

*Department of
Children and Family
Services*

*Resource Directory
2012*

*Vermont Corridor Office
SPA 6*

Department of Children and Family Services

***Vermont Corridor Office
Resource Directory for SPA 6***

***This Resource Directory has been developed and produced by
the California State University Dominguez Hills
DCFS / IUC Student Unit of 2007 – 2008.***

***While it is not intended to be an all inclusive directory of
resources, it is our hope that social workers in the SPA 6
Region will find it helpful.***

***We are grateful for the support of DCFS Administration and
the Social Workers of the Vermont Corridor who have
contributed to the education of the
CSUDH / IUC Student Unit.***

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AFTER SCHOOL PROGRAMS

A Place Called Home

Phone: 323-232-7653

Address: 2830 South Central Ave Los Angeles, CA 90011

Hours of Operation: Fall M-F 1:30 pm -7:00 pm, summer 8 am -7 pm

Fees: free

Access: Application process for membership.

Services Offered: Tutoring in all subjects, sports program, arts & crafts, and a technology program, counseling center, free lunch, field trips, and mentoring program.

Eligibility Requirements: Current report card, shot records, birth cert. Youth 8-20 years of age are accepted.

Challengers Girls & Boys Club

Phone: 323-789-4779

Address: 5029 South Vermont Ave. Los Angeles, CA 90037

Hours of Operation: M-F 7:00 am-7:00pm

Fees: \$ 75.00 a year

Access: Call the enrollment line & must attend new member orientation.

Services Offered: Tutoring in all subjects, sports program, recreational activities, home economics, arts & crafts, and a technology programs.

Eligibility Requirements: Must be 6-17 years of age

Community Coalition

Phone: 323-750-9087 **Fax:** 323-750-9064

Address: 8101 S. Vermont Ave. Los Angeles, CA 90044

Hours of Operation: M-F 8:30-5:00pm

Access: Walk-in or appointment

Fees: Free

Services Offered: Tutoring, leadership development, mentoring

Eligibility Requirements: High school student

AFTER SCHOOL PROGRAMS cont.

Inner Circle Youth W.L.C.A.C.

Phone: 323-563-5639

Address: 10950 South Central Ave. Los Angeles, CA 90059

Hours of Operation: M-F 3-6:00pm

Access: Walk-in

Fees: Free

Services Offered: Tutoring in all subjects, computer training, video production, fine art and many more.

Eligibility Requirements: Must be 6-16 years of age

Latch Key Program, Girls Club, Los Angeles

Phone: 323-754-2122 **Fax:** 323-777-6134

Address: 2057 West Century Blvd. Los Angeles, CA 90047

Hours of Operation: M-F 7 am – 5 pm

Access: By appointment

Fees: Free

Services Offered: Tutoring, computer training, video production, fine Art and many more. Childcare from 8-12pm, ages 2-5 years,

Eligibility Requirements: Based on income need to bring pay stub. Must be 5-12 years of age.

The Lula Washington Dance Theatre

www.lulawashington.com

Phone: 323-292-5852

Address: 3773 South Crenshaw Blvd., Los Angeles, CA 90016

Fees: Registration is \$35 and each class is \$15. Tuition rates may vary depending on length and type of classes.

Hours of Operation: M-F 12 pm -7 pm. Saturday 9 am- 6 pm.

Services Offered: The Lula Washington Dance Theatre (LWDT) is a 501 (c) 3 Non-Profit Arts organization that was founded in 1980 by Lula and Erwin Washington to provide a creative outlet for dance artists in Los Angeles. The foundation is made up of inter-related parts: the School, Youth Dance Ensemble and the professional dance company (Lula Washington Dance Theatre).

The school offers: Ballet, Tap, Hip Hop Dance, African, Modern, Jazz, Turns & Leaps, Brazilian, Caribbean, Basic gym and many more dance classes for beginner and advanced levels.

Eligibility: Services available from age 3 through adults.

AFTER SCHOOL PROGRAMS cont.

All people Christian Center

Phone: (213) 747-6357

Address: 822 E. 20th Street, Los Angeles, CA. 90011 (Cross Streets: Washington & San Pedro)

Access: Application process. Waiting list as of 2/2/12

Hours of Operation: M-F 2:30 pm – 6:30 pm

Fees: \$25 every 3 months.

Services Offered: Homework assistance, recreational activities, and computer instruction, educational field trips are available for students in grades 1st-12th.

CHILD CARE

92nd and Mai Child Development Center

Phone: (323) 249-0621

Address: 9200 S. Mai St., Los Angeles, CA 90002 (Cross Street 92nd)

Website: <http://www.drewcdc.org>

Hours of Operation: Early Intervention program, Wednesday through Friday, 9:00am to 12 noon; 2:00pm to 5:00pm. Child care program Monday through Friday, 7:00am to 5:30pm.

Administrative hours: Monday through Friday, 8:00am to 5:00pm.

Access Services: walk-in, intake

Fees: based on income.

Languages Spoken: English/ Spanish

Services Offered: The agency provides childcare services, family preservation, and mental health services primarily for people who live in South Los Angeles

Eligibility Requirements: child must be 18 months to 5 years of age.

Locke Infant/Toddler Center

Phone: (323) 755-0102

Address: 320 E. 111th St., Los Angeles, CA 90061 (Cross Street: Avalon Blvd.)

Hours of Operation: Monday through Friday, 7:30am to 3:30pm.

Access Services: intake

Fees: none

Languages Spoken: English/ Spanish

Services Offered: The center offers child care and education services for teen mothers to complete high school while their children are provided with care. Services are provided for teenage mothers enrolled at Lock High School, Sojourner Truth High School, and Riley High School.

Eligibility Requirements: The teenage mother must attend the above high schools. The age requirement for the child is 2 months to 2 years of age.

CHILD CARE cont.

Vermont Child Care

Phone: (323) 758-7902

Address: 5054 S. Vermont Ave., Los Angeles, CA 90037 (Cross Street: 51st St.)

Hours of Operation: Monday through Friday, 7:00am to 5:00pm.

Access Services: Intake, waiting list as of 2/2/12

Fees: Depends on income.

Languages Spoken: English/ Spanish

Services Offered: The agency provides child care, clothing, counseling services, family life education, and youth services to families who live in the Los Angeles area, including downtown L.A, East L.A, Pico Union, and South Central L.A.

Eligibility Requirements: Children must be between the ages of 3-4. Parents must be working or be full time students.

Children's Collective, Inc-King/San Pedro

Phone: (323) 231-1367; FAX: (323) 231-6242

Address: 3817 S. San Pedro St., Los Angeles, CA 90011 Cross Street: Martin Luther King Jr. Blvd.)

Hours of Operation: M-F 7:30 am – 6:00pm

Access Services: Intake, waiting list as of 2/2/12

Fees: Depends on income and family size

Languages Spoken: English/ Spanish

Services Offered: The agency provides case management, child care, education services, and services for people with developmental disabilities. Full day and 3 hour child care is available.

Eligibility Requirements: Children must be between the ages of 3-5 and potty trained. Full day child care is provided if both parents are working or in school; parents must also prove a need for child care. For 3 hour child care the parent must have some sort of income.

CHILD CARE cont.

Harriette E. Shields Child Care Center

Phone: (323) 241-1187

Address: 224 E. 126th St., Los Angeles, CA 90061

Website: <http://www.ccafs.org>

Hours of Operation: M-F 6:30 am – 5:30 pm

Access Services: Intake and application process

Fees: Depends on income

Languages Spoken: English/ Spanish

Services Offered: The agency provides child care, child care information, and referral for low-income people in the Southeast Los Angeles and Harbor/ Long Beach areas of Los Angeles County.

Eligibility Requirements: Children must be between the ages of 2-5 and potty trained.

It's a Small World

Phone: 323-292-7177

Address: 1929 W 41 St. Los Angeles, CA 90062

Fees: Child care can be paid through subsidized programs, or out-of-pocket.

Services Offered: Provides child care from 6:00 am – 6:00 pm. Other facilities offer 24 hr child care.

COUNSELING / PSYCHOLOGICAL SERVICES

Children's institute Inc. (Headquarters)

Phone: (213) 385-5100

Address: 711 South New Hampshire Avenue, Los Angeles, California 90005

Hours of Operation: M-F 8:00 am – 9:00 pm, Saturday 8:00 am – 4:00 pm

Fees: Medical only

Languages: English/Spanish

Waiting list: 3-4 weeks

Children's Institute Inc - South County

Phone: (310) 783-4677

Address: 21810 Normandie Avenue, Torrance, California 90502
Cross street: Carson & Normandie

Hours of Operation: Monday-Friday from 8:00-9:00 p.m.

Fees: Medical only

Languages: English/Spanish

Services Offered: *Treatment*

Children who have been traumatized by abuse, neglect, or community violence require special care. CII has created one of the nation's strongest models for working with children who have been affected by violence. The agency provides a wealth of therapeutic services that include child and family mental-health assessment and treatment services, in-home counseling, specialized sexual abuse treatment, emergency response and follow-up services for victims of domestic violence and their children, and comprehensive foster care services.

Prevention

CII's prevention services help to ensure that children grow up in a safe, stable environment. They include parenting education, counseling and support groups for fathers, and intervention in schools to prevent bullying and provide youth with an alternative to gangs.

Counseling/Psychological cont.

AADAP-Inpatient

Phone: (323) 293-6884 **Contact Person:** Loren Lee (323) 293-6291

Address: 2900 S. Crenshaw Blvd/Adams Blvd, Los Angeles, CA. 90016

Hours of Operation: M-F 8:30 am – 6:00 pm

Access Services: By appointment only

Fees: Sliding fee scale

Languages: English, Korean & Spanish

Services Offered: Education, Prevention, Outpatient and Residential Services are provided to those needing assistance with substance abuse related issues. In addition, the agency provides comprehensive job training and employment programs. This agency serves both youth and adults.

Para Los Niños

Phone: (213) 896-1840

Address: 845 E. 6th Street, Los Angeles, CA. 90021 (Cross Streets: Gladys/Central)

Hours of Operation: Monday-Friday from 8:45-8:00 p.m.

Fees: Medical is welcome

Languages: English/ Spanish. Accommodations can be made for other languages.

Services Offered: Because we believe that education is essential to breaking the cycle of poverty, Para Los Niños operates programs that directly educate children and youth. Our organization also provides a comprehensive array of social and mental health services that help families create safe, nurturing, and healthy homes in which their children can thrive and build toward a brighter future.

Please contact us to learn more about our programs that include: Child development, Charter School, After-School Program, Youth Workforce Services and Family Services.

Counseling/Psychological cont.

All people Christian Center

Phone: (213) 747-6357

Address: 822 E. 20th Street, Los Angeles, CA. 90011 (Cross Streets: Washington & San Pedro)

Hours of Operation: Monday –Friday from 9:00-5:30 p.m.

Fees: Registration is \$30. Each class is \$10.

