

# **HERITAGE PROVIDER NETWORK**

## **Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties**

**Dear Heritage Provider:**

**In order to help you locate culturally sensitive and linguistically competent services for your diverse patient population, Heritage has developed a Resource Directory, which includes community organizations that are available to your patients.**

**We have organized resources by subject matter. I hope this format will help you access information quickly.**

**Please document the referral in the patient's chart.**

**Although we do our best to keep all information up-to-date, resource contact information changes frequently. Please call us if any information proves to be incorrect.**

**Thank You for Your Continued Support!**

# HERITAGE PROVIDER NETWORK

## Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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## ADOPTION/FOSTER CARE

### METROPOLITAN LOS ANGELES

#### **CHILDREN'S BUREAU HEADQUARTERS**

1910 Magnolia Avenue Los Angeles, CA 90007	(213) 342-0100 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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#### **OAKWOOD FAMILY CENTER**

3910 Oakwood Avenue Los Angeles, CA 90004	(323) 953-7356 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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### GREATER LOS ANGELES

#### **CARSON FAMILY CENTER**

460 E. Carson Plaza Drive, Suite 122 Carson, CA 90746	(310) 523-9500 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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### ANTELOPE VALLEY

#### **CHILDREN'S BUREAU REGIONAL OFFICE**

44404 16 <sup>th</sup> Street W, Suite 208 Lancaster, CA 93534	(661) 951-2191 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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#### **CHILDREN'S BUREAU PALMDALE**

1529 E. Palmdale Blvd Suite 210 Palmdale, CA 93550	(661) 272-9996 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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#### **CHILDREN'S BUREAU SUNRISE CENTER**

921 W. Avenue J, Suite C Lancaster, CA 93534	(661) 949-0131 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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### SAN GABRIEL VALLEY

#### **CHILDREN'S BUREAU REGIONAL OFFICE**

14600 Ramona Blvd. Baldwin Park, CA 91706	(626) 337-8811 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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#### **BALDWIN PARK ANNEX**

14540 Ramona Blvd. Suite 210 Baldwin Park, CA 91706	(626) 337-6611 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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*Provides Adoption, Foster Care & Child Abuse Prevention*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**INDEPENDENT ADOPTION CENTER**

5777 West Century Blvd. (800) 877-6736 Varies E, Sp  
 #1450  
 Los Angeles, CA 90045 [www.adoptionhelp.org](http://www.adoptionhelp.org)

*Provides Open Adoption Placement and Counseling to Birth & Adoptive Families*

**KINSHIP CENTER**

**LOS ANGELES COUNTY PROGRAM CENTER**

127 N. Madison Ave (626)744-2975 Varies E  
 Suite 207  
 Pasadena, CA 91101 [www.kinshipcenter.org](http://www.kinshipcenter.org)

**ORANGE COUNTY PROGRAM CENTER**

18302 Irvine Blvd (714) 957-1004 Varies E  
 Suite 300  
 Tustin, CA 92780

*Provides Traditional Mental Health Therapies for Youth and Their Families, Early Intervention Program, and Counseling for Adult Adoptees, Parents, Siblings, and Birth Families.*

**LOS ANGELES COUNTY DEPARTMENT OF CHILDREN & FAMILY SERVICES**

425 Shatto Place 1-800-697-4444 Varies E  
 Los Angeles, CA 90020 TTY: 1-800-272-6699  
[www.dcf.co.la.ca.us](http://www.dcf.co.la.ca.us)

*Provides Foster Care & Adoptions Assistance*

**AFRICAN AMERICAN**

**Institute of Black Parenting**

11222 S. La Cienega 1-877-367-8858 Free E, Sp  
 Blvd.  
 Inglewood, CA 90304 [www.kinshipcenter.org](http://www.kinshipcenter.org)

*Provides Foster Care Placement, Home Study (Domestic), Infant Placement & Post Placement Supervision Prior to Adoption Finalization (Domestic)*

**HISPANIC/LATINO**

**Latino Family Institute**

1501 W. Cameron Ave. (626) 472-0123 Free E, Sp  
 Suite 240  
 West Covina, CA 91790 [www.lfiservices.org](http://www.lfiservices.org)

*Provides Adoption, Foster Care, Kinship Care, Training through the Infant Adoption Awareness Program (IAATP) & Family Support Services.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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## **COMMUNITY WELLNESS**

### **Champions of Caring Connections**

4513 E. Compton Blvd. Compton, CA 90221	(310) 635-9536 <a href="http://www.championsofcaringconnections.org">www.championsofcaringconnections.org</a>	Call for Cost	E
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*Provides Advocacy for Homeless & Foster Children/Youth.*

### **Child & Family Guidance Center**

9650 Zelzah Ave. Northridge, CA 91325	(213) 993-9311 <a href="http://www.childguidance.org">www.childguidance.org</a>	Call for Cost	E, Sp
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*Provides Aggression Replacement Therapy, Child Parent Psychotherapy, Crisis Oriented Recovery System, Positive Parenting Program & Trauma Focused Cognitive Behavior Therapy.*

