

SPA-1

TYPE OF SERVICE	NAME OF LOCATION	ADDRESS	PHONE #	Business Hours
Adult Day Program	Social Vocational Services	Program 846 West Lancaster Blvd. Lancaster, CA 93534	(661)729-5954	
Adult Day Program	Social Vocational Services	38420 5th St W, Palmdale, CA 93551	(661) 274-4840	
Adult Day Program +Care Coordination/Case Management	Antelope Valley Community Clinic Adult Day Health Care	858 West Jackman st #101 Lancaster, CA 93534	661-942-1228 adhc@avclinic.org	Mon-Fri 9am-3pm
Behavioral Supports	Children's Center of Antelope Valley	45111 Fern Ave. Lancaster, CA 93534	(661) 949-1206	Mon- Fri 8am- 6pm
Behavioral/ Mental Health Services	Hathaway-Sycamores	44738 Sierra Hwy. Lancaster, CA 93534	(661) 942-5749 https://www.hathaway-sycamores.org/	8:30am- 5:00pm Mon-Fri
Cal Works, Cal-Freash, Medical	DPSS- Lancaster	349-B E. E. Ave. K-6 Lancaster, CA 93535	(626) 569-1399	Mon- Fri; 8am- 5pm
Cal-Works	Calworks Outreach/ Legal	P.O. Box 2980 Lancaster, CA 93539	(661) 723-7772	8am-5pm; Mon- Fri
Community Safety	Sexual Assault Response Services (SARS)	P.O. Box 2980 Lancaster, CA 93539	(661) 723-7273	
Emergency Housing	Valley Oasis Shelter	P.O. Box 2980 Lancaster, CA 93539	(661) 945-6736	24/7
Emergency Housing	Homeless Services	P.O. Box 2980 Lancaster, CA 93539	(661) 942-2758	24/7
Emergency Housing	Kayla's Place	P.O. Box 2980 Lancaster, CA 93539	(661) 949-3269	8am-5pm
Food Bank	Salvation Army- Lancaster Corp	44517 Sierra Highway93534 Lancaster CA United States	661.948.3418	8am-5pm
Food Bank	Antelope Valley Rescue Mission	44211 Yucca, Suite A, Lancaster CA 93535	(661) 940-6000	Wednesday 12:30-2:30PM (Senior Only Distribution 1st Monday 11:00 AM - 1:00 PM)
Food Bank	Cornerstone Church of Littlerock	8533 E. Ave T Littlerock, CA 93543	(661) 944-1880	7:45am-8:45am Saturday; Mon- Thru 5pm
Food Bank	Central Christian Church	3131 W. Ave J Lancaster, CA 93536	(661) 945-7902	Tues 6pm- 7pm
Food Bank	Desert Vineyard Church	1101 E Ave. Lancaster CA	(661) 945-2777	Thursdays 6pm- 7pm
Food Bank	Grace Resource Center	45134 N. Sierra Hwy. Lancaster, CA 93534	(661) 940-5272 https://www.graceresources.org/	
Free Legal assistance	NLSLA self- help center	42011 4th St. West (Room 3700) Lancaster, CA 93534	N/A	Mon-Thur; 9am-5pm
Groceries + senior services	SAVES - The Second Senior Food Program	1002 East Avenue Q-12 Palmdale, CA 93550	661-267-5191	Tues & Thur 10:00-11:00am & 1- 2PM, Wed 10-11am
Health Prevention Community Program	Pueblo y Salud	39130 3rd St, East Palmdale, CA 93550	(661) 208-4450 https://pys.org/	
home repairs, food, pregnancy services, physical and mental health care, nutrition and exercise programs	Antelope Valley Partners for Health	44226 10th St W, Lancaster, CA 93534		8:30am- 5pm Mon-Fri
Housing	Desert View Wellness Home	1102 West Avenue H-5 Lancaster, CA 93534		

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Housing, public safety, community services	Neighborhood Services, City of Palmdale	38250 Sierra Highway 2nd floor. Palmdale, CA 93550	661-267-5126	
Human Resources	City of Palmdale Human Resources	823 E Avenue Q9 Ste B Palmdale, CA 93550 LA County	661-267-5400	Mon- Thur 7:30-6pm
Job Center	Palmdale AJCC	38510 Sierra Highway, Palmdale CA		
Library	Lake Los Angeles Library	16921 E. Ave. O, Palmdale, CA 93591	(661) 264-0593	
Library	Lancaster Library	601 W. Lancaster Blvd. Lancaster, CA 93534	(661) 948-5029	Mon- Sat; Hours Vary
Library	Littlerock Library	35119 80th St. E, Littlerock, CA 93543	(661) 944-4138	Mon-Sat; Hours Vary
Library	Quartz Hill Library	42018 N 50th St. W, Quartz Hill, CA 93526	(661) 943- 2454	Mon-Sat; Hours Vary
Mental Health services	Child & Family Guidance Center	40005 10th St. W Suite 106 Palmdale, CA 93551	(661) 265-8627 www.childguidance.org	Mon- Sat; Varied Hours
Mental Health services for children and adults	Masada Homes	314 E. Ave. K4 Suite 104 Lancaster, CA 93534	(661) 726-5500 https://masadahomes.org/	8am- 8pm Mon- Thur; 8am-5pm Fri
Necessities of Life Program (NOLP) clients receive pre-bagged groceries	Bartz-Altadonna Community Health Center	43322 Gingham Ave. Lancaster, CA 93535	(661) 874-4050 https://bartz-altadonna-chc.org/	8:30am- 5:00p
Senior housing	Lancaster Village Senior Living	43862 15th St. Lancaster, CA 93534	(661) 945-1921	
Services for individuals w/ Developmental disabilities	North Los Angeles Regional Center	43210 Gingham Ave. Suite 6 Lancaster, CA 93535	(661) 945-6761	
Special Education services for students	Antelope Valley SELPA	38345 30th St. East, Ste. A-2 Palmdale, CA 93550	(661) 274-4136	
Support Group for Fathers in LA County	Menfolk- Lancaster	45111 Fern Ave. Lancaster, CA 93534	(661) 273-4710/ (661) 940-9530	Mon- Fri 8am- 4:30pm www.avspecaled.com
Support Group for Single Mothers in Antelope Valley	Mom's Club of Antelope Valley	N/A	Mymomofav@gmail.com	2nd and 4th Tuesday of each month 5:30pm-7pm
Transportation	Antelope Valley Transit Authority	42210 6th St. W., Lancaster, CA, 93534	(661) 945-9445	
Walk-In Clinic	Antelope Valley Community Clinic	45104 10th St. W, Lancaster, CA 93534	(661) 942-2391	older, allow them to ride for free on local transit service. Seniors may take advantage of discounted bus passes on AVTA's commuter service, and also qualify for AVTA's Dial-A-Ride service, which provides curb to curb
Senior Center + senior services	Lancaster Adult day Health Care	44902 10th St W Lancaster, CA 93534	818-861-7879	8am- 5pm Mon-Fri

TYPE OF SERVICE	NAME OF LOCATION	ADDRESS	PHONE #	Business Hours
AssistanceAffordable & Assisted Housing Options Care Management/Case Management Options Cemeteries & Mortuaries Community Resources Computer Training for Older Adults Dementia & Alzheimer's Support Emergency Preparedness Planning Estate Sales Exercise & Fitness In-Home Medical & Non-Medical Care Services Insurance Services Financial	Foundation for Senior Services	6800 Owensmouth Ave., Ste 420 Canoga Park, CA 91303	(855) 836-0807	
Counseling	Providence SENIOR PEER COUNSELING	15031 Rinaldi St, Mission Hills, CA 91345	818-847-3845	Mon-Fri 8:30 am – 5:00 p.m
Food Bank	Bernardi MPC	6514 Sylmar Ave, Van Nuys, CA 91401	818-781-1101	
Food Bank	Wilkinson MPC	8956 Vanalden Ave, Northridge CA 91324	818-885-5220	
Food Bank	Alicia Broudous-Duncan MPC	11300 Glenoaks Blvd #1622, Pacoima, CA 91331		
Food Bank	Sherman oaks MPC	5056 Van Nuys Boulevard Sherman Oaks, CA 91403	818-981-1284	Mon-Fri 8:00 am – 4:00 pm
Food Bank	Houses of Light Church	19408 Londelius St. Northrdige, CA 91324	818-998-2931	SAT 6:30-7:a.m
Free Legal assisstance	NLSLA self- help center	6230 Van Nuys Court H. Sylmar Ave. (Room 350) Van Nuys, CA 91401	Mon-Thurs 8:30-12:00,1:30-4:30 Frid 8:30-12	www.nls-la.org
Free Legal assisstance	NLSLA self- help center	Chatsworth Court house Plummer St Chatsworth Ca 91311	Mon-Thurs 8:30-12 and 1:30-4:30 Frid 8:30-12	www.nls-la.org
Handyman program	Neighborly Volunteers	11219 Densmore Ave Granada Hills, California 91344	(818) 217-4416	

