours: Thursday 6PM-7PM	All in need	(310)326-2757	https://211la.org/211search/more?site_id=1033859001	8.31.20
Senior Services	First United Methodist Church 1551 El Prado Ave. Torrance, CA 90501	Assisting seniors in need Hours: Every 5th Saturday of the month 11AM-4PM	Seniors (over the age of 65 years old)	(310)328-3242	https://firstumctorrance.org/	8.31.20
Senior Services	City of Gardena Pantry 1670 W. 162 nd St. Gardena, CA 90247	Food pantry Hours: Food delivery for seniors 60+: Monday 11AM-1PM	Seniors (over the age of 65 years old) Gardena residents only	(310)217-9552 Senior waiting list	https://www.cityofgardena.org/emergency-services-food-pantry/	8.31.20

SPA 8: Local Community Resources for COVID-19

		<p>Gardena residents: Tuesday 11AM-1PM</p> <p>Note: must make an appt and utility bill required once per month.</p>				
Senior Services	<p>Salvation army's meals on wheels program</p> <p>125 W. Beryl St. Redondo Beach</p>	<p>Food distribution for the elderly</p> <p>Hours: MWF 9AM-4PM</p> <p>Note: No reservations required</p>	All	(310)318-2827	https://redondobeach.salvationarmy.org/	9.1.20
Senior Services	<p>City of Manhattan Beach</p> <p>Manhattan Beach, CA 90266</p>	<p>Grocery and prescription medications drop off.</p> <p>Hours: M-F 6:30AM-5:30PM Sat & Sun: 8AM-5PM</p> <p>Note: Only for Manhattan Beach Resident</p>	Manhattan Beach Residents only	(310)802-5010		9.1.20
Senior Services	<p>Carson Community Center</p> <p>801 E. Carson St.</p>	<p>Lunch pick up for seniors</p> <p>Hours: M-Th 11AM</p>	Providing meals for seniors while supplies last	<p>Resource Hotline</p> <p>M-F 8AM-5PM</p> <p>(310)952-1750</p>		9.2.20
Senior Services	Ralphs	Regular hours for everyone	All	(310)518-4191		9.1.20

SPA 8: Local Community Resources for COVID-19

	650 E. Carson St. Carson, CA 90745	Hours: daily 6AM-10PM				
Senior Services	Albertsons 110 E. Carson St. Carson, CA 90745	Priority shopping hours for seniors and people with disabilities Hours: M-F 6AM-7AM	All	(310)835-6402		9.1.20
Seniors Services	Normandale Recreation Center 22400 Halldale Ave. Torrance, CA 90501	LA County is providing free meals to older adults age 60+ and older who are impacted by COVID-19 crisis Hours: call for more information	Seniors (60+)	1(888)510-2020 (213)482-7252		9.2.20

RESOURCES FOR South Bay– SPA 8

 **Substance Abuse**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Substance Abuse Prevention	Asian American Drug Abuse Program, Inc. 652 E. Manchester Blvd.	Substance abuse education / prevention, job training and placement, and harm education / syringe access and disposal.	All	(424)331-5799	Contact: Terri Reynolds Email: treynolds@aadapinc.org https://aadapinc.org/	9.8.20

SPA 8: Local Community Resources for COVID-19

	520 N. LaBrea Ave.	Hours: M-F 9AM-6PM Note: Walk-ins allowed				
Substance Abuse Prevention	Asian American Drug Abuse Program, Inc. 13931 Van Ness Ave. Gardena, CA 90249	Mental health and substance abuse services Hours: M-F 10AM-7PM Note: they are accepting community referrals & walk-ins are allowed	All	(310)768-8018	Contact: Omar Valdez Email: ovaldez@aadapinc.org https://aadapinc.org/	9.8.20
Substance Abuse Prevention	Asian American Drug Abuse Program, Inc. 2900 Crenshaw Blvd., Inglewood, CA 90016	Mental health, substance use services, food distribution, homeless services, job training and placement, and unemployment Counselor Hours: M-F 9AM-6PM Resource Center Hours: M-W 10AM-3PM TH 10AM-3PM Note: walk-ins allowed	All	(323)293-6284	Contact: Paulina Hong Email: phong@aadapinc.org Contact: Jeanne Shimatsu Email: jshimatsu@aadapinc.org https://aadapinc.org/	9.8.20
Substance Abuse	American Addiction Center	Substance use services and detox intakes Hours: 24/7	Adults with commercial insurance, blue cross and blue shield of CA in network at California facility	(424)333-6456	Contact: Brian Whisenant Email: bwisenant@contactaac.com https://americanaddictioncenters.org/	9.17.20

