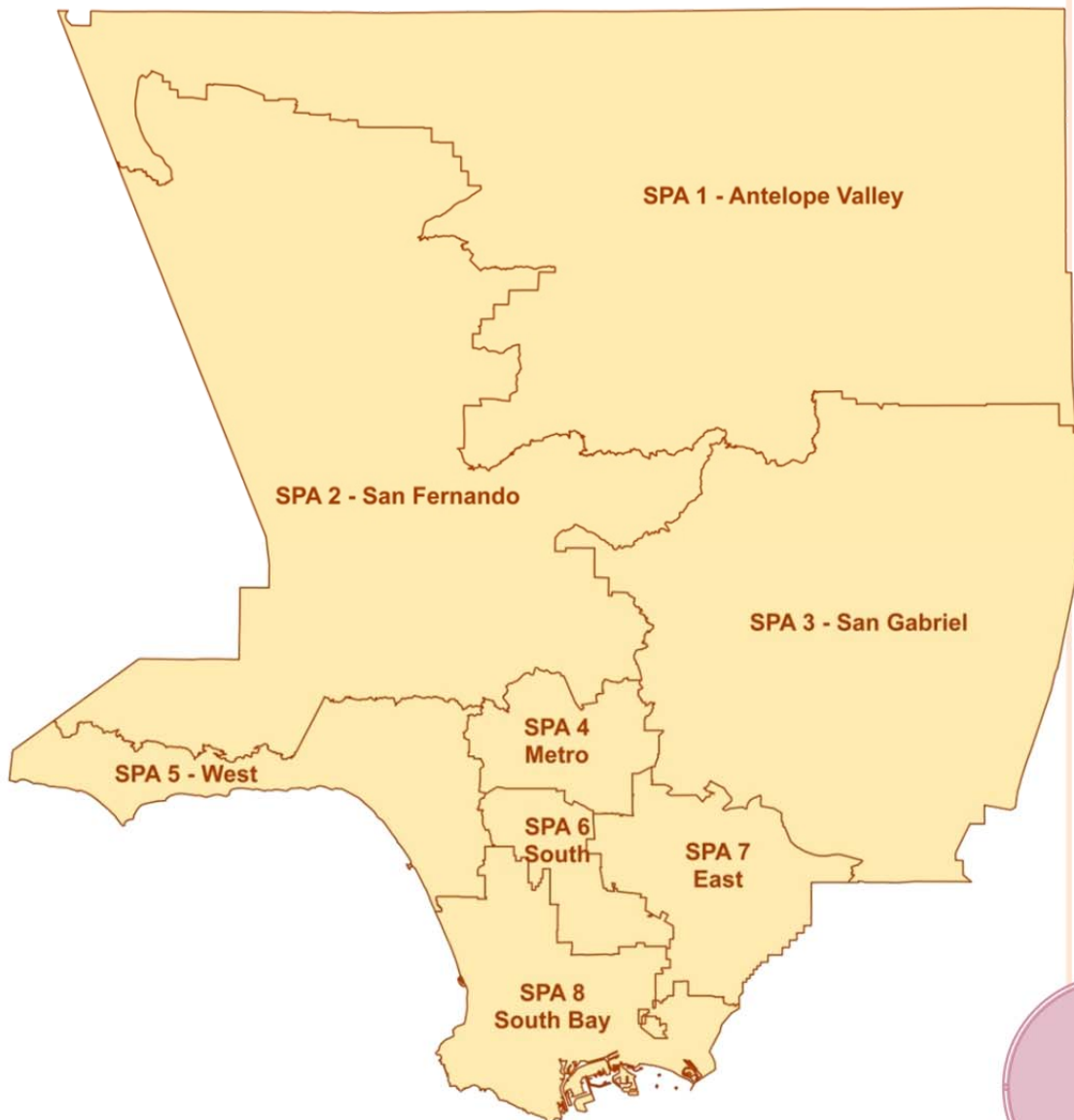


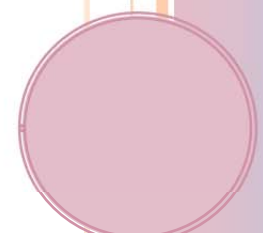


Breastfeeding, Health and Other Resources for New Moms

The resource is divided by eight Service Planning Areas (8). Please click to the SPA that you live in to go the resources available near you.



For more information, please contact
Choose Health LA Moms at lamoms@ph.lacounty.gov
Maternal, Child, and Adolescent Health
600 S. Commonwealth Ave, Suite 800
Los Angeles, CA 90005
P: 213.639.6400



Antelope Valley Resources (SPA 1)

Health Services

- **[Tarzana Treatment Center](http://www.tarzanatc.org/)**
<http://www.tarzanatc.org/>
661-726-2630
907 West Lancaster Blvd., Lancaster 93434
- **[Antelope Valley Community Clinic - Palmdale](http://avclinic.org/)**
<http://avclinic.org/>
661-575-0009
2151 East Palmdale Blvd., Palmdale 93550
Services: Primary care, dental, mental health, psychiatry.
- **[Antelope Valley Community Clinic – Lancaster](http://avclinic.org/)**
<http://avclinic.org/>
661-942-2391
44216 10th Street West, Lancaster, CA 93534
Services: Primary care, dental, mental health, Saturday clinic.
- **[Bartz-Altadonna Community Health Center](http://bartz-altadonna-chc.org/)**
<http://bartz-altadonna-chc.org/>
661-874-4050
43322 Gingham Ave. Suite 105, Lancaster, CA 93535
Services: Primary care, women’s health, reproductive health and family planning, mental health.

Breastfeeding Classes & Support

- **Antelope Valley Hospital WIC Program**
661-726-6393
This WIC program offers breastfeeding classes, support groups, in-office consults, bedside assistance, and a pump loan program to eligible women.

Food Banks

- **South Antelope Valley Emergency Services**
661-267-5191
1002 E. Avenue Q-12, Palmdale, CA 93550
Hours: Mon-Thurs 8am-3pm
- **Santa Clarita Valley Food**
661-255-9078
32142 North Crown Valley Road, Acton
Hours: 2nd Thursday 10am-11:30am

- **Salvation Army – Lancaster**
661-948-3418
44517 Sierra Highway, Lancaster 93534
Hours: 1st Monday 12pm-2pm
- **Grace Resource Center**
661-940-5272
45132 N. Sierra Highway, Lancaster 93534
Hours: Tues & Thurs 10am-11am & 1pm-2pm
- **Hope Chapel**
661-943-1074
6015 W Ave J-8, Quartz Hill 93536
Hours: Friday 9:30am-11am
- **Palmdale Soup Kitchen**
661-940-5272
38117 E 13th Street, Palmdale, CA 93550

Shelters & Affordable Housing Programs

- **Valley Oasis**
<http://www.valleyoasis.org/>
661-949-1916
Valley Oasis creates and provides comprehensive services to people who have suffered violence and are homeless. Services include a 60-day emergency shelter, transitional housing, homeless solutions access center, sexual assault response services, and outreach.
- **Lancaster Community Shelter**
<http://www.homelessshelterdirectory.org/cgi-bin/id/shelter.cgi?shelter=10066>
661-940-5272
45134 North Sierra Highway, Lancaster, CA 93534
The program provides emergency shelter for up to 90 days and transitional shelter for up to six months for singles, couples and families who are homeless in the Antelope Valley.
- **HPRP Lancaster**
661-942-0051
44933 N. Fern Ave., Lancaster, CA 93534
The Homeless Prevention Rapid re-housing Program provides services to homeless individuals and persons who are at risk of homelessness.

Domestic Violence & Legal Assistance

- **Valley Oasis**
<http://www.valleyoasis.org/>
661-949-1916
Domestic violence shelter. Provides shelter for domestic violence victims, single men, single women, pregnant women, unaccompanied youth, single men with children and single women with children.

Mental Health

- **[Mental Health America of Los Angeles](http://www.mhala.org/antelope-valley-services.htm)**
<http://www.mhala.org/antelope-valley-services.htm>
661-726-2850
43423 Division St., Suite 107, Lancaster, CA 93535
This program provides mental health services for individuals age 18 and older with severe and persistent mental illness who are in the Antelope Valley area.
- **[Antelope Valley Hospital Mental Health Services](http://www.avhospital.org/Services/MentalHealthServices/Pages/default.aspx)**
<http://www.avhospital.org/Services/MentalHealthServices/Pages/default.aspx>
661-949-5250
1600 West Avenue J - Lancaster, CA 93534
The Mental Health Services Department is a 12-bed acute psychiatric service within Antelope Valley Hospital, an acute general hospital, providing inpatient adult mental health/psychiatric services.
- **[Child and Family Guidance Center](http://www.childguidance.org/)**
<http://www.childguidance.org/>
661-265-8627
40005 10th Street West, Suite 106, Palmdale, CA 93551
The Child and Family Guidance Center empowers children and families to achieve health and wellbeing through innovative mental health services and community programs.

Employment Training & Financial Education

- **[Antelope Valley WorkSource Center](http://www.wiblacity.org/)**
<http://www.wiblacity.org/>
661-726-4151
1420 W. Avenue L, Lancaster, CA 93534
WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.

Child Care

- **Child Care Resource Center Antelope Valley - R&R/APP**
661-949-0615
42281 10th Street West, Lancaster, CA 93534

San Fernando Valley Resources (SPA2)

Health Services

- **[Glendale Health Center](http://www.valleyccc.org/members.php?id=39)**
<http://www.valleyccc.org/members.php?id=39>
818-500-5785
501 North Glendale Avenue, Glendale 91206
Services: Adult, pediatric, OBGYN, prenatal, family planning, cancer detection.
- **North Hollywood Health Center**
818-766-3982
5300 Tujunga Avenue, North Hollywood, CA 91601
- **Pacoima Health Center**
818-896-1903
13300 Van Nuys Boulevard, Pacoima, CA 91331
- **San Fernando Health Center**
818-837-6969
1212 Pico St, San Fernando, CA 91340
- **[Valley Community Clinic](http://valleycommunityclinic.org/)**
<http://valleycommunityclinic.org/>
818-763-8836
6801 Coldwater Canyon Ave., North Hollywood, CA 91605
Services: Adult, pediatric, OBGYN, optometry, dental, HIV/AIDS, family planning, counseling, tobacco cessation.