### **Children's Defense Fund California**

634 S, Spring Street Suite 500C Los Angeles, CA 90014	(213) 355-8787 <a href="http://www.cdfca.org">www.cdfca.org</a>	Call for Cost	E
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*Provides Freedom Schools Program, Youth Leadership and Development Training, Cradle to Prison Pipeline Campaign & Children's Health Insurance Outreach Project*

### **City Help**

2301 Bellevue Avenue Los Angeles, CA 90026	(213) 273-7125 <a href="http://www.cityhelp.org">www.cityhelp.org</a>	Free	E, Sp
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*Services include Mobile Medical Clinic, Rehabilitation Centers & Comprehensive Primary Care.*

### **Community Health Alliance of Pasadena**

837 S. Fair Oaks Avenue Suite 204 Pasadena, CA 91105	(626) 993-1212 <a href="http://www.chapcare.org">www.chapcare.org</a>	Free	E, Sp
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*Provides Medical, Dental & Behavioral Health Services*

### **Community Health Councils**

3731 Stocker Street Suite 201 Los Angeles, CA 90008	(323) 295-9372 <a href="http://www.chc-inc.org">www.chc-inc.org</a>	Call for Cost	E
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*Promotes Social Justice and Achieve Equity in Community & Environmental Resources*

### **Community Integration Services**

10100 Balboa Blvd Granada Hills, CA 91344	(818) 772-1155 <a href="http://www.cisadp.org">www.cisadp.org</a>	Call for Cost	E, Sp
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*Promotes Preventative Health, Diversity and Community Membership for People with Aging Challenges & Disabilities.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

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**Families in Good Health**

411 E.10 <sup>th</sup> Street Suite 207 Long Beach, CA 90813	(562) 491-9100 <a href="http://www.stmarymedicalcenter.org">www.stmarymedicalcenter.org</a>	Call for Cost	E, Sp
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*Helps the Community Make Informed Choices and Access Needed Health & Social Resources.*

**JWCH Institute**

5650 Jillson Street Commerce, CA 90040	(213) 484-1186 <a href="http://www.jwchinstitute.org">www.jwchinstitute.org</a>	Call for Cost	E
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*Provides Primary Medical Care, Homeless Health Care, HIV Services & Specialty Care*

**Maternal & Child Health Access**

1111 West Sixth St. Suite 400 Los Angeles, CA	(213) 749-4261 <a href="http://www.mchaccess.org">www.mchaccess.org</a>	Call for Cost	E, Sp
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*Assists Individual Women to Achieve Healthy Pregnancies & Obtain Quality Health Care*

**National Health Foundation**

515 S. Figueroa St., #1300 Los Angeles, CA 90071	(213) 538-0700 <a href="http://www.nhfca.org">www.nhfca.org</a>	Call for Cost	E, Sp
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*Provides Systemic Solutions to Gaps in Healthcare Access & Delivery*

**Salvation Army**

**CORPS COMMUNITY CENTER**

125 W. Beryl Street Redondo Beach	(310) 318-2827 <a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>	Free	E, Sp
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4223 Emerald Street Torrance	(310) 370-4515 <a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>	Free	E, Sp, Tag
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455 E. Spring Street Long Beach	(562) 426-7637 <a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>	Free	E, Sp
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*Provides Clinics Services, Day Care, Disaster Services, Emergency Financial Assistance & Emergency Shelter*

**Special Services for Groups**

605 W. Olympic Blvd Suite 600 Los Angeles, CA 90015	(213) 553-1800 <a href="http://www.ssgmain.org">www.ssgmain.org</a>	Call for Cost	E, Sp
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*Provides Human Services to Ethnic Minority Communities & Groups*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Westside Family Health Center**

1711 Ocean Park Blvd. (310) 450-2191 Call for Cost E, Sp  
 Santa Monica, CA 90405 [www.wfhcenter.org](http://www.wfhcenter.org)

*Offers Comprehensive Health Care Services for Women, Men & Children*

**Worksite Wellness LA**

5955 S. Western Avenue (323) 758-9480 Free E, Sp  
 Los Angeles, CA 90047 [www.worksitewellnessla.org](http://www.worksitewellnessla.org)

*Provides Access Healthcare Benefits, Managing Diabetes, Healthy Eating & Stress Management*

**AFRICAN AMERICAN**

**African American Unity Center**

944 W. 53<sup>rd</sup> Street (323) 789-7300 Call for Cost E  
 Los Angeles, CA 90037

*Provides Social Services Support & Information to the African American Community*

**Black Women for Wellness**

Post Office Box 292516 (323) 290-5955 Free E  
 Los Angeles, CA 90029 [www.bwwla.com](http://www.bwwla.com)

*Offers Kitchen Diva's, Metamorphosis, Sister's in Motion, Tea & Technology, and Sisters @ Eight*