Mental health	SFV Community Mental Health Center	6305 Woodman Ave, Van Nuys, CA 91401	(818) 908-4999 or (818) 374-6901	Older Adult Full Service Partnership (OAFSP) intensive field-based mental health and case management services to older adults, age 60+ throughout the San Fernando Valley. Included is access to psychiatric evaluation and medication support services, psychological/neuropsychological testing, as well as integrated/substance abuse treatment.
emergency services and social services	Lutheran Social Services - San Fernando Valley	7400 Tujunga Ave, North Hollywood, CA 91605	(818) 901-9480	. M-F 9AM-2PM
Senior Center + CMngmt	Jewish Family Storefront	12821 Victory Blvd. North Hollywood, CA 91606	(323) 937-5930	
free food, clothing, toiletries, books, toys, furniture and other household items	St. Charles Borromeo Church	10800 Moorpark St, North Hollywood, CA 91602	(818) 766-3838	north hollywood community
Food pantry	Acton Presbyterian Church	32142 Crown Valley Road Acton, CA 93510	661-255-9078	Thu 10 am - 11:30 am
Food pantry	Canyon Country Senior Apartments	18701 Flying Tiger Drive Canyon Country, CA 91351	661-255-9078	Tue 10 am - 11:30 am
Food pantry	Bouquet Canyon Senior Community	26705 Bouquet Canyon Road Santa Clarita, CA 91350	661-255-9078	Tue 10 am - 11:30 am
Food pantry	Santa Clarita Valley Food Pantry	24133 Railroad Ave Newhall, CA 91321	661-255-9078	
Food pantry	Orchard Arms Apartments	23520 Wiley Canyon Road Santa Clarita, CA 91355	661-255-9078	Thu 10 am - 11:30 am 3rd Thursday
Food pantry	Canterbury Village	23420 Avenida Rotella Santa Clarita, CA 91355		
Food pantry	Valencia Villa Senior Apartments	25857 Singing Hills Drive Valencia, CA 91355		Tue 9:30 am - 11 am 1st Tuesday each month.
Food pantry	Guadalupe Community Center	21600 Hart Street Canoga Park, CA 91303	213-251-3549	M,W,F 9-12

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Food pantry	The North Valley Caring Services	15453 Rayen Street North Hills, CA 91343	818-891-0481	Friday 10 am - 12 pm
Food pantry	Salvation Army Glendale Corps	320 West Windsor Road Glendale, CA 91204	818-246-5586	Glendale only
Senior center	Sunland Senior Citizen Center	8640 Fenwick St, Sunland CA	818-353-9571	
Food pantry + OASIS Senior Citizen Program	Guadalupe Community Center	21600 Hart Street Canoga Park, CA 91303	213-251-3549	M,W,F 9-12
Food pantry	The North Valley Caring Services	15453 Rayen Street North Hills, CA 91343	818-891-0481	Friday 10 am - 12 pm
Delivered Meals + Transportation	Central Library	222 East Harvard Street Glendale, CA 91205	818-548-2021	Mon–Thu 9 am - 10 pm Fri–Sat 9 am - 6 pm
Senior Lunch + activities	Sparr Heights Community Center	1613 Glencoe Way Glendale, CA 91208	(818) 548-2187 or (818) 548-3778.	
Food pantry	West Valley Food Pantry	5700 Rudnick Ave. Woodland Hills, CA 91367	818-346-5554	
Food pantry	Calvary Baptist of Pacoima (Life Center)	12900 Vaughn St. Pacoima, CA 91340	818-470-1480	
Services for individuals w/ Developmental disabilities	North Los Angeles Regional Center Main Office	9200 Oakdale Ave., Suite 100 Chatsworth, CA 91311	(818) 778-1900	
Disabled Persons Transportation Service	Eagle Wings	539 N Glenoaks Bld. Burbank, Ca 91502	818-861-7879	
Senior Center + Adult Day care + Project HOPE (City of Burbank)	Joslyn Adult Center	1301 W. Olive Avenue Burbank, CA 91506	818-238-5353	
Senior Center + Adult Day care	Tuttle Senior Adult Center	1731 North Ontario Street Burbank, CA 91505	818-238-5367	Mon – Fri 9 am - 2:30
Food bank + The Payee Services program provides assistance with money management and financial literacy education	Community Distribution Center	11350 Saticoy St, Sun Valley, CA 91352	(818) 759-0616	
9301 job training and placement, counseling, respite care, and education in travel skills and daily life activities.	New Horizons	15725 Parthenia St. North Hills, Ca 91343	818-894-9301	

mental health care	Family Services Agency of Burbank	2721 West Burbank Blvd Burbank, CA 91505	818-845-7671 familyserviceagencyofburbank.org	Mon-Fri 9:00 am – 9:00 pm Sat 8:00 am - 6:00 pm
mental health care	Department of Mental Health - Older Adult GENESIS Program	550 S. Vermont Ave., 6th Fl Los Angeles, CA 90020	213-351-7284	800-854-7771 (24/7, Mental Health Hotline) dmh.lacounty.gov
Parkinson's Disease Support Group	Parkinson's Disease Support Group – (Lifetime Companion Services)	455 E Angeleno Avenue Burbank, CA 91501	818-557-6200	2nd Wednesday of the month 12:30 pm - 2:00 pm
Glendale Memorial 50 Plus Program- 50yrs and over maintain an active, healthy and independent lifestyle.	Glendale Memorial 50 Plus Program	1420 South Central Ave. Glendale, CA 91204	818-502-2378	www.dignityhealth.org/socal/locations/glendalememorial/classes-and-events
ALZHEIMER'S - free community gathering place for family caregivers who come together to develop a new set of skills that help them become stronger, more resilient and grounded with their new life of change and the demands of caregiving	Leeza's Care Connection @ Providence Saint Joseph Medical Center	501 S. Buena Vista St. Burbank, CA 91506	818-847-3686 818-847-3728 (Spanish)	Tues 10:00 am – 2:00 pm Wed 10:00 am – 2:30 pm 6:00 pm – 7:30 pm Thurs 10:00 am – 3:00 pm Fri 10:30 am – 1:30 pm
Free sports training and competition for individuals with intellectual disabilities. Serves Calabasas and Agoura, and the San Fernando, Santa Clarita, and Antelope Valleys.	Tri-Valley Special Olympics	24779 Valley St. Burbank, CA 91321	818-342-0017	www.sosc.org/scvtv
delivery of library books, large print books, magazines, tapes and CDs to residents who can't come into the library due to illness or disability.	City of Burbank Library Services - Home Borrowers Program	110 N. Glenoaks Blvd. Burbank, CA 91502 (818) 238-5600 -&- 300 N. Buena Vista St. Burbank, CA 91505 (818) 238-5620	818-238-5580	www.burbank.lib.ca.us

assistance with landlord-tenant information, real estate warranties, credit information, automobiles, small claims procedures, identity theft, and mediation/dispute settlement.	Los Angeles County Department of Consumer Affairs	14340 Sylvan Street Van Nuys, CA 91411	800-593-8222	
food stamps, MediCal, cash aid, and general relief.	DPSS- Glendale	4680 San Fernando Road Glendale, CA 91204	866-613-3777 & 626-569-1399	
water and power discounts	Burbank Water and Power Department / Lifeline Program, Life Support Program	164 W. Magnolia Blvd. Burbank, CA 91502-1720	818-238-3722	
in-home beauty and grooming services, free of charge, to men, women and children whose illness or condition prevents them from accessing a salon or spa	Beauty Bus	2716 Ocean Park Blvd, Suite 1062 Santa Monica, CA 90405	310-392-0900	www.beautybus.org
Medical equipment on loan for in-home use at no charge and without time restraints.	Convalescent Aid Society	3255 East Foothill Blvd Pasadena, CA 91107	626-793-1696	Sunland, Glendale, Burbank, Tujunga, La Canada/Flintridge La Crescenta. www.cas1.org
Resources, wellness, and prevention programs. Assist 55+ individuals and their caregivers to navigate through the health care system. English, Spanish, and Armenian languages available	Glendale Adventist Medical Center - Live Well Senior Program	1509 Wilson Terrace Glendale, CA 91206	818-409-8091 818-409-8000	www.adventisthealth.org/glendale/pages/services/livewell.aspx
safe, affordable housing alternatives for low-income older people – providing alternatives to living alone and to institutionalization	Affordable Living for the Aging	2029 Century Park East Suite 4393 Los Angeles, CA 90067	323-650-7988	