Breastfeeding Classes & Support

- **[Bellies, Babies and Bosoms](http://www.bellies.biz)**
www.bellies.biz
818-541-1200
2430 Honolulu Avenue, Montrose, CA 91020-1824.
Five Certified Lactation Educators / Consultants available.
Also serves San Gabriel Valley, Eagle Rock, Foothills
Prenatal & postpartum breastfeeding classes, private instruction. Consults in hospital, office, client's home. Breast pump rentals & sales, nursing wear; baby scales. Available weekends & eves. Spanish & Japanese spoken.
- **Claire, Jessica, IBCLC**
323-206-6557
In-Home Lactation Assistance
Also serves San Fernando and San Gabriel Valleys
Private breastfeeding instruction. Consults in client's home. Discounted fee for WIC and Medi-Cal recipients. Credit cards accepted, Available weekends and evenings.

- **[Gallant, Kathryn, RN, IBCLC "LA Baby Love"](#)**
www.lababylove.com
818-465-3119
 Also serves West Los Angeles / Santa Monica
 Private breastfeeding instruction. Consults in hospital, client's home. Specializes in NICU graduates, multiples. Credit cards accepted. Available weekends and evenings.
- **Glendale Memorial Hospital & Health Center**
818-507-4191
1420 S. Central Avenue Glendale, CA 91204
 Also serves San Fernando Valleys, Greater Los Angeles area.
 Cathy Rgagasa, RN, Director of Women's Services
 Prenatal breastfeeding classes. Consults in hospital. Breastfeeding support groups, English on Thursday, Spanish on Monday. Call for times. Free breastfeeding hotline.
- **Henry Mayo Newhall Memorial Hospital**
661-253-8238
Mary Beth Sweet, BS, IBCLC, Jolli Bernier BA, IBCLC, Lisa Araki, IBCLC, Jodi Rosen, RN, CLE
23845 McBean Parkway, Suite 112, Valencia, CA 91355-2083
 Prenatal, postpartum breastfeeding classes. Consults in hospital, clinic. Services to NICU and premature babies. Breast pump rentals & sales. Spanish spoken. Credit cards accepted.
- **"Ideal Birth"**
818-859-2478
Dahila Frydman + Malia Aharoni IBCLC and ACHI Master Doulas
4454 Van Nuys Blvd., #216, Sherman Oaks, CA 91403
 Also serves West LA, Los Angeles
 Available weekends and evenings.
- **[La Leche League](#)**
<http://www.llusa.org/locator/california/>
Serves La Canada, La Crescenta, Montrose, Sunland, Tujunga, Pasadena, Glendale
Meet at Crescenta - Canada YMCA 1930 Foothill Blvd., La Canada 91011
 3rd Friday of Month Noon - 1PM. Y membership not required. Babies and children welcome. French Spoken. Experience with twins and tandem nursing. Available weekends, evenings.
- **"My Nursing Coach", A Mobile Lactation Center**
818-431-1118
Linda Hanna, RNC, MSN / Ed, IBCLC Owner
7437 Topanga Canyon Blvd., Canoga Park, CA 91303-1212
 Serves Los Angeles and Ventura Counties. Mobile Lactation Service.
 Prenatal, postpartum breastfeeding classes. Consults in hospital, clinic, client's home. Pump rentals, sales, related sales. In-home phototherapy. Support groups. Credit cards accepted. Available weekends and evenings.

- **Northeast Valley Health Corp**
WIC Breastfeeding Helpline:
818- 837-6349
 This WIC center offers prenatal breastfeeding classes, support groups, breast pump loans for medical need, and a breastfeeding helpline in English, Spanish, and Armenian.
- **Ognjanovic, Mina J. BA, IBCLC, RLC, Doula(DONA)**
818-915-0190; 818-906-2733
17046 Burbank Blvd., Encino, CA 91316
 Prenatal, post-partum breastfeeding classes, private instruction. Consults in office, hospital, client's home. Specializes in NICU graduates, induced lactation. Credit cards accepted. Available evenings and weekends; Serbian spoken.
- **Rosenthal, Chrisie, BS, IBCLC, RLC**
818-216-2319
 "The Land of Milk and Mommy" chrisier@yahoo.com
 Breastfeeding consults in office, client's home. Phone consults available. Specializes in feeding difficulties, milk supply, multiples. Warm, supportive service. Available 7 days and evenings. Most insurance accepted as payment in full.
- **[Steinberg, Ellen, RN, LCCE, IBCLC](http://www.babyhelp.us)**
www.babyhelp.us
818-345-4439; 818-929-7584
4431 Callada Place, Tarzana, CA 91356
 Breastfeeding consultations in Tarzana office, client's home, and via phone. Aetna in-network provider (free consults for most Aetna patients). Works with other insurance as well. Pump rentals, sales, baby scales. Available weekends, evenings. Spanish spoken, Credit cards accepted.
- **Takeda, Cindee Robinson, MS, CLE, IBCLC**
661-618-4570; 661-298-1774
28468 Alder Peak, Santa Clarita, CA 91387-3109
 Also serves San Fernando Valley Private breastfeeding instruction. Consults in client's home, pediatric office. Experienced with pre- term, multiples & special needs infants. Available weekends & evenings.
- **"The Pump Connection", Rebecca Burditt, BS, CLE**
818-225-8822
13940 Ventura Blvd., Sherman Oaks, CA 91432
 Also serves Greater Los Angeles
 Breastfeeding support group and other classes. Consults in office, client's home. Breast pump rental, sales, related sales, pump delivery. Credit cards accepted. Available weekends, evenings by appointment.

- **Toussaint, Yvonne, LLL**
Serves San Fernando Valley. Support group prenatal, postpartum, extended breastfeeding and tandem nursing.
E-mail support at MYMightyMilk@gmail.com
- **Wells, Rachelle, CLE**
213-864-4118
11546 Canton Drive, Studio City, CA 91604
Also serves Los Angeles
Postpartum breastfeeding classes. Consults in office, client's home. Available weekends and evenings.

Food Banks

- **[SOVA Community Food and Resource Program](http://www.jfsla.org/page.aspx?pid=290)**
<http://www.jfsla.org/page.aspx?pid=290>
877-275-4537
Valley Pantry: 6439 Vanowen St., Van Nuys, CA 91406
Hours: Mon, Tue, Wed, Fri 10am-1:30pm, Sun 9am-12pm
- **[West Valley Food Pantry](http://www.westvalleyfoodpantry.org/)**
<http://www.westvalleyfoodpantry.org/>
818 346-5554
5700 Rudnick Ave., Woodland Hills, CA 91367
- **Loaves & Fishes – Glendale**
818-409-3080
4322 San Fernando Road, Glendale, CA 91204
Hours: Mon, Tue, Wed, Fri 10am-12pm & 1:15pm-3:30pm
- **Glendale Central Spanish S.D.A**
818-243-3006
901 E. Broadway, Glendale, CA 91205
Hours: Wed 4:30-5:30pm
- **[Burbank Temporary Aid Center](http://burbanktemporaryaidcenter.org/)**
<http://burbanktemporaryaidcenter.org/>
818-848-2822 ext 107
1304 W. Burbank Blvd., Burbank, CA 91506
Hours: Mon-Fri 9am-12pm & 1:30pm-5pm

Shelters & Affordable Housing Programs

- [Los Angeles Family Housing Corporation](http://www.lafh.org)
www.lafh.org
(818) 982-4091
7843 Lankershim Boulevard, North Hollywood, CA 91605
LAFH is the largest provider of affordable housing in the San Fernando Valley and a best practices provider of basic needs and homeless services throughout Greater Los Angeles. They own and operate 3 shelters and 19 permanent affordable apartment buildings. LAFH also provides supportive services including family case management, housing counseling and placement assistance, and job training for homeless and low-income families.
- [San Fernando Valley Rescue Mission](http://www.sfvrescuemission.org)
<http://www.sfvrescuemission.org>
818-785-4476
13422 Saticoy Street, North Hollywood, CA 91605
San Fernando Valley Rescue Mission is a non-profit corporation that acts in partnership with other nonprofit agencies to address homelessness and hunger. They offer food, shelter, clothing, referrals, rehabilitation programs, and counseling at their multiple facilities and locations (Rescue Centers).
- [Ascencia Glendale](http://www.ascenciaca.org/)
<http://www.ascenciaca.org/>
(818) 246-7900
437 Fernando Court, Glendale, CA 91204
Ascencia provides a range of housing and programs to assist people in Glendale out of homelessness. Services include emergency housing, family transitional and permanent housing, referrals and resources.
- **Good Shepherd Center for Homeless Women and Children**
(213) 235-1460
Languille Emergency Shelter
267 N. Belmont Ave., Los Angeles, CA 90026
The Center provides emergency housing for women who are homeless. Each night up to 30 unaccompanied women receive shelter, communal meals, clothing and assistance with obtaining employment services, government benefits and housing placement.
- [Hope of the Valley](http://www.hopeofthevalley.org)
<http://www.hopeofthevalley.org>
818-392-0020
8165 San Fernando Rd., Sun Valley, CA 91352
Genesis House is an emergency shelter for single women and children who are transitioning out of homelessness.

Domestic Violence & Legal Assistance

- **Valley Center for Prevention of Family Violence**
818-786-2079
13655 Victory Blvd. Suite 201, Van Nuys, CA 9140
The agency provides domestic violence services for people who live, primarily, in the San Fernando Valley. Services include parenting classes, support groups, referrals to shelters, and counseling.
- **Valley Women's Center**
<http://www.valleywomenscenter.com/>
818-713-8700
22110 Roscoe Blvd., Suite 204, Canoga Park, CA 91304
The Valley Women's Center provides low-cost outpatient treatment in English, Spanish, Farsi and Russian for women and their family members at risk for alcohol, drugs, domestic violence and other threats to family stability.
- **YWCA Glendale**
<http://glendaleywca.org/>
24/7 Abuse Hotline: 888-999-7511
735 East Lexington Drive, Glendale, CA 91206
The program provides domestic violence and shelter services, including case management, referrals, childcare, and counseling for battered women and their children in Los Angeles County.
- **Haven Hills**
<http://www.havenhills.org/>
24/7 Crisis Line: 818-887-6589
The agency provides domestic violence services for people in Los Angeles County. Services include the crisis line, crisis shelter, transitional living shelter, outreach support groups, and children's programs.

