

Re-Entry L.A.

*A Self-Help Resource Guide for People Returning to
Los Angeles County from Prison or Jail*

2010 Edition



Welcome Home

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

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

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

How to Use this Guide

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

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

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

Tips for Accessing Services

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

LET'S GET STARTED

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

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

Identification

- Birth Certificate
- Social Security Card
- California ID/Driver's License
- RAP Sheet
- Voter Registration
- Library Card

Benefits

- General Relief
- Food Stamps
- Cal Works/TANF
- Supplemental Security Income (SSI)
- Veteran

Housing

- Permanent Housing
- Transitional Housing
- Residential Treatment Facilities
- Emergency Shelters for Individuals
- Emergency Shelters for Families
- Domestic Violence Shelters
- Sober Living
- Single Room Occupancy (SRO)

Education

- Vocational
- Trade
- Community Colleges

Employment

- Training Program
- Employment Development Department

Probation and Parole

- Transportation
- Office

Health

- Doctor
- Therapist
- Hospital/Clinic
- Mental Health
- Dept of Public Health

Life Skills

- Mentor
- Church
- Community

Legal

- Lawyer
- Legal Assistance
- Families and Children
- Child Support
- Support Groups
- Addiction
- HIV
- Hepatitis

Other things needed

Using the Internet

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

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

How to Get a Card

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

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

Contact:

Los Angeles Public Library, Central Office

Website: www.lapl.org

Location: 630 W. 5th St.

Los Angeles, CA 90071

Phone: 213-228-7000

Hours: Mon - Thu 10am-8pm, Fri. 10am-6pm,

Sat. 10am-6pm, Sun. 1pm-5pm

Call for the library in your area.

County of Los Angeles Public Library

Website: www.colapublib.org

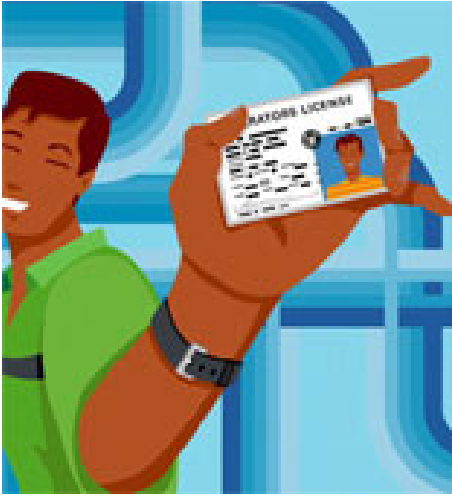
Phone: 562-940-8400

Call for the library in your area.



*The County and Public libraries require separate cards.

How to Get Your California State ID Card or Driver's License



Go to your local DMV office to get an application for a driver's license or identification card. You will be required to fill out an application and provide your social security number (see next page for information on obtaining a social security card).

Don't know where your local DMV is? Call 800-777-0133 to find out.

For faster service at the DMV it helps to make an appointment in advance, either online, or by calling 1-800-921-1117 or 1-800-777-0133.

Items needed for your Identification Card or Driver's License

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

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

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

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

Pay the application fee: Cost \$24-\$28; Reduced Fee: \$7 (if you qualify); Senior Citizen (age 62 or older) Free.

How to Get Your Social Security Card

How to Contact Social Security:

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



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

Proof of citizenship and identity

If you are a U.S. citizen, Social Security must see your:

- U.S. birth certificate
- U.S. driver's license, State-issued non-driver identity card or U.S. passport.

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

If you are not a U.S. citizen, Social Security must see your current U.S. immigration documents. Acceptable documents from the Department of Homeland Security include your:

- Form I-551 (includes machine-readable immigrant visa with your unexpired foreign passport);
- I-94 with your unexpired foreign passport; or Work permit card (I-766 or I-688B).

How to Get a Copy of Your Birth Certificate



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

How to get your birth certificate

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

Getting a free birth certificate online

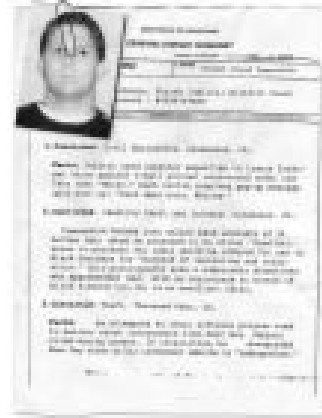
Need help getting a copy of your birth certificate? The good news is that it is easy to get a birth certificate from any state online. A host of companies have businesses set up that do nothing besides interacting with the proper state agencies, transmitting the required information for obtaining a certified,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

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

Get a copy of your Record of Arrest and Prosecution (RAP) Sheet

How To Get A Copy Of Your Rap Sheet:

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



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

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

Register To Vote

Ex-Offender Voting Rights

In California, you can register and vote if you are:

- A citizen of the United States.
- A resident of California.
- At least 18 years old on or before Election Day.
- Not in prison or on parole for a felony conviction.



If you have been convicted of a felony, you can register and vote if you:

- Have completed your prison term for a felony, including any period of parole or supervised release.
- Are on federal or state probation.
- Are incarcerated in county jail as a condition of felony probation or as a result of a misdemeanor sentence.

Restoring Your Right to Vote

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

To get a voter registration form:

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

Registration Requirements

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

When registering to vote you **MUST** provide a California driver's license or California identification number. If you do not have one, you must provide the last four digits of your Social Security number.

Identify Safe and Secure Housing

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

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

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

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

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

Obtaining References

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

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

If you are unsure about who can be a reference, consider the following:

- Members of your church or place of worship
- Family members/close friends
- Co-workers, supervisors, and managers
- Parole/Probation officers
- Landlords
- Mentors
- Former teachers

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Housing Services



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

-Maya Angelou

Housing

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

Helpful Tips:

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

Housing Services

A COMMUNITY OF FRIENDS

Website: www.acof.org

Location: Administrative Office, 3345 Wilshire Blvd., Ste. 1000

Los Angeles, CA 90010

Hours: M-F 9am-5pm

Phone: 213-480-0809

Fax: 213-480-1788

General Description: Permanent affordable housing to homeless & mentally ill adults, and other special needs populations. Some family units available. On-site residential service coordinators provide case mgmt, advocacy & assist with independent living skills to residents. Housing units located throughout LA. ***Referrals are only accepted from service providers or case mgrs, client self-referrals not accepted. ***

AIDS PROJECT LOS ANGELES/ RESIDENTIAL

Website: www.apla.org

Location: Community Housing Info & Referral Program

3550 Wilshire Blvd., Ste 300

Los Angeles, CA 90010

Hours: M-F 10am-5pm

Phone: 213-201-1600 or 888-300-4033

Fax: 213-201-1598

General Description: Info provided to persons living with HIV/AIDS and their families. The program offers referrals to an array of housing related services & housing options in L.A. County, including: independent housing, apt listings, emergency shelters, transitional housing, residential programs, emergency housing & meal voucher programs, rental assistance programs, voice mail box services, & prepaid phone cards.

BEACON LIGHT MISSION

Location: 525 N. Broad Ave.

Wilmington, CA 90744

Hours: M-F 9am-6pm, Sat, Sun 4pm-7pm

Phone: 310-830-7063

Fax: 310-830-3260

General Description: 21-bed emergency shelter for men only, ages 18 yrs +. Maximum length of stay is 7 nights every 2 mos. Individuals from any area are welcome. Dinner is served every night to men, women, and children who attend chapel services at 7pm.

Housing Services

BEYOND SHELTER

Website: www.beyondshelter.org

Location: 7826 S. Broadway

Hours: 9am-5pm

Phone: 323-565-2703

Fax: 213-480-0846 Administrative Office

General Description: Housing relocation assistance & transitional case management which include family and individual counseling, crisis intervention, job counseling, training & placement, assistance in obtaining child care, access to basic health and mental health care, money management, independent living skills training, parenting education, specialized children's services, welfare advocacy. Spanish spoken.

CATHOLIC CHARITIES/BROWNSON HOUSE COMMUNITY CENTER

Website: www.catholiccharitiesla.org

Location: 1307 Warren Street

Los Angeles, CA 90033

Hours: M-F 9am-5pm

Phone: 323-264-8701

Fax: 323-266-3269

General Description: Multiservice center for homeless & low income. Info & referral, after school program for children ages 5-14 yrs, case management, emergency food provided M-F 9am-1pm, job and medical referrals, utility bill assistance Jan-March, poverty services and shelter for needy families. Spanish spoken. Serves Boyle Heights and East LA

GOOD SHEPHERD CENTER/HOMELESS WOMEN

Location: 1650 Rockwood Street

Los Angeles, CA 90026

Hours: M-F 9am-5pm

Phone: 213-250-5241

Fax: 213-250-5073

General Description: Mobile outreach, drop-in center, emergency shelter max 6 weeks stay for homeless single women.

Housing Services

HOPE AGAIN

Website: www.hopeagain.org

Location: 5121 Sunset Blvd.

Los Angeles, CA 90027

Hours: M-Th 9am-4pm

Phone: 323- 661-4004

Fax: 323-661-6172

General Description: Multi-purpose social service agency provides comprehensive case mgmt, employment assistance, food, shelter referral, recovery groups, support groups, rental and referral services for low income, disabled and destitute families. 20 bed transitional housing for single women. Ages 18 + and valid ID

HOUSE OF HOPE

Location: 1115 N. Normandie Ave.

Los Angeles, CA 90029

Hours: M-F 8am-4pm; Sat 8am-12noon

Phone: 323-663-1214

Fax: 323-663-1215

General Description: Shelter and sober living provided to men and women.

HOUSING RIGHTS CENTER

Website: www.hrc-la.org

Location: Fair Housing Services

520 S. Virgil Ave., Ste 400,

Los Angeles, CA 90020

Hours: M-F 8:30am-5p Phone: 213-387-8400 or 800-477-5977

Fax: 213-381-8555

General Description: Info & Counseling regarding landlord & tenant issues. Investigates housing discrimination complaints. Offers monthly vacancy listing. Additional notes: Call for walk-in clinic hours. Spanish, Mandarin, Korean, Armenian & Russian spoken

LA FAMILY HOUSING

Website: www.lafh.org

Location: 7843 Lankershim Boulevard

North Hollywood, CA 91605

Phone: (818) 982-4091

Fax: (818) 982-3895

General Description: Helps homeless families and individuals rebuild their lives through an integrated system of housing and supportive services.

Housing Services

LA HOUSING AUTHORITY

Website: www.hacla.org

Location: 2600 Wilshire Blvd., 3rd FL,
Los Angeles, CA 90057

Hours: M-F 8am-4:30pm

Phone: 213-252-2575

General Description: This office handles HUD Section 8 housing only and serves the actual city of LA (not the entire county). For further information on Section 8 applications, write to: P.O. Box 17985-0965 Foy Station, Los Angeles, CA 90017-0965. Additional Notes: Spanish, Vietnamese, Russian, Armenian, Korean, Cambodian and Chinese spoken.

LA HOUSING PARTNERSHIP

Website: www.lahousingpartnership.com

Location: 1200 Wilshire Blvd. Ste. 307
Los Angeles, CA 90017

Hours: M-Th 8am-6pm; F, Sat 8am-5pm

Phone: 213-484-2555

General Description: Referrals to low-cost apartments

LABOR COMMUNITY SERVICES

Location: 2130 W. James Wood Blvd., Ste 103

Los Angeles, CA 90006

Hours: M-F 9am-5pm

Phone: 213-427-9044

Fax: 213-427-9056

General Description: Info & referral for a wide range of issues. Direct services for food, shelter, utility payments and other emergency assistance to people in need. Limited financial assistance.

LAMP COMMUNITY VILLAGE

Location: 527 S. Crocker St.

Los Angeles, CA 90013

Hours: M-F 8am-5pm

Phone: 213-488-9559

Fax: 213-683-0969

General Description: 47-bed transitional residential facility for the seriously mentally ill, ages 18 yrs+. No limit on stay. Also recovery program for dual diagnosis including case management.

Housing Services

LONG BEACH MULTI-SERVICE CENTER

Location: 1301 W. 12th Street

Long Beach, CA 90813

Hours: M, Tu, W, F 8am-5pm: Th 8am-2pm

Phone: 562-733-1147

Fax: 562-733-1157

General Description: 14 co-located agencies serve the homeless. Emergency food, seasonal housing, shelter services & referrals. Financial, rental, utility, transportation assistance, emergency motel & restaurant vouchers, case mgmt services, affordable housing assistance, outreach.

OCEAN PARK COMMUNITY CENTER/TURNING POINT

Website: www.opcc.net

Location: 1453 16th St.

Santa Monica, CA 90404

Hours: M-F 8am-5pm

Phone: 310-828-6717

Fax: 310-828-1337

General Description: 55-bed transitional housing program for the homeless. Serves single adults ages 18 yrs+. Maximum stay is 9 months.

PEOPLE ASSISTING THE HOMELESS (PATH)

Website: www.epath.org

Location: Regional Homeless Center

340 N. Madison Ave.

Los Angeles, Ca 90004

Hours: Office Hours M-F 7:30am-4pm

Phone: 323-644-2216

Fax: 323-644-2288

General Description: Transitional housing program for men, women, families and those with special needs. Each program consists of transitional beds with programs, services & facilities geared to individual needs. Access program provides initial in-take, needs assessment & referral service.

Housing Services

PORTALS/ MARIPOSA CLUB HOUSE

Website: www.portalshouse.org

Location: 269 S. Mariposa Ave.

Los Angeles, CA 90004

Hours: M-F 8am-5pm

Phone: 213-639-2660

Fax: 213-389-1987

General Description: This supportive housing program for the formerly homeless, mentally ill or at risk of being homeless. Provides long -term, supported, independent housing in the Santa Monica and West L.A. area. Wait list.

SALVATION ARMY/SANTA MONICA

Location: 505 Olympic Blvd.

Santa Monica, CA 90401

Hours: M-F 8am-5pm

Phone: 310-581-9825

Fax: 310-581-9314

General Description: 100-bed shelter for adults, with residency up to 6 months. Also provides a 20-bed, 14 day emergency shelter for men & women. Specific Services Requirements: 18+ yrs, drug & alcohol free by referral only.

SALVATION ARMY/ZAHN EMERGENCY SHELTER

Location: 832 W. 9th St.

Los Angeles, CA 90015

Hours: M-F 8:30am-4:30pm

Phone: 213-438-1600

Fax: 213-892-8955

General Description: Family services program for food & clothing vouchers located on the first floor. Located on the second floor is 3-month shelter for males, females, transgender & families with HIV/AIDS, as well as non-HIV. Staff is bilingual and culturally sensitive.

SRO HOUSING CORPORATION

Website: www.srohousing.org

Location: Administrative Office, 354 S. Spring St. Ste 400

Los Angeles, CA 90013

Phone: 213-229-9640

Fax: 213-229-9677

General Description: Hotels for recovering substance abusers, the chronically & severely mentally ill, ex-offenders, and some exclusively for seniors.

Housing Services

TARZANA TREATMENT CENTERS

Website: www.tarzanatc.ord/services/housing-sober-living.aspx

Phone: 818-996-1051 or 818-342-5897

General Description: Transition into independent living in the community. 14 sober living houses conveniently located within close proximity to each of their four alcohol and drug treatment facilities in the San Fernando Valley, Antelope Valley, and Long Beach.

US DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

Website: www.hud.gov

Location: Subsidized Housing Program,

611 W. 6th Street, Ste 800,

Los Angeles, CA 90017

Hours: M-F 8am-4:30pm

Phone: 213-894-8000

Fax: 213-894-8107

General Description: National website can help find a HUD office near you. Recorded message. Obtain a list of subsidized rental housing (Section 8). Application depends on ability to meet criteria at local district office. Waiting list depends on area. It may take several years to obtain subsidized rentals.

WATTS COMMUNITY LABOR/ COMMUNITY ACTION

Website: www.wlcac.org

Location: Access Center for Homeless Service

958 E. 108th ST.

Los Angeles, CA 90059

Phone: 323-563-4730

Fax: 323-563-5672

General Description: Comprehensive info and referral, intake with 30-bed shelter for single mothers ages 18 yrs+ with children up to age 9. Also provides food and clothing. Must be in school or working.

Hotlines and Helplines



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

-Mark Lieberman

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

Helpful Hints:

- Be sure to have a pen and paper available when you call to write down any telephone numbers or addresses the hotline operator may give to you.
- Be specific with the questions that you ask. Have them in mind before you call. Maybe even write them down so you don’t forget to ask any of them.
- If they can’t help you, see if they can point you in the right direction.
- Be patient and keep looking until you find what you need.

Hotlines and Helplines

2-1-1 L.A. COUNTY

Phone: Dial 211 on any telephone, 24 Hour Hotline

Website: www.infoline-la.org

General Description: Provides free 24-hour multilingual info & referrals to human services in L.A. County. Referrals for domestic violence, emergency shelter, health services, child care, substance abuse, counseling, family planning, consumer issues, welfare, emergency food, legal referrals, youth programs, senior services, transportation, mental health issues, etc.

AIDS/HIV NIGHTLINE

Phone: 800-273-2437, 415-434-2437;

Spanish line: 800-303-7432

Hours: M-Sun 5pm-5am

General Description: Evening phone line offering emotional support, info and referrals to persons with concerns about HIV/AIDS.

AIDS PROJECT L.A./CLIENTLINE

Phone: 213-201-1500

Hours: M-F 9am-4:30pm

General Description: Provides information and referrals, resources and case management over the phone to APLA clients and their significant others, caregivers and healthcare workers. Calls are handled by trained staff, never a voicemail. Spanish spoken. Serves L.A. County.

ALCOHOL HELPLINE

Phone: 800-334-0394 or 800-ALCOHOL, 24 Hour Hotline

General Description: Information, referrals, and crisis interventions.

BATTERED WOMEN'S HOTLINE

Phone: 818-242-1106, 24 Hour Hotline

Location: Glendale YWCA

General Description: 24 hr emergency hotline and information for battered women & children. Support groups in English, Spanish and Armenian. Drop-in resource center and legal clinic.

CALIFORNIA FAMILY PLANNING INFORMATION AND REFERRAL

Phone: 800-942-1054. 24 Hour Hotline

General Description: Recorded information and referral to local birth control, F-PACT and family planning services for all of California. Referrals are targeted by zip codes. Spanish speaking referral available.

CALIFORNIA AIDS HOTLINE

Phone: 800-367-AIDS

Hotlines and Helplines

CALIFORNIA YOUTH CRISIS LINE

Phone: 800-843-5200, 24 Hour Hotline

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

CENTERS FOR DISEASE CONTROL AND PREVENTION

Phone: 888-443-7232

COMMUNITY HELPLINE

Phone: 310-375-6160; 877-541-2525

Hours: M-Sun 7am-10pm

General Description: Confidential listening, crisis intervention, information and referral toll-free hotline. Assistance with loneliness, relationships, family violence, depression, grieving and losses, alcohol and drug abuse, anxiety, teen issues and suicide. Volunteering opportunities available.

CONSUMER ACTION

Website: www.consumer-action.org

Location: 523 W. 6th St., Ste. 1105

Los Angeles, CA 90014

Phone: 213-624-8327; 213-624-4631

General Description: Publications and advice regarding consumer rights to low income, seniors, minorities, disabled persons, and persons with limited English proficiency. Spanish and Chinese spoken.

FAMILY CRISIS CENTER

Phone: 213-745-6434, 24 Hour Hotline

General Description: 24 hr counseling and referrals to resources for battered women and children, youth and adults.

GED INFORMATION

Website: www.cde.ca.gov

Phone: 916-445-9438 or 866-370-4740

General Description: Automated information regarding GED testing sites.

HEPATITIS C CONNECTION

800-522-4372

HERPES HOTLINE OF L.A.

Phone: 310-281-7511, 24 Hour Hotline

Hotlines and Helplines

BE SOBER HOTLINE

Phone: 800-237-6237, 24 Hour Hotline

COCAINE HOTLINE

Phone: 800-COCAINE

DOMESTIC VIOLENCE HOTLINE

Phone: 888-385-4657

HIV/AIDS HOTLINE

Phone: 800-367-2437

HIV/AIDS HOTLINE (Spanish)

Phone: 800-344-7432

HOTLINE OF SOUTHERN CALIFORNIA

Phone: 562-596-5548; 714-894-4242

Hours: M-Sun 8am-Midnight

General Description: Crisis intervention, information, referrals. Referrals for food, shelter, rent, and utility payments to needy people.

HOUSING AND URBAN DEVELOPMENT

Phone: 800-669-9777

General Description: Info on HUD programs. Fair housing rights and responsibilities. Housing discrimination hotline

L.A. COUNTY HEALTH AND NUTRITION HOTLINE

Phone: 877-597-4777

Hours: M-F 8am-7pm Fax

General Description: Public information line for questions about general Medi-Cal eligibility, CHDP, Healthy Families insurance coverage, Specified Low Income Medicare Benefits, Child Medi-Cal Enrollment Project, food stamps and other assistance programs. Recording also in Spanish.

L.A. COUNTY HEALTH SERVICES INFORMATION AND REFERRALS

Phone: 800-427-8700

Hours: M-F 7am-5pm

General Description: Information and referral to L.A. County Health Services programs. Call for information on types of services, locations for clinics, etc. Spanish spoken. AT&T language line available.

Hotlines and Helplines

L.A. COUNTY INFORMATION/OPERATOR

Phone: 213-974-1234

Hours: 24 hrs / 7 days

General Description: Information and referral for LA County-operated programs or services such as health or social services. Also helps with emergency referrals/assistance. Spanish spoken.

LA COUNTY DEPARTMENT OF MENTAL HEALTH HOTLINE

Phone: 800-854-7771

Hours: 24 hours/ 7 days

General Description: Referrals to mental health services, suicide prevention, crisis counseling.

LOS ANGELES COUNTY PUBLIC HEALTH ALCOHOL AND DRUG PROGRAM ADMINISTRATION

Phone: 800-564-6600

RAPE CRISIS HOTLINE

Phone: 310-319-4000, 24 Hour Hotline

SMOKERS HOTLINE

Phone: 800- 662-8887

SEXUALLY TRANSMITTED INFECTIONS HOTLINE

Phone: 800-227-8922

General Description: Information on sexually-transmitted infections such as herpes, Chlamydia, gonorrhea, syphilis, etc. Counseling & treatment referrals.

SUBSTANCE USE/ADDICTION HELPLINE

Phone: 800-868-2148

Hours: M-F 8am-9pm, Sat-Sun 9am-9pm

General Description: Information, counseling & treatment referrals based on the caller's needs.

SUBSTANCE ABUSE HOTLINE

Phone: 800-662-4357, 24 Hour Hotline

General Description: National hotline operated by SAMHSA. Provides information and referrals to drug treatment and recovery programs.

SUICIDE PREVENTION CENTER

Phone: 877-727-4747; 310-391-1253, 24 Hour Hotline

General Description: 24 hr crisis hotline. Crisis counseling and referrals to resources.

VETERANS AFFAIRS NATIONAL HEPATITIS C PROGRAM

Phone: 800-827-1000

Financial Services



“Empty pockets never held anyone back. Only empty heads and empty hearts can do that.”

-Norman Vincent Peale

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

Helpful Hints:

- Call ahead and explain your situation. See if you can determine what programs you might be eligible for and what documentation you might need to receive the aid.
- Remember to bring all the required documentation with you and prepare ahead of time to spend a long time in various lines.
- General Relief offices can provide a small amount of financial aid to individuals for a limited time.
- Usually you will need to work in exchange for the aid while you look for employment.

Financial Services

LA COUNTY DEPARTMENT OF PUBLIC SOCIAL SERVICES

Locations: Located throughout the Greater Los Angeles Area

Website: <http://ladpss.org>

Hours: Monday- Thursday 7:30am-6:30pm

General Description: This is a division of the Bureau of Workforce Services, which coordinates field operations and provides intake, application and benefit distribution services for the Department of Public Social Services' disaster, health, income maintenance and nutrition programs.

This division serves people residing in the department's Compton, Florence, Metro Family, Metro Special, Rancho Park, San Fernando, South Central, West L.A. and Wilshire Special service districts (see site text for details). It also accepts inquiries about its programs from the general public and provides complaints and appeals services regarding specific cases for benefit recipients and their advocates. These services are provided through the division's 10 District Offices (see website listing for details).

General Relief Offices:

CIVIC CENTER

Location: 813 E. Fourth Place

Los Angeles, CA 90013

Phone: 213-974-4301

Help Line: 213-974-4301

GLENDALE

Location: 4680 San Fernando Rd

Glendale, CA 91204

Phone: 818-546-6100

Participant Help Line: 818-546-6200

LANCASTER

Location: 349-B East Avenue K-6

Lancaster, CA 93535

Phone: 661-723-4021

Participant Help Line: 661-951-3450

METRO EAST

Location: 2855 E. Olympic Boulevard

Los Angeles, CA 90023

Phone: 323-260-3718

Participant Help Line: 323-260-2941

Financial Services

METRO SPECIAL

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

PASADENA

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

POMONA

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

RANCHO PARK

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

SOUTH CENTRAL

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

SAN FERNANDO

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

SAN GABRIEL VALLEY

Location: 3352 Aerojet Avenue
El Monte, CA 91731
Phone: 626-569-3600
Participant Help Line: 626-569-3115

Financial Services

SOUTH SPECIAL

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

SOUTHWEST SPECIAL DISTRICT #08

Location: 1819 W. 120th Street
Los Angeles, CA 90047-5102
Phone: 323-420-2833

WILSHIRE

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

Miscellaneous Services:

CITY OF LONG BEACH - COMMUNITY DEVELOPMENT DEPARTMENT

Website: www.longbeach.gov
Location: 333 W. Ocean Blvd., 3rd Floor
Long Beach, CA 90802
Phone: 562-570-6841, Intake 562-570-3800
Fax: 562-570-5072
Hours: Mon-Fri 8am to 5pm

General Description: Provides a variety of support services and programs for the benefit of residents, neighborhoods and businesses in Long Beach. The department is divided into seven bureaus: Administration and Finance; Economic Development; Housing Authority; Housing Services; Neighborhood Services; Property Services; Workforce Development. Geographic restrictions, income requirements; and residence requirements apply for most programs.