fair housing and programs designed to further equal opportunity in housing. Serves San Fernando Valley, Santa Clarita, and portions of Los Angeles County	Fair Housing Council of the San Fernando Valley	14621 Titus Street #100 Panorama City, CA 91402	818-373-1185	http://fhcsfv.com
Section 8 Housing and social services and housing programs that assist low-income, homeless, and special needs populations	Los Angeles Housing & Community Investment Department	1200 West 7th Street Los Angeles, CA 90017	866-557-7368	www.hcidla.lacity.org/
free legal services	Neighborhood Legal Services of Los Angeles	1104 E. Chevy Chase Drive Glendale, CA 91205	800-433-6251	www.nls-la.org
emergency shelter, referrals, and housing case management	Ascencia	1851 Tyburn Street Glendale, CA 91204	818-246-7900	Burbank, Glendale, and Northeast Los Angeles
financial assistance, support, and services for Burbank resident seniors age 55 years and older, nutrition, transportation, education, and recreation programs	Supporters of Senior Services	1301 West Olive Avenue Burbank, CA 91506	818-238-5353	
curb to curb transportation services to Burbank senior and disabled residents	Burbank Bus Senior and Disabled Transit Services	N/A (275 East Olive Avenue Burbank, CA 91502 --Burbank Parks and Recreation Department)	818-238-5360	Mon-Fri 8:30 am – 2:00 pm
food pantry + community resources	Church of the Valley	6565 Vesper Avenue Van Nuys, CA 91411	818-284-1331 818-786-4070	Tues & Wed 9:30 am- 12:00 pm
food bag	Rock of the Valley Church of God in Christ	7722 Kester Ave Van Nuys, CA 91405	818-781-4156	Tue 5-5:45 pm weekly info@rockofthevalleycogic.com
Food and Resources-free grocery distribution	SOVA Community Food and Resource Program	16439 Vanowen St. Van Nuys, CA 91406	818-988-7682	https://www.jfsla.org/sova
Food Pantry	First Christian Church	4390 Colfax Ave. Studio City, CA 91604	818-760-3575 luis@fccnh.org	Mon 9 am - 1 pm Fri 9 am - 1 pm
Food Pantry	Valley Park Church	16514 Nordhoff Street North Hills, CA 91343	818-894-9316	Wed 4 pm - 5 pm weekly arrive at 2PM to pick up reservation#

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Food bag	Valley Beth Shalom	15739 Ventura Boulevard Encino, CA 91436	818-788-6000	Tue – Fri 10 – 2pm Wed & Thurs evenings 5PM to 8PM
Food Pantry	First United Methodist Church of Reseda	18120 Saticoy Street Reseda, CA 91335	818-344-7135	Wed 11 am - 1 pm
Food Pantry	Panorama Baptist Church	8767 Woodman Avenue Arleta, CA 91331	818-894-2281	Wed 4 pm - 5 pm weekly
Food Pantry	Khalsa Care Foundation	9989 Laurel Canyon Blvd, Pacoima, CA 91331	818-896-7700	Every Friday 5:30-6:30 PM
Food Pantry	St. Patrick's Catholic Church	6153 Cahuenga Blvd. North Hollywood, CA 91606	818-752-3240	Wed 8 am - 9 am
Food Pantry	THE EPISCOPAL CHURCH OF SAINT ANDREW AND SAINT CHARLES	16651 Rinaldi St. Granada Hills, CA 91344	(818) 366-7541	Thur 9:30 am-11 a.m
Food Pantry	St. Didacus Church	14337 Astoria Street Sylmar, CA 91342	818-367-6181	Registration for the program begins at 8 AM on the 2nd and 4th Friday of the month.
Food Pantry	Our Savior's First Lutheran Church	16603 San Fernando Mission Blvd. Granada Hills, CA 91344	818-363-9505	Saturdays 9:00 AM - 12:00 PM
Food Pantry	Tujunga United Methodist	9901 Tujunga Canyon Blvd. Tujunga, CA 91042	818-352-1481	2nd and 4th Saturday of each month. Located in Fellowship Hall. La Crescenta, Lakeview Terrace, Montrose, Sunland, Tujunga
Food Pantry	The Bible Tabernacle - Canyon Country Campus	16301 Sierra Hwy Santa Clarita, CA 91351 661.298.0924	661.298.0924	
Hoarding	Clear Home Solutions	13351 D. Riverside Drive Suite 317 Sherman Oaks, CA 91423	(818) 376-0125	www.clearhomesolutions.com
services for older adults 65+ : case management to eligible Medi-Cal recipients	PARTNERS IN CARE FOUNDATION - MULTIPURPOSE SENIOR SERVICES PROGRAM	732 Mott St., Ste. 150 San Fernando, CA 91340	(818) 837-3775 [Ext. 104]	
Senior and dementia resources- Case management	Aging Interventions	Santa Clarita	661-993-3626	
Transportation	Dial-A-Ride Santa Clarita	Santa Clarita	661-294-9327	

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TYPE OF SERVICE	NAME OF LOCATION	ADDRESS	PHONE #	Website	Hours
Counseling services for families in San Gabriel Valley	Center for Integrated Family and Health Services- Covina	560 S. San Jose Ave. Covina, CA 91723	(626) 967-5103	www.cifhs.org	Mon-Fri 9am- 5pm
Delivered meals for people who are homebound	Meals on Wheels Industry Inc.	P.O. Box 3293 Industry, CA 91744	(626) 333-4570	www.mealsonwheels411.org	Unk
Domestic violence services for adults 18+, and Court Referred substance abuse disorder services	Safety Education Center Inc.	1515 W. Cameron Ave. #300 West Covina, CA 91790	(626) 960-3977	Unk	Mon- Sat 9am- 9pm
Domestic violence services, family education,, Substance use disorder services	National Council on Alcoholism and Drug Dependence	4626 N. Grand Ave. Covina, CA 91724	(626) 331-5316	www.ncaddesgpv.org/	Mon-Sat 8am- 9pm
Emergency food for residents living in Pomona	Charisma Life Church	305 E. Arrow Hwy. Pomona, CA 91767	(909) 626-1281	charisma-life.org/	Second Sat of the month, 11am- 1pm
Emergency food, Employment services, and Holiday services	Project 29:11- Economic Relief Center	418 N. 2nd Ave. Covina, CA 91723	(626) 267-8597	www.project2911.net	Tues- Fri 2pm – 5pm
Employment related services	Cal State Employment Development Dept.- West Covina Workforce Services	933 S. Glendora Ave. West Covina, CA 91790	(626) 814-8234	www.edd.ca.gov	Mon-Fri 8am-12pm
Financial Assistance/ utility bill assistance for low income living in Pomona Valley	Catholic Charities- Pomona Community Services Center	Unk	(909) 629-1331	Unk	Mon- Thur 9am- 4:30pm
Health services, information, & transportation for older adults living in primarily Glendora	City of Glendora Community Services Dept.	116 E. Foothill Blvd. Glendora, CA 91741	(626) 914-8228	www.ci.glendora.ca.us	Unk
Health Services/ information	Park Tree Community Health Center	1450 E. Holt Ave. Pomona, CA 91767	(909) 630-7927	www.parktreechc.org	Unk
Homeless supportive services	St. Ambrose Episcopal Church	830 E. Bonita Ave. Claremont, CA 91711	(909) 626-7170	stambroseclaremont.org	Tues, Weds, Fri
Housing listing services for low income residents of Covina	City of Covina Housing Division	125 E. College St. Covina, CA 91723	(626)384-5442	www.covinaca.gov	Mon- Thur 7am- 6pm
Legal services for people who live in San Gabriel & Pomona Valley	Lawyer Referral Service- San Gabriel Valley	1175 E. Garvey St., Ste. 105 Covina, CA 91724	(877) 487-3337	www.sgvlawyer.org	Mon- Fri 9am- 5pm
Legal Services for youth	Los Angeles County District Attorney- Juvenile Division Pomona	300 S. Park Ave., Rm 770 Pomona, CA 91766	(909) 620-3330	da.co.la.ca.us/juvs.htm	Mon- Fri 8am-5pm
Medical Center	San Gabriel Valley Medical Center	438 W. Las Tunas Dr. San Gabriel, CA 91776	(626)289-5454	www.sgvmc.com	Unk
Medical Center	Pomona Valley Medical Center	1798 N. Garvey Pomona, CA 91767	(909) 865-9500	www.pvhmc.org	Unk
Medical Center	Pomona Valley Health Center- Claremont	1601 Monte Vista Ave. Claremont, CA 91711	(909) 865-9977	www.pvhmc.org	Mon- Sun 8am-8pm
Medical Services	Glendora Community Hospital	150 W. Route 66 Glendora, CA 91740	(626) 852-5000	www.glendorahospital.com	Unk
Mental health services, treatment for substance use, Black Infant Health Program	Prototypes Outpatient Behavioral Health Center	831 E. Arrow Hwy. Pomona, CA 91767	(909) 398-4383	www.prototypes.org	Mon- Fri 8am- 5pm
Public Library	Glendora Public Library	140 S. Glendora Ave. Glendora, CA 91741	(626) 852-4891	www.glendoralibrary.org	Unk
Public Library	County of Los Angeles Public Library- San Gabriel	500 S. Del Mar Ave. San Gabriel, CA 91776	(626) 287-0761	www.colapublib.org/libs/sanabriel/index.php	Mon-Sat
Services for adults 55+	Covina Senior and Community Center	815 N. Barranca Ave. Covina, CA 91723	(626) 384-5380	www.covinaca.gov	Unk

