



DIABETES PREVENTION AND MANAGEMENT RESOURCE GUIDE

This resource guide is intended to support diabetes prevention and management programs in identifying resources throughout Los Angeles County.

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Contents

- What is the National Diabetes Prevention Program (National DPP)? 2
- National DPPs in Los Angeles County..... 2
- What is Diabetes Self-Management Education and Support (DSMES)? 4
- DSMES Programs in Los Angeles County..... 4
- What is a Complementary Diabetes Support Program? 6
- Complementary Diabetes Support Program in Los Angeles County..... 6
- Social Needs Resources..... 6
 - Food insecurity* 7
 - Housing insecurity*..... 9
 - Transportation*..... 10
 - Education and employment* 11
 - Intimate partner violence*..... 12
 - Clothing and utilities* 12
 - Mental health support* 13

What is the National Diabetes Prevention Program (National DPP)?

The National Diabetes Prevention Program (National DPP) is a one-year Centers for Disease Control and Prevention (CDC) recognized lifestyle change program designed to delay or prevent type 2 diabetes. The National DPP utilizes certified lifestyle coaches to help participants make lasting behavior changes such as healthy eating, increasing physical activity, and improving problem-solving skill. The program consists of two phases: the core phase and the maintenance phase. The core phase (months 1-6) offers 16 structured sessions focused on skill building. The maintenance phase (months 7-12) offers 6 sessions focused on lifestyle change maintenance and navigating barriers. The program is offered in various delivery modes: *in-person*, *online*, *distance learning*, and *combination*. *In-person* programs are offered 100% via in-person participation at the organization's desired location. *Online* programs are delivered online without live instruction (i.e., asynchronous learning). *Distance learning* programs are conducted via remote classroom learning or via telehealth, where the lifestyle coach delivers the program through live instruction (i.e., synchronous learning). Lastly, *combination* programs use a mix of delivery methods, either in-person, online, or distance learning.

There are 29 organizations in Los Angeles County offering National DPP, 21 of which offer programs open to the public.

National DPPs in Los Angeles County

This section provides a list of National DPP organizations offering the program to the public according to the DPRP Registry as of June 2024. To obtain a full list of all National DPP organizations nationwide, you may search the following webpage: <https://dprp.cdc.gov/Registry>.

Name	Address	Phone Number	Delivery Mode
A Vision of Health	17247 Bircher St., Granada Hills, CA 91344	(310) 628-4191 (818) 723-6111	Distance-learning, In-person
AAA Comprehensive Healthcare Inc.	7451 Lankershim Blvd., N Hollywood, CA 91605	(818) 503-9800	In-person
Diabetes Care Partners	336 1/2 S Glendora Ave., St., C, WeSt., Covina, CA 91790	(877) 227-3889	Combination
Heali AI	1431 Ocean Ave., #100, Santa Monica, CA 90401	(213) 537-3810	Online
Herbalife	950 W 190Th St., Torrance, CA 90502	(213) 308-9257	Online
inHealth Medical Services, Inc.	1801 Century Park East, 24th Floor, Los Angeles, CA 90067	(888) 219-5299	Distance-learning
The Wellness Center at LAC + USC Medical Center Foundation, Inc.	1200 N State St., #1008 Los Angeles, CA 90033	(213) 784-9191	In-person

Marilyn Magaram Center for Food Science, Nutrition, and Dietetics	18111 Nordhoff St., Northridge, CA 91330	(818) 677-3102	Distance-learning
Mission City Community Network, Inc.	8527 Sepulveda Blvd., North Hills, CA 91343	(818) 895-3100	In-person
Northeast Valley Health Corporation	1172 N. Maclay Ave., San Fernando, CA 91340	(818) 270-9508	Combination, In-person
Northridge Hospital Medical Center	18300 Roscoe Blvd., Northridge, CA 91325	(818) 718-5951	In-person
Pre-Diabetes Professional Training Center	14500 Roscoe Blvd., 4th Floor, Panorama City, CA 91402	(844) 786-7362	In-person
Providence California	15451 San Fernando Mission Blvd, Mission Hills, CA 91345	(213) 266-7737	In-person
Providence Community Health	11201 Herrick Ave., Room 3, Pacoima, CA 91331	(818) 847-3860	Distance-learning
Providence Little Company of Mary	470 Hawaiian Ave., Wilmington, CA 90744	(310) 514-5483	In-person
Samuel Dixon Family Health Center, Inc.	25115 W Ave. Stanford Rd., Suite A-104, Valencia, CA 91355	(661) 402-2319	Distance-learning
San Fernando Community Health Center	732 Mott St., Suite 100, San Fernando, CA 91340	(818) 963-5690 Ext: 126	In-person
Tanner Care	825 S Myrtle Ave., Monrovia, CA 91016	(626) 471-9710	In-person
To Help Everyone Health and Wellness Center	3834 S. Western Ave., Los Angeles, CA 90062	(323) 730-1920 Ext: 3062	In-person
Vida Health	20500 Belshaw Ave., Dpt# EXCA1377, Carson, CA, 90746	(415) 989-1017	Online
Watts Healthcare Corporation	10300 Compton Ave., Los Angeles, CA 90002	(323) 564-4331 Ext: 3411	In-person