**California Black Women's Health Project**

101 N. La Brea #610 (310) 412-1828 Call for Cost E  
 Inglewood, CA 90301 [www.cabwhp.org](http://www.cabwhp.org)

*Empowers Black Women to Take Personal Responsibility for their Own Health*

**Great Beginnings for Black Babies**

301 N. Prairie Ave (310) 677-7955 Free E  
 Inglewood, CA 90301 [www.gbbb.org](http://www.gbbb.org)

*Programs include Healthy Moms & Babies, Fatherhood Initiative & Youth Education After-School Program*

**Healthy African American Families**

4305 Degnan Blvd (323) 292-2002 Free E, Sp  
 Suite 105  
 Los Angeles, CA 90008 [www.haafii.org](http://www.haafii.org)

*Programs include Preterm Delivery, CCHN, Mental Health, Diabetes, Asthma, Kidney Disease, Women's Health & Male Involvement Project*

**Los Angeles Urban League**

3450 Mt Vernon Drive (323) 299-9660 Call for Cost E  
 Los Angeles, CA 90008 [www.laul.org](http://www.laul.org)

*Provides Job Placement, Career Management, Head Start Preschool & Youth Development*



*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

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**N-Action Family Network**

Post Office Box 1715      1-866-299-8817      Free      E  
 La Mirada, CA 90637      [www.n-actionfamilynetwork.org](http://www.n-actionfamilynetwork.org)

*Provides Intervention, Mentoring, Enrichment Opportunities for Women in Transition Support Groups*

**National Association for the Advancement of Colored People**

Post Office Box 56408      (310) 397-1171      Call for Cost      E  
 Los Angeles, CA 90056      [www.naacp-losangeles.org](http://www.naacp-losangeles.org)

*Provides Information & Referrals to People Who Believe Their Rights Have Been Violated – Serves Ethnic Groups*

**The African Community Resource Center**

3540 Wilshire Blvd      (213) 381-1088      Varies      E, Sp, Fa, A, R  
 Suite 321  
 Los Angeles, CA 90010      [www.acrcintl.org](http://www.acrcintl.org)

*Programs include Immigration Services, Counseling, Family Support, African Women Support Group, Food Pantry/Nutrition Planning, Small Business Support, Advocacy & Legal Services*

**AMERICAN INDIAN**

**American Indian Healing Center**

12456 Washington Blvd      (562) 693-4325      Free      E  
 Whittier, CA 90602

*Offers Chronic Disease Management, Health Maintenance, Health Screenings & Women’s Health Care*

**Southern California Indian Center**

3440 Wilshire Blvd      (213) 987-5772      Call for Cost      E  
 Suite 904  
 Los Angeles, CA 90010      [www.indiancenter.org](http://www.indiancenter.org)

*Special Programs Include Child and Family Services, Job Training, Senior Programs & Tutoring for Students in Grades K-12*

**United American Indian Involvement**

1125 W. 6<sup>th</sup> Street      (213) 202-3970      Call for Cost      E  
 Suite 103  
 Los Angeles, CA 90017      [www.uaii.org](http://www.uaii.org)

*Provides Public Health Services and Access to Free & Low Cost Quality Health Care*

**ARMENIAN/IRANIAN/RUSSIA**

**Armenian Relief Society**

517 W. Glenoaks Blvd      (818) 500-1343      Free      E, A, Fa, R  
 Glendale, CA 91202      [www.arswestusa.org](http://www.arswestusa.org)

*Provides Employment, Immigration, Counseling, English as a Second Language (ESL) Class, Referral, Translation & Advocacy*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

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**ASIAN/PACIFIC**

**Asians for Miracle Marrow Matches**

244 S. San Pedro Street      1-888-236-4673      Free      E, K, J, Ch, V  
 Suite 503  
 Los Angeles, CA 90012      [www.asianmarrow.org](http://www.asianmarrow.org)

*National Marrow Donor Program, Interpretation, Counseling from Bilingual Psychotherapists & Provide Translated Materials*

**Asian Pacific Health Care Venture**

4216 Fountain Avenue      (323) 644-3880      Varies      Ch, Kh, T, J  
 Los Angeles, CA 90029      [www.aphcv.org](http://www.aphcv.org)

*Provides Primary Care, Prenatal, Women’s Health, Senior Health & HIV/A*

**Asian Youth Center**

100 W. Clary Avenue      (626) 309-0622      Varies      E, Sp, Ch  
 San Gabriel, CA 91776      [www.asianyouthcenter.org](http://www.asianyouthcenter.org)

*After School & Summer School Programs, Health Education, Asian Youth Center, & Teen Program*

**Cambodian Association of America**

2390 Pacific Avenue      (562) 988-1863      Free      E, Sp, Kh, Tag  
 Long Beach, CA 90806      [www.cambodianusa.com](http://www.cambodianusa.com)

*Provides Counseling, Substance Abuse, Domestic Violence, Family Enrichment Services & Senior Center*

**Chinatown Service Center**

767 N. Hill Street      (213) 808-1700      Free      E, C, M, Sp, V  
 Suite 400  
 Los Angeles, CA 90012      [www.cscla.org](http://www.cscla.org)