Services Offered: Parenting classes in Spanish Tuesday from 4:30 pm – 6:00 pm; in English on Wednesdays from 5:30 pm – 7:30 pm. Domestic Violence Support Groups on Thursdays from 4:00 pm- 5:30 pm (DV support groups are on hold until September 2012). Fatherhood classes on Thursdays from 6:00 pm – 7:30 pm. Motherhood classes on Wednesdays from 6:00 pm–7:30pm. Counseling is also available.

* All classes are in Spanish, except for parenting classes. Childcare is only provided for DV support groups. Certificate of completion will be available upon completion of ten classes with full payment.

Wrap Around Services

Phone: (323) 965-7041 **Contact:** Tracey Jackson

Address: 8300 S. Vermont St. Los Angeles, CA

Services Offered: Counseling, parenting
Wrap Around Services will make referrals to other agencies.

Eligibility

At risk of losing placement, transitioning from group home or probation to placement.

Fees: Medical accepted

Counseling/Psychological cont.

Maria Theresa Roland

Phone (Office): (310) 674-2820

Phone (Cell): (310) 692-5461

Address: 239 East Manchester Boulevard, Suite 205, Inglewood, CA. 90301

Hours of Operation: Tuesdays, Thursdays, and every other Saturday

Services Offered:

- Anger management
- Alcohol & Substance Abuse
- Parenting (PC 273.01)
- Sexual Abuse awareness Education
- Family & Children Counseling
- Clinical Hypnotherapy
- Individual Counseling
- Domestic Violence

Languages: English, Spanish, and some sign language

Fees:

\$10.00 per class

\$15.00 per intake

All programs are under the sliding scale. Financial evaluation is done automatically at the time of intake. Final fee is based on an evaluation of client's financial status.

Kedren Community Center

(323) 233-0425

4211 S. Avalon Blvd., Los Angeles, CA. 90011 (Cross Streets: Vernon & King Blvd)

Hours of Operation: Monday - Thursday from 9:00-5:00 p.m.

Fees: Medical welcome; Sliding scale fee

Languages: English only, however interpreters are available.

Services Offered: Individual counseling only

Counseling/Psychological cont.

Coalition of Mental Health Professional, Inc.

Address: 9219 S. Broadway, Los Angeles, CA 90003

(Service/Intake) (323) 777-3120

(FAX) (323) 777-5968

Website: <http://www.mentalhealthprofessionals.org>

Administrative Hours:

Monday through Friday, 8:30 am to 7:00 pm; and Saturday, 8:30 am to 1:00 pm.

Site Hours:

Monday through Friday, 9:00 am to 7:00 pm; Saturday, 9:00 am to 5:30 pm.

Access: Walk in services. The site is fully accessible to people who use wheelchairs.

Fees: Sliding scale/Depends on clients' income.

Languages Spoken: English/Spanish.

Overview

The agency provides counseling services, domestic violence services and sexual assault services for people in South Los Angeles. There are no geographic restrictions.

Services Offered: Counseling services, domestic violence services, sexual assault services, marriage and family counseling, general counseling, parenting, sexual offender services, and anger management.

Eligibility Requirements

Court Order: Photo Identification Card, Income Statement, and Proof of Address.

Individual counseling provided without court order.

So. Calif. Counseling Center

Phone: (323) 937-1344 **Address:** 5615 W. Pico Blvd. Los Angeles, CA 90019

Hours of operation: M-F 8:00am – 9:00 am, Saturday 9:00am-4:00pm, Sunday 10:00am – 5pm

Access: By appointment

Fees: Sliding Scale

Languages: English, some Spanish, Italian, Russian, and Persian.

Services Offered: Individual, Couple, Family and Group treatment services are provided. In addition, the Abuse Prevention Program ("TAPP") which was created in 1986. supports both men and women in taking a stand against violence in their lives. We are approved by the Department of Probation, and provide court mandated and self-referred services.

Domestic violence groups are available for men and women.

Counseling/Psychological cont.

Kaiser Permanente - Watts Counseling and Learning Center

Address: 1465 E. 103rd Street, Los Angeles, CA 90002

Cross Street: (S) Success Street.

(Service/Intake) (323) 564-7911

(FAX) (323) 569-8527

Website: <http://www.kaiserpermanente.org/locations/calif>

Site Hours: M-F: 8:00 am – 6:00 pm, Saturday 8:30 am -5:00 pm

Access: Call for appointment. The center has ramps, designated parking for people who have disabilities, and is fully accessible to people who use wheelchairs.

Fees: Free Services.

Languages Spoken: English and Spanish.

Waiting List: Approximately a month and half. Varies by program, must call for an exact waiting list time.

Overview

The center provides counseling services, early childhood education and youth services for Watts residents of all ages, including people who are not Kaiser Health Plan members. Services are restricted to people who live within a six-mile radius of the center.

Service Available: Counseling services, early childhood education, youth services, educational therapy, and outreach programs.

Eligibility Requirements: No requirements.

Counseling/Psychological cont.

S. Mark Taper Foundation Center - Didi Hirsch

Address: 1328 W. Manchester Ave, Los Angeles, CA 90044

Cross Street: (S) Normandie Blvd.

(Service/Intake and Administration) (323) 778-9595

(Service/Intake) (Central Intake and Emergency Services) (310) 390-8896

(FAX) (323) 778-0028

Website: <http://www.didihirsch.org>

Hours of Operation: Monday and Thursday, 9:00 am to 8:00 pm; Tuesday and Wednesday, 9:00 am to 7:30 pm; and Friday, 9:00 am to 5:00 pm.

Access: Must call for intake appointment. no walk-ins. The site is accessible, without special facilities, to people who use wheelchairs.

Fees: Sliding scale/Depends on clients' income.

Languages Spoken: English and Spanish.

Waiting List: 3-4 weeks

Clients' assessments are done immediately, yet it takes 2-3 weeks to meet with a therapist.

Overview

The agency provides counseling services; financial assistance for utility bills for Culver City residents for children, families and adults; mental health services; older adult services, residential mental health services; residential treatment for substance abuse; substance abuse services; suicide prevention hotlines; and welfare-to-work support services for people of all ages in Los Angeles County. Services are provided at 9 locations; see site list for details. Age and geographic restrictions apply for some services.

Administrative Description

This is a private, non-profit organization which is licensed by the State Department of Mental Health and supported by fees, independent fund raising, mixed public funding, CA State Department of Mental Health and CA State Department of Health Services, Short-Doyle funds and United Way. CASC services are funded by State Proposition 36. Services are provided by professional staff, including LCSW's, MFT's, and PhD's; and by MSW, MFT and psychology graduate student interns under the supervision of licensed staff. RELATED ENTRIES: Behavioral Health Services, Inc. Didi Hirsch Community Mental Health Center Homeless Health Care Los Angeles Integrated Care System Redgate Memorial Recovery Center Prototypes, Centers For Innovation In Health, Mental Health and Social Services Tarzana Treatment Center, Inc.

Service Available

Counseling Services Mental Health Services Welfare-To-Work Support Services.

Eligibility Requirements

Services are only provided to children. Non-profit organization takes clients with Medi-Cal and services are free for clients who have an open case with DCFS.

Counseling/Psychological cont.

Homeless Outreach Program (HOP) - Homeless Women and Children Project Site

(Service/Intake) (323) 948-0444

(FAX) (323) 948-0443

Address: 5715 S. Broadway, Los Angeles, CA 90037

Website: <http://www.ssqmain.org>

Administrative Hours: M-F 9:00 am – 4:00 pm

Site Hours:

Monday through Friday, 9:00 am to 5:00 pm; Shelter hours are Monday through Sunday, 24 hours per day.

Access: Call for eligibility. The site provides limited access to people who have disabilities.

Fees: Paid for by GAIN

Languages: English/ Spanish

Overview: 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.

Service Offered: Homeless Support Services Shelter.

Eligibility: Must call for eligibility, process takes 3 days. Parent will be notified if eligible after 3 days.

Homeless Outreach Program (HOP) - Integrated Care System (ICS)

(Service/Intake) (323) 948-0444 **(FAX)** (323) 948-0443

Address: 5715 S. Broadway, Los Angeles, CA 90037 **Cross Street:** (S) Slauson Ave.

Website: <http://www.ssqmain.org>

Administrative Hours: M-F 9:00 am – 4:00 pm

Site Hours: M-F 8:00 am – 4:00 pm

Access: The site is fully accessible to people who use wheelchairs.

Overview

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.

Service Available

Homeless Support Services.

Counseling/Psychological cont.

Los Angeles County DMH Augustus F. Hawkins Comprehensive Mental Health Center

Address: 1720 E. 120th Street, Los Angeles, CA 90059

Cross Street: (S) Wilmington Ave.

(Service/Intake and Administration) (310) 668-4272

(Service/Intake) (Case Management/CalWORKS) (310) 668-5069

(Service/Intake) (Child/Adolescent) (310) 668-6008

(Service/Intake) (Psychiatric Emergency) (310) 668-4326

(Service/Intake) (Triage) (310) 668-3403

(FAX) (310) 898-3485

Website: <http://www.dmhconnection.lacounty.info/>

Administrative Hours: Monday through Friday, 8:00 am to 5:00 pm.

Site Hours: Monday through Friday, 8:00 am to 5:00 pm.

Access:

The site has designated parking for people who have disabilities; it is fully accessible to people who use wheelchairs.

Fees: Sliding scale/Depends on clients' income.

Languages Spoken: Mostly English, Spanish, Chinese, Korean, and German (Others).

Waiting List: None. No Walk-In.

Overview

The center provides mental health services and welfare-to-work support services, primarily for adults and children who live in South Central Los Angeles and surrounding communities. Most services are restricted to adults who live in the Southeast Health Region and parts of the San Antonio Health Region; this area includes Compton, South Central Los Angeles and Willowbrook.

Administrative Description

This is a program of L A County DMH Administration, and is affiliated with L A County DHS Martin Luther King Jr. - Harbor Hospital which is supported by fees and public funding. It is also affiliated with the Charles R. Drew University of Medicine and Science. Services are provided by professional and paraprofessional staff, including psychiatrists, psychologists, nurses and social workers.

Service Available

Mental Health Services Welfare-To-Work Support Services.

Eligibility Requirements: None.

Counseling/Psychological cont.

Shields for Families, Inc.

(Administrative) (323) 242-5000, **Extension** 200

(Service/Intake) (323) 777-0130, **Extension** 234

Address: 12714 S. Avalon Blvd. 3rd Floor, Los Angeles, CA 90061 **Cross Street:** El Segundo.

Website: <http://www.shieldsforfamilies.org>

Administrative Hours: M-F 8:30 am to 5:00 pm.

Site Hours: M-F 8:30 am to 5:00 pm.

Access: May walk in on intake days: M, T, W, F 8:30 am – 3:00 pm, Thurs 1:00 pm – 3pm.

Appointment can also be made.

The site has designated parking for people with disabilities; it is fully accessible to people who use wheelchairs.