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Services for adults 60+ who live in San Gabriel Valley & Antelope Valley	YWCA of SGV Intervale Senior Services- Glendora la Fetra Centra	333 E. Foothill Blvd. Glendora, CA 91741	(626) 914-8235	www.ywcasgv.org	Unk
Services for people with developmental disabilities	San Gabriel/Pomona Regional Center	75 Rancho Camino Drive Pomona, CA 91766	(909) 620-7722	www.sgprc.org	Unk
Services for substance disorder	Triangle Club of Pomona Inc.	1655 N. Berkley Ave Pomona, CA 91768	(909) 623-9070	Unk	Unk
Services for substance use disorders	San Gabriel Valley Alano Club	510 S. 2nd St. Covina, CA 91723	(626) 332-3292	www.the502club.com	Mon- Fri 12pm- 10:30pm; Sat & Sun 8am- 9:30pm
Transportation for seniors and individuals w/ disabilities that are unable to use Pub Transpo.	City of Covina Public Works- Covina Transit	125 E. College St. Covina, CA 91723	(877) 858-5556	www.covinaca.gov	Unk
Volunteer opportunities for adults 55+	Retired & Senior Volunteer Program	141 S. Spring St. Claremont, CA 91711	(909) 621-9900	CommunitySeniorServices.org	Mon- Fri 8:30am- 4pm
Provides information and education to improve knowledge so parents, caregivers, and professionals can become empowered	Parents' Place	1500 S. Hyacinth Ave Suite B West Covina, CA 91791	(626) 919-1091	empower@parentsplacefrc.com	Mon- Fri 8:30 am- 4:30 pm
Day Learning Ctr for Regional Center San Gabriel Clients disabilities	Delhaven Fairgrove Day Learning Ctr	15135 Fairgrove Ave. La Puente, CA 91744	(626) 917-9789		

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TYPE OF SERVICE	NAME OF LOCATION	ADDRESS	PHONE #	Hours	Website
Cancer Center	Kenneth Norris Cancer Center	1441 Eastlake Ave, Los Angeles, CA 90033	(800) 872-2273	N/A	https://uscnorriscancer.usc.edu/
Case Management, Food Rescue, Shelter	Jovenes	1320 Pleasant Ave., Los Angeles, CA 90033	(323) 260-8035	Mon- Sun 24/7	Jovenesinc.org
Children's Hospital	Children's Hospital Los Angeles	4650 Sunset Blvd. Los Angeles, CA 90027	(323) 660-2450	N/A	CHLA.org
Coordinates Services for individuals with developmental disabilities	East Los Angeles Regional Center (ELARC)	1000 South Fremont Ave. Alhambra, CA 91803	info@elarc.org	N/A	http://www.elarc.org/home
Coordinates Services for individuals with developmental disabilities	Frank D. Lanterman Regional Center (FDLRC)	3303 Wilshire Blvd., Suite 700, Los Angeles, CA 90010-1710	(213) 252-8610	N/A	https://lanterman.org/
Delivers Kosher Meals to those w/ HIV/AIDS, Cancer, and other serious illnesses	Project Chicken Soup	P.O. Box 480241 Los Angeles, CA 90048	(310) 836-5402	Mon-Fri; 10am – 5Pm	projectchickensoup.org/
Delivers meals for people who are homebound due to age, disability, or illness	St. Vincent Senior Center Nutrition Program Inc.	2303 Miramar St. Los Angeles, CA 90057	(213) 484-7775	Mon-Fri; 9am-4pm	www.stvincentmow.org
General Social Services, Housing, Medical & Dental, Substance Abuse	Union Rescue Mission	545 S. San Pedro St., Los Angeles, CA 90013	(213) 347-6300	Mon- Sun, 24/7	URM.org
Health Clinic	Queens Care-Hollywood	4618 Fountain Ave., Los Angeles, CA 90029	(323) 663-2379	Mon- Fri; 8am-5:30pm	https://queenscarehealthcenters.org/
Health Clinic	Queens Care-Echo Park	150 North Reno St, Los Angeles, CA 90026	(213) 380-7298	Mon- Fri; 8am-5:30pm	https://queenscarehealthcenters.org/
Health Clinic	Queens Care- Eagle Rock	4448 York Blvd., Los Angeles, CA 90041	(323) 344-5233	Mon- Fri; 8:30am- 6pm	https://queenscarehealthcenters.org/
Health Clinic	Saban Community Clinic-Mark Taper Health Center	6043 Hollywood Blvd., Los Angeles, CA 90028	(323) 653-1990		https://www.sabancommunityclinic.org/locations/hollywood-health-center/
Home Delivered Meals to homebound individuals w/ Chronic Illness (All Ages)	Project Angel Food	922 Vine St., Los Angeles, CA 90038	(323) 845-1810	Sun- Fri; 8am-3pm	www.angelfood.org/
Homeless Support for homeless men 18 years, Emergency Food	Los Angeles Mission	303 E. 5th St., Los Angeles, CA 90013	(213) 629- 1227 Ext. 301	Mon- Sun, 24/7	LosAngelesMission.org
Hospital Services, Safe Haven Services, Self-Help groups	Olympia Medical Center	5900 W. Olympic Blvd. Los Angeles, CA 90036	(310) 657-5900	Mon – Fri; 9am-5pm	www.olympiamic.com
Medical Center	Good Samaritan Hospital	1225 Wilshire Blvd. Los Angeles, CA 90017	(213) 977-2121	N/A	Goodsam.org
Medical Center	Kaiser Los Angeles Medical Center	4867 W. Sunset Blvd., Los Angeles, CA 90027	(323) 783-4011	N/A	
Medical Center	White Memorial Medical Center	1720 E. Cesar E Chavez Ave., Los Angeles, CA 90033	(323) 268-5000	N/A	https://www.adventisthealth.org/white-memorial/
Medical Center	California Hospital Medical Center	1401 S. Grand Ave., Los Angeles CA 90015	(213) 770-0276	N/A	https://www.dignityhealth.org/social/locations/californiahospital

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Medical Center	Keck Hospital of USC	1500 San Pablo St, Los Angeles, CA 90033	(800) 872-2273	N/A	https://www.keckmedicine.org/
Medical Clinic	Kheir Clinic	3727 West 6th St, Suite 200, Los Angeles CA 90020	(213) 235-2500	N/A	https://www.lakheir.org/
Mental Health Services for adults 55+	Heritage Clinic – Los Angeles	3600 Wilshire Blvd., Ste. 2200, Los Angeles	(213) 382-4400	Mon- Fri; 8:30am- 5pm	www.heritageclinic.org
Nutrition Program for adults 60+, Cooling Center in the Summer	St. Barnabas – Angelus Plaza Senior Housing	255 S. Hill St., 4th Fl. Cafeteria, Los Angeles, CA 90012	(213) 623- 4352 ext. 340	Mon- Fri; 11:30am	www.sbssla.org
Nutrition Program for adults 60+, Transportation	St. Barnabas- Golden Dragon Restaurant	860 N. Broadway Los Angeles, CA 90012	(213) 687-3946	Mon – Fri; 11:30am	www.sbssla.org
Public Health Services	Center for Community Health	522 South San Pedro St. Los Angeles, CA 90013	(213) 486-4050	Unknown	http://jwchinstitute.org/pri-mary-medical-care/cch-downtown/
Public Health Services	Central Health Center	241 N. Figueroa St. Los Angeles, CA 90012	(213) 240-8204	Mon-Fri; 8am-5pm	http://publichealth.lacounty.gov/chs/phcenters.htm
Public Health Services	Hollywood/ Wilshire Health Center	5205 Melrose Ave. Los Angeles, CA 90013	(323) 769-7800	Mon- Fri; 8am-5pm	http://publichealth.lacounty.gov/chs/phcenters.htm
Services for 60+ who are isolated in their homes (Mental Health Support)	LA County – Genesis FCCS Older Adult Program	550S. Vermont Ave., Los Angeles, CA 90020	(213) 351- 7284	Mon-Fri; 8am-5pm	dmh.lacounty.gov
Services for adults 55+, transportation	Chinese Committee on Aging	600 N. Broadway Ste. C, Los Angeles, CA 90012	(213) 680-9739	Monday – Fri; 9am – 2pm	
Services for adults 60+ in SKID ROW	Single Room Occupancy Housing Corp.- Senior Program	400 E. 5th st. Los Angeles, CA 90013	(213) 229-9684	Mon- Fri; 9am-11am	www.la4seniors.com/single-room_corp.htm
Services for adults 60+ who live in Chinatown/Hollywood areas	Chinatown Senior Citizen Services Center	600 N. Broadway Ste. B Los Angeles, CA 90012	(213) 680-9739	Mon- Fri; 9am – 2pm	
Services for adults 60+, Nutrition, Transportation, Cooling Center in Summer	St. Barnabas – Steel Plaza Senior Housing	1711 W. 3rd St., Los Angeles, CA 90017	(213) 484-8553	Mon- Fri; 11:30am	www.sbssla.org
Services for adults 60+, Nutrition, Transportation, Cooling Center in Summer	St. Barnabas Senior Services – Mid City	675 S. Carondelet St. Los Angeles, CA 90057	(213) 388-4444	Mon-Fri; 8am-4pm	www.sbssla.org
Services for adults 60+, Nutrition, Transportation, Cooling center Summer	St. Barnabas – Crescent Arms	1709 W. Eighth St. Los Angeles, CA 90017	(213) 482-2767	Mon-Fri; 12:30pm	www.sbssla.org
Services for adults 62+	Angelus Plaza- Senior Activity Center	255 Hill St., 3rd Fl. Los Angeles, CA 90012	(213) 623-4352	Mon – Fri 8am-4:30pm	angelusplaza.org
Services for older adults	City of LA Dept. Rec & Parks – Lincoln Heights Senior Center	2323 Workman St. Los Angeles, CA 90031	(323) 225-9339	Mon-Fri; 8am-4:30pm	www.laparks.org/scc