*Provides Counseling, Family Health Clinic, Child Development Center, Youth Programs, Community Health Center & Social Services*

**Chinese American Association of Chino Hills**

2545 Chino Hills Parkway      (909) 228-3088      Call for Cost      E, Ca & M  
 Suite F  
 Chino Hills, CA 91709      [www.caach.org](http://www.caach.org)

*Provides Health Seminars, Chinese School for Adults and Children & Senior Club*

**Korean American Family Service Center**

3727 W. Sixth Street      (213) 389-6755      Call for Cost      E, K  
 Suite 509  
 Los Angeles, CA 90020      [www.kfamla.org](http://www.kfamla.org)

**24- Hour Toll-Free Crisis Hotline: 1-888-979-3800**

*Programs Include Counseling & Life Skills, Family Intervention, Child Care Food Program, Social Services, Outreach & Education and Korean Foster Family Initiative*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Korean Resource Center**

900 S. Crenshaw Blvd Los Angeles, CA 90019	(323) 937-3718 <a href="http://www.krcla.org">www.krcla.org</a>	Call for Cost	E, K
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*Offers Legal Counsel, Tax Report, Permanent Resident Ship Renewal, Citizenship, Education & Summer Programs for Youth*

**Legal Aid Foundation of Los Angeles**

1102 Crenshaw Blvd Los Angeles, CA 90019	1-800-399-4529 (323) 801-7912 <a href="http://www.lafla.org">www.lafla.org</a>	Call for Cost	E, Sp, C, M
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*Offers Free Legal Assistance to Low Income Communities. Specializes in Consumer and Family Law & Assistance to Asian/Pacific Islander Communities*

**Little Tokyo Service Center**

231 E. 3 <sup>rd</sup> Street Suite G-106 Los Angeles, CA 90013	(213) 473-3030 <a href="http://www.ltsc.org">www.ltsc.org</a>	Call for Cost	E, J
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*Serves the Needs of the Elderly, Low Income, Non-English Speaking & Disabled Local Community*

**Pacific Asian Counseling Services**

8616 La Tijera Blvd Suite 200 Los Angeles, CA 90045	(310) 337-1550 <a href="http://www.pacsla.org">www.pacsla.org</a>	Call for Cost	E, Ch, J, K, Kh, Sa, Sp, Tag
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*Provides Quality, Culturally Sensitive, Multilingual Mental Health & Social Services*

**South Asian Network**

18173 S. Pioneer Blvd Suite I Artesia, CA 90701	(562) 403-0488 <a href="http://www.southasiannetwork.org">www.southasiannetwork.org</a>	Call for Cost	E
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*Multilingual Culturally Appropriate Program of Directed Service, Community Education and Advocacy in Immigration, Public Health, Domestic Violence, Hate Crime & Discrimination*

**Thai Community Development Center**

6376 Yucca Street Suite B Los Angeles, CA 90028	(323) 468-2555 <a href="http://www.thaicdc.org">www.thaicdc.org</a>	Varies	E, T
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*Programs include Affordable Housing Development, Job Search, Small Business Development, Neighborhood Revitalization, Social Enterprises, and Services for Youth*

**Thai Health and Information Services**

1654 N. Harvard Blvd Los Angeles, CA 90027	(323) 661-2008 <a href="http://www.thaihealth.org">www.thaihealth.org</a>	Call for Cost	E, T
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*Provides Health Education, Outreach, Job Training & Access to Social Services*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**United Cambodian Community**

2201 E. Anaheim Street Suite 200 Long Beach, CA 90804	(562) 433-2490 <a href="http://www.ucclb.org">www.ucclb.org</a>	Free	E, Kh
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*Programs include Parenting Classes, ESL, Citizenship Assistance, Translation and Youth Programs*

**HISPANIC/LATINO**

**Bienvenidos Family Services**

316 W. Second Street Suite 800 Los Angeles, CA 90012	(213) 785-5906 <a href="http://www.bienvenidos.org">www.bienvenidos.org</a>	Call for Cost	E, Sp
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*Provides Food Pantry, Respite Child Care, Parent Training, Peer Support & Individual Programs for Children*

**Clínica Monseñor Oscar Romero**

123 S. Alvarado Street Los Angeles, CA 90057	(213) 989-7700 <a href="http://www.clinicaromero.org">www.clinicaromero.org</a>	Varies	E, Sp
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*Programs include Medical, Dental, Vision, Mental Health & Pharmacy*

**El Centro de Acción Social**

37 E. Del Mar Blvd Pasadena, CA 91105	(626) 792-3148 <a href="http://www.elcentropasadena.org">www.elcentropasadena.org</a>	Free	E, Sp
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*Offers El Centro Youth Leadership Academy, Villa-Parke Senior Network & Cultural Celebrations*