What is Diabetes Self-Management Education and Support (DSMES)?

The Diabetes Self-Management Education & Support (DSMES) program is intended to help people with diabetes better manage their chronic condition. The CDC defines DSMES as the ongoing process of facilitating the knowledge, skills, and ability necessary for diabetes self-care, as well as activities that assist a person in implementing and sustaining the behaviors needed to manage their condition on an ongoing basis, beyond or outside of formal self-management training. DSMES programs provide 10 hours of diabetes education and follow an evidence-based diabetes management service model shown to have a positive impact on lifestyle changes resulting in prevention or delay of diabetes complications and improved quality of life. DSMES programs have been linked to positive changes in diabetes-related social and emotional coping, as well as health behaviors and outcomes, including improvements in blood pressure, hemoglobin A1c, and cholesterol. DSMES is referred to by several names depending on the payer or organization – Diabetic Self-Management Training (DSMT), Diabetes Self-Management Education (DSME), and Diabetes Self-Management Support (DSMS) – but all refer to the same services. DSMES programs can be accredited and/or recognized by two entities: the Association of Diabetes Care & Education Specialist (ADCES) and the American Diabetes Association (ADA). In Los Angeles County, there are 30 organizations offer a DSMES program.

DSMES Programs in Los Angeles County

This section provides a list of DSMES programs in Los Angeles County. To obtain a full list of all DSMES programs nationwide, you may search the following webpages: <https://www.adces.org/program-finder> for ADCES accredited programs and <https://diabetes.org/tools-resources/diabetes-education-programs> for ADA recognized programs.

ADCES-Accredited DSMES Programs		
Organization Name	Address	Phone Number
AHF Pharmacy - East L.A.	5356 Whittier Blvd., Los Angeles, CA 90022	760-295-2625
AHF Pharmacy - East L.A.	19300 S Hamilton Ave., Ste 110, Gardena, CA 90248	310-386-0527
Diabetes Center Los Angeles	7601 Canby Ave., #7, Reseda, CA 91335	818-962-0003
International Pre-Diabetes Center Inc. (Pre-Diabetes Professional Training Center)	14500 Roscoe Blvd., 4th Floor, Panorama City, CA 91402	818-625-6756
Mission City Community Network, Inc	8527 Sepulveda Blvd., North Hills, CA 91343	818-895-3100
San Fernando Community Hospital (San Fernando Community Health Center)	732 Mott St., Suite 100-110, San Fernando, CA 91340	818-963-5690

Total Care Pharmacy	19409 Soledad Canyon Rd., Santa Clara, CA91351	661-250-3800
WesternU Health	795 E. Second St., Suite 5, Pomona, CA 91766	909-469-8293
Woori Pharmacy	266 S Harvard Blvd., Suite 120, Los Angeles, CA 90004	213-384-6323