Languages Spoken: English/Spanish

Overview

The agency provides family preservation services, mental health services, residential substance abuse treatment, substance abuse services, vocational education services and youth services primarily for families who live in the South Central Los Angeles/Compton area. Services are offered at seven locations (see the site list for detail). There are no geographic restrictions.

Service Available

This is the administrative site for the organization. They can refer clients to counseling, therapy, and other services. Services are also available for court orders for domestic violence victims, and substance/alcohol abusers.

Kedren Community Mental Health Center

(Service/Intake and Administration) (323) 233-0425

(TDD) (323) 233-0344

Address: 4211 S. Avalon Blvd., Los Angeles, CA 90011

Cross Street: (S) E. 41st Place and E. 42nd Place.

Site Hours: Monday through Friday, 8:30 am to 5:00 pm.

Access: The site is accessible, without special facilities, to people who use wheelchairs.

Fees: Medi-Cal accepted

Languages Spoken: English and Spanish.

Overview

The center provides inpatient and outpatient mental health services and welfare-to-work support services for people of all ages who live, primarily, in the South Central and Southeast areas of Los Angeles. There are no geographic restrictions.

Service Available

Inpatient Mental Health Services, Mental Health Services, Welfare-To-Work Support Services.

Counseling/Psychological cont.

USC Psychology Services Center

(Service/Intake) (213) 740-1600

Address: 1002 Childs Way, Los Angeles, CA 90089-1591

Cross Street: (S) Vermont Ave.

Hours of Operation: M-F 10:00 am – 5:00 pm

Access: Call for an appointment

The facility is accessible, without special facilities, to people who use wheelchairs.

Fees: Sliding scale/Depends on clients' income.

Languages Spoken: English, and limited Spanish

Waiting List: Yes, depending on the referral

Overview

The center provides counseling services for people of all ages who live in Los Angeles County. There are no geographic restrictions.

Service Available

Counseling services, psychological assessments

Eligibility Requirements

Clients need to have an intake over the phone and schedule an appointment.

Tingstad Older Adult Counseling Center

Address: 1002 W. Childs Way, Los Angeles, CA 90089-1591

Cross Street: (S) Vermont Ave. and 36th Street

(Service/Intake) (213) 740-3493

Administrative Hours: Monday through Friday, 9:00 am to 5:00 pm.

Site Hours: Monday through Friday, 9:00 am to 4:30 pm.

Access: The site is fully accessible to people who use wheelchairs.

Overview

The agency provides counseling services for adults 55 years and older and their families. There are no geographic restrictions.

Administrative Description

This is a private, non-profit agency located on the University of Southern California campus which is affiliated with the Andrus Gerontology Center and housed at the USC Human Relations Center. The agency administers the Los Angeles Caregiver Resource Center and was formerly known as the Andrus Older Adult Center. It is funded by fees and the parent agencies. Services are provided by mental health professionals and graduate students who specialize in working with older adults. RELATED ENTRIES: Andrus Gerontology Center Los Angeles Caregiver Resource Center.

Service Available

Counseling Services.

Counseling/Psychological cont.

Los Angeles County DMH Compton Mental Health Center

(Service/Intake) (310) 668-6800

(Service/Intake) (Access Line and PMRT After Hours/Weekends) (800) 854-7771

(FAX) (310) 898-3474

Address: 921 E. Compton Blvd. 1st Floor, Compton, CA 90221

Cross Street: (S) Santa Fe Ave.

Administrative Hours: Monday-Friday, 8:00 am to 5:00 pm.

Site Hours: Monday, Tuesday, Wednesday and Friday, 8:00 am to 5:00 pm; and Thursday, 8:00 am to 7:00 pm; appointment only between 5:00 pm to 7:00 pm.

Access: The agency is accessible, without special facilities, to people who use wheelchairs.

Fees: Sliding scale/Depends on clients' income.

Languages Spoken: English /Spanish

Overview

The center provides employment services, mental health services and welfare-to-work support services for adults with mental/emotional disturbance, who live in Compton, Huntington Park, Lynwood, Maywood, Paramount, South Gate, Vernon, and parts of Carson.

Service Available

Employment Services Mental Health Services Welfare-To-Work Support Services.

Los Angeles County DMH West Central

(Service/Intake and Administration) (323) 298-3680

(Service/Intake) (Access Line and PMRT After Hours/Weekends) (800) 854-7771

Address: 3751 Stocker Street, Los Angeles, CA 90008

Cross Street: (S) Santa Rosalia Dr.

Website: <http://www.dmh.co.la.ca.us/providers/sa6.htm>

Administrative Hours: Monday through Friday, 8:00 am to 5:00 pm.

Site Hours: Monday through Friday, 8:00 am to 5:00 pm.

Access: Application process. Walk ins on M-Thurs 10:00 am – 3:00 pm The site is accessible, without special facilities, to people who use wheelchairs.

Fees: None

Language: English/ Spanish

Overview: The center provides mental health services, employment support services, and welfare-to-work support services for adults who live in the Los Angeles area.

Service Available: Mental Health Services, Welfare-To-Work Support Services

Counseling/Psychological cont.

Personal Involvement Center, Inc. Mental Health Services

Phone: 323-778-0488

Address: 8220 S San Pedro St. Los Angeles, CA 90003 (Located inside Praises of Zion B.C.)

Website: picservices.org

Languages: Spanish/English

Fees: Medical

Program Overview: The Personal Involvement Center, Inc. is a non-profit community based social service agency. This program is a cohesive team of therapist, psychologist, case managers, and psychiatrist who provide specialized services to children, ages 0-21 y.o. and their families that are Medi-Cal eligible. Children and families who have been exposed to traumatic events, challenged with intense behavioral concerns, or involved with DCFS cases are encouraged to seek services with PIC.

Services Offered: On-site psychiatric services, on-site psychological assessments, individual, group, & family therapy, field-based services: in-home, school, & community visits. Mental health therapy and assessments, client care coordination plans, parenting support services, and case management. PIC provides bilingual services, transportation, and written progress letters.

Families Learning to Interact Positively (F.L.I.P.)

Phone: 323-758-3777 ext 4623 or 4175

Address: 7901 S Vermont Ave Los Angeles, CA 90044

Program Overview: A substance abuse treatment project for youth 12-17 y.o. FLIP offers home and community based visits designed to assist in the decision to move toward and reinforce the recovery process.

Services Offered: Evidence based interventions focused on alcohol and substance abuse, group and individual session using the A-CRA/ACC model for a duration of 6 months, individual and relative sessions for caregiver support, follow-up after discharge, positive activities geared toward encouraging teens to make a good decision that impact their current circumstances and their future

Ness Counseling

Phone: 310-360-8512

Address: 8512 Whitworth Drive Los Angeles CA, 90035

Hours of Operation: Monday – Thursday 9:00 am – 5:00 pm, Fri & Sun 9:00 am – 2:00 pm

Fees: Sliding Scale

Languages: English/ Spanish

Services Offered: Counseling services for individuals, couples, adults, and children

Counseling/Psychological cont.

California Drug Treatment Program (CDTP)

Phone: 323-756-9933

Address: 9001 S Vermont Ave. Los Angeles, CA 90044

Website: caldrugtreatment.com

Hours of Operation: Monday-Saturday 9:00 am – 7:00 pm

Fees: Most insurance plans are accepted. Fees are based on sliding scale, ability to pay basis.

Services Offered: Assessments, group and individual counseling, educational groups, dual diagnosis groups, relapse prevention groups, urinalysis/drug screening testing, referral to community services, HIV/AIDS education, aftercare and alumni services, introduction to 12-steps groups, anger management groups.

Eligibility: Adult men and women, 18 years of age and older.

Institute for Multicultural and Educational Services

Phone: 213-381-1250

Address: 3580 Wilshire Blvd. Los Angeles CA, 90010

Hours of Operation: Monday – Friday 9:00 am - 5:00 pm

Fees: Medical or sliding scale

Waiting list: Adult Services

Services Offered: Counseling Services for adults and children. Saturday services may be available by appointment only.

Didi Hirsch

Phone: 310-677-7808

Address: 111 N LaBrea, Suite 700 Inglewood, CA 90301

Hours of Operation: 8:00 am – 7:00 pm

Intake Department: 888- 807-7250

Languages: English/ Spanish

Fees: Medical

Services Offered: Mental health services, psychiatric services, counseling in groups, individual, or family. Services available for adults and children.

Families in New Directions

Phone: 323-296-3781

Address: 3756 Santa Rosalia Drive, Ste 213 Los Angeles, CA 90008

Fees: Medical accepted, sliding scale

Services Offered: Counseling services for all ages

Counseling/Psychological cont.

Peace Over Violence

Phone: 213-955-9090

Address: 605 W Olympic Blvd. Los Angeles, CA 90015

Hours of Operation: Monday- Friday 9:00am – 5:00 pm

Languages: English and Spanish

Fees: Free, unless services are court ordered

Services Offered: Counseling services for sexual assault victims and domestic violence victims.

Seeking Peaceful Solutions

Phone: 323-753-1314

Address: 8724 S Vermont Ave Los Angeles, CA 90044

Hours of Operation: Mon, Wed, Th 8:30am – 6:00pm. Tu 8:30 am – 7:00 pm Fri 8:30 am- 1:00pm. Sat 8:30 am- 1:30 pm (only for youth services)

Languages: English

Fees: For working adults \$65 for intake and assessment, and \$25 per class or session. Adults on a subsidized program \$35 for intake and assessment, and \$15 per class or session. Youth receiving drug and alcohol treatment may qualify for free services.

Services Offered: Anger management, parenting, and child abuse classes. Also, domestic violence classes for domestic violence victims and batterers.

Hope Center

Phone: 323-290-2405

Address: 3721 S LaBrea, Los Angeles CA 90016

Hours of Operation: Mon- Fri 9:00 am – 6:00pm, Sat 10:00 am – 2:00 pm

Languages: English/ Spanish

Fees: Workshops are free, cyber café is \$4 per hour or \$20 for monthly membership.

Services Offered: Workshops for money management and counseling for foreclosure. Cyber café available for internet use, faxing, and printing.

Watts Counseling & Learning

Phone: 323-564-7911

Address: 1465 E 103rd St Los Angeles, CA 90002

Hours of Operation: Mon- Fri 9:30 am - 5:00 pm

Languages: English/ Spanish

Fees: Free

Services Offered: Individual and group counseling

Counseling/Psychological cont.

Los Angeles Child Guidance

Phone: 323-290-8360

Address: 3787 S Vermont Ave Los Angeles, CA 90007

Hours of Operation: 8:00am – 7:00 pm

Languages: English/ Spanish

Fee: Medical

Services Offered: Individual and family therapy, early intervention program, wrap around services, therapeutic behavioral services, life learning program.

Eligibility: Ages 2-18

Project Peace Maker

Phone: 323-291-2525

Address: 1826 W 54th St Los Angeles, CA 90062

Hours of Operation: Mon- Fri 8:00 am – 5:00 pm

Intakes: Mon- Thu 8:30 am – 3:00 pm (Walk in Only)

Languages: English/ Spanish

Fees: Working Adults \$20 per class, non- working \$10, CalWORKS, GAIN, or GR recipients have no fee.