Mental Health

- **Northridge Hospital Medical Center**
<http://www.dignityhealth.org/northridgehospital/>
24-Hour Psychiatric Services Line: 818-885-5484
Information Line: 818-885-5484
18300 Roscoe Blvd, Northridge, CA 91328
The hospital provides counseling, inpatient services and partial hospitalization mental health services for individuals age 13 and older in Los Angeles County.
- **West Valley Mental Health Services**
818-598-6900
7621 Canoga Avenue, Canoga Park, CA 91303
Adults only. Crisis intervention, assessment, short-term treatment/stabilization and hospitalization, mental health referrals/consultation for families.

- **[San Fernando Valley Community Mental Health Center
MacDonald East Valley Carey MHC](#)**
<http://www.movinglivesforward.org/programs>
818-908-3855
11631 Victory Blvd., 203, North Hollywood, CA 91606
 Adult outpatient program servicing severe and persistent mentally ill adults. We provide medication management, crisis management, 5150 capability, brief individual therapy, case managements services.
- **Valley Trauma Counseling Center**
24/7 Hotline: 818-886-0453
Administration Line: 818-56-5330
7116 Sophia Avenue, Van Nuys, CA 91406
 VTCC provides a 24-Hour Sexual Assault Emergency Response Team, counseling, and prevention education to individuals and families in the San Fernando and Santa Clarita Valleys. Programs are available in both English and Spanish.
- **[Didi Hirsch Mental Health Services](#)**
<http://www.didihirsch.org/>
Crisis Line: 877-727-4747
Administration Line: 818-244-7257
1540 East Colorado Street, Glendale, CA 91205
 The program provides mental health services for people of all ages in Los Angeles County. Services include 11 centers, a 24 hour crisis line, counseling, community outreach, and training programs.

Employment Training & Financial Education

- **[Chrysalis](#)**
http://www.changelives.org/client_center
818-794-4200
14015 Van Nuys Blvd, Ste. E, Pacoima, CA 91331
 Chrysalis provides the resources and support needed to find and retain employment.
- **[Jewish Vocational Service of Los Angeles \(JVS\)](#)**
<http://www.jvsla.org/programs-and-services/jvs-business-development>
818-550-7500
301 E. Glenoaks Blvd. , Suite 2, Glendale , CA 91207
 JVS helps navigate the changing job market and overcome barriers to employment through career services and training programs, workshops, and counseling.

- **[Van Nuys-North Sherman Oaks WorkSource Center](http://www.wiblacity.org)**
<http://www.wiblacity.org>
818-781-2522
15400 Sherman Way, Ste 140, Van Nuys 91406
WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.
- **[Neighborhood Housing Services](http://www.nhslacounty.org/programs-and-services/financial-education)**
<http://www.nhslacounty.org/programs-and-services/financial-education>
818-834-7858
11243 Glenoaks Boulevard, Suite 9, Pacoima, CA 91331
NeighborWorks® Homeownership Centers provide comprehensive financial education from budgeting and saving, credit repair and homebuying classes to foreclosure prevention counseling clinics.

San Gabriel Valley Resources (SPA 3)

Health Services

- **Monrovia Health Center**
626-256-1600
330 W. Maple Avenue, Monrovia, CA 91016
- **Pomona Health Center**
909-868-0235
750 S. Park Ave, Pomona, CA 91766
Services: Public health center, STD testing, TB immunizations.
- **La Puente Health Center**
626-855-5300
15930 Central Ave., La Puente, CA 91744
- **AltaMed Health Services – El Monte**
626-453-8466
10454 East Valley Blvd., El Monte, CA 91731
Services: Primary care.
- **Pomona Clinic Coalition**
909.622.6516
1770 N. Orange Grove Ave., Pomona, CA 91767
Services: If you live in the local community, do not have medical insurance, and/or cannot afford medical care, you can qualify for the primary health care services offered through the Pomona Clinic Coalition.
- **[El Proyecto del Barrio](http://www.elproyecto.us/hms_FactSheet.aspx)**
http://www.elproyecto.us/hms_FactSheet.aspx
626-969-7885
150 North Azusa Ave., Azusa, CA 91702
Services: Family practice medical services, OBGYN, pediatric, HIV testing and treatment, family planning, CPSP program.

Breastfeeding Classes & Support

- **Guerena, Norma, RN, IBCLC**
909-594-0074
20723 E. Walnut Canyon Road, Walnut, CA 91789
Serves San Gabriel Valley and Orange County
Group prenatal and postpartum classes, private instruction. Consults in client's home. Available weekends and evenings. Spanish spoken.
- **Huntington Hospital**
626-397-3172
Ann Meier, RN, BSN, ANLC Mon. - Fri. 9:00 AM - 4:30 PM
100 W. California Avenue, P.O. Box 7013, Pasadena, CA 91105-7103
Prenatal, postpartum breastfeeding classes. Consults in hospital. Breast pump sales, rentals, related sales.

- **Meier, Ann, RN, BSN, ANLC**
626-390-0139
2261 Sinaloa Ave., Altadena, CA 91001
Breastfeeding consults in clients home. Available weekends.
- **Methodist Hospital of Southern California**
626-574-2415
300 W. Huntington Drive, Arcadia, CA 91007
Monday - Friday 10:00 AM - 6:00 PM
Serves Greater San Gabriel Valley / Los Angeles
Prenatal breastfeeding classes. Consults in hospital, clinic. Breast pump rentals and sales. Spanish spoken.
- **Pomona Valley Hospital Medical Center**
909-623-6455
1798 N. Garey Ave. Pomona, CA 91767
Terry Bretscher, RN, CLC, IBCLC Mon. - Sat. 9:00 AM - 2:30 PM
Prenatal breastfeeding classes. Free consults in hospital, Lactation Center. Breast pump rentals & sales. Lactation Center Mon., Thu., Fri. 9:00 – 12:00PM., Tues., Wed. 12:00 PM – 3:00 PM. “Breastmilk Expressions” program for mothers returning to school or work. Medical translators available for many languages. Medi-Cal reimbursable services.
- **Sainato, Christina, MPH, IBCLC, RD**
TheNourishingMother.com
626-993-7361
Pasadena, CA.
Also serves Greater San Gabriel Valley and Los Angeles.
Breastfeeding consults in client's home. Credit Cards accepted. Available weekends and evenings.
- **San Gabriel Valley Medical Center**
626-457-3281
Tanya Colligan, CLE, IBCLC 9:00am-4:00pm
438 W. Las Tunas Drive, San Gabriel, CA 91776
Serves Pasadena and San Gabriel Valley prenatal breastfeeding classes. Consults in hospital. Breast pump rental and sales as well as support groups. Chinese spoken.

Food Banks

- **People for People**
626-285-2549
1311 E. Las Tunas Drive
Hours: Tue-Thurs 9am-2:30pm, Fri 8am-12:30pm
- **Salvation Army – Pomona**
909-623-1579
490 E. La Verne Ave., Pomona CA 91767
Hours: Mon, Tue, Thurs, Fri 9-11am

- **Shepherd's Pantry**
626-852-7630
657 E. Arrow Highway, Glendora, CA 91740
Hours: Wed & Thurs 5-7pm
- **Cory's Kitchen**
626-922-3076
405 N. Azusa Ave., Azusa, CA 91702
Hours: Mon 6-8pm
- **Salvation Army – Pasadena**
626-773-4400 ext 404
1000 E. Walnut Street, Pasadena, CA 91106
Hours: Mon-Fri 9-11:30am & by appt. in PM

Shelters & Affordable Housing Programs

- **[Door of Hope](http://www.doorofhope.us/)**
<http://www.doorofhope.us/>
626-304-9130
669 North Los Robles Avenue, Pasadena, CA 91101
Door of Hope is part of the Pasadena, Glendale and greater Los Angeles networks that offer permanent housing solutions to homelessness. They provide transitional housing and a restoration program especially designed for homeless families with children.
- **Passageways**
(626) 403-4888
1020 South Arroyo Parkway, Suite #100, Pasadena, CA 91105
This organization is a multi-service center designed to meet the needs of homeless people. Services include: intakes for a shelter or transitional housing, case management, drug and alcohol program referrals, counseling, and street outreach. Contact agency before referring a family, and ask to speak to a case manager for information regarding availability at the shelter.
- **[Inland Valley Hope Partners](http://www.inlandvalleyhopepartners.org/)**
<http://www.inlandvalleyhopepartners.org/>
909-622-3806
1753 N. Park Ave., Pomona, CA 91768
The program provides shelter for homeless single women, single women with children, single men with children, two-parent families with children, and married couples who live in the San Gabriel Valley and Inland Valley.
- **[Our Savior Center](http://www.oursaviourcenter.org/about_us_0.aspx)**
http://www.oursaviourcenter.org/about_us_0.aspx
626-579-2190
4368 Santa Anita Ave., El Monte, CA 91731
Our Savior Center has the Cleaver Family Wellness Clinic, temporary emergency shelter, food distribution, youth education and recreation, adult ESL classes, and adult computer classes.

Domestic Violence & Legal Assistance

- **[YWCA of San Gabriel](http://www.ywcasgv.org/wings.php)**
<http://www.ywcasgv.org/wings.php>
24 hour Crisis Helpline: 626-967-0658
943 N. Grand Ave., Covina, CA 91724
YWCA Wing program provides safe emergency and transitional shelter, support groups, individual assistance and provide or help families access longer term transitional housing.
- **[Shepherd's Door Domestic Violence Resource Center](http://shepherddoor.org/users/awp.php?ln=718713)**
<http://shepherddoor.org/users/awp.php?ln=718713>
888-979-8884
P.O. Box 40441, Pasadena, CA 91114
The resource center provides direct services, including an emergency temporary shelter, crisis counseling, case management, and legal advocacy as well as education classes.
- **[Project Sister Family Service](#)**
24 Hour Hotline: 909-626-4357
909-623-1619
P.O. Box 1369, Pomona, CA 91769-1369
Project Sister provides a 24 hour hot line, information and referral service, counseling, support groups, and a walk-in clinic for victims of sexual assault or child abuse.

Mental Health

- **[Arcadia Mental Health Services](#)**
626-821-5858
330 E. Live Oak Avenue, Arcadia, CA 91006
- **[Santa Anita Family Services](http://www.santaanitafamilyservice.org)**
<http://www.santaanitafamilyservice.org>
626-359-9358
Santa Anita provides therapeutic services to children, seniors and other family members within the San Gabriel Valley.
- **[Pacific Clinics](http://www.pacificclinics.org/)**
<http://www.pacificclinics.org/>
877-722-2737
800 South Santa Anita Avenue, Arcadia, CA 91006
The center is a specialized mental health facility which offers a variety of multilingual, multicultural, family-oriented professional mental health services which are sensitive to the needs of San Gabriel Valley residents of all ages who are of Asian/Pacific heritage.