**Esperanza Community Housing Corporation**

3655 S. Grand Avenue Suite 280 Los Angeles, CA 90007	(213) 748-7285 <a href="http://www.esperanzacommunityhousing.org">www.esperanzacommunityhousing.org</a>	Free	E, Sp
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*Offers Affordable Housing, Economic Development, Education, Health, Arts & Science Services for Youth*

**Inner City Struggle**

124 North Townsend Ave. Los Angeles, CA 90063	(323) 780-7605 <a href="http://www.innercitystruggle.org">www.innercitystruggle.org</a>	Call for Cost	E
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*Promotes Safe, Healthy and Non-Violent Communities to Youth and Families in Boyle Heights & East Los Angeles*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**La Casa De San Gabriel**

203 East Mission Road (626) 286-2144 Call for Cost E, Sp  
 San Gabriel, CA 91776 [www.lacasacommunitycenter.org](http://www.lacasacommunitycenter.org)

*Provides Youth Development, Emergency Assistance. Health and Dental Screenings, Referrals & Resources*

**Latino Resource Organization**

610 California Ave. (310) 578-6069 Call for Cost E  
 Venice, CA 90291 [www.latinoresource.org](http://www.latinoresource.org)

*Provides HIV/AIDS Education, Senior Services, Immigration Services, Substance Abuse & Tutoring Programs*

**Mexican American Legal Defense**

634 S. Spring Street (213) 629-2512 Call for Cost E, Sp  
 Los Angeles, CA 90014 [www.maldef.org](http://www.maldef.org)

*Secures the Rights in the Areas of Employment, Education, Immigrants' Rights & Political Access*

**Mexican American Opportunity**

401 N. Garfield Avenue (323) 890-9600 Call for Cost E, Sp  
 Montebello, CA 90640 [www.maof.org](http://www.maof.org)

*Provides Resource & Referral Program to Socially & Economically Disadvantaged Children, Youth, Adults & Older Persons*

**National Association for Hispanic Elderly**

234 E. Colorado Blvd (626) 564-1988 Call for Cost E, Sp  
 Suite 300  
 Pasadena, CA 91101 [www.anppm.org](http://www.anppm.org)

*Serves the Needs of Hispanic Elderly & Other Low Income Persons*

**Para Los Niños**

500 Lucas Avenue (213) 250-4800 Varies E, Sp  
 Los Angeles, CA 90017 [www.paralosninos.org](http://www.paralosninos.org)

*Provides Educational Enrichment Programs, Counseling, Childcare, After School Programs & Case Management to Low Income Families*

**JEWISH**

**Jewish Family Services of Los Angeles**

3580 Wilshire Blvd (323) 761-8800 Call for Cost E, Sp, Fa, R  
 Seventh Floor  
 Los Angeles, CA 90010 [www.jfsla.org](http://www.jfsla.org)

*Provides Food & Shelter, Counseling Services & Support for Families, Individuals & Seniors*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**National Council of Jewish Women**

543 N. Fairfax Ave. (323) 651-2930 Call for Cost E, Sp, R  
 Los Angeles, CA 90036 [www.ncjwla.org](http://www.ncjwla.org)

*Provides Counseling Services & Support for Women, and Art & Literacy Programs for Youth*

**COUNSELING SERVICES**

**Amanecer Community Counseling Service**

1200 Wilshire Blvd (213) 481-7464 Varies E, Sp  
 Suite 500  
 Los Angeles, CA 90017 [www.ccscla.org](http://www.ccscla.org)

*Provides Field Clinical Capable Services, Domestic Violence & Adult Outpatient Care*

**Barrio Action Group**

4970 S. Huntington Drive (323) 221-0779 Call for Cost E  
 N.; Suite 200  
 Los Angeles, CA 90032 [www.barrioaction.org](http://www.barrioaction.org)

*Provides Counseling Services for Family, Individuals & Youth with Severe Behavioral Problems, Gang Related & Drug Problems*

**Family Resource Counseling Center**

11500 W. Olympic Blvd (310) 479-9798 Call for Cost E  
 Suite 420  
 Los Angeles, CA 90064 [www.frcccla.com](http://www.frcccla.com)

*Provides Professional Counseling and Psychological Services for Children, Adolescents & Adults*

**Helpline Youth Counseling**

12440 E. Firestone Blvd (562) 864-3722 Call for Cost E, Sp  
 Suite 1000  
 Norwalk, CA 90650 [www.hycinc.org](http://www.hycinc.org)

*Provides Counseling Services for Individual, Group & Family*

**ASIAN/PACIFIC**

**Asian Pacific Counseling & Treatment Centers**

520 S. Lafayette Park (213) 252-2100 Call for Cost E, C, Sp, Tag  
 Place; Suite 300  
 Los Angeles, CA 90057 [www.apctc.org](http://www.apctc.org)

*Provides Multi-Disciplinary & Culturally Sensitive Approaches to Address Client's Psychological & Social Needs*

**Indochinese Counseling & Treatment**

605 W. Olympic Blvd (213) 553-1850 Call for Cost E, T, V  
 Los Angeles, CA 90015

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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*Provides Outpatient Mental Health Services to Southeast Asian Refugees*