COMPTON WELFARE RIGHTS

Website: www.cwroshelter.org
Location: 528 W. Almond St.
Compton, CA 90220
Phone: 310-631-5193, 310-603-7413 (Advocacy), 310-603-3341 (GAF/EAF Program)
Fax: 310-631-9835
Hours: Mon-Fri 8am to 5pm

General Description: Provides advocacy, emergency food, financial assistance, holiday assistance and personal goods for residents of Compton, including people who are undocumented or homeless. The agency also provides intake for Homeless Shelter for Women and Children. Geographic restrictions apply for some services.

Financial Services

ENKI HEALTH AND RESEARCH SYSTEMS - HOMELESS PROGRAM

Location: 2523 W. 7th St.

Los Angeles, CA 90057

Phone: 213-480-1557

Fax: 213-480-1182

Hours: Mon-Fri 8am to 5pm

General Description: This program provides mental health services for chronically mentally ill adults age 18 and older who are homeless or at risk of being homeless and reside, primarily, in the Pico-Union/McArthur Park area of Los Angeles.

FAMILY UNITY

Location: 4858 Ascot Ave.

Los Angeles, CA 90011

Phone: 323-232-0990 (Service/Intake and Administration)

Hours: Mon-Fri 9:30am to 4:30pm

General Description: The agency provides advocacy, emergency food, inmate services and utility bill assistance to people who live in Los Angeles County. There are no geographic restrictions.

LABOR AND COMMUNITY SERVICES

Location: 2130 W. James M. Wood Blvd.

Los Angeles, CA 90006

Phone: 213-427-9044

Hours: Administrative Services, Mon-Fri 9am to 5pm; Site Hours, 9am to 5pm Tue- Thu

General Description: The agency provides financial assistance for low-income people who live in Los Angeles County. There are no geographic restrictions.

PACE- HEAP PROGRAM

Website: www.csd.ca.gov

Location: 1055 Wilshire Blvd, Ste. 900E

Los Angeles, CA 90017

Phone: 213-353-3982 (Service/Intake) (Main Number)

213-353-1226 (Service/Intake) (PACE HEAP Applications)

213-989-3255 (Service/Intake) (Weatherization)

Hours: Administrative Services, Mon-Fri 8am to 5pm; Walk in to apply Mon-Thu, 8am to 5pm; and Fri, 8am to 3pm.

General Description: The program provides financial assistance to low-income households in Los Angeles County. Applications for financial assistance are taken at four sites (see internet site list for details); geographic restrictions apply to each application site.

Financial Services

SALVATION ARMY CORPS COMMUNITY CENTER – BURBANK

Website: www.salvationarmy-socal.org

Locations: Multiple locations throughout the southern California area

Phone: 818-845-7214 (Service/Intake)

Fax: 818-845-7274

Hours: Tue-Fri 9am to 4pm.

General Description: This agency provides counseling services, emergency food, holiday assistance, recreational programs and utility bill assistance for families, couples, and individuals who live in Burbank, North Hollywood, Sun Valley, Sunland and Tujunga. Geographic restrictions apply for services. Ask for locations in your area.

SPECIAL SERVICES FOR GROUPS

Website: www.ssgmain.org

Location: 605 W. Olympic Blvd., Ste. 600

Los Angeles, CA 90015

Phone: 213-553-1800 (Service/Intake)

213-553-1818 (Service/Intake) (Language services (PALS))

213-614-7161 (Service/Intake) (Limited English API callers)

213-553-1830 (Service/Intake) (Asian Pacific AIDS Intervention Team)

213-553-1822 (FAX)

Hours: Mon-Fri 9am to 5pm

General Description: The agency provides advocacy, child care, emergency food, HIV/AIDS services, holiday assistance, interpreter and translator services, personal goods, services for non-profit organizations, services for older adults, substance abuse services, and youth services in Los Angeles County. There are no geographic restrictions.

ST. MARGARET'S CENTER

Website: www.CatholicCharitiesLA.org

Location: 10217 Inglewood Ave.

Lennox, CA 90304

Phone: 310-672-2208

310-392-8701 ext. 105 Counseling - John Sexton

Fax: 310-672-1841

Hours: Mon-Fri 8:30am to 12:00 noon; 1pm to 5pm

General Description: The center provides advocacy, counseling services, emergency food, immigration services, utility bill assistance and a thrift shop to residents of El Segundo, Hawthorne, Inglewood, Lennox and Westchester. The programs are targeted, but not restricted, to the Spanish-speaking community. Geographic restrictions apply for some services.

Financial Services

WEINGART ACCESS CENTER

Website: www.weingart.org

Location: 506 S. Main St.

Los Angeles, CA 90013

Phone: 213-833-5020

Fax: 213-624-3527

Hours: Mon-Fri 9am to 5pm, Site Hours: Mon-Fri 8:30am to 11:30am, 1pm to 4pm

General Description: The agency provides homeless support services and shelter for adults primarily in the Downtown Skid Row area of Los Angeles. Services are provided at two locations; see site list for details. Income restrictions apply for some services; there are no geographic restrictions.

WEST ANGELES COMMUNITY DEVELOPMENT CORPORATION

Website: www.westa.org/ministry

Location: 3045 S. Crenshaw Blvd.

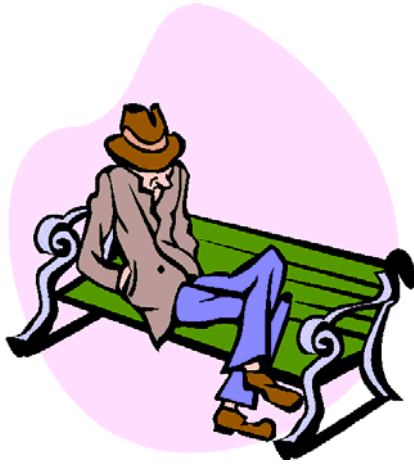
Los Angeles, CA 90016

Phone: 323-733-8300, 323-733-2370 (Service/Intake and Administration)

Hours: Mon-Fri 9am to 5pm

General Description: The agency provides holiday assistance, information and referral and financial assistance for low-income people who live in South Central Los Angeles. There are no geographic restrictions.

Services for the Homeless



“Do not despair of your life. You have force enough to overcome your obstacles.”

-Henry David Thorough

The best way to survive homelessness is to plan and utilize all resources available to you, like this guide. Many services for homeless people offer more than one program or service. The same agency may help you in finding shelter, food, clothing, medical attention, employment and other services.

Helpful Hints:

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

Remember:

Most people will help you if you ask politely and courteously.
Don't despair... your situation is temporary.

Services for the Homeless

How To Live Homeless

Based on article by Will Conley Editor of ehow.com

- Assess your needs and estimate how long you can go without each need. Needs are: Food Water, Clothing, and Shelter
- Are you hungry? Get food right now. Go to the local church, police stations, or community center to get information on Food Banks.
- Go get your food, and take all that they offer, but do not break the house rules of the soup kitchen or food shelf. You need to keep up a good reputation.
- Are you freezing cold? Get inside. Be kind and polite, and refrain from ranting or raving about anything. Go to the library, bookstore or coffee house. Go to the community centers, church or hospitals to ask for resources to help you
- Is it evening? Do you have a place to sleep indoors? Try to find a shelter. Go to a church, community center, mission during the day to ask for resources on shelters in your area
- When staying in a shelter, obey all shelter rules. Make yourself inconspicuous. Most shelters have curfews, and most are lock-in type shelters. Once you are in, you are in for the night.
- The reason they have lock-in procedures is to control any contraband--drugs, weapons--that might sneak their way into this vulnerable population. It is for your protection.
- Yes, it curtails your freedom, but once you meet a few of the people in the shelter and hear their stories, you will be glad the management is strict. On the positive side, the constricting rules of conduct that exist at most shelters are a great motivator for eventually getting out of homelessness
- Mind your own business as much as possible. Be prepared to defend yourself violently if someone obviously intends to do harm unto your sacred body.
- When at the shelter, ask management and other people inside what kind of immediate services are available from other agencies in town besides the shelter itself. Ask questions of the people that work there to see if they can help you with other services.
- At the soup kitchen or food shelf, observe the rules. Get in line, do not budge ahead of someone, and say please and thank-you. Never take it for granted.

Services for the Homeless

- If the soup kitchen says prayers before eating, play along even if you are not religious. Fold your hands, close your eyes, and listen to the prayer being spoken. No matter what your religious attitude, this is a good moment to be grateful. Gratitude will change your attitude, and it will give you strength to carry on for the rest of the day.
- If your town or city has no shelters, soup kitchens, food shelves, or other social services that are immediately accessible, it is time to get really creative. Do not hurt someone, mug someone or get caught for foolishly stealing food from a store.
- Do dumpster-dive. Oftentimes at gas stations, at restaurants and at grocery stores they will throw out food that is about to expire but is still good. Sneak into the dumpster and search for food that is wrapped up and appears not to be rotten. Taste-test food before wolfing it down.
- If you have a car, sleep in it. You need to try and find a place that is semi-hidden, or you will be disturbed by police or concerned citizens. Be creative in finding a good spot, and take what you can get. Wrap yourself up warm if you have clothes or blankets, and do not leave the car running for heat; you will need to conserve precious gas. Essentially, you are sleeping outdoors and it will be cold.
- You need to stay at peace with yourself. You need to accept responsibility for your actions and admit that you had a part in arriving at this juncture called homelessness.
- You must vow to get out of homelessness, because it is a harder way of life than having a regular job, believe it or not. It takes great willpower to live homeless.
- Develop a spiritual outlook. Realize the world, the universe, is exactly as it should be, and that your role in it, however inconsequential, is real and alive. You are alive! That is the miracle.
- Despite all that has happened to you, this fragile life goes on. You will find yourself with plenty of time to think. When thinking, think positive. Think strong. Think love. Think, "Here I am, there is where I want to be, and I am going to get there, and nothing will stop me." Do not lose your kindness, and stay alive. Then get out of homelessness. Godspeed.
- Be smart. Be wily. Be unstoppable. Smile. Sing to yourself. Believe it or not, attitudes like these and a song in your heart will literally save your life from time to time.

Services for the Homeless

1736 FAMILY CRISIS CENTER

Website: www.1736familycrisiscenter.org

Location: 2116 Arlington Avenue, Ste. 200

Los Angeles, CA 90018

Hours: 24 hours

Phone: 323-737-3900 Crisis Hotlines: 213-745-6434, 213-222-1237, 310-370-5902, 310-379-3620, 562-388-7562

General Description: Free services. Shelter for crisis situations, counseling, food, clothing, advocacy. Other services: Outpatient counseling and case management to adults, families and children and more. Requirements: Varies with program.

A COMMUNITY OF FRIENDS

Website: www.acof.org

Location: 3345 Wilshire Boulevard Suite 1000

Los Angeles, CA 90010

Hours: M-F 9am-5pm

Phone: 213-480-0809

Fax: 213-480-1788

Email: dtoutant@acof.org

General Description: Permanent affordable housing is offered to homeless, mentally ill and very low income individuals. Other services: service coordinators provide on-site independent living skills training, advocacy, case management, substance abuse and recovery, others.

ARCADIA WELFARE & THRIFT SHOP

Location: 323 N. 1st Avenue

Arcadia, CA 91006

Hours: M-F 9am-12 noon

Phone: 626-447-6864

General Description: Free services. Distribute food, clothing, etc. for Arcadia Unified School District residents, homeless and emergency cases. Walk in or call. Proof of Arcadia residency required.

BEYOND SHELTER

Website: www.beyondshelter.org

Location: 1200 Wilshire Boulevard, Suite 600

Los Angeles, CA 90017

Hours: M-F 8am-5pm

Phone: 213-229-8600

Fax: 213-252-0679

General Description: Case management housing services to help identify permanent placement. Spanish spoken. Serves LA County

Services for the Homeless

CATHOLIC CHARITIES

Website: www.catholiccharitiesusa.org

Location: 1531 James M. Wood Blvd.

Los Angeles, CA 90015

Hours: M-F 8:30-5pm

Phone: 213-251-3411

Fax: 213-380-4603

General Description: Shelter, financial assistance, food, cold weather energy assistance. A multi-service agency that provides counseling, advocacy, vouchers for temporary housing, , transportation, employment and education referrals to the homeless. Languages spoken: Spanish, Vietnamese, Chinese, Farsi, French, Russian, Armenian, Turkish, Cambodian, Arabic, Greek and Korean.

CATHOLIC CHARITIES/ COMMUNITY SERVICES

Website: www.catholiccharitiesla.org

Location: Brother Miguel Center

315 N. Park Ave.

Pomona, CA 91768

Hours: M-F 9am-1pm

Phone: 909-622-3466

Fax: 909-622-4621

General Description: Poverty services for low income families and individuals: food, hotel, vouchers, winter utility assistance, job training referrals, and educational programs for seniors. Spanish spoken, Serves San Gabriel Valley

CATHOLIC CHARITIES/ SAN JUAN DIEGO CENTER

Website: www.catholiccharitiesla.org

Location: 4171 N. Tyler Ave.

El Monte, CA 91731

Hours: M-F 9am-4pm

Phone: 626-575-7652

Fax: 626-575-1072

General Description: Poverty services for low income such as food and clothing. Assistance with utility payments. Referral Services. Requirements: Proof of income, utility bill, residence & family (ex. Medical cards, birth certificate, SS cards) and photo ID. Spanish Spoken

Services for the Homeless

CHICANA ACTION CENTER

Location: 315 W. 9th Street, Ste. 101

Los Angeles, CA 90015

Hours: M-Th 8am-5pm; F 8am-2:30pm

Phone: 213-253-5959

Fax: 213-430-0657

General Description: Bilingual domestic shelter for women, homeless shelter (emergency and transitional) and emergency assistance. Other service: Employment training and job referral centers located in LA. A free services for low-income individuals by providing. Spanish spoken.

EAST RANCHO DOMINGUEZ COMMUNITY SERVICES

Location: 4513 E. Compton Blvd.

Compton, CA 90221

Hours: M-F 8am-4:30pm

Phone: 310-603-7401

Fax: 310-763-1372

General Description: Info & referral provided for food, clothing & emergency shelter needs. Surplus USDA food distribution, rent mediation & other programs are available.

Requirements: Call for referral service. Must be a Compton resident for Welfare Rights and Utility Bill program. Depends on circumstances if not resident. Spanish spoken. Serves Compton, Carson, and Paramount

EAST SAN GABRIEL VALLEY COALITION

Website: www.esgvchomeless.org

Location: Homeless/ Emergency Assistance Center

1345 Turnbull Canyon Rd.

Hacienda Heights, CA 91745

Hours: M-F 9am-1pm

Phone: 626-333-7204

Fax: 626-333-7260

General Description: Free services. Sack lunch, bus tokens, hygiene kits and clothing for low income people. Access to free medical, dental referrals, diapers, showers, winter shelter Dec 1-March 15, referral services. Spanish spoken, serves the East San Gabriel Valley

Services for the Homeless

EL MONTE/S. EL MONTE EMERGENCY RESOURCES

Location: Mailing Address only

2645 Lee Street, Ste 6,

South El Monte, CA 91733

Hours: M-F 8am-5pm

Phone: 626-444-7269

Fax: 626-442-7311

General Description: Free services. Food, emergency lodging, clothing & bedding. Requirements: Call first, no walk-ins.

FOOD ON FOOT

Website: www.foodonfoot.org

Location: 9663 Santa Monica Blvd

Beverly Hills, CA 90210

Phone: 310-442-0088

Fax: 310-550-4538

Email: info@foodonfoot.org

General Description: Free services. Serves more than 500 meals each week to homeless, disabled, elderly and low-income.

FOOTHILL UNITY CENTER

Website: www.foothillunitycenter.org

Location: 415 W. Chestnut Ave

Monrovia, CA 91016

Hours: M-F 9am-5pm; food distribution M, W, F 9am-11:30am

Phone: 626-358-3486

Fax: 626-358-8224

General Description: Free services. Supplemental groceries (food) and used clothing for qualified low income families, individuals and seniors once a month. Homeless receive bagged lunch on food distribution days. Emergency food, clothing, and motel vouchers (limited) for families with referral. Referrals for medical, dental, counseling, adult educational and spiritual needs can be made. Requirements: ID, current rent receipt, two utility bills, and proof of income for all living in household. Homeless services available only for Arcadia, Bradbury, Duarte, Monrovia and Sierra Madre

HOMELESS SOLUTION ACCESS CENTER

Location: 45134 N. Sierra Hwy. Bldg B

Lancaster, CA 93534

Hours: M, Tu, Th, F 9am-1pm: Schedule appt. W 8:30am-5pm & M, Tu, Th, F 2pm-5pm.

Phone: 661-942-2758

General Description: emergency housing referrals, transportation, food referrals, domestic violence issues additional services: Case management, mail & phone service, mental health and job assistance. Requirements: Serves adults 18+ and facing an eviction within 7 days.

Services for the Homeless

HOUSE OF HOPE

Location: 1115 N. Normandie Ave

Los Angeles, CA 90029

Hours: M-F 8am-4pm, Sat: 8am-12noon

Phone: 323-663-1214

Fax: 323-663-1215

General Description: Shelter and sober living services provided for men and women. Requirements: Adults 18+

HOLLYWOOD UNITED METHODIST FOOD

Location: 6817 Franklin

Los Angeles, CA 90028

Hours: M-Th: 9am-5pm; F 9am-2pm

Phone: 323-874-2104

General Description: Food distribution for homeless in Hollywood on Tues 10am-1pm

LOAVES AND FISHES/ CATHOLIC CHARITIES

Location: 14640 Keswick St.

Van Nuys, CA 91405

Phone: 818-997-0943

Fax: 818-997-6980

General Description: Emergency food and clothing, job desk, info & referrals to other agencies and other programs. Requirements: Homeless and low income, proof of local residency and I.D. required for on-going assistance. Free services for zip codes: 91316, 91343, 91401-6, 91411, 91423, 91436, 91605, 91607

LONG BEACH MULTI-SERVICE CENTER

Location: 1301 W. 12th Street

Long Beach, CA 90813

Hours: M, Tu W, F 8am-5pm; Th 8am-2pm

Phone: 562-733-1147

Fax: 562-733-1157

General Description: Free services. 14 co-located agencies serve the homeless. Emergency food, seasonal housing (Nov thru March for LA County), shelter services & referrals. Financial, rental, utility, transportation assist, emergency motel & restaurant vouchers, case mgmt services, affordable housing assist, outreach. Spanish spoken.

Services for the Homeless

LOS ANGELES FAMILY HOUSING CORP

Website: www.lafh.org

Location: SFV Access Center

7843 Lankershim Blvd.

North Hollywood, CA 91605

Hours: M-F 8:30am-5pm

Phone: 818-982-4091

Fax: 818-982-3895

General Description: L.A. Family Housing helps homeless families and individuals rebuild their lives through an integrated system of housing and supportive services. Spanish speaking. Serves San Fernando Valley

LOS ANGELES MISSION

Website: www.losangelesmission.org

Location: 303 E. 5th Street

Los Angeles, CA 90013

Phone: 213-629-1227

Fax: 213-629-0036

General Description: Free services. Clothing distribution, meals, showers, shaves (men) transient housing (men only) rehab program, religious services. Confidential HIV/AIDS testing, education and counseling. Showers, clean clothing for women, personal hygiene items Tu-Sat women with children only, sign-up 6:30am-8:30am. 24 hr. security. Spanish spoken. Serves Central and East Los Angeles

MISSIONARIES OF CHARITY BROTHERS

Location: Nuestro Hogar/Homeless Healthcare Project

1345 Alvarado Terrace

Los Angeles, CA 90006

Hours: M-F 9:30am-3pm

Phone: 213-251-9707

General Description: Free services. Day facility for homeless men & women age 27 years and under. Resting time M, W, F 9:30am-2:30pm. Full meals at noon. Shoes, clothing, mailbox services, information & referrals also available. Spanish spoken. Serves downtown LA

Services for the Homeless

MENTAL HEALTH AMERICA/GREATER L.A.

Location: 506 W Jackman

Lancaster, CA 93535

Hours: M-F 9am-1pm, except first Wed of the month

Phone: 661-726-2850

Fax: 661-726-2854

General Description: Programs include a Homeless Assistance program, transitional aged youth program which serves ages 17-25 years. Adult programs, case management, recreational activities, advocacy, mental health services, skill building; workshops, such as communication, self-esteem, money management, anger management and support services: psychiatric, payee services, employment training/linkage and housing support. Ages 17+ and psychiatric disability. Accepts Medi-Cal, no payment required to receive services. Languages spoken Spanish, Japanese and Tagalog.

MY FRIEND'S PLACE

Website: www.myfriendsplace.org

Location: 5850 Hollywood Blvd.

Los Angeles, CA 90028

Hours: M-Th 8:30am-6pm: F 8:30am-5pm, Drop-In Hours: M-Sun 12:30pm-5pm

Phone: 323-908-0011 or 888-YOUTH-50

Fax: 323-468-1243

General Description: Resource center for homeless youth ages 12-24 yrs. Provides youth with the tools needed to achieve self-sufficiency. Services include: food, clothing, medical and legal aid, HIV testing, case management, substance abuse counseling, employment assistance, computer resources, art workshops, AA and NA meetings.

Requirements: Must be 24 years of age and under Additional Notes: Spanish spoken. Serves Hollywood.

NATIONAL MENTAL HEALTH ASSN/ GREATER LA

Location: AV Friendship Center

43423 Division Street, Ste. 107

Lancaster, CA 93535

Hours: M-F 9am-1pm, except first Wed of the month

Phone: 661-726-2850

Fax: 661-726-2854

General Description: Programs include a Homeless Assistance program, transitional aged youth program which serves ages 17-25 years. Adult programs, case management, recreational activities, advocacy, mental health services, skill building; workshops, such as communication, self-esteem, money management, anger management and support services: psychiatric, payee services, employment training/ linkage and housing support. Requirements: Ages 17+ and psychiatric disability. Accept Medi-Cal, no payment required to receive services. Languages spoken Spanish, Japanese and Tagalog.

Services for the Homeless

NEW IMAGE LOCATED WITHIN THE LB MULTI-SERVICE CENTER

Location: 1301 W. 12th Street

Long Beach, CA 90813

Hours: M-F 9am-4:30pm

Phone: 562-733-1147

General Description: (hotel and meal vouchers), housing search & placement Offers case management, HIV/AIDS programs,. Outreach program visits places frequented by homeless adults & youth. Homeless unaccompanied runaway youth program, ages 11-17 yrs. Services for families with children, transportation, clothing vouchers. Annual Christmas store and petty cash program. Requirements: Homeless and low-income. Free services. Serves LA County

NORTHEAST VALLEY HEALTH CORPORATION

Website: www.nevhc.org

Location: Homeless Health Care Project

7843 Lankershim Blvd

North Hollywood, CA 91605

Hours: M, Tu, Th 8:30am-5pm; W 11:30 am-8pm; F 8:30am-4pm

Phone: 818-765-8656

Fax: 818-765-6982

General Description: Primary health care for those who are homeless of all ages, AIDS/STD, comprehensive and medical & case management services for the homeless population; treatment of acute & chronic illnesses, physical exams, immunizations, women's health, well-child exams, x-rays & labs. Requirements: Low-income and homeless. Accepts Medi-Cal. Spanish spoken.

OCEAN PARK COMMUNITY CENTER ACCESS CENTER

Website: www.opcc.net

Location: OPCC Drop-in Center & Community Outreach

1616 7th Street

Santa Monica, CA 90401

Hours: Walk-in, M, W, Th, F 8am-4pm; Tu 1pm-5pm

Phone: 310-264 6646

General Description: A point of entry for homeless individuals and families seeking assistance. In addition to providing basic and emergency services such as food, clothing and restroom facilities to approximately 275 people daily, the Access Center assists homeless men, women and children in developing individual plans to identify strengths and goals in order to return to a life of stability and self-sufficiency. Requirements: ID requested but not required. Spanish spoken. Free Service for persons living in the Santa Monica and West LA area.

Services for the Homeless

PEOPLE ASSISTING THE HOMELESS (PATH)

Website: www.eath.org

Location: Main office

340 N. Madison Ave

Los Angeles, CA 90034

Hours: M-F 7:30am-4pm

Phone: 323-644-2216

General Description: Transitional housing program for men, women, families and those with special needs. Access program provide initial intake, needs assessment and referral service.

PREP

Sister Mary Sean Hodeas

Location: 2049 S Santa Fe Avenue

Los Angeles, CA 90021

Phone: 213-438 4820

General Description: Free Service for people exiting prisons or jails that require shelter, clothing and other resources. You must make an appointment for additional information. The program is designed to assist with the needs of men and women who are approaching release from prison by assisting them in their transition back to wholeness and a productive life in society.

POMONA NEIGHBORHOOD CENTER

Location: 999 W. Holt Ave Ste. D

Pomona, CA 91768

Hours: M-F 10am-4pm

Phone: 909-620-7691

Fax: 909-397-9981

General Description: emergency assistance (clothing), dinner for homeless, info & referral. Wide range of programs. Employment services, job referral, placement, job dev, community education, toy distribution. Walk in or call. Free services, serves Pomona Valley

SALVATION ARMY LOS ANGELES

Website: www.salvationarmy-socal.org

Location: Los Angeles Central Corps

906 Francisco Street

Los Angeles, CA 90015

Phone: 213-896-9178

Hours: M-F: 8:30am-4:30pm

General Description: Referrals for housing, food vouchers, bus tokens when available. Additional services include jobs development, child care and other services. Limited Spanish spoken

Services for the Homeless

SALVATION ARMY/GLENDALE

Website: www.salvationarmy-socal.org

Location: Glendale Corps & Social Service

801 S. Central Ave.

Glendale, CA Hours

Phone: 818-246-5586

Fax: 818-246-2419

General Description: Emergency food, transitional shelter & clothing. Utility payment assistance when funds are available. Requirements: Picture ID, income levels used by DPSS, proof of residency in Glendale, Montrose and La Crecenta. Walk in or call. Serves Glendale, Montrose and La Crecenta.