- **[Tri-city Mental Health Center](http://www.tricitymhs.org/)**
<http://www.tricitymhs.org/>
909-623-6131
2008 N. Garey Avenue, Pomona, CA 91767
 The agency provides mental health services for people of all ages who live in Claremont, La Verne and Pomona.
- **[San Gabriel Valley Depression and Bipolar Support Alliance](http://www.dbsasangabrielvalley.org/)**
<http://www.dbsasangabrielvalley.org/>
2550 E. Foothill Blvd. Pasadena CA, 91107
 Offer support and education for people with depression or bipolar disorder. Support groups meet twice a week.
- **[Aurora Behavioral Health Care - Aurora Charter Oak Hospital](http://www.charteroakhospital.com/index.php)**
<http://www.charteroakhospital.com/index.php>
800-654-2673
1161 E. Covina Blvd, Covina, CA 91724
 Aurora Charter Oak Hospital is a 134-bed facility providing treatment for psychiatric and chemical dependency problems.

Employment Training & Financial Education

- **[Pacific Asian Consortium on Employment](http://pacela.org/services)**
<http://pacela.org/services>
213-353-3982
1055 Wilshire Blvd., Suite 1475, Los Angeles, CA 90017
 Offers help through a business development center, financial information and asset building, and workforce development center.
- **[Chinatown Service Center](http://www.cscla.org/)**
<http://www.cscla.org/>
626-293-8733
112 N. Chandler Avenue, Suite 105, Monterey Park, CA 91754
 Workforce Development Division operates employment orientation, training and placement programs targeting the multi-cultural Chinatown and greater City of Los Angeles area.
- **[JVS Los Angeles GROW](http://www.jvsla.org/programs-and-services/jvs-business-development)**
<http://www.jvsla.org/programs-and-services/jvs-business-development>
626-584-5887
2555 E. Colorado Blvd., Pasadena, CA 91107
 JVS helps navigate the changing job market and overcome barriers to employment through career services and training programs, workshops, and counseling.

- **West San Gabriel WorkSource Center**
323-647-6500
1000 Corporate Center Drive, Suite 550 , Monterey Park, CA 91754
WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.
- **[Pacific Asian Consortium in Employment](http://pacela.org/services/financial-education-0)**
<http://pacela.org/services/financial-education-0>
213-353-3982
PACE LA's financial education and asset building education programs offer one-on-one counseling, workshops, and classes to low-income individuals and families.

Metropolitan Resources (SPA 4)

Health Services

- **Central Health Center**
213-240-8204
241 N. Figueroa Street, Los Angeles, CA 90012
Services: Public health center
- **[Hollywood/Wilshire Health Center](http://sabancommunityclinic.org/services/Health-Care-Services)**
<http://sabancommunityclinic.org/services/Health-Care-Services>
323-769-7800
5205 Melrose Ave., Los Angeles, CA 90038
Services: Public health center – preventive health care, dentistry, pediatrics, pharmacy, OBGYN.
- **[Eisner Pediatric and Family Medical Clinic](http://pedcenter.org/)**
<http://pedcenter.org/>
213-747-5542
1530 South Olive St., Los Angeles, CA 90015
Services: Family medical care, women’s health, pediatric, mental health, and more.
- **Kheir Health Services Center**
213-637-1070
266 South Harvard Blvd., Los Angeles, CA 90004
Services: Primary care, sliding scale.
- **[LAC + USC Medical Center](http://dhs.lacounty.gov/wps/portal/dhs/lacusc/)**
<http://dhs.lacounty.gov/wps/portal/dhs/lacusc/>
323-226-5111
1200 North State Street, Los Angeles, CA 90033
Services: General clinic 8am-5pm, emergency services available on a 24-hour basis.
- **[Los Angeles Free Clinic – Beverly](http://sabancommunityclinic.org/services/Health-Care-Services)**
<http://sabancommunityclinic.org/services/Health-Care-Services>
323-658-9193
8405 Beverly Blvd., Los Angeles, CA 90048
Services: Prenatal care, OBGYN, dentistry, pediatrics, family planning, preventive health care.
- **[Queenscare Family Clinics](http://www.queenscare.org/)**
<http://www.queenscare.org/>
323-669-4302
1300 North Vermont Avenue, Suite 1002, Los Angeles, CA 90027
Services: Primary care, specialty care, outreach, health services for low-income individuals.

- **JWCH Institute - Center for Community Health Downtown**
213-486-4045
522 South San Pedro Street, Los Angeles, CA 90013
Services: medical, dental, and vision care, HIV treatment and support services, case management, mental health, substance abuse, pharmacy, and assistance with acquiring public benefits and access to housing.

Breastfeeding Classes & Support

- **LA Breastfeeding**
www.labreastfeeding.com
818-839-1617
Cathleen Redus, CLE
Los Angeles, CA 90039
Private and group breastfeeding classes and prenatal and postnatal breastfeeding support.
- **PFHE WIC**
<http://www.phfewic.org/>
888-278-6455
The WIC program serves pregnant, breastfeeding and postpartum women, infants and children up to 5 years old in low income families. WIC provides free supplemental foods, nutrition education, breastfeeding support and education and other support services to eligible women.
- **Pump Station**
www.pumpstation.com
323-469-5300
1248 Vine Street, Los Angeles, CA 90038
Locations in Santa Monica, Hollywood, and Westlake.
Breastfeeding classes, Breastfeeding support groups, and private lactation consultants. Pump rental and full store.
- **Two Doulas Birth**
www.twodoulasbirth.com
323-989-3832
Leah Miller + Becca Gordon Doulas, Lactation Consultant
Downtown Los Angeles
Prenatal birth and breastfeeding classes. Classes held at Dragonfly DuLou, Los Feliz.
- **Wachsmann Melanie, CLE, CD. CPD “Doula Mellie”**
<http://www.yoganoho.com/>
310-435-6760
Los Angeles, CA 90016
Also serves West LA, Santa Monica
Prenatal breastfeeding classes, private instruction; consults in client’s home.
Available weekends and evenings
- **Good Samaritan Hospital**
Lactation Resource Center
213-977-2150 HealthEd@GoodSam.org
637 Lucas Ave., 7th floor, Los Angeles, CA 90017
Breastfeeding assistance, support groups, private consultations, and more.

Food Banks

- **[Food on Foot](http://www.foodonfoot.org/)**
<http://www.foodonfoot.org/>
310-442-0088
1625 N. Schrader Blvd., Los Angeles, CA 90028
Hours: Every Sun @ 3:15pm
- **[SOVA Community Food and Resource Program](http://www.jfsla.org/page.aspx?pid=290)**
<http://www.jfsla.org/page.aspx?pid=290>
877-275-4537
1140 N. La Brea Avenue, West Hollywood, CA 90038
Hours: Mon, Tue, Wed, Fri 10am-1:30pm, Sun 9am-12pm
- **[Hospitality Kitchen](http://lacatholicworker.org/visiting-and-volunteering/soup-kitchen)**
<http://lacatholicworker.org/visiting-and-volunteering/soup-kitchen>
323-267-8789
821 E. 6th Street, Los Angeles, CA 90021
Hours: Tuesdays, Thursdays, and Saturdays 7:30a.m.-12:45p.m.
- **[Catholic Charities of L.A.](http://catholiccharitiesla.org/)**
<http://catholiccharitiesla.org/>
323-662-4392
4665 Willow Brook Avenue, Los Angeles, CA 90029
Hours: Mon-Fri 10am-12pm & 1-3pm
- **[World Harvest Food Bank](http://www.worldharvestfoodbank.org)**
<http://www.worldharvestfoodbank.org>
213-746-2227
1014 Venice Blvd., Los Angeles, CA 90015
Hours: Mon-Fri 8am-5pm
- **Holman United Methodist Church Food Pantry**
323-731-7285
3320 W. Adams Blvd., Los Angeles, CA 90018
Hours: Mon, Wed, Fri 1-3pm

Shelters & Affordable Housing Programs

- **[Daytime Women's Center](http://www.dwcweb.org)**
<http://www.dwcweb.org>
213-680-0600
442 S. San Pedro Street, Los Angeles, CA 90013
Hours: Monday-Friday 9am-5pm
Dedicated to serving the unique needs of homeless and very low-income women in downtown Los Angeles' Skid Row community. Open Monday thru Friday, 6am to 4pm and Saturday and Sunday, 7am to 3pm, the Center also provides three meals a day, laundry facilities, day beds, and clothing to women who drop-in.

- **[Homeless Health Care Los Angeles](http://www.hhcla.org)**
<http://www.hhcla.org>
213-744-0724
2330 Beverly Blvd, Los Angeles, CA 90057
 HHCL provides direct service, education, and advocacy including physical exams, health screenings, child and family services, and assessment and monitoring of chronic conditions.
- **[P.A.T.H. \(People Assisting the Homeless\)](http://www.epath.org/)**
<http://www.epath.org/>
(323) 644-2200
340 North Madison Avenue, Los Angeles, CA 90004
 PATH Services provides the support that homeless individuals and families need in order to successfully transition from living on the street to thriving in homes of their own. The services they provide are available to anyone who is homeless or at risk of becoming homeless. They have six programs: PATHways Transitional Housing; P.A.T.H./Foundation House; PATHfinders Job Centers; PATHacademy JobTraining Program; Homeless Access Center; and Street Outreach Teams.
- **[Weingart Center for the Homeless](http://www.weingart.org/)**
<http://www.weingart.org/>
(213) 627-9000
566 South Pedro Street, Los Angeles, CA 90013
 The Weingart Center for the Homeless provides comprehensive human services to homeless men, women, veterans, parolees, families, HIV+ and other at-risk individuals, giving them the skills, resources, and referrals for shelter, housing, food, medical services, mental health services, legal services, and case management.
- **[Union Rescue Mission](http://urm.org/)**
<http://urm.org/>
213-347-6300
545 San Pedro St • Los Angeles, CA 90013
 The mission provides emergency services including food, shelter, and clothing for homeless men, women, and children.

Domestic Violence & Legal Assistance

- **[House of Truth](http://www.losangeleshouseofruth.com/)**
<http://www.losangeleshouseofruth.com/>
323-266-4139
 House of Ruth provides temporary and transitional housing for homeless & battered women & their children in Boyle Heights near downtown LA. Comprehensive services also include case management, health screening and education, life skills training, transportation, counseling and therapy, and more.