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Services for older adults	City of LA Dept. Rec & Parks – Boyle Heights Senior Center	2839 E. 3rd St., Los Angeles, CA 90023	(323) 264-5757	Mon- Fri; 8:30am- 4pm	www.laparks.org/scc
Services for older adults	City of LA Dept. of Rec & Parks – Montecito Heights Senior Center	4545 Homer St. Los Angeles, CA 90031	(213) 485- 8549	Mon- Fri; 9am- 4p	www.laparks.org/scc
Services for older adults	City of LA Dept. of Rec & Parks – El Sereno Snior Center	4818 Klamath Pl. Los Angeles, CA 90032	(323) 222-2040	Mon- Fri; 8am- 4:30pm	www.laparks.org/scc
Services for older adults	City of LA Dept. of Rec & Parks – Costello Senior Center	3121 E. Olympic Blvd. Los Angeles, CA 90023	(213) 485-9111	Mon- Fri; 9am- 5p	www.laparks.org/scc
Services for older adults of Japanese Heritage	Japanese Community Pioneer Center	244 S. San Pedro St., Rm. 301, Los Angeles, CA 90012	(213) 680-1656	Mon – Fri; 9am- 4pm	www.jcpioneercenter.org/
Services for older adults, Mental Health, Case Management	Special Service for Groups – Older Adults Program	605 W. Olympic Blvd., Ste. 610, Los Angeles, CA 90015	(213) 553-1884	Mon – Fri; 9am- 5pm	www.ssg.org
Services for older adults, Nutrition, Transportation, Utility Bill	Watts Labor Community Action Committee- Villa De La Plaza Espinoza	1401 S. Hope st. Los Angeles, CA 90012	(213) 749-4327	Mon- Fri; 11:30am – 12:30pm	www.wlcac.org
Services for older adults, Transportation, Nutrition Programs, Utility Bill	Watts Labor Community Action Committee – Japanese Pioneer Center	401 E. 3rd Sr. Los Angeles, CA 90013	(213) 620- 9177	Mon-Fri; 8:30am – 3:30pm	www.wlcac.org
Social Services for American Indians, Substance, Health, Mental Health	United American Indian Involvement Inc.	1125 W. 6th St., Ste. 103 Los Angeles, CA 90017	(213) 202-3970	Mon-Fri; 8am- 5pm	www.uaii.org
Specialized Housing Referral services for older adults (No HUD or Section 8)	Connections Referral Service	2658 Griffith Park Blvd., Ste. 224 Los Angeles, CA 90039	(800) 330-5993	Mon- Fri; 8am – 5pm	www.carehomefinders.com
This office coordinates and plans the services for older adults 55 years and older	Area Agency on Aging	<u>3333 Wilshire Blvd Los Angeles CA 90010</u>	(800) 510-2020	Mon-Fri, 8am to 5pm	http://css.lacounty.gov

TYPE OF SERVICE	NAME OF LOCATION	ADDRESS	PHONE #	Website	Hours
Housing Services	Santa Monica Housing Authority	1685 Main Street, Santa Monica, CA 90401	(310) 458-8740	www.smgov.net/housing	Mon-Thur; 7:30am-5:30pm
Mental Health, Physical Health, & Substance Use Disorder Supports	American Health Services Venice	717 Lincoln Blvd. Venice, CA 90291	(310) 399-9883	www.americanhealthservices.org/	Mon- Sun
Health Clinic	Bill's Clinic at Spy	2469 Lincoln Blvd. Venice, CA 90291	(310) 902-2283	www.venicefamilyclinic.org	Thur; 1pm-5pm
Mental Health Supports	Campion Mental Health Center	1447 16th St. Santa Monica, CA 90404	(310) 828-6007	www.opcc.org	Mon-Fri; 8am-8pm UNK
Rec Programs for older adults and individuals w/ disabilities + Human services/housing	City of Santa Monica & Cultural Services Dept.	1685 Main St., Rm 210 Santa Monica, CA 90401	(310) 458-8310	www.smgov.net/ccs	Mon- Thur; 7:30am-5:30pm
Fair Housing	City of Santa Monica- Consumer Protection Division	1685 Main St., Rm 310 Santa Monica, CA 90401	(310) 458-8336	www.smconsumer.org	Mon- Thur; 7:30am- 5:30pm
Housing Services	Community Corporation of Santa Monica	1423 Second St , Ste. B Santa Monica, CA 90401	(310) 394-8487	www.communitycorp.org	Mon- Thur; 8am-5:30pm
Delivered Meal	Culver Palms Meals on Wheels	4427 Overland Ave. Culver City, CA 90230	(310) 559-0666	www.mealsonwheelsculverpalms.org	Mon- Fri; 9:30am-12:30pm
Social Services Programs for Veterans	Daniel's Place	1619 Santa Monica Blvd. Santa Monica, CA 90404	(310) 392-5855	www.danielsplace.org	Mon-Sun; 8:30am-4:45pm
Various Social Services Programs	the people concern	1751 Cloverfield Blvd. Santa Monica, CA 90404	(310) 450-0650	www.opcc.net	Mon-Fri; 9am-5pm
Services for People w/ Disabilities	Disability Community Resource Center- Santa Monica	1527 4th St. Santa Monica, CA 90401	(310) 395-0863	www.dcrc.co	Wed & Fri; 9am-5pm
Mental Health Services	Family Service of Santa Monica	1533 Euclid St. Santa Monica, CA 90404	(310) 451-9747	www.vistadelmar.org	Mon- Thur; 8am-9pm UNK
Services for adults 60+	Jewish Family Service- Israel Levin Center	201 Ocean Front Walk Venice, CA 90291	(877) 275-4537	www.jfsla.org	Mon-Fri; 9am-2:30pm
Nutrition Program adults 60+	Ken Edwards Center- Santa Monica	1527 4th St. Santa Monica, CA 90401	(310) 394-9871	www.smgov.net/senior	Mon-Fri; 8am-5pm
Preventative Health Services	LA County Public Health Dept	6101 W. Centinela Ave., Ste. 300 3rd Fl Culver City, CA 90230	(310) 410-3444	www.publichealth.lacounty.gov/eh	Mon- Fri; 8am-5pm
Food Delivery	Meals on Wheels- West	1823-A Michigan Santa Monica, CA 90404	(310) 394-5133 Ext 1	www.mealsonwheelswest.org	Monday – Friday between 10:30am and 1:30pm
Social Services Programs	Ocean Park Community Center- Turning Center	1447 16th St. Santa Monica, CA 90404	(310) 450-4050	www.opcc.org	UNK
Substance Abuse	Salvation Army Rehabilitation Center- Santa Monica	1665 11th St. Santa Monica, CA 90404	(310) 4507235 Ext. 3	santamonicaarc.salvationarmy.org	UNK
Transportation	Santa Monica Big Blue Bus	1334 5th St. Santa Monica, CA 90401	(310) 451-5444	www.bigbluebus.com	Mon- Fri; 7:30am-5:30pm