**KHEIR (Korean Health, Education, Information and Research Center)**

3727 W. 6<sup>th</sup> St.; Suite 230 (213) 637-1080 Call for Cost E, K, Sp  
 Los Angeles, CA 90020 [www.kfamla.org](http://www.kfamla.org)

*Provides Counseling & Life Skills, Family Intervention & Social Services*

**Pacific Asian Alcohol & Drug Program**

2001 Beverly Blvd. (213) 413-1622 Varies E, Sp, Tag  
 Suite 201  
 Los Angeles, CA 90057 [www.paadp.org](http://www.paadp.org)

*Provides Alcohol, Drug Prevention, Treatment & Recovery Services to CAL-Works Program Participants*

**Special Services for Group**

605 W. Olympic Blvd (213) 553-1822 Call for Cost E, Sp, K, Tag, V  
 Suite 600  
 Los Angeles, CA 90015 [www.ssgmain.org](http://www.ssgmain.org)

*Provides Dental Care, Homeless Outreach Program Integrated Care System & Parents Neighborhood Youth Program*

**HISPANIC/LATINO**

**Casa Cardenas Senior & Family**

111 W. Beverly Blvd (323)721-7578 Call for Cost E, Sp  
 Montebello, CA 90640

*Offers Counseling for Families & Seniors Dealing with Family Conflict, Grief, Mental Health Issues, Substance Abuse, Domestic Violence, Caregiver Support, Case Management & Bilingual Bereavement Support Groups*

**DIABETES**

**American Diabetes Association**

611 Wilshire Blvd (323) 966-2890 Call for Cost E  
 Suite 90  
 Los Angeles, CA 90017 [www.diabetes.org](http://www.diabetes.org)

*Provides Information & Other Services to People with Diabetes*

**CDAPP Sweet Success Resource & Training Center**

7835 Trade Street (858) 536-5090 Call for Cost E  
 Suite 100  
 San Diego, CA 92121 [www.cdappsweetsuccess.org](http://www.cdappsweetsuccess.org)

*Provides Education Resources for Both Health Care Providers & Pregnant Women with Diabetes*



*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Juvenile Diabetes Foundations of Los Angeles**

811 Wilshire Blvd Suite 1600 Los Angeles, CA 90017	(213) 233-9901 <a href="http://www.jdrf.org">www.jdrf.org</a>	Call for Cost	E
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*Provides Online Support & Information about Prevention & Living with Diabetes*

**DISABILITY RESOURCES**

**Ability First**

1300 E. Green Street Pasadena, CA 91106	(877) 768-4600 <a href="http://www.abilityfirst.org">www.abilityfirst.org</a>	Call for Cost	E, Sp
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*Provides Recreational, Socialization and Employment Programs for Children and Adults with Physical and Developmental Disabilities*

**California Protection and Advocacy System**

350 South Bixel Street Suite 290 Los Angeles, CA 90017	1-800-776-5746 TTY: 1-800-719-5798 <a href="http://www.disabilityrightsca.org">www.disabilityrightsca.org</a>	Free	E, Sp
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*Advocate, Educate, Investigate & Litigate to Advance & Protect the Rights of Californians with Disabilities*

**Community Actively Living Independent & Free**

634 S. Spring Street 2 <sup>nd</sup> Floor Los Angeles, CA 90014	(213) 627-0477 <a href="http://www.califilcl.wix.com">www.califilcl.wix.com</a>	Call for Cost	E
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*Provides Skills Workshops, Information, Referral, and Housing for Individuals with Disabilities in the Central Los Angeles Area*

**Community Therapies & Baby Steps**

861 Auto Center Dr. #D Palmdale, CA 93551	(661) 945-7878 <a href="http://www.communitytherapies.com">www.communitytherapies.com</a>	Call for Cost	E, Sp
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*Works with Children and Adults with Various Disabilities in Need of Speech/Language Therapy Services, Early Intervention for Children Birth to Three with Developmental Delays*

**Community Rehabilitation Services (CRS)**

4716 Cesar E Chaves Ave Los Angeles, CA 90022	(213) 266-0453 <a href="http://www.clnet.ucla.edu/community/crs.html">www.clnet.ucla.edu/community/crs.html</a>	Call for Cost	E, Sp
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**San Gabriel Branch**

135 N. San Gabriel Blvd San Gabriel, CA 91775	(818) 309-7676 <a href="http://www.clnet.ucla.edu/community/crs.html">www.clnet.ucla.edu/community/crs.html</a>	Call for Cost	E, Sp
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*Programs include Advocacy, Personal Assistance Services, Housing Assistance, Independent Living Skills, Peer Counseling, and Transportation & Job Club Services for People with Disabilities*



*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Disabled Resources Center**

2750 E. Spring Street Suite 100 Long Beach, CA 90806	(562) 249-2950 <a href="http://www.drcinc.com">www.drcinc.com</a>	Call for Cost	E, Ca, Sp, Tag
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*Services include Counseling, Peer Support Groups & Workshops on Topics Related to Disability*