ADA-Recognized DSMES Programs		
Organization Name	Address	Phone Number
Adventist Health White Memorial - Diabetes Programs	1720 Cesar E. Chavez Ave., Los Angeles, CA 90033	323-307-8921
City of Hope	1500 East Duarte Rd., Duarte, CA 91010	626-218-2251
Community Medical Wellness Center USA	1360 E. Anaheim St., Long Beach, CA 90813	562-981-6907
Children's Hospital Los Angeles- Comprehensive Childhood Diabetes Center	4650 Sunset Blvd., #61, Los Angeles, CA 90027	323-361-4606
Diabetes Care Partners: Discovering Diabetes Program	336 1/2 S. Glendora Ave., West., Covina, CA 91790	626-814-0111
Cedars-Sinai Medical Center- Diabetes Outpatient Treatment & Education Center	8723 Alden Dr., SSB 290, Los Angeles, CA 90048	310-423-3870
Dignity Health Glendale Memorial Hospital Diabetes and Nutrition Program	1420 South Central Ave., Glendale, CA 91204	818-507-4616
Chaparral Medical Group, Inc.- Inland Valley Disease Management Clinic	1904 N. Orange Grove, Pomona, CA 91767	909-469-1823
L.A. Care Health Plan	1055 West 7th St., 10th Floor, Los Angeles, CA 90017	213-694-1250 Ext. 4495
Long Beach Memorial - Outpatient Diabetes Clinic	2801 Atlantic Ave., Long Beach, CA 90806	562-933-5043
Marilyn Magaram Center for Food Science, Nutrition, and Dietetics	18111 Nordhoff St., Northridge, CA 91330	818-677-3102
Mini Pharmacy	2425 Porter St., Los Angeles, CA 90021	888-545-6464
Nutrition and Wellness Center (formerly Diabetes Education Center)	12462 Putnam St., #303, Whittier, CA 90602	562.698.0811 Ext. 11320
Population Health: Diabetes & Specialty Care Centers: Queen of the Valley Hospital	1135 S. Sunset Ave., Suite 315, West Covina, CA 91790	626-857-3477
Providence Holy Cross Diabetes Program	15031 Rinaldi St., Mission Hills, CA 91346	818-496-4310

Providence Little Company of Mary Medical Center - San Pedro	1300 West 7th St., San Pedro, CA 90732	310-832-3311
Providence Little Company of Mary Medical Center-Torrance	4101 Torrance Blvd., Torrance, CA 90503	310-303-5358
St. Mary Pharmacy - Northridge	8254 White Oak Ave., Unit 4, Northridge, CA 91325	818-975-8004
St. Mary Pharmacy - Chatsworth	9917 Topanga Canyon Blvd., Chatsworth, CA 91311	818-961-4521
To Help Everyone Wellness Center	3834 S. Western Ave., Los Angeles, CA 90062	323-730-1920
Torrance Memorial Medical Center-Diabetes Self-Management Education Program	2841 Lomita Boulevard, Suite 335, Torrance CA 90505-5073	310-891-6707
UCLA Gonda (Goldschmied) Diabetes Center	200 UCLA Medical Plaza, Suite 530, Los Angeles, CA 90095	310-825-7922
WesternU Health	795 E. Second St., Suite 5, Pomona, CA 91766	909-865-2565

What is a Complementary Diabetes Support Program?

Complementary diabetes support programs and services are programs that help people with diabetes implement self-management behaviors and address challenges that occur in day-to-day life. Examples of complementary diabetes support programs include: DECIDE Diabetes Self-Management Program, Project Dulce, Self-Management Resource Center (SMRC) Self-Management Program, Diabetes Empowerment Education Program (DEEP), Diabetes Peer-to-Peer Mentoring program, and Live in Control/Vivir en Control.

Complementary Diabetes Support Program in Los Angeles County

In Los Angeles County, there is one known organization offering complementary diabetes support programs.

Organization Name	Address	Phone Number	Program Offered
The Wellness Center	1200 N. State St., Los Angeles, CA 90033	213-784-9191	Self-Management Resource Center Self-Management Program in English and Spanish

Social Needs Resources

Social needs are social and economic conditions individuals experience that affect their ability to maintain their health and well-being. Examples of social needs include food insecurity, housing instability, underemployment, and utility needs. They reflect access to care, personal resources, and capacity to make healthy choices. Often, social needs impact the ability for people with prediabetes or diabetes to improve their health and wellbeing.

There are various platforms that an individual can utilize to search for resources that can help address social needs such as:

- **211-LA** - a locally based, nonprofit guide to the services & information needed to navigate life in Los Angeles: <https://211la.org/>
- **One Degree** - helps individuals find community resources such as food, housing, job training, after-school programs, and much more: <https://www.1Degree.org>
- **Findhelp** - the largest network of free or reduced-cost social services such as medical care, food, job training, and more: <https://www.findhelp.org/>

The following section includes resources for addressing: food insecurity, housing insecurity, transportation, education, intimate partner violence, clothing and utilities, and social and emotional support. If you need additional resources, we encourage you to use the various platforms listed above to find resources closer to your service area.