Services Offered: Individual counseling, domestic violence classes for victim, parenting and anger management classes.

Stop the Violence Increase the Peace

Phone: 323-777-4893

Address: 2930 W Imperial Highway Inglewood, CA 90303

Hours of Operation: Mon- Fri 10:00 am – 5:30 pm

Languages: English/ Spanish

Fees: Sliding Scale

Services Offered: Counseling, parenting, domestic violence, anger management, and substance abuse classes.

Changing Steps

Phone: 323-294-5051

Address: 5151 S Western Ave Los Angeles, CA 90062

Hours of Operation: Mon- Fri 9:00 am – 6:30 pm

Languages: English

Fees: Medical. If no medical: \$50 for intake and \$25 per class

Services Offered: Counseling, parenting, domestic violence, and anger management classes.

Counseling/Psychological cont.

Pride Health Services

Phone: 323-753-5950

Address: 8904 S Vermont Ave Los Angeles, CA 90044

Hours of Operation: Mon-Fri 8:30 am – 5:00 pm

Languages: English/ Spanish

Fees: Medical

Services Offered: Drug and alcohol counseling, parenting, domestic violence, and anger management classes.

U- Turn Alcohol and Drug Education Program

Phone: 323-294-4261

Address: 3761 Stocker, Ste 105 Los Angeles, CA 90008

Hours of Operation: Mon-Fri 9:00 am – 7:30 pm

Languages: English

Fees: Medical

Services Offered: Drug and alcohol counseling, parenting, domestic violence, and anger management classes. Services available for teens (Tu, Thu, F) and adults (M, W, F).

New You Center, Inc

Phone: 323-750-7580

Address: 1030 W Florence Ave Los Angeles, CA 90044

Hours of Operation: 9:00 am – 5:30 pm

Languages: English/ Spanish

Fees: Medical or sliding scale

Services Offered: Drug and alcohol education, relapse prevention, parenting and anger management classes. Domestic violence classes, for victims, available on Saturdays.

EDUCATION

SCHOOL DISTRICTS

LAUSD (Local District 7)

10616 S. Western Ave.
Los Angeles, CA 90047
<http://www.lausd.net>
Service/Intake and Administration: 323-242-1300
FAX: 323-242-1390
24 hour information line: 213-241-4500
District Directory Assistance: 213 241-1000
Monday - Friday, 9:00am to 5:00pm.

Lynwood Unified School District

11321 Bullis Rd.
Lynwood, CA 90262
<http://www.lynwood.k12.ca.us>
310-886-1600
Fax: 310-886-1449
Service/Intake: 310-603-1400
Monday - Friday, 8:00am to 4:30pm.

Compton Unified School District

501 S. Santa Fe Ave. Compton, CA 90221
<http://www.compton.k12.ca.us>
Service/Intake: 310-639-4321
Service/Intake and Administration: 310-898-6008 – Child Development Office
Monday - Friday, 8:00am to 5:00pm.

Paramount Unified School District

15110 S. California Ave.
Paramount, CA 90723-4378
<http://www.paramount.k12.ca.us>
Service/Intake and Administration: 562-602-6000
Adult School: 562-602-8080 M-Thurs 8:00 am – 9:00 pm, F 8:00 – 4:30 pm
Student Services: 562-602-6035
FAX: 562.602.8111
Monday - Friday, 8:00am to 4:30pm.

ADULT EDUCATION

LAUSD Sites

<http://www.adultinstruction.org>

Administration hours: Monday - Friday, 8:00am to 5:00pm

Provide adult education, immigration services, and job training programs for residents of the Los Angeles Unified School District (LAUSD).

Freemont-Washington Community Adult School

7676 S. San Pedro St. (X-Street: Florence Ave)

Los Angeles, CA 90003

323-565-1300 (Service/Intake)

323-565-1301 (FAX)

Jefferson Community Adult School

1319 E. 41st St. (X-Street: Hooper Street)

Los Angeles, CA 90011

Service/Intake and Administration: 323-235-8120

FAX: 323-233-9658

Monday - Friday, 8:30am to 9:00pm.

Locke Branch

325 E. 111th St. (X-Street: Avalon Blvd.)

Los Angeles, CA 90061

323-757-8296 (Service/Intake)

323-757-9416 (FAX)

Monday - Friday, 8:00am to 9:00pm.

Los Angeles Technology Center

3721 W. Washington Blvd. (X-Street: Crenshaw Blvd.)

Los Angeles, CA 90018

323-732-0153 (Service/Intake and Administration)

323-731-1568 (FAX)

Administrative Hours: Monday through Friday, 8:00am to 5:00pm.

Manual Arts-Crenshaw Community Adult School

4131 S. Vermont Ave. (X-Street: King Blvd.)

Los Angeles, CA 90037

Service/Intake: 323-234-9177

FAX: 323-234-1310

Monday - Thursday, 1:00pm to 9:30pm, Friday, 8:00am to 4:30pm and Saturday, 8:00am to 2:00pm.

Compton Unified School District Sites

Adult education provided for adults in the Compton Unified School District

Bunche Middle School

12338 S. Mona Blvd. (X- Street: E. 124th St.)

Compton, CA 90222

Service/Intake: 310-898-6479

Monday - Friday, 3:00pm to 5:00pm

Compton Adult School/ Edward G. Chester Adult Center

1104 E. 148th St. (X-Street: N. Central Ave.)

Compton, CA 90220

Service/Intake and Administration & Administrative Office: 310-898-6470

Service/Intake & Class Info/Counseling/Guidance: 310-898-6473

Service/Intake & Class info 310-898-6472

Monday - Thursday, 8:00am to 8:30pm; Friday, 8:00am to 4:00pm.

Dollarhide Senior Citizens Center

1108 N. Oleander Ave. (X- Street: Rosecrans Ave.)

Compton, CA 90222

Service/Intake/Appointments: 310-605-5688

Monday through Friday, 8:00am to 12:30pm.

Adult Education Services For Older Adults

Mckinley Elementary

14431 S. Stanford Ave. (X-Street: Rosecrans Ave.)

Compton, CA 90220

Service/Intake: 310-898-6320

Administrative Hours: Monday - Thursday, 8:00am to 8:30pm; Friday, 8:00am to 4:00pm.

Robert F. Kennedy Elementary

1305 S. Oleander St. (X-Street: Alondra Blvd.)

Compton, CA 90220

310-898-6422 (Service/Intake)

Monday through Wednesday, 8:30am to 11:30pm.

Tiby Elementary

1400 W. Poplar St. (X-Street: Nestor Ave.)

Compton, CA 90220

Service/Intake & Adults with Disabilities: 310-898-6494

Monday, Tuesday, Wednesday, 8:00am to 12:00 noon.

Adult Education – Compton District Sites (cont)

Willowbrook Senior Citizens Center

12915 S. Jarvis Ave. (X-Street: El Segundo Blvd.)

Los Angeles, CA 90061

310-898-6494 (Service/Intake) (Adults with Developmental Disabilities)

Adult Education for older adults

Administrative Hours: Monday - Thursday, 8:00am to 8:30pm; Friday, 8:00am to 4:00pm

Lynwood Unified School District Sites

<http://adults.lynwoodusd.org/home.asp>

Provide vocational and academic classes for adults age 18 and older who live in and out of the district and for Lynwood High School students who have permission from their school.

Lynwood Community Adult School

4050 E. Imperial Hwy. (X-Street: Cornish Ave.)

Lynwood, CA 90262

310-604-3096 (Service/Intake)

310-603-1485 (Service/Intake) (Adult School-Day Classes)

310-635-9107 (FAX)

Administrative Hours: Monday - Thursday, 8:30am to 9:00pm; and Friday, 8:30am to 4:00pm.

Lynwood Adult School –Day Classes

11277 Atlantic Ave.

Lynwood, CA 90262 (X-Street: Sanborn Ave.)

310-603-1485 (Service/Intake) (Adult School-Day Classes)

310-603-2022 (Service/Intake)

310-637-6894 (FAX)

Monday - Friday, 8:00am to 3:00pm.

Paramount Unified School District Sites

<http://www.paramount.k12.ca.us>

The district provides comprehensive K-12 education and adult education for people in the Paramount, South Gate, and surrounding parts of Long Beach.

Paramount Unified School District Adult Education Center

14507 Paramount Blvd. (X-Street: All-American Way)

Paramount, CA 90723

562-602-8080 (Service/Intake and Administration)

562-634-8081 (FAX)

Administrative Hours: Monday - Friday, 8:00am to 4:30pm.

TEEN PARENTS

LAUSD McAlister High School

4525 Pinafore Street Los Angeles, CA 90008

323-293-5992

School for pregnant minors

Located in 4 different cities

Riley High School

1523 E 103rd Street Los Angeles, CA 90002

323-733-3331

El Nido Adolescent Family Life

2152 Manchester Ave. Los Angeles, CA 90047

323-971-7360

CHARTER SCHOOLS

Soledad Enrichment Action – Administration

222 N Virgil Ave Los Angeles, CA 90004

213-480-4200

SEASchool.com

Education for grades 9-12, students with low credits or gang affiliated. Student cannot be older than 18 y.o.

Provides counseling, rehabilitation, and gang intervention

17 schools all in LA County

EARLY CHILDHOOD EDUCATION

Children's Institute Inc - South County

Phone: (310) 783-4677

Address: 21810 Normandie Avenue, Torrance, California 90502
Carson & Normandie

Hours of Operation: Monday-Friday from 8:00-9:00 p.m.

Fees: Medical welcome/no insurance

Languages: English & Spanish

Services Offered: Designed to positively impact at-risk children in their earliest years, CII's services include Early Head Start and preschool for infants through age five, a comprehensive school-readiness program, a day treatment program for preschoolers with severe emotional and behavioral problems, and an in-home intervention program for children prenatally exposed to drugs or HIV.

Kedren Community Health Center - Head Start/state Preschool

710 E. 111th Pl. (X-Street Stanford Ave.)

Los Angeles, CA 90059

Site Hours: Monday - Friday, 8:30am to 7:30pm

Head Start

Los Angeles County Office of Education

Site locator on the web: <http://caheadstart.org/HSPPrograms.html>

Program information and Referral Line: (877) 773-5543

Provide referrals to Head Start agencies throughout Los Angeles County

M-F: 8 a.m. – 5 p.m.

Families must qualify economically by meeting the Federal Poverty Income Guidelines

LAUSD Ready for School

<http://www.lausd.net>

The program provides early childhood education and school readiness programs for families of children from 0 to 5 years of age in the Los Angeles Unified School District.

Early Childhood Education cont.

LAUSD - Locke/107th St. Ready for School

320 E. 111th St. (X-Street: San Pedro St.)
Los Angeles, CA 90061
323-755-6420 (Service/Intake)
323-755-1883 (FAX)
Site Hours: Monday - Friday, 8:00am to 4:00pm.