Employment services for older adults	Santa Monica Community College-Emeritus Program	1227 Second St. Santa Monica, CA 90401	(310) 434-4306	www.smc.edu	8:30am- 4:30pm; Mon- Fri
Domestic Violence Services, Substance disorders, Youth services	Santa Monica Police Dept.- Police Activities League	1401 Olympic Blvd. Santa Monica, CA 90404	(310) 458-8988	www.santamonicapd.org	Mon-Fri; 12pm-10pm 12pm-6pm; Sat
Nutrition Program for individuals 60+	Santa Monica- Reed Park	1133 7th st. Santa Monica, CA 90401	(310) 394-9871	www.smgov.net/senior	Mon- Fri; 11am-1pm
Food pantry+ housing+ mental health	St. Joseph Center	204 Hampton Dr. Venice, CA 90291	(310) 396-6468	www.stjosephctr.org	Mon-Fri; 9am-5pm
Food Bank	St. Robert's Center	211 3rd Ave. Venice, CA 90291	(310) 392-8701	catholiccharitiesla.org	10am- 2pm; Sat & Sun
Emergency Housing & Mental Health Services for veterans	Step Up on Fifth	1548 Fifth St. Santa Monica, CA 90401	(310) 394-6889	www.stepuponsecond.org	
Emergency Housing	Upward Bound House	1104 Washington Ave. Santa Monica, CA 90403	(310) 458-7779 info@upwardboundhouse.org	https://upwardboundhouse.org/	Mon-Fri; 9am-5pm
Health Clinic	Venice Family Clinic	2401 Lincoln Blvd. Santa Monica, CA 90405	(310) 314-5480	www.commongroundwestside.org	Mon-Fri; 9am-5pm
Family Supportive Services	Westside Family Resource & Empowerment Center	5901 Green Valley Circle, Ste. 320 Culver City, CA 90230	(310) 258-4063	www.wfrec.org Mon-Fri; 9am-5pm	
Food Bank	Westside Food Bank	1710 22nd St. Santa Monica, CA 90404	(310) 828-6016	www.wsfb.org Mon-Fri; 7am-5pm	
Services for Adults 50+	Wise & Healthy Aging-Santa Monica Ombudsman	1527 4th St., 2nd FL. Santa Monica, CA 90401	(310) 899-1483	www.wiseandhealthyaging.org	Mon-Fri; 8:30am-5pm
Volunteer opportunities for older adults 55+	Wise & Healthy Aging-Volunteer Program	1527 4th St., 2nd Fl. Santa Monica, CA 90401	(310) 394-9871	www.wiseandhealthyaging.org	Mon- Fri; 8:30am-5pm
YMCA	YMCA- Palisades	821 Via de la Paz Pacific Palisades, CA 90272	(310) 454- 5591	www.ymcala.org/pm	UNK
YMCA	YMCA- Palisades Malibu	821 Via de la Paz Pacific Palisades, CA 90272	(310) 454-5591	www.ymcala.org/pm	UNK
Senior Center - senior social services	Felicia Mahood Multipurpose Center	11338 Santa Monica Blvd, Los Angeles, CA 90025	(310) 479-4119, Transportation: (310) 231-0369	www.laparks.org/multipurpose/felicia-mahood	Mon - Fri: 8:30 - 4:30 pm
Regional Center- social services	Westside Regional Center	5901 Green Valley Circle # 320 Culver City, CA 90230	310-258-4000	https://westsiderc.org/services/23-years-and-older/	
support services during emergencies and crises- food, payment of rent and utilities, medical expenses, clothing and shoes, funeral expenses and necessary resources when experiencing emergencies or crises.	One Voice - Emergency Relief Program	1228 15th St. suite C. Santa Monica, CA 90404	310-458-9961	www.onevoice-la.org/family-assistance/	Monday - Friday 9 am - 5 am

S.A.V.E.S. conducts a food drive	St. Augustine Church S.A.V.E.S	3820 Jasmine Avenue 90232 Culver City CA	(310) 838-2702	2nd Sunday of every month	
Food Pantry	The Church on Pearl	1520 Pearl Street Santa Monica, CA 90405	(310) 699-2777	Wednesday 2:30pm - 5:30pm	
Food Pantry	St. Anne's Social Service	2013 Colorado Ave. Santa Monica, California 90404	310-829-4411	Wed 4pm – 5:30pm	
Food Pantry	The Bible Tabernacle - Venice Campus	1761 Washington Way Venice, CA 90291	310.821.6116	Mon wed Fri 9:30 10:30am	
Transportation Grocery assistance Household services Health and wellness opportunities Social and cultural outings Vetted and discounted vendors Concierge services Volunteer opportunities	WISE Connect	1527 4th St, 2nd Floor Santa Monica, CA 90401	(310) 829-5699	West Los Angeles • Brentwood • Culver City • Malibu-Topanga Pacific Palisades • Santa Monica • Marina- Venice • Mar Vista • Westchester	
Handyworker Program	City of Los Angeles Department on Aging - Handyworker Program		(213) 808-8803		
Hoarding	Clear Home Solutions	13351 D. Riverside Drive Suite 317 Sherman Oaks, CA 91423	(818) 376-0125	www.clearhomesolutions.com	
HOUSING AUTHORITY	City of Beverly Hills - Community Development Department	455 North Rexford Drive Beverly Hills, CA 90210 (310) 285-1141	(310) 285-1141		
HOUSING AUTHORITY	City of Malibu - Planning Department	23825 Stuart Ranch Road Malibu, CA 90265	(310) 456-2489, ext. 485		
Tenant and landlord counseling, fair housing education, and complaint investigation	Housing Rights Center		(800) 477-5977	www.hrc-la.org	
Housing	Santa Monica Rent Control Board	1685 Main Street, Suite 202, Santa Monica, CA 90401	(310) 458-8751	www.smgov.net/rentcontrol	By Phone: Mon- Thur 7:30-5:30, Alternate Fridays 8-5, closed alternate Fridays In Person: 8-4:30, closed alternate Fridays
Provides legal assistance to very low to moderate-income Santa Monica residents on landlord/tenant issues, government benefits, domestic violence, and family law.	Legal Aid Foundation of LA	1640 5th St, Suite 124, Santa Monica, CA 90401	APPOINTMENT ONLY (310) 899- 6200 or (800) 399-4529	www.lafla.org/about-us/	Mon-Fri 9-5, Legal clinic on Tues & Thur at 6 pm

Housing - counseling & advice on evictions	C.E.S. (Coalition for Economic Survival) Tenants' Rights Clinic Plummer Park (In the Community Building)	7377 Santa Monica Blvd, Los Angeles, CA 90046	213) 252-4411	www.cesinaction.org	Wed 7 pm, Sat 10 am. Must arrive on time. Walk-ins accepted. No appointment necessary
Lawyer referral & information service. \$25 administrative fee	Santa Monica Bar Association		(310) 581-5163 or email: smbaoffice@smba.net	www.smba.net	Mon-Fri 9-5
Legal assistance	Self-Help Legal Access Center Santa Monica Court House	1725 Main Street, Room 210, Santa Monica, CA 90401	Assistance provided on a drop-in basis	Mon - Thur 8:30-4 (Closed 12-1:30), Friday 8:30-12	
To file a complaint For unlawful discrimination in employment, housing, public accommodations	California Dept. of Fair Employment & Housing	n/a	(800) 884-1684	www.dfeh.ca.gov	
Housing inspections, Tuberculosis (TB) screenings, Emergency preparation resources, Health care provider for Child Health & Disability Program, Health information for individuals and families, Healthy eating & injury prevention tips	Public Health Department—LA County Santa Monica District Office	6101 W. Centinela Ave., Suite 300, Culver City, CA 90230	(888) 700-9995 Call Center or (310) 410-3400	www.publichealth.lacounty.gov	Monday to Friday 8-5
Community Resources	Planning & Community Development—City of Santa Monica	1685 Main Street, Room 111, Santa Monica, CA 90401	(310) 458-8341 or (310) 458-2275 - Neighborhood Resource Coordinator, Ayde Gonzalez (310) 458-2201 Ext 2601	www.smgov.net/departments/pcd	
Case management, crisis intervention, outreach, referrals and meals to residents who are low-income and homeless or mentally ill.	OPCC (Annenberg Access Center)	503 Olympic Drive, Santa Monica, CA 90401	(310) 450-4050	www.opcc.net	Mon-Fri 9-5, Sat 9-12 noon, Tues 9-12 noon
Residential housing, work, & group and individual therapy. Offers spiritual, social & emotional help	Salvation Army Adult Rehabilitation Center	1665 10 Street, Santa Monica, CA 90404	(310) 450-7235		

housing, case management and advocacy services to adults with mental health issues and/or substance dependency	Step Up on Second	1328 2nd Street, Santa Monica, CA 90401	(310) 394-6889	www.stepuponsecond.org	
Housing	Section 8 (Santa Monica Housing Authority)	1901 Main Street, Suite A, Santa Monica, CA 90405	(310) 458-8740	www.smgov.net/housing/section8.htm	Mon Thurs 7:30-5:30, Friday 8-5, closed alternate Fridays
Human Services	Human Services (Santa Monica)	1685 Main Street, Room 212, Santa Monica, CA 90401	(310) 458-8701 TDD (310) 458-8696	www.smgov.net/departments/ccs	Monday to Thursday 7:30-5:30, Friday 8-5, closed alternate Fridays
Services for persons with disabilities	Disability Community Resource Center	12901 Venice Blvd., Los Angeles, CA 90066	(310) 390-3611 or (888) 851-9245	www.dcrc.co	Monday to Friday 9-5
Monday meals	All Saints Episcopal Church	504 N Camden Drive, Beverly Hills, CA 90210	(310) 275-0123	www.allsaintsbh.org/mondaymeal/	Monday meals @1:30

