Re-Entry L.A.
A Self-Help Resource Guide for People Returning to Los Angeles County from Prison or Jail

2010 Edition
Welcome Home

The Re-Entry L.A. guide was researched, designed, and compiled as part of a graduate field study project by Wesley George, Cathy Olufs, Engrid Smith, and Monica Valencia, students in the Master of Arts in Organizational Management program at Antioch University Los Angeles (AULA). AULA is located in Culver City and provides a unique college learning experience focused on social justice and community leadership. The vision for this guide grew out of a collaborative effort between the AULA students (one of whom is a formerly incarcerated person), the Center for Health Justice, and member agencies of the Los Angeles County Re-Entry Roundtable. Charged with the task of creating a project that would leave a legacy in the community upon its completion, and armed with the strong desire to fill an unmet need, the Field Study team at AULA evaluated a number of creative ideas and ultimately settled on the development of this guide as the one project that would make the biggest immediate impact in the shortest period of time.

Currently there are approximately 900 persons processed in and out of the L.A. County Jails daily, and the County receives and monitors the highest number of parolees of any county in the state (over 39,000). Prior to the development of this guide, there were no up-to-date comprehensive listings of available resources for formerly incarcerated persons to access upon release. The goal of this guide is to provide a roadmap of resources that will assist people like you, who are being released back into the communities of L.A. County, to be successful after release by giving you the information you need as well as tips and tools that will help you make the best use of the existing resources out there.

This guide is a labor of love by its developers. We know that getting out of prison or jail (whether you’ve been incarcerated for a day or a decade) is an incredibly challenging experience. It’s not always a friendly or welcoming world out there for people with criminal records or incarceration histories. In fact, there are a lot of barriers and hurdles that you must overcome in order to stay out—and unfortunately some of these are in your own head. If you have a strong desire to help yourself, then we want to make it a little easier by putting the tools and the resources at your fingertips. It’s up to you to take the first step.
How to Use this Guide

This guide uses a “Self-Help” format--meaning we give you the information (such as telephone numbers, websites, addresses, etc), and you let your fingers do the walking. At the beginning of each section is a description of the types of services and a list of helpful hints. Free internet access is available at any public library. If you don’t have access to a phone or a computer, there are a number of agencies and drop-in centers that will allow you to use the phone to call for referrals. Your probation or parole agent may be able to help, as well.

Because resources in the community are always changing and need to be updated frequently, only a few of these guides are initially available in print. This guide is a “Living Document” which means that it is being regularly updated on a quarterly basis by our partner agency, the Center for Health Justice. The easiest way to access an updated guide in its entirety (or to make a copy of a specific section) is to go online to the following websites: www.healthjustice.net and www.lacrr.org. Parole and Probation offices also have a copy of the guide available for your use.

Attention Service Providers: If you would like to update or list your programs or services targeting the post-incarcerated community in the guide, please visit the following website www.lacrr.org and complete an Agency Submission Form.

Tips for Accessing Services

While it may at first seem very challenging to navigate the system, especially if you’ve never attempted to seek out services on your own, do not be discouraged. Keep trying until you find what you need. Sometimes it is helpful to write down a list of all the things you need before you begin. That way you can have that list handy when you make a call to a service provider. It helps them to help you when you are organized and know what it is you are looking for. Also, be patient and use good etiquette when calling or walking into the offices of a resource in the directory; this means being as courteous as possible and speak in a nice tone—use please and thank you. Although you might not be in the mood to be nice, and even when the person on the other end is being rude, this approach will get you a lot farther. Remember, everybody has bad days. Most people want to help, and many will go out of their way when they see that you are sincere and ready to do what is needed. Your positive attitude is the most important part of the process!
**LET’S GET STARTED**

When you get out, it is important to think about all the things you’re going to need in order to be successful. The list below includes some common needs of post-incarcerated people. It may seem overwhelming at first, but it helps if you prioritize your needs into the most immediate and then work through the list. What do you NEED to do? What do you WANT to do? And what is REQUIRED? (i.e. probation/parole)

Do you know what paperwork or documents you need before you can get the services you want? You can use the list below to keep track of what you need.

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Using the Internet

The internet can be extremely helpful in locating services in L.A. county and beyond. You can get more information about an agency and their services by visiting their website. The first step is to get access to the internet. Even if you have never used a computer before, it is easy to learn how to search for resources online. Any local public library will give you internet access for FREE. Some community-based organizations will also allow you to use a computer to search for resources, and some provide free training.

In order to use the internet at a library, you must first obtain a library card.

How to Get a Card
You must have photo identification with your name and current address in order to get a library card. Identification can be a California driver's license or an ID card issued by the DMV. An ID card should be at the top of your list of things to obtain when you get out! If you don't have a driver's license or ID card, then present two of the following (one must be a photo ID and one must have your current address): Passport, school ID card, other government issued photo ID, employee ID card, printed personal check, credit card statement, rental or property tax receipt, or business mail with current postmark.

Once you get there, fill out the application and you will immediately receive your card.

Contact:
Los Angeles Public Library, Central Office
Website: www.lapl.org
Location: 630 W. 5th St.
Los Angeles, CA 90071
Phone: 213-228-7000
Hours: Mon - Thu 10am-8pm, Fri. 10am-6pm, Sat. 10am-6pm, Sun. 1pm-5pm
Call for the library in your area.

County of Los Angeles Public Library
Website: www.colapublib.org
Phone: 562-940-8400
Call for the library in your area.

*The County and Public libraries require separate cards.
Go to your local DMV office to get an application for a driver’s license or identification card. You will be required to fill out an application and provide your social security number (see next page for information on obtaining a social security card).

Don’t know where your local DMV is?
Call 800-777-0133 to find out.
For faster service at the DMV it helps to make an appointment in advance, either online, or by calling 1-800-921-1117 or 1-800-777-0133.

Items needed for your Identification Card or Driver’s License

Complete a Driver’s License or Identification Card Application form located at the DMV. To obtain this form by mail, call DMV’s automated phone service 24 hours a day, 7 days a week at 1-800-777-0133.

Present an acceptable birth date/legal presence document. Only the original or a certified copy of one of the following documents is acceptable:

- Federal Proof of Indian Blood Degree, INS American Indian Card
- Birth Certificate or passport issued from a US Territory
- US Passport
- US Military Identification Cards
- Certificate of Naturalization or Citizenship
- Permanent Resident Card
- Certification from California Department of Corrections or California Youth Authority
- Valid I-94 stamped "Refugee,"; "Parole or Parolee,"; "Asylee," or Section 207, Section 208, Section 209, Section 212d(2), HP or PIP

If you have questions about which forms or documents you need, call the DMV.

Pay the application fee: Cost $24-$28; Reduced Fee: $7 (if you qualify); Senior Citizen (age 62 or older) Free.
How to Get Your Social Security Card

How to Contact Social Security:

Visit the website www.socialsecurity.gov, where you can find a lot of information about Social Security programs and locate your nearest office. If you do not have internet access call toll-free at 1-800-772-1213. Operators are available to answer specific questions from 7 a.m. to 7 p.m., Monday through Friday. There is also an automated phone service available 24 hours a day. (You can use this system to change your address or request a replacement Medicare card.) If you are deaf or hard of hearing, call the TTY number, 1-800-325-0778.

To get your Social Security Card, go to your local office with the following documents:

Proof of citizenship and identity
If you are a U.S. citizen, Social Security must see your:
- U.S. birth certificate
- U.S. driver’s license, State-issued non-driver identity card or U.S. passport.

Call Social Security to ask about specific identification requirements for parolees.

If you are not a U.S. citizen, Social Security must see your current U.S. immigration documents. Acceptable documents from the Department of Homeland Security include your:
- Form I-551 (includes machine-readable immigrant visa with your unexpired foreign passport);
- I-94 with your unexpired foreign passport; or Work permit card (I-766 or I-688B).
How to Get a Copy of Your Birth Certificate

From the moment you are born, you come into "the system". You get a birth certificate and a social security number, establishing who you are, your name, age, and place of birth and citizenship. Since citizenship in the US is granted to those born here, your birth certificate instantaneously designates you as a US citizen. An authorized, certified copy of your birth certificate (no photocopies allowed, must be stamped with the raised state or county seal) is required to obtain a driver's license, social security card (can be handled at birth at the hospital), and other services that require confirmation of identity.

**How to get your birth certificate**
The state you were born in has control over your birth records, and they maintain the master records and can reproduce authorized, certified (stamped with state seal) copies for a processing fee (usually discounted for 2nd and additional copies required). Normally, requests for birth certificate copies are handled through the mail. Check with your local state government office for instructions and notice of fees. By doing it yourself, you will save the money that 3rd party birth certificate companies charge for performing this service. It might take you 30 minutes to do, but it will save you $15-$50 from paying additional fees.

**Getting a free birth certificate online**
Need help getting a copy of your birth certificate? The good news is that it is easy to get a birth certificate from any state online. A host of companies have businesses set up that do nothing besides interacting with the proper state agencies, transmitting the required information for obtaining a certified, authorized copy of a birth certificate, and then sending that certificate right to your home or office. To avoid transmitting personal data over the internet, most of them require you to fill out forms and then FAX them in for processing. The bad news is that you can't get a free birth certificate online - since there are state processing fees and shipping fees, there is always a cost, ranging from about $25-$100 or more.

All of the online birth certificate companies charge a fee for their services. Some do not provide birth certificates for certain states, like Connecticut, Iowa, New Mexico, or Hawaii. Be sure to confirm that your desired state is covered. For example, [www.VitalChek.com](http://www.VitalChek.com) charges $12-$18 for a authorized, certified copy of a birth certificate, depending on state. There is normally a processing and shipping charge as well, around $5-$7. They have access to record from all states, so you can get a California birth certificate, a Texas birth certificate, or a New York birth certificate, no problem. [www.USBirthCertificateBureau.com](http://www.USBirthCertificateBureau.com) provides a similar service with a $25 service fee, making them a little cheaper that some of the others. If you elect to use an online service, its important to shop around.
Get a copy of your Record of Arrest and Prosecution (RAP) Sheet

How To Get A Copy Of Your Rap Sheet:

In case you want to obtain a copy of your criminal record, you request one from the Department Of Justice (DOJ). To do so, request a form called “Application to Obtain Copy of State Summary Criminal History Record” from the following address:

California Department of Justice  
P.O. Box 903417  
Sacramento, CA 94203-4170  
Attn: Record Review Unit  
Phone: 916-227-3835

Return the completed form to DOJ with a copy of your fingerprints, which can be obtained from any law enforcement agency, and a money order, certified check, or personal check drawn on a California bank in the amount of $25 payable to the “California Department of Justice.” DOJ may waive the application fee for persons with “financial hardship” or inmates upon completion of a form and proof of inability to pay, such as a public assistance or Medi-Cal card. You should receive a copy of your criminal record within six to twelve weeks.
Register To Vote

Ex-Offender Voting Rights

In California, you can register and vote if you are:
- A citizen of the United States.
- A resident of California.
- At least 18 years old on or before Election Day.
- Not in prison or on parole for a felony conviction.

If you have been convicted of a felony, you can register and vote if you:
- Have completed your prison term for a felony, including any period of parole or supervised release.
- Are on federal or state probation.
- Are incarcerated in county jail as a condition of felony probation or as a result of a misdemeanor sentence.

Restoring Your Right to Vote

If you lost your right to vote because you were convicted of a felony, you can restore if after you’ve completed your sentence and parole/supervised release period. You only need to complete and return a voter registration form. No other documentation is required.

To get a voter registration form:
- Call 415-554-4375 to have one mailed to you.
- Download one online at the Secretary of State’s website:  www.sos.ca.gov/nvrc/fedform/
- Pick one up at the Department of Elections, the Department of Motor Vehicles, or at public libraries and post offices throughout San Francisco.
- After the Department of Elections receives your completed form, a card will be sent to you in the mail as proof of your voter registration.

Registration Requirements

You can register to vote at any time. However, you MUST be registered at least 15 days before an election to vote in that election.

When registering to vote you MUST provide a California driver’s license or California identification number. If you do not have one, you must provide the last four digits of your Social Security number.
Identify Safe and Secure Housing

Once released, if you do not have safe or stable housing, please contact the agencies listed in the housing section to assist you with determining what housing option would be best suited for your needs.

Obtaining permanent housing can sometimes be a lengthy process, so please be patient. You will probably be placed on a waiting list, so you’ll need to find short term or temporary housing in the meantime.

When applying for housing or renting an apartment, you may need the following information or documents with you:

- Completed application forms
- Address of prior residences with landlord or owners information
- Employment, school or income verification
- List of creditable references

A credit check is often required to rent an apartment or house in L.A. County. The standard fee that landlords charge is usually around $25.

Obtaining References

It is helpful to develop a list of people (personal and professional) who are familiar with you and who can vouch for you when necessary. Good references can come in handy when you’re applying for jobs or places to live. When creating a list of references, be sure to notify the people on your list ahead of time and make sure they are comfortable and willing to help.

It’s good to keep your reference list updated (make sure you have accurate contact information) and be sure to add new references as you begin to re-establish yourself in the community.

If you are unsure about who can be a reference, consider the following:
- Members of your church or place of worship
- Family members/close friends
- Co-workers, supervisors, and managers
- Parole/Probation officers
- Landlords
- Mentors
- Former teachers
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Housing Services

“The ache for home lives in all of us, the safe place where we can go as we are, and not be questioned.”

-Maya Angelou

Housing

Affordable housing is difficult to find in the greater Los Angeles area, but not impossible. We have listed different agencies and property managers who offer emergency/transitional and permanent housing referrals.

Helpful Tips:

- All subsidized housing will have requirements such as proof of income or age, and will most likely have waiting lists.
- Housing providers do background checks and these will cover both eviction and unlawful detainer issues.
- Transitional or emergency shelters have waiting lists. Call in advance and secure a place.
- Finding a home is tough in this town, but be patient and keep looking!
Housing Services

A COMMUNITY OF FRIENDS
Website: www.acof.org
Location: Administrative Office, 3345 Wilshire Blvd., Ste. 1000
Los Angeles, CA 90010
Hours: M-F 9am-5pm
Phone: 213-480-0809
Fax: 213-480-1788
General Description: Permanent affordable housing to homeless & mentally ill adults, and other special needs populations. Some family units available. On-site residential service coordinators provide case mgmt, advocacy & assist with independent living skills to residents. Housing units located throughout LA. ***Referrals are only accepted from service providers or case mngs, client self-referrals not accepted. ***

AIDS PROJECT LOS ANGELES/ RESIDENTIAL
Website: www.apla.org
Location: Community Housing Info & Referral Program
3550 Wilshire Blvd., Ste 300
Los Angeles, CA 90010
Hours: M-F 10am-5pm
Phone: 213-201-1600 or 888-300-4033
Fax: 213-201-1598
General Description: Info provided to persons living with HIV/AIDS and their families. The program offers referrals to an array of housing related services & housing options in L.A. County, including: independent housing, apt listings, emergency shelters, transitional housing, residential programs, emergency housing & meal voucher programs, rental assistance programs, voice mail box services, & prepaid phone cards.

BEACON LIGHT MISSION
Location: 525 N. Broad Ave.
Wilmington, CA 90744
Hours: M-F 9am-6pm, Sat, Sun 4pm-7pm
Phone: 310-830-7063
Fax: 310-830-3260
General Description: 21-bed emergency shelter for men only, ages 18 yrs +. Maximum length of stay is 7 nights every 2 mos. Individuals from any area are welcome. Dinner is served every night to men, women, and children who attend chapel services at 7pm.
**Housing Services**

**BEYOND SHELTER**  
Website: www.beyondshelter.org  
Location: 7826 S. Broadway  
Hours: 9am-5pm  
Phone: 323-565-2703  
Fax: 213-480-0846 Administrative Office  
General Description: Housing relocation assistance & transitional case management which include family and individual counseling, crisis intervention, job counseling, training & placement, assistance in obtaining child care, access to basic health and mental health care, money management, independent living skills training, parenting education, specialized children's services, welfare advocacy. Spanish spoken.

**CATHOLIC CHARITIES/BROWNSON HOUSE COMMUNITY CENTER**  
Website: www.catholiccharitiesla.org  
Location: 1307 Warren Street  
Los Angeles, CA 90033  
Hours: M-F 9am-5pm  
Phone: 323-264-8701  
Fax: 323-266-3269  
General Description: Multiservice center for homeless & low income. Info & referral, after school program for children ages 5-14 yrs, case management, emergency food provided M-F 9am-1pm, job and medical referrals, utility bill assistance Jan-March, poverty services and shelter for needy families. Spanish spoken. Serves Boyle Heights and East LA

**GOOD SHEPHERD CENTER/HOMELESS WOMEN**  
Location: 1650 Rockwood Street  
Los Angeles, CA 90026  
Hours: M-F 9am-5pm  
Phone: 213-250-5241  
Fax: 213-250-5073  
General Description: Mobile outreach, drop-in center, emergency shelter max 6 weeks stay for homeless single women.
HOPE AGAIN
Website: www.hopeagain.org
Location: 5121 Sunset Blvd.
Los Angeles, CA 90027
Hours: M-Th 9am-4pm
Phone: 323-661-4004
Fax: 323-661-6172
General Description: Multi-purpose social service agency provides comprehensive case mgmt, employment assistance, food, shelter referral, recovery groups, support groups, rental and referral services for low income, disabled and destitute families. 20 bed transitional housing for single women. Ages 18+ and valid ID

HOUSE OF HOPE
Location: 1115 N. Normandie Ave.
Los Angeles, CA 90029
Hours: M-F 8am-4pm; Sat 8am-12noon
Phone: 323-663-1214
Fax: 323-663-1215
General Description: Shelter and sober living provided to men and women.

HOUSING RIGHTS CENTER
Website: www.hrc-la.org
Location: Fair Housing Services
520 S. Virgil Ave., Ste 400,
Los Angeles, CA 90020
Hours: M-F 8:30am-5p Phone: 213-387-8400 or 800-477-5977
Fax: 213-381-8555
General Description: Info & Counseling regarding landlord & tenant issues. Investigates housing discrimination complaints. Offers monthly vacancy listing. Additional notes: Call for walk-in clinic hours. Spanish, Mandarin, Korean, Armenian & Russian spoken

LA FAMILY HOUSING
Website: www.lafh.org
Location: 7843 Lankershim Boulevard
North Hollywood, CA 91605
Phone: (818) 982-4091
Fax: (818) 982-3895
General Description: Helps homeless families and individuals rebuild their lives through an integrated system of housing and supportive services.
LA HOUSING AUTHORITY
Website:  www.hacla.org
Location:  2600 Wilshire Blvd., 3rd FL,
Los Angeles, CA 90057
Hours:  M-F 8am-4:30pm
Phone:  213-252-2575
General Description:  This office handles HUD Section 8 housing only and serves the actual
city of LA (not the entire county).  For further information on Section 8 applications, write to:
P.O. Box 17985-0965 Foy Station, Los Angeles, CA 90017-0965.  Additional Notes: Spanish,
Vietnamese, Russian, Armenian, Korean, Cambodian and Chinese spoken.

LA HOUSING PARTNERSHIP
Website:  www.lahousingpartnership.com
Location:  1200 Wilshire Blvd. Ste. 307
Los Angeles, CA 90017
Hours: M-Th 8am-6pm; F, Sat 8am-5pm
Phone:  213-484-2555
General Description:  Referrals to low-cost apartments

LABOR COMMUNITY SERVICES
Location:  2130 W. James Wood Blvd., Ste 103
Los Angeles, CA 90006
Hours: M-F 9am-5pm
Phone:  213-427-9044
Fax:  213-427-9056
General Description:  Info & referral for a wide range of issues.  Direct services for food, shel-
ter, utility payments and other emergency assistance to people in need.  Limited financial assis-
tance.

LAMP COMMUNITY VILLAGE
Location:  527 S. Crocker St.
Los Angeles, CA 90013
Hours: M-F 8am-5pm
Phone:  213-488-9559
Fax:  213-683-0969
General Description:  47-bed transitional residential facility for the seriously mentally ill, ages
18 yrs+.  No limit on stay.  Also recovery program for dual diagnosis including case manage-
ment.
LONG BEACH MULTI-SERVICE CENTER
Location: 1301 W. 12th Street
Long Beach, CA 90813
Hours: M, Tu, W, F 8am-5pm: Th 8am-2pm
Phone: 562-733-1147
Fax: 562-733-1157
General Description: 14 co-located agencies serve the homeless. Emergency food, seasonal housing, shelter services & referrals. Financial, rental, utility, transportation assistance, emergency motel & restaurant vouchers, case mgmt services, affordable housing assistance, outreach.

OCEAN PARK COMMUNITY CENTER/TURNING POINT
Website: www.opcc.net
Location: 1453 16th St.
Santa Monica, CA 90404
Hours: M-F 8am-5pm
Phone: 310-828-6717
Fax: 310-828-1337
General Description: 55-bed transitional housing program for the homeless. Serves single adults ages 18 yrs+. Maximum stay is 9 months.

PEOPLE ASSISTING THE HOMELESS (PATH)
Website: www.epath.org
Location: Regional Homeless Center
340 N. Madison Ave.
Los Angeles, Ca 90004
Hours: Office Hours M-F 7:30am-4pm
Phone: 323-644-2216
Fax: 323-644-2288
General Description: Transitional housing program for men, women, families and those with special needs. Each program consists of transitional beds with programs, services & facilities geared to individual needs. Access program provides initial in-take, needs assessment & referral service.
PORTALS/ MARIPOSA CLUB HOUSE
Website:  www.portalshouse.org
Location:  269 S. Mariposa Ave.
Los Angeles, CA 90004
Hours:  M-F 8am-5pm
Phone:  213-639-2660
Fax:  213-389-1987
General Description:  This supportive housing program for the formerly homeless, mentally ill or at risk of being homeless. Provides long-term, supported, independent housing in the Santa Monica and West L.A. area.  Wait list.

SALVATION ARMY/SANTA MONICA
Location:  505 Olympic Blvd.
Santa Monica, CA 90401
Hours:  M-F 8am-5pm
Phone:  310-581-9825
Fax:  310-581-9314
General Description:  100-bed shelter for adults, with residency up to 6 months. Also provides a 20-bed, 14 day emergency shelter for men & women. Specific Services Requirements: 18+ yrs, drug & alcohol free by referral only.

SALVATION ARMY/ZAHN EMERGENCY SHELTER
Location:  832 W. 9th St.
Los Angeles, CA 90015
Hours:  M-F 8:30am-4:30pm
Phone:  213-438-1600
Fax:  213-892-8955
General Description:  Family services program for food & clothing vouchers located on the first floor. Located on the second floor is 3-month shelter for males, females, transgender & families with HIV/AIDS, as well as non-HIV. Staff is bilingual and culturally sensitive.

SRO HOUSING CORPORATION
Website:  www.srohousing.org
Location:  Administrative Office, 354 S. Spring St. Ste 400
Los Angeles, CA 90013
Phone:  213-229-9640
Fax:  213-229-9677
General Description:  Hotels for recovering substance abusers, the chronically & severely mentally ill, ex-offenders, and some exclusively for seniors.
TARZANA TREATMENT CENTERS  
Website:  www.tarzanatc.org/services/housing-sober-living.aspx  
Phone:  818-996-1051 or 818-342-5897  
General Description:  Transition into independent living in the community.  14 sober living houses conveniently located within close proximity to each of their four alcohol and drug treatment facilities in the San Fernando Valley, Antelope Valley, and Long Beach.

US DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT  
Website:  www.hud.gov  
Location:  Subsidized Housing Program,  
611 W. 6th Street, Ste 800,  
Los Angeles, CA 90017  
Hours:  M-F 8am-4:30pm  
Phone:  213-894-8000  
Fax:  213-894-8107  
General Description:  National website can help find a HUD office near you.  Recorded message.  Obtain a list of subsidized rental housing (Section 8).  Application depends on ability to meet criteria at local district office.  Waiting list depends on area.  It may take several years to obtain subsidized rentals.

WATTS COMMUNITY LABOR/ COMMUNITY ACTION  
Website:  www.wlcac.org  
Location:  Access Center for Homeless Service  
958 E. 108th ST.  
Los Angeles, CA 90059  
Phone:  323-563-4730  
Fax:  323-563-5672  
General Description:  Comprehensive info and referral, intake with 30-bed shelter for single mothers ages 18 yrs+ with children up to age 9. Also provides food and clothing. Must be in school or working.
Hotlines and Helplines

“If you don’t ask, they can’t say yes.”

-Mark Lieberman

The following section is a listing of various telephone numbers that can aid you in accessing needed services throughout the county. Some are operated 24 hours a day.

Helpful Hints:

- Be sure to have a pen and paper available when you call to write down any telephone numbers or addresses the hotline operator may give to you.

- Be specific with the questions that you ask. Have them in mind before you call. Maybe even write them down so you don’t forget to ask any of them.

- If they can’t help you, see if they can point you in the right direction.

- Be patient and keep looking until you find what you need.
**Hotlines and Helplines**

**2-1-1 L.A. COUNTY**  
Phone: Dial 211 on any telephone, 24 Hour Hotline  
Website: www.infoline-la.org  
General Description: Provides free 24-hour multilingual info & referrals to human services in L.A. County. Referrals for domestic violence, emergency shelter, health services, child care, substance abuse, counseling, family planning, consumer issues, welfare, emergency food, legal referrals, youth programs, senior services, transportation, mental health issues, etc.

**AIDS/HIV NIGHTLINE**  
Phone: 800-273-2437, 415-434-2437;  
Spanish line: 800-303-7432  
Hours: M-Sun 5pm-5am  
General Description: Evening phone line offering emotional support, info and referrals to persons with concerns about HIV/AIDS.

**AIDS PROJECT L.A./CLIENTLINE**  
Phone: 213-201-1500  
Hours: M-F 9am-4:30pm  
General Description: Provides information and referrals, resources and case management over the phone to APLA clients and their significant others, caregivers and healthcare workers. Calls are handled by trained staff, never a voicemail. Spanish spoken. Serves L.A. County.

**ALCOHOL HELPLINE**  
Phone: 800-334-0394 or 800-ALCOHOL, 24 Hour Hotline  
General Description: Information, referrals, and crisis interventions.

**BATTERED WOMEN’S HOTLINE**  
Phone: 818-242-1106, 24 Hour Hotline  
Location: Glendale YWCA  
General Description: 24 hr emergency hotline and information for battered women & children. Support groups in English, Spanish and Armenian. Drop-in resource center and legal clinic.

**CALIFORNIA FAMILY PLANNING INFORMATION AND REFERRAL**  
Phone: 800-942-1054. 24 Hour Hotline  
General Description: Recorded information and referral to local birth control, F-PACT and family planning services for all of California. Referrals are targeted by zip codes. Spanish speaking referral available.

**CALIFORNIA AIDS HOTLINE**  
Phone: 800-367-AIDS
CALIFORNIA YOUTH CRISIS LINE  
Phone: 800-843-5200, 24 Hour Hotline  
General Description: Statewide, 24-hr crisis intervention counseling for youth ages 12-24 yrs and their families on a wide range of mental health, drug and alcohol, peer, family and relationship issues. Youth to parent message service, phone connections to service providers and families, information and referrals. Rides provided to youth who can not afford transportation home. Spanish spoken. Translation services available. Free services.

CENTERS FOR DISEASE CONTROL AND PREVENTION  
Phone: 888-443-7232

COMMUNITY HELPLINE  
Phone: 310-375-6160; 877-541-2525  
Hours: M-Sun 7am-10pm  
General Description: Confidential listening, crisis intervention, information and referral toll-free hotline. Assistance with loneliness, relationships, family violence, depression, grieving and losses, alcohol and drug abuse, anxiety, teen issues and suicide. Volunteering opportunities available.

CONSUMER ACTION  
Website: www.consumer-action.org  
Location: 523 W. 6th St., Ste. 1105  
Los Angeles, CA 90014  
Phone: 213-624-8327; 213-624-4631  
General Description: Publications and advice regarding consumer rights to low income, seniors, minorities, disabled persons, and persons with limited English proficiency. Spanish and Chinese spoken.

FAMILY CRISIS CENTER  
Phone: 213-745-6434, 24 Hour Hotline  
General Description: 24 hr counseling and referrals to resources for battered women and children, youth and adults.

GED INFORMATION  
Website: www.cde.ca.gov  
Phone: 916-445-9438 or 866-370-4740  
General Description: Automated information regarding GED testing sites.

HEPATITIS C CONNECTION  
800-522-4372

HERPES HOTLINE OF L.A.  
Phone: 310-281-7511, 24 Hour Hotline
BE SOBER HOTLINE
Phone: 800-237-6237, 24 Hour Hotline

COCAINE HOTLINE
Phone: 800-COCOAINE

DOMESTIC VIOLENCE HOTLINE
Phone: 888-385-4657

HIV/AIDS HOTLINE
Phone: 800-367-2437

HIV/AIDS HOTLINE (Spanish)
Phone: 800-344-7432

HOTLINE OF SOUTHERN CALIFORNIA
Phone: 562-596-5548; 714-894-4242
Hours: M-Sun 8am-Midnight
General Description: Crisis intervention, information, referrals. Referrals for food, shelter, rent, and utility payments to needy people.