Food insecurity

CalFresh can help families get access to healthy food. Individuals can use CalFresh benefits at most grocery stores and even farmers markets to buy items such as bread, nuts, rice, and more. CalFresh is open to families who are U.S. citizens and legal residents. It's also open to people with a qualified immigration status. People 60+ and disabled may have a higher income and still qualify. Individuals can apply to CalFresh by visiting their local [Department of Public Social Services](#) or visiting GetCalFresh.org.

The following are additional resources such as food banks and food distribution centers to support food insecurity.

Organization Name	Address	Phone Number	Description
Antelope Valley Partners for Health (AVPH)	858 W Jackman St., Lancaster, CA 93534	661-942-4719	AVPH offers health education, food distribution, and referrals for hot meals.
Catholic Charities of Los Angeles, Inc.	7309 Van Nuys Blvd., Van Nuys CA 914095	818-997-0943	Catholic Charities provides food services through their food pantries and food distribution sites.
Centro De Vida International Church Movement	9251 Burnet Ave., North Hills CA 91343	818-892-2838	Centro de Vida International Church Movement offers a bi-weekly food pantry to help meet the nutritional needs of families and individuals in the community.
Living Water Worship Center	1111 W Ave L-12, Lancaster, CA 93534	661-313-6240	Living Water Worship Center offers a food pantry open to the public. The pantry is open on Saturdays at 10:45 AM. Come between 8:30 AM and 10:00 AM to pick up a ticket.

Los Angeles Regional Food Bank	1734 East 41st Street Los Angeles, CA 90058 2300 Pellissier Place City of Industry, CA 90601	323-234-3030	Los Angeles Regional Food Bank offers the Food Pantry Locator to help families find their local food pantry and CalFresh outreach.
Market Match	Various farmer's markets throughout Los Angeles County	866-613-3777	Market Match is a program for people on CalFresh to help them buy healthy food at participating farmers markets. For every dollar of CalFresh benefits, the program gives an extra \$1 in Market Match tokens or vouchers that can be used to buy fruits and vegetables.
Maternal Health and Child Access (MCHA)	350 S Bixel St., Suite 150, Los Angeles, CA 90017	213-749-4261	MCHA provides direct services and advocacy to support women and their families focusing on CalFresh and Medi-Cal enrollment as well as medically tailored meals.
Meet Each Need with Dignity (MEND)	10641 N. San Fernando Rd., Paocima, CA 91331	818-896-0246	MEND offers a food pantry, food bank, and a health market which provides food options for people with chronic health conditions.
North Valley Caring Services (NVCS)	15453 Rayen St., North Hills, CA 91343	818-891-0481	NVCS offers a food pantry for residents of the Northeast San Fernando Valley area.
Project Angel Food	922 Vine St., Los Angeles, CA 90038	323-845-1800	Project Angel Food prepares and delivers healthy meals to feed people impacted by serious illness.
Salvation Army Compton Corps	736 E. Compton Blvd, Compton, CA 90221	310-639-0362	The salvation army provides access to free, fresh produce and canned goods, sit-down meals, and mobile meals.
Salvation Army Santa Clarita Valley Corps	22935 Lyons Ave., Santa Clarita CA 91321	661-799-5841	The salvation army provides access to free, fresh produce and canned goods, sit-down meals, and mobile meals.
Santa Clarita Grocery (SGC)	21177 Centre Point Parkway, Santa Clarita, CA 91350	661-425-7576	SCG provides weekly groceries to Santa Clarita

			Valley residents challenged with food insecurity.
Santa Clarita Valley Senior Center (60+ focused)	27180 Golden Valley Rd., Santa Clarita, CA 91350	661-259-9444	The Senior Center offers a variety of elderly nutrition programs such as congregate meals and home delivered meals.
Seeds of Hope	860 Echo Park Ave., Los Angeles, CA 90026	213-482-2040	Seeds of Hope provides healthy food for those in the community who are in need at several locations throughout the county as well as gardening opportunities.
Santa Clarita Valley Food Pantry	24133 Railroad Ave., Newhall, CA 91321	661-255-5001	The food pantry provides food distribution on a short-term, supplemental, need-basis without regard to applicants' religion, ethnicity, race, gender, age, or sexual orientation.
The Wellness Center	1200 N. State St., Los Angeles, CA 90033	213-774-9191	The Wellness Center offers healthy cooking classes, food distribution, and supports individuals in applying to CalFresh.
Women, Infants, and Children (WIC) Program	Various throughout Los Angeles County	888-942-9675	WIC provides eligible families with nutrition education, breastfeeding support, referrals to health care and community services, and a WIC card to buy healthy foods.