SFV COMMUNITY MENTAL HEALTH CENTER

Website: www.sfvcmhc.org

Location: Cornerstone Outpatient Services Drop-in Center

14660 Oxnard Street

Van Nuys, CA 91411

Hours: M-F 8am-5pm

Phone: 818-901-4836

Fax: 818-376-0044

General Description: Outpatient multi-service and daily drop-in center for homeless mentally ill adults helping them prepare for re-entry into society. Onsite psychiatric assessments, medication evaluations benefit assistance (SSI, SSA, GR), referrals to shelters, housing resources, vocational rehab. Active mobile and community outreach to persons reluctant to participate in on services. Homeless mentally ill persons may launder clothes, shower, receive mail, have 3 meals daily and socialize with others. Also case mgmt, men's & women's issues. Requirements: Low income. Spanish spoken, Serves Northeast San Fernando Valley

ST. VINCENT DE PAUL CENTER

Website: www.svdpla.org

Location: Lancaster Location

P.O. Box 412,

45107 Beech Ave.

Lancaster, CA 93584

Hours: M, W, Th, Sat 9am-12 noon

Phone: 661-942-3222

General Description: Free services. Food and clothing to families upon request or referral by other agencies and to homeless individuals that come to the center. Some medicine is not covered by insurance, emergency transportation depending on funding available. Serves Lancaster & Quartz Hill

Services for the Homeless

ST. VINCENT DE PAUL CENTER

Website: www.svdpla.org

Location: The Society's Prisoner Resettlement Program

210 N Avenue 21

Los Angeles, CA 90031

Hours: M-F 9am-4 pm

Phone: 323-224 6280

General Description: Free Services. The Society's Prisoner Resettlement Program responds to the needs of men and women who are approaching release from prison by assisting them in their transition back to wholeness and a productive life in society.

WATTS LABOR COMMUNITY ACTION

Website: www.wlcac.org

Location: Access Center for Homeless Services

958 E. 108th Street

Los Angeles, CA 90059

Hours: M-F 8:30am-4pm

Phone: 323-563-4730

Fax: 323-563-5672

General Description: Comprehensive info and referral, intake with 30-bed shelter for single mother ages 18 yrs+ with children up to age 9 (max stay is 90 days) HOPWA (Housing Opportunities for People with Aids). Also provides food and clothes. Requirements: Must be in school or employed Serves South Central LA & nearby areas

Food and Nutrition



“Our lives are not in the lap of the gods, but in the lap of our cooks. “

-Lin Yutang

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

Helpful Hints:

- To find the food bank or pantry nearest you, go to the Los Angeles Food Bank's website, www.lafightshunger.org or call them at 323-234-3030.
- Have a list in mind before you show up. It won't be like a grocery store, and you'll have to make do with what they have. But, make sure you cover the basics, for example canned vegetables and pasta or rice. Eating healthy can be hard anytime, but its still important.
- Ask at your local food bank or pantry about when is a good time to come. Maybe even call ahead and see what you can learn. Sometimes there are regular donations each month and showing up soon after that would be a good idea.

Food and Nutrition

Food Banks

FOOD BANK OF SOUTHERN CALIFORNIA

Location: 1444 San Francisco Avenue
Long Beach, CA 90813
Phone: 562-435-3577
Fax: 562-437-6168

LOS ANGELES REGIONAL FOOD BANK

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

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

WESTSIDE FOOD BANK

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

Soup Kitchens

LOS ANGELES MISSION

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

SOMEONE CARES

Website: www.someonecareskitchen.org
Location: 720 W 19th Street
Costa Mesa, CA 92627
Phone: 949.548.8861

Employment Services



Employment Agencies

Employment placement agencies list vacancies and place permanent employees. They also provide temporary help services to organizations on a contract basis and for a limited time period. They help with interviewing, reference checking and salary negotiations.

Helpful Hints:

- A Career center is one of the best ways in which you obtain employment as well as assist you with interviewing.
- Set a goal each day to call or meet with 5 agencies for job seeking. Tell everyone you know that you are looking for a job. They will never know if you do not tell. Ask a cousin, friends or acquaintances who might know of a job opening where they work.
- Keep a positive attitude. There are many people who are in a similar position as you. Stay focused on obtaining a job.

Interviewing:

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

Employment Services

Why Is Fidelity Bonding Needed for Job Placement?

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

What Is Fidelity Bonding?

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

Who Is Eligible for Bonding Services?

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

Employment Services



www.worksmart.ca.gov

What is WorkSmart?

WorkSmart is an Internet application designed to offer entry-level job seekers and workforce re-entrants "soft" skills and occupational information to assist them in obtaining employment.

WorkSmart is a useful tool for both job seekers and workforce preparation professionals who provide job readiness counseling and career information to job seekers.

WorkSmart Features

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

Contents

"Getting Job Ready"

Describes the skills necessary to conduct a successful job search and provides tips on:

- Appearance
- Attitude
- Timeliness
- Commitment to the job
- Planning ahead to arrange childcare or transportation

"Job Titles"

Provides the descriptions of 50 entry and mid-level occupations:

- Wages
- Employment outlook
- Career growth opportunities
- Entrance requirements

"How to Find a Job"

Provides resources for finding available jobs:

- Employment Development Department
- One-Stop offices
- Internet sites
- Libraries

"Tips for Success"

Offers instructions about how to:

- Fill out an application
- Write a résumé and cover letter (samples included)
- Prepare for an interview

Contact:

Employment Development Department
Labor Market Information Division
(916) 262-2162

www.labormarketinfo.edd.ca.gov



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

GA 885 C

Employment Services

ASIAN REHABILITATION SERVICES

Location: 1701 E. Washington Blvd.

Los Angeles, CA 90021

Hours: M-F: 8:30am-4:30pm

Phone: 213-743-9242

Fax: 213-743-9266

General Description: Provides vocational rehab counseling, evaluation, adjustments, work-shop, ESL, job seeking skills, job placement and independent living skills training.

Requirements: Mentally or physically disabled adults. Must schedule an appointment.

Additional Notes: Languages spoken: Korean, Spanish, Tagalog, Vietnamese and Cantonese

AZTEC FIRE FUELS CREW

Location: 3516 N. Broadway Avenue

Los Angeles, CA 90031

Phone: 323-441-0187

General Description: The Aztec Fire Fuels Crew empowers clients to gain employment skills and continue their education. Through a partnership with the United States Forest Service, participants earn a certificate in Wildland Fire-fighting after completing 80 hours of classroom and physical training.

BEYOND SHELTER

Website: www.beyondshelter.org

Location: 1200 Wilshire Boulevard, Suite 600

Los Angeles, CA 90017

Hours: M-F 8am-5pm

Phone: 213-229-8600

Fax: 213-252-0679

General Description: Employment services for those receiving housing services

Additional Notes: Spanish spoken. Serves LA County

CHICANA SERVICE ACTION CENTER WORK SOURCE EMPLOYMENT CENTERS

Location: 3601 E. 1st Street

Los Angeles, CA 90063

Hours: M-F 8am-5pm

Phone: 323-264-5627

Fax: 213-430-0657

General Description: The center offers free resources for those seeking a job such as computer/internet access, phones, message services, FAX, resume assistance, job leads and job search assistance.

Employment Services

CENTURY COMMUNITY TRAINING INC.

Website: www.centuryhousing.org

Location: 5021 Lennox Blvd.

Lennox, CA 90304

Hours: Mon-Fri, 6:30am-3:30pm.

Phone: 310-673-3941

General Description: 8-week construction training.

Specific Services Requirements: California driver's license & SS card OR birth certificate

DEPARTMENT OF REHABILITATION/ GREATER LOS ANGELES AREA

Website: www.rehab.cahwnet.gov

Location: Greater Los Angeles District Office

3251 W. 6th Street, Ste 300

Los Angeles, CA 90020

Hours: M-F 8am-5pm

Phone: 213-736-9304

Fax: 213-736-3949

General Description: Assists people with disabilities in retaining employment and living independently.

Requirements: Eligible to be determined by a test. Must have a disability diagnosis

Additional Notes: Languages spoken will depend on location

EMPLOYMENT DEVELOPMENT DEPARTMENT OF CALIFORNIA

Website: www.edd.ca.gov

Location: Several locations throughout the state

Hours: 8am-5:00pm

Phone: varies per location. Look on website for additional information

General Description: The EDD website offers helpful links to tips on how to find a job. It also offers "Quick Links" to Cal Jobs, One-stop career centers in the state by county and providers qualified to do job training.

ENRICHMENT THROUGH EMPLOYMENT ONE STOP CENTER

Website: www.ete-torrance.org

Location: 1840 W. 220th Street, Ste 310,

Torrance, CA 90501

Hours: M-F 8am-5pm

Phone: 310-328-0706

Fax: 310-328-5009

General Description: Full service career employment agency. Assists those who are recovering from psychiatric disabilities to enter the workforce. Counseling, job search, mental health support, resume writing. Requirements: Mental Illness

Employment Services

EX-OFFENDERS ACTION NETWORK

Website: www.exoffenderactionnetwork.org

Location: 4701 South Central Avenue,
Los Angeles, CA 90011

Phone: 323-238-0445

General Description: Offers job readiness skills, job training and placement. EAN organizers seek companies who will provide entry-level opportunities for ex-offenders.

FOOTHILL ONE-STOP CAREER CENTER

Location: 1207 E. Green Street

Pasadena, CA 91106

Phone: (626) 796-5627

Fax: (626) 304-7901

General Description: Full service employment center. Open 8:00 a.m. to 5:00 p.m. Call for orientation time(s).

FRIENDS OUTSIDE (*located in the Robert Pitts Center*)

Website: www.friendsoutsidela.org

Location: 1827 E. 103rd St., Ste. 400,
Los Angeles, CA 90002

Offices are also located in LA and Long Beach

Phone: Tele: 323-249-9683, ext. 101

Fax: 323-249-0044

email: info@friendsoutsidela.org

General Description: Friends Outside provides services to prisoners, former prisoners and their families including support in job placement, housing, & food. Spanish and English spoken

GOODWILL INDUSTRIES

Website: www.goodwill.org

Location: Corporate Office

342 San Fernando Rd.

Los Angeles, CA 90031

Phone: 323-223-1211

Fax: 323-343-9927

General Description: Free Service. Offers job training, job placement, on-line learning and support services. Requirements: must be 18 years +, barrier to employment

Employment Services

HOME BOY INDUSTRIES (Father Greg Boyle, S.J.)

Website: www.homeboy-industries.org

Location: Corporate office

130 W. Bruno St.

Los Angeles, CA 90012

Phone: 323-526-1254

Fax: 323-526-1257

Hours: M – F 9am-5pm

General Description: Free Service. Assists at-risk and formerly gang-involved youth to become positive and contributing members of society through job placement, training and education.

Serves all of LA

LUTHERAN SOCIAL SERVICES OF SOUTHERN CALIFORNIA

Website: www.lsssc.org

Location: 6425 Tyrone Ave.

Van Nuys, CA 91401

Hours: Tues-Fri 10am-3pm

Phone: 818-901-9480

Fax: 818-901-9482

General Description: The Community Care Center offers employment, poverty reduction programs, emergency and supplementary food and clothing, referral, advocacy, and case management. Must have ID and an appointment. Services are free except for counseling. Spanish and Armenia spoken. Serves the San Fernando, Santa Clarita and Antelope Valleys.

METROPOLITAN SKILLS CENTER

Website: www.metrosc.net/index.htm

Location 2801 West 6th St.

Los Angeles, CA 90057

Phone 213-386-7269

General Description: Job skills training, including word processing, accounting, medical office assistant, food services, janitorial, GEDs.

PRIVACY CLEARING HOUSE

Website: www.privacyrights.org

General Description: Information on background checks and California's 7 year rule.

Employment Services

VOLT TEMPORARY EMPLOYMENT SERVICES

Website: www.volt.com

Location: 3055 Wilshire Blvd., Suite # 88

Los Angeles, CA 90010

Hours: Mon-Thurs (Appt. only), 8:00am - 5:30pm Friday (walk-in) 9:00am - 10:00am

Phone: 213-388-3271

Contact Person: Tanya Luis

General Description: Job placement assistance and testing for clerical positions (testing in Microsoft Word and Excel computer programs). Requirements: SS card and either Drivers License or California ID

WATTS LABOR COMMUNITY ACTION COMMITTEE WORK SOURCE PROGRAM

Website: www.wlcac.org

Location: 10950 South Central Ave

Los Angeles, CA 90059

Phone: 323-563-5639 (ask for Work Source Program)

General Description: Job training & job in all areas. The Resource Center is available to work on resume building and job training services. Requirements: You can participate in job training services without an ID, but a California ID or license is necessary for job placement. Participate in a one-on-one orientation session at the start of program. Please call beforehand to find out when the next orientation session will be held.

Job Training Programs

BURBANK'S WORKFORCE CONNECTION

Website: www.burbankworkforce.org

Location: 301 E. Olive Ave., #101

Burbank, CA 91502

Phone: 818-238-JOBS

General Description: Free to all. Offers Internet access to available employment web sites, word processing, professional development workshops, a career resource library, telephones, faxing and photocopying for job search-related activities.

CAREER CENTER AT THE VILLAGE AT ED GOULD PLAZA

Website: www.lagaycenter.org

Location Los Angeles Gay and Lesbian Center

1125 N. McCadden Pl.

Los Angeles, CA 90038

Phone: 323-860-7378

General Description: Career counseling, job postings, placement, computer lab and classes, resume workshops, job clubs.

Employment Services

CAREER ENCORES

Location: 3700 Wilshire Blvd, #200

Los Angeles, CA 90010

Phone: 213-427-6600

General Description: Employment agency to assist individuals with job placement. Age 50 and over, free services

CHINATOWN SERVICE CENTER

Location 767 N. Hill St., Ste. 400

Los Angeles, CA 90012

Phone: 213-808-1700

General Description: Free services. Non-profit organization's programs include employment training, basic skills remediation, job placement, career planning & referrals to vocational training centers. Call for additional Monterey Park location. Serves Asian and other immigrants, refugees and other Americans in the greater LA area. Multicultural, multi-lingual staff speaks Chinese dialects, Vietnamese, Cambodian, Spanish and English

CHRYSALIS

Website: www.changelives.org

Location: 516 S. Main Street

Los Angeles, CA 90013

Phone: 213-806-6300

Fax: 213-895-0073

General Description: Chrysalis is a nonprofit organization dedicated to helping economically disadvantaged and homeless individuals become self-sufficient through employment opportunities. Since our start in 1984, we have helped over 30,000 individuals change their lives through jobs. The program provides job training and career development. Additional locations are in Pacoima and Santa Monica.

COMMUNITY UNION - SOUTH LOS ANGELES/FLORENCE FIRESTONE SERVICE CENTER

Website: www.communityunion.org

Location: 7807 S. Compton Ave.

Los Angeles, CA 90001

Phone: 818-781-8170

Fax: 818-901-3506

General Description: Free for those who qualify. Community Union, Inc. (CU) a non-profit corporation provides computer technology training and computer redeployment programs to youth and adults from 8 Community Technology Centers located throughout the greater Los Angeles region. CU's low-cost/no-cost training programs empower community members using 2 flagship programs. 50% of adults obtain better employment and better pay after completing our courses. Requirements: Proof of income; Proof of address.

Employment Services

GOODWILL INDUSTRIES OF THE INLAND COUNTY CAREER CENTER

Location: 342 San Fernando Rd.

Los Angeles CA 90031

Phone: 323-539-2000

General Description: Nonprofit serving people with physical, mental and emotional disabilities and vocational disadvantages through education, vocational training, supported employment & job placement opportunities. Vocational counseling, testing, evaluation and additional social services are provided. Free if eligible. Additional location in Victorville.

GOODWILL INDUSTRIES OF SOUTHERN CALIFORNIA

Website: www.goodwillsocal.org

Location: 342 San Fernando Rd.

Los Angeles, CA 90031

Phone: 323-539-2000

General Description: Free services. Nonprofit serving people with physical mental and emotional disabilities and vocational disadvantages through education, vocational training and job placement opportunities. For residents of L.A., Santa Barbara & Ventura counties.

HARBOR CAREER CENTER WIN ONE-STOP CAREER CENTERS

Website: www.careerzone.tornet.com/Location.html

Location: 1851 N. Gaffey St., Ste. F

San Pedro, CA 90731

Phone: 310-732-5700

General Description: Job search workshops, job postings, community and educational resource information, job search assistance. Free services; some services require eligibility

INTERTEC TEMP AGENCY

Location: 6290 Sunset Blvd. Ste. 1104

Hollywood, CA 90028

Phone: 323-466-4388

General Description: Various job placement services. Requirements: Forms of ID, such as California State ID, Driver's License, Birth Certificate, and references.

JOBS PLUS PROGRAM/THE WORK PLACE

Location: 3407 W. 6th St. #705

Los Angeles, CA 90020

Phone: 213-386-1994

General Description: Employment services, training and placement for ex-offenders and parolees. Requirements: Forms of ID, such as California State ID, Driver's License, Birth Certificate, and references.

Employment Services

LA COUNTY WORK SOURCE CENTERS

Website: www.worksourcecalifornia.co.la.ca.us

Location: Varies. Call for the location nearest you.

Phone: 888-226-6300

General Description: Free services. 50 Work Source centers in LA County offer comprehensive employment and hiring services to workers, employers, and job seekers at no charge.

LA WORKS

Website: www.laworks.org

Location: 5200 Irwindale, Ave., Ste.130

Irwindale, CA 91706

Phone: 626-960-3964

General Description: LA Works provides a comprehensive system of training, placement and career planning for job seekers throughout Southern California. Free services; some services require eligibility.

LOS ANGELES COUNTY REGIONAL OCCUPATIONAL PROGRAMS

Website: www.lacorop.org

Location: Headquarters

9300 Imperial Highway

Downey, CA 90242

Phone: 562-922-6850

General Description: A collaborative project of the Los Angeles County Office of Education and 22 member school districts to deliver quality career preparation. Students learn entry-level skills in a wide variety of occupational fields including animal care, banking, nursing, food service, retail sales and electronics. Applicants must be at least 16 years of age. Free to high school students; free to adults at this location only. Applicants must be at least 16 years of age.

LOS ANGELES URBAN LEAGUE

Website: www.laul.org

Location: 3450 Mount Vernon

Los Angeles, CA 90008

Phone: 323-299-9660

Fax: 323-299-0618

Email: Charles.boyd@laul.org

General Description: employment services and training for LA residences. Requirements: Picture ID, Social Security Card

Employment Services

MEXICAN AMERICAN OPPORTUNITY FOUNDATION

Website: www.maof.org

Location: 401 N. Garfield Ave.

Montebello, CA 90640

Phone: 323-890-9600

General Description: Non-profit agency providing employment placement in positions from entry-level to technical for anyone not qualifying for government-funded programs. Services include job listings, computer training, on-the job training with partial reimbursement to employers; work experience for preschool teacher's aides, basic skills training in reading and math, limited paid internships for youths 18-21. Free to eligible applicants.

MEXICAN AMERICAN OPPORTUNITY FOUNDATION SENIOR TRAINING PROGRAM

Website: www.maof.org/Senior_Services.asp

Location: 972 South Goodrich Blvd.

City of Commerce, CA 90022

Phone: 323-313-1605

General Description: From learning skills for part-time work to receiving information on immigration or legal matters to receiving free minor home repairs, MAOF's comprehensive services for seniors are available without charge to all who qualify. Free if eligible.

ONE-STOP CAREER CENTERS

Website: www.careeronestop.org

Location: Varies, call for the location nearest you

Phone: 800-FOR-AJOB

General Description: Employment Resource Centers, training, assessment, job placement and referrals. Requirements: low income, youth, elderly, long-term unemployed, disabled. Go on the website or call for locations.

PACIFIC ASIAN CONSORTIUM IN EMPLOYMENT (PACE)

Website: www.pacela.org

Location: 1055 Wilshire Blvd., Ste. 1475

Los Angeles, CA 90017

Phone: 213-353-3982

General Description: Free services. Community-based agency offering youth & adult job training and transitional workshops, job preparation, referral and placement to low income individuals age 22 and older. Training & technical assistance for low-income entrepreneurs, educational/leadership development for high school dropouts and at-risk youth.

Employment Services

PEOPLE ASSISTING THE HOMELESS (PATH) FINDERS JOB CENTERS

Website: www.epath.org

Location: 3500 S. Figueroa St
Hollywood, CA 90028

Phone: 213-743-3950

General Description: Employment services, resume assistance, workshops, voice mail boxes, and residential services for homeless people seeking employment. They have multiple offices around the Los Angeles area.

PROJECT NEW HOPE

Website: www.projectnewhope.org

Location: 3325 Wilshire Blvd., #800
Los Angeles, CA 90010

Phone: 213-251-8474

General Description: Vocational services and computer training for people with HIV/AIDS

SOUTHEAST L.A. COUNTY WORKFORCE INVESTMENT BOARD

Website: www.selaco.com

Location: 10900 E. 183rd St., Ste. 392
Cerritos, CA 90703

Phone: 800-481-6555

General Description: One-Stop employment and training programs & services for laid-off workers, the unemployed and low-income. Special services for youth seeking G.E.D. and older workers (over 55.) Career Center offers resources, workshops. If eligible, may qualify for individual or in-depth training programs. Free services. Some services only for eligible clients.

SOUTHEAST LOS ANGELES - CRENSHAW WORKSOURCE CENTER

Website www.cityofla.org/cdd

Location: 65 S. Vermont Ave.
Los Angeles, CA 90037

Phone: 323-730-7900

Fax: 323-730-7934

General Description: free job listings and referral information, phone banks, computer access and job placement workshops. Requirements: Bring ID, birth certificate, references. Hours Vary, call first for specific service for your needs.

Employment Services

SOUTHERN CALIFORNIA INDIAN CENTER

Website: www.indiancenter.org

Location: 3440 Wilshire Blvd. #904

Los Angeles, CA 90010

Phone: 213-387-5772

General Description: Non-profit organization serving the American Indian community. Provides employment assistance and vocational training to American Indians, native Alaskans and Native Hawaiians who are unemployed, underemployed or economically disadvantaged. Free to eligible applicants. Call for additional locations.

VERDUGO JOBS CENTER

Website: www.verdugojobscenter.org

Location: 1255 S. Central Ave

Glendale, CA 91204

Phone: 818-409-0476

General Description: Full service one-stop jobs and career center providing services to employers and job seekers. Services include internet access to jobs postings boards and resources; workshops; resume, interview & job seeking guidance and assistance; educational & occupational training assistance & guidance. Free services; some services require eligibility.

WOMEN AT WORK

Website: www.womenatwork1.org

Location: 50 North Hill Ave., Ste. 300

Pasadena, CA 91106

Phone: 626-796-6870

General Description: A nonprofit, drop-in Career and job resource center serving unemployed and underemployed women (and men) in the greater L. A. area seeking jobs or changing careers. Services include job listings, job market information, career library, career workshops, career counseling, occupational testing, special employment programs, job search support groups, computer classes, self-serve computer lab. Fees vary.

WORKFORCE INVESTMENT BOARD CITY OF LOS ANGELES

Website: www.lacity.org/wib

Location: 1200 West 7th Street, 6th Floor

Los Angeles, California 90017

Phone: 213-744-7211

Fax: 213-744-9398

Email: LACityWIB@LACity.org

General Description: The Los Angeles Workforce Investment Board initiates programs designed to provide educational facilities and mentoring to both in-school and out-of-school youth. Adult literacy programs are also promoted. Connect workers and businesses to information on jobs and services. Increase the percentage of workers earning quality wages. Promote social equity.

Education

Education

The world is getting more complicated every minute. People no longer work the same job their entire lives. They have to learn and adapt to new situations, new jobs, and changes in the world of work. This means more and more people are going back to school. There are lots of places you can go to get your GED, take computer classes, or finish your college or post-graduate degree. Plus, there are people or tutors that will help you study. It's all just a matter of getting out there and doing it. One of the best ways to get a better job is to get a better education. And it's never too late!



Helpful Hints:

- Talk to people. If you're currently working, ask your boss or some coworkers about what training or schooling you should look into. Maybe there is someone in your family or one of your friends you can go to and ask about his/her experience.
- If you don't know what you want to do, that's ok. Sometimes you have to start something just because you know it means you're heading in the right direction, even if you're not exactly sure where that is. Getting your GED might not seem like it's going to open a lot of doors, but it's a start.
- Once you identify a program you want to do, talk to the people there. Visit the place if you can. Take time to see what the teachers are like and see what the students think about the program.

Almost all colleges, and many certification programs, have financial aid offices. Paying for school can be tough, but there are ways to get help. And there's a good chance you qualify for help, too. Make an appointment, or just stop by and see if someone is available to talk about what financial aid options you have. Also, visit www.fafsa.ed.gov to learn more about student loans.

Education

AMERICAN COUNCIL ON EDUCATION

Website: www.acenet.edu

Email: ged@acenet.nche.edu

General Description: This is a for-profit company that offers many programs, but has a very helpful GED section on their website. Look for GED Testing Service under 'Program or Service' drop down menu on the upper left section of their homepage. There are sample GED test questions and helpful general information about the test.

CALIFORNIA DEPARTMENT OF EDUCATION GED OFFICE

Website: www.cde.ca.gov/ta/tg/gd

Phone: 916-455-9438

General Description: Visit the website for testing center locations, frequently asked questions, and other information. Or call for testing locations or general questions.

COLLEGE SCHOLARSHIPS.ORG

Website: www.collegescholarships.org

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

COMMUNITY COLLEGE REVIEW

Website: www.communitycollegereview.com

General Description: This website gives free, detailed information, lets you compare colleges within your state and learn more about how community colleges work.