- **[Center for the Pacific Asian Family](http://www.nurturingchange.org/)**
<http://www.nurturingchange.org/>
24 hour Multilingual Hotline: 800-339-3940
1102 Crenshaw Blvd., Los Angeles, CA 90019
 CPAF was founded to help address domestic violence and sexual assault in the Asian and Pacific Islander communities. Some of their key services include: 24 hour bilingual hotline and intervention services, emergency shelter, and childcare program.
- **[Los Angeles Center For Law And Justice](http://www.laclj.org/)**
<http://www.laclj.org/>
(323) 980-3500
1241 S. Soto Street, Suite 102, Los Angeles, CA 90023
 The agency provides domestic violence assistance for low-income residents, regardless of immigration status, in Los Angeles County who are on CalWORKs or other eligible funding sources. Programs include family law, teen legal advocacy, housing law, and domestic violence projects.
- **[About Face: Domestic Violence Intervention Project](http://www.aboutface-dvip.com/)**
<http://www.aboutface-dvip.com/>
213-384-7084
3407 West 6th Street, Suite 700, Los Angeles, CA 90020
 The program provides domestic violence group therapy programs for people who live in Los Angeles County.

Mental Health

- **Hollywood Mental Health Services**
323-769-6100
1224 N. Vine Street, Los Angeles, CA 90038
 Hollywood Mental Health Services offers outpatient or partial hospitalization care for people ages 18 and over.
- **Northeast Mental Health Services**
323-478-8200
5321 Via Marisol Rd., Los Angeles, Ca 90042
 Northeast Family Mental Health Service offers outpatient or partial hospitalization care for people ages 18 and over.
- **Downtown Mental Health Center**
213-460-6100
529 Maple Street, Los Angeles, CA 90013
- **[Portals House](http://www.portalshouse.org/)**
<http://www.portalshouse.org/>
213-639-2500
679 S. New Hampshire Avenue, 5th Floor, Los Angeles, CA 90005-1355
 This agency provides mental health services for chronically mentally-ill adults and young adults, ages 17 to 65. Services include social rehabilitation, case management, housing services, and employment and education services.

- **[St. Anne's](http://www.stannes.org/)**
<http://www.stannes.org/>
213-381-2931
155 N. Occidental Boulevard, Los Angeles, CA 90026
 St. Anne's offers an array of comprehensive programs for at risk young pregnant and parenting women and their children including: residential treatment care, transitional housing, mental health, child care, family literacy, family preservation, and educational and vocational preparation.
- **[Children's Institute](http://www.childrensinstitute.org/)**
<http://www.childrensinstitute.org/>
213-260-7600
2121 West Temple Street, Los Angeles, California 90026
 Children's Institute offers mental health assessment, individual and family treatment programs, intensive home-based services, and early care and education programs for children and families who reside in high-need, low-resource communities.

Employment Training & Financial Education

- **[Women In Non-Traditional Employment Roles](http://www.winterwomen.org/)**
<http://www.winterwomen.org/>
213-749-3970
3655 South Grand Avenue, Suite 210, Los Angeles, CA 90007
 WINTER provides women with career and technical training, support and transitional services, mentor programs, and community outreach for economically disadvantaged community women.
- **[Pacific Asian Consortium on Employment \(PACE\)](http://pacela.org/services)**
<http://pacela.org/services>
213-353-3982
1055 Wilshire Blvd., Suite 1475, Los Angeles, CA 90017
 PACE offers help through a business development center, financial information and asset building, and workforce development center.
- **[Chinatown Service Center](http://www.cscla.org/)**
<http://www.cscla.org/>
213-808-1700
767 N. Hill Street, Suite 400, Los Angeles, CA 90012
 Workforce Development Division operates employment orientation, training and placement programs targeting the multi-cultural Chinatown and greater City of Los Angeles area.
- **[Chrysalis](http://www.changelives.org/client_center)**
http://www.changelives.org/client_center
213-806-6300
522 S. Main St, Los Angeles, CA 90013
 Chrysalis provides the resources and support needed to find and retain employment.

- **[Community Career Development](http://www.communitycareer.org/)**
<http://www.communitycareer.org/>
213-365-9829
 The Wilshire Metro, Compton, and South Los Angeles WorkSource Centers offer free employment services including workshops, short term vocational training, assistance with unemployment insurance, and job search techniques.
- **[Jewish Vocational Service of Los Angeles \(JVS\)](http://www.jvsla.org/programs-and-services/jvs-business-development)**
<http://www.jvsla.org/programs-and-services/jvs-business-development>
323-761-8888
6505 Wilshire Blvd, Suite 200, Los Angeles, CA 90048
 JVS helps navigate the changing job market and overcome barriers to employment through career services and training programs, workshops, and counseling.
- **[Hollywood WorkSource Center](http://www.wiblacity.org/)**
<http://www.wiblacity.org/>
323-454-6100
4311 Melrose Ave, Los Angeles, CA 90029
 WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.
- **[East LA Community Corporation](http://www.elacc.org/)**
<http://www.elacc.org/>
323-269-4214
530 South Boyle Avenue, Los Angeles, CA 90033
 ELACC is a community development corporation focused on financial education, housing development, assets and wealth building, tenant services, and community organizing for Boyle Heights and East Los Angeles.
- **[Pacific Asian Consortium in Employment \(PACE\)](http://pacela.org/services/financial-education-0)**
<http://pacela.org/services/financial-education-0>
213-353-3982
1055 Wilshire Blvd., Suite 1475, Los Angeles, CA 90017
 PACE LA's financial education and asset building education programs offer one-on-one counseling, workshops, and classes to low-income individuals and families.
- **[Search to Involve Pilipino Americans](http://www.sipa-online.org/financial%20literacy)**
<http://www.sipa-online.org/financial%20literacy>
213-382-1819
3200 W. Temple St., Los Angeles, CA 90026
 SIPA provides a wide range of financial literacy services and asset-building assistance programs to low and moderate income consumers. This includes seminars and workshops on basic personal finance, budgeting, banking, savings and investments and using credit wisely.

- **[Koreatown Youth and Community Center](http://www.kyccla.org/programs/CEDS.htm)**
<http://www.kyccla.org/programs/CEDS.htm>
213-365-7400
3727 West 6th Street, Suite 300, Los Angeles, CA 90020
KYCC offers programs in consumer advocacy, financial case management, financial education and asset building, free income tax preparations, and small business technical advice.
- **[Neighborhood Housing Services](http://www.nhslacounty.org/programs-and-services/financial-education)**
<http://www.nhslacounty.org/programs-and-services/financial-education>
213-381-2862
3926 Wilshire Boulevard, Suite 200, Los Angeles, CA 90010
NeighborWorks® Homeownership Centers provide comprehensive financial education from budgeting and saving, credit repair and homebuying classes to foreclosure prevention counseling clinics.

West Los Angeles Resources (SPA 5)

Health Services

- **[Simms/Mann Health and Wellness Center](http://venicefamilyclinic.org/index.php?view=vfc_simms_mann&action=index)**
http://venicefamilyclinic.org/index.php?view=vfc_simms_mann&action=index
310-998-3203
2509 Pico Blvd, Santa Monica, CA 90405
Services: Integrative medicine, obesity prevention & weight management, chronic pain treatment & management.
- **[Westside Family Health Center](http://www.wwhcenter.org/)**
<http://www.wwhcenter.org/>
310-450-2191
1711 Ocean Park Blvd., Santa Monica, CA 90405
Services: Primary care, OB/GYN, prenatal care, family planning, well-child checkups, preventive care, vision screening, immunizations.
- **[Women's Clinic & Family Counseling Center](http://www.womens-clinic.org/index.php)**
<http://www.womens-clinic.org/index.php>
310-203-8899
9911 W. Pico Blvd., Los Angeles, CA 90035
Services: Primary care, OB/GYN, family planning, mammograms, counseling services, mental health.
- **[Venice Family Clinic](http://www.venicefamilyclinic.org/)**
<http://www.venicefamilyclinic.org/>
310.392.8636
Multiple locations in Venice, Santa Monica, Mar Vista, Inglewood, and Culver City.
Services: Primary care, women's health (OBGYN, screening, family planning, prenatal care), pediatric, eye care, domestic violence intervention, lab and diagnostic services, specialty care.

Breastfeeding Classes & Support

- **Cedars-Sinai Lactation Education Center**
310-423-5312
8700 Beverly Blvd., Suite 3202, Los Angeles, CA 90048
Also serves Greater Los Angeles Area
Linda Kingsley, B.A., IBCLC, RLC Program Coordinator. Mon - Sat 8:00 AM - 4:00 PM Prenatal breastfeeding classes. Consults in hospital. NICU Lactation Program. Breast pump rentals & related sales. Medical translators for most languages, serve hearing impaired.

- **[Epps, Cynthia, MS, IBCLC](http://www.cynthiaepps.com/)**
<http://www.cynthiaepps.com/>
310-458-6430; 310-968-0387
457 25th Street, Santa Monica, CA 90402
 Also serves Los Angeles , South Bay, San Fernando Valley
 Prenatal breastfeeding classes, private instruction. Consults in hospital, client's home. Credit cards accepted. Available weekends by appointment only.
- **Katznap-Yackman, Yana, BA, IBCLC, RLC**
323-240-6002
 Serves Marina Del Rey and West Los Angeles
 Private breastfeeding instruction. Consults in client's home.
 Available weekends and evenings.
- **[MCH Services Inc.](http://www.mchservicesinc.com), Rona Cohen, RN, MN, IBCLC**
www.mchservicesinc.com
800-822-6688
P.O. Box 6241, Beverly Hills, CA 90212-1241
 National & International Corporate Lactation Program
 Prenatal education through corporate lactation programs only. Breast pump sales. Credit cards accepted.
- **Slavick, Suzy, RN, IBCLC**
310-871-3554
145 South La Peer Drive, Beverly Hills, CA 90211-2601
 Also serves Culver City
 Private breastfeeding instructions. Consults in hospital, office, client's home.
 Breastpump and rental and sales of related supplies. Credit cards accepted.
 Available weekends and evenings. Hebrew spoken. Experienced in hospital setting, warm and supportive approach.
- **Tellalian, Louise Arce, RN, CLC, FACCE**
310-274-2272
1911 San Ysidro Drive, Beverly Hills, CA 90210-1520
 Serves Greater Los Angeles
 Prenatal breastfeeding classes; small group in home setting on Saturday AM with phone follow-up. Private instruction available. Phone counselling.
- **[The Sanctuary Breastfeeding Resource Center](http://www.birthsanctuary.com), Kimberly Durdin, IBCLC**
www.birthsanctuary.com
877-552-6437 (24 Hours / 7 Days)
11965 Venice Blvd. Suite 307, Los Angeles, CA 90066
 Prenatal, postpartum breastfeeding classes, support group. Consults in hospital, clinic, client's home. Breast pump rentals, sales and related sales. Low cost services available.