Housing insecurity

The following are resources for housing support ranging from eviction support to understanding tenant rights. If you need public housing assistance or would like specific information about public housing programs such as housing choice vouchers, please contact your [local Public Housing Agency](#).

Organization Name	Address	Phone Number	Description
Ascencia	1851 Tyburn St., Glendale CA 91204	818-246-7900	Ascencia works to move clients from sleeping on the streets or in other unstable environments, to residing in a stable and safe housing.

Jovenes Inc.	1208 Pleasant Ave., Los Angeles, CA 90033	(323) 260-8035	Jovenes, Inc provides homeless youth with housing solutions which allow them to recover from trauma, plan for their future, and thrive.
Neighborhood Legal Services of Los Angeles County (NLSLA)	13327 Van Nuys Blvd., Pacoima, CA 91731	800-433-6251	NLSLA provides individuals with legal advocacy for housing, public benefits, employment benefits, and immigration.
PATH	18255 Victory Blvd., Reseda, CA 91335	818-705-2345	PATH provides a variety of services for neighbors experiencing homelessness that include employment, outreach, homelessness prevention, housing navigation, interim housing, rapid rehousing, and permanent supportive housing.
Watts Labor Community Action Committee (WLCAC)	10950 S. Central Ave., Los Angeles, CA 90059	323-563-5630	WLCAC provides low-income, Section 8, and assisted living housing to qualifying families and senior citizens in South Central LA.

Transportation

Metro has various discount ride programs such as *GoPass* for K-12 and community college students and *Low-Income Fare is Easy* for residents of low income households to ride for free or at a reduce cost. To learn more about these programs, visit the Metro webpage at: <https://www.metro.net/riding/fares/>.

Individuals may also reach out to their health insurance to inquire about transportation benefits to get to and from their medical appointments. Some health insurances provide additional transportation to obtain social needs resources.

Below are additional transportation resources found throughout Los Angeles County.

Organization Name	Address	Phone Number	Description
Access	Countywide	800-827-0829	Access transportation service is available for any ADA paratransit eligible individual to any location within ¼ of a mile of any fixed bus operated by the Los Angeles County public fixed route bus operators and

			within ¼ of a mile around METRO Rail stations.
Aging Next	141 Spring St., Claremont, CA 91711	909-621-9900	Aging Next offers friendly door-through-door transportation services provided by volunteer drivers to enable seniors and the disabled to maintain their independence.

Education and employment

The following are resources to support educational opportunities such as adult English classes, employment, and career training opportunities.

Organization Name	Address	Phone Number	Description
Center for Living and Learning (CLL)	14549 Archwood St., #221, Van Nuys, CA 91405	818-781-1073	CLL prepares individuals transitioning from rehabilitation or with barriers to employment to enter the workforce and become contributing members of society.
Chrysalis	522 S. Main St. Los Angeles, CA 90013	213-806-6300	Chrysalis provides one-on-one support for employment opportunities, resume writing, online job application assistance, and transitional job opportunities.
East Los Angeles Occupational Center (ELAOC)	2100 Marengo St., Los Angeles, CA 90033	323-276-7000	ELAOC provides short-term career and technical training, classes in English as a second language (ESL), and classes leading to a high school diploma and/or preparation for the high school equivalency test.
El Centro de Amistad (ECDA)	566 South Brand Blvd, San Fernando, CA 91340	818-898-0223	ECDA offers employment services such as application assistance, job referrals, and resume development as well as education assistance such as tutoring, college application support, and summer learning programs.
El Proyecto del Barrio	11844 Glenoaks Blvd., San Fernando, CA 91340	747-877-3030	El Proyecto's YouthSource Centers provide comprehensive employment

			and training services for youth ages 16-24 throughout the San Fernando Valley.
Career and Workforce Education at Los Angeles Mission College	13356 Eldridge Ave., Sylmar, CA 91342	818-364-7600	Offers technical training, and work-based learning experiences needed to qualify for and excel in the well-paying career of their choice.
North Valley Occupational Center	11450 Sharp Ave., Mission Hills, CA 91345	818-256-1400	Offers educational and training opportunities such as basic education, career technical education, and ESL/citizenship classes.

Intimate partner violence

The following are resources to help individuals who are experiencing intimate partner violence.