HOUSING AND URBAN DEVELOPMENT
Phone: 800-669-9777
General Description: Info on HUD programs. Fair housing rights and responsibilities. Housing discrimination hotline

L.A. COUNTY HEALTH AND NUTRITION HOTLINE
Phone: 877-597-4777
Hours: M-F 8am-7pm Fax
General Description: Public information line for questions about general Medi-Cal eligibility, CHDP, Healthy Families insurance coverage, Specified Low Income Medicare Benefits, Child Medi-Cal Enrollment Project, food stamps and other assistance programs. Recording also in Spanish.

L.A. COUNTY HEALTH SERVICES INFORMATION AND REFERRALS
Phone: 800-427-8700
Hours: M-F 7am-5pm
General Description: Information and referral to L.A. County Health Services programs. Call for information on types of services, locations for clinics, etc. Spanish spoken. AT&T language line available.
L.A. COUNTY INFORMATION/OPERATOR
Phone: 213-974-1234
Hours: 24 hrs / 7 days
General Description: Information and referral for LA County-operated programs or services such as health or social services. Also helps with emergency referrals/assistance. Spanish spoken.

LA COUNTY DEPARTMENT OF MENTAL HEALTH HOTLINE
Phone: 800-854-7771
Hours: 24 hours/ 7 days
General Description: Referrals to mental health services, suicide prevention, crisis counseling.

LOS ANGELES COUNTY PUBLIC HEALTH ALCOHOL AND DRUG PROGRAM ADMINISTRATION
Phone: 800-564-6600

RAPE CRISIS HOTLINE
Phone: 310-319-4000, 24 Hour Hotline

SMOKERS HOTLINE
Phone: 800–662-8887

SEXUALLY TRANSMITTED INFECTIONS HOTLINE
Phone: 800-227-8922
General Description: Information on sexually-transmitted infections such as herpes, Chlamydia, gonorrhea, syphilis, etc. Counseling & treatment referrals.

SUBSTANCE USE/ADDICTION HELPLINE
Phone: 800-868-2148
Hours: M-F 8am-9pm, Sat-Sun 9am-9pm
General Description: Information, counseling & treatment referrals based on the caller’s needs.

SUBSTANCE ABUSE HOTLINE
Phone: 800-662-4357, 24 Hour Hotline
General Description: National hotline operated by SAMHSA. Provides information and referrals to drug treatment and recovery programs.

SUICIDE PREVENTION CENTER
Phone: 877-727-4747; 310-391-1253, 24 Hour Hotline
General Description: 24 hr crisis hotline. Crisis counseling and referrals to resources.

VETERANS AFFAIRS NATIONAL HEPATITIS C PROGRAM
Phone: 800-827-1000
Money, we all need it to survive. Getting a job is the best way to your cash flow going, yet when you are first released from prison or jail both money and jobs can be difficult to come by. Obtaining public benefits such as general relief or food stamps is not usually a quick process and there are lots of hoops to jump through. So prepare yourself to fill out lots of forms and do a lot of waiting. Some programs do not provide aid to individuals with specific drug offenses, so you will need to inquire about your eligibility.

Helpful Hints:
- Call ahead and explain your situation. See if you can determine what programs you might be eligible for and what documentation you might need to receive the aid.
- Remember to bring all the required documentation with you and prepare ahead of time to spend a long time in various lines.
- General Relief offices can provide a small amount of financial aid to individuals for a limited time.
- Usually you will need to work in exchange for the aid while you look for employment.
LA COUNTY DEPARTMENT OF PUBLIC SOCIAL SERVICES
Locations: Located throughout the Greater Los Angeles Area
Website: http://ladpss.org
Hours: Monday- Thursday 7:30am-6:30pm
General Description: This is a division of the Bureau of Workforce Services, which coordinates field operations and provides intake, application and benefit distribution services for the Department of Public Social Services' disaster, health, income maintenance and nutrition programs. This division serves people residing in the department's Compton, Florence, Metro Family, Metro Special, Rancho Park, San Fernando, South Central, West L.A. and Wilshire Special service districts (see site text for details). It also accepts inquiries about its programs from the general public and provides complaints and appeals services regarding specific cases for benefit recipients and their advocates. These services are provided through the division's 10 District Offices (see website listing for details).

General Relief Offices:

CIVIC CENTER
Location: 813 E. Fourth Place
Los Angeles, CA 90013
Phone: 213-974-4301
Help Line: 213-974-4301

GLENDALE
Location: 4680 San Fernando Rd
Glendale, CA 91204
Phone: 818-546-6100
Participant Help Line: 818-546-6200

LANCASTER
Location: 349-B East Avenue K-6
Lancaster, CA 93535
Phone: 661-723-4021
Participant Help Line: 661-951-3450

METRO EAST
Location: 2855 E. Olympic Boulevard
Los Angeles, CA 90023
Phone: 323-260-3718
Participant Help Line: 323-260-2941
Financial Services

METRO SPECIAL
Location: 2707 S. Grand Avenue
Los Angeles, CA 90007
Phone: 213-744-5611
Help Line: 213-744-4860

PASADENA
Location: 955 N. Lake Avenue
Pasadena, CA 91104
Phone: 626-791-6333
Participant Help Line: 626-791-6730

POMONA
Location: 2040 W. Holt Avenue
Pomona, CA 91768
Phone: 909-865-5210
Participant Help Line: 909-868-6499

RANCHO PARK
11110 W. Pico Boulevard
Los Angeles, CA 90064
Phone: 310-481-3115
Help Line: 310-481-4018

SOUTH CENTRAL
Location: 10728 S. Central
Los Angeles, CA 90059
Phone: 323-563-4403
Participant Help Line: 323-357-3039

SAN FERNANDO
Location: 9188 Glenoaks Street
Sun Valley, CA 91352
Phone: 818-394-3700
Help Line: 818-394-3700

SAN GABRIEL VALLEY
Location: 3352 Aerojet Avenue
El Monte, CA 91731
Phone: 626-569-3600
Participant Help Line: 626-569-3115
Financial Services

SOUTH SPECIAL
Location: 17600 "B" Santa Fe Avenue
Rancho Dominguez, CA 90221
Phone: 310-761-2205
Help Line: 310-761-2479 or 310-761-2041

SOUTHWEST SPECIAL DISTRICT #08
Location: 1819 W. 120th Street
Los Angeles, CA 90047-5102
Phone: 323-420-2833

WILSHIRE
Location: 2415 W. Sixth Street
Los Angeles, CA 90057
Phone: 213-738-4311
Participant Help Line: 213-739-7370

Miscellaneous Services:
CITY OF LONG BEACH - COMMUNITY DEVELOPMENT DEPARTMENT
Website: www.longbeach.gov
Location: 333 W. Ocean Blvd., 3rd Floor
Long Beach, CA 90802
Phone: 562-570-6841, Intake 562-570-3800
Fax: 562-570-5072
Hours: Mon-Fri 8am to 5pm
General Description: Provides a variety of support services and programs for the benefit of residents, neighborhoods and businesses in Long Beach. The department is divided into seven bureaus: Administration and Finance; Economic Development; Housing Authority; Housing Services; Neighborhood Services; Property Services; Workforce Development. Geographic restrictions, income requirements; and residence requirements apply for most programs.

COMPTON WELFARE RIGHTS
Website: www.cwroshelter.org
Location: 528 W. Almond St.
Compton, CA 90220
Phone: 310-631-5193, 310-603-7413 (Advocacy), 310-603-3341 (GAF/EAF Program)
Fax: 310-631-9835
Hours: Mon-Fri 8am to 5pm
General Description: Provides advocacy, emergency food, financial assistance, holiday assistance and personal goods for residents of Compton, including people who are undocumented or homeless. The agency also provides intake for Homeless Shelter for Women and Children. Geographic restrictions apply for some services.
ENKI HEALTH AND RESEARCH SYSTEMS - HOMELESS PROGRAM
Location: 2523 W. 7th St.
Los Angeles, CA 90057
Phone: 213-480-1557
Fax: 213-480-1182
Hours: Mon-Fri 8am to 5pm
General Description: This program provides mental health services for chronically mentally ill adults age 18 and older who are homeless or at risk of being homeless and reside, primarily, in the Pico-Union/McArthur Park area of Los Angeles.

FAMILY UNITY
Location: 4858 Ascot Ave.
Los Angeles, CA 90011
Phone: 323-232-0990 (Service/Intake and Administration)
Hours: Mon-Fri 9:30am to 4:30pm
General Description: The agency provides advocacy, emergency food, inmate services and utility bill assistance to people who live in Los Angeles County. There are no geographic restrictions.

LABOR AND COMMUNITY SERVICES
Location: 2130 W. James M. Wood Blvd.
Los Angeles, CA 90006
Phone: 213-427-9044
Hours: Administrative Services, Mon-Fri 9am to 5pm; Site Hours, 9am to 5pm Tue-Thu
General Description: The agency provides financial assistance for low-income people who live in Los Angeles County. There are no geographic restrictions.

PACE-HEAP PROGRAM
Website: www.csd.ca.gov
Location: 1055 Wilshire Blvd, Ste. 900E
Los Angeles, CA 90017
Phone: 213-353-3982 (Service/Intake) (Main Number)
213-353-1226 (Service/Intake) (PACE HEAP Applications)
213-989-3255 (Service/Intake) (Weatherization)
Hours: Administrative Services, Mon-Fri 8am to 5pm; Walk in to apply Mon-Thu, 8am to 5pm; and Fri, 8am to 3pm.
General Description: The program provides financial assistance to low-income households in Los Angeles County. Applications for financial assistance are taken at four sites (see internet site list for details); geographic restrictions apply to each application site.
**Financial Services**

**SALVATION ARMY CORPS COMMUNITY CENTER – BURBANK**
Website: www.salvationarmy-socal.org
Locations: Multiple locations throughout the southern California area
Phone: 818-845-7214 (Service/Intake)
Fax: 818-845-7274
Hours: Tue-Fri 9am to 4pm.
General Description: This agency provides counseling services, emergency food, holiday assistance, recreational programs and utility bill assistance for families, couples, and individuals who live in Burbank, North Hollywood, Sun Valley, Sunland and Tujunga. Geographic restrictions apply for services. Ask for locations in your area.

**SPECIAL SERVICES FOR GROUPS**
Website: www.ssgmain.org
Location: 605 W. Olympic Blvd., Ste. 600
Los Angeles, CA 90015
Phone: 213-553-1800 (Service/Intake)
213-553-1818 (Service/Intake) (Language services (PALS))
213-614-7161 (Service/Intake) (Limited English API callers)
213-553-1830 (Service/Intake) (Asian Pacific AIDS Intervention Team)
213-553-1822 (FAX)
Hours: Mon-Fri 9am to 5pm
General Description: The agency provides advocacy, child care, emergency food, HIV/AIDS services, holiday assistance, interpreter and translator services, personal goods, services for non-profit organizations, services for older adults, substance abuse services, and youth services in Los Angeles County. There are no geographic restrictions.

**ST. MARGARET'S CENTER**
Website: www.CatholicCharitiesLA.org
Location: 10217 Inglewood Ave.
Lennox, CA 90304
Phone: 310-672-2208
310-392-8701 ext. 105 Counseling - John Sexton
Fax: 310-672-1841
Hours: Mon-Fri 8:30am to 12:00 noon; 1pm to 5pm
General Description: The center provides advocacy, counseling services, emergency food, immigration services, utility bill assistance and a thrift shop to residents of El Segundo, Hawthorne, Inglewood, Lennox and Westchester. The programs are targeted, but not restricted, to the Spanish-speaking community. Geographic restrictions apply for some services.
Financial Services

WEINGART ACCESS CENTER
Website:  www.weingart.org
Location:  506 S. Main St.
Los Angeles, CA 90013
Phone: 213-833-5020
Fax: 213-624-3527
Hours: Mon-Fri 9am to 5pm, Site Hours: Mon-Fri 8:30am to 11:30am, 1pm to 4pm
General Description: The agency provides homeless support services and shelter for adults primarily in the Downtown Skid Row area of Los Angeles. Services are provided at two locations; see site list for details. Income restrictions apply for some services; there are no geographic restrictions.

WEST ANGELES COMMUNITY DEVELOPMENT CORPORATION
Website:  www.westa.org/ministry
Location:  3045 S. Crenshaw Blvd.
Los Angeles, CA 90016
Phone: 323-733-8300, 323-733-2370 (Service/Intake and Administration)
Hours: Mon-Fri 9am to 5pm
General Description: The agency provides holiday assistance, information and referral and financial assistance for low-income people who live in South Central Los Angeles. There are no geographic restrictions.
The best way to survive homelessness is to plan and utilize all resources available to you, like this guide. Many services for homeless people offer more than one program or service. The same agency may help you in finding shelter, food, clothing, medical attention, employment and other services.

**Helpful Hints:**
- Call and explain your situation. Try to schedule an appointment to discuss.
- Ask for information and availability of services.
- Schedule and appointment when needed, and if they cannot help you, ask them who can.
- When talking to an organization, ask what other services they provide.
- Many services for homeless people offer more than one program or service such as food, clothing, medical attention, employment.
- Be patient when they are helping others.

Remember:

Most people will help you if you ask politely and courteously.
Don’t despair... your situation is temporary.
How To Live Homeless

Based on article by Will Conley Editor of ehow.com

- Assess your needs and estimate how long you can go without each need. Needs are: Food, Water, Clothing, and Shelter

- Are you hungry? Get food right now. Go to the local church, police stations, or community center to get information on Food Banks.

- Go get your food, and take all that they offer, but do not break the house rules of the soup kitchen or food shelf. You need to keep up a good reputation.

- Are you freezing cold? Get inside. Be kind and polite, and refrain from ranting or raving about anything. Go to the library, bookstore or coffee house. Go to the community centers, church or hospitals to ask for resources to help you

- Is it evening? Do you have a place to sleep indoors? Try to find a shelter. Go to a church, community center, mission during the day to ask for resources on shelters in your area

- When staying in a shelter, obey all shelter rules. Make yourself inconspicuous. Most shelters have curfews, and most are lock-in type shelters. Once you are in, you are in for the night.

- The reason they have lock-in procedures is to control any contraband--drugs, weapons--that might sneak their way into this vulnerable population. It is for your protection.

- Yes, it curtails your freedom, but once you meet a few of the people in the shelter and hear their stories, you will be glad the management is strict. On the positive side, the constricting rules of conduct that exist at most shelters are a great motivator for eventually getting out of homelessness

- Mind your own business as much as possible. Be prepared to defend yourself violently if someone obviously intends to do harm unto your sacred body.

- When at the shelter, ask management and other people inside what kind of immediate services are available from other agencies in town besides the shelter itself. Ask questions of the people that work there to see if they can help you with other services.

- At the soup kitchen or food shelf, observe the rules. Get in line, do not budge ahead of someone, and say please and thank-you. Never take it for granted.
Services for the Homeless

- If the soup kitchen says prayers before eating, play along even if you are not religious. Fold your hands, close your eyes, and listen to the prayer being spoken. No matter what your religious attitude, this is a good moment to be grateful. Gratitude will change your attitude, and it will give you strength to carry on for the rest of the day.

- If your town or city has no shelters, soup kitchens, food shelves, or other social services that are immediately accessible, it is time to get really creative. Do not hurt someone, mug someone or get caught for foolishly stealing food from a store.

- Do dumpster-dive. Oftentimes at gas stations, at restaurants and at grocery stores they will throw out food that is about to expire but is still good. Sneak into the dumpster and search for food that is wrapped up and appears not to be rotten. Taste-test food before wolfing it down.

- If you have a car, sleep in it. You need to try and find a place that is semi-hidden, or you will be disturbed by police or concerned citizens. Be creative in finding a good spot, and take what you can get. Wrap yourself up warm if you have clothes or blankets, and do not leave the car running for heat; you will need to conserve precious gas. Essentially, you are sleeping outdoors and it will be cold.

- You need to stay at peace with yourself. You need to accept responsibility for your actions and admit that you had a part in arriving at this juncture called homelessness.

- You must vow to get out of homelessness, because it is a harder way of life than having a regular job, believe it or not. It takes great willpower to live homeless.

- Develop a spiritual outlook. Realize the world, the universe, is exactly as it should be, and that your role in it, however inconsequential, is real and alive. You are alive! That is the miracle.

- Despite all that has happened to you, this fragile life goes on. You will find yourself with plenty of time to think. When thinking, think positive. Think strong. Think love. Think, "Here I am, there is where I want to be, and I am going to get there, and nothing will stop me." Do not lose your kindness, and stay alive. Then get out of homelessness. Godspeed.

- Be smart. Be wily. Be unstoppable. Smile. Sing to yourself. Believe it or not, attitudes like these and a song in your heart will literally save your life from time to time.
1736 FAMILY CRISIS CENTER  
Website:  www.1736familycrisiscenter.org  
Location:  2116 Arlington Avenue, Ste. 200  
Los Angeles, CA 90018  
Hours:  24 hours  
Phone:  323-737-3900  
General Description:  Free services.  Shelter for crisis situations, counseling, food, clothing, advocacy.  Other services: Outpatient counseling and case management to adults, families and children and more.  Requirements:  Varies with program.

A COMMUNITY OF FRIENDS  
Website:  www.acof.org  
Location:  3345 Wilshire Boulevard Suite 1000  
Los Angeles, CA 90010  
Hours:  M-F 9am-5pm  
Phone:  213-480-0809  
Fax:  213-480-1788  
Email:  dtoutant@acof.org  
General Description:  Permanent affordable housing is offered to homeless, mentally ill and very low income individuals.  Other services: service coordinators provide on-site independent living skills training, advocacy, case management, substance abuse and recovery, others.

ARCADIA WELFARE & THRIFT SHOP  
Location:  323 N. 1st Avenue  
Arcadia, CA 91006  
Hours:  M-F 9am-12 noon  
Phone:  626-447-6864  
General Description:  Free services.  Distribute food, clothing, etc. for Arcadia Unified School District residents, homeless and emergency cases.  Walk in or call.  Proof of Arcadia residency required.

BEYOND SHELTER  
Website:  www.beyondshelter.org  
Location:  1200 Wilshire Boulevard, Suite 600  
Los Angeles, CA 90017  
Hours:  M-F 8am-5pm  
Phone:  213-229-8600  
Fax:  213-252-0679  
General Description:  Case management housing services to help identify permanent placement.  Spanish spoken. Serves LA County
CATHOLIC CHARITIES
Website: www.catholiccharitiesusa.org
Location: 1531 James M. Wood Blvd.
Los Angeles, CA 90015
Hours: M-F 8:30-5pm
Phone: 213-251-3411
Fax: 213-380-4603
General Description: Shelter, financial assistance, food, cold weather energy assistance. A multi-service agency that provides counseling, advocacy, vouchers for temporary housing, transportation, employment and education referrals to the homeless. Languages spoken: Spanish, Vietnamese, Chinese, Farsi, French, Russian, Armenian, Turkish, Cambodian, Arabic, Greek and Korean.

CATHOLIC CHARITIES/ COMMUNITY SERVICES
Website: www.catholiccharitiesla.org
Location: Brother Miguel Center
315 N. Park Ave.
Pomona, CA 91768
Hours: M-F 9am-1pm
Phone: 909-622-3466
Fax: 909-622-4621
General Description: Poverty services for low income families and individuals: food, hotel, vouchers, winter utility assistance, job training referrals, and educational programs for seniors. Spanish spoken, Serves San Gabriel Valley

CATHOLIC CHARITIES/ SAN JUAN DIEGO CENTER
Website: www.catholiccharitiesla.org
Location: 4171 N. Tyler Ave.
El Monte, CA 91731
Hours: M-F 9am-4pm
Phone: 626-575-7652
Fax: 626-575-1072
General Description: Poverty services for low income such as food and clothing. Assistance with utility payments. Referral Services. Requirements: Proof of income, utility bill, residence & family (ex. Medical cards, birth certificate, SS cards) and photo ID. Spanish Spoken
Services for the Homeless

CHICANA ACTION CENTER
Location: 315 W. 9th Street, Ste. 101
Los Angeles, CA 90015
Hours: M-Th 8am-5pm; F 8am-2:30pm
Phone: 213-253-5959
Fax: 213-430-0657
General Description: Bilingual domestic shelter for women, homeless shelter (emergency and transitional) and emergency assistance. Other service: Employment training and job referral centers located in LA. A free services for low-income individuals by providing. Spanish spoken.

EAST RANCHO DOMINGUEZ COMMUNITY SERVICES
Location: 4513 E. Compton Blvd.
Compton, CA 90221
Hours: M-F 8am-4:30pm
Phone: 310-603-7401
Fax: 310-763-1372
General Description: Info & referral provided for food, clothing & emergency shelter needs. Surplus USDA food distribution, rent mediation & other programs are available.
Requirements: Call for referral service. Must be a Compton resident for Welfare Rights and Utility Bill program. Depends on circumstances if not resident. Spanish spoken. Serves Compton, Carson, and Paramount

EAST SAN GABRIEL VALLEY COALITION
Website: www.esgvchomeless.org
Location: Homeless/ Emergency Assistance Center
1345 Turnbull Canyon Rd.
Hacienda Heights, CA 91745
Hours: M-F 9am-1pm
Phone: 626-333-7204
Fax: 626-333-7260
General Description: Free services. Sack lunch, bus tokens, hygiene kits and clothing for low income people. Access to free medical, dental referrals, diapers, showers, winter shelter Dec 1-March 15, referral services. Spanish spoken, serves the East San Gabriel Valley
EL MONTE/S. EL MONTE EMERGENCY RESOURCES
Location: Mailing Address only
2645 Lee Street, Ste 6,
South El Monte, CA 91733
Hours: M-F 8am-5pm
Phone: 626-444-7269
Fax: 626-442-7311
General Description: Free services. Food, emergency lodging, clothing & bedding. Requirements: Call first, no walk-ins.

FOOD ON FOOT
Website: www.foodonfoot.org
Location: 9663 Santa Monica Blvd
Beverly Hills, CA 90210
Phone: 310-442-0088
Fax: 310-550-4538
Email: info@foodonfoot.org
General Description: Free services. Serves more than 500 meals each week to homeless, disabled, elderly and low-income.

FOOTHILL UNITY CENTER
Website: www.foothillunitycenter.org
Location: 415 W. Chestnut Ave
Monrovia, CA 91016
Hours: M-F 9am-5pm; food distribution M, W, F 9am-11:30am
Phone: 626-358-3486
Fax: 626-358-8224
General Description: Free services. Supplemental groceries (food) and used clothing for qualified low income families, individuals and seniors once a month. Homeless receive bagged lunch on food distribution days. Emergency food, clothing, and motel vouchers (limited) for families with referral. Referrals for medical, dental, counseling, adult educational and spiritual needs can be made. Requirements: ID, current rent receipt, two utility bills, and proof of income for all living in household. Homeless services available only for Arcadia, Bradbury, Duarte, Monrovia and Sierra Madre.

HOMELESS SOLUTION ACCESS CENTER
Location: 45134 N. Sierra Hwy. Bldg B
Lancaster, CA 93534
Hours: M, Tu, Th, F 9am-1pm: Schedule appt. W 8:30am-5pm & M, Tu, Th, F 2pm-5pm.
Phone: 661-942-2758
General Description: emergency housing referrals, transportation, food referrals, domestic violence issues additional services: Case management, mail & phone service, mental health and job assistance. Requirements: Serves adults 18+ and facing an eviction within 7 days.
Services for the Homeless

HOUSE OF HOPE
Location: 1115 N. Normandie Ave
Los Angeles, CA 90029
Hours: M-F 8am-4pm, Sat: 8am-12noon
Phone: 323-663-1214
Fax: 323-663-1215
General Description: Shelter and sober living services provided for men and women. Requirements: Adults 18+

HOLLYWOOD UNITED METHODIST FOOD
Location: 6817 Franklin
Los Angeles, CA 90028
Hours: M-Th: 9am-5pm; F 9am-2pm
Phone: 323-874-2104
General Description: Food distribution for homeless in Hollywood on Tues 10am-1pm

LOAVES AND FISHES/ CATHOLIC CHARITIES
Location: 14640 Keswick St.
Van Nuys, CA 91405
Phone: 818-997-0943
Fax: 818-997-6980
General Description: Emergency food and clothing, job desk, info & referrals to other agencies and other programs. Requirements: Homeless and low income, proof of local residency and I.D. required for on-going assistance. Free services for zip codes: 91316, 91343,91401-6, 91411, 91423, 91436, 91605, 91607

LONG BEACH MULTI-SERVICE CENTER
Location: 1301 W. 12th Street
Long Beach, CA 90813
Hours: M, Tu, W, F 8am-5pm; Th 8am-2pm
Phone: 562-733-1147
Fax: 562-733-1157
General Description: Free services. 14 co-located agencies serve the homeless. Emergency food, seasonal housing (Nov thru March for LA County), shelter services & referrals. Financial, rental, utility, transportation assist, emergency motel & restaurant vouchers, case mgmt services, affordable housing assist, outreach. Spanish spoken.
Services for the Homeless

LOS ANGELES FAMILY HOUSING CORP
Website: www.lafh.org
Location: SFV Access Center
7843 Lankershim Blvd.
North Hollywood, CA 91605
Hours: M-F 8:30am-5pm
Phone: 818-982-4091
Fax: 818-982-3895
General Description: L.A. Family Housing helps homeless families and individuals rebuild their lives through an integrated system of housing and supportive services. Spanish speaking. Serves San Fernando Valley

LOS ANGELES MISSION
Website: www.losangelesmission.org
Location: 303 E. 5th Street
Los Angeles, CA 90013
Phone: 213-629-1227
Fax: 213-629-0036
General Description: Free services. Clothing distribution, meals, showers, shaves (men) transient housing (men only) rehab program, religious services. Confidential HIV/AIDS testing, education and counseling. Showers, clean clothing for women, personal hygiene items Tu-Sat women with children only, sign-up 6:30am-8:30am. 24 hr. security. Spanish spoken. Serves Central and East Los Angeles

MISSIONARIES OF CHARITY BROTHERS
Location: Nuestro Hogar/Homeless Healthcare Project
1345 Alvarado Terrace
Los Angeles, CA 90006
Hours: M-F 9:30am-3pm
Phone: 213-251-9707
General Description: Free services. Day facility for homeless men & women age 27 years and under. Resting time M, W, F 9:30am-2:30pm. Full meals at noon. Shoes, clothing, mailbox services, information & referrals also available. Spanish spoken. Serves downtown LA
MENTAL HEALTH AMERICA/GREATER L.A.
Location: 506 W Jackman
Lancaster, CA 93535
Hours: M-F 9am-1pm, except first Wed of the month
Phone: 661-726-2850
Fax: 661-726-2854
General Description: Programs include a Homeless Assistance program, transitional aged youth program which serves ages 17-25 years. Adult programs, case management, recreational activities, advocacy, mental health services, skill building; workshops, such as communication, self-esteem, money management, anger management and support services: psychiatric, payee services, employment training/linkage and housing support. Ages 17+ and psychiatric disability. Accepts Medi-Cal, no payment required to receive services. Languages spoken Spanish, Japanese and Tagalog.

MY FRIEND'S PLACE
Website: www.myfriendsplace.org
Location: 5850 Hollywood Blvd.
Los Angeles, CA 90028
Hours: M-Th 8:30am-6pm: F 8:30am-5pm, Drop-In Hours: M-Sun 12:30pm-5pm
Phone: 323-908-0011 or 888-YOUTH-50
Fax: 323-468-1243
General Description: Resource center for homeless youth ages 12-24 yrs. Provides youth with the tools needed to achieve self-sufficiency. Services include: food, clothing, medical and legal aid, HIV testing, case management, substance abuse counseling, employment assistance, computer resources, art workshops, AA and NA meetings.
Requirements: Must be 24 years of age and under
Additional Notes: Spanish spoken. Serves Hollywood.

NATIONAL MENTAL HEALTH ASSN/ GREATER LA
Location: AV Friendship Center
43423 Division Street, Ste. 107
Lancaster, CA 93535
Hours: M-F 9am-1pm, except first Wed of the month
Phone: 661-726-2850
Fax: 661-726-2854
General Description: Programs include a Homeless Assistance program, transitional aged youth program which serves ages 17-25 years. Adult programs, case management, recreational activities, advocacy, mental health services, skill building; workshops, such as communication, self-esteem, money management, anger management and support services: psychiatric, payee services, employment training/linkage and housing support. Requirements: Ages 17+ and psychiatric disability. Accept Medi-Cal, no payment required to receive services. Languages spoken Spanish, Japanese and Tagalog.
NEW IMAGE LOCATED WITHIN THE LB MULTI-SERVICE CENTER
Location: 1301 W. 12th Street
Long Beach, CA 90813
Hours: M-F 9am-4:30pm
Phone: 562-733-1147
General Description: (hotel and meal vouchers), housing search & placement Offers case management, HIV/AIDS programs,. Outreach program visits places frequented by homeless adults & youth. Homeless unaccompanied runaway youth program, ages 11-17 yrs. Services for families with children, transportation, clothing vouchers. Annual Christmas store and petty cash program. Requirements: Homeless and low-income. Free services. Serves LA County

NORTHEAST VALLEY HEALTH CORPORATION
Website: www.nevhc.org
Location: Homeless Health Care Project
7843 Lankershim Blvd
North Hollywood, CA 91605
Hours: M, Tu, Th 8:30am-5pm; W 11:30 am-8pm; F 8:30am-4pm
Phone: 818-765-8656
Fax: 818-765-6982
General Description: Primary health care for those who are homeless of all ages, AIDS/STD, comprehensive and medical & case management services for the homeless population; treatment of acute & chronic illnesses, physical exams, immunizations, women's health, well-child exams, x-rays & labs. Requirements: Low-income and homeless. Accepts Medi-Cal. Spanish spoken.