**Drew Child Development Corporation**

1770 E. 118 <sup>th</sup> Street Los Angeles, CA 90059	(323) 249-2950 <a href="http://www.drewcdev.com">www.drewcdev.com</a>	Call for Cost	E, Sp
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*Promotes Physical, Social, Emotional and Cognitive Development for Children with Special Needs*

**Family Focus Resources Center**

18111 Nordhoff St.; E-109 Northridge, CA 91330	(818) 677-6854 <a href="http://www.csunfamilyfocus.com">www.csunfamilyfocus.com</a>	Call for Cost	E
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*Provides Information, Referrals & Support to Children, Youth and Adult with Developmental Disabilities and Special Needs*

**Family Resource Center Network**

1000 S Fremont Avenue Suite 6050, #35 Alhambra, CA 91803	(626) 300-9171 <a href="http://www.familyresourcenetworklac.org">www.familyresourcenetworklac.org</a>	Call for Cost	E, Sp
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*Offers Free Information, Training & Support to People with Developmental Disabilities & Their Families*

**Harbor Regional Center**

21231 Hawthorne Blvd Torrance, CA 91503	(310) 540-1711 <a href="http://www.harborrc.org">www.harborrc.org</a>	Call for Cost	E, Sp
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*Provides Diagnosis, Information & Referral, Individual or Family Service Planning & Family Support*

**Independent Living Center of Southern California**

14407 Gilmore Street Suite 101 Van Nuys, CA 91401	(818) 785-6934 TTY: (818) 785-7097 <a href="http://www.ilcsc.org">www.ilcsc.org</a>	Call for Cost	E
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*Assists in Obtaining Emergency Services, Food, Shelter & Benefits*

**Institute for Families**

4650 Sunset Blvd Mail Stop 111 Los Angeles, CA 9027	(323) 361-4649 <a href="http://www.instituteforfamilies.org">www.instituteforfamilies.org</a>	Call for Cost	E
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*Provides Counseling, Support, Information & Advocacy to Families*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Intercommunity Counseling Center**

7702 Washington Ave (562) 698-1272 Call for Cost E, Sp  
 1<sup>st</sup> Floor  
 Whittier. CA 90602 [www.iccwhittier.org](http://www.iccwhittier.org)

*Provides Caring, Supportive Mental Health Services at Its Uptown Whittier Location*

**John Tracy Clinic**

806 West Adam Blvd (213) 748-5481 Call for Cost E  
 Los Angeles, CA 90007 [www.jtc.org](http://www.jtc.org)

*Provides Individual & Family Counseling, Parent Education & Support Group*

**John Tracy Clinic**

740 E Wardlow Road (562) 426-2257 Call for Cost E  
 Long Beach, CA 90807 [www.jtc.org](http://www.jtc.org)

*Offers Families Living in Long Beach, Orange County, Inland Empire & South Bay Area with Diagnostic Testing & Educational Services for Children between Birth and Five Years of Age*

**Long Beach Family Resource Center**

2801 Atlantic Avenue (562) 933-8050 Call for Cost E, Sp  
 Long Beach, CA 90806 [www.familyrecourcenetworklac.org](http://www.familyrecourcenetworklac.org)

*Provides Referral Advocacy, Training & Support Group to Families with Ill or Special Needs*

**Southern California Resource Services for Independent Living**

7830 Quill Drive (562) 862-6531 Call for Cost E  
 Suite D  
 Downey, CA 90242 [www.scrs-ilc.org](http://www.scrs-ilc.org)

*Empowers Persons with Disabilities to Achieve Their Personalized Goals through Community Education & Individualized Services*

**South Central Los Angeles Regional**

650 W. Adams Blvd (213) 744-7000 Call for Cost E  
 Suite 400  
 Los Angeles, CA 90007 [www.sclarc.org](http://www.sclarc.org)

*Offers Families with Special Needs Comprehensive Support*

**The Parent's Place Family Resource & Employment Center**

1500 S. Hyacinth Ave (626) 919-1091 Call for Cost E  
 Suite B  
 West Covina, CA 91791 [www.parentsplacefrc.com](http://www.parentsplacefrc.com)

*Empowers Families Raising a Child with a Disability through Information/Education, Referrals & Parent-to-Parent Support*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Westside Center for Independent Living**

12901 Venice Blvd      1-888-851-9245      Call for Cost      E, Sp  
 Los Angeles, CA 90066      [www.wcil.org](http://www.wcil.org)

*Assists Persons with Disabilities & Seniors Achieve & Maintain Self-Directed & Community Based Independent Lives*

**DOMESTIC VIOLENCE**

**1736 Family Crisis Center**

2116 Arlington Avenue      (323) 737-3900      Free      E, Sp  
 Suite 200  
 Los Angeles, CA 90018      [www.1736familycrisiscenter.org](http://www.1736familycrisiscenter.org)