- **Kaiser Permanente Medical Center, WLA**
323-857-4121
6041 Cadillac Ave. Los Angeles, CA 90034-1702.
 Also serves WLA, Baldwin Hills
Gwen Brown, RN, BSN, CLC, Alexanne Soltwedel, RN, BSN, CLE
 Lactation Clinic Mon.-Fri. 9:00 AM - 5:30 PM
 Prenatal, postpartum breastfeeding classes. Consults in hospital, clinic.
 Breast pump sales and related sales. Support group. Special services to NICU
 graduates and teens. Weekend services for inpatients. Services free to Kaiser
 patients.

Food Banks

- **[SOVA Community Food and Resource Program](http://www.ifsla.org/page.aspx?pid=290)**
<http://www.ifsla.org/page.aspx?pid=290>
877-275-4537
8846 W. Pico Blvd., Los Angeles, CA 90035
- **[St. Augustine's S.A.V.E.S Food Pantry](http://www.homelessshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=3560)**
<http://www.homelessshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=3560>
310-838-2702
3820 Jasmine Ave., Culver City, CA 90232
 Hours: Mon, Wed, Fri 9-11:45am
- **[St. Joseph Center](http://www.stjosephctr.org/)**
<http://www.stjosephctr.org/>
310-396-6468 ext. 348
204 Hampton Drive, Venice, CA 90291
 Hours: Mon, Wed, Thur 10am-12pm & Tue, Fri 1-3pm
- **[Mildred Crush Foundation](http://www.mildredcurshfoundation.com)**
<http://www.mildredcurshfoundation.com>
310-452-1830
610 California Avenue, Venice, CA 90291
 Hours: 2nd & 4th Thurs 12:30-1:30pm

Shelters & Affordable Housing Programs

- **[Upward Bound House](http://www.upwardboundhouse.org/)**
<http://www.upwardboundhouse.org/>
310-458-7779
 Upward Bound House provides housing, supportive services, and advocacy for
 families and their children at its Family Center in Culver City and Family Place in
 Santa Monica.

- **[City Of Santa Monica Housing And Economic Development Department](http://www.smgov.net/departments/hed/)**
<http://www.smgov.net/departments/hed/>
1901 Main Street, Suite C, Santa Monica, CA 90405
The agency provides housing services for residents of the City of Santa Monica.
- **[Ocean Park Community Center](https://www.opcc.net/)**
<https://www.opcc.net/>
310-450-4050
1453 16th Street, Santa Monica, CA 90404-2715
The agency provides homeless support services for women, men, couples, and families; including people who are undocumented who are in or have been recently evicted from housing in the city of Santa Monica.
- **[St. Joseph Health Center](http://www.stjosephctr.org/affordable_housing.html)**
http://www.stjosephctr.org/affordable_housing.html
310-396-6468
204 Hampton Drive , Venice, California 90291-8633
St. Joseph Center's Affordable Housing Program assists homeless families and individuals to qualify for government subsidized housing.

Domestic Violence & Legal Assistance

- **[Jenesse Center Inc.](https://jenesse.org)**
<https://jenesse.org>
24/7 Hotline: 800-479-7328
Administration Line: 323-299-9496
The program provides domestic violence and shelter services for battered women or men and their children, who are Los Angeles County residents, including single women, single men, pregnant women and emancipated minors.
- **[Sojourn Center](https://www.opcc.net/?nd=sojourn)**
<https://www.opcc.net/?nd=sojourn>
24-Hour Hotline: 310-264-6644
SOJOURN provides battered women and their children with a 24 hour crisis hotline, an emergency shelter, support groups, legal advocacy, community education, and domestic violence classes for survivors.

Mental Health

- **Edelman Mental Health Center**
310-966-6500
11531 W. Olympic Blvd., Los Angeles, CA 90064
- **[Family Service of Santa Monica](http://www.vistadelmar.org/family-services-of-santa-monica/)**
<http://www.vistadelmar.org/family-services-of-santa-monica/>
310-451-9747
1533 Euclid St, Santa Monica, CA 90403
The agency provides mental health services for individuals of all ages in the Santa Monica area. Services include counseling, teen parenting program, adoption services, support groups, and special education.

- **[Open Paths Counseling Center](http://openpaths.org/)**
<http://openpaths.org/>
English: (310) 258-9677, Español: (310) 967-6090
5731 W. Slauson Ave., Suite 175, Culver City, CA 90230
 Open Paths offers therapeutic counseling in English and Spanish to members of the community who are unable to afford standard fees for mental health services. Some of the services include individual, marital, child and family therapy, group therapy and parenting education.
- **[Didi Hirsch Mental Health Services](http://www.didihirsch.org/)**
<http://www.didihirsch.org/>
Crisis Line: 877-727-4747
Administration Line: 310-390-8896
 The program provides mental health services for people of all ages in Los Angeles County. Services include 11 centers, a 24 hour crisis line, counseling, community outreach, and training programs.

Employment Training & Financial Education

- **[Chrysalis](http://www.changelives.org/client_center)**
http://www.changelives.org/client_center
310-401-9400
1853 Lincoln Blvd, Santa Monica, CA 90404
 Chrysalis provides the resources and support needed to find and retain employment.
- **[Marina del Rey WorkSource Center](http://www.jvsla.org/programs-and-services/jvs-business-development)**
<http://www.jvsla.org/programs-and-services/jvs-business-development>
310-309-6000
13160 Mindanao Way, Suite 240, Marina Del Rey, CA 90292
 WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.
- **[YWCA Santa Monica/Westside](http://www.smywca.org/)**
<http://www.smywca.org/>
310-452-3881
2019 14th Street, Santa Monica, CA 90405
 The Libbie Agran Financial Literacy Center promotes financial literacy and economic justice by providing: computer labs and software to build skills for girls in math, science and personal finance and programs for women and families to build skills in personal financial management and wealth building.

South Los Angeles Resources (SPA 6)

Health Services

- **Martin Luther King Jr. Center for Public Health**
323-568-8100
11833 S. Wilmington Ave., Los Angeles, CA 90059
Services: Immunizations, TB testing and treatment, STD testing and treatment
- **Ruth Temple Health Center**
323-730-3507
3834 S. Western Ave., Los Angeles, CA 90062
Services: Public health clinic
- **[St. John's Well Child & Family Health Center](http://www.wellchild.org/)**
323-541-1411
Multiple locations in South Los Angeles.
Services: Primary care, dental, women's health, pharmacy, mental health, HIV/AIDS, children's services.
- **[Compton Central Health Clinic](http://www.comptoncentralhealthclinic.org/)**
310-635-7123
201 N. Central Ave., Compton, CA 90220
Services: Primary care, laboratory, pharmacy, and radiology services.
- **[Wesley Health Centers - Lynwood](http://jwchinstitute.org/)**
310-223-1035
3591 & 3580 East Imperial Highway, Lynwood, CA 90262
Services: Primary care, pediatrics, senior care, HIV testing, specialty referrals, women's health.
- **[Watts Health Center](http://www.wattshealth.org/)**
323-564-4331
10300 South Compton Ave., Los Angeles, CA 90002
Services: Primary care, pediatrics, women's health, urgent care, pharmacy, vision, dental.
- **[South Central Family Health Clinic](http://www.scfhc.org/)**
323-908-4200
4425 South Central Ave., Los Angeles, CA 90011
Services: Primary care, women's health, pediatrics, behavioral health, health education, classes.

Breastfeeding Classes & Support

- **Watts Healthcare Corporation**
323-564-4331
10300 S. Compton Ave., Los Angeles, CA 90002
Breastfeeding Support Groups offered every 2nd and 4th Wednesday 2:30pm-3:30pm and one on one breastfeeding support from peer counselors. Must be a WIC participant.
- **The Community Birth Center, Racha Tahani Lawler, CPM, LM**
323-541-9100
2422 W. Florence Ave., Los Angeles, CA 90043
Breastfeeding education and preparation, prenatal care, natural childbirth education and preparation.
- **T.H.E. Clinic**
323-730-1920
3834 S. Western Ave., Los Angeles, CA 90062-1104
Offers women's health services including prenatal care, perinatal, and prenatal education as well as diaper support group. Walk-ins accepted.
- **South LA Health Projects WIC**
310-661-3080
Breastfeeding Helpline: 323-905-1248
2930 W. Imperial Highway, Suite 601, Inglewood, CA 90303
This WIC center offers breastfeeding peer counselors, prenatal breastfeeding classes, support groups, breast pump loans for medical need, and pumps for working mothers.
- **[Good Samaritan Hospital](#)**
[Lactation Resource Center](#)
213-977-2150 HealthEd@GoodSam.org
637 Lucas Ave., 7th floor, Los Angeles, CA 90017
Breastfeeding assistance, support groups, private consultations, and more.

Food Banks

- **Another Chance Outreach**
310-631-2408
456 W. Compton Blvd., Compton 90220
Hours: 2nd & 4th Sat 8-10am
- **Lynwood All People's First**
310-639-2010
4330 Martin Luther King Jr. Blvd., Lynwood 90262
Hours: Fri 8:30-9:30pm
- **[Shields for Families](#)**
<http://www.shieldsforfamilies.org/?p=32>
323-242-5000
11705 Deputy Yamamoto Place, Lynwood 90262
Hours: Thurs 10am-2pm

- **Paramount Care Foundation**
562-272-7647
8206 Alondra Blvd., Paramount 90723
Hours: Fri 9-10am
- **Ministerio a la Luz**
626-253-5929
111 N. Long Beach Blvd., Compton 90221
Hours: Sat 10am-12pm

Shelters & Affordable Housing Programs

- **Watts Labor Community Action Committee**
<http://www.wlcac.org/social-services.htm>
323-563-5639
10950 S. Central Ave., Watts, CA 90059
Includes an access center, shelter plus care programs, women's shelter, and transitional housing services for women and men in South Central Los Angeles.
- **Compton Welfare Rights**
<http://www.cwroshelter.org/>
310-631-5193
528 W. Almond Street, Compton, CA 90220
A free shelter for homeless women and women with children age 10 or younger.
- **Watts/Century Latino Organization**
<http://www.wattscenturylatino.org/slaoh.htm>
323-564-9140
10360 Wilmington Avenue, Los Angeles, CA 90002
The South Los Angeles Home Ownership Program provides first-time home buyer education and counseling as well as foreclosure prevention and counseling.
- **West Los Angeles Community Development Corporation**
<http://www.westangelescdc.org/index.html>
323-751-3440
6028 Crenshaw Blvd, Los Angeles, CA 90043
This agency provides emergency services, food and nutrition programs, utility assistance, housing and employment referrals, homebuyer education, and credit counseling to individuals and households in South Los Angeles.