OCEAN PARK COMMUNITY CENTER ACCESS CENTER
Website: www.opcc.net
Location: OPCC Drop-in Center & Community Outreach
1616 7th Street
Santa Monica, CA 90401
Hours: Walk-in, M, W, Th, F 8am-4pm; Tu 1pm-5pm
Phone: 310-264 6646
General Description: A point of entry for homeless individuals and families seeking assistance. In addition to providing basic and emergency services such as food, clothing and restroom facilities to approximately 275 people daily, the Access Center assists homeless men, women and children in developing individual plans to identify strengths and goals in order to return to a life of stability and self-sufficiency. Requirements: ID requested but not required. Spanish spoken. Free Service for persons living in the Santa Monica and West LA area.
SERVICES FOR THE HOMELESS

PEOPLE ASSISTING THE HOMELESS (PATH)
Website: www.epath.org
Location: Main office
340 N. Madison Ave
Los Angeles, CA 90034
Hours: M-F 7:30am-4pm
Phone: 323-644-2216
General Description: Transitional housing program for men, women, families and those with special needs. Access program provide initial intake, needs assessment and referral service.

PREP
Sister Mary Sean Hodeas
Location: 2049 S Santa Fe Avenue
Los Angeles, CA 90021
Phone: 213-438 4820
General Description: Free Service for people exiting prisons or jails that require shelter, clothing and other resources. You must make an appointment for additional information. The program is designed to assist with the needs of men and women who are approaching release from prison by assisting them in their transition back to wholeness and a productive life in society.

POMONA NEIGHBORHOOD CENTER
Location: 999 W. Holt Ave Ste. D
Pomona, CA 91768
Hours: M-F 10am-4pm
Phone: 909-620-7691
Fax: 909-397-9981
General Description: emergency assistance (clothing), dinner for homeless, info & referral. Wide range of programs. Employment services, job referral, placement, job dev, community education, toy distribution. Walk in or call. Free services, serves Pomona Valley

SALVATION ARMY LOS ANGELES
Website: www.salvationarmy-socal.org
Location: Los Angeles Central Corps
906 Francisco Street
Los Angeles, CA 90015
Phone: 213-896-9178
Hours: M-F: 8:30am-4:30pm
General Description: Referrals for housing, food vouchers, bus tokens when available. Additional services include jobs development, child care and other services. Limited Spanish spoken
SALVATION ARMY/GLENDALE  
Website: www.salvationarmy-socal.org  
Location: Glendale Corps & Social Service  
801 S. Central Ave.  
Glendale, CA Hours  
Phone: 818-246-5586  
Fax: 818-246-2419  
General Description: Emergency food, transitional shelter & clothing. Utility payment assistance when funds are available. Requirements: Picture ID, income levels used by DPSS, proof of residency in Glendale, Montrose and La Crescenta. Walk in or call. Serves Glendale, Montrose and La Crescenta.

SFV COMMUNITY MENTAL HEALTH CENTER  
Website: www.sfvcmhc.org  
Location: Cornerstone Outpatient Services Drop-in Center  
14660 Oxnard Street  
Van Nuys, CA 91411  
Hours: M-F 8am-5pm  
Phone: 818-901-4836  
Fax: 818-376-0044  
General Description: Outpatient multi-service and daily drop-in center for homeless mentally ill adults helping them prepare for re-entry into society. Onsite psychiatric assessments, medication evaluations benefit assistance (SSI, SSA, GR), referrals to shelters, housing resources, vocational rehab. Active mobile and community outreach to persons reluctant to participate in services. Homeless mentally ill persons may launder clothes, shower, receive mail, have 3 meals daily and socialize with others. Also case mgmt, men's & women's issues. Requirements: Low income. Spanish spoken, Serves Northeast San Fernando Valley

ST. VINCENT DE PAUL CENTER  
Website: www.svdpla.org  
Location: Lancaster Location  
P.O. Box 412,  
45107 Beech Ave.  
Lancaster, CA 93584  
Hours: M, W, Th, Sat 9am-12 noon  
Phone: 661-942-3222  
General Description: Free services. Food and clothing to families upon request or referral by other agencies and to homeless individuals that come to the center. Some medicine is not covered by insurance, emergency transportation depending on funding available. Serves Lancaster & Quartz Hill
Services for the Homeless

ST. VINCENT DE PAUL CENTER
Website: www.svdpla.org
Location: The Society’s Prisoner Resettlement Program
210 N Avenue 21
Los Angeles, CA 90031
Hours: M-F 9am-4 pm
Phone: 323-224 6280
General Description: Free Services. The Society’s Prisoner Resettlement Program responds to the needs of men and women who are approaching release from prison by assisting them in their transition back to wholeness and a productive life in society.

WATTS LABOR COMMUNITY ACTION
Website: www.wlcac.org
Location: Access Center for Homeless Services
958 E. 108th Street
Los Angeles, CA 90059
Hours: M-F 8:30am-4pm
Phone: 323-563-4730
Fax: 323-563-5672
General Description: Comprehensive info and referral, intake with 30-bed shelter for single mother ages 18 yrs+ with children up to age 9 (max stay is 90 days) HOPWA (Housing Opportunities for People with Aids). Also provides food and clothes. Requirements: Must be in school or employed Serves South Central LA & nearby areas
“Our lives are not in the lap of the gods, but in the lap of our cooks."  
-Lin Yutang

Not having enough money to go grocery shopping is far too common in this country. Eating healthy is one of the first things to fall by the wayside when things are tough. But, there are places to go to find groceries when you can’t afford them, or even just a hot meal. Throughout L.A. county, there are hundreds of food banks and food pantries. There should be one in your area; you just have to find it. There are soup kitchens where you can find a hot meal and usually access or guidance to other services, too.

Helpful Hints:

- To find the food bank or pantry nearest you, go to the Los Angeles Food Bank’s website, www.lafightshunger.org or call them at 323-234-3030.

- Have a list in mind before you show up. It won’t be like a grocery store, and you’ll have to make do with what they have. But, make sure you cover the basics, for example canned vegetables and pasta or rice. Eating healthy can be hard anytime, but it’s still important.

- Ask at your local food bank or pantry about when is a good time to come. Maybe even call ahead and see what you can learn. Sometimes there are regular donations each month and showing up soon after that would be a good idea.
Food Banks

FOOD BANK OF SOUTHERN CALIFORNIA
Location: 1444 San Francisco Avenue
Long Beach, CA 90813
Phone: 562-435-3577
Fax: 562-437-6168

LOS ANGELES REGIONAL FOOD BANK
Website: www.lafightshunger.org
Location: 1734 East 41st Street
Los Angeles, CA 90058
Phone: 323-234-3030
Fax: 323-234-0943

Additional info: Visit website or call to find food pantry in your area.

WESTSIDE FOOD BANK
Website: www.westsidefoodbankca.org
Location: 1710 22nd Street
Santa Monica, CA 90404
Phone: 310-828-6016
FAX: 310-828-2646

Soup Kitchens

LOS ANGELES MISSION
Website: www.losangelesmission.org
Location: 303 East 5th Street
Los Angeles, CA 90013
Phone: 213-629-1227

SOMEONE CARES
Website: www.someonecareskitchen.org
Location: 720 W 19th Street
Costa Mesa, CA 92627
Phone: 949.548.8861
Employment Agencies
Employment placement agencies list vacancies and place permanent employees. They also provide temporary help services to organizations on a contract basis and for a limited time period. They help with interviewing, reference checking and salary negotiations.

Helpful Hints:

- A Career center is one of the best ways in which you obtain employment as well as assist you with interviewing.

- Set a goal each day to call or meet with 5 agencies for job seeking. Tell everyone you know that you are looking for a job. They will never know if you do not tell. Ask a cousin, friends or acquaintances who might know of a job opening where they work.

- Keep a positive attitude. There are many people who are in a similar position as you. Stay focused on obtaining a job.

Interviewing:

- Practice your interview in the mirror, or with a friend, to watch your facial expressions.
- Be on Time. Arrive at least 10 minutes before the scheduled time.
- You don't get a second chance to make a first impression, so do your best the first time.
- Don't come to the interview looking like you're going to a party. Dress conservatively. For women, wear a skirt and blazer with a button down blouse. For men, wear a suit with a tie or dark slacks or khaki’s and a shirt with a tie. Do not wear too much jewelry, if you have tattoos, have them covered. Do not use perfume or cologne. Not everyone will like your fragrance. Deodorant will do the job just fine.
- Project a strong self image and you will impress the potential employer. Smile and Stay Positive!
- Use positive key words such as team player, self-starter, detail-oriented, etc.
- Research information about the company days before the interview and ask questions about the company during the interview.
- Try to refrain from using negative words during the interview. Do not talk bad about your situation, past employers or persons you know. Remember, everyone has some problems in their lives.
- Be sure to turn off your pager or cell phone. Don’t let it ring during this important time.
- Say thank you and send a thank you note after the interview.
**Why Is Fidelity Bonding Needed for Job Placement?**

- Employers view ex-offenders and other at-risk job seekers as potentially untrustworthy workers, thereby, denying them job-hire
- Anyone who has ever “committed a fraudulent or dishonest act” is deemed NOT BONDA-BLE by insurance companies, a situation leading to routine denial of employment opportunities for such persons
- Job bonding enables the employer to “obtain worker skills without taking risk”
- Being NOT BONDABLE is a significant barrier to employment possessed by the hardest-to-place job applicants; this barrier can be eliminated only by The Federal Bonding Program
- Persons who are NOT BONDABLE can ultimately become commercially BONDABLE by demonstrating job honesty during the 6 months of bond coverage under the Federal Bonding Program (such commercial bonding will be made available by the Travelers Casualty and Surety Company of America; referred to hereafter as TRAVELERS)

**What Is Fidelity Bonding?**

- An incentive to the employer to hire an at-risk job applicant
- A unique tool for marketing applicants to employers
- In effect, a guarantee of worker job honesty
- Covers any type of stealing: theft, forgery, larceny, and embezzlement
- DOES NOT cover “liability” due to poor workmanship, job injuries, work accidents, etc.
- Is NOT a bail bond or court bond needed in adjudication
- Is NOT a bond needed for self-employment (contract bond, license bond or performance bond)

**Who Is Eligible for Bonding Services?**

- Any at-risk job applicant is eligible for bonding services, including: ex-offenders, recovering substance abusers (alcohol or drugs), welfare recipients and other persons having poor financial credit, economically disadvantaged youth and adults who lack a work history, individuals dishonorably discharged from the military, and others
- Anyone who cannot secure employment without bonding
- All persons bonded must meet the legal working age set by the State in which the job exists
- Self-employed persons are NOT ELIGIBLE for bonding services (bondee must be an employee who earns wages with Federal taxes automatically deducted from paycheck)
- Bonds can be issued to cover already employed workers who need bonding in order to (a) prevent being laid off, or (b) secure a transfer or promotion to a new job at the company
Employment Services

WorkSmart!

www.worksmart.ca.gov

What is WorkSmart?
WorkSmart is an Internet application designed to offer entry-level job seekers and workforce re-entrants "soft" skills and occupational information to assist them in obtaining employment. WorkSmart is a useful tool for both job seekers and workforce preparation professionals who provide job readiness counseling and career information to job seekers.

WorkSmart Features
- On-line
- Self-help tool
- Easy to use
- Job descriptions and wages
- Workplace photographs
- Job search resources

Contents

"Getting Job Ready"
Describes the skills necessary to conduct a successful job search and provides tips on:
- Appearance
- Attitude
- Timeliness
- Commitment to the job
- Planning ahead to arrange childcare or transportation

"Job Titles"
Provides the descriptions of 50 entry and mid-level occupations:
- Wages
- Employment outlook
- Career growth opportunities
- Entrance requirements

"How to Find a Job"
Provides resources for finding available jobs:
- Employment Development Department
- One-Stop offices
- Internet sites
- Libraries

"Tips for Success"
Offers instructions about how to:
- Fill out an application
- Write a résumé and cover letter (samples included)
- Prepare for an interview

Contact:
Employment Development Department
Labor Market Information Division
(916) 262-2162
www.labormarketinfo.edd.ca.gov

www.edd.ca.gov
www.caljobs.ca.gov

EDD

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AMERICA'S

WORK SMART!

www.worksmart.ca.gov

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**Employment Services**

**ASIAN REHABILITATION SERVICES**
Location: 1701 E. Washington Blvd.
Los Angeles, CA 90021
Hours: M-F: 8:30am-4:30pm
Phone: 213-743-9242
Fax: 213-743-9266
General Description: Provides vocational rehab counseling, evaluation, adjustments, workshop, ESL, job seeking skills, job placement and independent living skills training.
Requirements: Mentally or physically disabled adults. Must schedule an appointment.
Additional Notes: Languages spoken: Korean, Spanish, Tagalog, Vietnamese and Cantonese

**AZTEC FIRE FUELS CREW**
Location: 3516 N. Broadway Avenue
Los Angeles, CA 90031
Phone: 323-441-0187
General Description: The Aztec Fire Fuels Crew empowers clients to gain employment skills and continue their education. Through a partnership with the United States Forest Service, participants earn a certificate in Wildland Fire-fighting after completing 80 hours of classroom and physical training.

**BEYOND SHELTER**
Website: www.beyondshelter.org
Location: 1200 Wilshire Boulevard, Suite 600
Los Angeles, CA 90017
Hours: M-F 8am-5pm
Phone: 213-229-8600
Fax: 213-252-0679
General Description: Employment services for those receiving housing services
Additional Notes: Spanish spoken. Serves LA County

**CHICANA SERVICE ACTION CENTER WORK SOURCE EMPLOYMENT CENTERS**
Location: 3601 E. 1st Street
Los Angeles, CA 90063
Hours: M-F 8am-5pm
Phone: 323-264-5627
Fax: 213-430-0657
General Description: The center offers free resources for those seeking a job such as computer/internet access, phones, message services, FAX, resume assistance, job leads and job search assistance.
Employment Services

CENTURY COMMUNITY TRAINING INC.
Website:  www.centuryhousing.org
Location:  5021 Lennox Blvd.
Lennox, CA 90304
Hours: Mon-Fri, 6:30am-3:30pm.
Phone:  310-673-3941
General Description:  8-week construction training.
Specific Services Requirements:  California driver’s license & SS card OR birth certificate

DEPARTMENT OF REHABILITATION/ GREATER LOS ANGELES AREA
Website:  www.rehab.cahwnet.gov
Location:  Greater Los Angeles District Office
3251 W. 6th Street, Ste 300
Los Angeles, CA 90020
Hours:  M-F 8am-5pm
Phone:  213-736-9304
Fax:  213-736-3949
General Description:  Assists people with disabilities in retaining employment and living independently.
Requirements:  Eligible to be determined by a test. Must have a disability diagnosis
Additional Notes:  Languages spoken will depend on location

EMPLOYMENT DEVELOPMENT DEPARTMENT OF CALIFORNIA
Website:  www.edd.ca.gov
Location:  Several locations throughout the state
Hours: 8am-5:00pm
Phone: varies per location. Look on website for additional information
General Description:  The EDD website offers helpful links to tips on how to find a job. It also offers "Quick Links" to Cal Jobs, One-stop career centers in the state by county and providers qualified to do job training.

ENRICHMENT THROUGH EMPLOYMENT ONE STOP CENTER
Website:  www.ete-torrance.org
Location:  1840 W. 220th Street, Ste 310,
Torrance, CA 90501
Hours:  M-F 8am-5pm
Phone:  310-328-0706
Fax:  310-328-5009
General Description:  Full service career employment agency. Assists those who are recovering from psychiatric disabilities to enter the workforce. Counseling, job search, mental health support, resume writing. Requirements:  Mental Illness
EX-OFFENDERS ACTION NETWORK  
Website: www.exoffenderactionnetwork.org  
Location: 4701 South Central Avenue,  
Los Angeles, CA 90011  
Phone: 323-238-0445  
General Description: Offers job readiness skills, job training and placement. EAN organizers seek companies who will provide entry-level opportunities for ex-offenders.

FOOTHILL ONE-STOP CAREER CENTER  
Location: 1207 E. Green Street  
Pasadena, CA 91106  
Phone: (626) 796-5627  
Fax: (626) 304-7901  
General Description: Full service employment center. Open 8:00 a.m. to 5:00 p.m. Call for orientation time(s).

FRIENDS OUTSIDE (located in the Robert Pitts Center)  
Website: www.friendsoutsidela.org  
Location: 1827 E. 103rd St., Ste. 400,  
Los Angeles, CA 90002  
Offices are also located in LA and Long Beach  
Phone: Tele: 323-249-9683, ext. 101  
Fax: 323-249-0044  
email: info@friendsoutsidela.org  
General Description: Friends Outside provides services to prisoners, former prisoners and their families including support in job placement, housing, & food. Spanish and English spoken

GOODWILL INDUSTRIES  
Website: www.goodwill.org  
Location: Corporate Office  
342 San Fernando Rd.  
Los Angeles, CA 90031  
Phone: 323-223-1211  
Fax: 323-343-9927  
General Description: Free Service. Offers job training, job placement, on-line learning and support services. Requirements: must be 18 years +, barrier to employment
HOME BOY INDUSTRIES (Father Greg Boyle, S.J.)
Website: www.homeboy-industries.org
Location: Corporate office
130 W. Bruno St.
Los Angeles, CA 90012
Phone: 323-526-1254
Fax: 323-526-1257
Hours: M – F 9am-5pm
General Description: Free Service. Assists at-risk and formerly gang-involved youth to become positive and contributing members of society through job placement, training and education. Serves all of LA

LUTHERAN SOCIAL SERVICES OF SOUTHERN CALIFORNIA
Website: www.lsssc.org
Location: 6425 Tyrone Ave.
Van Nuys, CA 91401
Hours: Tues-Fri 10am-3pm
Phone: 818-901-9480
Fax: 818-901-9482
General Description: The Community Care Center offers employment, poverty reduction programs, emergency and supplementary food and clothing, referral, advocacy, and case management. Must have ID and an appointment. Services are free except for counseling. Spanish and Armenia spoken. Serves the San Fernando, Santa Clarita and Antelope Valleys.

METROPOLITAN SKILLS CENTER
Website: www.metrosc.net/index.htm
Location 2801 West 6th St.
Los Angeles, CA 90057
Phone 213-386-7269
General Description: Job skills training, including word processing, accounting, medical office assistant, food services, janitorial, GEDs.

PRIVACY CLEARING HOUSE
Website: www.privacyrights.org
General Description: Information on background checks and California's 7 year rule.
VOLT TEMPORARY EMPLOYMENT SERVICES
Website: www.volt.com
Location: 3055 Wilshire Blvd., Suite # 88
Los Angeles, CA 90010
Hours: Mon-Thurs (Appt. only), 8:00am - 5:30pm Friday (walk-in) 9:00am - 10:00am
Phone: 213-388-3271
Contact Person: Tanya Luis
General Description: Job placement assistance and testing for clerical positions (testing in Microsoft Word and Excel computer programs). Requirements: SS card and either Drivers License or California ID

WATTS LABOR COMMUNITY ACTION COMMITTEE
WORK SOURCE PROGRAM
Website: www.wlcac.org
Location: 10950 South Central Ave
Los Angeles, CA 90059
Phone: 323-563-5639 (ask for Work Source Program)
General Description: Job training & job in all areas. The Resource Center is available to work on resume building and job training services. Requirements: You can participate in job training services without an ID, but a California ID or license is necessary for job placement. Participate in a one-on-one orientation session at the start of program. Please call beforehand to find out when the next orientation session will be held.

Job Training Programs
BURBANK’S WORKFORCE CONNECTION
Website: www.burbankworkforce.org
Location: 301 E. Olive Ave., #101
Burbank, CA 91502
Phone: 818-238-JOBS
General Description: Free to all. Offers Internet access to available employment web sites, word processing, professional development workshops, a career resource library, telephones, faxing and photocopying for job search-related activities.

CAREER CENTER AT THE VILLAGE AT ED GOULD PLAZA
Website: www.lagaycenter.org
Location Los Angeles Gay and Lesbian Center
1125 N. McCadden Pl.
Los Angeles, CA 90038
Phone: 323-860-7378
General Description: Career counseling, job postings, placement, computer lab and classes, resume workshops, job clubs.
CAREER ENCORES  
Location:  3700 Wilshire Blvd, #200  
Los Angeles, CA 90010  
Phone:  213-427-6600  
General Description: Employment agency to assist individuals with job placement. Age 50 and over, free services  

CHINATOWN SERVICE CENTER  
Location 767 N. Hill St., Ste. 400  
Los Angeles, CA 90012  
Phone:  213-808-1700  
General Description: Free services. Non-profit organization's programs include employment training, basic skills remediation, job placement, career planning & referrals to vocational training centers. Call for additional Monterey Park location. Serves Asian and other immigrants, refugees and other Americans in the greater LA area. Multicultural, multi-lingual staff speaks Chinese dialects, Vietnamese, Cambodian, Spanish and English  

CHRYSALIS  
Website:  www.changelives.org  
Location:  516 S. Main Street  
Los Angeles, CA 90013  
Phone: 213-806-6300  
Fax: 213-895-0073  
General Description: Chrysalis is a nonprofit organization dedicated to helping economically disadvantaged and homeless individuals become self-sufficient through employment opportunities. Since our start in 1984, we have helped over 30,000 individuals change their lives through jobs. The program provides job training and career development. Additional locations are in Pacoima and Santa Monica.  

COMMUNITY UNION - SOUTH LOS ANGELES/FLORENCE FIRESTONE SERVICE CENTER  
Website:  www.communityunion.org  
Location:  7807 S. Compton Ave.  
Los Angeles, CA 90001  
Phone:  818-781-8170  
Fax:  818-901-3506  
General Description: Free for those who qualify. Community Union, Inc. (CU) a non-profit corporation provides computer technology training and computer redeployment programs to youth and adults from 8 Community Technology Centers located throughout the greater Los Angeles region. CU’s low-cost/no-cost training programs empower community members using 2 flagship programs. 50% of adults obtain better employment and better pay after completing our courses. Requirements: Proof of income; Proof of address.
GOODWILL INDUSTRIES OF THE INLAND COUNTY CAREER CENTER
Location: 342 San Fernando Rd.
Los Angeles CA 90031
Phone: 323-539-2000
General Description: Nonprofit serving people with physical, mental and emotional disabilities and vocational disadvantages through education, vocational training, supported employment & job placement opportunities. Vocational counseling, testing, evaluation and additional social services are provided. Free if eligible. Additional location in Victorville.

GOODWILL INDUSTRIES OF SOUTHERN CALIFORNIA
Website: www.goodwillsocal.org
Location: 342 San Fernando Rd.
Los Angeles, CA 90031
Phone: 323-539-2000
General Description: Free services. Nonprofit serving people with physical mental and emotional disabilities and vocational disadvantages through education, vocational training and job placement opportunities. For residents of L.A., Santa Barbara & Ventura counties.

HARBOR CAREER CENTER WIN ONE-STOP CAREER CENTERS
Website: www.careerzone.torrenet.com/Location.html
Location: 1851 N. Gaffey St., Ste. F
San Pedro, CA 90731
Phone: 310-732-5700
General Description: Job search workshops, job postings, community and educational resource information, job search assistance. Free services; some services require eligibility.

INTERTEC TEMP AGENCY
Location: 6290 Sunset Blvd. Ste. 1104
Hollywood, CA 90028
Phone: 323-466-4388
General Description: Various job placement services. Requirements: Forms of ID, such as California State ID, Driver’s License, Birth Certificate, and references.

JOBS PLUS PROGRAM/THE WORK PLACE
Location: 3407 W. 6th St. #705
Los Angeles, CA 90020
Phone: 213-386-1994
General Description: Employment services, training and placement for ex-offenders and parolees. Requirements: Forms of ID, such as California State ID, Driver’s License, Birth Certificate, and references.
Employment Services

LA COUNTY WORK SOURCE CENTERS
Website: www.worksourcecalifornia.co.la.ca.us
Location: Varies. Call for the location nearest you.
Phone: 888-226-6300
General Description: Free services. 50 Work Source centers in LA County offer comprehensive employment and hiring services to workers, employers, and job seekers at no charge.

LA WORKS
Website: www.laworks.org
Location: 5200 Irwindale, Ave., Ste.130
Irwindale, CA 91706
Phone: 626-960-3964
General Description: LA Works provides a comprehensive system of training, placement and career planning for job seekers throughout Southern California. Free services; some services require eligibility.

LOS ANGELES COUNTY REGIONAL OCCUPATIONAL PROGRAMS
Website: www.lacorop.org
Location: Headquarters
9300 Imperial Highway
Downey, CA 90242
Phone: 562-922-6850
General Description: A collaborative project of the Los Angeles County Office of Education and 22 member school districts to deliver quality career preparation. Students learn entry-level skills in a wide variety of occupational fields including animal care, banking, nursing, food service, retail sales and electronics. Applicants must be at least 16 years of age. Free to high school students; free to adults at this location only. Applicants must be at least 16 years of age.

LOS ANGELES URBAN LEAGUE
Website: www.laul.org
Location: 3450 Mount Vernon
Los Angeles, CA 90008
Phone: 323-299-9660
Fax: 323-299-0618
Email: Charles.boyd@laul.org
General Description: employment services and training for LA residences. Requirements: Picture ID, Social Security Card
MEXICAN AMERICAN OPPORTUNITY FOUNDATION
Website: www.maof.org
Location: 401 N. Garfield Ave.
Montebello, CA 90640
Phone: 323-890-9600
General Description: Non-profit agency providing employment placement in positions from
entry-level to technical for anyone not qualifying for government-funded programs. Services
include job listings, computer training, on-the-job training with partial reimbursement to em-
ployers; work experience for preschool teacher's aides, basic skills training in reading and math,
limited paid internships for youths 18-21. Free to eligible applicants.

MEXICAN AMERICAN OPPORTUNITY FOUNDATION SENIOR TRAINING
PROGRAM
Website: www.maof.org/Senior_Services.asp
Location: 972 South Goodrich Blvd.
City of Commerce, CA 90022
Phone: 323-313-1605
General Description: From learning skills for part-time work to receiving information on immi-
gration or legal matters to receiving free minor home repairs, MAOF's comprehensive services
for seniors are available without charge to all who qualify. Free if eligible.

ONE-STOP CAREER CENTERS
Website: www.careeronestop.org
Location: Varies, call for the location nearest you
Phone: 800-FOR-AJOB
General Description: Employment Resource Centers, training, assessment, job placement and
referrals. Requirements: low income, youth, elderly, long-term unemployed, disabled. Go on
the website or call for locations.

PACIFIC ASIAN CONSORTIUM IN EMPLOYMENT (PACE)
Website: www.pacela.org
Location: 1055 Wilshire Blvd., Ste. 1475
Los Angeles, CA 90017
Phone: 213-353-3982
General Description: Free services. Community-based agency offering youth & adult job
training and transitional workshops, job preparation, referral and placement to low income indi-
viduals age 22 and older. Training & technical assistance for low-income entrepreneurs, educa-
tional/leadership development for high school dropouts and at-risk youth.


**Employment Services**

**PEOPLE ASSISTING THE HOMELESS (PATH) FINDERS JOB CENTERS**  
Website: www.epath.org  
Location: 3500 S. Figueroa St  
Hollywood, CA 90028  
Phone: 213-743-3950  
General Description: Employment services, resume assistance, workshops, voice mail boxes, and residential services for homeless people seeking employment. They have multiple offices around the Los Angeles area.

**PROJECT NEW HOPE**  
Website: www.projectnewhope.org  
Location: 3325 Wilshire Blvd., #800  
Los Angeles, CA 90010  
Phone: 213-251-8474  
General Description: Vocational services and computer training for people with HIV/AIDS

**SOUTHEAST L.A. COUNTY WORKFORCE INVESTMENT BOARD**  
Website: www.selaco.com  
Location: 10900 E. 183rd St., Ste. 392  
Cerritos, CA 90703  
Phone: 800-481-6555  
General Description: One-Stop employment and training programs & services for laid-off workers, the unemployed and low-income. Special services for youth seeking G.E.D. and older workers (over 55.) Career Center offers resources, workshops. If eligible, may qualify for individual or in-depth training programs. Free services. Some services only for eligible clients.

**SOUTHEAST LOS ANGELES - CRENSHAW WORKSOURCE CENTER**  
Website www.cityofla.org/cdd  
Location: 65 S. Vermont Ave.  
Los Angeles, CA 90037  
Phone: 323-730-7900  
Fax: 323-730-7934  
General Description: free job listings and referral information, phone banks, computer access and job placement workshops. Requirements: Bring ID, birth certificate, references. Hours Vary, call first for specific service for your needs.
Employment Services

SOUTHERN CALIFORNIA INDIAN CENTER
Website: www.indiancenter.org
Location: 3440 Wilshire Blvd. #904
Los Angeles, CA 90010
Phone: 213-387-5772
General Description: Non-profit organization serving the American Indian community. Provides employment assistance and vocational training to American Indians, native Alaskans and Native Hawaiians who are unemployed, underemployed or economically disadvantaged. Free to eligible applicants. Call for additional locations.

VERDUGO JOBS CENTER
Website: www.verdugojobscenter.org
Location: 1255 S. Central Ave
Glendale, CA 91204
Phone: 818-409-0476
General Description: Full service one-stop jobs and career center providing services to employers and job seekers. Services include internet access to jobs postings boards and resources; workshops; resume, interview & job seeking guidance and assistance; educational & occupational training assistance & guidance. Free services; some services require eligibility.