SPA 8: Local Community Resources for COVID-19

Substance Abuse	Options for Recovery 1124 W. Carson St. N-33 Torrance, CA 90502	Substance use services for women in need who have already completed another LA County funded SUD program Hours: M-F 8AM-5PM Sat 7AM-3:30PM	Women / children with SUD issues or concerns. Have a daycare during normal operations for Children 5 & under while mothers are in treatment	(310)222-5410	Contacts: Sylvia Becerra, Darlene Walker & Lynda Sanchez Email: Sylvia Becerra sbecerra@Lundquist.org Darlene Walker dwalker@lundquist.org	9.8.20
Substance abuse	Tarzana Treatment Centers, Inc. 8330 Reseda Blvd. Northridge, CA 91324	Medical, mental health, substance use services, education, immigration, homeless services, and unemployment. Hours: M-F 8AM-5PM Note: appts. preferred	All	(818) 654-3950 x 1230	Contact: Noor Sajid Email: nsajid@tarzanatc.org https://www.tarzanatc.org/	9.8.20
Substance Abuse Program	Family for Children 2500 W Manchester ave Inglewood ca 90305	Assessing by Phone only. Hours: 8am to 6pm. Note: If Client needs to be seen, they will be transferred to Social Worker	All	(310)213-8860	http://www.familiesforchildren.org/	9.16.20
Substance abuse/ Mental Health	Shields for Family	Taking calls and clients are been transferred to the Case manager &	All	(323) 242-5000	https://www.shieldsforfamilies.org/	9.8.20

SPA 8: Local Community Resources for COVID-19

	11601 S Western Ave, Los Angeles, CA 90047	are doing client sessions via Zoom Hours: M-F 8:30AM-5PM				
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RESOURCES FOR South Bay– SPA 8

 **Other Services**

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Variety	LA County Probation Dept. DV Unit 8240 Broadway Ave. Whittier, CA 90606	Mental health, substance use services, senior services, legal and re-entry resources. Hours: M-F 8AM-5PM Note: Appt. Only	<ul style="list-style-type: none"> • Low-income families/individuals • People experiencing homelessness • Adolescents and young adults (over the age of 13 years old) • Seniors (over the age of 65 years old) • Unemployed • Undocumented • Justice involved individuals 	(562)908-3181	Contact: Melissa Leon Email: Melissa.leon@probation.lacounty.gov https://probation.lacounty.gov/domestic-violence-monitoring/	9.16.20
County Benefits	Maternal and Child Health Access 1111 W. 6 th St. 4 th Flr.	Health insurance & Cal-Fresh enrollment assistance Hours: M-F 9AM-5PM	<ul style="list-style-type: none"> • Homeless • Immigrant • Seniors – but servicing all 	(213)749-4261 Ext. 309	Contact: Lynn Kersey Email: lynnk@mchaccess.org http://www.mchaccess.org/	9.15.20

SPA 8: Local Community Resources for COVID-19

	Los Angeles, CA 90017					
Variety	<p>Little Tokyo Service Center</p> <p>231 E. 3rd St. Ste. G106 Los Angeles, CA 90013</p>	<p>Mental health, senior services, childcare, housing, food distribution, health insurance enrollment assistance, small business assistance</p> <p>Hours: M-F 9AM-5PM South Bay Note: Appt. Only</p>	Japanese-speakers of any demographic category in LA County	(213)473-3035	<p>Contact: Amy Phillips Email: aphillips@ltsc.org</p> <p>https://www.ltsc.org/</p>	9.8.20
Variety	<p>St. Margaret's Center / Catholic Charities of Los Angeles</p> <p>10217 S. Inglewood Ave. Inglewood, CA 90304</p>	<p>Immigration support, food distribution, homeless services, and diaper distribution.</p> <p>Hours: M-F 8:30AM-5PM Homeless Services: 9AM-4PM Grocery Services: only Wednesday 1:30PM-3:30PM</p> <p>Note: appt. only</p>	<ul style="list-style-type: none"> • Low-income families/individuals • People experiencing homelessness • Seniors (over the age of 65 years) • Undocumented immigrants • Justice involved individuals 	(310)672-2208	<p>Contact: Yesica Villalobos Email: yvillalobos@ccharities.org</p>	9.8.20
Variety	<p>Harbor Interfaith Services</p> <p>670 W. 9th St. San Pedro, CA 90731</p>	<p>Senior services, housing, food distribution, and homeless services.</p> <p>Hours: M-F 8:30AM-5:30PM Note: appt. only.</p>	All	(310)831-0603 Ext. 243	<p>Contact: Shari Weaver Email: sweaver@harborinterfaith.org</p>	9.8.20