GED INFORMATION

Website: www.cde.ca.gov

Phone: 916-445-9438 or 866-370-4740

General Description: Automated information regarding GED testing sites.

FREE APPLICATION FOR FEDERAL STUDENT AID

Website: www.FAFSA.ed.gov

Phone: 800-4-FED-AID

General Description: Federal Student Aid, an office of the U.S. Department of Education, ensures that all eligible individuals can benefit from federally funded or federally guaranteed financial assistance for education beyond high school. Call or visit their website to see eligibility requirements.

Education

LOS ANGELES COMMUNITY COLLEGE DISTRICT

Website: www.laccd.edu

Location: District Office

770 Wilshire Boulevard

Los Angeles, CA 90017

Phone: 213-891-2000

General Description: All the community colleges in L.A. County make up this district. The website has links to all the other colleges, as well as information about community colleges and the people they serve.

Community Colleges

EAST LOS ANGELES COLLEGE

Website: www.elac.edu

Location: 1301 Avenida Cesar Chavez

Monterey Park, CA 91754-6099

Phone: 323-265-8650

LOS ANGELES CITY COLLEGE

Website: www.lacitycollege.edu

Location: 855 N. Vermont Avenue

Los Angeles, CA 90029

Phone: 323-953-4000

LOS ANGELES HARBOR COLLEGE

Website: www.lahc.edu

Location: 1111 Figueroa Place

Wilmington, CA 90744

Phone: 310-233-4000

LOS ANGELES MISSION COLLEGE

Website: www.lamission.edu

Location: 13356 Eldridge Avenue

Sylmar, CA 91342

Phone: 818-364-7600

Education

LOS ANGELES SOUTHWEST COLLEGE

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

LOS ANGELES TRADE-TECH COLLEGE

Website: www.lattc.edu
Location: 400 W. Washington Boulevard
Los Angeles, CA 90015
Phone: 213-763-7000

LOS ANGELES VALLEY COLLEGE

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

PIERCE COLLEGE:

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

WEST LOS ANGELES COLLEGE

Website: www.wlac.edu
Location: 9000 Overland Avenue
Culver City, CA 90230
Phone: 310-287-4200

Transportation

Getting around L.A. is probably one of the biggest causes of stress and frustration in your lives. You don't necessarily need a car to get around. L.A. has public transportation that will get you where you need to go. Remember, always plan ahead, leave with plenty of time to get to your appointment and have the phone numbers of the people you would need to contact if something went wrong.



Helpful Hints:

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

To obtain information on LA Public Transportation visit www.mta.net

Transportation

AIDS PROJECT L.A./ MEDICAL TRANSPORTATION

Website: www.apla.org

Location: 611 S. Kingsley Dr., 3rd Floor

Los Angeles, CA 90005

Hours: M-F 9am-4:30pm

Phone: 213-201-1600

Fax: 213-201-1392

General Description: Transportation services or vouchers for APLA clients. Specific Services: Info and application forms for L.A. County Metro Transportation (MTA) and/or DMV. Free West Hollywood Taxi Cab passes for West Hollywood residents. Transportation for clients who are unable to use other forms of transportation to get to prescheduled medical appointments related to HIV condition.

Requirements: Must be AIDS PROJECT L.A. client. Request must be made at least 2 working days prior to scheduled medical appointment. Available twice per month or 4 one-way rides.

Additional Notes: Free Services.

BUS RIDERS UNION

Website: www.busridersunion.org

Location: Labor/Community Strategy Center

3780 Wilshire Blvd., Ste. 1200

Los Angeles, CA 90010

Hours: M-F 9am-6pm

Phone: 213-387-2800

Fax: 213-387-3500

General Description: A membership organization concerned with the public health needs of the transit-dependent. Specific Services Requirements: \$10-\$50 membership fees per year, sliding scale.

Additional Notes: Spanish, Korean available upon request.

AMERICAN LOGISTICS

Hours: Reservation M-F 7am-6pm; Sat 8am-1pm Services 24/7

Phone: 877-225-5672

General Description: Assorted transportation Specific Services: Transportation provided for non-emergency medical visits, outpatient surgery, hospital checkout, airport, social events. Can tailor program to meet the needs of any health care provider. All drivers are trained in CPR and first aid. Vehicles are equipped with a wheelchair for those who do not have one but require one for transportation.

Requirements: Must make reservation at least 24 hours in advance.

Additional Notes. Call for rates.

Transportation

FREEWAY SERVICE PATROL/TRANSPORTATION MANAGEMENT CENTER

Location: 120 S. Spring St.

Los Angeles, CA 90012

Phone: 213-897-7275

Fax: 213-897-0519

General Description: Courtesy tow service to motorists when their vehicles have become disabled on most L.A. County Freeways.

L.A. CITYRIDE

Website: www.ladottransit.com/other/cityride

Location: Varies throughout the city

Hours: M-F 8am-4:30pm Phone: 213-808-7433 Fax: 213-388-7142 Email Contact Person,

Title General Description: Transportation for seniors age 65 yrs+ and disabled living in the City of L.A. including city communities of the San Fernando Valley and certain county unincorporated areas. Applicants must show proof of age and disability. Appointments must be made 1 day in advance for Dial-A-Ride. Fees vary based on trip distance. Taxicabs available 24 hrs. Does not accept cash.

METROLINK

Website: www.metrolinktrains.com

Location: 700 S. Flower St., Ste. 2600

Los Angeles, CA 90017

Hours: M-F 8am-5pm

Phone: 800-371-5465; 213-452-0200

Fax: 213-4452-0429

General Description: Regional train info for traveling from San Bernardino, Riverside, Oceanside, Lancaster or Oxnard to L.A. Union Station and for travel from San Bernardino to Irvine. Also info about connecting bus services to and from Metrolink Stations. Spanish spoken. Speech/Hearing impaired, call 800-698-4833.

METRO TRANSPORTATION AUTHORITY

Website: www.mta.net

Location: Southern California Rideshare

1 Gateway Plaza

Mail Stop: 99-19-05

Los Angeles, CA 90012-2952

Hours: M-F 8am-5pm

Phone: 800-266-6883

Fax: 213-922-3885

General Description: Assists any commuter to make connections from their home to their place of work via bus, MetroLink train, Metro Rail, carpools, vanpools. Spanish spoken. TTY 800-252-9040.

Libraries



“A library is a hospital for the mind.”
-Anonymous

Libraries

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

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

Helpful Hints:

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

Libraries

ASIAN PACIFIC RESOURCE CENTER COUNTY OF LA PUBLIC LIBRARY

Location: 1550 W Beverly Blvd

Montebello, CA 90640

Phone: 323-722-2550

Fax: 323-722-3018

Specific Services: This library emphasizes the social, historical & cultural information by and about Asian and Pacific Americans.

BLACK RESOURCE CENTER CO OF LOS ANGELES PUBLIC LIBRARY/ CENTRAL LA

Location: 150 E El Segundo Blvd

Los Angeles, CA 90061

Hours M-Th 10-8 F 10-6; Sa 10-5

Phone: 310-568 3350

Fax: 310 327 0824

CALIFORNIA STATE UNIVERSITY/ DOMINGUEZ HILLS LIBRARY SERVICES

Location: 1000 E. Victoria Street

Carson, CA 90747

Phone: 310-243-3715

Fax: 310-516-4219

CALIFORNIA STATE UNIVERSITY/ LOS ANGELES JOHN F. KENNEDY/ MEMORIAL LIBRARY

Location: 5151 State University Drive

Los Angeles, CA 90032-8300

Phone: 323-343-3988

Fax: 323-343-5600

CHICANO RESOURCE CENTER CO OF LOS ANGELES PUBLIC LIBRARY/ EAST LA

Location: 4837 E 3rd Street

Los Angeles, CA 90022

Hours: M-Th 10am-9pm; F 9am-5pm; Sa 10am-5pm; Su 1-5pm

Phone: 323-264-0155

COUNTY OF LOS ANGELES PUBLIC LIBRARY

Website: www.colapublib.org

Location: Check out the website or the local telephone directory for the location nearest you.

Phone: 562-940-8400

Contact Person, Title: Margaret Donnellan Todd, County Librarian

General Description: The County Library provides service to residents living in the County and unincorporated areas

Libraries

JEWISH COMMUNITY LIBRARY OF LOS ANGELES

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

LONG BEACH PUBLIC LIBRARY

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

LOS ANGELES COMMUNITY COLLEGE DISTRICT

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

LOS ANGELES LAW LIBRARY

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

LOS ANGELES PUBLIC LIBRARY

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

Libraries

PASADENA PUBLIC LIBRARY

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

SANTA MONICA LIBRARY

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

SOUTHERN CALIFORNIA LIBRARY FOR SOCIAL SERVICES AND RESEARCH

Website: www.socallib.org
Location: 6120 S. Vermont Ave.
Los Angeles, CA 90044
Phone: 323-759-6063
Fax: 323-759-2252
Email: web@socallib.org

General Description: This library specializes in the history of Los Angeles, socialism, Marxism, ethnic studies, history of peace, labor and liberation movements.

Requirements: Cost: \$40 per year if you want to check out books. No fee when you use for reference only

WESTERN STATES AFRICAN-AMERICAN RESOURCE EDUCATION CENTER

Location: 3617 Montclair Street
Los Angeles, CA 90018
Hours: M-F 10am-6pm
Phone: 626-794-4777
Fax: 323-737-2842

General Description: Researches African American topics, preserves books, films, art, documents, records, etc

Literacy/ESL



“Once you learn to read, you will forever be free.”
-Frederick Douglass

Literacy

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

Helpful Hints:

- Make a plan
- Register in a class
- Take baby steps
- Be patient
- Be persistent
- Be committed

Literacy/ESL

826 LA

Location: Sparc Building
685 Venice Blvd., 2nd Fl
Venice, CA 90291

Hours: M-F 9:30am-6pm; Drop-in tutoring 2:30pm-5:30pm

Phone: 310-305-8418

General Description: Free services One-on-one tutoring for ages children ages 6-18 yrs. Offers after school workshops and assistance for English language learners. Call for appointment or walk in. Must be ages 6-18 years of age.

BELL GARDENS COMMUNITY ADULT SCHOOL

Location: Montebello USD

6119 Agra

Bell Gardens, CA 90201

Hours: M-Th 8am-9pm; F 8am-4pm

Phone: 323-887-7955

Fax: 323-887-7958

Free services. Small fee for vocational services. ESL, GED, HS diploma, vocational programs, citizenship and basic subject programs to anyone ages 18 yrs+. Adult education begins at 4pm. 18 yrs+. Serves Bell Gardens and City of Commerce.

BURBANK ADULT SCHOOL

Location: 3811 Allan Ave.

Burbank, CA 91505

Hours: M-Th 8am-8pm; F 8am-2pm

Phone: 818-558-4611; for ESL, call 818-558-4619

Fax: 818-558-4620

General Description: Various adult education courses. High school diploma, GED test and preparation; ESL, parent education, business and computer education/training. Ages 18 yrs+

COMMUNITY CENTERS, INC.

Location: Comunidad de Servicios Nacional

7522 S. Vermont Ave.

Los Angeles, CA 90044

Hours: M 8:30am-9pm; Tu-Th 8:30am-8pm; F 8:30am-4:30pm; Sat 9am-2:30pm

Phone: 323-752-2115

Fax: 323-789-4574

General Description: ESL classes for newly arrived immigrants. Citizenship services, classes and tests. Job training programs, resume writing, employment for youth and adults, clerical and computer classes, counseling (personal and/or career), notary, EDD services, drug and alcohol classes, GED prep, life and basic skills, civics.

Literacy/ESL

COMMUNITY ENHANCEMENT SERVICES

Location: Citizenship Programs

P.O. Box 2206

1335 N. La Brea Ave., Ste. 3

Los Angeles, CA 90028

Hours: 8:30am-5pm

Phone: 323-850-4672

Fax: 323-850-4670

General Description: Free ESL and citizenship classes, assistance in filling out N-400 and N-600 forms, and counseling Services to legal immigrants and refugees seeking to become naturalized U.S. citizens. Also offers refugee forums and education programs. Languages: Armenian, Russian, Hebrew, Farsi, Spanish and Tagalog spoken.

CULVER CITY ADULT SCHOOL

Location: 4909 Overland Ave.

Culver City, CA 90230

Hours: M-Th 8:30am-9pm; F 8:30am-3pm

Phone: 310-842-4300

Fax: 310-842-4343

General Description: ABE, ESL, literacy tutoring, high school diploma subjects, GED and CBEST prep.

EAST L.A OCCUPATIONAL CENTER

Location: 2100 Marengo

Los Angeles, CA 90033

Hours: M-Th 8am-9pm; F-Sat 8am-3pm

Phone: 323-223-1283

Fax: 323-223-6365

General Description: Job training program for adults and young adults.

Specific Services: Adult basic education, ESL. Drop-out recovery program for minors and services for the disabled. Classes offered in day and evenings.

EASTMONT COMMUNITY CENTER

Location: 701 S. Hoefner Ave.

Los Angeles, CA 90022

Hours: M-Th 8:30am-5:30pm; F 8:30am-12noon

Phone: 323-726-7998

Fax: 323-726-9237

Literacy/ESL

FRANKLIN COMMUNITY ADULT SCHOOL

Location: Adult Education

820 N. Avenue 54

Los Angeles, CA 90042

Hours: M-Th 1pm-9:30pm; F 8am-4:30pm; Sat 10am-6pm; Sun 1pm-5pm.

Phone: 323-256-2144

Fax: 323-256-2790

General Description: Vocational programs, ESL and Citizenship classes. Adult literacy, parent education, program for older adults, GED and adult high school diploma, vocational computer classes, distance learning. LAUSD program. Requirements: Meet with counseling office. Spanish spoken.

GLENDALE ADULT READING PROGRAM

Location: Glendale Public Library

222 E. Harvard St.

Glendale, CA 91205

Hours: M-F 9am-5pm; evenings by appointment

Phone: 818-548-6450

Fax: 818-548-7225

General Description: One-to-one tutoring in basic reading to English speaking adults. Also have family literacy program. In-service workshops for tutors and mutual referrals. English speaking, ages 16 yrs+ and out of school.

LAMP LITERACY

Location: Bruggemeyer Memorial Library

318 S. Ramona Ave.

Monterey Park, CA 91754

Hours: M-Tu 12noon-9pm; W-F 12noon-6pm; Sat 9am-5pm; Sun 1pm-5pm

Phone: 626-307-1251

Fax: 626-288-4251

General Description: Free services. Families for literacy, one-to-one tutoring for adults, ESL, citizenship. Specific Services. Tutors must be at least 14 yrs of age or older to volunteer. Chinese spoken.

LAUSD/ADULT AND CAREER EDUCATION

Location: Rafu Adult Educational Center

Hours: M-F 7:30am-4pm

Phone: 323-263-6673

General Description: ESL, GED, HS diploma and computer class. Various locations. Call for more information.

Literacy/ESL

MEXICAN AMERICAN OPPORTUNITY FOUNDATION

Location: Administrative Office

401 N. Garfield Ave.

Montebello, CA 90640

Hours: M-F 8am-5pm

Phone: 323-890-9600

Fax: 323-890-9632

General Description: Free services. Various literacy and job training programs.

CalWORKS training prep and referrals to eligible participants. Training in English and math, computers, operating systems, word processing, Lotus 1-2-3 and database management (ask for Mr. Reese). Also provides on-the-job training in various occupations in private industry; child care and Head Start; ESL, and direct job referral services in skilled and semi-skilled positions. Walk in or call. For child care, call 323-890-9616.

PROJECT AMIGA

Location: 2001 Tyler Ave., Ste. 203

South El Monte, CA 91733

Hours: M-F 8am-5pm

Phone: 626-401-1395

Fax: 626-401-3707

General Description: Various training, education and referral services. Computer and ESL training, career counseling, parenting classes, literacy skills, prenatal care education classes, referral and transportation services to at-risk youth, teen moms and dads, parents, caregivers, and their families. Ages 14 yrs+. Low income. Sliding fee scale. Spanish spoken.

PUENTE LEARNING CENTER

Location: 501 S. Boyle Ave.

Los Angeles, CA 90033-3816

Hours: M-F 8am-5pm

Phone: 323-780-8900

Fax: 323-780-0359

General Description: Free classes, but materials and registration fee for some classes. Spanish spoken. Adult education programs. ESL, job training, computer applications and computer repair. Also youth tutoring program. Must meet eligibility to enroll. Volunteer opportunities available.

Literacy/ESL

ROOSEVELT ADULT SCHOOL

Location: 456 S. Matthews St.

Los Angeles, CA 90033

Hours: M-Th 1pm-10pm; F 7:30am-4:30pm; Sat 8am-1pm. Branch hours: M-F 8am-4pm.

Phone: 323-780-6500

Fax: 323-263-5040

General Description: Various education programs. Community Adult School (CAS), ESL, parenting, computers, GED (Spanish/English), high school diploma, LAUSD program. Spanish and Tagalog spoken.

SOUTHERN CALIFORNIA LIBRARY LITERACY NETWORK

Location: Altadena Public Library

2659 Lincoln Ave.

Altadena, CA 91001

Hours: Literacy program: M-F 10am-1pm

Phone: 626-798-8338

Fax: 626-798-3968

General Description: Adult literacy, one-to-one tutoring, computer lab. Library hours: M, Tu, F 1pm-6pm; W, Th 1pm-8pm.

SANTA MONICA ADULT EDUCATION CENTER

Location: Santa Monica USD

2510 Lincoln Blvd.

Santa Monica, CA 90405

Hours: M-Th 10am-7pm

Phone: 310-664-6222

Fax: 310-664-6220

General Description: Various adult education programs. Citizenship preparation for Naturalization, ESL, GED testing and preparation, high school diploma, reading lab. Requirements: Ages 18 yrs+. Child care available for registered students. Children must be at least 2.9 yrs and potty trained. Spanish spoken.

Clinics and Hospitals

Medical Care

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



Helpful Hints:

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

Other programs:

- MEDI-CAL 877-597-4777
- MEDICARE 800-Medicare
- Woman, Infants, and Children (WIC) 888-942-9675
- Healthy Families 888-747-1222
- LA County Department of Health Services www.ladhs.org/clinics
- Community Health Council Inc. 323-295 9372 or visit www.chc-inc.org (Provides medical resources and referral information for all types of medical, dental, mental health services throughout the greater Los Angeles Area).

Clinics and Hospitals

ALL FOR HEALTH

519 E Broadway Blvd
Glendale, 91205
Phone: 818-409-3022
Fax: 818-243-2713

ALTAMED HEALTH SERVICES

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

ALTAMED HEALTH SERVICES

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

ALTAMED HEALTH SERVICES

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

ALTAMED HEALTH SERVICES

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

ALTAMED HEALTH SERVICES

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

ALTAMED HEALTH SERVICES

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

ANTELOPE VALLEY HEALTH CENTER

335-B East Avenue K6
Lancaster, 93535
Phone: 805-723-4511 or 661-723-4624

Clinics and Hospitals

ARROYO VISTA FAMILY HEALTH FOUNDATION

4815 East Valley Blvd, Suite C

Los Angeles, 90032

Phone: 323-222-1134

ARROYO VISTA FAMILY HEALTH FOUNDATION

6000 North Figueroa St.

Los Angeles, 90042

Phone: 323-254-5221 Dental 323-254-5291 ext. 229 or 211

ARROYO VISTA FAMILY HEALTH FOUNDATION

2221 N. Broadway

Los Angeles, 90031

Phone: 323-224-2188

ASIAN PACIFIC HEALTHCARE VENTURE, INC.

1530 Hillhurst Avenue, #200

Los Angeles, 90027

Phone: 323-644-3888

BAART COMMUNITY HEALTHCARE

15229 East Amar Road

La Puente, 91744

Phone: 626-855-5090

BAART COMMUNITY HEALTHCARE

Community Healthcare

1926 West Beverly Blvd

Los Angeles, 90057

Phone: 213-607-2010

BAART COMMUNITY HEALTHCARE

4920 South Avalon

Los Angeles, 90011

Phone: 323-235-5035

BELLFLOWER HEALTH CENTER

10005 East Flower St

Bellflower, 90706

Phone: 562-804-8112

Clinics and Hospitals

CENTRAL CITY COMMUNITY HEALTH CENTER

5970 South Central Ave
Los Angeles, 90001
Phone: 323-234-3280

CENTRAL HEALTH CENTER

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

CENTRAL NEIGHBORHOOD MEDICAL GROUP, INC.

2707 South Central Ave
Los Angeles, 90011
Phone: 323-234-5000

CHINATOWN SERVICE CENTER

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

CLINICA MSR OSCAR ROMERO

123 South Alvarado St.
Los Angeles, 90057
Phone: 213-201-2742

COMMUNITY HEALTH ALLIANCE OF PASADENA

1855 North Fair Oaks Avenue, Suite 200
Pasadena, 91103
Phone: 626-398-6117 ext.30

COMPTON CENTRAL HEALTH CLINIC INC.

201 North Central Ave
Compton, 90220
Phone: 310-635-7123

DOLLARHIDE HEALTH CENTER

1108 North Oleander St.
Compton, 90222
Phone: 310-605-5688

Clinics and Hospitals

DURFEE FAMILY CARE MEDICAL GROUP

2006 Durfee Ave.
Phone: 626-442-5015

EAST VALLEY COMMUNITY HEALTH CENTER

680 Fairplex Dr.
Pomona, 91768
Phone: 909-623-4598

EAST VALLEY COMMUNITY HEALTH CENTER

420 South Glendora Ave
West Covina, 91790
Phone: 626-919-5724

EDWARD R ROYBAL COMPREHENSIVE HEALTH CENTER

245 South Fetterly Ave
Los Angeles, 90022
Phone: 323-780-2373 or 800-383-4600

EISNER PEDIATRIC AND FAMILY HEALTH CENTER

1530 South Olive St.
Los Angeles, 90015
Phone: 213-747-5542

EI DORADO COMMUNITY HEALTH CENTER

4023 Marine Avenue
Lawndale, 90260
Phone: 310-675-9555

EI DORADO COMMUNITY SERVICE CENTER

4450 West Century Blvd
Inglewood, 90304
Phone: 310-671-0555

EI DORADO COMMUNITY SERVICE CENTER

8207 Whittier Blvd
Pico Rivera, 90660
Phone: 562-695-0737

Clinics and Hospitals

EL MONTE COMPREHENSIVE HEALTH CENTER

10953 Ramona Blvd
El Monte, 91731
Phone: 800-383-4600

EL PROYECTO DEL BARRIO

8902 Woodman Ave
Arleta, 91331
Phone: 818-830-7033 or 818-830-7080

EL PROYECTO DEL BARRIO

20800 Sherman Way
Winnetka, 91306
Phone: 818-883-2273

EL PROYECTO DEL BARRIO

150 North Azusa Ave
Azusa, 91702
Phone: 626-969-7885

FAMILY HEALTHCARE CENTERS OF GREATER LOS ANGELES

Bell Gardens Family Medical Center
6501 South Garfield Ave
Bell Gardens, 90201
Organization Type: PPP, Primary
Phone: 562-928-9600

FAMILY HEALTHCARE CENTERS OF GREATER LOS ANGELES

Hawaiian Gardens Health Center
22310 Wardham Avenue
Hawaiian Gardens, 90716
Phone: 562-420-2433

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC

133 North Sunol Dr
Los Angeles, 90063
Phone: 323-981-1660

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC

4448 York Blvd
Los Angeles, 90041
Phone: 323-344-5233

Clinics and Hospitals

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC

184 South Bimini Place

Los Angeles, 90004

Phone: 213-201-6878

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC

150 North Reno St.

Los Angeles, 90026

Phone: 213-380-7298

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC

4618 Fountain Ave

Los Angeles, 90028

Phone: 323-953-7170

FRANCISCAN CLINICS/QUEENSCARE FAMILY CLINIC

3242 West 8th St.

Los Angeles, 90005

Phone: 213-368-9779

GARFIELD HEALTH CENTER

210 North Garfield Avenue, #203

Monterey Park, 91754

Phone: 626-307-7397

GLENDALE HEALTH CENTER

501 North Glendale Ave

Glendale, 91206

Phone: 818-500-8762

H CLAUDE HUDSON COMPREHENSIVE HEALTH CENTER

2829 South Grand Ave

Los Angeles, 90007

Phone: 800-383-4600

LAC+USC Network Referral Center 800-341-9211

HARBOR FREE CLINIC

593 West 6th St.

San Pedro, 90731

Organization Type: PPP,Primary

Phone: 310-547-0716

Clinics and Hospitals

HARBOR - UCLA MEDICAL CENTER

1000 W. Carson St.
Torrance, 90502
Phone: 310-222-2345

HIGH DESERT HEALTH SYSTEM

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

HIGH DESERT HEALTH SYSTEM

Glenchur Clinic
45120 N. 60th Street West
Lancaster, 93536
Phone: 661-945-8210

HOLLYWOOD-WILSHIRE HEALTH CENTER

5205 Melrose Ave.
Los Angeles, 90038
Phone: 323-769-7800

HUBERT H HUMPREY COMPREHENSIVE HEALTH CENTER

5850 South Main St.
Los Angeles, 90003
Phone: 323-846-4312

JWCH INSTITUTE INC.

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

JWCH INSTITUTE INC.

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

JWCH INSTITUTE INC.

12360 Firestone Blvd.
Norwalk, 90650
Phone: 562-281-0305

Clinics and Hospitals

JWCH INSTITUTE INC.

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

JWCH INSTITUTE INC.