LAUSD –Ready for School

1515 E. 104th St. (X-Street: Compton Ave.)
Los Angeles, CA 90002
323-564-1233, 401 (Service/Intake)
323-564-0203 (FAX)
Site Hours: Monday through Friday, 8:00am to 4:00pm.

Los Angeles Urban League

7226 S. Figueroa (X-Street: Florence)
Los Angeles, CA 90003
<http://www.laul.org>
323-753-2401 (Service/Intake)
Site Hours: Monday - Friday, 8:30am to 5:00pm.

EMPLOYMENT CENTERS

WLCAC One-Stop Career Center- Work Source

Front Desk: 323-563-4702 **Phone:** 323-563-5681 **Fax:** 323-563-5636

Address: 10950 S. Central Ave. Los Angeles, CA 90059 **Website:** <http://www.wlcac.org>

Hours of Operation: M-F 7:30 am – 6:00 pm

Services Offered: Resources are available for people interested in seeking employment. Computers, fax machines, resume writing techniques are available.

Eligibility Requirements: Desire for employment

Languages spoken: English/Spanish **Access:** Walk-in **Fees:** Free

South Central Los Angeles Work Source Center

Phone: 323-752-2115 **Fax:** 323-789-4574

Address: 7518-26 S. Vermont Ave. Los Angeles, CA 90044

Hours of Operation: M-Th 8:30am to 5:00pm; Friday, 7:30am – 1:30pm

Fees: free **Access:** Walk-in

Languages spoken: English/Spanish

Services Offered: Employment search, immigration programs, WIA programs.

Eligibility Requirements: Desire for employment

Worksource California Business & Career Center

Phone: 323-752-2115 **Fax:** 323-789-4574

Address: 12700 S. Avalon Blvd. LA, CA 90061

Hours of Operation: M-F 8:30-5:00pm

Fees: free

Access: Walk-in

Languages spoken: English/Spanish

Services Offered: Employment search, case management, WIA programs, Los Angeles Urban League - Head Start/State Preschool.

Eligibility Requirements: Desire for employment

Employment Centers cont.

Community Centers, Inc

Phone: 323-752-2115

Address: 7518-22 S Vermont Ave Los Angeles, CA 90044

Hours of Operation: M-Th 8:00 am – 5:00 pm Fri 7:30 am – 1:00 pm

Access: Walk-in

Services Offered: Employment Services

Los Angeles Urban League WorkSource Business & Career Center

Phone: 323-600-1106

Address: 12700 S Avalon Blvd. Los Angeles, CA 90061

Hours of operation: M-F 8:00 am – 5:00 pm

Services Offered: Employment Services

L. A. Conservation C.O.R.E. Youth Training/Employment

Phone: 213-749-3601

Address: 2824 S Main St Los Angeles CA, 90007

Services Offered: Training and Employment for youth

Access: Must attend orientation. Orientations are every Wednesday at 7:30 am, but must be there at 7:15 am.

UAW Labor Employment

Phone: 323-730-7900

Address: 3965 S Vermont Ave Los Angeles CA, 90007

Services Offered: Employment Services

Los Angeles Urban League West Adams-Baldwin Hills WorkSource Center

Phone: 323-730-7900

Address: 3344 S LaCienega Blvd. Los Angeles, CA 90016

Services Offered: Employment Services

Employment Center cont.

Archdiocese Youth Training/Employment

Phone: 213-736-5456

Address: 3250 Wilshire Blvd. Los Angeles, CA 90010

Services Offered: Training and Employment for youth

**Los Angeles Urban League Milken Family Literacy and Youth
Training Center**

Phone: 323-292-8111

Address: 5414 S Crenshaw Blvd. Los Angeles, CA 90043

Services Offered: Training and Employment for youth

FOOD BANKS

Los Angeles Regional Food Bank

Phone: (323) 234-3030

Address: 1734 E. 41st Street, Los Angeles, CA 90058

Services Offered: Los Angeles Regional Food Bank distributes food to charitable agencies and food pantries sites throughout Los Angeles County.

Food Pantries

East Rancho Dominguez

Phone: (310) 603-7401

Address: 4513 E. Compton Blvd., Compton, CA 90221

Hours of operation: Each 2nd and 4th Friday of the month at 8:00 am

Languages Spoken: English/Spanish

Services Offered: Nutritionist food bags offered for individuals, families, and children.

Eligibility Requirements: Must bring identification card.

Ascension Church

Phone: (323) 292-4939

Address: 3533 W. 58th Place, Los Angeles, CA 90043

Hours of Operation: Wednesday 9:00am- 11:00am

How to Access Services: Walk-in, first come first serve basis

Languages Spoken: English and Spanish

Services Offered: Food Bags for individuals and Families

Eligibility Requirements: There is no income or other requirements to receive services

Food Banks Cont.

Stepping Stone's Food Bank

Phone: (310) 539-0268

Address: 123 w. 79th St., Los Angeles, CA 90003

Hours of Operation: Every 3rd Friday of the month from noon to 2:00 p.m.

Services Offered: Food bank, clothing, shoes, furniture, etc., (Bed, Bath and Beyond makes donations to this agency.

Eligibility Requirements: Open to everyone.

Mom's United Boys to Men Club

Phone: 323-399-9125

Address: 1704 W Manchester Blvd., Suite 105A Los Angeles, CA 90047

Services Offered: Food bags available every Tuesday at 1:00 pm

Holman United Methodist Church

Phone: 323-731-7285

Address: 3320 W Adams Blvd. Los Angeles, CA 90018

Services Offered: Food bags available Monday, Wednesday, and Fridays 1:00 pm - 3:00 pm

Requirements: Individual must call 211 and ask to get on the list to receive emergency food from Holman United Methodist Church.

Maranatha 7th Day Adventist Church

Phone: 323-971-3511

Address: 3569 W Manchester Blvd. Inglewood, CA 90305

Services Offered: Food bags available

SDA Community Services

Phone: 323-735-0228

Address: 4211 W Adams Blvd. Los Angeles, CA 90008

Services Offered: Food bags available

African American Unity Center

Phone: 323-739-7300

Address: 944 W 53rd St Los Angeles, CA 90037

Services Offered: Food bags available

GANG INTERVENTION / VIOLENCE PREVENTION

Aztecs Rising

Address: 3516 N Broadway Los Angeles, CA 90031

Phone: (323) 441-0187

Hours of Operation: M-F 10:00am – 6:30 pm

Fees: Free

Website: www.aztecsrising.org

Services offered: Aztecs Rising promotes peace, self-sufficiency and quality of life for youth, adults and families through gang intervention, violence prevention, case management and job readiness services. Aztecs Rising seeks to break the cycle of violence in the community so that future generations can succeed. Through its innovative programs, Aztecs Rising helps youth and adults become successful, contributing members of their community. While similar in approach, each program of Aztecs Rising works with a unique population and our programs cooperatively work together to provide the best possible services to clients. Services are offered through three programs: Junior Aztec Fire Fuels Program, Aztec Fire Fuels Crew and L.A. Bridges II Gang Intervention Program.

GOVERNMENT AGENCIES

Adult Protective Services

(877) 477-3646

BABY Safe

(877) 222-9723

24/7 hotline provides information and referrals to parents who wish to safely surrender their babies

Birth Control Info for CA

24 hour referrals for family planning and birth control services throughout CA

Government Agencies cont.

CA Dept. Fair Employment/Housing

(800) 884-1684

www.dfeh.ca.gov/

M-F 8a.m-4p.m.

Accepts complaints of discrimination and harassment in employment, housing or public accommodations

Child Abuse Hotline

(800) 540-4000

L.A. Co. Registrar-Recorder/Clerk

Website: www.lavote.net

Phone: (323) 586-6192

Address: 7807 S. Compton Avenue, Los Angeles, CA 90001 (1st Floor)

Hours of Operation M-F 8:30 a.m.- 4:30 p.m.

Services Offered: Birth, Death and Marriage Records

U.S Dept. of Housing/Urban Development (HUD)

Phone: 213-894-8000 (Application)

Address: 611 W. 6th Street, #800, Los Angeles, CA 90017

Hours of Operation: M-F 8:00 a.m. - 4:30 p.m.

Services: Recorded message. Obtain a list of subsidized rental housing (Section 8 projects).

Waiting list: Determined by area.

U.S. Dept. of Labor

Phone:(626) 229-1000

Address:1055 E. Colorado Blvd., Suite 200 Pasadena, CA 91106

Hours of Operation: M-F 8:00 a.m.-4:30 p.m.

Services Offered: Pension and welfare benefits program

U.S. Immigration/Naturalization

Phone: (800) 375-5283 (Customer Service Representative Available from 8:00am – 8:00pm)

Hours of Operation: M-W-F 6:00 a.m.-3:00p.m. Th 6:00 a.m. -12:00 p.m.

Address: 300 N. Los Angeles Street, Room 1001 Los Angeles, CA 90012

Access: Must make appointment. Appointment can be made at www.uscis.gov

Government Agencies cont.

U.S Internal Revenue Service

(800) 829-1040 for federal tax information

AFDC/CalWorks

(877) 481-1044

Food Stamps

(877) 597-4777

Job Opportunities Hotline & Domestic Violence Shelter

Address: 315 W 9th St Suite 101 Los Angeles CA, 90015

Phone: (800) 843-9675

Hours of Operation: M-Th 8:00 a.m.– 5:00 p.m.; F 8:00 a.m – 2:30 p.m.

24 hour hotline is 800-548-2722.

Services Offered: Job placement services are free and offered in English and Spanish. Provide initial assessment and case management. Also provide shelter for female victims of domestic violence and their children for a period of 30-45 days based on availability. No restriction on amount of children allowed, however, boys must be 12 and under.

Medical and Healthy families Information Hotline

(888) 747-1222

Low cost Medical/Dental Insurance

U.S Social Security Administration

(800) 772-1213

Women, Infants, and Children (WIC)

(888) WIC-BABY

Free & Low Cost Medical Services

(800) 427-8700

Information and referral hotline

HEALTH CLINICS

St. John's Well Child and Family Center

Phone: 323-541-1400 **Fax:** 323-541-1401

Address: 5701 S. Hoover St. Los Angeles, CA 90037

Hours of Operation: M-F 8:30-5:00 Sat. 8-2:00pm

Access: Walk-in

Languages spoken: English/Spanish

Fees: \$20.00 Urgent Care \$40.00 Physicals

Services Offered: Outpatient services, dental services, counseling, and health services.