TYPE OF SERVICE	NAME OF LOCATION	ADDRESS	PHONE #	Hours	Website
Mental Health	Alfia Mental Health Institute	1720 Santa Rosalia Dr., Suite 628 Los Angeles, CA 90008	(323)293-8771	Mon- Fri; 8:30am-5 pm	
Services for People w/ Developmental Disabilities	ARC – Mid Cities	14208 Towne Ave., Los Angeles, CA 90061	(310) 329-9272	Mon-Fri; 8am-4:30pm	www.arcmidcities.org
Services for People w/ Developmental Disabilities	ARC- South LA Office	1011 N. Willowbrook Ave., Compton CA 90220	(310) 631-9176	Mon- Fri; 7:30am-4pm	www.arcmidcities.org
Provides Intake, Application, & Benefit Dist. for Dept. of Public Social Services	Calworks Program – Florence District Office 17	1740 E. Gage Ave., Los Angeles, CA 90001	(626) 569-1399	Mon-Fri; 8am – 5pm	dpss.lacounty.gov/programs.cfm
Adult day care for adults 18+ w/ chronic illnesses, Alzheimer's/ Dementia,	Center for Better Life	672 S. Carondelet St., Los Angeles, CA 90057	(213) 388-4445	N/A	www.sbssla.org
Services for older adults	City of Los Angeles Dept. of Rec & Parks – Ahmanson Senior Center	3990 Bill Robertson Ln., Los Angeles, CA 90037	(213) 763-0118 Ext. 255	Mon-Fri; 9am-5pm	www.laparks.org/scc
Services for older adults	City of Los Angeles Dept. of Rec & Parks – Slauson Senior Center	5306 S. Compton Ave., Los Angeles, CA 90011	(323) 846-5392	Mon- Fri; 8am – 4:30pm	www.laparks.org/scc
Services for older adults	City of Los Angeles Dept. of Rec & Parks – Watts Senior Center	1657 E. Century Blvd., Los Angeles, CA 90002	(323) 564-9440	Mon- Fri; 9am-4pm	www.laparks.org/scc
Transportation for people 62+ and Disabilities	City of Lynwood Rec & Community Services – Senior Center	11329 Ernestine Ave., Lynwood CA 90262	(310) 886-0425	Mon- Thur 8am – 4pm ; Fri 8am-1pm	www.lynwood.ca.us
Medical Clinic	Clinica Monsenor Oscar A. Romero	123 South Alvarado St., Los Angeles, CA 90057	(213) 989-7700	N/A	https://clinicaromero.com/
Health Center	Compton Child & Family Services Center	921 E. Compton Blvd., Compton CA, 90221	(310) 668-6600	Mon- Fri, 8am-5pm	
Mental Health	Compton Mental Health Center	921 E. Compton, CA 90221	(310) 668-6800	Mon-Fri, 8am-5pm	
Shelter for Single Women	Doors of Hope	529 N. Broad Ave. Wilmington, CA 90744	Service/Intake (310) 518-3667	Office Mon-Sat 8am – 5:30pm	http://beaconlightmission.org/doh-home.html
CalFresh, General Relief, Medi-Cal, GROW	DPSS Office	1819 Charlie Sifford Dr., Los Angeles, CA 90047	Participant Help Line: (626) 569-1399	Mon - Fri; 8am - 5Pm	
CalWorks, CalFresh, Medi-Cal	DPSS Office	1740 E. Gage Ave, Los Angeles, CA 90001	Participant Help Line: (866) 613-3777	Mon - Fri; 8am - 5Pm	
CalWorks, CalFresh, Medi-Cal	DPSS Office	211 E. Alondra Blvd., Compton, CA 90220	Participant Help Line (866) 613-3777	Mon - Fri; 8am - 5Pm	
CalWorks, CalFresh, Medi-Cal	DPSS Office	3833 S. Vermont Ave., Los Angeles, CA 90037	Unknown	Mon - Fri; 8am - 5Pm	
CalWorks, CalFresh, Medi-Cal	DPSS Office	2615 S. Grand Ave., Los Angeles, CA 90007	Participant Help Line (866) 613-3777	Mon - Fri; 8am - 5Pm	

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Services for older Adults, Home delivered meals, Transportation, Victims of Crime	Human Services Association – Roosevelt Park Senior Center	7600 Graham Ave., Los Angeles, CA 90001	(323) 586-6222	Mon- Fri; 9am-1pm	www.hsala.org
Health Center	Kedren Community Health Center	4211 South Avalon Blvd., Los Angeles, CA 90011	(323) 233-0425	Mon-Fri, 9am-12pm	
Provides health services for people w/out health providers or dental	LA County Dept. Pub. Health – Hubert H. Humphrey Health Center	5850 S. Main St, Los Angeles, CA 90003	(323) 897-6000	Mon- Fri; 8am-5pm	dhs.lacounty.gov/wps/portal/dhs/humphrey
Services for Older Adults	LA County Workforce Dvlp – Aging & Community Services – Firestone Service Center	7807 S. Compton Ave., Los Angeles, CA 90001	(323) 586-6502	Mon- Fri; 8am-5pm	wdacs.lacounty.gov/
Workforce Development Programs	LA County Workforce Dvlp – Aging & Community Services – South LA Job Center of CA	1600 W. Imperial Hwy., CTE Building, Rm. 115, Los Angeles, CA 90047	(323) 241-5016	Mon- Fri; 8am-5pm	workforce.lacounty.gov
Services for older adults	LA County Workforce Dvlp – Aging & Community Services – Willowbrook Senior Center	12915 Jarvis Ave., Los Angeles CA 90061	(310) 217-5650	Mon- Fri; 8am-5pm	wdacs.lacounty.gov/
Health Center (Public Health)	Martin Luther King Jr Center	11833 S. Wilmington Ave, Los Angeles, CA 90059	(323) 568-8100	Mon - Fri; 8am - 5Pm	
Provides volunteer opportunities for Adults 55+	Retired & Senior Volunteer Program- All Peoples Community Center	822 E. 20th St., Los Angeles, CA 90011	(800) 424-8867	UNK	www.allpeoplescc.org
Health Center	Ruth Temple Health Center	3834 S. Western Ave., Los Angeles CA 90062	(323) 730-3507	Mon - Fri; 7am - 5Pm	
Case management services, mental health, substance abuse	Shields for Families Inc- ACT Program	600 N. Alameda St., Compton, CA 90221	(323) 568-2055	Mon – Fri; 8am-5pm	www.shieldsforfamilies.org
Medical Clinic	South Central Family Health Center	4425 S. Central Ave., Los Angeles, CA 90011	(323) 908-4200	N/A	https://southsidecoalition.org/scfhc/
Coordinates Services for individuals with developmental disabilities	South Central Regional Center	2500 S. Western Ave., Los Angeles, CA 90018	(213) 744-7000	N/A	https://sclarc.org/
Homeless support services, Substance Abuse, Mental Health, Victims of Crime, Health/Dental	Special Service for Groups	5715 S. Broadway, Los Angeles, CA 90037	Service/ Intake (323) 948- 0444	Mon – Fri; 8am – 4:30Pm	SSG.org
Medical Clinic	St. John’s Well Child & Family Center	808 W. 58th St, Los Angeles, CA 90037	(323) 541-1411	N/A	https://www.wellchild.org/
Medical Center	St. Vincent Medical Center	2131 W. 3rd St., Los Angeles, CA 90057	(213) 484-7111	N/A	https://stvincent.verity.org/SVMC/
Home Delivered meals for people homebound due to Age, Disability, or Illness	St. Vincent Senior Citizen Nutrition Program Inc.	2302 Miramar St., Los Angeles, CA 50057	(213) 484-7775	Mon – Fri; 9am-4pm	www.stvincentmow.org
Medical Clinic	T.H.E. Clinic	3834 S. Western Ave, Los Angeles, CA 90062	(323) 730-1920	Mon- Sat; Hours Varied	https://tohelpeveryone.org/

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Nutrition Programs and services for adults 60+	Theresa Lindsay Center	429 E. 42nd Pl., Los Angeles, CA 90011	(323) 846-1920	Mon- Fri; 7:30am – 4pm	www.wlcac.org
Services for families and caregivers who are caring for adults	USC Family Caregiver Support Center	3715 McClintock Ave. Los Angeles, CA 90089-0191	(855) 872-6060	Mon- Fri; 8:30am-5 pm	www.fcscgero.org/
Services for older adults (60+), Transportation, Health Edu, Nutrition Programs	Watts Labor Community Action Committee – Estelle Van Meter Center	7600 E. Avalon Blvd., Los Angeles, CA 90003	(323) 305-1711	Mon-Fri; 7:30am – 4p	www.wlcac.org
Services for older adults, Transportation, Services for older adults (60+),	Watts Labor Community Action Committee- Bradley Multipurpose Senior Center	10957 S. Central Ave., Los Angeles, CA 90059	(323) 563-5639	Mon- Fri; 9am – 3:30pm	www.wlcac.org
Health Center	West Central Family	3751 Stocker St. Los Angeles, CA 90008	(323) 298-3680	Mon-Fri, 8:30am-5pm	