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

KING/DREW MEDICAL CENTER

12021 Wilmington Ave.
Los Angeles, 90059
Phone: 310-668-

KORYO HEALTH FOUNDATION COMMUNITY CLINIC

1058 South Vermont Ave.
Los Angeles, 90006
Phone: 213-380-8833

LA PUENTE HEALTH CENTER

15930 Central Ave.
La Puente, 91744
Phone: 626-855-5300

LAC + USC MEDICAL CENTER

1200 N. State St.
Los Angeles, 90033
Phone: 323-226-5111
Dental Services Information 323-226-5050

LAKE LOS ANGELES COMMUNITY CLINIC

16921 East Avenue O, Suite G
Lake Los Angeles, 93591
Phone: 661-945-8444

LITTLEROCK COMMUNITY CLINIC

8201 Pearblossom Highway
Littlerock, 93543
Phone: 661-945-8382

Clinics and Hospitals

LONG BEACH COMPREHENSIVE HEALTH CENTER

1333 Chestnut Ave
Long Beach, 90813
Phone: 562-599-2153

SABAN

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

SABAN

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

SABAN

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

SABAN

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

MID-VALLEY COMPREHENSIVE HEALTH CENTER

7515 Van Nuys Blvd.
Van Nuys, 91405
Phone: 818-947-4000

MISSION CITY COMMUNITY NETWORK

4842 Hollywood Blvd.
Los Angeles, 90027
Phone: 323-644-1110

MISSION CITY COMMUNITY NETWORK

15206 Parthenia St.
North Hills, 91343
Phone: 818-895-3100 ext. 609

Clinics and Hospitals

MISSION CITY COMMUNITY NETWORK

9919 Pacoima Blvd.
Pacoima, 91331
Phone: 818-686-4243

MISSION CITY COMMUNITY NETWORK

18905 Sherman Way, Suite 100-B
Reseda, 91334
Phone: 818-881-1213

MONROVIA HEALTH CENTER

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

NORTH HOLLYWOOD HEALTH CENTER

5300 Tujunga Ave.
North Hollywood, 91601
Phone: 818-766-3982

NORTHEAST COMMUNITY CLINIC

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

NORTHEAST COMMUNITY CLINIC

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

NORTHEAST COMMUNITY CLINIC

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

NORTHEAST COMMUNITY CLINIC

3751 South Harvard Blvd.
Los Angeles, 90018
Phone: 213-742-6070

Clinics and Hospitals

NORTHEAST COMMUNITY CLINIC

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

NORTHEAST VALLEY HEALTH CORPORATION

1600 San Fernando Rd.
San Fernando, 91340
Phone: 818-365-8086

NORTHEAST VALLEY HEALTH CORPORATION

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

NORTHEAST VALLEY HEALTH CORPORATION

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

NORTHEAST VALLEY HEALTH CORPORATION

Valencia Health Center
23763 Valencia Blvd.
Valencia, 91355
Phone: 661-287-1551

PACOIMA HEALTH CENTER

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

POMONA HEALTH CENTER

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

POMONA VALLEY HOSPITAL MEDICAL CENTER

Pomona Health Center
750 South Park Ave., #101
Pomona, 91766
Phone: 909-622-6516

Clinics and Hospitals

POMONA VALLEY HOSPITAL MEDICAL CENTER

Western University Medical Center
887 East 2nd St.
Pomona, 91766
Phone: 909-865-0845

RUTH TEMPLE HEALTH CENTER

3834 South Western Ave.
Los Angeles, 90062
Phone: 323-730-3507

SACRED HEART FAMILY MEDICAL CLINICS, INC.

8540 Alondra Blvd.
Paramount, 90723
Phone: 562-602-2508

SAMUEL DIXON FAMILY HEALTH CENTER

27225 Camp Plenty Rd.
Canyon Country, 91351
Organization Type: PPP,Primary
Phone: 661-424-1220

SAN FERNANDO HEALTH CENTER

1212 Pico St.
San Fernando, 91340
Phone: 818-837-6969

SIMMS/MANN HEALTH AND WELLNESS CENTER

2509 Pico Blvd., Suite 320 & 325
Santa Monica, 90405
Phone: 310-998-3223 or 310-998-3203

SOUTH BAY FAMILY HEALTHCARE CENTER

1091 South La Brea Ave.
Inglewood, 90301
Phone: 310-802-6170

SOUTH BAY FAMILY HEALTHCARE CENTER

2114 Artesia Blvd.
Redondo Beach, 90278
Phone: 310-802-6170

Clinics and Hospitals

SOUTH CENTRAL FAMILY HEALTH CENTER

4425 South Central Ave.
Los Angeles, 90011
Phone: 323-908-4200 or 323-908-4201

SOUTH HEALTH CENTER

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

SOUTH VALLEY HEALTH CENTER

38350 40th St. East
Palmdale, 93552
Phone: 661-272-5000

ST JOHN'S WELL CHILD & FAMILY CENTER

Lincoln Heights
2512 North Alta St.
Los Angeles, 90031
Phone: 323-441-2139

ST JOHN'S WELL CHILD & FAMILY CENTER

Los Angeles
515 West 27th St.
Los Angeles, 90007
Phone: 213-749-0947

ST JOHN'S WELL CHILD & FAMILY CENTER

Dental
2300 South Flower, Suite 303
Los Angeles, 90007
Phone: 213-747-0757

ST JOHN'S WELL CHILD & FAMILY CENTER

2115-A North Wilmington Ave.
Compton, 90222
Phone: 310-603-1332

T.H.E. CLINIC

3834 South Western Ave.
Los Angeles, 90062
Phone: 323-730-3502

Clinics and Hospitals

TARZANA TREATMENT CENTER CLINIC

18646 Oxnard St.
Tarzana, 91356
Phone: 818-996-1051 ext. 1206

TARZANA TREATMENT CENTER FAMILY CLINIC

Lancaster
907 West Lancaster Blvd.
Lancaster, 93534
Phone: 661-723-4829

THE CHURCH OF OUR SAVIOR

4368 Santa Anita Ave.
El Monte, 91731
Phone: 626-579-0290 ext. 100

UNIVERSAL HEALTH FOUNDATION

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

VALLEY COMMUNITY CLINIC

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

VALLEY CARE OLIVE VIEW

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

VENICE FAMILY CLINIC

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

VENICE FAMILY CLINIC

604 Rose Ave.
Venice, 90291
Phone: 310-392-8636

Clinics and Hospitals

VENICE FAMILY CLINIC

Simms/Mann Health and Wellness Center
2509 Pico Blvd.
Santa Monica, 90405
Phone: 310-392-8636

WATTS HEALTHCARE CORPORATION

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

WATTS HEALTHCARE CORPORATION

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

WESTSIDE FAMILY HEALTH CENTER

1711 Ocean Park Blvd.
Santa Monica, 90405
Phone: 310-450- 2191

WESTSIDE NEIGHBORHOOD CLINIC

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

WILMINGTON COMMUNITY CLINIC

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

WILMINGTON HEALTH CENTER

1325 Broad Ave.
Wilmington, 90744
Phone: 310-518-8800

Special Medical Concerns

If you have a special medical concerns, like HIV or Hepatitis C, there are many resources in Los Angeles County to help you.

Helpful Hints:

- Listed below are two resource guides to help you. Each one has services ranging from medical care to support groups. Contact the service providers listed to ask about eligibility and what documents you might need to get these services.
- Most people with HIV will need a diagnosis form signed by a physician to access supportive services. You can sometimes request this as part of your release package. Ask the medical staff at your facility what the process is to obtain your medical records from prison or jail.



HIV LA DIRECTORY

Website: www.hivla.org

Location: AIDS Project Los Angeles

611 S. Kingsley Dr.

Los Angeles, CA 90010

Phone: 213-201-1331

General Description: a comprehensive online and print-based directory of medical and social services for people living with HIV/AIDS in Los Angeles County.

HEPATITIS C TASK FORCE LOS ANGELES COUNTY

Website: www.hepctaskforcela.org

Location: Hepatitis Resource Guide for Los Angeles County

c/o Homeless Healthcare Los Angeles

2330 Beverly Blvd.

Los Angeles, CA 90057

Phone: 213-201-1547 (Brian Risley)

Phone: 818-985-8323 (Danny Jenkins)

Phone: 213-381-0515 (Michael Trevino)

General Description: Holds regular monthly meetings on Hepatitis C and hosts community trainings and conferences. Maintains an online comprehensive resource guide (also available in print) with listings of where to get tested for Hepatitis as well as locations to access free or low cost treatment and support.

Family Services



Family Services

Los Angeles has a large network of services designed to help families with children. Some services are designed specifically to serve the families of incarcerated people such as those offered by Friends Outside Los Angeles. Because there are so many different types of services available, it is impossible to list all of them here. We have chosen to list some key resources such as the 211 LA County hotline, that will be able to provide you with additional referrals.

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

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

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

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

Family Services

Child Care Resource and Referral Agencies

(from the County of Los Angeles Website)

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

- **Center for Community and Family Services:** Serves Downey, Compton, Torrance, and Lynwood. For additional information visit <http://www.ccafs.org> or call (310) 217-2935.
- **Child Care Information Service (CCIS):** Serves Pasadena and the Foothill communities. For additional information visit <http://www.ccispasadena.org> or call (626) 204-3517.
- **Child Care Resource Center CCRC):** Serves San Fernando Valley, Santa Clarita, and Antelope Valley. For additional information visit <http://www.ccrcla.org> or call their Chatsworth location at (818) 717-1000 or their Antelope Valley location at (661) 949-2615.
- **Children’s Home Society of California:** Serves Bellflower, Cerritos, Lakewood, Long Beach, and Norwalk. For additional information visit <http://www.chs-ca.org> or call (562) 256-7400 X3298.
- **Connections for Children:** Serves Culver City, Santa Monica, South Bay, and West Los Angeles. For additional information visit <http://www.cfc-ca.org> or call (310) 452-3202.
- **Crystal Stairs:** Serves Gardena, Inglewood, South Central Los Angeles, Hawthorne, and Lawndale. For additional information visit <http://www.crystalstairs.org> or call (323) 421-1086 (Spanish); (323) 421-1028 (English).
- **Mexican American Opportunity Foundation (MAOF):** Serves east and southeast Los Angeles and Montebello. For additional information visit <http://www.maof.org> or call (323) 890-9600 x114.
- **Options – A Child Care and Human Services Agency:** Serves San Gabriel Valley and Whittier. For additional information visit <http://www.optionscc.com> or call (626) 856-5900 x294.
- **Pathways:** Serves Downtown Los Angeles, Highland Park, Hollywood, Mid-Wilshire, Silver Lake, and West Hollywood. For additional information call (213) 427-2700 x542.
- **Pomona Unified School District – Child Development Program:** Serves Pomona and surrounding cities. For additional information call (909) 397-4740 x5263.

Family Services

CHILD SUPPORT SERVICES DEPARTMENT

Los Angeles County

Website: <http://childsupport.co.la.ca.us/index.htm>

Location: 5770 South Eastern Avenue

Commerce, CA. 90040-2924

(866) 901-3212

General Description: The agency works with parents - custodial and noncustodial - and guardians to ensure children and families receive court-ordered financial and medical support. Child support services are available to the general public through a network of 52 county and regional child support agencies (LCSAs).

BACUP - BENEFITS ASSISTANCE CLIENTS URBAN PROJECT

Website: www.ssgmain.org

Location: 2120 W. 8th St., # 210

Los Angeles, CA 90057

Phone: 213-368-1888

Fax: 213-368-6888

Hours: Mon-Fri 9am to 5pm

General Description: The agency provides advocacy, child care, emergency food, HIV/AIDS services, holiday assistance, interpreter and translator services, personal goods, services for non-profit organizations, services for older adults, substance abuse services, and youth services in Los Angeles County. There are no geographic restrictions.

CHILD CARE INFORMATION SERVICE

Website: www.ccispasadena.orgg

Location: 2465 E. Walnut St.

Pasadena, CA 91107

Phone: 626-449-8221

Fax: 626-449-4431

Hours: Mon, Tue, Thu, Fri, 8am to 5pm; Wed, 8am to 7pm

General Description: The agency provides child care information and referral services, child care subsidies, literacy programs and technical assistance services. Services are available for residents of Los Angeles County who need services located in Altadena, Arcadia, Duarte, La Canada, Monrovia, Pasadena, San Marino, Sierra Madre, and South Pasadena.

Family Services

FRIENDS OUTSIDE LOS ANGELES COUNTY

Website: www.friendsoutsidela.org

Main Office

Location: 464 E. Walnut Ave.

Pasadena, CA 91101

Phone: 626-795-7607

General Description: Provides services to families of inmates including referrals to community services, bus rides to visit loved ones in prisons, special family events, support groups, etc.

FRIENDS OUTSIDE SATELLITE OFFICE (Watts)

1827 E. 103rd St.

Los Angeles, CA 90002

Phone: 323-249-9683

FRIENDS OUTSIDE SATELLITE OFFICE (Long Beach)

800 W. Pacific Coast Highway

Long Beach, CA 90806

Phone: 562-436-8703

LA CITY RECREATION AND PARKS DEPARTMENT

Website: www.laparks.org

Phone: 818-352-5282

General Description: The department provides recreational programs through operation and maintenance of Los Angeles City parks, playgrounds, swimming pools, golf courses and recreation centers and alcohol abuse services through mutual support. (See the website for a list for locations of 149 parks and recreation centers).

SALVATION ARMY CORPS COMMUNITY CENTER – BURBANK

Website: www.salvationarmy-socal.org

Location: 300 E. Angeleno

Burbank, CA 91502

Phone: 818-845-7214

Fax: 818-845-7274

Hours: Tue-Fri 8am to 4pm

General Description: This agency provides counseling services, emergency food, holiday assistance, recreational programs and utility bill assistance for families, couples, and individuals who live in Burbank, North Hollywood, Sun Valley, Sunland and Tujunga. Geographic restrictions apply for services.

Entertainment



The greater Los Angeles area is filled with options for free or low-cost entertainment. The key is to know where to look. We all know that life is stressful. You have to remember to take time for yourself. Get out of your own head! If you're going to work hard, you have to find time to relax, too. Find new things you've never tried. Museums are a great place to escape (see tips in section). If you can manage it, get to a park, go for a hike. Maybe you prefer a fun night out at the club, just stay out of trouble. There are tons of things to do in this town, you just have to find them. Here are some resources to help you get out there.

Helpful Hints:

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

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

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

You can find almost every resource at the LA public library.
Keep in mind there are a variety of seasonal events to look for so keep an open mind, get out there and have fun!

Entertainment

ANGELES NATIONAL FOREST

Website: www.fs.fed.us

Location: Supervisor's Office 701 N. Santa Anita Ave. Arcadia, CA 91006

Phone: 626-574-1613

Contact Person, Title: Jody No iron, Forest Supervisor

General Description: Areas include: Santa Clara, Los Angeles River Ranger District, Mojave River Ranger District, San Gabriel River Ranger District and Malibu.

Specific Services: Offers great opportunities for hiking, fishing, water sports, winter sports, and target shooting and wilderness activities. Usually requires a parking fee. Admission to hiking areas is free. An annual, monthly or daily pass can be purchased on-line or at any visitor center. Please check the web-site or call to verify additional requirements.

AUDIENCES UNLIMITED

Website: www.tvtickets.com

Location: Location varies depending on the show

Phone: 818-260-0041 ext. 7321

Email: tickets@audiencesunlimited.com

General Description: Television viewers and fans are offered the chance to see their favorite shows, stars and witness what goes on "behind the scenes."

CALIFORNIA BEACHES

Website: www.beachcalifornia.com

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

FARMER'S MARKET LISTING

Website: www.farmernet.com

General Description: This site lists all farmer markets, days and locations in the Los Angeles County. Please refer to the website to find a market near you.

GRAND PERFORMANCES AT CALIFORNIA PLAZA

Website: www.grandperformances.org

Location: California Plaza in downtown Los Angeles

Phone: Concert Line: 213-687-2159

Email: comments@grandperformances.org

General Description: Free seasonal events. Grand Performances presents free performing arts that reflect the best of global culture and inspire community among the diverse peoples of Los Angeles. Check the website or call the concert line for a listing of upcoming Summer shows.

Entertainment

THE ORIGINAL FARMER'S MARKET

Website: www.farmersmarketla.com

Location: 6333 W. 3rd Street, Los Angeles, CA 90036

Hours: Monday-Friday: 9am-9pm, Saturday: 9am-8pm, Sunday: 10am-7pm

Phone: Toll free (866)993-9211

General Description: Since 1934, the Farmer's Market has offered opportunities for purchasing local products, groceries, restaurants and shopping.

NIELSEN MOVIE REVIEW

Website: www.movie-view.com

General Description: Create an on-line account to be notified and to attend free movie screenings.

PASADENA ROVING ARCHERS

Website: www.rovingarchers.com

Location: The PRA Range is located down in the Arroyo Seco approximately 1.5 miles south of the Rose Bowl. California Blvd and Arroyo Blvd, Pasadena, CA 91105

Hours: Weekly at 8:30am on Saturdays

Phone: 626-577-7252

Email: pra@lidar.com

General Description: Offers free archery classes every Saturday morning, equipment included.

UNIVERSAL CITY WALK SUMMER BLOCK PARTY

Location: 100 Universal City Plaza, Universal City, CA 91608. Universal City is located just north of downtown LA

Hours: City Walk Hours: SuTh 11am-9pm Fri-Sat; 11am-11pm; Check event for specific time.

Phone: 818-622-4630 for Group & event rates

General Description: Free entertainment and movies at Universal Studios City Walk, seven nights a week during the summer. Free admission.

How to Enjoy an Art Museum

Excerpts from Stalphonso, an Editor for eHow.com

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

TIPS:

- 1.) Pick up a map or guidebook so that you do not miss any areas, but, unless you really want to, don't bother with those audio guides that explain each piece. They can take ages and it's worth trying to interpret the work for yourself. After you've looked once or twice, if you want to know more about it, then the audio guides are a good idea.
- 2.) Stand at least 4 feet from the piece you're looking at. This way you won't accidentally damage it and you won't be obscuring the view of others.
- 3.) Speak in hushed tones or whispers only, if you have to speak at all. Museums are places for quiet thought. Talking loudly on your cell phone or telling your friend how much you hate the art is extremely annoying and disrespectful. Don't interpret the work for others. Keep your opinions to yourself until you're out of the museum, or at least in the gift shop, bathroom, or dining areas. Think of it like a big church, just without all the guilt. Just be respectful.
- 4.) Take your time with each piece, but make sure you give others room to view and appreciate the work. Maybe you'll have to stand at an angle so others can find a spot where they can see. If it becomes crowded, give someone else a chance. You can always come back and see the piece again later. In fact, you should. You will almost always see something in a different way the second time you come around. Remember to look for details, or focus on how the piece makes you feel.
- 5.) Enjoy the space! Find something you think is beautiful! Remember an artist's or exhibit's name and the next time you get on the internet, look them up. The world is full of amazing things, you just need to look for them.

Entertainment

Museums

ACADEMY OF MOTION PICTURE ARTS AND SCIENCES

Website: www.oscars.org

Location: 8949 Wilshire Blvd, Beverly Hills, CA 90211

Hours: Academy Gallery hours are Tuesday through Friday, 10 a.m. to 5 p.m. and weekends from noon to 6 p.m. Closed Monday

Phone: 310-247-3000

General Description: The Academy presents a busy year-round calendar of film retrospectives, lecture series and exhibitions. Admission is free and open to the public.

AVILA ADOBE HOUSE

Location: 10 Olvera St, Los Angeles, CA 90012

General Description: Now restored, the Avila Adobe House depicts the Californio lifestyle of the 1840s prior to American occupation. Admission is free

BROTHERS WORLD HEADQUARTERS & RACING MUSEUM

Website: www.justicebrothers.com

Location: 2734 East Huntington Drive, Duarte, CA 91010

Phone: 800-835-8784

General Description: The museum has automobilia, vintage gas pumps, a collection of old cars and racecars, and even an aerobatic airplane. According to experts, it is a must see in the West Coast. Free to the public

CALIFORNIA AFRICAN AMERICAN MUSEUM

Website: www.caamuseum.org

Location: 600 State Dr., Exposition Park, Los Angeles, CA 90037

Hours: Tu--Sa: 10am-5pm; Sun 11am-5pm

Phone: 213-744-7432

Additional Notes: Admission is free

CALIFORNIA SCIENCE CENTER

Website: www.californiasciencecenter.org

Location: South of downtown Los Angeles, the California Science Center is located in historic Exposition Park, just two blocks west of the Harbor (110) Freeway at the Exposition Boulevard exit. Public transportation to the Science Center is also available.

Hours: Daily from 10am-5pm except on Thanksgiving, Christmas and New Year

Phone: 323-SCIENCE

Contact Person, Title: 4info@cscmail.org.

General Description: The California Science Center is the largest hands-on science center on the West Coast. Admission to the permanent gallery collection is free. Entrance fees to the IMAX theatre are based on age group. Discounts apply to groups of 15 people or more.

Entertainment

THE DOWNTOWN ART WALK

Website: www.downtownartwalk.com/

Location: Bert Green Fine Art, 102 West 5th St., Los Angeles, CA 90013

Phone: 213-624-6212

General Description: The Downtown Art Walk is a self-guided tour that showcases the many art exhibition venues in Downtown Los Angeles: commercial art galleries, museums, and non-profit arts venues. The Downtown Art Walk occurs every 2nd Thursday of the month.

EL PUEBLO DE LOS ANGELES STATE HISTORIC PARK

Location: 125 Paseo de la Plaza, Los Angeles, CA 90012

Hours: Free one-hour walking tours, Wednesday through Saturday 10 a.m. and 11 a.m.

Phone: 213-628-1274

General Description: El Pueblo de Los Angeles State Historic Park is a historic district located at the oldest section of Los Angeles, known for many years as "El Pueblo de la Reina de Los Angeles".

EXPOSITION ROSE GARDEN

Website: www.laparks.org/exporosegarden

Location: 701 State Drive, Los Angeles, CA 90037

Hours: M-F: 9am to sunset

Phone: 213-765-5397

General Description: The Rose Garden is operated by the Los Angeles City Department of Recreation and Parks since 1928. Free admission

FRANKLIN D. MURPHY SCULPTURE GARDEN

Location: At UCLA's North Campus. From the 405 freeway, exit Sunset and go east several blocks, turn right at Hilgard Avenue, turn right on Wyton Drive, drive straight until you reach the Parking Information kiosk, where you can purchase parking. The Sculpture Garden located in area "C". Reservations are required.

Phone: 310-443-7041

Additional Notes: Admission is free. Parking is not. Blue Bus Line goes to campus.

THE GETTY CENTER

Website: www.getty.edu

Location: 1200 Getty Center Drive, Los Angeles, CA 90049

Hours: Tu-F 10am-5:30pm; Sa 10am-9pm; Su 10am-5:30pm

Phone: 310-440-7300 (English or Spanish)

Email: visitorservices@getty.edu

General Description: The Getty Center presents the Getty's collection of Western art from the Middle Ages to the present against a backdrop of dramatic architecture, tranquil gardens, and breathtaking views. Admission to the Getty Center and to all exhibitions is free

Entertainment

THE GETTY VILLA

Website: www.getty.edu

Location: 17985 Pacific Coast Highway, Pacific Palisades, California 90272

Hours: Th-M 10am-5pm

Phone: 310-440-7300 (English or Spanish)

Email: visitorservices@getty.edu

General Description: The Getty Villa is an educational center and museum dedicated to the study of the arts and cultures of ancient Greece, Rome, and Etruria. Admission to the Getty Villa and to all exhibitions is free. An advance, timed ticket is required for each adult. Each Villa general admission ticket allows you to bring up to three children ages 15 and under with you in one car.

GRIFFITH OBSERVATORY

Website: www.griffithobservatory.org

Location: Located inside Griffith Park. General Directions: Visitors may approach the Observatory via the Vermont or Fern Dell entrances to Griffith Park (see map below). Please note that access via Fern Dell is closed each evening at sunset.

Hours: Tu-F 12noon-10pm; Sa-Su 10am-10pm. Closed on Mondays

Phone: General Information Line: 213-473-0800

General Description: Griffith Observatory is an icon of Los Angeles, a national leader in public astronomy, a beloved civic gathering place, and one of southern California's most popular attractions. Entrance is free

THE HOLLYWOOD BOWL MUSEUM

Website: www.hollywoodbowl.com

Location: 2301 North Highland Avenue, Hollywood, CA 90068

Phone: 323-850-2058

Email: museum@laphil.org

General Description: The Bowl museum is rich in music history of jazz, opera and modern dance and other. Admission and parking are free

THE JAPANESE AMERICAN NATIONAL MUSEUM

Website: www.janm.org

Location: 369 East First Street, Los Angeles, CA 90012

Hours: T, W, F, Sa and Su: 11am to 5 pm Th 11am-8pm

Phone: 213-625-0414

General Description: The mission of the Japanese American National Museum is to promote understanding and appreciation of America's ethnic and cultural diversity by sharing the Japanese American experience. Free general admission every Thursday from 5 to 8 PM and all day every third Thursday of the month.

Entertainment

JJKL / IIOTA PRODUCTIONS, LLC

Website: www.iiota.com/ticketing.aspx

Location: 6834 Hollywood Blvd, Hollywood, CA 90028

Phone: 866-661-4682

General Description: Free TV show tickets for Jimmy Kimmel Live, Last Call with Carson Daly, Comedy Central's Mind of Mencia and more.

KCET STUDIO TOUR

Website: www.kcet.org

Location: 4401 W. Sunset Blvd., Hollywood, CA 90027

Hours: Advance reservations may be made by calling 323-953-5289 at least two weeks before the tour date being requested

General Description: The site has been the home of several motion picture companies including Monogram and Allied Artists. The Keystone Kops, Charlie Chaplin and Fatty Arbuckle all made movies here. It has been the property of KCET since 1971. The tour is free.

THE L.A. FIRE DEPARTMENT HISTORICAL SOCIETY AND EDUCATIONAL INSTITUTE

Website: www.lafdmuseum.org

Location: 1355 N. Caheunga Blvd., Hollywood, CA 90028

Hours: Sa 10am-4pm

Phone: 323-464 - 2727

General Description: The LAFDHS is home to the Fallen Firefighter Memorial, located in front of Museum 27 in the heart of Hollywood, California. Admission is free

LOS ANGELES COUNTY MUSEUM OF ART

Website: www.lacma.org

Location: 5905 Wilshire Blvd., Los Angeles, CA 90036

Phone: 323-857-6000

323-857-0098 (TDD)

Additional Notes : After 5pm, you may pay what you wish. On the second Tuesday of each month, general admission to the permanent galleries and non-ticketed exhibitions is free to all.