SPA 8: Local Community Resources for COVID-19

		First timers must provide ID				
Variety	Hawthorne School District 14120 S. Hawthorne Blvd. Hawthorne, CA 90250	Mental health, education, and food distribution. Hours: M-F 8AM-4:30PM	District staff and students	(310)676-2276	Contact: Sonya Smith Email: ssmith@hawthornesd.org	9.8.20
Variety	Beach Cities Health District 1200 Del Amo St. Redondo Beach, CA 90277	Senior services, mental health, and food distribution. Hours: open daily 8:30AM-5PM Note: submit online request	All	(310)697-6226	Contact: Ali Steward Email: ali.steward@bchd.org Online request: https://app.smartsheet.com/b/form/1cd99bda980848f18e7ab2e44eabc8f9	9.8.20
Utility & Groceries Assistance	St Margaret's Center 10217 S Inglewood Ave, Inglewood, CA 90304	Utility: call Tuesdays at 11am Will help people with paying utility bill depending on the budget of the week Groceries: will help with groceries Mondays 8AM- 5PM	All *Seniors are priority	(310) 672-2208		9.8.20
Legal Support	Legal Aid Foundation of Los Angeles 601 Pacific Ave.	Free legal services Hours: M-F 9AM-5PM	All	(800)399-4529	lafla.org/get-help	9.8.20

SPA 8: Local Community Resources for COVID-19

	Long Beach, CA 90802					
Other	Uniform Service Solutions Company 1822 ½ Carmona Ave. Los Angeles, CA 90019	Cleaning of non- rental employees uniforms Hours: 9AM-5PM	All	(323)879-9154	Contact: Mark Coleman Email: markcoleman87@yahoo.com	9.8.20
Variety	YMCA of Metropolitan Los Angeles 4301 W. 3 rd St., LA, CA 90020	Senior services, childcare, immigration, food distribution, homeless services, blood drives Hours: varies by branch Note: taking in- person (walk-in)	All	(213)351-2204 – Referrals only (213)380-6448 – Public Line	Contact: Lisa Van Ingen Pope Email: lisvaningenpoppe@ymcala.org https://www.ymcala.org/	9.9.20
Other	Disaster Help Center	Providing referrals for housing, healthcare, and food banks Hours: M-F 8AM- 5:30PM	Adults	(833)238-4450	Email: disasterhelpcenter@lacounty.gov https://lacountyhelpcenter.org/?utm_medium=email&utm_source=govdelivery	9.8.20
Other	LA County Consumer & Business Affairs	Providing information and resources regarding rent stabilization, landlord and tenant issues	Adults	(800)593-8222 - within LA County	https://dcba.lacounty.gov/noevictions/	9.8.20

SPA 8: Local Community Resources for COVID-19

		<p>Hours: M-F 8AM-4:30PM Sat. 8AM-12PM, hours can be extended to 3PM, but please visit website to confirm branch hours</p>		<p>(213)974-1452 – outside of LA County</p> <p>Rent stabilization and tenant protections (833)223-7368</p>		
Pets	ASPCA	<p>Providing free pet food and drive-thru appointments</p> <p>Note: Call for further information. Must schedule for pet pantry food pick up</p>		(800)738-9437	https://www.asPCA.org/animal-protection/los-angeles-initiative/los-angeles-resources	9.8.20

Coronavirus (COVID-19) Informational Resources:

- ✚ **For latest information on COVID-19 in LAC including health officer orders, latest guidance documents, press releases and other information for specific populations:**

publichealth.lacounty.gov/media/Coronavirus

- ✚ The drop down menu labeled **Information For Individuals, Families, Population Groups** provides [Guidance for Individuals and Households](#) along with guidance for other population groups such as caregivers, immigrants, pregnant women and more.

- ✚ **For information on testing:**

Mobile testing sites: covid19.lacounty.gov/testing

Public Health Lab: publichealth.lacounty.gov/acd/ncorona2019

- ✚ **Residents can also receive regular updates through LA County Public Health social media channels:**

Instagram: [@lapublichealth](https://www.instagram.com/lapublichealth)

Facebook: [@lapublichealth](https://www.facebook.com/lapublichealth)

Twitter: [@lapublichealth](https://twitter.com/lapublichealth)

- ✚ **To report a violation:**

Customer Call Center:

(888) 700-9995 (M-F 8:00 a.m.-5:00 p.m.)

Email: Ehmail@ph.lacounty.gov

[File an online complaint with Environmental Health](#)

- ✚ **Other important web addresses:**

- California Department of Public Health: www.cdph.ca.gov/covid19
- Centers for Disease Control: cdc.gov/coronavirus