Domestic Violence & Legal Assistance

- **Project Impact**
<http://projectimpactusa.org/parent-education/>
888-431-2882
2640 Industry Way, Suites G and H, Lynwood, CA 90262
Project IMPACT's Domestic Violence program provides adult education and free counseling.

- **[1736 Family Crisis Center](http://www.1736familycrisiscenter.org/index.html)**
<http://www.1736familycrisiscenter.org/index.html>
24/7 Crisis Hotline: 310-379-3620
Administration Line: 310-543-9900
21707 Hawthorne Blvd., Suite 300, Torrance, CA 90503
 1736 Family Crisis Center has shelter programs, Community Service Centers, and 24-hour crisis hotlines, which are customized to address and meet every client's individual needs. Services include domestic violence shelters, case management, counseling, legal services, job development, and family reunification.

Mental Health

- **Augustus Hawkins Mental Health Center**
310-668-4271
1720 E. 120th Street, Los Angeles, CA 90058
- **Compton Mental Health Services**
310-668-6600
931 E. Compton Blvd., Compton, CA 90221
- **Latino Mental Health Center**
310-668-3112
1720 E. 120th Street, Los Angeles, CA 90059
- **West Central Family Mental Health**
323-298-3680
3751 Stocker Street, Los Angeles, CA 90008
- **[St. Francis Medical Center](http://stfrancis.dochs.org/our-services/behavioral-health-services-2/)**
<http://stfrancis.dochs.org/our-services/behavioral-health-services-2/>
310-900-8900
3630 East Imperial Highway, Lynwood, CA 90262
 The agency provides mental health services for children of all ages and families in Los Angeles County.
- **[Kedren Community Mental Health](http://www.kedrenmentalhealth.com/)**
<http://www.kedrenmentalhealth.com/>
323-233-0425
4211 South Avalon Boulevard, Los Angeles, CA 90011
 Kedren Community Health Center, Inc., dba Kedren Acute Psychiatric Hospital and Community Mental Health Center, offers comprehensive programs and services for children, transitional aged youth, and adults residing in Service Planning Area 6, experiencing serious or persistent mental illness or emotional disturbances.

- **[The Guidance Center](http://www.tgclb.org/)**
<http://www.tgclb.org/>
310-669-9510
901 W. Victoria Street, Suites F & G, Compton, CA 90220
 Services include: Case Management, Crisis Intervention, Field Capable Clinical Services, Full Service Partnership, Individual, Group and Family Therapy, Parenting Education, Psychiatric Medication.

Employment Training & Financial Education

- **[Women In Non-Traditional Employment Roles](http://www.winterwomen.org/)**
<http://www.winterwomen.org/>
213-749-3970
3655 South Grand Avenue, Suite 210, Los Angeles, CA 90007
 WINTER provides women with career and technical training, support and transitional services, mentor programs, and community outreach for economically disadvantaged community women.
- **[Community Career Development](http://www.communitycareer.org/)**
<http://www.communitycareer.org/>
213-365-9829
 The Wilshire Metro, Compton, and South Los Angeles WorkSource Centers offer free employment services including workshops, short term vocational training, assistance with unemployment insurance, and job search techniques.
- **[Compton CareerLink](http://www.comptoncity.org/index.php/CareerLink/careerlink-business-services.htm)**
<http://www.comptoncity.org/index.php/CareerLink/careerlink-business-services.htm>
310-605-3050
700 N. Bullis Road, Compton, CA 90220
 CareerLink is dedicated to linking job seekers with employers through an integrated system of customer-oriented programs and services, including: career planning, job training, free workshops, CalJOBS registration, and recruitments.
- **[Watts WorkSource Center](http://www.wiblacity.org/)**
<http://www.wiblacity.org/>
323-563-4702
10950 South Central Ave, Los Angeles 90059
 WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.

East Los Angeles Resources (SPA 7)

Health Services

- **[Whittier Hospital Women's Health Centers](http://www.whittierhospital.com/getpage.php?name=womenshealth)**
<http://www.whittierhospital.com/getpage.php?name=womenshealth>
562-945-3561
Multiple locations in Whittier.
Services: Prenatal care, family planning, women's health services.
- **[Children's Clinic Family Health Center](http://www.thechildrensclinic.org/)**
<http://www.thechildrensclinic.org/>
562-461-1179
17660 Lakewood Blvd., Bellflower, CA 90706
- **[Wesley Health Center – Bell Gardens](http://jwchinstitute.org/primary-medical-care/wesley-health-centers-bell-gardens/)**
<http://jwchinstitute.org/primary-medical-care/wesley-health-centers-bell-gardens/>
323-562-5815
6912 South Ajax Ave., Bell Gardens, CA 90201
Services: Primary care, prenatal care, pediatrics, family planning, male wellness services, women's health, HIV testing, laboratory services.
- **Wesley Health Center – Norwalk**
562-281-0305
12360 Firestone Blvd., Norwalk, CA 90650
Services: Family medicine, prenatal care, family planning, gynecology, pediatrics, specialty referrals, HIV testing, and laboratory services.
- **Whittier Public Health Center**
562-464-5350
7643 S. Painter Ave., Whittier, Ca 90602
Services: Public health center.
- **[Northeast Community Clinic](http://neccmed.org/)**
<http://neccmed.org/>
323-771-8400
4129 East Gate Ave., Bell, CA 90201
Services: Primary care, women's health, pediatrics, osteoporosis screenings, HIV testing, laboratory services.

Breastfeeding Classes & Support

- **[Breastfeeding Support Inc.](http://www.breastfeedingsupportinc.com)**
www.breastfeedingsupportinc.com
562-922-1474
9819 Palm Street, Bellflower, CA 90706
Serves Greater Los Angeles and North Orange County
Private breastfeeding instruction, prenatal and postpartum classes. Consults in hospital, office, client's home. Pump rentals, sales, related sales. Low cost support group. Credit cards accepted. Available weekends and evenings.
Spanish Spoken.

Food Banks

- **Rosewood Church**
562-925-1443
10115 E. Rose Street, Bellflower, CA 90706
Hours: Fri 3-4pm
- **City of Commerce**
323-887-4460
2555 Commerce Way, Commerce, CA 90040
Hours: 3rd Thurs 10:30am-1pm
- **Hawaiian Gardens Food Bank**
562-860-9097
21411 Norwalk Blvd., Hawaiian Gardens, CA 90716
Hours: Wed 2-6pm & Thurs 9:30am-3:30pm
- **Southeast Churches Service**
323-585-8254
2780 E. Gage Avenue, Huntington Park, CA 90255
Hours: Mon-Fri 9am-12pm & 1-4pm
- **St. Gregory the Great**
562-777-2475
13935 Telegraph Road, Whittier, CA 90605
Hours: Tue, Wed, Thurs 10am-2pm
- **Montebello Watch**
626-810-5833
1033 South Maple Ave., Montebello, CA 90640
Hours: Tue-Thurs 3-6pm

Shelters & Affordable Housing Programs

- **[HPRP Huntington Park](http://huntingtonpark.org)**
<http://huntingtonpark.org>
323-388-7324
2965 E. Gage Ave., Huntington Park, CA 90255
The Homeless Prevention Rapid re-housing Program provides services to homeless individuals and persons who are at risk of homelessness.

Domestic Violence & Legal Assistance

- [East Los Angeles Women's Center](http://elawc.org/)
<http://elawc.org/>
Rape and Battering Hotline 24/7: 800-585-6231
1255 South Atlantic Blvd, Los Angeles, CA90022
The East Los Angeles Women's Center strives to ensure that all women, girls and their families live in a place of safety, health, and personal well-being, free from violence and abuse. Services include a 24/7 bilingual crisis hotline, domestic violence services, mental health and parenting programs, and HIV/AIDS prevention services.
- [Human Services Association](http://www.hsala.org/services/program/domestic-violence-support-services)
<http://www.hsala.org/services/program/domestic-violence-support-services>
(562) 806-5400
6800 Florence Ave., Bell Gardens, CA 90201
Current CalWORKS participants or persons eligible for CalWORKS qualify for HSA's Domestic Violence Assistance program. Services include counseling, parenting classes, and emergency assistance, services all designed specifically for domestic violence victims.
- [Angel Step Inn Domestic Violence Emergency Shelter](http://www.angelstepinn.org/)
<http://www.angelstepinn.org/>
24/7 Crisis Hotline: 323-780-4357
11500 Paramount Blvd., Downey, CA 90241
The program operates a battered women's shelter and offers domestic violence services for women substance abusers, age 18 and older, and their children, including women from other counties who are fleeing a batterer.

Mental Health

- [New Directions](http://recoverguide.com/)
<http://recoverguide.com/>
562-943-6000
11530 La Mirada Boulevard, La Mirada, CA 90638
The agency provides domestic violence services for adults and adolescents, ages 13 to 80, in Los Angeles County.
- **Rio Hondo Community Mental Health**
562-402-0688
17707 Studebaker Rd., Cerritos, CA 90701
The Rio Hondo Community Mental Health Center in Cerritos is operated by the Los Angeles County Department of Mental Health. This facility helps individuals, families and communities develop and maintain mental health, wellness and recovery through counseling, rehabilitation programs, treatment, training and assistance.