WOMEN AT WORK
Website: www.womenatwork1.org
Location: 50 North Hill Ave., Ste. 300
Pasadena, CA 91106
Phone: 626-796-6870
General Description: A nonprofit, drop-in Career and job resource center serving unemployed and underemployed women (and men) in the greater L. A. area seeking jobs or changing careers. Services include job listings, job market information, career library, career workshops, career counseling, occupational testing, special employment programs, job search support groups, computer classes, self-serve computer lab. Fees vary.

WORKFORCE INVESTMENT BOARD CITY OF LOS ANGELES
Website: www.lacity.org/wib
Location: 1200 West 7th Street, 6th Floor
Los Angeles, California 90017
Phone: 213-744-7211
Fax: 213-744-9398
Email: LACityWIB@LACity.org
General Description: The Los Angeles Workforce Investment Board initiates programs designed to provide educational facilities and mentoring to both in-school and out-of-school youth. Adult literacy programs are also promoted. Connect workers and businesses to information on jobs and services. Increase the percentage of workers earning quality wages. Promote social equity.
The world is getting more complicated every minute. People no longer work the same job their entire lives. They have to learn and adapt to new situations, new jobs, and changes in the world of work. This means more and more people are going back to school. There are lots of places you can go to get your GED, take computer classes, or finish your college or post-graduate degree. Plus, there are people or tutors that will help you study. It's all just a matter of getting out there and doing it. One of the best ways to get a better job is to get a better education. And it's never too late!

Helpful Hints:

- Talk to people. If you’re currently working, ask your boss or some coworkers about what training or schooling you should look into. Maybe there is someone in your family or one of your friends you can go to and ask about his/her experience.

- If you don’t know what you want to do, that’s ok. Sometimes you have to start something just because you know it means you’re heading in the right direction, even if you’re not exactly sure where that is. Getting your GED might not seem like it’s going to open a lot of doors, but it’s a start.

- Once you identify a program you want to do, talk to the people there. Visit the place if you can. Take time to see what the teachers are like and see what the students think about the program.

Almost all colleges, and many certification programs, have financial aid offices. Paying for school can be tough, but there are ways to get help. And there’s a good chance you qualify for help, too. Make an appointment, or just stop by and see if someone is available to talk about what financial aid options you have. Also, visit www.fafsa.ed.gov to learn more about student loans.
AMERICAN COUNCIL ON EDUCATION
Website: www.acenet.edu
Email: ged@acenet.nche.edu
General Description: This is a for-profit company that offers many programs, but has a very helpful GED section on their website. Look for GED Testing Service under ‘Program or Service’ drop down menu on the upper left section of their homepage. There are sample GED test questions and helpful general information about the test.

CALIFORNIA DEPARTMENT OF EDUCATION GED OFFICE
Website: www.cde.ca.gov/ta/tg/gd
Phone: 916-455-9438
General Description: Visit the website for testing center locations, frequently asked questions, and other information. Or call for testing locations or general questions.

COLLEGE SCHOLARSHIPS.ORG
Website: www.collegescholarships.org
General Description: This website is designed as a resource for people searching for money for college. It has tips and recommendations on applying for money, and a huge number of places to receive help, such as grants, loans, and scholarships.

COMMUNITY COLLEGE REVIEW
Website: www.communitycollegereview.com
General Description: This website gives free, detailed information, lets you compare colleges within your state and learn more about how community colleges work.

GED INFORMATION
Website: www.cde.ca.gov
Phone: 916-445-9438 or 866-370-4740
General Description: Automated information regarding GED testing sites.

FREE APPLICATION FOR FEDERAL STUDENT AID
Website: www.FAFSA.ed.gov
Phone: 800-4-FED-AID
General Description: Federal Student Aid, an office of the U.S. Department of Education, ensures that all eligible individuals can benefit from federally funded or federally guaranteed financial assistance for education beyond high school. Call or visit their website to see eligibility requirements.
Los Angeles Community College District
Website: www.laccd.edu
Location: District Office
770 Wilshire Boulevard
Los Angeles, CA 90017
Phone: 213-891-2000
General Description: All the community colleges in L.A. County make up this district. The website has links to all the other colleges, as well as information about community colleges and the people they serve.

Community Colleges

East Los Angeles College
Website: www.elac.edu
Location: 1301 Avenida Cesar Chavez
Monterey Park, CA 91754-6099
Phone: 323-265-8650

Los Angeles City College
Website: www.lacitycollege.edu
Location: 855 N. Vermont Avenue
Los Angeles, CA 90029
Phone: 323-953-4000

Los Angeles Harbor College
Website: www.lahc.edu
Location: 1111 Figueroa Place
Wilmington, CA 90744
Phone: 310-233-4000

Los Angeles Mission College
Website: www.lamission.edu
Location: 13356 Eldridge Avenue
Sylmar, CA 91342
Phone: 818-364-7600
Education

LOS ANGELES SOUTHWEST COLLEGE
Website: www.lasc.edu
Location: 1600 West Imperial Highway
Los Angeles, CA 90047-4899
Phone: 323-241-5321

LOS ANGELES TRADE-TECH COLLEGE
Website: www.latte.edu
Location: 400 W. Washington Boulevard
Los Angeles, CA 90015
Phone: 213-763-7000

LOS ANGELES VALLEY COLLEGE
Website: www.lavc.edu
Location: 5800 Fulton Avenue
Valley Glen, CA 91401
Phone: 818-947-2600

PIERCE COLLEGE:
Website: www.piercecollege.edu
Location: 6201 Winnetka Avenue
Woodland Hills, CA 91371
Phone: 818-719-6401

WEST LOS ANGELES COLLEGE
Website: www.wlac.edu
Location: 9000 Overland Avenue
Culver City, CA 90230
Phone: 310-287-4200
Getting around L.A. is probably one of the biggest causes of stress and frustration in your lives. You don’t necessarily need a car to get around. L.A. has public transportation that will get you where you need to go. Remember, always plan ahead, leave with plenty of time to get to your appointment and have the phone numbers of the people you would need to contact if something went wrong.

**Helpful Hints:**

- Plan ahead. If you are going to take the bus or train on a regular basis, do a trial run before you actually have to take it for real. Time the route out, pick up as many schedules that are related to the area of your destination as possible. Also, pick up a system wide map if available.
- Have plenty of change and one dollar bills.
- Realize that the bus is a community. Each person is a traveler on their way to some destination. Buses get crowded. Be patient. Be polite. Everybody’s just trying to get home, or to work. Short tempers do nothing but make the ride longer. Have a sense of humor about things.
- Maybe bring a book or magazine for the long waits.
- As soon as you can see the number on the bus and it’s the one you want, start to wave at the driver to let him know that you do indeed want the bus to stop.
- Do not talk to the operator too much about things not related to your destination. After placing the fare in the fare box clear the area near the front door as quick as possible.
- When scheduling transportation, the key is to be patient.
- You can request transportation vouchers from your parole or probation officers. They will assist you obtaining the information necessary to get a pass.
- Go to your local MTA shops at 1 Gateway Plaza to purchase a monthly bus pass. This location can also let you know where neighborhood stores are located.
- The internet provides the necessary information to assist you with getting to your destination the best way possible.

To obtain information on LA Public Transportation visit [www.mta.net](http://www.mta.net)
**AIDS PROJECT L.A./ MEDICAL TRANSPORTATION**
Website: www.apla.org
Location: 611 S. Kingsley Dr., 3rd Floor
Los Angeles, CA 90005
Hours: M-F 9am-4:30pm
Phone: 213-201-1600
Fax: 213-201-1392
General Description: Transportation services or vouchers for APLA clients. Specific Services: Info and application forms for L.A. County Metro Transportation (MTA) and/or DMV. Free West Hollywood Taxi Cab passes for West Hollywood residents. Transportation for clients who are unable to use other forms of transportation to get to prescheduled medical appointments related to HIV condition.
Requirements: Must be AIDS PROJECT L.A. client. Request must be made at least 2 working days prior to scheduled medical appointment. Available twice per month or 4 one-way rides.
Additional Notes: Free Services.

**BUS RIDERS UNION**
Website: www.busridersunion.org
Location: Labor/Community Strategy Center
3780 Wilshire Blvd., Ste. 1200
Los Angeles, CA 90010
Hours: M-F 9am-6pm
Phone: 213-387-2800
Fax: 213-387-3500
General Description: A membership organization concerned with the public health needs of the transit-dependent. Specific Services Requirements: $10-$50 membership fees per year, sliding scale.
Additional Notes: Spanish, Korean available upon request.

**AMERICAN LOGISTICS**
Hours: Reservation M-F 7am-6pm; Sat 8am-1pm Services 24/7
Phone: 877-225-5672
General Description: Assorted transportation Specific Services: Transportation provided for non-emergency medical visits, outpatient surgery, hospital checkout, airport, social events. Can tailor program to meet the needs of any health care provider. All drivers are trained in CPR and first aid. Vehicles are equipped with a wheelchair for those who do not have one but require one for transportation.
Requirements: Must make reservation at least 24 hours in advance.
Additional Notes: Call for rates.
**Transportation**

**FREEWAY SERVICE PATROL/TRANSPORTATION MANAGEMENT CENTER**  
Location: 120 S. Spring St.  
Los Angeles, CA 90012  
Phone: 213-897-7275  
Fax: 213-897-0519  
General Description: Courtesy tow service to motorists when their vehicles have become disabled on most L.A. County Freeways.

**L.A. CITYRIDE**  
Website: www.ladottransit.com/other/cityride  
Location: Varies throughout the city  
Hours: M-F 8am-4:30pm  
Phone: 213-808-7433  
Fax: 213-388-7142  
Email Contact Person, Title General Description: Transportation for seniors age 65 yrs+ and disabled living in the City of L.A. including city communities of the San Fernando Valley and certain county unincorporated areas. Applicants must show proof of age and disability. Appointments must be made 1 day in advance for Dial-A-Ride. Fees vary based on trip distance. Taxicabs available 24 hrs. Does not accept cash.

**METROLINK**  
Website: www.metrolinktrains.com  
Location: 700 S. Flower St., Ste. 2600  
Los Angeles, CA 90017  
Hours: M-F 8am-5pm  
Phone: 800-371-5465; 213-452-0200  
Fax: 213-4452-0429  
General Description: Regional train info for traveling from San Bernardino, Riverside, Oceanside, Lancaster or Oxnard to L.A. Union Station and for travel from San Bernardino to Irvine. Also info about connecting bus services to and from Metrolink Stations. Spanish spoken. Speech/Hearing impaired, call 800-698-4833.

**METRO TRANSPORTATION AUTHORITY**  
Website: www.mta.net  
Location: Southern California Rideshare  
1 Gateway Plaza  
Mail Stop: 99-19-05  
Los Angeles, CA 90012-2952  
Hours: M-F 8am-5pm  
Phone: 800-266-6883  
Fax: 213-922-3885  
General Description: Assists any commuter to make connections from their home to their place of work via bus, MetroLink train, Metro Rail, carpools, vanpools. Spanish spoken. TTY 800-252-9040.
Libraries

Libraries are filled with free and useful information. The following section contains a listing of public and academic libraries and resource centers. Public libraries offer materials such as self-help books, manuals, magazines, CDs, DVDs, best sellers and others, all for free. In addition, you can find free training programs, computer services and access to other resources.

Refer to page 5 on how to get a library card.

**Helpful Hints:**

- Keep an open mind and enjoy yourself.
- The librarian is your most valuable resource.
- Make sure you track the date your books, CDs, or DVDs are due to avoid a fine.
- Be organized. Try keeping all your borrowed books in one spot.
- Remember, libraries have free internet access, but be patient. Get there early, you’ll have to wait your turn.

“A library is a hospital for the mind.”
- Anonymous
ASIAN PACIFIC RESOURCE CENTER COUNTY OF LA PUBLIC LIBRARY
Location: 1550 W Beverly Blvd
Montebello, CA 90640
Phone: 323-722-2550
Fax: 323-722-3018
Specific Services: This library emphasizes the social, historical & cultural information by and about Asian and Pacific Americans.

BLACK RESOURCE CENTER CO OF LOS ANGELES PUBLIC LIBRARY/ CENTRAL LA
Location: 150 E El Segundo Blvd
Los Angeles, CA 90061
Hours M-Th 10-8 F 10-6; Sa 10-5
Phone: 310-568-3350
Fax: 310-327-0824

CALIFORNIA STATE UNIVERSITY/ DOMINGUEZ HILLS LIBRARY SERVICES
Location: 1000 E. Victoria Street
Carson, CA 90747
Phone: 310-243-3715
Fax: 310-516-4219

CALIFORNIA STATE UNIVERSITY/ LOS ANGELES JOHN F. KENNEDY/ MEMORIAL LIBRARY
Location: 5151 State University Drive
Los Angeles, CA 90032-8300
Phone: 323-343-3988
Fax: 323-343-5600

CHICANO RESOURCE CENTER CO OF LOS ANGELES PUBLIC LIBRARY/ EAST LA
Location: 4837 E 3rd Street
Los Angeles, CA 90022
Hours: M-Th 10am-9pm; F 9am-5pm; Sa 10am-5pm; Su 1-5pm
Phone: 323-264-0155

COUNTY OF LOS ANGELES PUBLIC LIBRARY
Website: www.colapublib.org
Location: Check out the website or the local telephone directory for the location nearest you.
Phone: 562-940-8400
Contact Person, Title: Margaret Donnellan Todd, County Librarian
General Description: The County Library provides service to residents living in the County and unincorporated areas

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JEWISH COMMUNITY LIBRARY OF LOS ANGELES
Location: 6505 Wilshire Blvd Ste 300
Los Angeles, CA 90048
Hours: M-Th 10-5pm; Su 12-4pm
Phone: 323-761 8644
Fax: 323-761 8647

LONG BEACH PUBLIC LIBRARY
Location: 101 Pacific Avenue
Long Beach, CA 90822
Hours: T 10am-8pm; W-Sat 10am-5:30pm
Phone: 562-570-7500
Fax: 562-570-7408

LOS ANGELES COMMUNITY COLLEGE DISTRICT
Website: www.laccd.edu
Location: District Office
770 Wilshire Boulevard
Los Angeles, CA 90017
Phone: 213-891-2000
Contact Person, Title: Dr. Marshall E. Drummond, Chancellor

LOS ANGELES LAW LIBRARY
Website: www.lalaw.lib.ca.us
Location: Mildred L Lillie Bldg
301 W First Street
Los Angeles, CA 90012
Hours: M-F 8:30am-6pm; Sa 9am-5pm
Phone: 213-785 2529
Contact Person, Title: Reference Librarian 213-785-2513
General Description: The LA Law Library provides access to legal information and materials to the legal community, government officials, the business community and the general public.
Requirements: Please call to find out fees for library use and borrowing privilege.

LOS ANGELES PUBLIC LIBRARY
Website: www.lapl.org
Location: Central Office
630 W. 5th St., Los Angeles, CA 90071
Hours: M-Th 10am-8pm, F 10am-6pm, Sa10am-6pm, Su 1pm-5pm
Phone: 213-228-7000
General Description: County library services. Call for local library in your area
Specific Services: Free internet access and other resources. Literacy Programs, ESL
LIBRARIES

PASADENA PUBLIC LIBRARY
Location: Central Library
285 E. Walnut Street
Pasadena, CA 91101
Phone: 626-744-4066
Fax: 626-585-8396

SANTA MONICA LIBRARY
Location: Main Library
601 Santa Monica Boulevard
Santa Monica, CA 90401
Phone: 310-458-8600
Fax: 310-394-8951

SOUTHERN CALIFORNIA LIBRARY FOR SOCIAL SERVICES AND RESEARCH
Website: www.socallib.org
Location: 6120 S. Vermont Ave.
Los Angeles, CA 90044
Phone: 323-759-6063
Fax: 323-759-2252
Email: web@socallib.org
General Description: This library specializes in the history of Los Angeles, socialism, Marxism, ethnic studies, history of peace, labor and liberation movements.
Requirements: Cost: $40 per year if you want to check out books. No fee when you use for reference only

WESTERN STATES AFRICAN-AMERICAN RESOURCE EDUCATION CENTER
Location: 3617 Montclair Street
Los Angeles, CA 90018
Hours: M-F 10am-6pm
Phone: 626-794-4777
Fax: 323-737-2842
General Description: Researches African American topics, preserves books, films, art, documents, records, etc
“Once you learn to read, you will forever be free.”
-Frederick Douglass

Literacy

Knowing how to read will empower you in making informed decisions about your life and future. However, like learning any new skill, it requires patience and dedication. This section contains information on adult schools, learning centers, occupational centers and others to help you master this valuable skill. The following tips should help you in your pursuit of reading abilities.

Helpful Hints:

- Make a plan
- Register in a class
- Take baby steps
- Be patient
- Be persistent
- Be committed
826 LA
Location: Sparc Building
685 Venice Blvd., 2nd Fl
Venice, CA 90291
Hours: M-F 9:30am-6pm; Drop-in tutoring 2:30pm-5:30pm
Phone: 310-305-8418
General Description: Free services One-on-one tutoring for ages children ages 6-18 yrs. Offers after school workshops and assistance for English language learners. Call for appointment or walk in. Must be ages 6-18 years of age.

BELL GARDENS COMMUNITY ADULT SCHOOL
Location: Montebello USD
6119 Agra
Bell Gardens, CA 90201
Hours: M-Th 8am-9pm; F 8am-4pm
Phone: 323-887-7955
Fax: 323-887-7958
Free services. Small fee for vocational services. ESL, GED, HS diploma, vocational programs, citizenship and basic subject programs to anyone ages 18 yrs+. Adult education begins at 4pm. 18 yrs+. Serves Bell Gardens and City of Commerce.

BURBANK ADULT SCHOOL
Location: 3811 Allan Ave.
Burbank, CA 91505
Hours: M-Th 8am-8pm; F 8am-2pm
Phone: 818-558-4611; for ESL, call 818-558-4619
Fax: 818-558-4620
General Description: Various adult education courses. High school diploma, GED test and preparation; ESL, parent education, business and computer education/training. Ages 18 yrs+

COMMUNITY CENTERS, INC.
Location: Comunidad de Servicios Nacional
7522 S. Vermont Ave.
Los Angeles, CA 90044
Hours: M 8:30am-9pm; Tu-Th 8:30am-8pm; F 8:30am-4:30pm; Sat 9am-2:30pm
Phone: 323-752-2115
Fax: 323-789-4574
General Description: ESL classes for newly arrived immigrants. Citizenship services, classes and tests. Job training programs, resume writing, employment for youth and adults, clerical and computer classes, counseling (personal and/or career), notary, EDD services, drug and alcohol classes, GED prep, life and basic skills, civics.
COMMUNITY ENHANCEMENT SERVICES
Location: Citizenship Programs
P.O. Box 2206
1335 N. La Brea Ave., Ste. 3
Los Angeles, CA 90028
Hours: 8:30am-5pm
Phone: 323-850-4672
Fax: 323-850-4670
General Description: Free ESL and citizenship classes, assistance in filling out N-400 and N-600 forms, and counseling. Services to legal immigrants and refugees seeking to become naturalized U.S. citizens. Also offers refugee forums and education programs. Languages: Armenian, Russian, Hebrew, Farsi, Spanish and Tagalog spoken.

CULVER CITY ADULT SCHOOL
Location: 4909 Overland Ave.
Culver City, CA 90230
Hours: M-Th 8:30am-9pm; F 8:30am-3pm
Phone: 310-842-4300
Fax: 310-842-4343
General Description: ABE, ESL, literacy tutoring, high school diploma subjects, GED and CBEST prep.

EAST L.A OCCUPATIONAL CENTER
Location: 2100 Marengo
Los Angeles, CA 90033
Hours: M-Th 8am-9pm; F-Sat 8am-3pm
Phone: 323-223-1283
Fax: 323-223-6365
General Description: Job training program for adults and young adults.
Specific Services: Adult basic education, ESL. Drop-out recovery program for minors and services for the disabled. Classes offered in day and evenings.

EASTMONT COMMUNITY CENTER
Location: 701 S. Hoefner Ave.
Los Angeles, CA 90022
Hours: M-Th 8:30am-5:30pm; F 8:30am-12noon
Phone: 323-726-7998
Fax: 323-726-9237
FRANKLIN COMMUNITY ADULT SCHOOL
Location: Adult Education
820 N. Avenue 54
Los Angeles, CA  90042
Hours: M-Th 1pm-9:30pm; F 8am-4:30pm; Sat 10am-6pm; Sun 1pm-5pm.
Phone: 323-256-2144
Fax: 323-256-2790
General Description: Vocational programs, ESL and Citizenship classes. Adult literacy, parent education, program for older adults, GED and adult high school diploma, vocational computer classes, distance learning. LAUSD program. Requirements: Meet with counseling office. Spanish spoken.

GLENDALE ADULT READING PROGRAM
Location: Glendale Public Library
222 E. Harvard St.
Glendale, CA  91205
Hours: M-F 9am-5pm; evenings by appointment
Phone: 818-548-6450
Fax: 818-548-7225
General Description: One-to-one tutoring in basic reading to English speaking adults. Also have family literacy program. In-service workshops for tutors and mutual referrals. English speaking, ages 16 yrs+ and out of school.

LAMP LITERACY
Location: Bruggemeyer Memorial Library
318 S. Ramona Ave.
Monterey Park, CA  91754
Hours: M-Tu 12noon-9pm; W-F 12noon-6pm; Sat 9am-5pm; Sun 1pm-5pm
Phone: 626-307-1251
Fax: 626-288-4251
General Description: Free services. Families for literacy, one-to-one tutoring for adults, ESL, citizenship. Specific Services. Tutors must be at least 14 yrs of age or older to volunteer. Chinese spoken.

LAUSD/ADULT AND CAREER EDUCATION
Location: Rafu Adult Educational Center
Hours: M-F 7:30am-4pm
Phone: 323-263-6673
General Description: ESL, GED, HS diploma and computer class. Various locations. Call for more information.
MEXICAN AMERICAN OPPORTUNITY FOUNDATION
Location: Administrative Office
401 N. Garfield Ave.
Montebello, CA 90640
Hours: M-F 8am-5pm
Phone: 323-890-9600
Fax: 323-890-9632
General Description: Free services. Various literacy and job training programs. CalWORKS training prep and referrals to eligible participants. Training in English and math, computers, operating systems, word processing, Lotus 1-2-3 and database management (ask for Mr. Reese). Also provides on-the-job training in various occupations in private industry; child care and Head Start; ESL, and direct job referral services in skilled and semi-skilled positions. Walk in or call. For child care, call 323-890-9616.

PROJECT AMIGA
Location: 2001 Tyler Ave., Ste. 203
South El Monte, CA 91733
Hours: M-F 8am-5pm
Phone: 626-401-1395
Fax: 626-401-3707
General Description: Various training, education and referral services. Computer and ESL training, career counseling, parenting classes, literacy skills, prenatal care education classes, referral and transportation services to at-risk youth, teen moms and dads, parents, caregivers, and their families. Ages 14 yrs+. Low income. Sliding fee scale. Spanish spoken.

PUENTE LEARNING CENTER
Location: 501 S. Boyle Ave.
Los Angeles, CA 90033-3816
Hours: M-F 8am-5pm
Phone: 323-780-8900
Fax: 323-780-0359
General Description: Free classes, but materials and registration fee for some classes. Spanish spoken. Adult education programs. ESL, job training, computer applications and computer repair. Also youth tutoring program. Must meet eligibility to enroll. Volunteer opportunities available.
ROOSEVELT ADULT SCHOOL
Location: 456 S. Matthews St.
Los Angeles, CA  90033
Hours:  M-Th 1pm-10pm; F 7:30am-4:30pm; Sat 8am-1pm. Branch hours: M-F 8am-4pm.
Phone: 323-780-6500
Fax: 323-263-5040
General Description: Various education programs. Community Adult School (CAS), ESL, parenting, computers, GED (Spanish/English), high school diploma, LAUSD program. Spanish and Tagalog spoken.

SOUTHERN CALIFORNIA LIBRARY LITERACY NETWORK
Location: Altadena Public Library
2659 Lincoln Ave.
Altadena, CA  91001
Hours: Literacy program: M-F 10am-1pm
Phone: 626-798-8338
Fax: 626-798-3968
General Description: Adult literacy, one-to-one tutoring, computer lab. Library hours: M, Tu, F 1pm-6pm; W, Th 1pm-8pm.

SANTA MONICA ADULT EDUCATION CENTER
Location: Santa Monica USD
2510 Lincoln Blvd.
Santa Monica, CA  90405
Hours:  M-Th 10am-7pm
Phone: 310-664-6222
Fax: 310-664-6220
General Description: Various adult education programs. Citizenship preparation for Naturalization, ESL, GED testing and preparation, high school diploma, reading lab. Requirements: Ages 18 yrs+. Child care available for registered students. Children must be at least 2.9 yrs and potty trained. Spanish spoken.
Medical Care

This section provides a listing of clinics and hospitals serving low income populations in L.A. County. Many of these clinics provide free or low-cost medical care. Some can help you register for other medical aid programs if you qualify. It is important to call in advance to ask what the requirements are to receive services and what types of documentation you may need to provide when you register. Some clinics also provide dental care.