THE HOMESTEAD MUSEUM

Website: www.homesteadmuseum.org

Location: 15415 East Don Julian Rd., City of Industry, California 91745-1029.

Hours: M-F 9 am-5pm; and Sa-Su from 12 pm-5 pm

Phone: 626-968-8492

Email: info@homesteadmuseum.org

General Description: This six-acre site dates from the era when California was still part of Mexico through the decade of the 1920s when Los Angeles had become a major American city. The only way to visit the Museum's historic houses is on a guided tour.

Entertainment

MUSEUM OF LATIN AMERICAN ART (MOLAA)

Website: www.molaa.org

Location: 628 Alamitos Ave., Long Beach, CA 90802

Hours: W-Su 11am-5pm

Phone: 562-437-1689

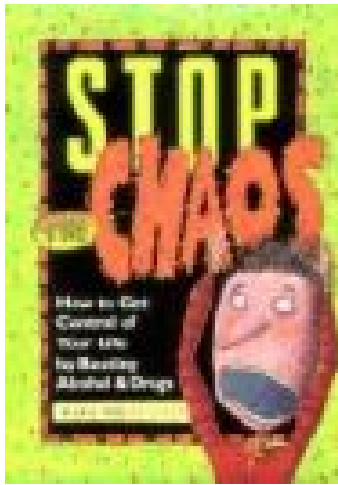
General Description: MOLAA features contemporary art from Mexico, Central and South American, and Spanish speaking Caribbean. Free on Fridays

THE CITY OF LA DEPARTMENT OF PARKS AND RECREATION

Website: www.laparks.org

General Description: Their mission is to enrich the lives of the citizens of Los Angeles by providing, safe, welcoming parks and recreation facilities and affordable, diverse recreation, and human services activities for people of all ages to play, learn, contemplate, build community and be good stewards of our environment. Offers an on-line calendar of activities in the community.

Substance Abuse Treatment



Making the decision to seek help for drug or alcohol problems (or to maintain your sobriety once you have stopped using) is one of the most powerful things you can do to work towards changing your life. Of course, it can also be the hardest decision to make. There are always a million reasons why you shouldn't do it. Maybe you feel like you're not that bad or that you can quit it on your own. Take a minute to really think about why its a good idea.

Helpful Hints:

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

Things to think about and what to expect:

- Each and every individual that walks through the door of a clinic or enters a program is unique. The alcohol and drug rehab center will help you find the path and motivation to embrace recovery.
- There are several different types of treatment programs to consider. Talk to people, be honest, and make sure you find the one that's right for you.
- When it comes time to locate the best drug or alcohol rehab centers for you, agencies or other health professionals will point you in the right direction.
- Addressing the mental struggles you face with addiction is your best chance at success. It is the goal of rehab centers to make sure you have the tools and strength needed to resist temptation and face the threat of relapse and stay out of jail.
- Ask a lot of questions. You're not alone.

Substance Abuse Treatment

LA County Drug Treatment Referrals: 1-800-564-6600

Offers referrals to county-funded treatment programs

Community Assessment Service Centers

(referrals to drug treatment programs and other social services)

BHS EAST L.A.

Website: www.bhs-inc.org

Location: 3421 E. Olympic Blvd.

Los Angeles, CA 90023

Phone: 323-262-1786

Fax: 323-262-2659

Email: caragon@bhs-inc.org

BHS HOLLYWOOD

Website: www.bhs-inc.org

Location: 6838 W. Sunset Blvd.

Hollywood, CA 90028

Phone: 323-461-3161

Fax: 323-461-5683

DIDI HIRSCH CMHC

Website: www.didihirsch.org

Location: 11133 Washington Blvd.

Culver City, CA 90230

Phone: 310-895-2339

Fax: 310-895-2395

HOMELESS HEALTH CARE

Website: www.hhcla.org

Location: 2330 Beverly Blvd.

Los Angeles, CA 90057

Phone: 213-342-3114

Fax: 213-342-3124

HOMELESS OUTREACH INTEGRATED CARE SYSTEM-L.A.

Website: www.hopics.org

Location: 5715 S. Broadway Ave.

Los Angeles, CA 90037

Phone: 323-948-0444 x 133

Fax: 323-948-0443

Substance Abuse Treatment

PROTOTYPE-PASADENA

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

PROTOTYPE-POMONA

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

SAN FERNANDO VALLEY CMHC

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

SAN FERNANDO VALLEY CMHC

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

SHIELDS FOR FAMILIES

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

1-800-RELAPSE

Website: www.health.org
Hours: 24 hrs.
Phone: 800-729-6686; Spanish: 877-767-8432
General Description: Offers info and referral to substance abuse programs.

Substance Abuse Treatment

ACTON REHABILITATION CENTER

Location: 30500 Arrastre Canyon Road

Acton CA 93510

(661) 269-0062 ext. 223

(661) 269-0062 ext. 262

(661) 269-0062x263

General Description: LA County Department Health Services Residential short-term Substance abuse treatment (30 days or less), Residential Substance abuse long-term treatment (more than 30 days). Accept persons with co-occurring mental and substance abuse disorders, women, and men.

ADDICTION INTERVENTION RESOURCES (AIR)

Website: www.addictionintervention.com

Location: 11601 Wilshire Blvd.

5th Floor

Los Angeles, CA 90019

Phone: 800-561-8158

General Description: AIR is a national organization of professional intervention specialists, counselors and consultants that provide fast and effective crisis management services through a proven protocol of education, action and healing. One phone call to AIR will put in place the proper resources to dissolve the crisis and put the family/organization and addicted individual on a solid course of recovery. Addiction Intervention Resources also offers several options for transportation assistance, including Escort to treatment center, Escort home from treatment center upon program completion, and Escort for facility-to-facility transfer.

ADULT CHILDREN OF ALCOHOLICS

Website: www.adultchildren.org

Location: Torrance, CA 90510

Phone: 310-534-1815

General Description: A 12-Step program of recovery for individuals who grew up in an alcoholic or dysfunctional household. Send self-addressed, stamped, business-sized envelope to mailing address for info.

Mailing Address: P.O. Box: 3216

Torrance, CA 90510

ALCOHOLICS ANONYMOUS

Website: www.laocaa.org

Location: Los Angeles Central Office

4311 Wilshire Blvd. #104

Los Angeles, CA 90010

Phone: 323-936-4343; 800-923-8722 (24 hrs.)

General Description: Offers referrals to AA meetings all over Los Angeles County

Substance Abuse Treatment

ALCOHOLICS ANONIMOS (SPANISH)

Location: 2607 S. Van Buren Pl.

Los Angeles , CA 90007

Phone: 323-735-2089

Fax: 323-735-2089

General Description: Referrals to Spanish-speaking AA meetings.

AMITY FOUNDATION EPIDAURUS

Website: www.amityfoundation.com

Location: c/o Resources Dept

3745 S. Grand Ave.

Los Angeles , CA 90082-0039

Phone: 213-743-9075

Fax: 213-743-9079

General Description: Provides Services to families & individuals who suffer from a variety of dysfunctional behaviors such as chemical dependency, anti-social or criminal behavior. Residential treatment program for men and women on parole.

ANTELOPE VALLEY REHABILITATION CENTERS

Location: 38200 North Lake Hughes Road

Castaic CA,

Phone: (661) 257-2342

General Description: Residential short-term Substance abuse treatment (30 days or less), Residential Substance abuse long-term treatment (more than 30 days). Accept persons with co-occurring mental and substance abuse disorders, women, and men.

CANON HUMAN SERVICES CENTER

Location: 9705 South Holmes Avenue

Los Angeles CA,

(323) 249-9097

General Description: Provides substance abuse treatment services, in outpatient and long-term residential (more than 30 days) programs.

CLARE FOUNDATION DROP-IN CENTER

Website: www.clarefoundation.org

Location: 911 Pico Blvd.

Santa Monica, CA 90404

Phone: 310-314-6215

Fax: 310-396-6974

General Description: Drop-in and referral services and support group meetings.

Substance Abuse Treatment

COCAINE ANONYMOUS-L.A.

Website: www.ca4la.org

Location: Central Office

P.O. Box: 45472

9100 Sepulveda Blvd.

Los Angeles , CA 90045

Phone: 310-216-4444; 800-347-8998 (National Referral Line)

General Description: Offers 12-Step, anonymous, self-help fellowship of men and women who share their experience, strength & hope to solve their common problems and help others to recover from their addiction.

COCAINE ANONYMOUS-SAN FERNANDO VALLEY

Website: www.sfvca.org

Location: Encino, CA 91416-8156

Phone: 818-760-8402

General Description: Offers 12-Step, anonymous, self-help fellowship of men and women who share their experience, strength & hope to solve their common problem & help others to recover from their addiction.

Mailing address: P.O. Box: 18156

Encino, CA 91416-8156

COCAINE ANONYMOUS-SAN GABRIEL/POMONA VALLEYS

Website: www.sgpvca.org

Location: San Gabriel/Pomona Valleys

114 E. Joseph St.

Arcadia, CA 91006

Phone: 626-447-2887

General Description: Offers 12-Step, anonymous, self-help fellowship of men and women who share their experience, strength & hope to solve their common problem & help others to recover from their addiction.

CRI HELP

Website: www.cri-help.org

Location: 2010 N. Lincoln Park Avenue

Los Angeles, CA 90031

Phone: (323) 222-1440, Toll Free, 800-254-9808

Fax: (323) 222-1317

General Description: Drug and alcohol treatment through integrated detoxification, residential rehabilitation, outpatient, day treatment, aftercare and drug-free living opportunities offered in English and Spanish.

Substance Abuse Treatment

CRYSTAL METH ANONYMOUS

Website: www.crystalmeth.org, www.cmainla.com, www.pacificareacma.com

Location: 8205 Santa Monica Blvd.

PMB 1-114

West Hollywood, CA 90046-5977

Phone: 213-488-4455

General Description: Fellowship of individuals who have had problems with crystal meth. Based on 12-Step tradition.

DARE U TO CARE

Website: www.dareutocare.com

Location: 1435 South Figueroa Street

Los Angeles, CA,

Phone: (310) 515-5039

General Description:

A residential and outpatient drug and alcohol rehabilitation center.

DELANCY STREET

Website: www.delanceystreetfoundation.org

Location: 400 N Vermont Ave,

Los Angeles, CA 90004-3513

Phone: (323) 662-4888

General Description: Residential Mental Health and Substance Abuse Facilities with the stated goals to learn to lead a productive crime-free, drug-free life of purpose and integrity.

DIGNITY CENTER OF LOS ANGELES

Website: www.didihirsch.org

Location: 12420 Venice Boulevard, Suite 200

Los Angeles CA 90066

Phone: (213) 385-3752

General Description: Provides mental health and substance abuse services in Los Angeles County, regardless of ability to pay.

HILLSMAN DRUG & ALCOHOL CENTER

Location: 1440 E 41st St

Los Angeles, CA 90011

Phone: (323) 231-2585

General Description: Residential long-term treatment, accepts persons with co-occurring mental and substance abuse disorders.

Substance Abuse Treatment

HIS SHELTERING ARMS, INC. (WOMEN/CHILDREN'S PROGRAM)

Location: 11101 S. Main Street

Los Angeles, CA 90061

Phone: (323) 755-6646

General Description: Residential recovery services for alcohol and drug addicted women, pregnant alcoholics, women with children up to 3 years of age.

MARIJUANA ANONYMOUS

Website: www.marijuana-anonymous.org

Location: Van Nuys, CA 91404

Phone: 800-766-6779

General Description: Fellowship group of men and women who share experiences, strength and hope with each other to recover from Marijuana addiction.

Mailing Address: P.O. Box: 2912

Van Nuys, CA 91404

NARCOTICS ANONYMOUS

Website: www.na.org

Location: Van Nuys , CA 91409-9999

Phone: 818-773-9999

Fax: 818-700-0700

General Description: International community organization of recovering addicts who meet regularly to help each other recover from the disease of addiction.

NARCOTICS ANONYMOUS-WESTSIDE

Website: www.na.org

Location: P.O. Box: 343

12228 Venice Blvd.

Los Angeles , CA 90066

Phone: 310-390-0279

General Description: International community organization of recovering addicts who meet regularly to help each other recover from the disease of addiction.

NICOTINE ANONYMOUS

Phone: 800-642-0666

General Description: Offers a 24-hr message service. Provides referrals to self-help groups for smokers based on 12-Step program model.

Substance Abuse Treatment

Oasis Womens Recovering Community

Website: www.oasiswrc.com

Location: 13832 Polk Street

Sylmar CA 91342

Phone: (818) 362-0986

General Description: Substance abuse treatment services for women.

OVERCOMERS OUTREACH

Website: www.overcomersoutreach.org

Location: Sylmar , CA 91392-2950

Phone: 800-310-3001

Fax: 818-833-1546

General Description: Referrals and worldwide Christian 12-Step recovery support groups dealing with addictive or compulsive behaviors.

Mailing Address: P.O. Box: 922950

Sylmar, CA 91392-2950

PEOPLE IN PROGRESS-MULTI-SERVICE CENTER

Website: www.peopleinprogress.org

Location: 1636 Wilshire Blvd., 2nd Fl

Los Angeles, CA 90017

Phone: 213-413-9122

Fax: 213-413-9132

General Description: Provides counseling services, substance abuse services, residential treatment for substance abuse and welfare-to-work support services for low-income and homeless adults.

PHOENIX HOUSE VENICE

Location: 503 Ocean Front Walk

Venice, CA 90291

Phone: 310-392-3070

General Description: Treatment program for men, located in a former hotel with two-or-three person bedrooms, on the boardwalk of the beach, with clear views of the Pacific Ocean.

PHOENIX HOUSE MONROVIA

Location: 343 West Foothill Blvd.

Monrovia CA 91016

Phone: 626-357-8612

General Description: Treatment program for women, located in a two-story building in a friendly small-town neighborhood near the foothills of the San Gabriel Mountains.

Substance Abuse Treatment

PHOENIX HOUSE SANTA FE SPRINGS

Location: 11015 South Bloominfield Avenue

Santa Fe Springs, CA 90670

Phone: 562-941-8042

General Description: Treatment program for women with young children, located in a spacious compound with a large playground and a serenity garden.

RAPE CRISIS CENTER

Website: www.valleytraumacenter.org

Location: Valley Trauma Center

7116 Sophia Ave.

Van Nuys , CA 91406

Phone: 818-756-5330

818-886-0453 (Hotline)

661-253-0258 (Hotline)

Fax: 818-756-5443

General Description: A 24-hr hotline for victims of sexual assault, abuse and molestation. Offers rape support groups, counseling for individuals and groups.

SALVATION ARMY BELL SHELTER

Location: 5600 Rickenbacker Road

Bell, CA 90201

Phone: (323) 263-1206

General Description: Residential alcohol/substance abuse for addicted veterans and for single men and woman 18 years of age or over. Intake assessment required prior to entry. Accept persons with co-occurring mental and substance abuse disorders.

SEX ADDICTS ANONYMOUS

Website: www.sexaa.org

Phone: 213-896-2964

General Description: National 12-Step program encourages men and women participants to define their sexual sobriety through the boundaries of a "Sex Plan" which is evolved by working with other recovering members. Program for partners of sex addicts is called C.O.S.A.

SEXUAL COMPULSIVES ANONYMOUS

Website: www.sca-recovery.org

Location: Los Angeles, CA 90031

Phone: 310-859-5585

General Description: 12-Step program based on Alcoholics Anonymous; dedicated to helping individuals learn to deal with and recover from excessive and self-destructive patterns of sexual behavior.

Substance Abuse Treatment

SOS

Website: www.cfiwest.org/sos

Location: S.O.S. National Clearinghouse

4773 Hollywood Blvd.

Hollywood, CA 90027

Phone: 323-666-4295

Fax: 323-666-4271

General Description: S.O.S. is an alternative recovery method for alcoholics or drug addicts uncomfortable with spiritual content of the 12-Step programs.

UNITED WOMEN IN TRANSITION

Location: Project Transition Rescue Center

9410 Western Ave.

Los Angeles, CA 90044

Phone: 323-779-2237

General Description: Walk in, outpatient counseling center providing mental health & substance abuse counseling services to individuals & their families.

WALDEN HOUSE

Website: www.waldenhouse.org

Location: 1355 S Hill St

Los Angeles, CA 90015

Phone: (213) 763-6220

General Description: Residential substance abuse treatment with additional behavioral health services.

Sober Living Referral Resources

THE SOBER LIVING NETWORK

Website: www.soberhousing.net

Location: Santa Monica, CA 90409

Phone: 310-396-5270; Referral Hotline: 800-799-2084 (9am-7pm)

LOS ANGELES COUNTY SOBER LIVING COALITION

Phone: 323-924-7155

CALIFORNIA ASSOCIATION OF ADDICTION RECOVERY RESOURCES

Phone: 919-338-9460

COMMUNITY SOBER LIVING (SAN FERNANDO VALLEY)

Phone: 818-893-4365

Mental Health



Finding the help you need to deal with mental health problems can be an extremely challenging. But, there are people out there who want to help you, you just have to find them. And that takes patience and persistence. The resources in this section are a great place to start. Be ready with your questions and keep looking until you can find someone to point you in the right direction.

Helpful Hints:

- You are not alone. Mental health issues affect people of every color, class, culture and gender.
- Get in touch with any agencies in your area. Ask for referrals from the local agencies you contact. There are a wide variety of local and national toll free hot-lines and crisis lines.
- Call the intake or social service departments at mental health hospitals for advice and referrals. This is a good place to find information about services in your area.
- If the situation is an emergency, like someone is trying to hurt you or others, call 911 for help as soon as possible.

Mental Health

AMERICAN INDIAN COUNSELING CENTER LA COUNTY MENTAL HEALTH/AMERICAN INDIAN PROGRAM

Location: 17707 Studebaker Rd., Ste 208
Cerritos, CA 90703

Hours: M-F 8am to 5pm

Phone: 562-402-0677

Fax: 562-467-7478

General Description: Outpatient Mental health center providing individual couple and family therapy, case management, advocacy services. Facilitation for CalWorks, GAIN and other employment programs.

AVALON CARVER COMMUNITY CENTER

Website: www.avalon-carver.org

Location: 4920 Avalon Blvd.

Los Angeles, CA 90011

Phone: 323-232-4391

Fax: 323-234-1008

Email: info@avalon-carver.org

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

B.R.I.D.G.E.S.

Location: Administrative Office

1977 N. Garey Ave., Suite 6

Pomona, CA 91767

Hours: M-Th 8am-4:30pm; F 7:30am-4:00pm

Phone: 909-623-6651

Fax: 909-623-0455

General Description: 24 hour residential services for chronically mentally ill adults with substance abuse. Social rehab program for dual-diagnosis & homeless adults. Payment methods SSI, Insurance, Medi-Cal, Medicare. Requirements: CA ID

Mental Health

BRADLEY/MILKEN YOUTH AND FAMILY CENTER

NATIONAL ALLIANCE ON MENTAL ILLNESS-SOUTH CENTRAL LOS ANGELES

Website: www.namicalifornia.org or www.lacity.org/cdd

Location: 1773 E. Century Blvd.

Los Angeles, CA 90002

Phone: 213-473-3607

Fax: 213-473-3716

Email: Namiscla@msn.com or barbara.piggee@lacity.org

General Description: NAMI California is a grass roots organization of families and individuals whose lives have been affected by serious mental illness. We advocate for lives of quality and respect, without discrimination and stigma, for all our constituents. We provide leadership in advocacy, legislation, policy development, education and support throughout California. Mental health resources and referrals; Support group for family members. Spanish spoken.

CALIFORNIA DRUG TREATMENT PROGRAM

Location: 9001 S. Vermont Ave.

Los Angeles, CA 90044

Phone: 323-756-9933

Fax: 323-756-9515

General Description: Anger management; Drug and alcohol counseling; Education classes; Gang intervention Prevention; Relapse prevention; Support services. Requirements: Medi-Cal paperwork; TB test; Picture ID. Youth services free; Adults Medi-Cal and sliding scale.

CAL STATE LONG BEACH, CENTER OF BEHAVIORAL RESEARCH AND SERVICES

Location: 1090 Atlantic Ave.

Long Beach, CA 90813

Hours: 9am-4pm, closed (12noon-1pm)

Phone: 562-495-2330

General Description: Provides services to gay men, IV users, transgender, and women at sexual risk, 1:1 counseling, education and HIV & STD testing. Free, must complete screening process

Mental Health

CALWORKS, SOCIAL MODEL RECOVERY SYSTEMS, INC.

Location: 510 S 2nd Ave.

Covina, CA 91723

Hours: M-F 8am-4:30pm

Phone: 626-332-7122

Fax: 626-966-2799

General Description: The program assists CalWORKS recipients who are being prevented from returning to work because of their alcohol or other drug use. This program helps the participant to address and remove barriers which may be affecting his/her ability to successfully move from welfare to work. HIV, alcohol and drug education, individual and group counseling, anger management, parenting classes. Based on 12 step philosophy. Drug testing.

CARE COMMUNITY CORPORATION

Website: www.carecomcenter.com

Location: 2329 W. 54 St.

Los Angeles, CA 90043

Phone: 323-291-9109

Fax: 323-291-9108

Email: carecomcenter@yahoo.com

General Description: The Care Community Center is designed to provide a system of social and emotional support for their clients (and families) who have been traumatized by substance abuse and life circumstances. The program addresses these problems with case management, group therapy, family planning and education, weekend planning, relapse prevention activities, educational curriculum on the disease and recovery process, 12 step program orientation, life management, and treatment of dual diagnosis. Anger management; Court compliance; Domestic violence; Drug and alcohol counseling Support groups; Transitional Housing. Transitional housing fee based on sliding scale. Requirement: Picture ID; Social Security Card Age 18 and over

CASA DE LA FAMILIA

NOGALES PSYCHOLOGIC COUNSELING

Location: 3550 Wilshire Blvd., Ste 670

Los Angeles, CA 90010

Phone: 213-384-7660

CEDARS-SINAI PSYCHIATRICS AND MENTAL HEALTH DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH

Location: 8730 Alden Dr., Plaza Level

Los Angeles, CA 90048

Phone: 310-423-3411

Fax: 310-423-0428

Mental Health

CHOICES RECOVERY SERVICES, LONG BEACH

Website: www.choicesoflongbeach.com

Phone: 562-590-9010

Fax: 562-590-8045

General Description: Choices Program Model (CPM) is designed with the belief that highest positive recovery outcome is best observed with extended care periods utilizing multiple treatment modalities all driven by client initiated action. This innovative program was developed with the program participant's quality of life improvements as our primary goal.

Choices Program Model is a comprehensive, multi-phase, step-down/step-up mental health and substance abuse treatment/rehabilitation (COD) program utilizing multiple treatment modalities, multi-disciplinary treatment teams, evidence-based practices, and success-based positive reinforcement with clear consequences for counter-recovery behavior. On the job training, sober living, drug testing, counseling, treatment planning and assessment, family preservation, alumni aftercare, AA/NA. Payments vary based on service; SSI; Medi-Cal. Requirements: Sober at least 24 hours, CA ID; Prison ID

Mailing Address: P.O. Box 40119

Long Beach, CA 90804

CIRCLE OF HELP FOUNDATION

Website: www.circleofhelp.com

Location: 1011 Goodrich Blvd

Los Angeles, CA 90022

Phone: 877-546-5986; 323-888 9191

Fax: 323-888-9222

General Description: The objective of Circle of Help Foundation's Outpatient Treatment Program is to rehabilitate the whole person, allowing them to re-enter society and lead a responsible, successful drug and alcohol free life. This is achieved by educating and treating clients by using our proven tools of recovery. We recognize and fulfill each client's needs by helping them attain a thorough understanding of themselves and the recovery process.

CLEAN SLATE INCORPORATION

GANG RECOVERY GROUP AND TATOO REMOVAL

Website: www.cleanslatela.org

Location: 12537 Persing Dr.

Whittier, CA 90606

Phone: 866-466-8287

Fax: 323-937-1344

Mental Health

COMMUNITY CARE CENTER, INC. IMD SKILLED NURSING FACILITY

Location: 2335 S. Mountain Ave.

Duarte, CA 91010

Phone: 626-357-3207

Fax: 626-303-1116

General Description: 167 bed facility for psychiatric services of the chronically mentally ill.

COMMUNITY & FAMILY COUNSELING PROGRAM

Location: 634 S. Spring, Suite 717

Los Angeles, CA 90014

Phone: 213-489-5225

General Description: Is dedicated and commitment to its successful unique and Innovative top-down Family Treatment approach that ensures healthy Family Relations and Protects the Children from Child Abuse and Neglect, Emotional harm, Child Abandonment, and provides Family Stability.

DIDI HIRSCH COMMUNITY MENTAL HEALTH

Website: www.didihirsch.org

Location: Headquarters

4760 S. Sepulveda Blvd.

Culver City, CA 90230-4888

Phone: 310-390-8896

Fax: 310-398-5690

General Description: We offer a wide range of services through five divisions - Emergency Services, Adult Services, Family Services, Substance Abuse Services and Service Enhancement. Outpatient mental health services to adults with serious mental illnesses, including schizophrenia, bipolar disorder, and severe depression. Our trained mental health staff provides individual and group therapy, case management, and psychiatric medication management.

EX-OFFENDER ACTION NETWORK (LOS ANGELES METROPOLITAN CHURCHES)

Website: www.exoffenderactionnetwork.org

Location: 4701 S. Central Ave.

Los Angeles, CA 90011

Phone: 323-238-0445

Fax: 323-230-6271

General Description: Free services. The Ex-offenders Action Network's (EAN) Mission is to empower the formerly incarcerated to address their policy, program and education needs in order to become full participants in protecting and serving the communities in which they live and work. Anger management; Employment referrals; Parenting classes; Transitional housing referrals. Requirements: Valid driver's license; Social Security Number.