Eligibility Requirements: Low income people

Martin Luther King, Jr. - Multi-service Ambulatory Care Center

Phone: 310-668-4321

Address: 12021 S. Wilmington Ave. LA, CA 90059

Hours of Operation: M-F 8:00-5:00

Access: Walk-in

Languages spoken: English/Spanish

Fees: Depends on income

Services Offered: Outpatient services

Eligibility Requirements: All are welcome

LA Free Community Clinic

Phone: 323-653-1990

Address: 8405 Beverly Blvd. LA, CA 90048

Hours of Operation: M-F 7:30-4:30

Access: appointment only

Languages spoken: English/Spanish

Services Offered: Outpatient services

Eligibility Requirements: Low Income

HOMELESS SERVICES

Beacon Housing-House of Hope

Phone: (323) 256-6975

Address: 1800 E. 85th St., Los Angeles, CA 90001 (Cross street: Holmes Ave.)

Hours of Operation: Monday through Sunday, 24 hours per day.

Access Services: walk-in, intake

Fees: 30% of median income.

Languages Spoken: English/ Spanish/ Japanese

Services Offered: The agency provides housing services for women with children in Los Angeles County. Services are provided by paraprofessional staff; case management, counseling and intervention services in coordination with Bienvenidos Family Services.

Eligibility Requirements: Boys have an age limit of 10 years old and girls have an age limit of 15 years old.

Los Angeles Homeless Services Authority (LAHSA)-Pick-Up

Phone: Hotline number: (213) 225-6571

Address: Imperial Hwy. & Central Ave. - Southeast corner
Los Angeles, CA 90059

Website: <http://www.lahsa.org>

Fees: none

Languages Spoken: English/ Spanish

Hours of Operation: 4:30PM is the pick up time.

Emergency response team: Monday through Friday, 7:00am to 5:00pm.

Access Services: walk-in

Services Offered: The agency provides shelter, motel vouchers and transportation for homeless individuals and families for protection from cold weather

Eligibility Requirements: those in need of emergency shelter.

HOMELESS SERVICES cont.

Watts Labor Community Action Committee

Phone: (323) 563-4721

Address: 958 E. 108th St., Los Angeles, CA 90059 (Cross Street: Central Ave.)

Website: <http://www.wlcac.org>

Hours of Operation: Monday through Friday, 8:00am to 5:00pm.

Access Services: walk-in, intake

Fees: none

Languages Spoken: English/ Spanish

Services Offered: The agency provides a homeless support services access center and shelter services. The center houses several community based organizations that provide services, including Beyond Shelter, Special Services For Groups Homeless Outreach Programs, and South Central Health and Rehabilitation Programs (SHARP).

Eligibility Requirements: There must be proof of homelessness, must be documented, TB test from the last six months, proof of income. Services available to mothers and fathers with children under the age of 10.

HELPLINES / HOTLINES

AIDS LA hotline

Phone: (800) 367-2437 TTY: (888) 225-AIDS

Website: www.aidshotline.org

Hours of Operation: M-F 9:00 am – 4:00 pm

Services Offered: AIDS and STD hotline offers support, referrals and crisis counseling. Also provides HIV Testing, prevention, care, treatment, and support services in California.

AIDS Youth Hotline- Children's Hospital Los Angeles

(888) 25-youth

Services Offered: Serves youth 12-24 years of age who have medical insurance. Provide counseling, HIV medical services, substance abuse and programs for risk reduction and transgender youth

Alcohol Drug Helpline

(800) 821-4357

24 hour referral service

Provides nationwide referrals for treatment center

Domestic Violence

National Domestic Violence Hotline

800 799-7233 TTY: 800-787-3224

Provide crisis intervention, referrals for shelter, and counseling. Nation wide support.

Homework Hotline

(800) 527-8839

M-Th 3:30p.m.-730 p.m.

Tutors are available to offer homework assistance in CA

National Abortion Federation Hotline

800-772-9100

M-F: 7:00 A.M.-9:00 P.M. Eastern time

Saturday & Sunday 9:00am – 9:00 pm

Referrals for abortion service providers and funding sources

HELPLINES / HOTLINES cont.

National Teen Dating Abuse Helpline

(866) 331-9474 TTY: (866) 331-8453

www.loveisrespect.org

Peer advocates are available 24/7 to offer support and referrals. Website also offers a live chat room for those who prefer a safe and secure discussion panel

Psychiatric Mobile Response Teams “PMRT”

(800) 854-7771

24/7 suicidal crisis hotline in CA, which can also offer national assistance. PMRT responds to requests for mobile psychiatric services within sixty minutes of the initial referral. Also provide referrals and evaluations for hospitalization

We Tip Crime Hotline

(800) 782-7463

24 hours, 7 days

Takes info from anonymous informants about all major crimes and passes info along to law enforcement

City of Los Angeles 24 Hour Job Line

213) 473-9310

Information about job openings in the City of Los Angeles

IN-HOME SUPPORTIVE SERVICES

Crenshaw Family Preservation

Phone: (323) 294-6352

Address: 2323 Martin Luther King, Los Angeles, CA 90008

Hours of Operation: M,W, Th, F, 8:00 am – 3:00 pm Tuesday 8:00 am – 8:30 pm

Eligibility / Fees: Sliding Scale Fee if there is no referral.

Access: Referral or Walk in

Intensive In-Home Mental Health Services Program

Phone:(310) 783-4677, ext. 7856

Contact: Ginger, Program Coordinator

Address: 10221 South Compton Ave, Suite 203, Los Angeles, CA 90002

Fees: Medi-Cal Accepted

Services Offered: Intensive mental health services for children/youth, Intensive case management, Multi-systemic therapy

Starview Community Services

(310) 787 - 1500

370 S. Crenshaw Boulevard, Suite E-100, Torrance, CA 90503

Hours of Operation: M-F 9:00 am- 5:00 pm

Eligibility: Must be under 18 years of age

Access: Referral

Languages: English/Spanish

Fees: Medical

Eligibility for TFCBT: -children and adolescents, aged 5 to 18, with an open DCFS case who have experienced physical, sexual, or emotional abuse or witnessed to violence, behavioral or mood related problems

Eligibility for MST: -Youth must have an open DCFS case, between 12-17 years of age, WIC 241.1 assessments or on dual supervision (300/600).

Services Offered: - Individual therapy services available in home or on site. Trauma Focused Cognitive Behavioral Therapy TFCBT (intensive mental health services) 12-16 sessions and Multisystemic Therapy MST short term 2-5 months. At risk of recidivism or placement in more restrictive living situation.

In-Home Supportive Services cont.

Wrap Around Services

(323) 965-7041

Contact: Tracey Jackson

8300 S. Vermont St. Los Angeles, CA

Services Offered: -counseling, parenting

Wrap Around Services will make referrals to other agencies.

Eligibility

At risk of losing placement, transitioning from group home or probation to placement.

Medi-Cal Accepted

LEGAL AID

Legal Aid of Society

Appointment Hotline: (800) 834- 5001 (9:00am – 8:00pm)

Hours of operation: M- Thur 9:00 am – 6:00 pm Friday 9:00 am – 4:00 pm

How to Access Services: Need to contact the agency to make an appointment, no walk-ins.

Languages: English, Spanish, Korean, Vietnamese, for other languages translators may be available upon request.

Services Offered: The agency provides advocacy, legal services for low-income people and adults. Areas of help are Consumer Issues, Education, Employment, Family Problems, Government Benefits, Health Issues, Housing, Judgment Against You, Lawsuits, Lawyer Referrals, Loss of Licenses, Small Claims, and Tax Help. Offices located in Santa Ana, Compton, Norwalk, and Anaheim.

Eligibility Requirements: Clients need to be U.S. citizens, or residents and need to live in the current city in order to receive services: Compton, Lynwood, South Gate, Huntington Park, Cudahy, Paramount, Carson, Norwalk, Willow brook, Maywood, Artesia, Walnut Park, Bell, bell Gardens, and living in zip code 90059. Low income individuals

Legal Aid Senior program has no low income requirement, but offers assistance to anyone age 60 and over.

Family Law Resource Center

Phone: (213) 974-5006

Address: 111 N. Hill Street Rm. 426, Los Angeles, CA 90012

Hours of Operation: Monday – Thursday 8:00am- 4:00pm; Friday 8:00am- 12:00pm

Telephone Hours: Monday- Friday 8:00am- 9:00am

How to Access Services: Need to arrive by 8:00a.m., services are provided on a walk-in basis, first come first serve, free of charge, no appointments.

Services Offered: Domestic Violence, Housing, Landlord , Immigration, Legal Aid with bankruptcies, Family Law Projects, Health Issues, Custody, Child Support, Legal Advice and counseling.

Eligibility Requirement: Low income individuals and families

Legal Aid Services Cont.

Martin Luther King Dispute Resolution Center

Phone: (323) 290- 4132 (Barbara Bullen)

Address: 4182 S. Western Ave., Los Angeles, CA 90062

Hours of Operation: Monday- Thursday; 9:00am- 5:00pm

Access Services: Walk-ins and appointment

Services Offered: Legal mediation agreement; Mediation services for:
Landlord & Tenant Issues, Neighbor to Neighbor Dispute, Consumer Merchant Dispute,
Employer and Employee dispute, Divorce Settlement, Child Support, and Real Estate.

Eligibility Requirements:

No fee for services. There are no income requirements.

LIBRARIES

LOS ANGELES PUBLIC LIBRARIES

www.colapublib.org

Alma Reaves Woods –Watts Library

10205 Compton Ave.

Los Angeles, CA 90002

(323) 789-2850

Mon. 10-8, Tue. Noon-8, Wed. 10-8, Thu. Noon-8, Fri. 10-6, Sat. 10-6, Sun. Closed

Angeles Mesa Library

2700 W. 52nd St.

Los Angeles, CA 90043

(323) 292-4328

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,

Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Ascot Library

120 W. Florence Ave.

Los Angeles, CA 90003

(323) 759-4817

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,

Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Baldwin Hills Library

2906 S. La Brea Ave.

Los Angeles, CA 90016

(323) 733-1196

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,

Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Exposition Park - Dr. Mary Mcleod Bethune Regional Library

3900 S Western Ave Los Angeles, CA 90062

(323) 290-3113

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,

Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Los Angeles Public Libraries Cont.