Helpful Hints:
- Be sure to take a list of all the medications you are on when you go for your first visit.
- Bring ID
- Be prepared to wait a long time to be seen at some locations (bring a book to read).
- You cannot be turned away (due to lack of funds) for emergency or urgent medical care at any of the county hospitals—although you can be billed for the services later.
- To locate free and low-cost health services call 800-427-8700
- The Los Angeles Department of Public Social Services can assist with applying for Medical and other benefits: Visit the website: www.ladpss.org

Other programs:
- MEDI-CAL 877-597-4777
- MEDICARE 800-Medicare
- Woman, Infants, and Children (WIC) 888-942-9675
- Healthy Families 888-747-1222
- LA County Department of Health Services www.ladhs.org/clinics
- Community Health Council Inc. 323-295 9372 or visit www.che-inc.org (Provides medical resources and referral information for all types of medical, dental, mental health services throughout the greater Los Angeles Area).
ALL FOR HEALTH
519 E Broadway Blvd
Glendale, 91205
Phone: 818-409-3022
Fax: 818-243-2713

ALTAMED HEALTH SERVICES
5427 Whittier Blvd, Suite 101
Los Angeles, 90022
Phone: 323-869-1900

ALTAMED HEALTH SERVICES
10454 East Valley Blvd
El Monte, 91731
Phone: 626-453-8466

ALTAMED HEALTH SERVICES
6901 South Atlantic Ave
Bell, 90201
Phone: 888-282-2355 or 323-562-6700

ALTAMED HEALTH SERVICES
1701 Zonal Ave
Los Angeles, 90033
Phone: 323-223-6146

ALTAMED HEALTH SERVICES
9436 East Slauson
Pico Rivera, 90660
Phone: 562-949-6069

ALTAMED HEALTH SERVICES
3945 East Whittier Blvd
Los Angeles, 90023
Phone: 323-265-1998 or 866-709-9678

ANTELOPE VALLEY HEALTH CENTER
335-B East Avenue K6
Lancaster, 93535
Phone: 805-723-4511 or 661-723-4624
Clinics and Hospitals

ARROYO VISTA FAMILY HEALTH FOUNDATION
4815 East Valley Blvd, Suite C
Los Angeles, 90032
Phone: 323-222-1134

ARROYO VISTA FAMILY HEALTH FOUNDATION
6000 North Figueroa St.
Los Angeles, 90042
Phone: 323-254-5221 Dental 323-254-5291 ext. 229 or 211

ARROYO VISTA FAMILY HEALTH FOUNDATION
2221 N. Broadway
Los Angeles, 90031
Phone: 323-224-2188

ASIAN PACIFIC HEALTHCARE VENTURE, INC.
1530 Hillhurst Avenue, #200
Los Angeles, 90027
Phone: 323-644-3888

BAART COMMUNITY HEALTHCARE
15229 East Amar Road
La Puente, 91744
Phone: 626-855-5090

BAART COMMUNITY HEALTHCARE
Community Healthcare
1926 West Beverly Blvd
Los Angeles, 90057
Phone: 213-607-2010

BAART COMMUNITY HEALTHCARE
4920 South Avalon
Los Angeles, 90011
Phone: 323-235-5035

BELLFLOWER HEALTH CENTER
10005 East Flower St
Bellflower, 90706
Phone: 562-804-8112
CENTRAL CITY COMMUNITY HEALTH CENTER
5970 South Central Ave
Los Angeles, 90001
Phone: 323-234-3280

CENTRAL HEALTH CENTER
241 North Figueroa St.
Los Angeles, 90012
Phone: 213-240-8203 or 213-240-8203

CENTRAL NEIGHBORHOOD MEDICAL GROUP, INC.
2707 South Central Ave
Los Angeles, 90011
Phone: 323-234-5000

CHINATOWN SERVICE CENTER
767 North Hill Street, Suite 200
Los Angeles, 90012
Phone: 213-808-1792

CLINICA MSR OSCAR ROMERO
123 South Alvarado St.
Los Angeles, 90057
Phone: 213-201-2742

COMMUNITY HEALTH ALLIANCE OF PASADENA
1855 North Fair Oaks Avenue, Suite 200
Pasadena, 91103
Phone: 626-398-6117 ext.30

COMPTON CENTRAL HEALTH CLINIC INC.
201 North Central Ave
Compton, 90220
Phone: 310-635-7123

DOLLARHIDE HEALTH CENTER
1108 North Oleander St.
Compton, 90222
Phone: 310-605-5688
DURFEE FAMILY CARE MEDICAL GROUP
2006 Durfee Ave.
Phone: 626-442-5015

EAST VALLEY COMMUNITY HEALTH CENTER
680 Fairplex Dr.
Pomona, 91768
Phone: 909-623-4598

EAST VALLEY COMMUNITY HEALTH CENTER
420 South Glendora Ave
West Covina, 91790
Phone: 626-919-5724

EDWARD R ROYBAL COMPREHENSIVE HEALTH CENTER
245 South Fetterly Ave
Los Angeles, 90022
Phone: 323-780-2373 or 800-383-4600

EISNER PEDIATRIC AND FAMILY HEALTH CENTER
1530 South Olive St.
Los Angeles, 90015
Phone: 213-747-5542

EL DORADO COMMUNITY HEALTH CENTER
4023 Marine Avenue
Lawndale, 90260
Phone: 310-675-9555

EL DORADO COMMUNITY SERVICE CENTER
4450 West Century Blvd
Inglewood, 90304
Phone: 310-671-0555

EL DORADO COMMUNITY SERVICE CENTER
8207 Whittier Blvd
Pico Rivera, 90660
Phone: 562-695-0737
EL MONTE COMPREHENSIVE HEALTH CENTER  
10953 Ramona Blvd  
El Monte, 91731  
Phone: 800-383-4600

EL PROYECTO DEL BARRIO  
8902 Woodman Ave  
Arleta, 91331  
Phone: 818-830-7033 or 818-830-7080

EL PROYECTO DEL BARRIO  
20800 Sherman Way  
Winnetka, 91306  
Phone: 818-883-2273

EL PROYECTO DEL BARRIO  
150 North Azusa Ave  
Azusa, 91702  
Phone: 626-969-7885

FAMILY HEALTHCARE CENTERS OF GREATER LOS ANGELES  
Bell Gardens Family Medical Center  
6501 South Garfield Ave  
Bell Gardens, 90201  
Organization Type: PPP,Primary  
Phone: 562-928-9600

FAMILY HEALTHCARE CENTERS OF GREATER LOS ANGELES  
Hawaiian Gardens Health Center  
22310 Wardham Avenue  
Hawaiian Gardens, 90716  
Phone: 562-420-2433

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC  
133 North Sunol Dr  
Los Angeles, 90063  
Phone: 323-981-1660

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC  
4448 York Blvd  
Los Angeles, 90041  
Phone: 323-344-5233
FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC
184 South Bimini Place
Los Angeles, 90004
Phone: 213-201-6878

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC
150 North Reno St.
Los Angeles, 90026
Phone: 213-380-7298

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC
4618 Fountain Ave
Los Angeles, 90028
Phone: 323-953-7170

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC
3242 West 8th St.
Los Angeles, 90005
Phone: 213-368-9779

GARFIELD HEALTH CENTER
210 North Garfield Avenue, #203
Monterey Park, 91754
Phone: 626-307-7397

GLENDALE HEALTH CENTER
501 North Glendale Ave
Glendale, 91206
Phone: 818-500-8762

H CLAUDE HUDSON COMPREHENSIVE HEALTH CENTER
2829 South Grand Ave
Los Angeles, 90007
Phone: 800-383-4600
LAC+USC Network Referral Center 800-341-9211

HARBOR FREE CLINIC
593 West 6th St.
San Pedro, 90731
Organization Type: PPP,Primary
Phone: 310-547-0716
Clinics and Hospitals

HARBOR - UCLA MEDICAL CENTER
1000 W. Carson St.
Torrance, 90502
Phone: 310-222-2345

HIGH DESERT HEALTH SYSTEM
Multiservice
44900 North 60th Street West
Lancaster, 93536
Phone: 661-948-8581 or 661-945-8205

HIGH DESERT HEALTH SYSTEM
Glencur Clinic
45120 N. 60th Street West
Lancaster, 93536
Phone: 661-945-8210

HOLLYWOOD-WILSHIRE HEALTH CENTER
5205 Melrose Ave.
Los Angeles, 90038
Phone: 323-769-7800

HUBERT H HUMPREY COMPREHENSIVE HEALTH CENTER
5850 South Main St.
Los Angeles, 90003
Phone: 323-846-4312

JWCH INSTITUTE INC.
340 North Madison Ave.
Los Angeles, 90004
Phone: 323-644-2252

JWCH INSTITUTE INC.
6912 Ajax Ave.
Bell Gardens, 90201
Phone: 323-562-5813

JWCH INSTITUTE INC.
12360 Firestone Blvd.
Norwalk, 90650
Phone: 562-281-0305
Clinics and Hospitals

JWCH INSTITUTE INC.
Safe Harbor Women's Clinic
721 East 5th St.
Los Angeles, 90013
Phone: 213-622-4073

JWCH INSTITUTE INC.
Weingart Medical Clinic
515 East 6th St.
Los Angeles, 90021
Phone: 213-622-2639

KING/DREW MEDICAL CENTER
12021 Wilmington Ave.
Los Angeles, 90059
Phone: 310-668-

KORYO HEALTH FOUNDATION COMMUNITY CLINIC
1058 South Vermont Ave.
Los Angeles, 90006
Phone: 213-380-8833

LA PUENTE HEALTH CENTER
15930 Central Ave.
La Puente, 91744
Phone: 626-855-5300

LAC + USC MEDICAL CENTER
1200 N. State St.
Los Angeles, 90033
Phone: 323-226-5111
Dental Services Information 323-226-5050

LAKE LOS ANGELES COMMUNITY CLINIC
16921 East Avenue O, Suite G
Lake Los Angeles, 93591
Phone: 661-945-8444

LITTLEROCK COMMUNITY CLINIC
8201 Pearblossom Highway
Littlerock, 93543
Phone: 661-945-8382
LONG BEACH COMPREHENSIVE HEALTH CENTER  
1333 Chestnut Ave  
Long Beach, 90813  
Phone: 562-599-2153

SABAN  
1926 West Beverly Blvd.  
Los Angeles, 90057  
Phone: 213-607-2010

SABAN  
8405 Beverly Blvd.  
Los Angeles, 90048  
Phone: 323-653-1990

SABAN  
6043 Hollywood Blvd.  
Los Angeles, 90028  
Phone: 323-462-4158

SABAN  
5205 Melrose Ave.  
Los Angeles, 90038  
Phone: 323-653-1990

MID-VALLEY COMPREHENSIVE HEALTH CENTER  
7515 Van Nuys Blvd.  
Van Nuys, 91405  
Phone: 818-947-4000

MISSION CITY COMMUNITY NETWORK  
4842 Hollywood Blvd.  
Los Angeles, 90027  
Phone: 323-644-1110

MISSION CITY COMMUNITY NETWORK  
15206 Parthenia St.  
North Hills, 91343  
Phone: 818-895-3100 ext. 609
MISSION CITY COMMUNITY NETWORK
9919 Pacoima Blvd.
Pacoima, 91331
Phone: 818-686-4243

MISSION CITY COMMUNITY NETWORK
18905 Sherman Way, Suite 100-B
Reseda, 91334
Phone: 818-881-1213

MONROVIA HEALTH CENTER
330 West Maple Ave.
Monrovia, 91016
Phone: 626-256-1600

NORTH HOLLYWOOD HEALTH CENTER
5300 Tujunga Ave.
North Hollywood, 91601
Phone: 818-766-3982

NORTHEAST COMMUNITY CLINIC
4129 East Gage Ave.
Bell, 90201
Phone: 323-771-8400

NORTHEAST COMMUNITY CLINIC
1414 South Grand Ave., 2nd Floor
Los Angeles, 90015
Phone: 213-743-9000

NORTHEAST COMMUNITY CLINIC
Clinica Para Las Mujeres
231 West Vernon Ave., Suite 203
Los Angeles, 90037
Phone: 323-231-8814

NORTHEAST COMMUNITY CLINIC
3751 South Harvard Blvd.
Los Angeles, 90018
Phone: 213-742-6070
Clinics and Hospitals

NORTHEAST COMMUNITY CLINIC
5564 North Figueroa St.
Los Angeles, 90042
Phone: 323-256-3884

NORTHEAST VALLEY HEALTH CORPORATION
1600 San Fernando Rd.
San Fernando, 91340
Phone: 818-365-8086

NORTHEAST VALLEY HEALTH CORPORATION
Canoga Park Health Center
7107 Remmet Ave.
Canoga Park, 91303
Phone: 818-340-3570

NORTHEAST VALLEY HEALTH CORPORATION
Pacoima Health Center
12756 Van Nuys Blvd.
Pacoima, 91340
Phone: 818-896-0531

NORTHEAST VALLEY HEALTH CORPORATION
Valencia Health Center
23763 Valencia Blvd.
Valencia, 91355
Phone: 661-287-1551

PACOIMA HEALTH CENTER
13300 Van Nuys Blvd.
Pacoima, 91331
Phone: 818-896-1903

POMONA HEALTH CENTER
750 South Park Ave.
Pomona, 91766
Phone: 909-868-0235

POMONA VALLEY HOSPITAL MEDICAL CENTER
Pomona Health Center
750 South Park Ave., #101
Pomona, 91766
Phone: 909-622-6516
Clinics and Hospitals

POMONA VALLEY HOSPITAL MEDICAL CENTER
Western University Medical Center
887 East 2nd St.
Pomona, 91766
Phone: 909-865-0845

RUTH TEMPLE HEALTH CENTER
3834 South Western Ave.
Los Angeles, 90062
Phone: 323-730-3507

SACRED HEART FAMILY MEDICAL Clinics, Inc.
8540 Alondra Blvd.
Paramount, 90723
Phone: 562-602-2508

SAMUEL DIXON FAMILY HEALTH CENTER
27225 Camp Plenty Rd.
Canyon Country, 91351
Organization Type: PPP, Primary
Phone: 661-424-1220

SAN FERNANDO HEALTH CENTER
1212 Pico St.
San Fernando, 91340
Phone: 818-837-6969

SIMMS/MANN HEALTH AND WELLNESS CENTER
2509 Pico Blvd., Suite 320 & 325
Santa Monica, 90405
Phone: 310-998-3223 or 310-998-3203

SOUTH BAY FAMILY HEALTHCARE CENTER
1091 South La Brea Ave.
Inglewood, 90301
Phone: 310-802-6170

SOUTH BAY FAMILY HEALTHCARE CENTER
2114 Artesia Blvd.
Redondo Beach, 90278
Phone: 310-802-6170
Clinics and Hospitals

SOUTH CENTRAL FAMILY HEALTH CENTER
4425 South Central Ave.
Los Angeles, 90011
Phone: 323-908-4200 or 323-908-4201

SOUTH HEALTH CENTER
1522 East 102nd St.
Los Angeles, 90002
Phone: 323-583-4053

SOUTH VALLEY HEALTH CENTER
38350 40th St. East
Palmdale, 93552
Phone: 661-272-5000

ST JOHN’S WELL CHILD & FAMILY CENTER
Lincoln Heights
2512 North Alta St.
Los Angeles, 90031
Phone: 323-441-2139

ST JOHN’S WELL CHILD & FAMILY CENTER
Los Angeles
515 West 27th St.
Los Angeles, 90007
Phone: 213-749-0947

ST JOHN’S WELL CHILD & FAMILY CENTER
Dental
2300 South Flower, Suite 303
Los Angeles, 90007
Phone: 213-747-0757

ST JOHN’S WELL CHILD & FAMILY CENTER
2115-A North Wilmington Ave.
Compton, 90222
Phone: 310-603-1332

T.H.E. CLINIC
3834 South Western Ave.
Los Angeles, 90062
Phone: 323-730-3502
 Clinics and Hospitals

TARZANA TREATMENT CENTER CLINIC
18646 Oxnard St.
Tarzana, 91356
Phone: 818-996-1051 ext. 1206

TARZANA TREATMENT CENTER FAMILY CLINIC
Lancaster
907 West Lancaster Blvd.
Lancaster, 93534
Phone: 661-723-4829

THE CHURCH OF OUR SAVIOR
4368 Santa Anita Ave.
El Monte, 91731
Phone: 626-579-0290 ext. 100

UNIVERSAL HEALTH FOUNDATION
2020 East First St.
Los Angeles, 90033
Phone: 323-980-9600

VALLEY COMMUNITY CLINIC
6801 Coldwater Canyon Ave.
North Hollywood, 91605
Phone: 818-763-8836

VALLEY CARE OLIVE VIEW
UCLA Medical Center and Health Centers
14445 Olive View Dr.
Sylmar, 91342
Phone: 818 364-1555 or 818 364-3184

VENICE FAMILY CLINIC
Robert Levine Family Health Center
905 Venice Blvd.
Venice, 90291
Phone: 310-392-8636

VENICE FAMILY CLINIC
604 Rose Ave.
Venice, 90291
Phone: 310-392-8636
VENICE FAMILY CLINIC
Simms/Mann Health and Wellness Center
2509 Pico Blvd.
Santa Monica, 90405
Phone: 310-392-8636

WATTS HEALTHCARE CORPORATION
10300 Compton Ave.
Los Angeles, 90002
323-564-4331

WATTS HEALTHCARE CORPORATION
Crenshaw Community Health Center
3756 Santa Rosalia Dr., Suite 400
Los Angeles, 90008
Phone: 323-568-5460

WESTSIDE FAMILY HEALTH CENTER
1711 Ocean Park Blvd.
Santa Monica, 90405
Phone: 310-450-2191

WESTSIDE NEIGHBORHOOD CLINIC
2125 Santa Fe Ave.
Long Beach, 90810
Phone: 562-432-9575

WILMINGTON COMMUNITY CLINIC
1009 North Avalon Blvd.
Wilmington, 90744
Phone: 310-549-1551

WILMINGTON HEALTH CENTER
1325 Broad Ave.
Wilmington, 90744
Phone: 310-518-8800
If you have a special medical concerns, like HIV or Hepatitis C, there are many resources in Los Angeles County to help you.

Helpful Hints:

- Listed below are two resource guides to help you. Each one has services ranging from medical care to support groups. Contact the service providers listed to ask about eligibility and what documents you might need to get these services.

- Most people with HIV will need a diagnosis form signed by a physician to access supportive services. You can sometimes request this as part of your release package. Ask the medical staff at your facility what the process is to obtain your medical records from prison or jail.

HIV LA DIRECTORY
Website: www.hivla.org
Location: AIDS Project Los Angeles
611 S. Kingsley Dr.
Los Angeles, CA 90010
Phone: 213-201-1331
General Description: a comprehensive online and print-based directory of medical and social services for people living with HIV/AIDS in Los Angeles County.

HEPATITIS C TASK FORCE LOS ANGELES COUNTY
Website: www.heptaskforcela.org
Location: Hepatitis Resource Guide for Los Angeles County
c/o Homeless Healthcare Los Angeles
2330 Beverly Blvd.
Los Angeles, CA 90057
Phone: 213-201-1547 (Brian Risley)
Phone: 818-985-8323 (Danny Jenkins)
Phone: 213-381-0515 (Michael Trevino)
General Description: Holds regular monthly meetings on Hepatitis C and hosts community trainings and conferences. Maintains an online comprehensive resource guide (also available in print) with listings of where to get tested for Hepatitis as well as locations to access free or low cost treatment and support.
Los Angeles has a large network of services designed to help families with children. Some services are designed specifically to serve the families of incarcerated people such as those offered by Friends Outside Los Angeles. Because there are so many different types of services available, it is impossible to list all of them here. We have chosen to list some key resources such as the 211 LA County hotline, that will be able to provide you with additional referrals.

**211 LA County:** Dedicated to providing guidance, advocacy, and 24 hour seven days per week access to a range of human services to the people of Los Angeles County. For more information or to access their services, visit [http://www.infoline-la.org](http://www.infoline-la.org) or call 211.

**HealthyCity:** Provides access to a data base of community resources, demographic/health data, and GIS mapping technology. Visit [http://www.healthycity.org](http://www.healthycity.org) to find a variety of health and social services by zip code.

**LACountyHelps.org:** A web-based system to help families determine their eligibility to a variety of public health and human services-related programs, including: CalWORKS; Cash Assistance Program for Immigrants (CAPI); Child Health and Disability Prevention Program (CHDP); Food Stamps; Medi-Cal, Healthy Families or Healthy Kids; Women, Infant and Children Services (WIC); and more. To learn more, visit [http://www.LACountyHelps.org](http://www.LACountyHelps.org).

**County of Los Angeles Public Library:** The County libraries offer a variety of programs, services, and resources targeted to children and youth from birth on up and their families and the child care and development programs that serve them. Depending on the library, programs include Read & Play Together Storytime Kits, Family Place, Live Homework Help, and more. For information about library offerings and to locate your local county library, visit [http://www.colapublib.org](http://www.colapublib.org).
Child Care Resource and Referral Agencies

(from the County of Los Angeles Website)

Child Care Resource and Referral Agencies (R&Rs) give families referrals to a range of licensed child care and development programs for children from birth to 12 years old. In addition, the R&Rs provide resources and referrals to low-income families eligible for child care subsidies. Many also offer written materials on several topics, including selecting a child care and development program that is right for you, as well as brochures on child development topics, such as separation, toilet training, discipline, and more. Additionally, support services are available to help local child care and development programs enhance the quality of their services by offering trainings and resources. There are 10 R&Rs serving families and child care and development programs throughout Los Angeles County:

- **Center for Community and Family Services**: Serves Downey, Compton, Torrance, and Lynwood. For additional information visit [http://www.ccafs.org](http://www.ccafs.org) or call (310) 217-2935.
- **Child Care Information Service (CCIS)**: Serves Pasadena and the Foothill communities. For additional information visit [http://www.ccispasadena.org](http://www.ccispasadena.org) or call (626) 204-3517.
- **Child Care Resource Center (CCRC)**: Serves San Fernando Valley, Santa Clarita, and Antelope Valley. For additional information visit [http://www.ccrcla.org](http://www.ccrcla.org) or call their Chatsworth location at (818) 717-1000 or their Antelope Valley location at (661) 949-2615.
- **Children’s Home Society of California**: Serves Bellflower, Cerritos, Lakewood, Long Beach, and Norwalk. For additional information visit [http://www.chs-ca.org](http://www.chs-ca.org) or call (562) 256-7400 X3298.
- **Connections for Children**: Serves Culver City, Santa Monica, South Bay, and West Los Angeles. For additional information visit [http://www.cfc-ca.org](http://www.cfc-ca.org) or call (310) 452-3202.
- **Crystal Stairs**: Serves Gardena, Inglewood, South Central Los Angeles, Hawthorne, and Lawndale. For additional information visit [http://www.crystalstairs.org](http://www.crystalstairs.org) or call (323) 421-1086 (Spanish); (323) 421-1028 (English).
- **Mexican American Opportunity Foundation (MAOF)**: Serves east and southeast Los Angeles and Montebello. For additional information visit [http://www.maoof.org](http://www.maoof.org) or call (323) 890-9600 x114.
- **Options – A Child Care and Human Services Agency**: Serves San Gabriel Valley and Whittier. For additional information visit [http://www.optionscc.com](http://www.optionscc.com) or call (626) 856-5900 x294.
- **Pathways**: Serves Downtown Los Angeles, Highland Park, Hollywood, Mid-Wilshire, Silver Lake, and West Hollywood. For additional information call (213) 427-2700 x542.
- **Pomona Unified School District – Child Development Program**: Serves Pomona and surrounding cities. For additional information call (909) 397-4740 x5263.
CHILD SUPPORT SERVICES DEPARTMENT
Los Angeles County
Website: http://childsupport.co.la.ca.us/index.htm
Location: 5770 South Eastern Avenue
Commerce, CA. 90040-2924
(866) 901-3212
General Description: The agency works with parents - custodial and noncustodial - and guardians to ensure children and families receive court-ordered financial and medical support. Child support services are available to the general public through a network of 52 county and regional child support agencies (LCSAs).

BACUP - BENEFITS ASSISTANCE CLIENTS URBAN PROJECT
Website: www.ssgmain.org
Location: 2120 W. 8th St., # 210
Los Angeles, CA 90057
Phone: 213-368-1888
Fax: 213-368-6888
Hours: Mon-Fri 9am to 5pm
General Description: The agency provides advocacy, child care, emergency food, HIV/AIDS services, holiday assistance, interpreter and translator services, personal goods, services for non-profit organizations, services for older adults, substance abuse services, and youth services in Los Angeles County. There are no geographic restrictions.

CHILD CARE INFORMATION SERVICE
Website: www.ccispasadena.org
Location: 2465 E. Walnut St.
Pasadena, CA 91107
Phone: 626-449-8221
Fax: 626-449-4431
Hours: Mon, Tue, Thu, Fri, 8am to 5pm; Wed, 8am to 7pm
General Description: The agency provides child care information and referral services, child care subsidies, literacy programs and technical assistance services. Services are available for residents of Los Angeles County who need services located in Altadena, Arcadia, Duarte, La Canada, Monrovia, Pasadena, San Marino, Sierra Madre, and South Pasadena.
FRIENDS OUTSIDE LOS ANGELES COUNTY
Website: www.friendsoutsidela.org
Main Office
Location: 464 E. Walnut Ave.
Pasadena, CA 91101
Phone: 626-795-7607
General Description: Provides services to families of inmates including referrals to community services, bus rides to visit loved ones in prisons, special family events, support groups, etc.

FRIENDS OUTSIDE SATELLITE OFFICE (Watts)
1827 E. 103rd St.
Los Angeles, CA 90002
Phone: 323-249-9683

FRIENDS OUTSIDE SATELLITE OFFICE (Long Beach)
800 W. Pacific Coast Highway
Long Beach, CA 90806
Phone: 562-436-8703

LA CITY RECREATION AND PARKS DEPARTMENT
Website: www.laparks.org
Phone: 818-352-5282
General Description: The department provides recreational programs through operation and maintenance of Los Angeles City parks, playgrounds, swimming pools, golf courses and recreation centers and alcohol abuse services through mutual support. (See the website for a list for locations of 149 parks and recreation centers).

SALVATION ARMY CORPS COMMUNITY CENTER – BURBANK
Website: www.salvationarmy-socal.org
Location: 300 E. Angeleno
Burbank, CA 91502
Phone: 818-845-7214
Fax: 818-845-7274
Hours: Tue-Fri 8am to 4pm
General Description: This agency provides counseling services, emergency food, holiday assistance, recreational programs and utility bill assistance for families, couples, and individuals who live in Burbank, North Hollywood, Sun Valley, Sunland and Tujunga. Geographic restrictions apply for services.
The greater Los Angeles area is filled with options for free or low-cost entertainment. The key is to know where to look. We all know that life is stressful. You have to remember to take time for yourself. Get out of your own head! If you’re going to work hard, you have to find time to relax, too. Find new things you’ve never tried. Museums are a great place to escape (see tips in section). If you can manage it, get to a park, go for a hike. Maybe you prefer a fun night out at the club, just stay out of trouble. There are tons of things to do in this town, you just have find them. Here are some resources to help you get out there.

**Helpful Hints:**

For the most complete guide of weekly events from news, lectures, movies/films, music shows, dancing, eating, museums and galleries, **free or low-cost events**, reviews and much more, the following are good sources:

*LA Weekly* (a free newspaper) has a great reference guide.
Also check the Calendar section of the *Los Angeles Times*

For online information, visit:
www.theguide.latimes.com

You can find almost every resource at the LA public library.
Keep in mind there are a variety of seasonal events to look for so keep an open mind, get out there and have fun!
ANGELAS NATIONAL FOREST
Website: www.fs.fed.us
Location: Supervisor's Office 701 N. Santa Anita Ave. Arcadia, CA 91006
Phone: 626-574-1613
Contact Person, Title: Jody No iron, Forest Supervisor
General Description: Areas include: Santa Clara, Los Angeles River Ranger District, Mojave River Ranger District, San Gabriel River Ranger District and Malibu.
Specific Services: Offers great opportunities for hiking, fishing, water sports, winter sports, and target shooting and wilderness activities. Usually requires a parking fee. Admission to hiking areas is free. An annual, monthly or daily pass can be purchased on-line or at any visitor center. Please check the web-site or call to verify additional requirements.

AUDIENCES UNLIMITED
Website: www.tvtickets.com
Location: Location varies depending on the show
Phone: 818-260-0041 ext. 7321
Email: tickets@audiencesunlimited.com
General Description: Television viewers and fans are offered the chance to see their favorite shows, stars and witness what goes on "behind the scenes."

CALIFORNIA BEACHES
Website: www.beachcalifornia.com
General Description: This site lists all beaches by county in the state of California. The page describes the beach and gives contact information. Entrance to most beaches is free. Parking fee may be required

FARMER’S MARKET LISTING
Website: www.farmernet.com
General Description: This site lists all farmer markets, days and locations in the Los Angeles County. Please refer to the website to find a market near you.

GRAND PERFORMANCES AT CALIFORNIA PLAZA
Website: www.grandperformances.org
Location: California Plaza in downtown Los Angeles
Phone: Concert Line: 213-687-2159
Email: comments@grandperformances.org
General Description: Free seasonal events. Grand Performances presents free performing arts that reflect the best of global culture and inspire community among the diverse peoples of Los Angeles. Check the website or call the concert line for a listing of upcoming Summer shows.
THE ORIGINAL FARMER’S MARKET
Website: www.farmersmarketla.com
Location: 6333 W. 3rd Street, Los Angeles, CA 90036
Hours: Monday-Friday: 9am-9pm, Saturday: 9am-8pm, Sunday: 10am-7pm
Phone: Toll free (866)993-9211
General Description: Since 1934, the Farmer's Market has offered opportunities for purchasing local products, groceries, restaurants and shopping.

NIELSEN MOVIE REVIEW
Website: www.movie-view.com
General Description: Create an on-line account to be notified and to attend free movie screenings.

PASADENA ROVING ARCHERS
Website: www.rovingarchers.com
Location: The PRA Range is located down in the Arroyo Seco approximately 1.5 miles south of the Rose Bowl. California Blvd and Arroyo Blvd, Pasadena, CA 91105
Hours: Weekly at 8:30am on Saturdays
Phone: 626-577-7252
Email: pra@lidar.com
General Description: Offers free archery classes every Saturday morning, equipment included.

UNIVERSAL CITY WALK SUMMER BLOCK PARTY
Location: 100 Universal City Plaza, Universal City, CA 91608. Universal City is located just north of downtown LA
Hours: City Walk Hours: SuTh11am-9pm Fri-Sat; 11am-11pm; Check event for specific time.
Phone: 818-622-4630 for Group & event rates
General Description: Free entertainment and movies at Universal Studios City Walk, seven nights a week during the summer. Free admission.
How to Enjoy an Art Museum
Excerpts from Stalpronso, an Editor for eHow.com

Art museums or galleries are wonderful places to learn about history, culture and humanity. The same goes for Science or History Museums, too. They are inspirational in their reflection of the human spirit and our desire to capture the essence and beauty of our existence. They are also usually beautiful places in and of themselves and a great place to go to get out of your own head. But like all public places, one must know how to act appropriately so that other people can enjoy their time there as well.

TIPS:

1.) Pick up a map or guidebook so that you do not miss any areas, but, unless you really want to, don’t bother with those audio guides that explain each piece. They can take ages and it’s worth trying to interpret the work for yourself. After you’ve looked once or twice, if you want to know more about it, then the audio guides are a good idea.

2.) Stand at least 4 feet from the piece you’re looking at. This way you won’t accidentally damage it and you won’t be obscuring the view of others.

3.) Speak in hushed tones or whispers only, if you have to speak at all. Museums are places for quiet thought. Talking loudly on your cell phone or telling your friend how much you hate the art is extremely annoying and disrespectful. Don't interpret the work for others. Keep your opinions to yourself until you’re out of the museum, or at least in the gift shop, bathroom, or dining areas. Think of it like a big church, just without all the guilt. Just be respectful.

4.) Take your time with each piece, but make sure you give others room to view and appreciate the work. Maybe you’ll have to stand at an angle so others can find a spot where they can see. If it becomes crowded, give someone else a chance. You can always come back and see the piece again later. In fact, you should. You will almost always see something in a different way the second time you come around. Remember to look for details, or focus on how the piece makes you feel.

5.) Enjoy the space! Find something you think is beautiful! Remember an artist’s or exhibit’s name and the next time you get on the internet, look them up. The world is full of amazing things, you just need to look for them.
Museums

ACADEMY OF MOTION PICTURE ARTS AND SCIENCES
Website: www.oscars.org
Location: 8949 Wilshire Blvd, Beverly Hills, CA 90211
Hours: Academy Gallery hours are Tuesday through Friday, 10 a.m. to 5 p.m. and weekends from noon to 6 p.m. Closed Monday
Phone: 310-247-3000
General Description: The Academy presents a busy year-round calendar of film retrospectives, lecture series and exhibitions. Admission is free and open to the public.