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TYPE OF SERVICE	NAME OF LOCATION	ADDRESS	PHONE #	HOURS	EMAIL
Community Service Center Emergency Food services	Asian Community Service Center	14112 S. Kingsley Dr., Rm. #10, Gardena, CA 90249	(310) 516-8244		
Dental	Assistance League of San Pedro- South Bay	1441 W. 8 th St. San Pedro, CA 90732	(310) 832-8355	Mon-Fri; 8am- 5pm	sanpedrosouthbay.assistancel eague.org
Emergency Food, Personal Goods, and Community Referral's	Hope Chapel Hermosa Beach	2420 Pacific Coast Hwy. Hermosa Beach, CA 90254	(310) 374-4673		
Family Resource Center	Center for Families and Youth	3820 Cherry Ave. Long Beach, CA 90807	(562) 570-3300	Mon-Fri; 8am- 5 pm	www.longbeach.gov/health
Food	Certified Farmers Market	Appian Way & Nieto Ave. Long Beach, CA 90803	(562) 449-9299	Wednesday; 3- 7pm	www.localharvestfarmersmar kets.com
Health Center	Harbor-UCLA Med. Ctr./ Adult Outpatient	1000 W. Carson St. Torrance, CA 90509	(310) 222-3151	Mon-Fri, 8am- 5pm	
Health Center	Long Beach Child and Adolescent Clinic	240 E. 20th St., Long Beach, CA 90806	(562) 599-9271	Mon-Fri, 8am- 7pm	
Health Center	Curtis R. Tucker Health Center immunizations	123 W. Manchester Boulevard Inglewood< CA 90301	(310) 419-5325	Monday - Friday, 8:00 a.m. - 5:00 p.m.	
Health Center (Immunization only)	Torrance Health Center immunization	711 Del Amo Boulevard Torrance, CA 90502	(310) 354-2300	Monday- Friday 8:00 a.m. - 5:00 p.m	http://publichealth.lacounty.g ov/chs/phcenters.htm
Health Department	Long Beach Department of Health and Human services	2525 Grand Avenue Long Beach, CA 90815	(562) 570-4000	Monday - Friday, 8:00 a.m. - 5:00 p.m.	Anthony.Ly@longbeach.gov
Home delivered Meals	MEALS ON WHEELS OF LONG BEACH Located in: Belmont Heights Church Preschool	317 Termino Ave. Long Beach, CA 90814	(562) 439-5000	1371 Eubank Avenue (Banning Park) Wilmington CA, 90744	
Housing	Long Beach Housing Authority	100 W. Broadway Ste. 550 Long Beach, CA 90802	(562) 570-6949	Mon-Thur; 8am-6pm	www.lbhdc.org
In-Home Supportive Application	IHSS Ops IV Hawthorne	12000 S. Hawthorne Blvd, Hawthorne,CA 90650	(888) 944-4477	Monday - Friday, 8:00 a.m. - 5:00 p.m.	
Library	Long Beach Public Library- Bret Harte Neighborhood	1595 W. Willow St. long Beach, CA 90810	(562) 570-1044	12:00pm- 7:00pm	Lbpl.org
Library	Long Beach Public Library- Burnett Neighborhood Library	560 e. Hill St. Long Beach, CA 90806	(562) 570-1041	12:00pm- 7:00pm	Lbpl.org

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Library	Long Beach Public Library-Bay Shore Neighborhood Library	195 Bay Shore Ave. Long Beach, CA 90803	(562) 570-1039		Lbpl.org
Library	Long Beach Public Library- Dana Neighborhood Library	3680 Atlantic Ave. Long Beach, CA 90807	(562) 570-1042		Lbpl.org
Mental Health	Didi Hirsch Community Mental Health Center	323 N. Praire Aave. Inglewood, CA 90301	(310) 677-7808	Mon-Fri, 8:30am- 5pm	
Mental Health	Long Beach Asain Pacific Mental Health Program	4510 E. Pacific Coast Hwy., Suite 600, Long Beach CA 90804	(562) 346-1100	Mon-Fri, 8am-5pm	
Mental Health	Long Beach Mental Health Services	2600 Redondo Ave. 3 rd Fl Long Beach, CA 90806	(562) 256-2900	8am-5pm	dmh.lacounty.gov
Mental Health Services for Youth	South Bay Children's Health Center	1617 Cravens Ave. Torrance, CA 90501	(310) 328-0855	Mon-Thur; 8am-5pm	http://sbchc.com/clinics/child-guidance-clinic
Nutrition site	WILMINGTON JAYCEES FOUNDATION, INC	1371 Eubank Avenue (Banning Park) Wilmington CA, 90744	(310) 518-4533	Monday through Friday, 8:30am to 4:30pm.	
Nutrition site	Amvets Nutrition site	121 W. "E" Street Wilmington, CA 90744	(310) 513-6559	Monday through Friday, 8:30am to 4:25pm.	
Nutrition site	Anderson Memorial Center	828 S. Mesa Street Sasn Pedro, CA 90731	(310) 548-7596	Monday through Friday, 8:30am to 4:25pm.	
Nutrition site	Normandale Recreation Center	22400 Halldale Avenue San Pedro, CA 90731	(310) 748-7146	Monday - Friday: 9:00 am - 9:00 pm	NORMANDALE.RECREATIONC ENTER@LACITY.ORG
Pantry Program	San Pederro Service Center	769 WEST 3RD STREET SAN PEDRO CA 90731	(310) 519-6091	Tuesday through Friday 2:00 p.m. – 4:30 p.m	
Provides retirement benefits, disability benefits	LONG BEACH OFFICE - SOCIAL SECURITY ADMINISTRATION	2005 Long Beach Blvd.Long Beach, CA 90806	(888) 256-2631	Monday through Friday, 9:00 am to 4:00pm.	
Provides retirement benefits, disability benefits	LAKWOOD OFFICE - SOCIAL SECURITY ADMINISTRATION	4957 Paramount Blvd. Lakewood, CA 90712	(866) 964-6484	Monday through Friday, 9:00 am to 4:00pm.	
Rec Programs	City of Hermosa Beach Community Resources	710 Pier Ave. Hermosa Beach, CA 90254	(310) 318-0280	Mon-Thur; 7am-10pm	www.lbhdc.org

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Section 8	HOUSING AUTHORITY OF THE CITY OF LOS ANGELES	19600 Hamilton Ave. Torrance, CA 90502	(310) 225-6600	Monday - Friday, 8:00 a.m. - 3:00 p.m.	home.hacla.org
Services for People with Disabilities	El Camino College-Special Resource Center	16007 Crenshaw Blvd. Torrance, CA 90506	(310) 660-3295	Mon-Fri	www.elcamino.edu/academic/s/src
Stroke Center) disabilities Services due to stroke	CITY OF CARSON HUMAN SERVICES DIVISION - SENIOR SOCIAL SERVICES	801 E. Carson St. Carson, CA 90745	(310) 952-1763	Monday through Friday, 8:30am to 4:30pm.	ci.carson.ca.us
Support group for family	Belmont Village Assisted Living	5701 Crestridge Road Rancho Palos Verdes, CA 90275	(310) 507-7661	Group Meets Fourth Monday 1:30pm-2:15PM	
Supports for parents of children w/ Developmental Delays	Harbor Resource & Assistive Technology Center	21231 Hawthorne Blvd. Torrance, CA 90503	(310) 543-0691	Mon-Fri; 8:30am-5pm	www.harborrc.org
TRANSPORTATION SERVICES	City Of Carson Transportation Services	801 E. Carson St. Carson, CA 90745	(310) 952-1757	Monday through Thursday, 8:00 am to 5:00pm.	ci.carson.ca.us
TRANSPORTATION SERVICES	Long Beach Transit	1963 E. Anaheim St. Long Beach, CA 90813	(562) 591-2301	Mon-Sun; 6:30am-5pm	
TRANSPORTATION SERVICES	Beach Cities Transit-Wave Dial-A-Ride	415 Diamond St. Redondo Beach, CA 90277	(310) 937-6660		
Veterans	Vetrans Administration Long Beach Healthcare System	5901 E. 7 th St. Long Beach, CA 90822	(888) 769-8387	24/7	www.longbeach.va.gov/
VETERANS SERVICE OFFICE	LOS ANGELES COUNTY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS				
Wellness Center	Family Crisis Center	21707 Hawthorne Blvd., Torrance CA 90503	(323) 737-3900	Mon-Fri, 9am-5pm	
Wellness Center	Harbor-UCLA Wellness Center	21730 Vermont Ave. Suite 210, Torrance, CA 90509	(310) 781-3400	Mon-Fri , 8am-5pm	