Hyde Park - Miriam Matthews Library

2205 Florence Ave.

Los Angeles, CA 90043

(323) 750-7241

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,
Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Jefferson Library

2211 W. Jefferson Blvd.

Los Angeles, CA 90018

(323) 734-8573

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,
Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

John Muir Library

1005 W. 64th St.

Los Angeles, CA 90044

(323) 789-4800

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,
Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Junipero Serra Library

4607 S. Main St.

Los Angeles, CA 90037

(323) 234-1685

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,
Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Mark Twain Library

9621 S. Figueroa St.

Los Angeles, CA 90003

(323) 755-4088

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,
Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Vermont Square Library

1201 W. 48th St.

Los Angeles, CA 90037

(323) 290-7405

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,
Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Vernon - Leon H. Washington Jr. Memorial Library

4504 S. Central Ave.

Los Angeles, CA 90011

(323) 234-9106

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,

Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

Washington Irving Library

4117 W. Washington Blvd.

Los Angeles, CA 90018

(323) 734-6303

Mon. 10am-5:30pm, Tue. 12:30pm-8pm, Wed. 10am-5:30pm, Thu. 12:30pm-8pm,

Fri. 1:30pm-5:30pm, Sat. 10pm-5:30pm, Sun. Closed

COUNTY OF LOS ANGELES PUBLIC LIBRARIES

<http://www.colapublib.org/libs/find/index.html>

AC Bilbrew Library

150 E. El Segundo Blvd.

Los Angeles, CA 90061-2356

County of Los Angeles

(310) 538-3350

M-Th 10 a.m -8 p.m. F: 10 a.m. – 6 p.m., Sat: 10 a.m. – 5, Sun: Closed

Compton Library

240 W. Compton Blvd.

Compton, CA 90220-3109

County of Los Angeles

(310) 637-0202

M- Closed, T-Th 10 a.m -8 p.m. F: Closed, Sat: 8 a.m. – 6, Sun: Closed

East Rancho Dominguez Library

4205 E. Compton Blvd.

East Rancho Dominguez, CA 90221-3664

(310) 632-6193

M-Th 10 a.m -6 p.m. F and S: 11 a.m. – 5 p.m., Sun: Closed

View Park Library

3854 W. 54th St.

Los Angeles, CA 90043-2297

County of Los Angeles

(323) 293-5371

M—W: 11a.m. – 7pm, Thu: 10 am. – 6 p.m. F and S: 10 a.m. – 5 p.m. Sunday: Closed

County of Los Angeles Public Libraries (cont)

Woodcrest Library

1340 W. 106th St. Los Angeles, CA 90044-1626

County of Los Angeles

(323) 757-9373

M-F 10 a.m -6 p.m. Sat: 10 a.m. – 5 p.m., Sun: Closed

MENTORING PROGRAMS

HerShe Mentoring Program

Phone: 310-641-4400; Toll-free Hotline: 877-460-5508; Toll-free FAX: 888-875-8644

Address: Corporate Office: 5777 W. Century Blvd., Suite 910, Los Angeles, CA 90045

Mailing Address: 6709 La Tijera Blvd., #400, Los Angeles, CA 90045

Website: <http://www.hershegroup.org/>

Services Offered: The Mentoring Program seeks to enroll and capture the consciousness of young women by exposing them to extraordinary people who have entered into unique professions, accomplished remarkable tasks and who exemplify the best in humanity. In this program, each young woman is matched with a mentor. Our belief is that a young woman's mind is like an unexposed roll of film, thus, after some exposure, the mentor's main purpose is to help a young person define the picture they have of themselves, their world and their goals, then develop ways to understand and achieve them. Since the expectations of each young woman will vary, the mentor's job is to also encourage the development of a flexible relationship that responds to both the mentor's and mentee's needs and frame that picture within a workable, goal-achieving plan. By sharing fun activities and exposing a mentee to new experiences, a mentor encourages positive choices, promotes high self-esteem, supports academic achievement, and introduces her to new bright new color imbued ideas.

PARENTING

Phone: 323-778-8905

Address: 1500 W Slauson Ave Los Angeles, CA 90047

Hours of Operation: 8:00 am – 5:00 pm

Website: pwcyc.org

Services Offered: Parenting classes Wed and Fri 9:30 am- 11:30 pm, anger management classes, counseling (individual or group) for minors 13 and up, after school programs, community service opportunities available for minors 13 and up on Saturdays from 7:00 am to 3:30 pm.

Watts Counseling & Learning

Phone: 323-564-7911

Address: 1465 E 103rd St 90002

Hours of Operation: Monday- Friday 9:00 am – 6:00 pm

Services Offered: Free parenting classes in English only on Tuesday 1:30 pm - 3:30 pm

Kheper Life Enrichment

Phone: 323-750-7550

Address: 3406 W 75th St Los Angeles, CA 90043

Hours of Operation: Monday – Friday 9:00 am- 7:00 pm

Access: Referral or Walk in

Fees: \$45

Languages: English, and translator available for Spanish

Services Offered: Parenting classes

Altamed

Phone: 323-307-0160

Address: 512 S Indiana St. Los Angeles, CA 90063

Languages: English

Services Offered: Free parenting classes on Wednesdays 3:30 pm – 5:00 pm

REGIONAL SERVICE CENTERS

THESE SERVICES INCLUDE REGIONAL OFFICES FOR SERVICES SUCH AS HEALTH, SOCIAL SECURITY AND REGIONAL CENTERS

Best Babies Collaborative – Harbor Corridor

Address: 515 W. 27th Street, St. John's Well Child and Family Center, Los Angeles, CA 90007

Cross Street: (S) Figueroa Street and 110 Freeway.

(Service/Intake) (213) 749-0947

Administrative Hours: M, W, F 8:30 am- 5:00pm Tu, Thu 8:30am- 7pm, Sat 7:00am- 3:30pm

Site Hours: Monday through Friday, 8:00 am to 5:00 pm.

Access: The site has designated parking for people with disabilities, and is accessible, without special facilities to people who use wheelchairs.

Overview

The collaborative provides administrative services, planning, coordinating and advisory services for member organizations whose mission is to improve birth outcomes for perinatal families in the Harbor Corridor section of Los Angeles and the surrounding communities. Services are restricted to zip codes 90001, 90003, 90006, 90007, 90011, 90015, 90037, 90043, 90044, 90047, 90057, 90062.

Administrative Description

This is a partner of the LA Best Babies Network (see the separate entry). It is funded by First 5 LA Healthy Births Initiative. St. John's Well Child and Family Center houses and is the lead agency for the collaborative. Partner agencies include California Hospital Medical Center, Central City Community Health, Centinela Freeman Regional Medical Center, Coalition for Community Health, Community Outreach for Prevention and Education (COPE), Eisner Pediatric and Family Medical Center, Esperanza Community Housing Corporation, LAC/USC, Maternal and Child Health Access, PHFE-WIC Program, South Central Family Health Center, T.H.E. Clinic to Help Everyone, UMMA Community Clinic. Services are provided by Public Health Nurses and MPH level health educators. Program of LA Best Babies Network Related Entries Best Babies Collaborative - Antelope Valley Best Babies Collaborative - South Los Angeles Best Babies Collaborative - Long Beach/Wilmington.

Service Available

Administrative Services Case Management Services Health Education.

REGIONAL SERVICE CENTERS Cont

Compton Office – Social Security Administration

Address: 171 E. Compton Blvd., Compton, CA 90220

Cross Street: (S) S. Willowbrook Ave.

(Service/Intake) (800) 772-1213

(TDD) (Toll Free) (800) 325-0778

(Service/Intake and Administration) (310) 603-2215

Website: <http://www.socialsecurity.gov>

Site Hours: Monday through Friday, 9:00 am to 3:30 pm.

Access: This site is accessible, without special facilities, to people who use wheelchairs.

Overview

The agency administers and provides retirement benefits, disability benefits, survivor's benefits, Medicare coverage, and Supplemental Security Income (SSI.) for US citizens. It operates a regional teleservice center and 42 local offices; see site list for locations.

Service Available

Disability Insurance Social Service Insurance Social Security SSI Survivors Insurance Service Area this site serves Compton.

Crenshaw Office – Social Security Administration

Address: 3840 Crenshaw Blvd., Los Angeles, CA 90008-1821

Cross Street: (S) Coliseum Street.

(Service/Intake) (General Information) (323) 296-6234

(Service/Intake) (800) 772-1213

(TDD) (Toll Free) (800) 325-0778

Website: <http://www.socialsecurity.gov>

Site Hours

Monday through Friday, 9:00am to 3:30pm.

Access: This site is accessible, without special facilities, to people who use wheelchairs.

Overview

The agency administers and provides retirement benefits, disability benefits, survivor's benefits, Medicare coverage, and Supplemental Security Income (SSI.) for US citizens. It operates a regional teleservice center and 42 local offices; see site list for locations.

Service Available

Disability Insurance Social Service Insurance Social Security SSI Survivors Insurance Service Area This site serves Los Angeles 90016.

REGIONAL SERVICE CENTERS Cont

Lacoe Carson Job Club

Address: 1299 E. Artesia Blvd. Ste. 130, Carson, CA 90746

Cross Street: (S) Central.

(Service/Intake) (310) 605-0041

(FAX) (310) 605-0873

Website: <http://www.lacoe.edu>

Administrative Hours: Monday through Friday, 8:00 am to 5:00 pm.

Site Hours: Monday through Friday, 7:30 am to 4:00 pm.

Access: The site is not accessible to people who use wheelchairs. Client must be referred by case manager.

Languages: English, Spanish, Vietnamese, and others.

Overview

The Los Angeles County Office of Education supports the educational and financial services of school districts in Los Angeles County. Services include education services, employment services, WIA Programs, youth services and literacy programs. There are geographic restrictions for some programs.

Service Available

Employment Services. This agency helps their clients prepare for a job by providing resume techniques, job application assistance, job search, appropriate dress skills, and interviewing techniques.

Eligibility: Must be receiving public assistance and must be 18 years of age or older.

Los Angeles Caregiver Resource Center

Address: 3120 N Clybourn Ave Burbank, CA 91505

(Service/Intake) (Countywide) (800) 540-4442

(Service/Intake) (213) 821-7777

(FAX) (213)740-1871

Website: <http://www.losangelescrc.org>

Administrative Hours: Monday through Friday, 8:30 am to 5:00 pm.

Site Hours: Monday through Friday, 8:30 am to 5:00 pm.

Access: The site is fully accessible to people who use wheelchairs. Must call for an over- the - phone intake at (818) 847-9141

Services Available: Support services for family caregivers

REGIONAL SERVICE CENTERS Cont.

South Central Los Angeles Regional Center

Address: 650 W. Adams Blvd., Bldg. 4 Ste. 200, Los Angeles, CA 90007

(Service/Intake and Administration) (213) 744-7000

(Service/Intake) (Family Resource Center) (213) 744-8878

Service/Intake) (Early Start Coordinator) (213) 744-8897

(FAX) (213) 763-5618 **Website:** <http://www.sclarc.org>

Site Hours: Monday through Friday, 8:30 am to 5:00 pm.

Access:

The site has designated parking for people who have disabilities and is equipped with ramps and elevators; it is fully accessible to people who use wheelchairs. The agency is located behind the Auto Club Building.

Overview

The center provides services for people of all ages with developmental disabilities and their families who live in the Compton, San Antonio, South, Southeast and Southwest Health Districts of Los Angeles County. Geographic and other restrictions apply.

Service Available

Services for People with Developmental Disabilities.

South Central Los Angeles Regional Center Family Resource Center

Address: 650 W. Adams Blvd., Los Angeles, CA 90007 **Cross Street:** (S) S. Figueroa.

(Service/Intake) (213) 763-7800

(FAX) (213) 744-8898

Website: <http://www.sclarc.org>

Site Hours: Monday through Friday, 8:00 am to 5:00 pm.

Access:

The site has designated parking for people with disabilities, and is fully accessible to people who use wheelchairs.