AVILA ADOBE HOUSE
Location: 10 Olvera St, Los Angeles, CA 90012
General Description: Now restored, the Avila Adobe House depicts the Californio lifestyle of the 1840s prior to American occupation. Admission is free

BROTHERS WORLD HEADQUARTERS & RACING MUSEUM
Website: www.justicebrothers.com
Location: 2734 East Huntington Drive, Duarte, CA 91010
Phone: 800-835-8784
General Description: The museum has automobilia, vintage gas pumps, a collection of old cars and racecars, and even an aerobatic airplane. According to experts, it is a must see in the West Coast. Free to the public

CALIFORNIA AFRICAN AMERICAN MUSEUM
Website: www.caamuseum.org
Location: 600 State Dr., Exposition Park, Los Angeles, CA 90037
Hours: Tu--Sa: 10am-5pm; Sun 11am-5pm
Phone: 213-744-7432
Additional Notes: Admission is free

CALIFORNIA SCIENCE CENTER
Website: www.californiasciencecenter.org
Location: South of downtown Los Angeles, the California Science Center is located in historic Exposition Park, just two blocks west of the Harbor (110) Freeway at the Exposition Boulevard exit. Public transportation to the Science Center is also available.
Hours: Daily from 10am-5pm except on Thanksgiving, Christmas and New Year
Phone: 323-SCIENCE
Contact Person, Title: 4info@cscmail.org.
General Description: The California Science Center is the largest hands-on science center on the West Coast. Admission to the permanent gallery collection is free. Entrance fees to the IMAX theatre are based on age group. Discounts apply to groups of 15 people or more.
THE DOWNTOWN ART WALK  
Website:  www.downtownartwalk.com/  
Location:  Bert Green Fine Art, 102 West 5th St., Los Angeles, CA 90013  
Phone: 213-624-6212  
General Description: The Downtown Art Walk is a self-guided tour that showcases the many art exhibition venues in Downtown Los Angeles: commercial art galleries, museums, and non-profit arts venues. The Downtown Art Walk occurs every 2nd Thursday of the month.

EL PUEBLO DE LOS ANGELES STATE HISTORIC PARK  
Location: 125 Paseo de la Plaza, Los Angeles, CA 90012  
Hours: Free one-hour walking tours, Wednesday through Saturday 10 a.m. and 11 a.m.  
Phone:  213-628-1274  
General Description: El Pueblo de Los Angeles State Historic Park is a historic district located at the oldest section of Los Angeles, known for many years as "El Pueblo de la Reina de Los Angeles".

EXPOSITION ROSE GARDEN  
Website:  www.laparks.org/exporosegarden  
Location:  701 State Drive, Los Angeles, CA 90037  
Hours:  M-F: 9am to sunset  
Phone: 213-765-5397  
General Description: The Rose Garden is operated by the Los Angeles City Department of Recreation and Parks since 1928. Free admission

FRANKLIN D. MURPHY SCULPTURE GARDEN  
Location: At UCLA's North Campus. From the 405 freeway, exit Sunset and go east several blocks, turn right at Hilgard Avenue, turn right on Wyton Drive, drive straight until you reach the Parking Information kiosk, where you can purchase parking. The Sculpture Garden located in area "C". Reservations are required.  
Phone: 310-443-7041  
Additional Notes: Admission is free. Parking is not. Blue Bus Line goes to campus.

THE GETTY CENTER  
Website:  www.getty.edu  
Location:  1200 Getty Center Drive, Los Angeles, CA 90049  
Hours: Tu-F 10am-5:30pm; Sa 10am-9pm; Su 10am-5:30pm  
Phone: 310-440-7300 (English or Spanish)  
Email: visitorservices@getty.edu  
General Description: The Getty Center presents the Getty's collection of Western art from the Middle Ages to the present against a backdrop of dramatic architecture, tranquil gardens, and breathtaking views. Admission to the Getty Center and to all exhibitions is free
THE GETTY VILLA
Website: www.getty.edu
Location: 17985 Pacific Coast Highway, Pacific Palisades, California 90272
Hours: Th-M 10am-5pm
Phone: 310-440-7300 (English or Spanish)
Email: visitorservices@getty.edu
General Description: The Getty Villa is an educational center and museum dedicated to the study of the arts and cultures of ancient Greece, Rome, and Etruria. Admission to the Getty Villa and to all exhibitions is free. An advance, timed ticket is required for each adult. Each Villa general admission ticket allows you to bring up to three children ages 15 and under with you in one car.

GRIFITH OBSERVATORY
Website: www.griffithobservatory.org
Location: Located inside Griffith Park. General Directions: Visitors may approach the Observatory via the Vermont or Fern Dell entrances to Griffith Park (see map below). Please note that access via Fern Dell is closed each evening at sunset.
Hours: Tu-F 12noon-10pm; Sa-Su 10am-10pm. Closed on Mondays
Phone: General Information Line: 213-473-0800
General Description: Griffith Observatory is an icon of Los Angeles, a national leader in public astronomy, a beloved civic gathering place, and one of southern California's most popular attractions. Entrance is free

THE HOLLYWOOD BOWL MUSEUM
Website: www.hollywoodbowl.com
Location: 2301 North Highland Avenue, Hollywood, CA 90068
Phone: 323-850-2058
Email: museum@laphil.org
General Description: The Bowl museum is rich in music history of jazz, opera and modern dance and other. Admission and parking are free

THE JAPANESE AMERICAN NATIONAL MUSEUM
Website: www.janm.org
Location: 369 East First Street, Los Angeles, CA 90012
Hours: T, W, F, Sa and Su: 11am to 5 pm Th 11am-8pm
Phone: 213-625-0414
General Description: The mission of the Japanese American National Museum is to promote understanding and appreciation of America’s ethnic and cultural diversity by sharing the Japanese American experience. Free general admission every Thursday from 5 to 8 PM and all day every third Thursday of the month.
**JJKL / IOTA PRODUCTIONS, LLC**  
Website: www.1iota.com/ticketing.aspx  
Location: 6834 Hollywood Blvd, Hollywood, CA 90028  
Phone: 866-661-4682  
General Description: Free TV show tickets for Jimmy Kimmel Live, Last Call with Carson Daly, Comedy Central's Mind of Mencia and more.

**KCET STUDIO TOUR**  
Website: www.kcet.org  
Location: 4401 W. Sunset Blvd., Hollywood, CA 90027  
Hours: Advance reservations may be made by calling 323-953-5289 at least two weeks before the tour date being requested  
General Description: The site has been the home of several motion picture companies including Monogram and Allied Artists. The Keystone Kops, Charlie Chaplin and Fatty Arbuckle all made movies here. It has been the property of KCET since 1971. The tour is free.

**THE L.A. FIRE DEPARTMENT HISTORICAL SOCIETY AND EDUCATIONAL INSTITUTE**  
Website: www.lafdmuseum.org  
Location: 1355 N. Caheunga Blvd., Hollywood, CA 90028  
Hours: Sa 10am-4pm  
Phone: 323-464 - 2727  
General Description: The LAFDHS is home to the Fallen Firefighter Memorial, located in front of Museum 27 in the heart of Hollywood, California. Admission is free.

**LOS ANGELES COUNTY MUSEUM OF ART**  
Website: www.lacma.org  
Location: 5905 Wilshire Blvd., Los Angeles, CA 90036  
Phone: 323-857-6000  
323-857-0098 (TDD)  
Additional Notes: After 5pm, you may pay what you wish. On the second Tuesday of each month, general admission to the permanent galleries and non-ticketed exhibitions is free to all.

**THE HOMESTEAD MUSEUM**  
Website: www.homesteadmuseum.org  
Location: 15415 East Don Julian Rd., City of Industry, California 91745-1029.  
Hours: M-F 9 am-5pm; and Sa-Su from 12 pm-5 pm  
Phone: 626-968-8492  
Email: info@homesteadmuseum.org  
General Description: This six-acre site dates from the era when California was still part of Mexico through the decade of the 1920s when Los Angeles had become a major American city. The only way to visit the Museum's historic houses is on a guided tour.
Entertainment

MUSEUM OF LATIN AMERICAN ART (MOLAA)
Website: www.molaa.org
Location: 628 Alamitos Ave., Long Beach, CA 90802
Hours: W-Su 11am-5pm
Phone: 562-437-1689
General Description: MOLAA features contemporary art from Mexico, Central and South American, and Spanish speaking Caribbean. Free on Fridays

THE CITY OF LA DEPARTMENT OF PARKS AND RECREATION
Website: www.laparks.org
General Description: Their mission is to enrich the lives of the citizens of Los Angeles by providing, safe, welcoming parks and recreation facilities and affordable, diverse recreation, and human services activities for people of all ages to play, learn, contemplate, build community and be good stewards of our environment. Offers an on-line calendar of activities in the community.
Making the decision to seek help for drug or alcohol problems (or to maintain your sobriety once you have stopped using) is one of the most powerful things you can do to work towards changing your life. Of course, it can also be the hardest decision to make. There are always a million reasons why you shouldn’t do it. Maybe you feel like you’re not that bad or that you can quit it on your own. Take a minute to really think about why its a good idea.

**Helpful Hints:**

In this section, you’ll find resources that will be able to answer your questions and point you in the right direction. If you think you might benefit from this kind of help, then get on the phone and take that first step. Remember, no one can make this choice for you. Don’t let something like addiction get in the way of you living your life and staying out of jail.

Things to think about and what to expect:

- Each and every individual that walks through the door of a clinic or enters a program is unique. The alcohol and drug rehab center will help you find the path and motivation to embrace recovery.

- There are several different types of treatment programs to consider. Talk to people, be honest, and make sure you find the one that’s right for you.

- When it comes time to locate the best drug or alcohol rehab centers for you, agencies or other health professionals will point you in the right direction.

- Addressing the mental struggles you face with addiction is your best chance at success. It is the goal of rehab centers to make sure you have the tools and strength needed to resist temptation and face the threat of relapse and stay out of jail.

- Ask a lot of questions. You’re not alone.
Substance Abuse Treatment

LA County Drug Treatment Referrals: 1-800-564-6600
Offers referrals to county-funded treatment programs

**Community Assessment Service Centers**
(referrals to drug treatment programs and other social services)

**BHS EAST L.A.**
Website: www.bhs-inc.org
Location: 3421 E. Olympic Blvd.
Los Angeles, CA 90023
Phone: 323-262-1786
Fax: 323-262-2659
Email: caragon@bhs-inc.org

**BHS HOLLYWOOD**
Website: www.bhs-inc.org
Location: 6838 W. Sunset Blvd.
Hollywood, CA 90028
Phone: 323-461-3161
Fax: 323-461-5683

**DIDI HIRSCH CMHC**
Website: www.didihirsch.org
Location: 11133 Washington Blvd.
Culver City, CA 90230
Phone: 310-895-2339
Fax: 310-895-2395

**HOMELESS HEALTH CARE**
Website: www.hhcla.org
Location: 2330 Beverly Blvd.
Los Angeles, CA 90057
Phone: 213-342-3114
Fax: 213-342-3124

**HOMELESS OUTREACH INTEGRATED CARE SYSTEM-L.A.**
Website: www.hopics.org
Location: 5715 S. Broadway Ave.
Los Angeles, CA 90037
Phone: 323-948-0444 x 133
Fax: 323-948-0443
Substance Abuse Treatment

PROTOYPES-PASADENA
Website: www.prototypes.org
Location: 2555 Colorado Blvd., Suite 308
Pasadena, CA 91107
Phone: 626-449-2433
Fax: 626-449-2665

PROTOYPES-POMONA
Website: www.prototypes.org
Location: 172 West Willow St.
Pomona, CA 91768
Phone: 909-623-4131
Fax: 909-623-3101

SAN FERNANDO VALLEY CMHC
Website: www.sfvcmhc.org
Location: 2151 E. Palmdale Blvd.
Palmdale, CA 93550
Phone: 661-266-4517
Fax: 661-266-9176

SAN FERNANDO VALLEY CMHC
Website: www.sfvcmhc.org
Location: 5935 Van Nuys Blvd.
Van Nuys, CA 91401
Phone: 818-285-1900
Fax: 818-285-1906

SHIELDS FOR FAMILIES
Website: www.shieldsforfamilies.org
Location: 12714 S. Avalon Blvd. Suite 300
Los Angeles, CA 90061
Phone: 323-242-5000
Fax: 323-777-0375

1-800-RELAPSE
Website: www.health.org
Hours: 24 hrs.
Phone: 800-729-6686; Spanish: 877-767-8432
General Description: Offers info and referral to substance abuse programs.
ACTON REHABILITATION CENTER
Location: 30500 Arrastre Canyon Road
Acton CA 93510
(661) 269-0062 ext. 223
(661) 269-0062 ext. 262
(661) 269-0062x263
General Description: LA County Department Health Services Residential short-term Substance abuse treatment (30 days or less), Residential Substance abuse long-term treatment (more than 30 days). Accept persons with co-occurring mental and substance abuse disorders, women, and men.

ADDICTION INTERVENTION RESOURCES (AIR)
Website: www.addictionintervention.com
Location: 11601 Wilshire Blvd.
5th Floor
Los Angeles, CA 90019
Phone: 800-561-8158
General Description: AIR is a national organization of professional intervention specialists, counselors and consultants that provide fast and effective crisis management services through a proven protocol of education, action and healing. One phone call to AIR will put in place the proper resources to dissolve the crisis and put the family/organization and addicted individual on a solid course of recovery. Addiction Intervention Resources also offers several options for transportation assistance, including Escort to treatment center, Escort home from treatment center upon program completion, and Escort for facility-to-facility transfer.

ADULT CHILDREN OF ALCOHOLICS
Website: www.adultchildren.org
Location: Torrance, CA 90510
Phone: 310-534-1815
General Description: A 12-Step program of recovery for individuals who grew up in an alcoholic or dysfunctional household. Send self-addressed, stamped, business-sized envelope to mailing address for info.
Mailing Address: P.O. Box: 3216
Torrance, CA 90510

ALCOHOLICS ANONYMOUS
Website: www.lacoaa.org
Location: Los Angeles Central Office
4311 Wilshire Blvd. #104
Los Angeles, CA 90010
Phone: 323-936-4343; 800-923-8722 (24 hrs.)
General Description: Offers referrals to AA meetings all over Los Angeles County
ALCOHOLICS ANONIMOS (SPANISH)
Location: 2607 S. Van Buren Pl.
Los Angeles, CA 90007
Phone: 323-735-2089
Fax: 323-735-2089
General Description: Referrals to Spanish-speaking AA meetings.

AMITY FOUNDATION EPIDAURUS
Website: www.amityfoundation.com
Location: c/o Resources Dept
3745 S. Grand Ave.
Los Angeles, CA 90082-0039
Phone: 213-743-9075
Fax: 213-743-9079
General Description: Provides Services to families & individuals who suffer from a variety of dysfunctional behaviors such as chemical dependency, anti-social or criminal behavior. Residential treatment program for men and women on parole.

ANTELOPE VALLEY REHABILITATION CENTERS
Location: 38200 North Lake Hughes Road
Castaic CA,
Phone: (661) 257-2342
General Description: Residential short-term Substance abuse treatment (30 days or less), Residential Substance abuse long-term treatment (more than 30 days). Accept persons with co-occurring mental and substance abuse disorders, women, and men.

CANON HUMAN SERVICES CENTER
Location: 9705 South Holmes Avenue
Los Angeles CA,
(323) 249-9097
General Description: Provides substance abuse treatment services, in outpatient and long-term residential (more than 30 days) programs.

CLARE FOUNDATION DROP-IN CENTER
Website: www.clarefoundation.org
Location: 911 Pico Blvd.
Santa Monica, CA 90404
Phone: 310-314-6215
Fax: 310-396-6974
General Description: Drop-in and referral services and support group meetings.
COCAINE ANONYMOUS-L.A.
Website:  www.ca4la.org
Location:  Central Office
P.O. Box:  45472
9100 Sepulveda Blvd.
Los Angeles, CA 90045
Phone:  310-216-4444;  800-347-8998 (National Referral Line)
General Description: Offers 12-Step, anonymous, self-help fellowship of men and women who share their experience, strength & hope to solve their common problems and help others to recover from their addiction.

COCAINE ANONYMOUS-SAN FERNANDO VALLEY
Website:  www.sfvca.org
Location:  Encino, CA 91416-8156
Phone:  818-760-8402
General Description: Offers 12-Step, anonymous, self-help fellowship of men and women who share their experience, strength & hope to solve their common problem & help others to recover from their addiction.
Mailing address:  P.O. Box:  18156
Encino, CA 91416-8156

COCAINE ANONYMOUS-SAN GABRIEL/POMONA VALLEYS
Website:  www.sgpvca.org
Location:  San Gabriel/Pomona Valleys
114 E. Joseph St.
Arcadia, CA 91006
Phone:  626-447-2887
General Description: Offers 12-Step, anonymous, self-help fellowship of men and women who share their experience, strength & hope to solve their common problem & help others to recover from their addiction.

CRI HELP
Website:  www.cri-help.org
Location:  2010 N. Lincoln Park Avenue
Los Angeles, CA 90031
Phone:  (323) 222-1440, Toll Free, 800-254-9808
Fax:  (323) 222-1317
General Description: Drug and alcohol treatment through integrated detoxification, residential rehabilitation, outpatient, day treatment, aftercare and drug-free living opportunities offered in English and Spanish.
CRystal Meth Anonymous
Location:  8205 Santa Monica Blvd.
PMB 1-114
West Hollywood, CA 90046-5977
Phone:  213-488-4455
General Description:  Fellowship of individuals who have had problems with crystal meth.
Based on 12-Step tradition.

Dare U To Care
Website:  www.dareutocare.com
Location:  1435 South Figueroa Street
Los Angeles, CA,
Phone:  (310) 515-5039
General Description:
A residential and outpatient drug and alcohol rehabilitation center.

Delancy Street
Website:  www.delanceystreetfoundation.org
Location:  400 N Vermont Ave,
Los Angeles, CA 90004-3513
Phone:  (323) 662-4888
General Description:  Residential Mental Health and Substance Abuse Facilities with the stated
goals to learn to lead a productive crime-free, drug-free life of purpose and integrity.

Dignity Center of Los Angeles
Website:  www.didihirsch.org
Location:  12420 Venice Boulevard, Suite 200
Los Angeles CA 90066
Phone: (213) 385-3752
General Description:  Provides mental health and substance abuse services in Los Angeles
County, regardless of ability to pay.

Hillsman Drug & Alcohol Center
Location: 1440 E 41st St
Los Angeles, CA 90011
Phone:  (323) 231-2585
General Description:  Residential long-term treatment, accepts persons with co-occurring men-
tal and substance abuse disorders.
HIS SHELTERING ARMS, INC. (WOMEN/CHILDREN’S PROGRAM)
Location: 11101 S. Main Street
Los Angeles, CA 90061
Phone: (323) 755-6646
General Description: Residential recovery services for alcohol and drug addicted women, pregnant alcoholics, women with children up to 3 years of age.

MARIJUANA ANONYMOUS
Website: www.marijuana-anonymous.org
Location: Van Nuys, CA 91404
Phone: 800-766-6779
General Description: Fellowship group of men and women who share experiences, strength and hope with each other to recover from Marijuana addiction.
Mailing Address: P.O. Box: 2912
Van Nuys, CA 91404

NARCOTICS ANONYMOUS
Website: www.na.org
Location: Van Nuys, CA 91409-9999
Phone: 818-773-9999
Fax: 818-700-0700
General Description: International community organization of recovering addicts who meet regularly to help each other recover from the disease of addiction.

NARCOTICS ANONYMOUS-WESTSIDE
Website: www.na.org
Location: P.O. Box: 343
12228 Venice Blvd.
Los Angeles, CA 90066
Phone: 310-390-0279
General Description: International community organization of recovering addicts who meet regularly to help each other recover from the disease of addiction.

NICOTINE ANONYMOUS
Phone: 800-642-0666
General Description: Offers a 24-hr message service. Provides referrals to self-help groups for smokers based on 12-Step program model.
Substance Abuse Treatment

Oasis Womens Recovering Community
Website: www.oasiswrc.com
Location: 13832 Polk Street
Sylmar CA 91342
Phone: (818) 362-0986
General Description: Substance abuse treatment services for women.

OVERCOMERS OUTREACH
Website: www.overcomersoutreach.org
Location: Sylmar , CA 91392-2950
Phone: 800-310-3001
Fax: 818-833-1546
General Description: Referrals and worldwide Christian 12-Step recovery support groups dealing with addictive or compulsive behaviors.
Mailing Address: P.O. Box: 922950
Sylmar, CA 91392-2950

PEOPLE IN PROGRESS-MULTI-SERVICE CENTER
Website: www.peopleinprogress.org
Location: 1636 Wilshire Blvd., 2nd Fl
Los Angeles, CA  90017
Phone: 213-413-9122
Fax: 213-413-9132
General Description: Provides counseling services, substance abuse services, residential treatment for substance abuse and welfare-to-work support services for low-income and homeless adults.

PHOENIX HOUSE VENICE
Location: 503 Ocean Front Walk
Venice, CA 90291
Phone: 310-392-3070
General Description: Treatment program for men, located in a former hotel with two-or-three person bedrooms, on the boardwalk of the beach, with clear views of the Pacific Ocean.

PHOENIX HOUSE MONROVIA
Location: 343 West Foothill Blvd.
Monrovia CA 91016
Phone: 626-357-8612
General Description: Treatment program for women, located in a two-story building in a friendly small-town neighborhood near the foothills of the San Gabriel Mountains.
PHOENIX HOUSE SANTA FE SPRINGS
Location: 11015 South Bloominfield Avenue
Santa Fe Springs, CA 90670
Phone: 562-941-8042
General Description: Treatment program for women with young children, located in a spacious
compound with a large playground and a serenity garden.

RAPE CRISIS CENTER
Website: www.valleytraumacenter.org
Location: Valley Trauma Center
7116 Sophia Ave.
Van Nuys, CA 91406
Phone: 818-756-5330
818-886-0453 (Hotline)
661-253-0258 (Hotline)
Fax: 818-756-5443
General Description: A 24-hr hotline for victims of sexual assault, abuse and molestation. Of-
ers rape support groups, counseling for individuals and groups.

SALVATION ARMY BELL SHELTER
Location: 5600 Rickenbacker Road
Bell, CA 90201
Phone: (323) 263-1206
General Description: Residential alcohol/substance abuse for addicted veterans and for single
men and woman 18 years of age or over. Intake assessment required prior to entry. Accept
persons with co-occurring mental and substance abuse disorders.

SEX ADDICTS ANONYMOUS
Website: www.sexaa.org
Phone: 213-896-2964
General Description: National 12-Step program encourages men and women participants to
define their sexual sobriety through the boundaries of a "Sex Plan" which is evolved by work-
ing with other recovering members. Program for partners of sex addicts is called C.O.S.A.

SEXUAL COMPULSIVES ANONYMOUS
Website: www.sca-recovery.org
Location: Los Angeles, CA 90031
Phone: 310-859-5585
General Description: 12-Step program based on Alcoholics Anonymous; dedicated to helping
individuals learn to deal with and recover from excessive and self-destructive patterns of sexual
behavior.
**SOS**
Website: www.cfiwest.org/sos  
Location: S.O.S. National Clearinghouse  
4773 Hollywood Blvd.  
Hollywood, CA 90027  
Phone: 323-666-4295  
Fax: 323-666-4271  
General Description: S.O.S. is an alternative recovery method for alcoholics or drug addicts uncomfortable with spiritual content of the 12-Step programs.

**UNITED WOMEN IN TRANSITION**
Location: Project Transition Rescue Center  
9410 Western Ave.  
Los Angeles, CA 90044  
Phone: 323-779-2237  
General Description: Walk in, outpatient counseling center providing mental health & substance abuse counseling services to individuals & their families.

**WALDEN HOUSE**
Website: www.waldenhouse.org  
Location: 1355 S Hill St  
Los Angeles, CA 90015  
Phone: (213) 763-6220  
General Description: Residential substance abuse treatment with additional behavioral health services.

**Sober living Referral Resources**

**THE SOBER LIVING NETWORK**
Website: www.soberhousing.net  
Location: Santa Monica, CA 90409  
Phone: 310-396-5270; Referral Hotline: 800-799-2084 (9am-7pm)

**LOS ANGELES COUNTY SOBER LIVING COALITION**
Phone: 323-924-7155

**CALIFORNIA ASSOCIATION OF ADDICTION RECOVERY RESOURCES**  
Phone: 919-338-9460

**COMMUNITY SOBER LIVING (SAN FERNANDO VALLEY)**  
Phone: 818-893-4365
Finding the help you need to deal with mental health problems can be extremely challenging. But, there are people out there who want to help you, you just have to find them. And that takes patience and persistence. The resources in this section are a great place to start. Be ready with your questions and keep looking until you can find someone to point you in the right direction.

Helpful Hints:
- You are not alone. Mental health issues effect people of every color, class, culture and gender.
- Get in touch with any agencies in your area. Ask for referrals from the local agencies you contact. There are a wide variety of local and national toll free hot-lines and crisis lines.
- Call the intake or social service departments at mental health hospitals for advice and referrals. This is a good place to find information about services in your area.
- If the situation is an emergency, like someone is trying to hurt you or others, call 911 for help as soon as possible.
AMERICAN INDIAN COUNSELING CENTER
LA COUNTY MENTAL HEALTH/AMERICAN INDIAN PROGRAM
Location: 17707 Studebaker Rd., Ste 208
Cerritos, CA 90703
Hours: M-F 8am to 5pm
Phone: 562-402-0677
Fax: 562-467-7478
General Description: Outpatient Mental health center providing individual couple and family therapy, case management, advocacy services. Facilitation for CalWorks, GAIN and other employment programs.

AVALON CARVER COMMUNITY CENTER
Website: www.avalon-carver.org
Location: 4920 Avalon Blvd.
Los Angeles, CA 90011
Phone: 323-232-4391
Fax: 323-234-1008
Email: info@avalon-carver.org
General Description: The mission of the Avalon-Carver Community Center is to care for the physical, mental and spiritual needs of individuals and families in south central Los Angeles whose lives have been severely disrupted by the use of alcohol and other addictive substances. It hopes to change the attitudes and negative behaviors of its clients for the purpose of returning them to productive and satisfying roles within the community. The Center hopes to effect these changes by offering a full range of direct and supportive services that will holistically address the needs of clients, their families and the community at large. Drug & alcohol, crime prevention, educational, resources, parenting, outpatient counseling, DUI programs. Costs vary depending on services. Requirements: Picture ID; Social Security Card

B.R.I.D.G.E.S.
Location: Administrative Office
1977 N. Garey Ave., Suite 6
Pomona, CA 91767
Hours: M-Th 8am-4:30pm; F 7:30am-4:00pm
Phone: 909-623-6651
Fax: 909-623-0455
General Description: 24 hour residential services for chronically mentally ill adults with substance abuse. Social rehab program for dual-diagnosis & homeless adults. Payment methods SSI, Insurance, Medi-Cal, Medicare. Requirements: CA ID
BRADLEY/MILKEN YOUTH AND FAMILY CENTER
NATIONAL ALLIANCE ON MENTAL ILLNESS-SOUTH CENTRAL LOS ANGELES
Website: www.namicalifornia.org or www.lacity.org/cdd
Location: 1773 E. Century Blvd.
Los Angeles, CA 90002
Phone: 213-473-3607
Fax: 213-473-3716
Email: Namiscla@msn.com or barbara.piggee@lacity.org
General Description: NAMI California is a grass roots organization of families and individuals
whose lives have been affected by serious mental illness. We advocate for lives of quality and
respect, without discrimination and stigma, for all our constituents. We provide leadership in
advocacy, legislation, policy development, education and support throughout California. Men-
tal health resources and referrals; Support group for family members. Spanish spoken.

CALIFORNIA DRUG TREATMENT PROGRAM
Location: 9001 S. Vermont Ave.
Los Angeles, CA 90044
Phone: 323-756-9933
Fax: 323-756-9515
General Description: Anger management; Drug and alcohol counseling; Education classes;
Gang intervention Prevention; Relapse prevention; Support services. Requirements: Medi-Cal
paperwork; TB test; Picture ID. Youth services free; Adults Medi-Cal and sliding scale.

CAL STATE LONG BEACH, CENTER OF BEHAVIORAL RESEARCH AND SER-
VICES
Location: 1090 Atlantic Ave.
Long Beach, CA 90813
Hours: 9am-4pm, closed (12noon-1pm)
Phone: 562-495-2330
General Description: Provides services to gay men, IV users, transgender, and women at
sexual risk, 1:1 counseling, education and HIV & STD testing. Free, must complete screening
process
Mental Health

CALWORKS, SOCIAL MODEL RECOVERY SYSTEMS, INC.
Location: 510 S 2nd Ave.
Covina, CA 91723
Hours: M-F 8am-4:30pm
Phone: 626-332-7122
Fax: 626-966-2799
General Description: The program assists CalWORKS recipients who are being prevented from returning to work because of their alcohol or other drug use. This program helps the participant to address and remove barriers which may be affecting his/her ability to successfully move from welfare to work. HIV, alcohol and drug education, individual and group counseling, anger management, parenting classes. Based on 12 step philosophy. Drug testing.