Mental Health

GATEWAY HOSPITAL MENTAL HEALTH CENTER

Website: www.gatewayshospital.org

Location: 1891 Effie St.

Los Angeles, CA 90026

Phone: 323-644-2000

Fax: 323-666-1417

General Description: We offer programming to aid the homeless mentally ill, the dually diagnosed (e.g., those that experience both substance addiction and mental illness), the mentally ill and at-risk teens and the mentally ill exiting the criminal justice system. Specific Services: Pre-sentencing evaluation and counseling, Advocacy, Alternative sentencing reports and recommendations, Court appearances on behalf of clients, Liaison with defense attorneys and probation officers and parole agents, Prison and jail outreach and visitation, Pre-release and re-entry guidance, Family outreach & aftercare, Spiritual Guidance, Adjustment to new environment and best use of time for new arrivals, Psychosocial counseling, 12 Step recovery philosophy for alcoholics, drug addicts, and persons with impulse-control disorders

HOMELESS OUTREACH PROGRAM – HOMELESS WOMEN AND CHILDREN PROJECT AND INTEGRATED CARE SYSTEM

Website: www.hopics.org

Location: 5715 S. Broadway

Los Angeles, CA 90037

Phone: 323-948-0444

Fax: 323-948-0443

General Description: HOPICS provides the best quality of service possible to the homeless people of Los Angeles. HOPICS is dedicated to providing the highest quality innovative social service to South and Central Los Angeles with an emphasis on behavioral health and to develop our staff and community to the highest standards achievable. Homeless services; Life skills; Mental health counseling; Parenting classes; CALWorks, Substance Abuse treatment; Youth department. Payments vary; Medi-Cal, Free, Possible charges from referral source. Spanish spoken. Requirements: Assessment or court referral, Valid ID.

JEWISH FAMILY SERVICES/L.A.

Website: www.jfsla.org

Location: Executive Office

6505 Wilshire Blvd., Suite 500

Los Angeles, CA 90048

Phone: 323-761-8800

Fax: 323-761-8801

General Description: Multipurpose agency provides counseling and services to families and individuals. Specialized services in the prevention of family violence, substance abuse, homelessness. Sliding fees for counseling. Non-secular.

Mental Health

KEDREN COMMUNITY MENTAL HEALTH CENTER

Location: 4211 S. Avalon Blvd.

Los Angeles, CA 90011

Phone: 323-233-0425

Fax: 323-233-5015

General Description: comprehensive mental health services, crisis stabilization and acute inpatient, managed care, basic mental health services, psychosocial rehab services. Funded by LA county Dept of Mental Health.

KHEPER LIFE ENRICHMENT INSTITUTE

Location: 3406 W. 75th St.

Los Angeles, CA 90043

Phone: 323-750-7550

Fax: 323-750-7540

Email: kheperlif@aol.com

General Description: Mental Health and Counseling Resource center. Anger management; Drug and alcohol treatment center; Family counseling; Group counseling; Individual counseling; Parenting classes; Sex offenders program; Youth education and violence prevention; Requirements: Sobriety; CA ID; Proof of income. Sliding scale; \$45-\$60 enrollment fee (waived if low income); \$25-\$35 per class; \$45-\$65 for counseling sessions

KOREAN AMERICAN FAMILY SERVICE CENTER

Website: www.kafscla.org

Location: 3727 W. 6th St., Suite 509

Los Angeles, CA 90020

Phone: 213-637-9357

Fax: 213-389-5172

General Description: KAFSC is a non-profit, community-based organization geared towards meeting the needs of the Korean immigrant population, especially women, children and low-income families that are struggling emotionally, psychologically and socially in their adopted environment.

Mental Health

LOS ANGELES COUNTY MENTAL HEALTH

Website: www.dmh.lacounty.gov

Location: Downtown Mental Health Service

515 E. 6th St.

Los Angeles, CA 90021

Phone: 213-430-6700

Fax: 213-895-6236

General Description: Provides a diverse spectrum of mental health services to all ages, including mental health assessments, crisis intervention, case management, and medication support in both residential and outpatient settings. Includes a diverse workforce of psychiatrists, psychologists, social workers, medical doctors, clergy, and trained mental health consumers. California's public mental health service system for adults and older adults is targeted to individuals who are functionally disabled by severe and persistent mental illness, as well as those who are low-income, uninsured and temporarily impaired, or in situational crises. The target population for services to children and youth are those who are seriously emotionally disturbed and diagnosed with a mental disorder. This includes wards or dependents of the juvenile court, children in psychiatric inpatient facilities, seriously emotionally disturbed youth in the community, and special education students referred by local schools and educational institutions. Requirements: CA ID, Must complete an assessment

MINISTERS AGAINST DRUGS AND VIOLENCE, INC.

Location: 217 E. 51st St.

Los Angeles, CA 90011

Phone: 323-234-5615

Fax: 323-234-5615

Email: elderlee@sbcglobal.net

General Description: Anger management; Life skills; STD training

Requirements: Court mandated Court paperwork; Probation information. \$30 per session

NATIONAL ASSOCIATION OF BROTHERS AND SISTERS IN & OUT

Website: www.cocosouthla.org

Location: 1400 S. Hoover, #202

Los Angeles, CA 90044

Phone: 323-750-9087

Fax: 323-755-6109

Email: nabsio@aol.com

General Description: Free services. Anger management; Housing referrals; Legal services; Tutoring English.

Mental Health

PACIFIC CLINICS MENTAL HEALTH SERVICES

Website: www.pacificclinics.org

Location: Main Office

800 S. Santa Anita Ave.

Arcadia, CA 91006

Phone: 626-254-5000

Fax: 626-294-1077

General Description: Pacific Clinics' adult program assists consumers by establishing and working toward their personal goals to maximize their levels of productivity in the community and to improve their individual quality of life. Pacific Clinics' adult outpatient services include psychosocial rehabilitation, intensive psychiatric evaluation and treatment, case management services, individual and group/family therapy, crisis intervention, vocational counseling, housing services, substance abuse/mental health groups, recreational therapy, clubhouse/drop-in centers, and self-care programs as needed in a coordinated, comprehensive treatment plan with an emphasis on achieving consumer-set goals for recovery. Requirements: CA ID, Medi-cal, Intake Process

PASADENA MENTAL HEALTH CENTER

Location: 1495 N. Lake Ave.

Pasadena, CA 91104

Hours: M-Fri 10am-9pm

Phone: 626-798-0907

Fax: 626-798-9043

General Description: Individual, family, couple, and children counseling services. No insurance or medical accepted, but fees are set by a sliding scale starting at ten dollars a session. Fees are based on gross monthly income and number of members that live off this income. We do not accept court mandated clients. We do not offer psychiatric evaluations or prescribe medications.

PEACEMAKERS, INC.

Website: www.projectpeacemakersinc.org

Location: 1826 W. 54th St.

Los Angeles, CA 90062

Phone: 323-291-2525

Fax: 323-291-0140

Email: projpeacemakers@aol.com

General Description: Interacts with all aspects of the community in an endeavor to enhance the quality of life by addressing Domestic/Family Violence through education, intervention, and prevention in a coordinated approach to break the cycle of violence in the home and in the community. Anger management; Court assistance and/or preparation; Domestic Violence Counseling; Parenting classes; Assist victims only. Requirements: CA ID; Social Security Number; Court documents. Optional \$10 donation, Spanish spoken.

Mental Health

PROJECT RETURN/FRIENDSHIP LINE

MENTAL HEALTH AMERICA OF LOS ANGELES

Website: www.mhala.org

Location: 6055 Washington Blvd, Suite 900

Commerce, CA 90040

Hours: M-F 6am- 10pm; 10am-10pm weekends and holidays

Phone: 888-448-9777 24-hour hotline

Fax: 213-250-1501

General Description: A telephone help-line which is facilitated by and for people with mental illness. The only kind in Los Angeles County. Part of the Project Return Peer Support Network of LA County. Offers peer-to-peer support and information about mental health resources, with the capability to make a connection to crisis lines.

PROTOTYPES

Website: www.prototypes.org

Location: Corporate Office

5601 W. Slauson Ave., Suite 200

Culver City, CA 90230

Hours: Monday-Friday, 9am-5:30pm

Phone: 310-641-7795

Fax: 310-649-4347

General Description: multi-service, non-profit agencies that helps women and their families who are dealing with complex problems such as substance abuse, mental illness, HIV/AIDS, homelessness, domestic violence and other trauma, and lack of life skills.

SEEKING PEACEFUL SOLUTIONS

Location: 8724 S. Vermont Ave.

Los Angeles, CA 90044

Phone: 323-753-1314

Fax: 323-753-6619

Email: seekingpeace432@aol.com

General Description: Anger management; Conflict resolution; Domestic violence prevention classes; Drug and alcohol counseling. Requirements: Court referral; DPSS court referral. Sliding scale fee.

Mental Health

SHIELDS FOR FAMILIES

Website: www.shieldsforfamilies.org

Location: 12714 South Avalon Blvd., Suite 300

Los Angeles, CA 90061

Phone 323-242-5000

Fax: 323-242-5011

General Description: Outreach & intake services, case management, substance abuse treatment, day treatment program, drug court, individual, group and family counseling. Transitional housing units. Cost varies with programs. Sliding-scale fee. County funded.

SOUTHERN CALIFORNIA COUNSELING CENTER

Website: www.sccc-la.org

Location: 5615 W. Pico Blvd.

Los Angeles, CA 90019

Hours: M-F 9am-8pm; Sa 9am-4pm

Phone: 323-937-1344

Fax: 323-937-3487

General Description: Individual, group, couple and family counseling. Domestic violence, batterer's treatment (court ordered or self referral), anger management. Additional Programs include empowerment, parenting, school outreach, gang prevention, tattoo removal, gang recovery. \$20 intake fee; Sliding-scale fee.

SSG-BENEFIT ASSISTANT CLIENT URBAN PROJECT SPECIAL SERVICES FOR GROUPS

Website: www.ssgmain.org

Location: 605 W. Olympic Blvd., Suite 600

Los Angeles CA, 90015

Hours: M-F 8am-4pm

Phone: 213-553-1800

Fax: 213-553-1822

General Description: Program for mentally ill include: outpatient program; half-day socialization, individual therapy, and medication management. Provides ESL, community resources, pre-vocational and assessment. Affiliation for other organizations in the greater Los Angeles are. Multiple-languages

Mental Health

STOP THE VIOLENCE

Website: www.stoptheviolenceca.org

Location: 2930 W Imperial Hwy. #200A

Inglewood, CA 90303

Phone: 323-777-4893

Fax: 323-242-9991

Email: stvorg@pacbell.net

General Description: Conflict resolution; Gang intervention; Parenting classes, anger management. Spanish spoken

TARZANA TREATMENT CENTER

Website: www.tarzanatc.org

Location: Main Office

18646 Oxnard St.

Tarzana, CA 91356-1411

Phone: 818-996-1051

Fax: 818-654-3906

General Description: Our mission and values are realized through a continuum of integrated alcohol and drug addiction treatment, education, mental health, medical detox and residential rehab for teens / youth, and adults. We also provide outpatient services, sober living housing, after care, HIV/AIDS Services, Prop 36, family medical care, women's services, family counseling, domestic violence intervention, anger management and community education services. Website has many resources around the state for all service programs. There are multiple locations, please call main office for nearest location.

UNITY IN THE COMMUNITY

Website: www.unityinthecommunity.com

Location: 3570 Rodeo Pl.

Los Angeles, CA 90016

Phone: 323-294-2980

Fax: 323-294-2982

Email: pastorwoodard@hotmail.com

General Description The Mission of Unity in the Community, as a "Bridge of Hope" is to equip our community members with decency, and ethics, and high standards, thereby rekindling the fires of hope that made this nation the greatest on earth, truly blessed of God. resource development, educational services, re-entry program; employment skills, financial literacy Additional Notes: Free services.

Probation and Parole



Most people released from prison or jail have some sort of parole or probation commitment. Meeting the conditions of your parole or probation needs to be your number one priority if you're going to be successful on the outside. The first thing you should do when you get released is go to your parole office. If you get out on a weekend, be sure to go first thing Monday morning.

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

Helpful Hints:

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

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

Here is the website where you can access the handbook:
www.cdcr.ca.gov/Parole/Parolee_Handbook/Index.html

Probation and Parole

Probation Field Offices:

Alhambra Area Office

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

Antelope Valley Juvenile Probation Office

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

Antelope Valley Sub Office

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

Centinela Area Office

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

Crenshaw Area Office

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

Probation and Parole

East Los Angeles (ELA) Area Office & Intensive Gang Supervision Program (IGSP)

4849 Civic Center Way
Los Angeles, Ca 90022

Tel: 323-780-2185

Fax: 323-262-8418

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 2nd Monday of every month 5pm - 7:30pm

East San Fernando (ESF) Valley Office

14414 Delano St.

Van Nuys, CA 91401

Tel: 818-374-2000

Fax: 818-781-7044

KIOSK REPORT-IN AVAILABLE

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 2nd Tuesday of every month 5pm - 7:30pm

Firestone Area Office

8526 S. Grape St.

Los Angeles, CA 90001

Tel: 323-586-6469

Fax: 323-583-0189

KIOSK REPORT-IN AVAILABLE

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 3rd Thursday of every month 5pm - 7:30pm

Foothill Area Office

300 E. Walnut St., Room 200

Pasadena, CA 91101

Tel: 626-356-5281

Fax: 626-586-9462

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 1st & 3rd Monday of every month 5pm - 7:30pm

Harbor Area Office

3221 Torrance Blvd.

Torrance, CA 90503

Tel: 310-222-2672

Fax: 310:212-0725

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 1st Tuesday of every month 5pm - 7:30pm

Probation and Parole

Long Beach Area Office

415 W. Ocean Blvd.

Long Beach, CA 90802

Tel: 562-491-5807

Fax: 562-435-8523

KIOSK REPORT-IN AVAILABLE

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 1st Tuesday of every month 5pm - 7:30pm

Pomona Valley Area Office

1660 W. Mission Blvd.

Pomona, CA 91766

Tel: 909-469-4500

Fax: 909-623-2309

KIOSK REPORT-IN AVAILABLE

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 2nd Tuesday of every month 5pm - 7:30pm

Pretrial Services - Bauchet Office

433 Bauchet St.

Los Angeles, CA 90012

Office Hours: Monday-Friday 8am - 5pm

Pretrial Services - Wilshire Office

3530 Wilshire Blvd., Suite 501

Los Angeles, CA 90020

Office Hours: Monday-Friday 8am - 5pm

Rio Hondo Area Office

8240 S. Broadway

Whittier, CA 90606

Tel: 562-908-3119

Fax: 562-695-5919

KIOSK REPORT-IN AVAILABLE

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 1st & 3rd Tuesday of every month 5pm - 7:30pm

Probation and Parole

Riverview Area Office

12310 Lower Azusa Rd.

Arcadia, CA 91006

Tel: 626-579-8506

Fax: 626-442-0063

KIOSK REPORT-IN AVAILABLE

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 1st Wednesday of every month 5pm - 7:30pm

San Gabriel Valley (SGV) Area Office

11234 E. Valley Blvd., Suite 302

El Monte, CA 91731

Tel: 626-575-4059

Fax: 626-443-1040

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 1st & 3rd Monday of every month 5pm - 7:30pm

Santa Monica Area Office

1725 Main St.

Santa Monica, CA 90401

Tel: 310-260-3542

Fax: 310-395-7971

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 1st Tue. & 1st Thur. of every month 5pm - 7:30pm

South Central Area Office

200 W. Compton Blvd., Suite 300

Compton, CA 90220

Tel: 310-603-7311

Fax: 310-638-1755

Office Hours: Monday-Friday 8am - 5pm

Office After Hours: 1st Wednesday of every month 5pm - 7:30pm

Valencia Sub-Office

23759 Valencia Blvd.

Valencia, CA 91355

Tel: 661-253-7271

Fax: 661-253-1781

Office Hours: Monday-Friday 8am - 5pm

Probation and Parole

Van Nuys (Juvenile) Area Office

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

Van Nuys Juvenile Investigation Sub-Office

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

Parole Field Offices:

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

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

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

ANTELOPE VALLEY PAROLE UNITS 1-3

43645 Pioneer Court.
Lancaster, California 93534
Phone: 661-729-0530

COMPTON PAROLE UNIT 1

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

EL MONTE PAROLE UNITS 1-3

9900 Baldwin Pl.
El Monte, CA 91731
Phone: 626-527-3005

Probation and Parole

HUNTINGTON PARK UNITS 1-5

8100 Maie Ave.
Los Angeles, CA 90001
Phone: 323-586-5500

INGLEWOOD PAROLE UNITS 1-5

101 N. La Brea Ave., 7th Floor
Inglewood, CA 90301
Phone: 310-330-5482

INGLEWOOD PAROLE UNITS 2-3

101 N. La Brea Ave., Ste 200
Inglewood, CA 90301
Phone: 310-412-6392

INGLEWOOD PAROLE UNITS 4-6

101 N. La Brea Ave., Ste 201
Inglewood, CA 90301
Phone: 310-412-6134

LONG BEACH PAROLE UNIT 1 HARBOR

2165 E. Spring St., 3rd Floor
Long Beach, CA 90806
Phone: 562-595-5823

LONG BEACH PAROLE UNIT 2 N. LONG BEACH

2165 E. Spring St., 2nd Floor
Long Beach, CA 90806
Phone: 562-492-1022

LONG BEACH PAROLE UNITS 3-4

2165 E. Spring St., 4th Floor
Long Beach, CA 90806
Phone: 562-595-0057

MIDTOWN UNIT 2 & NORTHEAST UNIT 1 EXPOSITION PARK UNITS 1 - 2

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

Probation and Parole

PASADENA PAROLE UNITS 1-3

333 E. Walnut St.
Pasadena, CA 91101
Phone: 626-450-6250

POMONA PAROLE UNITS 1-2

1295 E. Holt Ave.
Pomona, CA 91767
Phone: 909-620-4445

SAN FERNANDO VALLEY UNITS 1-4

8100 Balboa Pl.
Van Nuys, CA 91406
Phone: 818-442-0420

SAN GABRIEL VALLEY PAROLE UNIT 1

1161 Parkview Dr., Ste 100
Covina, CA 91724
Phone: 626-859-3201

SAN GABRIEL VALLEY PAROLE UNITS 2 & 3

9900 Baldwin Pl.
El Monte, CA 91731
Phone: 626-527-3005

SANTA FE SPRINGS PAROLE UNITS 2-3

12940 Telegraph Rd.
Santa Fe Springs, CA 90670
Phone: 562-941-1947

SILVERLAKE PAROLE UNIT 1

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

SOUTH CENTRAL PAROLE UNITS 1-5

2444 S. Alameda St., 2nd Floor
Los Angeles, CA 90058
Phone: 323-238-1700

Probation and Parole

VAN NUYS PAROLE UNITS 1-3

8100 Balboa Pl.
Van Nuys, CA 91406
Phone: 818-442-0400

Miscellaneous Resources:

A NEW WAY OF LIFE

Website: www.anewwayoflife.org
P.O. Box 875288
Los Angeles, CA 90087
Phone: 323-563-3575
Fax: 323-563-1889

General Description: Provides housing and reentry support to formerly incarcerated women and their children. A New Way of Life operates a total of four sober living homes, serving 40-50 women and children per year, and offers a wide range of support services to help facilitate a successful transition back to community life.

CALIFORNIA YOUTH AUTHORITY

Location: Parole Services & Community Corrections/South
Hours: M-F 8am-5pm
Phone: 818-543-4713
Fax: 818-543-4725

General Description: Parole supervision services & resources for offenders released from Youth Authority correctional facilities. Liason services to courts, probation & law enforcement agencies. Victim services referrals & community based program referrals. Spanish spoken.

CALIFORNIA REHAB & EMPLOYMENT PROGRAM

Location: 3550 Wilshire Blvd., Ste. 501
Los Angeles, CA 90010
Hours: M-F 8am-5pm
Phone: 213-736-3904
Fax: 213-251-1441

General Description: Assist parolees with transition into society. Specific Services: Assist parolees with their transition into society, rehab, job search after being released and placed on parole. Requirements: California ID, SS card, 1502 activity report. Spanish spoken

COUNTY SHERIFF'S DEPT/JAILS INFORMATION

Website: www.lasd.org
Phone: 213-974-4916

Probation and Parole

CLEAN SLATE INCORPORATION

Website: www.cleanslatela.org

Location: 12537 Persing Dr.

Whittier, CA 90606

Phone: 866-466-8287

Fax: 323-937-1344

General Description: Help with tattoo removal and getting out of gangs.

CROSSROADS, INC.

Hours: M-F 8am-5pm

Phone: 909-626-7847

Fax: 909-632-1466

General Description: Re-entry home for women on parole in California. Provides room and board, counseling, and support. All women participate in a structured program, attend 12-step meetings in the community and work. Mailing Address: Re-Entry Program

P.O. Box 15 Claremont, CA 91711

FRIENDS OUTSIDE/L.A. COUNTY

Location: 1827 E. 103rd St., Ste. 400

Los Angeles, CA 90002

Hours: M-W 8am-4pm

Phone: 323-249-9683

Fax: 323-249-0044

General Description: Free services. Services to families of inmates, ex-inmates and their incarcerated or formerly incarcerated loved ones. Services include crisis intervention, transportation assistance, emergency supplies, advocacy, support groups, peer counseling, job placement, placement in drug & alcohol treatment, special events and info about the criminal justice system. Also visits to inmates in county jail facilities. Spanish spoken.

GET ON THE BUS

Location: Los Angeles, CA 90010

Phone: 213-637-7456

General Description: Free Services. Transportation services for children who have mothers incarcerated in the California prison system. Requirements: Must sign up.

HUMAN POTENTIAL CONSULTANTS

Location: 500 E. Carson Dr.

Carson, CA 90746

Phone: 310-756-1560

Fax: 310-756-1562

General Description: Provides special services for parolees including employment preparation and vocational training, housing assistance, and day programs.

Probation and Parole

L.A. COUNTY EMANCIPATION OMBUDSMAN

Location: 532 E. Colorado Blvd.

Pasadena, CA 91101

Hours: M-F 9am-6pm

Phone: 626-229-3829

Fax: 626-397-9172

General Description: Assist foster and probation youth in L.A. County that may have problems accessing resources from the Emancipation Services Division of the Dept of Children & Family Services.

L.A. COUNTY PROBATION INFORMATION CENTER

Website: www.probation.lacounty.gov

Location: 9150 E. Imperial Hwy.

Downey, CA 90242

Hours: M-F 8am-5pm

Phone: (toll free) 866-931-2222; 818-374-6635

Email: pic@probation.lacounty.gov

LAWS SUPPORT CENTER

Location: 2707 W 54th St.

Los Angeles, CA 90043

Hours: M-F 9am-6pm

Phone: 323-294-5204

Fax: 323-294-4758

General Description: Outpatient services to males and females who are dually-diagnosed and substance abuse clients. Utilizes both the social model, with a combination of the therapeutic community approach. Vocational rehab, financial & legal counseling, transitional housing assist, individual lon-term counseling & residential rehab, anger management. Secondary recovery groups, nutritional counseling, batterer's group. Referrals to a physician or specialist, social services, and board & care residences. Requirements: Ages 18+. Referrals from Dept of Corrections, Dept of Health Services, and other community organizations. Free services for age 18-20 yrs. Ages 21 yrs+ call for fees. Serves LA, Orange & San Bernardino Counties

M-2 MATCH-TWO PRISONER OUTREACH

Hours: M-F 8:30am-5:30pm

Phone: 909-606-5036

Fax: 909-597-4824

General Description: Free Services. Matches community volunteer mentors for supportive one-to-one visitation of incarcerated men, women and youth who receive few or no visits in California & Utah state prisons. 30-60 day wait.

Mailing Address: Southern Regional Office

P.O. Box 1350 Chino, CA 91708-1350

Probation and Parole

UNION RESCUE MISSION

Website: www.unionrescuemission.org

Location: 545 S. San Pedro St.

Los Angeles, CA 90013

Phone: 213-347-6300

General Description: advocacy - legal assistance, alternate housing for adult males only, basics - clothing, basics - emergency food, basics - help with identification, basics - transportation, case work, counseling, counseling - parenting classes, dental clinic, education - services, education - tutoring, emergency shelter, employer, facilitator, grants, hiv/medical clinic, housing - apartments, job readiness, men's support group, mentoring, ministry development, nurturing church, reentry help center, resource recruitment, substance abuse - group, substance abuse treatment program, vocation training, women's issues, women's support group.

VOLUNTEERS OF AMERICA

Website: www.voala.org

544 S San Pedro St.,

Los Angeles, CA 90013

Phone: 213-622-3540

General Description: Provides a variety of programs for the re-entry population and veterans. Please call for information on services currently offered in the Los Angeles area.

VETERANS AFFAIRS

Website: www.va.gov

Los Angeles Area

11000 Wilshire Blvd.

Los Angeles, CA 90024

Phone: 800-827-1000

General Description: Provides benefits and services to veterans of the U.S. armed forces. Services include medical and mental health, and housing.

WALDEN HOUSE, INC.

Location: 1355 S. Hill St.

Los Angeles, CA 90015

Hours: M-F 7am-3pm

Phone: 213-763-6220

Fax: 213-746-2507

General Description: Outpatient, residential drug and alcohol treatment program. Specific Services: AA meetings, information and referral, dual-diagnosis program, social model, methadone detox. Requirements: Adults ages 18 yrs+, minimum stay 90 days. Must be on parole or from prison S.A.P. Program.

Legal Services



Litigation is a machine you go into as a pig and come out as a sausage.