Overview

The Resource Center provides family support services for parents of children, from birth to adulthood, who have developmental delays or developmental disabilities. Services are available for families in Carson, Compton, Dominguez Hills, Lynwood, Paramount, South Central Los Angeles, Southeast Los Angeles and Southwest Los Angeles.

Service Available

Family Support Services.

REGIONAL SERVICE CENTERS Cont.

University Village Office – Social Security Administration

Address: 1115 W. Adams Blvd., Los Angeles, CA 90007

Cross Street: (S) Monmouth Ave. and S. Hoover Street.

(Service/Intake) (213) 746-8858 **(Service/Intake)** (800) 772-1213

(TDD) (Toll Free) (800) 325-0778 **Website:** <http://www.socialsecurity.gov>

Administrative Hours: Monday through Friday, 9:00 am to 3:30 pm.

Access: This site is accessible, without special facilities, to people who use wheelchairs.

Overview

The agency administers and provides retirement benefits, disability benefits, survivor's benefits, Medicare coverage, and Supplemental Security Income (SSI.) for US citizens. It operates a regional teleservice center and 42 local offices; see site list for locations.

Service Available

Disability Insurance Social Service Insurance Social Security SSI Survivors Insurance Service Area This site serves Los Angeles 90007.

Watts Office – Social Security Administration

Address: 12429 S. Avalon Blvd., Los Angeles, CA 90061 **Cross Street:** (S) El Segundo Blvd.

(Service/Intake) (General Information) (323) 754-8865

(Service/Intake) (800) 772-1213

(TDD) (Toll Free) (800) 325-0778

Website: <http://www.socialsecurity.gov>

Site Hours: Monday through Friday, 9:00 am to 3:30 pm.

Access: This site is accessible, without special facilities, to people who use wheelchairs.

Overview

The agency administers and provides retirement benefits, disability benefits, survivor's benefits, Medicare coverage, and Supplemental Security Income (SSI.) for US citizens. It operates a regional teleservice center and 42 local offices; see site list for locations.

Service Available

Disability Insurance Social Service Insurance Social Security SSI Survivors Insurance Service Area This site serves Los Angeles 90002, 90003, 90044, 90059, 90061.

SHELTERS

Creative N.A.S Shelter

Phone: (323) 778-7434; **FAX:** (323) 750-5720

Address: 8224 S. Broadway, Los Angeles, Ca 90003 (Cross Street: Broadway & 83rd)

Hours of Operation: Monday through Friday, 9:00am to 5:00pm.

Access Services: walk-in, intake

Fees: monthly fee of \$500 (for temporary housing)

Services Offered: The agency provides transitional housing for women that are substance abusers, homeless or battered and abused. Provides low income housing while residents search for permanent housing.

Eligibility Requirements: None.

Job Opportunities Hotline & Domestic Violence Shelter

Phone: (800) 843-9675

Hours of Operation: M-TH 8:00 a.m. – 5:00 p.m.; F 8:00 a.m – 2:30 p.m.

24 hour hotline is 800-548-2722 for domestic violence shelter

Fees: Free

Eligibility: Varies by services provided

Services Offered: Job placement services are free and offered in English and Spanish. Provide initial assessment and case management. Also provide shelter for female victims of domestic violence and their children for a period of 30-45 days based on availability. No restriction on amount of children allowed, however, boys must be 12 and under.

TRANSITIONAL LIVING SERVICES

Job-Corp

Phone: (213) 748-0135

Address: 1106 South Broadway, Los Angeles, CA 90015

Hours of Operation: 8:00am – 5:00pm

Access: Must call for an appointment at 213) 741-5376

Services: Residential living, medical and dental services, job placement, various vocational classes, high school diploma, GED

Eligibility: Ages 16-24, not on probation, youth must have social security card, CA ID, birth certificate, proof of immigration if they are born outside of U.S., school transcripts.

Transitional Housing Program for Homeless Young Adults

Phone: 3530 Wilshire Blvd., 4th Floor, Los Angeles 90010

Address: (213) 351-0100 or (213)351-0190 Contact Lynn Durham

Hours of Operation: M-F 8:00 am- 5:00 pm

Website: ILPonline.org

Services: Employment counseling, specialized workshops related to college enrollment and financial aid, computer classes, Medi-Cal , referral for housing, mental health services, legal aid

Eligibility: Ages 16-21 (youth ages 14 and 15 are also eligible for some ILP services and youth in foster care or probation under LA County Supervision who is in out of home care after age 16 or Kin Gap youth living with or who has lived at any age w/a legal guardian or relative, or former foster youth adopted after 16th birthday or a runaway from placement.

United Friends of the Children Pathways Transitional Living Program

Phone: (213) 580-1850 Contact: Va Lecia Adams

Address: 1055 Wilshire Blvd., Suite 1955, CA 90017

Hours of Operation: 8:00 am – 5:00 pm

Services: Provides 18 month housing program for former foster youth, ages 18-23 who are at imminent risk of homelessness; counseling, independent living skills training, career guidance, mental health support are provided.

Eligibility: Must be between the ages of 18-23 and emancipated. Must have been in ILP between the ages of 14-18.

Access: Walk in or complete an application at Unitedfriends.org

Languages: English/Spanish

Social Workers Self-Care



- **Tips on self-care**
- **Local Listing of Restaurants**
- **1 hour getaways**

Little known Facts



- "Desserts" spelled backward is "Stressed"
- Close to 90% of visits to primary care physicians are for stress-related problems. As many as 750,000 Americans attempt suicide each year, often because of unmanageable stress.
- And stress literally tears our bodies apart. Recent studies show that stress weakens our immune system, increases our risk of heart disease and cancer, impairs our mood and performance, disturbs our sleep, contributes to sexual dysfunction, destroys relationships and generally makes us miserable.
- Emotional burnout is a process, not an event

STRESS MANAGEMENT: TEN SELF-CARE TECHNIQUES

TO RELAX. Throughout the day, take "mini-breaks". Sit down and get comfortable.

PRACTICE ACCEPTANCE. Many people get distressed over things they won't let themselves accept. Often, these are things that can't be changed

TALK RATIONALLY TO YOURSELF. Ask yourself what real impact the stressful situation will have on you in a day or in a week, and see if you can let the negative thoughts go.

GET ORGANIZED. Develop a realistic schedule of daily activities that includes time for work, sleep, relationships, and recreation.

EXERCISE. Physical activity has always provided relief from stress.

REDUCE TIME URGENCY. If you frequently check your watch or worry about what you do with your time, learn to take things a bit slower. Allow plenty of time to get things done. Plan your schedule ahead of time. Recognize that you can only do so much in a given period. Practice the notion of "pace, not race".

DISARM YOURSELF. Every situation in life does not require you to be competitive. Adjust your approach to an event according to its demands.

QUIET TIME. Balance your family, social, and work demands with special private times.

WATCH YOUR HABITS. Eat sensibly -- a balanced diet will provide all the necessary energy you will need during the day. Avoid nonprescription drugs and avoid alcohol use -- you need to be mentally and physically alert to deal with stress. Be mindful of the effects of excessive caffeine and sugar on nervousness. Put out the cigarettes -- they restrict blood circulation and affect the stress response.

TALK TO FRIENDS. Friends can be good medicine. Daily doses of conversation, regular social engagements, and occasional sharing of deep feelings and thoughts can reduce stress quite nicely.

ABOUT STRESS--

Many people don't realize it, but stress is a very natural and important part of life. Without stress there would be no life at all! We need stress (eustress), but not too much stress for too long (distress). Eustress helps keep us alert, motivates us to face challenges, and drives us to solve problems. These low levels of stress are manageable and can be thought of as necessary and normal stimulation.

1 hour getaways

Lunch Time!!



A Listing of Local Restaurants

Mc Donald's

505 W. Florence Ave.
Los Angeles, Ca 90044

***Prices range from \$6.95 and below**

El Pollo Loco

5800 S. Vermont Ave.
Los Angeles, CA 90044

(323) 751-1556

***Price range \$7.99 and below (individual meals)**

Roscoe's Chicken and Waffles (Southern Soul Food/American Cuisine)

106 W. Manchester Blvd.
Corner of Manchester & Main
(323) 752-6211

***Price range from \$14.95 and below**

Pollo Campero

1890 W. Slauson Avenue
Los Angeles, CA 90047
(323) 290-1130

Prices range from \$6.50 and below

Jack in the box

805 W. Manchester Blvd.
Los Angeles, CA 90044
(323) 751-5074

***Price range from \$6.00 and below**

Domino's Pizza

950 W. Manchester Ave.
Los Angeles, CA 90044
(323) 758-5500 *Delivers

#1 Chinese Fast Food

8606 S. Vermont
Los Angeles, CA 90044
(323) 758-6068 *Catering available

La Louisanne Creole Restaurant

5812 Overhill Dr Los Angeles, CA 90043

(323) 293-5073

Prices range from \$35 and below

99 Cents Soul Food Express

2638 Crenshaw Blvd
Los Angeles, CA 90016

(323) 737-8101 *deliver for 25 orders or more

***Prices range from \$3.00 and below**

A-1 Burgers

2915 W Vernon Ave
Los Angeles, CA 90008

(323) 290-1174

***Price range \$7.00 and below**

Hong Kong Chinese Express

261 E Adams Blvd
Los Angeles, CA 90011

(213) 747-2999

***Prices range from \$6.00 and below**

Take Care of Yourself Social Workers!

Hip Hop Nails

8417 S. Vermont Ave, Los Angeles, CA 90044

(323) 751-7889

Hours of operation: Monday-Saturday 9am-7pm

Prices range from \$15.99 and up

Let the experienced staff provide you the complete nail care & waxing. Be sure to ask for nail art.

Services

Full set \$12.99 up

Spa Pedicure \$12.99 up

Massage (20 min.) \$9.99

***Prices are subject to change...many more services offered**

Skin Essence Day Spa

2622 W Manchester Blvd., Inglewood, CA 90305

(323) 750-8446

Hours of Operation:	Sunday	Closed
	Monday	10:00am to 3:00pm
	Tuesday	10:00am to 6:00pm
	Wednesday	10:00am to 6:00pm
	Thursday	10:00am to 9:00pm
	Friday	10:00am to 9:00pm
	Saturday	9:00am to 3:00pm

Prices for services range from \$60-up

Discover Skin Essence, the secret the stars didn't want you to know about! Skin Essence has been providing the communities of its seven national locations with award-winning products and excellent skin care services. We take pride in working with all of our customers and helping them achieve perfection. **At Skin Essence we give our clients results, not promises!**

Services

Facial Treatments ▶

Microdermabrasion ▶

Hair Removal ▶

Body Treatments ▶

Body Wraps ▶

Body Massage ▶

Pamper Packages ▶

Krause Gerald Dr Krause Holistic Health

Phone: (310) 540-3355

730 South Pacific Coast Highway

Redondo Beach, CA 90277

Provides massages for \$29.00 (for intern) and \$39.00 for a graduate student. Enjoy a wonderful relaxing massage. Dr Krause Holistic Health is a Massage Therapist facility and is located in Redondo Beach, California.