CARE COMMUNITY CORPORATION
Website: www.carecomcenter.com
Location: 2329 W. 54 St.
Los Angeles, CA 90043
Phone: 323-291-9109
Fax: 323-291-9108
Email: carecomcenter@yahoo.com
General Description: The Care Community Center is designed to provide a system of social and emotional support for their clients (and families) who have been traumatized by substance abuse and life circumstances. The program addresses these problems with case management, group therapy, family planning and education, weekend planning, relapse prevention activities, educational curriculum on the disease and recovery process, 12 step program orientation, life management, and treatment of dual diagnosis. Anger management; Court compliance; Domestic violence; Drug and alcohol counseling Support groups; Transitional Housing. Transitional housing fee based on sliding scale. Requirement: Picture ID; Social Security Card Age 18 and over

CASA DE LA FAMILIA
NOGALES PSYCHOLOGIC COUNSELING
Location: 3550 Wilshire Blvd., Ste 670
Los Angeles, CA 90010
Phone: 213-384-7660

CEDARS-SINAI PSYCHIATRICS AND MENTAL HEALTH
DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH
Location: 8730 Alden Dr., Plaza Level
Los Angeles, CA 90048
Phone: 310-423-3411
Fax: 310-423-0428
Mental Health

CHOICES RECOVERY SERVICES, LONG BEACH
Website:  www.choicesoflongbeach.com
Phone:  562-590-9010
Fax:  562-590-8045
General Description: Choices Program Model (CPM) is designed with the belief that highest positive recovery outcome is best observed with extended care periods utilizing multiple treatment modalities all driven by client initiated action. This innovative program was developed with the program participant's quality of life improvements as our primary goal.
Choices Program Model is a comprehensive, multi-phase, step-down/step-up mental health and substance abuse treatment/rehabilitation (COD) program utilizing multiple treatment modalities, multi-disciplinary treatment teams, evidence-based practices, and success-based positive reinforcement with clear consequences for counter-recovery behavior. On the job training, sober living, drug testing, counseling, treatment planning and assessment, family preservation, alumni aftercare, AA/NA. Payments vary based on service; SSI; Medi-Cal. Requirements:
Sober at least 24 hours, CA ID; Prison ID
Mailing Address:  P.O. Box 40119
Long Beach, CA 90804

CIRCLE OF HELP FOUNDATION
Website:  www.circleofhelp.com
Location:  1011 Goodrich Blvd
Los Angeles, CA 90022
Phone:  877-546-5986; 323-888 9191
Fax:  323-888-9222
General Description: The objective of Circle of Help Foundation’s Outpatient Treatment Program is to rehabilitate the whole person, allowing them to re-enter society and lead a responsible, successful drug and alcohol free life. This is achieved by educating and treating clients by using our proven tools of recovery. We recognize and fulfill each client’s needs by helping them attain a thorough understanding of themselves and the recovery process.

CLEAN SLATE INCORPORATION
GANG RECOVERY GROUP AND TATOO REMOVAL
Website:  www.cleanslatela.org
Location:  12537 Persing Dr.
Whittier, CA 90606
Phone:  866-466-8287
Fax:  323-937-1344
COMMUNITY CARE CENTER, INC.
IMD SKILLED NURSING FACILITY
Location: 2335 S. Mountain Ave.
Duarte, CA 91010
Phone: 626-357-3207
Fax: 626-303-1116
General Description: 167 bed facility for psychiatric services of the chronically mentally ill.

COMMUNITY & FAMILY COUNSELING PROGRAM
Location: 634 S. Spring, Suite 717
Los Angeles, CA 90014
Phone: 213-489-5225
General Description: Is dedicated and commitment to its successful unique and Innovative top-down Family Treatment approach that ensures healthy Family Relations and Protects the Children from Child Abuse and Neglect, Emotional harm, Child Abandonment, and provides Family Stability.

DIDI HIRSCH COMMUNITY MENTAL HEALTH
Website: www.didihirsch.org
Location: Headquarters
4760 S. Sepulveda Blvd.
Culver City, CA 90230-4888
Phone: 310-390-8896
Fax: 310-398-5690
General Description: We offer a wide range of services through five divisions - Emergency Services, Adult Services, Family Services, Substance Abuse Services and Service Enhancement. Outpatient mental health services to adults with serious mental illnesses, including schizophrenia, bipolar disorder, and severe depression. Our trained mental health staff provides individual and group therapy, case management, and psychiatric medication management.

EX-OFFENDER ACTION NETWORK (LOS ANGELES METROPOLITAN CHURCH-ES)
Website: www.exoffenderactionnetwork.org
Location: 4701 S. Central Ave.
Los Angeles, CA 90011
Phone: 323-238-0445
Fax: 323-230-6271
General Description: Free services. The Ex-offenders Action Network's (EAN) Mission is to empower the formerly incarcerated to address their policy, program and education needs in order to become full participants in protecting and serving the communities in which they live and work. Anger management; Employment referrals; Parenting classes; Transitional housing referrals. Requirements: Valid driver’s license; Social Security Number.
GATEWAY HOSPITAL MENTAL HEALTH CENTER
Website:  www.gatewayhospital.org
Location:  1891 Effie St.
Los Angeles, CA 90026
Phone:  323-644-2000
Fax:  323-666-1417
General Description:  We offer programming to aid the homeless mentally ill, the dually diag-
nosed (e.g., those that experience both substance addiction and mental illness), the mentally ill
and at-risk teens and the mentally ill exiting the criminal justice system. Specific Services:
Pre-sentencing evaluation and counseling, Advocacy, Alternative sentencing reports and recom-
mendations, Court appearances on behalf of clients, Liaison with defense attorneys and proba-
tion officers and parole agents, Prison and jail outreach and visitation, Pre-release and re-entry
guidance, Family outreach & aftercare, Spiritual Guidance, Adjustment to new environment
and best use of time for new arrivals, Psychosocial counseling, 12 Step recovery philosophy for
alcoholics, drug addicts, and persons with impulse-control disorders

HOMELESS OUTREACH PROGRAM – HOMELESS WOMEN AND CHILDREN
PROJECT AND INTEGRATED CARE SYSTEM
Website: www.hopics.org
Location:  5715 S. Broadway
Los Angeles, CA 90037
Phone:  323-948-0444
Fax:  323-948-0443
General Description:  HOPICS provides the best quality of service possible to the homeless
people of Los Angeles. HOPICS is dedicated to providing the highest quality innovative social
service to South and Central Los Angeles with an emphasis on behavioral health and to develop
our staff and community to the highest standards achievable. Homeless services; Life skills;
Mental health counseling; Parenting classes; CALWorks, Substance Abuse treatment; Youth
department. Payments vary; Medi-Cal, Free, Possible charges from referral source. Spanish
spoken. Requirements:  Assessment or court referral, Valid ID.

JEWISH FAMILY SERVICES/L.A.
Website:  www.jfsla.org
Location:  Executive Office
6505 Wilshire Blvd., Suite 500
Los Angeles, CA 90048
Phone:  323-761-8800
Fax:  323-761-8801
General Description: Multipurpose agency provides counseling and services to families and in-
KEDREN COMMUNITY MENTAL HEALTH CENTER
Location: 4211 S. Avalon Blvd.
Los Angeles, CA 90011
Phone: 323-233-0425
Fax: 323-233-5015
General Description: comprehensive mental health services, crisis stabilization and acute inpatient, managed care, basic mental health services, psychosocial rehab services. Funded by LA county Dept of Mental Health.

KHEPER LIFE ENRICHMENT INSTITUTE
Location: 3406 W. 75th St.
Los Angeles, CA 90043
Phone: 323-750-7550
Fax: 323-750-7540
Email: kheperlife@aol.com
General Description: Mental Health and Counseling Resource center. Anger management; Drug and alcohol treatment center; Family counseling; Group counseling; Individual counseling; Parenting classes; Sex offenders program; Youth education and violence prevention; Requirements: Sobriety; CA ID; Proof of income. Sliding scale; $45-$60 enrollment fee (waived if low income); $25-$35 per class; $45-$65 for counseling sessions

KOREAN AMERICAN FAMILY SERVICE CENTER
Website: www.kafscla.org
Location: 3727 W. 6th St., Suite 509
Los Angeles, CA 90020
Phone: 213-637-9357
Fax: 213-389-5172
General Description: KAFSC is a non-profit, community-based organization geared towards meeting the needs of the Korean immigrant population, especially women, children and low-income families that are struggling emotionally, psychologically and socially in their adopted environment.
LOS ANGELES COUNTY MENTAL HEALTH
Website: www.dmh.lacounty.gov
Location: Downtown Mental Health Service
515 E. 6th St.
Los Angeles, CA 90021
Phone: 213-430-6700
Fax: 213-895-6236
General Description: Provides a diverse spectrum of mental health services to all ages, including mental health assessments, crisis intervention, case management, and medication support in both residential and outpatient settings. Includes a diverse workforce of psychiatrists, psychologists, social workers, medical doctors, clergy, and trained mental health consumers. California’s public mental health service system for adults and older adults is targeted to individuals who are functionally disabled by severe and persistent mental illness, as well as those who are low-income, uninsured and temporarily impaired, or in situational crises. The target population for services to children and youth are those who are seriously emotionally disturbed and diagnosed with a mental disorder. This includes wards or dependents of the juvenile court, children in psychiatric inpatient facilities, seriously emotionally disturbed youth in the community, and special education students referred by local schools and educational institutions. Requirements: CA ID, Must complete an assessment

MINISTERS AGAINST DRUGS AND VIOLENCE, INC.
Location: 217 E. 51st St.
Los Angeles, CA 90011
Phone: 323-234-5615
Fax: 323-234-5615
Email: elderlee@sbcglobal.net
General Description: Anger management; Life skills; STD training
Requirements: Court mandated Court paperwork; Probation information. $30 per session

NATIONAL ASSOCIATION OF BROTHERS AND SISTERS IN & OUT
Website: www.cocosouthla.org
Location: 1400 S. Hoover, #202
Los Angeles, CA 90044
Phone: 323-750-9087
Fax: 323-755-6109
Email: nabsio@aol.com
General Description: Free services. Anger management; Housing referrals; Legal services; Tutoring English.
Mental Health

PACIFIC CLINICS MENTAL HEALTH SERVICES
Website:  www.pacificclinics.org
Location:  Main Office
800 S. Santa Anita Ave.
Arcadia, CA 91006
Phone:  626-254-5000
Fax:  626-294-1077
General Description: Pacific Clinics' adult program assists consumers by establishing and working toward their personal goals to maximize their levels of productivity in the community and to improve their individual quality of life. Pacific Clinics' adult outpatient services include psychosocial rehabilitation, intensive psychiatric evaluation and treatment, case management services, individual and group/family therapy, crisis intervention, vocational counseling, housing services, substance abuse/mental health groups, recreational therapy, clubhouse/drop-in centers, and self-care programs as needed in a coordinated, comprehensive treatment plan with an emphasis on achieving consumer-set goals for recovery. Requirements: CA ID, Medi-cal, Intake Process

PASADENA MENTAL HEALTH CENTER
Location:  1495 N. Lake Ave.
Pasadena, CA 91104
Hours:  M-Fri 10am-9pm
Phone:  626-798-0907
Fax:  626-798-9043
General Description: Individual, family, couple, and children counseling services. No insurance or medical accepted, but fees are set by a sliding scale starting at ten dollars a session. Fees are based on gross monthly income and number of members that live off this income. We do not accept court mandated clients. We do not offer psychiatric evaluations or prescribe medications.

PEACEMAKERS, INC.
Website:  www.projectpeacemakersinc.org
Location:  1826 W. 54th St.
Los Angeles, CA 90062
Phone:  323-291-2525
Fax:  323-291-0140
Email:  projpeacemakers@aol.com
General Description: Interacts with all aspects of the community in an endeavor to enhance the quality of life by addressing Domestic/Family Violence though education, intervention, and prevention in a coordinated approach to break the cycle of violence in the home and in the community. Anger management; Court assistance and/or preparation; Domestic Violence Counseling; Parenting classes; Assist victims only. Requirements: CA ID; Social Security Number; Court documents. Optional $10 donation, Spanish spoken.
Mental Health

PROJECT RETURN/FRIENDSHIP LINE
MENTAL HEALTH AMERICA OF LOS ANGELES
Website: www.mhala.org
Location: 6055 Washington Blvd, Suite 900
Commerce, CA 90040
Hours: M-F 6am-10pm; 10am-10pm weekends and holidays
Phone: 888-448-9777 24-hour hotline
Fax: 213-250-1501
General Description: A telephone help-line which is facilitated by and for people with mental illness. The only kind in Los Angeles County. Part of the Project Return Peer Support Network of LA County. Offers peer-to-peer support and information about mental health resources, with the capability to make a connection to crisis lines.

PROTOTYPES
Website: www.prototypes.org
Location: Corporate Office
5601 W. Slauson Ave., Suite 200
Culver City, CA 90230
Hours: Monday-Friday, 9am-5:30pm
Phone: 310-641-7795
Fax: 310-649-4347
General Description: multi-service, non-profit agencies that helps women and their families who are dealing with complex problems such as substance abuse, mental illness, HIV/AIDS, homelessness, domestic violence and other trauma, and lack of life skills.

SEEKING PEACEFUL SOLUTIONS
Location: 8724 S. Vermont Ave.
Los Angeles, CA 90044
Phone: 323-753-1314
Fax: 323-753-6619
Email: seekingpeace432@aol.com
General Description: Anger management; Conflict resolution; Domestic violence prevention classes; Drug and alcohol counseling. Requirements: Court referral; DPSS court referral. Sliding scale fee.
Mental Health

SHIELDS FOR FAMILIES
Website: www.shieldsforfamilies.org
Location: 12714 South Avalon Blvd., Suite 300
Los Angeles, CA 90061
Phone 323-242-5000
Fax: 323-242-5011
General Description: Outreach & intake services, case management, substance abuse treatment, day treatment program, drug court, individual, group and family counseling. Transitional housing units. Cost varies with programs. Sliding-scale fee. County funded.

SOUTHERN CALIFORNIA COUNSELING CENTER
Website: www.sccc-la.org
Location: 5615 W. Pico Blvd.
Los Angeles, CA 90019
Hours: M-F 9am-8pm; Sa 9am-4pm
Phone: 323-937-1344
Fax: 323-937-3487
General Description: Individual, group, couple and family counseling. Domestic violence, batter’s treatment (court ordered or self referral), anger management. Additional Programs include empowerment, parenting, school outreach, gang prevention, tattoo removal, gang recovery. $20 intake fee; Sliding-scale fee.

SSG-BENEFIT ASSISTANT CLIENT URBAN PROJECT
SPECIAL SERVICES FOR GROUPS
Website: www.ssgmain.org
Location: 605 W. Olympic Blvd., Suite 600
Los Angeles CA, 90015
Hours: M-F 8am-4pm
Phone: 213-553-1800
Fax: 213-553-1822
General Description: Program for mentally ill include: outpatient program; half-day socialization, individual therapy, and medication management. Provides ESL, community resources, pre-vocational and assessment. Affiliation for other organizations in the greater Los Angeles are. Multiple-languages
**Mental Health**

**STOP THE VIOLENCE**  
Website: www.stoptheviolenceca.org  
Location: 2930 W Imperial Hwy. #200A  
Inglewood, CA 90303  
Phone: 323-777-4893  
Fax: 323-242-9991  
Email: stvorg@pacbell.net  
General Description: Conflict resolution; Gang intervention; Parenting classes, anger management. Spanish spoken

**TARZANA TREATMENT CENTER**  
Website: www.tarzanatc.org  
Location: Main Office  
18646 Oxnard St.  
Tarzana, CA 91356-1411  
Phone: 818-996-1051  
Fax: 818-654-3906  
General Description: Our mission and values are realized through a continuum of integrated alcohol and drug addiction treatment, education, mental health, medical detox and residential rehab for teens / youth, and adults. We also provide outpatient services, sober living housing, after care, HIV/AIDS Services, Prop 36, family medical care, women’s services, family counseling, domestic violence intervention, anger management and community education services. Website has many resources around the state for all service programs. There are multiple locations, please call main office for nearest location.

**UNITY IN THE COMMUNITY**  
Website: www.unityinthecommunity.com  
Location: 3570 Rodeo Pl.  
Los Angeles, CA 90016  
Phone: 323-294-2980  
Fax: 323-294-2982  
Email: pastorwoodard@hotmail.com  
General Description The Mission of Unity in the Community, as a "Bridge of Hope" is to equip our community members with decency, and ethics, and high standards, thereby rekindling the fires of hope that made this nation the greatest on earth, truly blessed of God. resource development, educational services, re-entry program; employment skills, financial literacy  
Additional Notes: Free services.
Most people released from prison or jail have some sort of parole or probation commitment. Meeting the conditions of your parole or probation needs to be your number one priority if you’re going to be successful on the outside. The first thing you should do when you get released is go to your parole office. If you get out on a weekend, be sure to go first thing Monday morning.

The resources listed in this section include probation and parole office information,

**Helpful Hints:**

- If you get on arrested, tell the police you are on parole and tell you parole agent immediately.
- Have your parole agent’s phone number handy at all times. If you get stuck out of town, or in traffic, or for any reason and can’t make it to your appointment, call your agent and ask what to do.
- If someone commits a crime against you, tell your parole agent about it.
- One of the most important parts to success is having a safe place to live. If you don’t have somewhere you can live, sign up for temporary housing (see housing section) and be sure to tell your parole agent about your situation. Any time you move, you must notify your agent with your new address.

There are some common rules that people on probation or parole must follow, like don’t get high, don’t carry firearms, and don’t break the law. There are also very specific conditions of your parole/probation that you must follow. Make sure you read and understand those conditions. Ask your parole/probation agent about anything you don’t completely understand. Be smart about what you do and stay out of trouble. There is an online handbook for parolees that might be helpful.

Here is the website where you can access the handbook:

www.cdr.ca.gov/Parole/Parolee_Handbook/Index.html.
Probation Field Offices:

**Alhambra Area Office**
200 W. Woodard Ave.
Alhambra, CA 91801
Tel: 626-308-5542
Fax: 626-308-5287
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm

**Antelope Valley Juvenile Probation Office**
321 E. Avenue K-4
Lancaster, CA 93535
Tel: 661-951-1519
Fax: 661-942-9979
Office Hours: Monday-Friday 8am - 5pm

**Antelope Valley Sub Office**
42011 4TH St. West Suite 1900
Lancaster, CA 93534
Tel: 661-974-7600
Fax: 661-974-7054
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm

**Centinela Area Office**
1330 W. Imperial Hwy.
Los Angeles, CA 90044
Tel: 323-418-3106
Fax: 323-755-6677
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 2nd Tuesday of every month 5pm - 7:30pm

**Crenshaw Area Office**
3606 W. Exposition Blvd.
Los Angeles, CA 90016
Tel: 323-298-3511
Fax: 323-292-0708
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 1st Tuesday of every month 5pm - 7:30pm
Probation and Parole

East Los Angeles (ELA) Area Office &
Intensive Gang Supervision Program (IGSP)
4849 Civic Center Way
Los Angeles, Ca 90022
Tel: 323-780-2185
Fax: 323-262-8418
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 2nd Monday of every month 5pm - 7:30pm

East San Fernando (ESF) Valley Office
14414 Delano St.
Van Nuys, CA 91401
Tel: 818-374-2000
Fax: 818-781-7044
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 2nd Tuesday of every month 5pm - 7:30pm

Firestone Area Office
8526 S. Grape St.
Los Angeles, CA 90001
Tel: 323-586-6469
Fax: 323-583-0189
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 3rd Thursday of every month 5pm - 7:30pm

Foothill Area Office
300 E. Walnut St., Room 200
Pasadena, CA 91101
Tel: 626-356-5281
Fax: 626-586-9462
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 1st & 3rd Monday of every month 5pm - 7:30pm

Harbor Area Office
3221 Torrance Blvd.
Torrance, CA 90503
Tel: 310-222-2672
Fax: 310:212-0725
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 1st Tuesday of every month 5pm - 7:30pm
Probation and Parole

**Long Beach Area Office**
415 W. Ocean Blvd.
Long Beach, CA 90802
Tel: 562-491-5807
Fax: 562-435-8523
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 1st Tuesday of every month 5pm - 7:30pm

**Pomona Valley Area Office**
1660 W. Mission Blvd.
Pomona, CA 91766
Tel: 909-469-4500
Fax: 909-623-2309
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 2nd Tuesday of every month 5pm - 7:30pm

**Pretrial Services - Bauchet Office**
433 Bauchet St.
Los Angeles, CA 90012
Office Hours: Monday-Friday 8am - 5pm

**Pretrial Services - Wilshire Office**
3530 Wilshire Blvd., Suite 501
Los Angeles, CA 90020
Office Hours: Monday-Friday 8am - 5pm

**Rio Hondo Area Office**
8240 S. Broadway
Whittier, CA 90606
Tel: 562-908-3119
Fax: 562-695-5919
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 1st & 3rd Tuesday of every month 5pm - 7:30pm
Probation and Parole

Riverview Area Office
12310 Lower Azusa Rd.
Arcadia, CA 91006
Tel: 626-579-8506
Fax: 626-442-0063
KIOSK REPORT-IN AVAILABLE
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 1st Wednesday of every month 5pm - 7:30pm

San Gabriel Valley (SGV) Area Office
11234 E. Valley Blvd., Suite 302
El Monte, CA 91731
Tel: 626-575-4059
Fax: 626-443-1040
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 1st & 3rd Monday of every month 5pm - 7:30pm

Santa Monica Area Office
1725 Main St.
Santa Monica, CA 90401
Tel: 310-260-3542
Fax: 310-395-7971
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 1st Tue. & 1st Thur. of every month 5pm - 7:30pm

South Central Area Office
200 W. Compton Blvd., Suite 300
Compton, CA 90220
Tel: 310-603-7311
Fax: 310-638-1755
Office Hours: Monday-Friday 8am - 5pm
Office After Hours: 1st Wednesday of every month 5pm - 7:30pm

Valencia Sub-Office
23759 Valencia Blvd.
Valencia, CA 91355
Tel: 661-253-7271
Fax: 661-253-1781
Office Hours: Monday-Friday 8am - 5pm
Probation and Parole

Van Nuys (Juvenile) Area Office
14540 Haynes St.
Van Nuys, CA 91411
Tel:  818-373-8114
Fax:  818-901-2870
Office Hours: Monday-Friday 8am - 5pm

Van Nuys Juvenile Investigation Sub-Office
7100 Van Nuys Blvd., Suite 214
Van Nuys, CA 91404
Tel:  818-374-6959
Fax:  818-374-6659
Office Hours: Monday-Friday 8am - 5pm

Parole Field Offices:

Contact: Maria Franco, District Administrator
Office:  323-586-5579
Email: Maria.Franco@cdcr.ca.gov

Backup: Annette Bauman, PA III
Office:  626-527-3005 EXT 233
Email: Annette.Bauman@cdcr.ca.gov

Region III Parole HQ Address:
320 W. 4th St., Ste. 1000 10th Floor
Los Angeles, CA 90013
Phone:  213-576-6500

ANTELOPE VALLEY PAROLE UNITS 1-3
43645 Pioneer Court.
Lancaster, California 93534
Phone:  661-729-0530

COMPTON PAROLE UNIT 1
322 W. Compton Blvd, #203
Compton, CA  90220
Phone:  310-639-8601

EL MONTE PAROLE UNITS 1-3
9900 Baldwin Pl.
El Monte, CA 91731
Phone:  626-527-3005
Probation and Parole

HUNTINGTON PARK UNITS 1-5
8100 Maie Ave.
Los Angeles, CA 90001
Phone: 323-586-5500

INGLEWOOD PAROLE UNITS 1-5
101 N. La Brea Ave., 7th Floor
Inglewood, CA 90301
Phone: 310-330-5482

INGLEWOOD PAROLE UNITS 2-3
101 N. La Brea Ave., Ste 200
Inglewood, CA 90301
Phone: 310-412-6392

INGLEWOOD PAROLE UNITS 4-6
101 N. La Brea Ave., Ste 201
Inglewood, CA 90301
Phone: 310-412-6134

LONG BEACH PAROLE UNIT 1
HARBOR
2165 E. Spring St., 3rd Floor
Long Beach, CA 90806
Phone: 562-595-5823

LONG BEACH PAROLE UNIT 2
N. LONG BEACH
2165 E. Spring St., 2nd Floor
Long Beach, CA 90806
Phone: 562-492-1022

LONG BEACH PAROLE UNITS 3-4
2165 E. Spring St., 4th Floor
Long Beach, CA 90806
Phone: 562-595-0057

MIDTOWN UNIT 2 & NORTHEAST UNIT 1
EXPOSITION PARK UNITS 1 - 2
2444 S. Alameda St., 1st Floor
Los Angeles, CA 90058
Phone: 323-238-1600
PASADENA PAROLE UNITS 1-3
333 E. Walnut St.
Pasadena, CA  91101
Phone:  626-450-6250

POMONA PAROLE UNITS 1-2
1295 E. Holt Ave.
Pomona, CA  91767
Phone:  909-620-4445

SAN FERNANDO VALLEY UNITS 1-4
8100 Balboa Pl.
Van Nuys, CA  91406
Phone:  818-442-0420

SAN GABRIEL VALLEY PAROLE UNIT 1
1161 Parkview Dr., Ste 100
Covina, CA  91724
Phone:  626-859-3201

SAN GABRIEL VALLEY PAROLE UNITS 2 & 3
9900 Baldwin Pl.
El Monte, CA 91731
Phone:  626-527-3005

SANTA FE SPRINGS PAROLE UNITS 2-3
12940 Telegraph Rd.
Santa Fe Springs, CA  90670
Phone:  562-941-1947

SILVERLAKE PAROLE UNIT 1
2444 S. Alameda St., 1st Floor
Los Angeles, CA  90058
Phone:  323-238-1600

SOUTH CENTRAL PAROLE UNITS 1-5
2444 S. Alameda St., 2nd Floor
Los Angeles, CA  90058
Phone:  323-238-1700
VAN NUYS PAROLE UNITS 1-3  
8100 Balboa Pl.  
Van Nuys, CA  91406  
Phone:  818-442-0400

Miscellaneous Resources:

A NEW WAY OF LIFE  
Website:  www.anewwayoflife.org  
P.O. Box 875288  
Los Angeles, CA 90087  
Phone:  323-563-3575  
Fax:  323-563-1889  
General Description: Provides housing and reentry support to formerly incarcerated women and their children. A New Way of Life operates a total of four sober living homes, serving 40-50 women and children per year, and offers a wide range of support services to help facilitate a successful transition back to community life.

CALIFORNIA YOUTH AUTHORITY  
Location:  Parole Services & Community Corrections/South  
Hours:  M-F 8am-5pm  
Phone:  818-543-4713  
Fax:  818-543-4725  
General Description: Parole supervision services & resources for offenders released from Youth Authority correctional facilities. Liaison services to courts, probation & law enforcement agencies. Victim services referrals & community based program referrals. Spanish spoken.

CALIFORNIA REHAB & EMPLOYMENT PROGRAM  
Location:  3550 Wilshire Blvd., Ste. 501  
Los Angeles, CA  90010  
Hours:  M-F 8am-5pm  
Phone:  213-736-3904  
Fax:  213-251-1441  
General Description: Assist parolees with transition into society. Specific Services: Assist parolees with their transition into society, rehab, job search after being released and placed on parole. Requirements: California ID, SS card, 1502 activity report. Spanish spoken

COUNTY SHERIFF’S DEPT/JAILS INFORMATION  
Website:  www.lasd.org  
Phone:  213-974-4916
CLEAN SLATE INCORPORATION  
Website: www.cleanslatela.org  
Location:  12537 Persing Dr.  
Whittier, CA 90606  
Phone:  866-466-8287  
Fax:  323-937-1344  
General Description: Help with tattoo removal and getting out of gangs.

CROSSROADS, INC.  
Hours:  M-F 8am-5pm  
Phone:  909-626-7847  
Fax:  909-632-1466  
General Description:  Re-entry home for women on parole in California. Provides room and board, counseling, and support. All women participate in a structured program, attend 12-step meetings in the community and work.  
Mailing Address:  Re-Entry Program  
P.O. Box 15  Claremont, CA 91711

FRIENDS OUTSIDE/L.A. COUNTY  
Location:  1827 E. 103rd St., Ste. 400  
Los Angeles, CA  90002  
Hours:  M-W 8am-4pm  
Phone:  323-249-9683  
Fax:  323-249-0044  
General Description:  Free services. Services to families of inmates, ex-inmates and their incarcerated or formerly incarcerated loved ones. Services include crisis intervention, transportation assistance, emergency supplies, advocacy, support groups, peer counseling, job placement, placement in drug & alcohol treatment, special events and info about the criminal justice system. Also visits to inmates in county jail facilities. Spanish spoken.

GET ON THE BUS  
Location:  Los Angeles, CA  90010  
Phone:  213-637-7456  
General Description:  Free Services. Transportation services for children who have mothers incarcerated in the California prison system. Requirements:  Must sign up.

HUMAN POTENTIAL CONSULTANTS  
Location:  500 E. Carson Dr.  
Carson, CA 90746  
Phone:  310-756-1560  
Fax:310-756-1562  
General Description: Provides special services for parolees including employment preparation and vocational training, housing assistance, and day programs.
**L.A. COUNTY EMANCIPATION OMBUDSMAN**
Location: 532 E. Colorado Blvd.
Pasadena, CA 91101
Hours: M-F 9am-6pm
Phone: 626-229-3829
Fax: 626-397-9172
General Description: Assist foster and probation youth in L.A. County that may have problems accessing resources from the Emancipation Services Division of the Dept of Children & Family Services.