-Ambrose Bierce

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

Helpful Hints:

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

Tips to find a pro bono (volunteer) lawyer:

- Most areas have volunteer lawyer organizations or Legal Aid associations, but you should only do this when there is little option, or the aid required is just paperwork, such as for selling real estate, or purchasing a house. If it requires any actual litigation of any kind, sometimes this type of lawyer isn't very experienced. Don't be afraid to ask questions.
- Check a local law school to see if they have a law clinic or similar program that allows law students (under supervision of a licensed attorney) to work on behalf of low income clients. This is actually a very good way to snap up very promising law students- while they may not have much experience, the law students that would be allowed to participate in this type of program are normally at the top of the class. It's a good chance to take.
- Explain your situation to the lawyer in question, give him/her your financial statement, and discuss what you need done. If they can't provide services at no charge, but they believe they can lower their rate, or make it so you pay a certain amount over a certain amount of time, you may be in luck.

Legal Services

ALLIANCE FOR CHILDREN'S RIGHTS

Location: 333 Wilshire Blvd., Suite 550

Los Angeles, CA 90010

Hours: M-F 9am-5:30pm

Phone: 213-368-6010

Fax: 213-368-6016

General Description: Free services. Legal services to children from low income families. Specific Services: Legal services to children from low income families including adoptions, guardianship, public benefits, SSI, regional center, special education. Requirements: Helps with foster care adoptions, not private adoptions. Spanish spoken.

AMERICAN CIVIL LIBERTIES UNION

Website: www.aclu-sc.org

Location: 1616 Beverly Blvd.

Los Angeles, CA 90026

Hours: M-F 9am-5pm

Phone: 213-977-9500; 213-977-5253

Fax: 213-250-3919

General Description: Free services. Considers issues regarding constitutional rights. Because of severely limited resources, only a few of the thousands of complaints and issues brought to attention can be pursued. Cases not taken are referred to an appropriate agency. No live intake is conducted. Write to: Legal Intake, 1616 Beverly Blvd, Los Angeles, CA 90026, or use intake form on website. Volunteer pre-screeners will return the call. Intake sent via e-mail must include a mailing address. All replies are via U.S. mail. Spanish spoken.

ASIAN PACIFIC AMERICAN LEGAL CENTER

Location: 1145 Wilshire Blvd., 2nd Floor

Los Angeles, CA 90017

Hours: M-F 8:30am-5:30pm

Phone: 213-977-7500

Fax: 213-977-7595

General Description: Immigrant rights organization. Provides low-cost legal assistance to immigrants and working families. Requirements: Low income. Call for appointment. Vietnamese, Japanese and South Asian languages spoken.

Legal Services

BET TZEDEK LEGAL SERVICES

Location: 145 S. Fairfax Ave., Suite 200

Los Angeles, CA 90036

Hours: M-F 9am-5pm and by appointment

Phone: 323-939-0506

Fax: 323-939-1040

General Description: Free legal services to low income and elderly residents of L.A. County.

Specific Services: Housing, landlord and tenant disputes, consumer protection, home equity fraud, bankruptcy, wills, nursing home problems, conservatorship and guardianship, supplemental security insurance (SSI), Social Security, Medi-Cal and Medicare. No criminal, immigration, family law or contingency fee cases. Appointments are scheduled at several senior centers throughout L.A. County. Spanish, Russian, Hebrew, Tagalog and Yiddish spoken.

CALIFORNIA DEPARTMENT OF FAIR EMPLOYMENT/HOUSING

Location: Los Angeles District Office

611 West 6th St., Suite 1500

Los Angeles, CA 90017

Hours: M-F 8am-5pm

Phone: 800-884-1684; 213-439-6799

Fax: 213-439-6715

General Description: Civil rights agency for the State of California. Will accept, investigate and conciliate complaints in the areas of employment and housing discrimination.

Requirements: Complaints must be filed within 1 yr of offense, will not accept files over 1 yr. TTY 800-700-2320

CALIFORNIA LAWYERS FOR THE ARTS

Location: 1641 18th St.

Santa Monica, CA 90404

Hours: M-F 10am-5pm

Phone: 310-998-5590

Fax: 310-998-5594

General Description: Lawyer referral service. Arbitration, mediation, education workshops, seminars pertaining to the arts and entertainment industry.

Legal Services

CARECEN

Location: Central American Resource Center
2845 W. 7th St.
Los Angeles, CA 90005
Hours: M-F 9am-5pm; Sa 9am-1pm
Phone: 213-385-7800
Fax: 213-385-1094

General Description: Free services. Legal assistance in immigration matters to immigrants and refugees. Academic enrichment offers off-track literacy program for elementary to high school-aged students and after school tutoring. Youth program serves elementary to high school with programs in technology, language arts and arts education. Civic participation program offers mutual support and action groups, education and outreach component targets Central American immigrant community. Donations accepted for legal services.

CATHOLIC LEGAL IMMIGRATION NETWORK

Hours: M-F 9am-5pm
Phone: 213-251-3505

General Description: Legal assistance provided to those who cannot afford a lawyer. Citizenship, immigration, family petitions. Requirements: Low income. Spanish spoken.

Mailing Address: P.O. Box 15095
1530 James M. Wood Blvd.
Los Angeles, CA 90015

CENTER FOR ENFORCEMENT FOR FAMILY SUPPORT

Location: Enforcement For Family Support
5855 Green Valley Circle, Suite 315
Culver City, CA 90230
Hours: M-F 9am-6pm
Phone: 310-417-4141
Fax: 310-417-5060

General Description: Assists in collection of past due child and spousal support. Cases accepted for collection of support on a 1/3 contingency basis. Client pays a \$35 set-up fee if case is accepted, plus client pays cost (usually less than \$100).

Legal Services

CENTER FOR HEALTH CARE RIGHTS

Location: Formerly Medicare Advocacy Project

520 S. Lafayette Park Pl., Suite 214

Los Angeles, CA 90057

Hours: M-F 9am-4pm

Phone: 213-383-4519

Fax: 213-383-4598

General Description: Free services. Health insurance counseling, education and legal services to L.A. County Medicare eligible beneficiaries (senior citizens and people with disabilities).

Telephone intake M-F 9am-4pm. Korean, Spanish, Vietnamese, Tagalog and Farsi spoken.

CENTER FOR HUMAN RIGHTS AND CONSTITUTIONAL LAW

Location: 256 S. Occidental Blvd.

Los Angeles, CA 90057

Hours: M-F 10am-6pm

Phone: 213-388-8693

Fax: 213-386-9484

General Description: Training and technical support to other agencies and referrals for free legal assistance. Provides direct legal services to indigent immigrants and refugees in proceedings before the INS and other government agencies. Initiates major civil rights cases in state and federal courts on behalf of immigrants, refugees, minorities and indigenous peoples. Provides legal, residential and social services to minority youth, including unaccompanied immigrant and refugees. Operates a shelter for homeless minority youth, including unaccompanied immigrant and refugees. Operates a shelter for homeless minority youth ages 12-17 and a transitional living program for homeless minority youth ages 16-21. Primarily legal services nationwide. Spanish spoken.

DISPUTE RESOLUTION SERVICES

Hours: M-F 9am-5pm

Phone: 213-896-6533

Fax: 213-613-1299

General Description: Mediation, conciliation, arbitration, settlement conferences, training and consultant services. Specific Services: Handles all forms of disputes; landlord and tenant, neighborhood, consumer and merchant, client and attorney, family, divorce and other domestic issues, youth and family, employer and employee, civil litigation, multi-party, public policy, condo and homeowner and other real estate issues and business to business disputes. Requirements: \$50 fee. Sliding fee scale. Also call 800-4RESOLV

Mailing Address: L.A. Co. Bar Assn/Admin Offices

P.O. Box 55020

211 S. Figueroa St., Suite 261

Los Angeles, CA 90012

Legal Services

EVICTION DEFENSE NETWORK

Location: 1605 W. Olympic Blvd., Suite 502

Los Angeles, CA 90015

Hours: M-F 9am-6pm; Sat 10am-3pm

Phone: 213-385-8112

Fax: 213-385-8181

General Description: Dedicated to ensuring access to justice in housing matters to tenants in L.A. County. Social services intervention, organizing, policy advocacy and affirmative litigation. First come, first served. Requirements: Walk in only, no appointment necessary. No income, geographic or alienate restrictions. Fees \$50 consultation, \$75 document preparation. Low income tenants \$300-\$500 for representation. Higher income tenants \$700-\$1000 for representation. Spanish spoken.

FAMILY COURT SERVICES

Location: Los Angeles County Superior Court

111 N. Hill St., Mediation Room 241

Los Angeles, CA 90012

Hours: M-F 8am-4:30pm

Phone: 213-974-5524

Fax: 213-680-1043

General Description: Mediation and evaluations for parties who have disputes in the Superior Court about parenting plans for children. Also provides a parent education program for divorcing and/or separate parents. Parent and Children Together (PACT). Provides high conflict divorce program. Located in 11 district Superior courts. For child custody evaluations, call 213-893-2096. Requirements: Parents with family law cases filed with the L.A. County Superior Court.

FATHER'S RIGHTS ORGANIZATION

Hours: Meets 2nd and 4th Tuesday @ 7pm (call for times)

Phone: 714-542-3100

General Description: Information and support group helping fathers in matters of custody, visitation, child support, spousal support, false allegations of child abuse. Free legal advice over the phone. Recorded message gives times and locations of meetings.

Legal Services

HOUSING RIGHTS CENTER

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

General Description: Free services. Information and counseling regarding landlord and tenant issues. Investigates housing discrimination complaints. Offers monthly vacancy listing. Fair housing counseling and education services. Mediation program for Pasadena residents. Call for walk-in clinic hours. Spanish, Mandarin, Korean, Armenian and Russian spoken.

JOINT CUSTODY ASSOCIATION

Location: 10606 Wilkins Ave.
Los Angeles, CA 90024
Hours: M-F 9am-5pm
Phone: 310-475-5352
Fax: 310-475-6541

General Description: Assists divorcing and unwed parents in achieving joint custody of their children. Assists judicial and legislative community in comprehending joint custody.

LEGAL SERVICES FOR PRISONERS WITH CHILDREN

Website: www.prisonerswithchildren.org
1540 Market St. Suite 490
San Francisco, CA 94102
Phone: (415) 255-7036
Fax: (415) 552-3150

General Description: advocates for the human rights and empowerment of incarcerated parents, children, family members and people at risk for incarceration. We respond to requests for information, trainings, technical assistance, litigation, community activism and the development of more advocates.

LOS ANGELES CENTER FOR LAW AND JUSTICE

Website: www.laclj.org
Location: 1241 S. Soto St., Suite 102
Los Angeles, CA 90023
Hours: M-F 8:30am-5:30pm
Phone: 323-980-3500
Fax: 323-980-3510

General Description: Provides domestic violence, immigration, free legal and welfare-to-word support services targeted to immigrant and low-income people. Some geographic restrictions apply, contact to make sure you qualify. Services provided by professional and paraprofessional staff and volunteers.

Legal Services

LOS ANGELES COUNTY OFFICE OF AFFIRMATIVE ACTION

Location: Hall of Administration, Room 780

500 W. Temple St., Suite 780

Los Angeles, CA 90012

Hours: M-F 8am-5pm

Phone: 213-974-1080

Fax: 213-626-7034

General Description: Develops, monitors and enforces the County's Affirmative Action, Civil Rights, diversity and the Community Business Enterprise programs in conjunction with county departments and agencies, including compliance with the Americans with Disabilities Act. Investigates external (cases filed with the Dept of Fair Employment and Housing and Equal Employment Opportunity Comm) and informal complaints of discrimination and sexual harassment. Spanish spoken.

LOS ANGELES COUNTY PUBLIC DEFENDER

Location: Clara Shortridge Foltz Criminal Justice Center

210 W. Temple St., #19-513

Los Angeles, CA 90012

Hours: M-F 8am-5pm

Phone: 213-974-2811

Fax: 213-625-5031

General Description: Legal services for those who are accused of public offenses and cannot afford a private attorney. Requirements: Must be a criminal case. For Spanish, call 213-974-2828.

LOS ANGELES COUNTY SHERIFF MISSING PERSONS

Hours: M-F 8am-5pm

Phone: 323-890-5503; Also, call 323-890-5500 for 24hr services.

General Description: Direct line to L.A. County Sheriff's Missing Adults Division.

LOS ANGELES GAY AND LESBIAN CENTER

Location: Legal Services and Anti-Violence Project

1625 N. Schrader Blvd.

Los Angeles, CA 90028

Hours: M-Th 2pm-4pm; F 10am-12noon.

Phone: 323-993-7670

Fax: 323-308-4009

General Description: Free attorney consultations and complete legal assistance for survivors of hate crimes and hate incidents. Call for appointment. \$10 administration fee may be waived for indigent.

Legal Services

LOS ANGELES FAMILY LAW HELP CENTER

Location: 205 S. Broadway, Suite 500

Los Angeles, CA 90012

Hours: M-F 9am-5pm, Sa 10am-4pm

Phone: 877-452-9326, 213-620-9991

Fax: 213-620-9992

General Description: General legal aid organization that provides legal assistance for low income persons representing themselves in Family Law matters. Services provided by law students supervised by a State Bar licensed attorney and by a licensed and bonded legal document assistant.

LOS ANGELES HOUSING LAW PROJECT

Location: 111 N. Grand Ave., Suite 200

Los Angeles, CA 90012

Hours: M-F 8:30am-4:30pm

Phone: 213-613-2760

Fax: 213-613-2757

General Description: Assists tenants dealing with eviction cases. Preparations of answers, general denials and motions in response to vacate notices. Low-cost legal services for housing cases. Spanish spoken.

LEGAL PROTECTION FOR WOMEN

Location: 5300 E. Beverly Blvd., Suite D

Los Angeles, CA 90022

Hours: M-F 8:30am-5pm by appointment only.

Phone: 323-721-9882

Fax: 323-721-7731

General Description: Paralegal services. Specific Services: Paralegal services, including preparation of family law forms for divorce, legal separation, nullity, TRO, civil harassment order, modification of child custody, support of visitation, alimony, name change, wage assignment for unpaid support, paternity and step-parent adoption. Spanish spoken. Sliding fee scale. \$20-\$550 depending on action.

Legal Services

LEVITT & QUINN FAMILY LAW CENTER

Location: 1557 Beverly Blvd.

Los Angeles, CA 90026-5704

Hours: Intake for new applicants: Th 12noon, F 8am; first come, first served.

Phone: 213-482-1800

Fax: 213-482-3979

General Description: Low-cost legal services in all matters of family law. Specific Services: Adoption, divorce, paternity, guardianship of children, spousal support, child support, child custody and visitation, domestic violence restraining orders, District Attorney Child Support Collection Defense. Requirements: Proof of income, ID, copies of all court papers and orders. Sliding fee scale from \$60+ per session.

MENTAL HEALTH ADVOCACY SERVICES

Location: 3255 Wilshire Blvd., Suite 902

Los Angeles, CA 90010

Hours: M-F 9am-5pm

Phone: 213-389-2077

Fax: 213-389-2595

General Description: Free services. Legal advocacy services for persons with a mental and/or developmental disability. Requirements: No walk-ins. Must be developmentally and/or mentally disabled and low income.

PUBLIC COUNSEL

Location: Consumer Law Project

601 S. Ardmore Ave.

Los Angeles, CA 90005

Hours: M-F 9am-5:15pm

Phone: 213-385-2977

Fax: 213-385-9089

General Description: 21 pro bono attorneys and over 17,000 volunteer lawyers and law students who assist low-income people and organizations. Help with child care laws (child care spaces, licensing, zoning, insurance, landcare spaces, licensing, zoning, insurance, landlord and tenant rights), children's rights (guardianship, special education benefits, emancipation, adoptions) community development (reviews contracts, leases, advises on general corporate and tax issues, incorporation and tax exemption laws), consumer law (defrauded consumers such as students cheated by schools, debtors harassed by collection agencies, home equity fraud, used car scams, independent paralegal fraud), homeless assistance (secure shelter, clothing, food and other vital benefits), immigration (political asylum based upon racial, religious or political perception, immigrants with long-term ties to the U.S.), Violence Against Women Act (immigrants suffering at the hands of citizen or permanent resident spouse, seeking to become lawful residents), Major litigation (co-counsels with other public interest groups and private bar volunteers on a number of major litigation matters). Law school partnership provides ongoing volunteer programs year-round for all local law schools.

Legal Services

THURGOOD MARSHALL JUSTICE CENTER - COMPTON

Website: www.legal-aid.com

Location: 725 W. Rosecrans Ave.

Compton, CA 90220

Hours: M-F 9am-12noon, 1pm-5pm

Phone: 310-638-5524, 800-834-5001

General Description: Provides advocacy, domestic violence, legal and welfare-to-work support services for low-income adults aged 60+. Some restrictions apply, contact for more information. Services provided by professional staff attorneys, paralegals, and volunteers.

Spiritual Support



But difficulties were made to be overcome and if the Supreme Will is there, they will be overcome.

- Sri Aurobindo

Many people recently released from prison or jail have found support to stay out by getting involved with a church, temple, or other spiritual organization. People pursue spirituality more many different reasons. Some of these include searching for a higher power, connecting with the Divine, searching for the inner self, healing or simply...for exploring the greater mysteries of life. Others attend services, masses, gatherings to find comfort and connectedness/ acceptance from people who share their same faith. Regardless of your personal interest in pursuing spiritual development, guidance or counsel, this section contains only a few of the many resources available to you in the greater Los Angeles area.

Helpful Hints:

- Find out the time and place of the services/meeting you want to attend.
- Don't be afraid to visit a lot of different places until you find somewhere that you feel comfortable.
- Ask if the organization has any special programs for the re-entry population.
- Remember...you don't have to attend a service, church or meeting to find spirituality but lots of people find comfort and fellowship with others who share their beliefs and values.

Spiritual Support

ANSWERING THE CALL

Location: Total Involvement Ministry, Inc.
8524 Langdon Ave.
North Hills, CA 91343-5817
Phone: 818-893-0406
Fax: 626-287-3485

General Description: Strive to reach at-risk youth and youth in crisis. Specific Services: Sports activities, tutoring, outdoor adventures, counseling, pray vigils, etc, Prison and street ministry programs.

BETHEL AME CHURCH

Website: www.bethelamela.org
Location: 7900 South Western Ave.
Los Angeles, CA 90047
323-750-3240

Hours: 8-5 Mon-Fri. 6-9 Mon-Thurs, Sunday 7:45 & 10:45 Service

General Description: basics - emergency food, counseling - domestic violence services, nurturing church, nurturing church w/recovery groups, substance abuse group.

DHARMA PUNX MEDITATION GROUPS (SANTA MONICA)

Website: www.dharmapunx.com
Location: At the Santa Monica Zen Center with Noah Levine
1001(a) Colorado Ave.
Santa Monica, CA 90401
Hours: Mondays at 7:30pm

General Description: Small donation. Inspired meditation groups. Some ministries are found in jails, prisons and juvenile hall.

I AM PRISON MINISTRIES

Location: 20920 Chico St.
Carson, CA 90746
Phone: 310-323-2600

General Description: basics - emergency food, children/youth assistance.

METROPOLITAN COMMUNITY CHURCH

Website: www.mccla.org
Location: 4953 Franklin Ave.
Los Angeles, CA 90027
Phone: 323-669-3434
Fax: 323-669-3004
Email: admin@mccla.org

General Description: Founded in the interest of offering a church home to all who confess and believe, Metropolitan Community Churches moves in the mainstream of Christianity.

Spiritual Support

SHAMBALA MEDITATION CENTER LOS ANGELES

Website: www.la.shambhala.org

Location: 963 Colorado Blvd.

Los Angeles, CA 90041

Hours: Sun-public sitting 9am-noon; Wed-public sitting 7:30pm-9:30pm; Thur-intro programs 7:30pm-9:30pm

Phone: 323-255-5472

General Description: Their belief: A basic truth of the Shambhala teachings is that we all want to lead sane, dignified lives, and that this is possible.

VICTORY OUTREACH LOS ANGELES (WESTSIDE)

Website: www.victoryoutreach.org

Location: 4930 Venice Blvd

Los Angeles, CA 90019

Phone: 213-305-8265

Email: vowestside@yahoo.com

General Description: Mission: to empower individuals to take control of their lives by placing their future in the hands of God.

VICTORY OUTREACH LOS ANGELES (SOUTH CENTRAL)

Website: www.victoryoutreach.org

Location: 8612 S Broadway

Los Angeles, CA 90003-3320

Phone: 323-778-4773

Fax: 323-753-7055

Email: vosouthcentral@sbcglobal.net

VICTORY OUTREACH LOS ANGELES (WEST HISPANIC)

Website: www.victoryoutreach.org

Location: 1153 Valencia St.

Los Angeles, CA 90015-4543

Phone: 213-480-7556

Fax: 213-480-7556

VICTORY OUTREACH LONG BEACH

Website: www.victoryoutreach.org

Location: 11 W Plymouth St

Long Beach, CA 90805-5813

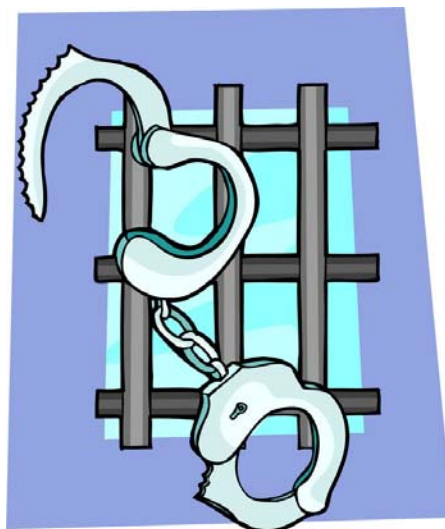
Phone: 562-428-0018

Fax: 562-428-8655

Re-Entry Support and Activist Groups

Helpful Hint:

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



A NEW WAY OF LIFE

Website: www.anewwayoflife.org

P.O. Box 875288

Los Angeles, CA 90087

Phone: 323-563-3575

Fax: 323-563-1889

General Description: Provides housing and reentry support to formerly incarcerated women and their children. A New Way of Life operates a total of four sober living homes, serving 40-50 women and children per year, and offers a wide range of support services to help facilitate a successful transition back to community life.

CALIFORNIA COALITION FOR WOMEN PRISONERS

Website: www.womenprisoners.org

Location: 1540 Market St., Suite 490

San Francisco, CA 94102

Phone: 415-255-7036

Fax: 415-552-3150

General Description: Grassroots racial justice organization building a movement with women prisoners, family members of prisoners, and the larger communities through organizing, leadership development, and political education. Services include support for former prisoners.

CALIFORNIA PRISON FOCUS

Website: www.prisons.org

Location: 1904 Franklin St. Suite 507

Oakland, CA 94612

Phone: 510-836-7222

General Description: Works to abolish the California prison system in its present condition. Investigates and exposes human rights abuses with the goal of ending long term isolation, medical neglect, and all forms of discrimination. Community activists, prisoners, and their families educating and inspiring the public to demand change.

Re-Entry Support and Activist Groups

CENTER FOR HEALTH JUSTICE

Website: www.healthjustice.net

Location: 900 Avila St., Suite 301

Los Angeles, CA. 90012

Phone: 213-229-0985

Inmate Hotline: 213-229-0979 *accepts collect calls from jails or prisons related to healthcare and health issues.

CENTERFORCE

Website: www.centerforce.org

Location: 2955 Kerner Blvd., 2nd Floor

San Rafael, CA 94901

Phone: 415-456-9980

Fax: 415-721-4902

General Description: Operates a network of visitors' centers at California prisons. Provides information, referrals, emergency services, transportation and child-care to visitors.

CRITICAL RESISTANCE

Website: www.criticalresistance.org

Location: 1904 Franklin Street, Suite 504

Oakland, CA 94612

Phone: 510-444-0484

Fax: 510-444-2177

General Description: On activist organization that seeks to build an international movement to end the Prison Industrial Complex. Chapters all over the U.S.

ELLA BAKER CENTER FOR HUMAN RIGHTS

Website: www.ellabakercenter.org

Location: 344 40th St.

Oakland, CA 94609

Phone: 510-428-3939

Fax: 510-428-3940

General Description: A strategy and action center that promotes positive alternatives to violence and incarceration through their four cutting-edge campaigns.

EX-OFFENDER ACTION NETWORK

Website: www.exoffenderactionnetwork.org

Location: 4701 South Central Ave.

Los Angeles, CA 90011

Phone: 323-238-0445

Re-Entry Support and Activist Groups

HIRE NETWORK

Website: www.hirenetwork.org

Location: Legal Action Center

225 Varick St., 4th Floor

New York, NY 10014

General Description: National directory of employment services geared towards those re-entering the community from prison.

JUSTICE NOW

Website: www.jnow.org

1322 Webster St., Suite 210

Oakland, CA 94612

Phone: 510-839-7654

Fax: 510-839-7615

General Description: The first teaching law clinic in the country solely focused on the needs of women prisoners. Interns and staff provide legal services in areas of need identified by women prisoners, including: compassionate release; healthcare access; defense of parental rights; sentencing mitigation; placement in community-based programs.

PHOENIX HOUSE FOUNDATION

Website: www.phoenixhouse.org

Phone: 800-DRUG-HELP

General Description: This organization provides comprehensive rehabilitation services to men, women, and children in over 100 local centers in nine states, including California. Services include transitional housing, vocational training, life skills development, drug and alcohol testing and psychosocial educational groups. Call to find out about regional and national offices.

PRISON ACTIVIST RESOURCE CENTER

Website: www.prisonactivist.org

Location: P.O. Box 70447

Oakland, CA 94612

Phone: 510-893-4648

General Description: Provides a directory free to prisoners on request. Engages in various forms of activism around prisoners.

THE NEXT STEP

Website: www.thenextstep99.com

Location: P.O. Box 19523

Shawnee Mission, KS 66285-9523

Phone: 800-498-2207

General Description: Provides quality job opportunities to motivated ex-offenders. They offer job placement services specializing in the vital task of assisting ex-offenders in their return to society. The Next Step Staff work to help ex-offenders find jobs across the U.S.

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Los Angeles County Sheriff's Department

Sources

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

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

LIVE * FREE



2010 Re-Entry L.A. Guide

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