Organization Name	Address	Phone Number	Description
East Los Angeles Women Center (ELAWC)	1431 S Atlantic Blvd., Los Angeles, CA 90022	323-526-5819	ELAWC provides sexual assault services, domestic violence services, and support for human trafficking survivors.
Haven Hills	7112 Owensmouth Ave., Canoga Park, CA 91303	818-887-7481	Haven Hills provides safety, shelter, and support to domestic violence survivors.
Jewish Family Services LA (JFSLA)	330 N. Fairfax Ave., Los Angeles, CA 90036	877-275-4537	JFSLA is a comprehensive network of support services for food insecurity, domestic violence, aging, mental health, and children/families.
Peace Over Violence	1541 Wilshire Blvd., Los Angeles, CA 90017	213-955-9090	Peace Over Violence provides crisis intervention services and violence prevention education.
Young Women's Christian Association (YWCA) of Greater Los Angeles	1020 S. Olive St., Los Angeles, CA 90015	213-365-2991	The YWCA Greater Los Angeles provides comprehensive services for all survivors of sexual assault, rape, human sex trafficking, and other forms of sexual violence.

Clothing and utilities

The following are resources where individuals can receive support for utilities and/or clothing needs.

Organization Name	Address	Phone Number	Description
Assistance League of Downey	7749 Florence Avenue Downey, CA 90241	562- 869-0232	Assistance League of Downey provides new school clothes to kids in need.
Catholic Charities of Los Angeles, Inc.	7309 Van Nuys Blvd., Van Nuys CA 914095	818-997-0943	Catholic Charities provides support services to families such as food, clothing, rent, and utilities stipends. Financial assistance for rent, utilities, and transportation is subject to funding availability and may have geographical restrictions.
Chicas Mom	13420 Van Nuys Blvd., Pacoima CA 91331	818-447-3811	Chicas Mom supports Latinas by providing Spanish-language educational workshops, seminars, social events, food and clothing drives
Maravilla Foundation	5729 E. Union Pacific Ave., Commerce, CA 90022 8534 Van Nuys Blvd., Panorama City CA 91402	323-721-4162	Maravilla Foundation provides utility assistance and residential lead abatement services to assigned lead-paint contaminated homes.

Mental health support

The following are local resources that offer individuals with social and emotional support through therapy, support groups, art, etc.

Organization Name	Address	Phone Number	Description
Alma Family Services	4701 E. Cesar Chavez Ave., Los Angeles, CA 90022	323-881-3799	Alma Family Services screens and assesses clients for barriers to self-sufficiency. They develop coordinated space plans with collaborative goals and offer support groups focusing on stress management, grief and loss, parenting, and anger management.
Hillview Mental Health Center, Inc.	12450 Van Nuys Blvd., Pacoima, CA 91331	818-896-1161	Hillview Mental Health Center offers a full range of outpatient behavioral health and substance use disorder

			services. They help clients assess their needs, goals, and strengths to empower them to live as independently as possible as participating members of the community.
Independent Living Center of Southern California (ILCSC)	14354 Haynes St., Van Nuys, CA 91401	818-988-9525	ILCSC provides traumatic brain injury support services, disability peer support, and advocacy services.
National Alliance on Mental Illness (NAMI) Antelope Valley	44349 Lowtree Ave., Lancaster, CA 93534	661-341-8041	NAMI provides education, support, and advocacy on mental health.
Painted Brain	5980 W Pico Blvd., Los Angeles, CA 90035	213-289-3578	Painted Brain provides peer services, mental health services, and life skills development.
Shields for Families	600 N. Alameda St. E. Compton, CA 90223	323-242-5000	Shields for Families provides mental health services to children and families such as psychosocial assessments, individual, group, and family therapy, medication support services, psychiatric services and testing, case management, and educational services.
Single Mothers Outreach (SMO)	24781 Valley St., Newhall, CA 91321	661-288-0117	SMO provides training programs for parents to stop financial free-fall and learn life skills to successfully raise their families
Somos Familia Valle	12411 Sheldon St., Sun Valley, CA 91352	818-669-2535	Somos Familia Valle advances LGBTQ education, empowerment, and wellness in the San Fernando Valley
The Relational Center	2717 S Robertson Blvd., Los Angeles, CA 90034	323-935-1807	The Relational Center provides inclusive mental health services around loss, substance misuse, depression, isolation, and grief.