**L.A. COUNTY PROBATION INFORMATION CENTER**
Website: www.probation.lacounty.gov
Location: 9150 E. Imperial Hwy.
Downey, CA 90242
Hours: M-F 8am-5pm
Phone: (toll free) 866-931-2222; 818-374-6635
Email: pic@probation.lacounty.gov

**LAWS SUPPORT CENTER**
Location: 2707 W 54th St.
Los Angeles, CA 90043
Hours: M-F 9am-6pm
Phone: 323-294-5204
Fax: 323-294-4758
General Description: Outpatient services to males and females who are dually-diagnosed and substance abuse clients. Utilizes both the social model, with a combination of the therapeutic community approach. Vocational rehab, financial & legal counseling, transitional housing assist, individual lon-term counseling & residential rehab, anger management. Secondary recovery groups, nutritional counseling, batterer’s group. Referrals to a physician or specialist, social services, and board & care residences. Requirements: Ages 18+. Referrals from Dept of Corrections, Dept of Health Services, and other community organizations. Free services for age 18-20 yrs. Ages 21 yrs+ call for fees. Serves LA, Orange & San Bernardino Counties

**M-2 MATCH-TWO PRISONER OUTREACH**
Hours: M-F 8:30am-5:30pm
Phone: 909-606-5036
Fax: 909-597-4824
General Description: Free Services. Matches community volunteer mentors for supportive one-to-one visitation of incarcerated men, women and youth who receive few or no visits in California & Utah state prisons. 30-60 day wait.
Mailing Address: Southern Regional Office
P.O. Box 1350 Chino, CA 91708-1350
UNION RESCUE MISSION
Website:  www.unionrescuemission.org
Location:  545 S. San Pedro St.
Los Angeles, CA  90013
Phone:  213-347-6300
General Description:  advocacy - legal assistance, alternate housing for adult males only, basics - clothing, basics - emergency food, basics - help with identification, basics - transportation, case work, counseling, counseling - parenting classes, dental clinic, education - services, education - tutoring, emergency shelter, employer, facilitator, grants, hiv/medical clinic, housing - apartments, job readiness, men's support group, mentoring, ministry development, nurturing church, reentry help center, resource recruitment, substance abuse - group, substance abuse treatment program, vocation training, women's issues, women's support group.

VOLUNTEERS OF AMERICA
Website: www.voala.org
544 S San Pedro St.,
Los Angeles, CA 90013
Phone: 213-622-3540
General Description: Provides a variety of programs for the re-entry population and veterans. Please call for information on services currently offered in the Los Angeles area.

VETERANS AFFAIRS
Website: www.va.gov
Los Angeles Area
11000 Wilshire Blvd.
Los Angeles, CA 90024
Phone: 800-827-1000
General Description: Provides benefits and services to veterans of the U.S. armed forces. Services include medical and mental health, and housing.

WALDEN HOUSE, INC.
Location:  1355 S. Hill St.
Los Angeles, CA  90015
Hours:  M-F 7am-3pm
Phone:  213-763-6220
Fax:  213-746-2507
General Description:  Outpatient, residential drug and alcohol treatment program. Specific Services:  AA meetings, information and referral, dual-diagnosis program, social model, methadone detox. Requirements:  Adults ages 8 yrs+, minimum stay 90 days. Must be on parole or from prison S.A.P. Program.
Litigation is a machine you go into as a pig and come out as a sausage.

-Ambrose Bierce

This section contains resources that provide legal services. These types of services include tenant/landlord disputes, court cases, immigration, etc. Contacting the service agencies to find out what services they provide is the first step.

**Helpful Hints:**

Some attorneys provide services free of charge for people in need. This type of service is called ‘pro bono’ legal aid.

**Tips to find a pro bono (volunteer) lawyer:**

- Most areas have volunteer lawyer organizations or Legal Aid associations, but you should only do this when there is little option, or the aid required is just paperwork, such as for selling real estate, or purchasing a house. If it requires any actual litigation of any kind, sometimes this type of lawyer isn't very experienced. Don’t be afraid to ask questions.
- Check a local law school to see if they have a law clinic or similar program that allows law students (under supervision of a licensed attorney) to work on behalf of low income clients. This is actually a very good way to snap up very promising law students- while they may not have much experience, the law students that would be allowed to participate in this type of program are normally at the top of the class. It's a good chance to take.
- Explain your situation to the lawyer in question, give him/her your financial statement, and discuss what you need done. If they can’t provide services at no charge, but they believe they can lower their rate, or make it so you pay a certain amount over a certain amount of time, you may be in luck.
ALLIANCE FOR CHILDREN’S RIGHTS
Location:  333 Wilshire Blvd., Suite 550
Los Angeles, CA  90010
Hours:  M-F  9am-5:30pm
Phone:  213-368-6010
Fax:  213-368-6016
General Description:  Free services.  Legal services to children from low income families.  Specific Services:  Legal services to children from low income families including adoptions, guardianship, public benefits, SSI, regional center, special education.  Requirements:  Helps with foster care adoptions, not private adoptions.  Spanish spoken.

AMERICAN CIVIL LIBERTIES UNION
Website:  www.aclu-sc.org
Location:  1616 Beverly Blvd.
Los Angeles, CA  90026
Hours:  M-F 9am-5pm
Phone:  213-977-9500; 213-977-5253
Fax:  213-250-3919
General Description:  Free services.  Considers issues regarding constitutional rights.  Because of severely limited resources, only a few of the thousands of complaints and issues brought to attention can be pursued.  Cases not taken are referred to an appropriate agency.  No live intake is conducted.  Write to:  Legal Intake, 1616 Beverly Blvd, Los Angeles, CA  90026, or use intake form on website.  Volunteer pre-screeners will return the call.  Intake sent via e-mail must include a mailing address.  All replies are via U.S. mail. Spanish spoken.

ASIAN PACIFIC AMERICAN LEGAL CENTER
Location:  1145 Wilshire Blvd., 2nd Floor
Los Angeles, CA  90017
Hours:  M-F 8:30am-5:30pm
Phone:  213-977-7500
Fax:  213-977-7595
General Description:  Immigrant rights organization.  Provides low-cost legal assistance to immigrants and working families.  Requirements:  Low income.  Call for appointment.  Vietnamese, Japanese and South Asian languages spoken.
Legal Services

BET TZEDEK LEGAL SERVICES
Location: 145 S. Fairfax Ave., Suite 200
Los Angeles, CA 90036
Hours: M-F 9am-5pm and by appointment
Phone: 323-939-0506
Fax: 323-939-1040
General Description: Free legal services to low income and elderly residents of L.A. County.
Specific Services: Housing, landlord and tenant disputes, consumer protection, home equity fraud, bankruptcy, wills, nursing home problems, conservatorship and guardianship, supplemental security insurance (SSI), Social Security, Medi-Cal and Medicare. No criminal, immigration, family law or contingency fee cases. Appointments are scheduled at several senior centers throughout L.A. County. Spanish, Russian, Hebrew, Tagalog and Yiddish spoken.

CALIFORNIA DEPARTMENT OF FAIR EMPLOYMENT/HOUSING
Location: Los Angeles District Office
611 West 6th St., Suite 1500
Los Angeles, CA 90017
Hours: M-F 8am-5pm
Phone: 800-884-1684; 213-439-6799
Fax: 213-439-6715
General Description: Civil rights agency for the State of California. Will accept, investigate and conciliate complaints in the areas of employment and housing discrimination.
Requirements: Complaints must be filed within 1 yr of offense, will not accept files over 1 yr.
TTY 800-700-2320

CALIFORNIA LAWYERS FOR THE ARTS
Location: 1641 18th St.
Santa Monica, CA 90404
Hours: M-F 10am-5pm
Phone: 310-998-5590
Fax: 310-998-5594
General Description: Lawyer referral service. Arbitration, mediation, education workshops, seminars pertaining to the arts and entertainment industry.
**Legal Services**

**CARECEN**
Location: Central American Resource Center  
2845 W. 7th St.  
Los Angeles, CA 90005  
Hours: M-F 9am-5pm; Sa 9am-1pm  
Phone: 213-385-7800  
Fax: 213-385-1094  
General Description: Free services. Legal assistance in immigration matters to immigrants and refugees. Academic enrichment offers off-track literacy program for elementary to high school-aged students and after school tutoring. Youth program serves elementary to high school with programs in technology, language arts and arts education. Civic participation program offers mutual support and action groups, education and outreach component targets Central American immigrant community. Donations accepted for legal services.

**CATHOLIC LEGAL IMMIGRATION NETWORK**
Hours: M-F 9am-5pm  
Phone: 213-251-3505  
General Description: Legal assistance provided to those who cannot afford a lawyer. Citizenship, immigration, family petitions. Requirements: Low income. Spanish spoken.  
Mailing Address: P.O. Box 15095  
1530 James M. Wood Blvd.  
Los Angeles, CA 90015

**CENTER FOR ENFORCEMENT FOR FAMILY SUPPORT**
Location: Enforcement For Family Support  
5855 Green Valley Circle, Suite 315  
Culver City, CA 90230  
Hours: M-F 9am-6pm  
Phone: 310-417-4141  
Fax: 310-417-5060  
General Description: Assists in collection of past due child and spousal support. Cases accepted for collection of support on a 1/3 contingency basis. Client pays a $35 set-up fee if case is accepted, plus client pays cost (usually less than $100).
Legal Services

CENTER FOR HEALTH CARE RIGHTS
Location: Formerly Medicare Advocacy Project
520 S. Lafayette Park Pl., Suite 214
Los Angeles, CA  90057
Hours:  M-F 9am-4pm
Phone:  213-383-4519
Fax:  213-383-4598
General Description:  Free services.  Health insurance counseling, education and legal services to L.A. County Medicare eligible beneficiaries (senior citizens and people with disabilities). Telephone intake M-F 9am-4pm.  Korean, Spanish, Vietnamese, Tagalog and Farsi spoken.

CENTER FOR HUMAN RIGHTS AND CONSTITUTIONAL LAW
Location:  256 S. Occidental Blvd.
Los Angeles, CA  90057
Hours:  M-F 10am-6pm
Phone:  213-388-8693
Fax:  213-386-9484
General Description:  Training and technical support to other agencies and referrals for free legal assistance.  Provides direct legal services to indigent immigrants and refugees in proceedings before the INS and other government agencies. Initiates major civil rights cases in state and federal courts on behalf of immigrants, refugees, minorities and indigenous peoples. Provides legal, residential and social services to minority youth, including unaccompanied immigrant and refugees. Operates a shelter for homeless minority youth, including unaccompanied immigrant and refugees. Operates a shelter for homeless minority youth ages 12-17 and a transitional living program for homeless minority youth ages 16-21. Primarily legal services nationwide.  Spanish spoken.

DISPUTE RESOLUTION SERVICES
Hours:  M-F 9am-5pm
Phone:  213-896-6533
Fax:  213-613-1299
General Description:  Mediation, conciliation, arbitration, settlement conferences, training and consultant services. Specific Services:  Handles all forms of disputes; landlord and tenant, neighborhood, consumer and merchant, client and attorney, family, divorce and other domestic issues, youth and family, employer and employee, civil litigation, multi-party, public policy, condo and homeowner and other real estate issues and business to business disputes. Requirements: $50 fee. Sliding fee scale. Also call 800-4RESOLV
Mailing Address:  L.A. Co. Bar Assn/Admin Offices
P.O. Box 55020
211 S. Figueroa St., Suite 261
Los Angeles, CA  90012
**Legal Services**

**EVICTION DEFENSE NETWORK**
Location: 1605 W. Olympic Blvd., Suite 502  
Los Angeles, CA 90015  
Hours: M-F 9am-6pm; Sat 10am-3pm  
Phone: 213-385-8112  
Fax: 213-385-8181  
General Description: Dedicated to ensuring access to justice in housing matters to tenants in L.A. County. Social services intervention, organizing, policy advocacy and affirmative litigation. First come, first served. Requirements: Walk in only, no appointment necessary. No income, geographic or alienate restrictions. Fees $50 consultation, $75 document preparation. Low income tenants $300-$500 for representation. Higher income tenants $700-$1000 for representation. Spanish spoken.

**FAMILY COURT SERVICES**
Location: Los Angeles County Superior Court  
111 N. Hill St., Mediation Room 241  
Los Angeles, CA 90012  
Hours: M-F 8am-4:30pm  
Phone: 213-974-5524  
Fax: 213-680-1043  
General Description: Mediation and evaluations for parties who have disputes in the Superior Court about parenting plans for children. Also provides a parent education program for divorcing and/or separate parents. Parent and Children Together (PACT). Provides high conflict divorce program. Located in 11 district Superior courts. For child custody evaluations, call 213-893-2096. Requirements: Parents with family law cases filed with the L.A. County Superior Court.

**FATHER'S RIGHTS ORGANIZATION**
Hours: Meets 2nd and 4th Tuesday @ 7pm (call for times)  
Phone: 714-542-3100  
General Description: Information and support group helping fathers in matters of custody, visitation, child support, spousal support, false allegations of child abuse. Free legal advice over the phone. Recorded message gives times and locations of meetings.
**Legal Services**

**HOUSING RIGHTS CENTER**  
Location: Fair Housing Services  
520 S. Virgil Ave., Suite 400  
Los Angeles, CA 90020  
Hours: M-F 8:30am-5pm  
Phone: 213-387-8400; 800-477-5977  
Fax: 213-381-8555  

**JOINT CUSTODY ASSOCIATION**  
Location: 10606 Wilkins Ave.  
Los Angeles, CA 90024  
Hours: M-F 9am-5pm  
Phone: 310-475-5352  
Fax: 310-475-6541  
General Description: Assists divorcing and unwed parents in achieving joint custody of their children. Assists judicial and legislative community in comprehending joint custody.

**LEGAL SERVICES FOR PRISONERS WITH CHILDREN**  
Website: www.prisonerswithchildren.org  
1540 Market St. Suite 490  
San Francisco, CA 94102  
Phone: (415) 255-7036  
Fax: (415) 552-3150  
General Description: advocates for the human rights and empowerment of incarcerated parents, children, family members and people at risk for incarceration. We respond to requests for information, trainings, technical assistance, litigation, community activism and the development of more advocates.

**LOS ANGELES CENTER FOR LAW AND JUSTICE**  
Website: www.laclj.org  
Location: 1241 S. Soto St., Suite 102  
Los Angeles, CA 90023  
Hours: M-F 8:30am-5:30pm  
Phone: 323-980-3500  
Fax: 323-980-3510  
General Description: Provides domestic violence, immigration, free legal and welfare-to-word support services targeted to immigrant and low-income people. Some geographic restrictions apply, contact to make sure you qualify. Services provided by professional and paraprofessional staff and volunteers.
Legal Services

LOS ANGELES COUNTY OFFICE OF AFFIRMATIVE ACTION
Location: Hall of Administration, Room 780
500 W. Temple St., Suite 780
Los Angeles, CA 90012
Hours: M-F 8am-5pm
Phone: 213-974-1080
Fax: 213-626-7034
General Description: Develops, monitors and enforces the County’s Affirmative Action, Civil Rights, diversity and the Community Business Enterprise programs in conjunction with county departments and agencies, including compliance with the Americans with Disabilities Act. Investigates external (cases filed with the Dept of Fair Employment and Housing and Equal Employment Opportunity Comm) and informal complaints of discrimination and sexual harassment. Spanish spoken.

LOS ANGELES COUNTY PUBLIC DEFENDER
Location: Clara Shortridge Foltz Criminal Justice Center
210 W. Temple St., #19-513
Los Angeles, CA 90012
Hours: M-F 8am-5pm
Phone: 213-974-2811
Fax: 213-625-5031
General Description: Legal services for those who are accused of public offenses and cannot afford a private attorney. Requirements: Must be a criminal case. For Spanish, call 213-974-2828.

LOS ANGELES COUNTY SHERIFF MISSING PERSONS
Hours: M-F 8am-5pm
Phone: 323-890-5503; Also, call 323-890-5500 for 24hr services.
General Description: Direct line to L.A. County Sheriff’s Missing Adults Division.

LOS ANGELES GAY AND LESBIAN CENTER
Location: Legal Services and Anti-Violence Project
1625 N. Schrader Blvd.
Los Angeles, CA 90028
Hours: M-Th 2pm-4pm; F 10am-12noon.
Phone: 323-993-7670
Fax: 323-308-4009
General Description: Free attorney consultations and complete legal assistance for survivors of hate crimes and hate incidents. Call for appointment. $10 administration fee may be waived for indigent.
**Legal Services**

**LOS ANGELES FAMILY LAW HELP CENTER**
Location: 205 S. Broadway, Suite 500
Los Angeles, CA 90012
Hours: M-F 9am-5pm, Sa 10am-4pm
Phone: 877-452-9326, 213-620-9991
Fax: 213-620-9992
General Description: General legal aid organization that provides legal assistance for low income persons representing themselves in Family Law matters. Services provided by law students supervised by a State Bar licensed attorney and by a licensed and bonded legal document assistant.

**LOS ANGELES HOUSING LAW PROJECT**
Location: 111 N. Grand Ave., Suite 200
Los Angeles, CA 90012
Hours: M-F 8:30am-4:30pm
Phone: 213-613-2760
Fax: 213-613-2757
General Description: Assists tenants dealing with eviction cases. Preparations of answers, general denials and motions in response to vacate notices. Low-cost legal services for housing cases. Spanish spoken.

**LEGAL PROTECTION FOR WOMEN**
Location: 5300 E. Beverly Blvd., Suite D
Los Angeles, CA 90022
Hours: M-F 8:30am-5pm by appointment only.
Phone: 323-721-9882
Fax: 323-721-7731
General Description: Paralegal services. Specific Services: Paralegal services, including preparation of family law forms for divorce, legal separation, nullity, TRO, civil harassment order, modification of child custody, support of visitation, alimony, name change, wage assignment for unpaid support, paternity and step-parent adoption. Spanish spoken. Sliding fee scale. $20-$550 depending on action.
LEVITT & QUINN FAMILY LAW CENTER
Location: 1557 Beverly Blvd.
Los Angeles, CA 90026-5704
Hours: Intake for new applicants: Th 12noon, F 8am; first come, first served.
Phone: 213-482-1800
Fax: 213-482-3979
General Description: Low-cost legal services in all matters of family law. Specific Services: Adoption, divorce, paternity, guardianship of children, spousal support, child support, child custody and visitation, domestic violence restraining orders, District Attorney Child Support Collection Defense. Requirements: Proof of income, ID, copies of all court papers and orders. Sliding fee scale from $60+ per session.

MENTAL HEALTH ADVOCACY SERVICES
Location: 3255 Wilshire Blvd., Suite 902
Los Angeles, CA 90010
Hours: M-F 9am-5pm
Phone: 213-389-2077
Fax: 213-389-2595
General Description: Free services. Legal advocacy services for persons with a mental and/or developmental disability. Requirements: No walk-ins. Must be developmentally and/or mentally disabled and low income.

PUBLIC COUNSEL
Location: Consumer Law Project
601 S. Ardmore Ave.
Los Angeles, CA 90005
Hours: M-F 9am-5:15pm
Phone: 213-385-2977
Fax: 213-385-9089
General Description: 21 pro bono attorneys and over 17,000 volunteer lawyers and law students who assist low-income people and organizations. Help with child care laws (child care spaces, licensing, zoning, insurance, landcare spaces, licensing, zoning, insurance, landlord and tenant rights), children’s rights (guardianship, special education benefits, emancipation, adoptions) community development (reviews contracts, leases, advises on general corporate and tax issues, incorporation and tax exemption laws), consumer law (defrauded consumers such as students cheated by schools, debtors harassed by collection agencies, home equity fraud, used car scams, independent paralegal fraud), homeless assistance (secure shelter, clothing, food and other vital benefits), immigration (political asylum based upon racial, religious or political perception, immigrants with long-term ties to the U.S.), Violence Against Women Act (immigrants suffering at the hands of citizen or permanent resident spouse, seeking to become lawful residents), Major litigation (co-counsels with other public interest groups and private bar volunteers on a number of major litigation matters). Law school partnership provides ongoing volunteer programs year-round for all local law schools.
THURGOOD MARSHALL JUSTICE CENTER - COMPTON
Website: www.legal-aid.com
Location: 725 W. Rosecrans Ave.
Compton, CA  90220
Hours: M-F 9am-12noon, 1pm-5pm
Phone: 310-638-5524, 800-834-5001
General Description: Provides advocacy, domestic violence, legal and welfare-to-work support services for low-income adults aged 60+. Some restrictions apply, contact for more information. Services provided by professional staff attorneys, paralegals, and volunteers.
Many people recently released from prison or jail have found support to stay out by getting involved with a church, temple, or other spiritual organization. People pursue spirituality for many different reasons. Some of these include searching for a higher power, connecting with the Divine, searching for the inner self, healing or simply... for exploring the greater mysteries of life. Others attend services, masses, gatherings to find comfort and connectedness/acceptance from people who share their same faith. Regardless of your personal interest in pursuing spiritual development, guidance or counsel, this section contains only a few of the many resources available to you in the greater Los Angeles area.

Helpful Hints:

- Find out the time and place of the services/meeting you want to attend.
- Don’t be afraid to visit a lot of different places until you find somewhere that you feel comfortable.
- Ask if the organization has any special programs for the re-entry population.
- Remember... you don’t have to attend a service, church or meeting to find spirituality but lots of people find comfort and fellowship with others who share their beliefs and values.
ANSWERING THE CALL
Location: Total Involvement Ministry, Inc.
8524 Langdon Ave.
North Hills, CA  91343-5817
Phone: 818-893-0406
Fax:  626-287-3485
General Description: Strive to reach at-risk youth and youth in crisis. Specific Services: Sports activities, tutoring, outdoor adventures, counseling, pray vigils, etc, Prison and street ministry programs.

BETHEL AME CHURCH
Website: www.bethelamela.org
Location:  7900 South Western Ave.
Los Angeles, CA  90047
323-750-3240
Hours: 8-5 Mon-Fri. 6-9 Mon-Thurs, Sunday 7:45 & 10:45 Service
General Description: basics - emergency food, counseling - domestic violence services, nurturing church, nurturing church w/recovery groups, substance abuse group.

DHARMA PUNX MEDITATION GROUPS (SANTA MONICA)
Website:  www.dharmapunx.com
Location:  At the Santa Monica Zen Center with Noah Levine
1001(a) Colorado Ave.
Santa Monica, CA 90401
Hours:  Mondays at 7:30pm
General Description: Small donation. Inspired meditation groups. Some ministries are found in jails, prisons and juvenile hall.

I AM PRISON MINISTRIES
Location:  20920 Chico St.
Carson, CA  90746
Phone:  310-323-2600
General Description: basics - emergency food, children/youth assistance.

METROPOLITAN COMMUNITY CHURCH
Website:  www.mccla.org
Location:  4953 Franklin Ave.
Los Angeles, CA 90027
Phone: 323-669-3434
Fax: 323-669-3004
Email: admin@mccla.org
General Description: Founded in the interest of offering a church home to all who confess and believe, Metropolitan Community Churches moves in the mainstream of Christianity.
SHAMBALA MEDITATION CENTER LOS ANGELES
Website:  www.la.shambhala.org
Location:  963 Colorado Blvd.
Los Angeles, CA 90041
Hours:  Sun-public sitting 9am-noon; Wed-public sitting 7:30pm-9:30pm; Thur-intro programs 7:30pm-9:30pm
Phone:  323-255-5472
General Description:  Their belief:  A basic truth of the Shambhala teachings is that we all want to lead sane, dignified lives, and that this is possible.

VICTORY OUTREACH LOS ANGELES (WESTSIDE)
Website:  www.victoryoutreach.org
Location:  4930 Venice Blvd
Los Angeles, CA 90019
Phone: 213-305-8265
Email: vowestside@yahoo.com
General Description:  Mission:  to empower individuals to take control of their lives by placing their future in the hands of God.

VICTORY OUTREACH LOS ANGELES (SOUTH CENTRAL)
Website:  www.victoryoutreach.org
Location:  8612 S Broadway
Los Angeles, CA 90003-3320
Phone: 323-778-4773
Fax: 323-753-7055
Email: vosouthcentral@sbcglobal.net

VICTORY OUTREACH LOS ANGELES (WEST HISPANIC)
Website:  www.victoryoutreach.org
Location:  1153 Valencia St.
Los Angeles, CA 90015-4543
Phone: 213-480-7556
Fax: 213-480-7556

VICTORY OUTREACH LONG BEACH
Website:  www.victoryoutreach.org
Location:  11 W Plymouth St
Long Beach, CA 90805-5813
Phone: 562-428-0018
Fax: 562-428-8655
Helpful Hint:

- If you are interested in getting involved in activism around incarceration issues, or need supportive services post-release, the organizations on the following pages may be able to help you. Feel free to contact them before you are released to ask about the services they provide.

A NEW WAY OF LIFE
Website: www.anewwayoflife.org
P.O. Box 875288
Los Angeles, CA 90087
Phone: 323-563-3575
Fax: 323-563-1889
General Description: Provides housing and reentry support to formerly incarcerated women and their children. A New Way of Life operates a total of four sober living homes, serving 40-50 women and children per year, and offers a wide range of support services to help facilitate a successful transition back to community life.

CALIFORNIA COALITION FOR WOMEN PRISONERS
Website: www.womenprisoners.org
Location: 1540 Market St., Suite 490
San Francisco, CA 94102
Phone: 415-255-7036
Fax: 415-552-3150
General Description: Grassroots racial justice organization building a movement with women prisoners, family members of prisoners, and the larger communities through organizing, leadership development, and political education. Services include support for former prisoners.

CALIFORNIA PRISON FOCUS
Website: www.prisons.org
Location: 1904 Franklin St. Suite 507
Oakland, CA 94612
Phone: 510-836-7222
General Description: Works to abolish the California prison system in its present condition. Investigates and exposes human rights abuses with the goal of ending long term isolation, medical neglect, and all forms of discrimination. Community activists, prisoners, and their families educating and inspiring the public to demand change.
**Re-Entry Support and Activist Groups**

**CENTER FOR HEALTH JUSTICE**  
Website: www.healthjustice.net  
Location: 900 Avila St., Suite 301  
Los Angeles, CA. 90012  
Phone: 213-229-0985  
Inmate Hotline: 213-229-0979 *accepts collect calls from jails or prisons related to healthcare and health issues.

**CENTERFORCE**  
Website: www.centerforce.org  
Location: 2955 Kerner Blvd., 2nd Floor  
San Rafael, CA 94901  
Phone: 415-456-9980  
Fax: 415-721-4902  
General Description: Operates a network of visitors’ centers at California prisons. Provides information, referrals, emergency services, transportation and child-care to visitors.

**CRITICAL RESISTANCE**  
Website: www.criticalresistance.org  
Location: 1904 Franklin Street, Suite 504  
Oakland, CA 94612  
Phone: 510-444-0484  
Fax: 510-444-2177  
General Description: An activist organization that seeks to build an international movement to end the Prison Industrial Complex. Chapters all over the U.S.

**ELLA BAKER CENTER FOR HUMAN RIGHTS**  
Website: www.ellabakercenter.org  
Location: 344 40th St.  
Oakland, CA 94609  
Phone: 510-428-3939  
Fax: 510-428-3940  
General Description: A strategy and action center that promotes positive alternatives to violence and incarceration through their four cutting-edge campaigns.

**EX-OFFENDER ACTION NETWORK**  
Website: www.exoffenderactionnetwork.org  
Location: 4701 South Central Ave.  
Los Angeles, CA 90011  
Phone: 323-238-0445
Re-Entry Support and Activist Groups

HIRE NETWORK
Website:  www.hirenetwork.org
Location:  Legal Action Center
225 Varick St., 4th Floor
New York, NY 10014
General Description: National directory of employment services geared towards those re-entering the community from prison.

JUSTICE NOW
Website:  www.jnow.org
1322 Webster St., Suite 210
Oakland, CA 94612
Phone:  510-839-7654
Fax:  510-839-7615
General Description: The first teaching law clinic in the country solely focused on the needs of women prisoners. Interns and staff provide legal services in areas of need identified by women prisoners, including: compassionate release; healthcare access; defense of parental rights; sentencing mitigation; placement in community-based programs.

PHOENIX HOUSE FOUNDATION
Website:  www.phoenixhouse.org
Phone:  800-DRUG-HELP
General Description: This organization provides comprehensive rehabilitation services to men, women, and children in over 100 local centers in nine states, including California. Services include transitional housing, vocational training, life skills development, drug and alcohol testing and psychosocial educational groups. Call to find out about regional and national offices.

PRISON ACTIVIST RESOURCE CENTER
Website: www.prisonactivist.org
Location:  P.O. Box 70447
Oakland, CA 94612
Phone:  510-893-4648
General Description: Provides a directory free to prisoners on request. Engages in various forms of activism around prisoners.

THE NEXT STEP
Website:  www.thenextstep99.com
Location:  P.O. Box 19523
Shawnee Mission, KS 66285-9523
Phone:  800-498-2207
General Description: Provides quality job opportunities to motivated ex-offenders. They offer job placement services specializing in the vital task of assisting ex-offenders in their return to society. The Next Step Staff work to help ex-offenders find jobs across the U.S.
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Sources

The resources included in this guide were compiled from a variety of existing public resource directories such as the Rainbow Resource Directory, www.healthycity.org, www.lacity.org; www.lacounty.org, as well as a number of personal resource lists that were shared with us by members of the Los Angeles Re-Entry Roundtable and other community service agencies.

If you would like your agency to be added to the online version of the guide, please visit www.lacrr.org and complete the “Request Form” located there.
LIVE * FREE

2010 Re-Entry L.A. Guide

A collaborative effort by
Antioch University Los Angeles, MAOM Students
and
The Los Angeles Re-Entry Roundtable
www.lacrr.org
and
Center For Health Justice
www.healthjustice.net