- **American Indian Counseling Center**
562-402-0677
17707 Studebaker Rd., Cerritos, CA 90701
Services include: Case Management, Community Outreach, Collateral, Dual Diagnosis, Field Capable Clinical Services, Full Service Partnership, Group Counseling, Life Support, Medication Support, Mental Health Promotion.
- **East Los Angeles Mental Health**
562-806-5000
6001 Clara St., Bell Gardens, CA 90201

Employment Training & Financial Education

- **[Southeast Los Angeles Workforce Investment Board](http://www.selacowib.com/)**
<http://www.selacowib.com/>
800-481-6555
10900 East 183rd Street, Suite 392, Cerritos, CA 90703
Online community resource and career center with a wide range of free employment services and job search tools.
- **[Operation Hope South Gate](http://www.operationhope.org/hopecenter.southgate)**
<http://www.operationhope.org/hopecenter.southgate>
562-927-0294
8710 Garfield Avenue, South Gate, CA 90280
The South Gate HOPE Financial Dignity Center provides in-person financial support including credit and foreclosure counseling.
- **[East LA Community Corporation](http://www.elacc.org/)**
<http://www.elacc.org/>
323-269-4214
530 South Boyle Avenue, Los Angeles, CA 90033
ELACC is a community development corporation focused on financial education, housing development, assets and wealth building, tenant services, and community organizing for Boyle Heights and East Los Angeles.
- **[Mexican American Opportunity Foundation](http://www.maof.org/financial-literacy/)**
<http://www.maof.org/financial-literacy/>
323-278-3890
401 N. Garfield Avenue, Montebello, CA 90640
MAOF offers Financial Literacy and Education workshops on a monthly basis. Subjects covered include Identity Theft, Home Ownership, Credit Score, Credit Use, and basic banking information.

South Bay Resources (SPA 8)

Health Services

- **Curtis R. Tucker Health Center**
310-419-5325
123 W. Manchester Blvd., Inglewood, CA 90301
Services: Public health center, STD testing, TB testing, immunizations.
- **Torrance Health Center**
310-354-2300
711 Del Amo Blvd., Torrance, CA 90502
Services: Public health center.
- **[South Bay Family Health Care – Gardena](http://www.sbfhc.org/contact-us/)**
<http://www.sbfhc.org/contact-us/>
310-327-1357
742 W. Gardena Blvd., Gardena, CA 90247
Services: Primary care, adult disease management, women's health, prenatal care, pediatric, dental, family planning, HIV/AIDS testing, imaging services.
- **Westside Neighborhood Clinic**
562-595-5507
1436 W. 23rd St, Long Beach, CA 90810
Services: Primary care, immunizations, prenatal care, health education, women's health.
- **Wilmington Community Clinic**
310-549-5760
1009 North Avalon, Wilmington, CA 90744
Services: Primary care, pediatric, prenatal care, women's health, family planning, STD screening.
- **South Bay Family Health Care - Redondo Beach Clinics**
310-318-2521
2114 Artesia Blvd., Redondo Beach, CA 90278
Services: Primary care, adult disease management, women's health, prenatal care, pediatric, dental, family planning, HIV/AIDS testing, imaging services.

Breastfeeding Classes & Support

- **[Beach Cities Babies](http://www.beachcitiesbabies.com)**
www.beachcitiesbabies.com
Terry Gass RN, IBCLC and Susanna Lutton, MPH, CLE
310-372-5511
Redondo Beach, CA 90278
Prenatal, postpartum breastfeeding classes. Consults in client's home. Pump rentals and related sales. Weekly support groups. Available weekends.

- **Columbia Paediatrics Breastfeeding Clinic**
Susan Orr, PT, CLC, IBCLC
562-427-3782
2880 Long Beach Blvd., #425, Long Beach, CA 90806
 Also serves South Bay
 Prenatal, postpartum breastfeeding classes, private instruction. Consults in hospital, clinic, office, client's home, pediatric office. \$20 consults at clinic Tuesdays and Thursdays. Breast pump sales and related sales. Available weekends & evenings.
- **Breastpump Connection**
Rosevear, Luanne. RN, PHN, IBCLC, BS
310-779-7943; 310-212-6461
3325 Opal Street, Torrance, CA 90503.
 Also serves Long Beach.
 Breastfeeding consults in office, hospital, client's home pediatric office, WIC center. Breast pump purchase, rental, related sales and delievery. Specializes in teens and NICU graduates. Support groups Sat., Sun. @ noon for \$25. Available weekends and evenings.
- **[South Bay Baby Beginnings](http://www.southbaybabybeginnings.com/)**
<http://www.southbaybabybeginnings.com/>
Patty Elder, RNC, IBCLC and Hillary Gray, RNC, IBCLC
310-619-6083
2200 Pacific Coast Highway, Hermosa Beach, CA 90254
 Breastfeeding consults in hospital, clinic, client's home. Low cost support groups Mon. Wed. Fri. 10:00 AM - Noon. Available weekends and evenings.
- **[Torrance Memorial Medical Center](http://www.torrancememorial.org)**
www.torrancememorial.org
Susan Orr, PT, LCCE, CLC, IBCLC; Nancy Kraus, BA, LCCE, CLE; Tricia Suarez, CLE, Catherine Hargrove, RN, CLE
310-325-9110 Ext. 4225
3330 Lomita Blvd., Health Links, West Tower, Torrance, CA 90505-5073
 Prenatal, postpartum breastfeeding classes. \$30 consults in clinic Mon. & Sat. mornings. Breast pump rentals & sales, nursing wear, books, baby items. Credit cards accepted. Tagalog Spoken.
- **Wilmington Community Clinic**
Susan Estrada, CLE
310-549-9787
1009 N. Avalon Blvd., Wilmington, CA 90744
 Private instruction in office. English and Spanish spoken.

Food Banks

- **Project Needs**
310-370-4319
2600 Nelson Ave., Redondo Beach, CA 90278
 Hours: 1st & 3rd Thurs 9-11am

- **City of Truth Ministries**
310-669-8300
1139 E. Dominguez St, Suite D, Carson, CA 90746
Hours: 2nd & 4th Sun 12:30-2pm
- **Food Net – Asian Service Center**
310-217-7300
14112 Kingsley Drive, Gardena, CA 90249
Hours: Mon, Tue, Wed 9am-12pm
- **WSFB – Salvation Army**
310-677-3375
324 E. Queen Street, Inglewood, CA 90301
Hours: Mon-Fri 1-3pm
- **Food Net – San Pedro Service**
310-519-6091
769 W. Third Street, San Pedro, CA 90731
Hours: Mon-Fri 2-4:30pm
- **San Pedro Temple Corps**
310-832-7228
138 S. Bandini Street, San Pedro, CA 90731
Hours: Tue & Fri 9am-12pm & 1:30-3pm

Shelters & Affordable Housing Programs

- **[Harbor Interfaith Services](http://www.harborinterfaith.org/)**
<http://www.harborinterfaith.org/>
310-831-9123
670 West 9th Street, San Pedro, CA 90731
Serves the Harbor Area and South Bay communities of Los Angeles, California. Programs include a family resource center, family shelter, and children's center.
- **[Union Rescue Mission](http://www.unionrescuemission.org)**
www.unionrescuemission.org
213-347-6300
545 S. San Pedro St., Los Angeles, CA 90013
Offers emergency services, an intensive recovery program, family center, free clinics, and access to a learning center to men, women, and children experiencing homelessness with the compassion of Jesus Christ.
- **[Redondo Beach Housing Authority](http://www.redondo.org/depts/recreation/housing/default.asp)**
<http://www.redondo.org/depts/recreation/housing/default.asp>
310-318-0635
1922 Artesia Blvd., Redondo Beach, CA 90278
The Housing Authority administers two programs for the City; the Section 8 Rent Assistance Program and a Landlord/Tenant Fair Housing Program.

Domestic Violence & Legal Assistance

- **Interval House**
<http://www.intervalhouse.org/>
Hotline: 562-594-4555, 714-891-8121
Main Line: 562-594-9492
6615 East Pacific Coast Highway, Suite 170, Long Beach, CA 90803
The agency provides a battered women's shelter for women and their children of any age who are in the Long Beach and surrounding areas. Services include 24 hour crisis hotlines, emergency shelter, counseling, legal assistance, and transitional and permanent housing.
- **Rainbow Services**
24/7 Spanish/English Hotline: 310-547-9343
Administration Line: (310) 548-5450
453 W 7th St, San Pedro, CA 90731
This program has two shelters, 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. They also have counseling, case management, parenting classes, life-skills classes, and several Children's Programs.
- **Su Casa**
<http://www.sucasadv.org/>
24/7 Hotline: 562-402-4888
3840 Woodruff Ave., Suite 203, Long Beach, CA 90808
Su Casa's services include a 24-hour hotline that provides crisis intervention, information and support, an emergency and transitional shelter.
- **Women Shelter of Long Beach**
<http://womenshelterlb.com/index.php>
24-Hour Hotline: (562) HER HOME (437-4663)
Administration Line: 562-437-7233
WomenShelter is here to help. If you need emergency shelter, please call the hotline at 562-437-4663 (562-HER-HOME) to speak to an advocate. Or, if you are in need of counseling, referrals and help, call the Domestic Violence Resource Center at 562-437-7233.

Mental Health

- **San Pedro Mental Health Services**
http://www.longbeach.gov/health/useful_links/mental_health_resources.asp
Various numbers available. See website for more information.
- **Coastal Asian Pacific Family Health Center**
(310) 217-7312
14112 South Kingsley Dr, Gardena, CA 90249
Provides a variety of outpatient mental health services. Specialty areas include: Case Management, Medication Support, Mental Health Services, Wellness Center

- **[Children's Institute](http://www.childrensinstitute.org/)**
<http://www.childrensinstitute.org/>
310-783-4677
21810 Normandie Avenue, Torrance, California 90502
 Children's Institute offers mental health assessment, individual and family treatment programs, intensive home-based services, and early care and education programs for children and families who reside in high-need, low-resource communities.
- **[The Guidance Center](http://www.tgclb.org/)**
<http://www.tgclb.org/>
310-833-3135
160 W. Sixth Street, San Pedro, CA 90731
 Services include: Case Management, Crisis Intervention, Individual, Group and Family Therapy, Parenting Education, Psychiatric Medication, Psychological Testing.

Employment Training & Financial Education

- **[Pacific Asian Consortium on Employment](http://pacela.org/services)**
<http://pacela.org/services>
213-353-3982
1055 Wilshire Blvd., Suite 1475, Los Angeles, CA 90017
 Offers help through a business development center, financial information and asset building, and workforce development center.
- **[Harbor WorkSource Center](http://www.wiblacity.org/)**
<http://www.wiblacity.org/>
310-732-5700
1851 North Gaffey St, #F, San Pedro CA 90731
 WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.