*Offers Case Management, Counseling, Job Development & Placement, Legal Help, Life Skills Training, Financial Literacy, Parenting Education, Referrals for Free Medical & Access to Other Services*

**Domestic Violence Council (DVC)**

1-800-948-3600      Free      E, Sp  
[www.dvcouncil.lacounty.gov](http://www.dvcouncil.lacounty.gov)

*Provides Domestic Violence Council Meeting*

**East Los Angeles Women’s Center**

1255 S. Atlantic Blvd      (323) 526-5819      Free      E, Sp  
 Los Angeles, CA 90022      [www.elawc.org](http://www.elawc.org)

**East Los Angeles Rape & Battering Hotline: 1-800-585-6231**

*Programs include Sexual Assault, Rape, Battering Program, Domestic Violence Services, Mental Health & Therapeutic Parenting Programs, HIV/AIDS Prevention Services, Testing & Therapeutic Services for HIV+ Women*

**Injury/Violence Prevention Program**

695 S. Vermont Ave.      (213) 351-7888      Free      E, Sp  
 South Tower - 14th Floor  
 Los Angeles, CA 90005      [www.publichealth.lacounty.gov/ivpp/InjTopicsHome.htm](http://www.publichealth.lacounty.gov/ivpp/InjTopicsHome.htm)

**24-Hour Crisis Line: 1-800-978-3600 (LA County only)**

**Peace Over Violence**

1015 Wilshire Blvd      (213) 955-9090      Free      E, Sp  
 Suite 200  
 Los Angeles, CA 90017      [www.peaceoverviolence.org](http://www.peaceoverviolence.org)

892 N. Fair Oaks Ave      (626) 584-6191      Free      E, Sp  
 Suite D  
 Pasadena, CA 91103      [www.peaceoverviolence.org](http://www.peaceoverviolence.org)

**24-Hour Rape & Battering Hotlines: (626) 793-3385 & (213) 626-3393**

*Provides Individual & Group Counseling for Survivors of Sexual Assault, Domestic & Relationship Violence, Stalking & Child Sexual Abuse*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**YWCA of Glendale**

735 E. Lexington Drive (818) 242-4155 Free E, Sp, A  
 Glendale, CA 91206 [www.glendaleywca.org](http://www.glendaleywca.org)

**Abuse Hotline: 1-888-999-7511**

*Programs include a 45-Day Safe-Haven for Women & Children, Services including Meals, Housing, Counseling & Social Services, a Children’s Counseling Program, Legal Advocacy, Case Management, Housing Assistance, Employment, Education, Healthcare & Childcare*

**AMERICAN INDIAN**

**United American Indian Involvement**

1125 W. 6<sup>th</sup> Street (213) 202-3970 Call for Cost E, Sp  
 Suite 103  
 Los Angeles, CA 90017 [www.uaii.org](http://www.uaii.org)

*Provides Therapy & Support to Children, Adolescents, Their Families & Female Victims of Domestic Violence & Sexual Assault*

**ASIAN/PACIFIC**

**Asian Pacific Women’s Center**

244 S. San Pedro Street (213) 250-2977 Free E, Ch, Sp, J, K, Tag, V  
 Suite 504  
 Los Angeles, CA 90012 [www.apwcla.org](http://www.apwcla.org)

*Programs include Domestic Violence Transitional Shelter, Children’s Empowerment Program, Community Education and Empowerment Program, Community Services & Ivy Terrace Permanent Housing Program*

**Center for the Pacific Asian Family**

543 North Fairfax Avenue (323) 966-4590 Free E, Ch, Sp, J, K, Tag, V  
 Suite 108  
 Los Angeles, CA 90036

**24-Hour Crisis Line: 1-800-339-3940**

*Offers Emergency Shelters, Programs for Youth including Relationship Violence, Sexual Assault & Violence Prevention Workshops*

**HISPANIC/LATINO**

**Su Casa Ending Domestic Violence**

3840 Woodruff Ave (562) 421-6537 Free E, Sp  
 Suite 203  
 Long Beach, CA 90808 [www.sucasadv.org](http://www.sucasadv.org)

**24-Hour Crisis Line: (562) 402-4888**

*Provides Counseling, Advocacy Services, Referral, Emergency Shelter & Transitional Shelter*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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## HEALTH EDUCATION

### American Heart Association

816 S. Figueroa Street Los Angeles, CA 90017	(213) 291-7000 <a href="http://www.heart.org">www.heart.org</a>	Free	E, Ch, Sp, V
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*Provides Educational Programs, Cook-Books & Credible Heart Disease and Stroke Information for Effective Prevention & Treatment*

### Asthma & Allergy Foundation of America, California Chapter

3435 Wilshire Blvd Suite 350 Los Angeles, CA 90010	(323) 937-7859 <a href="http://www.asthmacoalitionla.org">www.asthmacoalitionla.org</a>	Free	E
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*Provides Support Groups for Parents of Asthma Children, Free Community & Public Education Programs & Educational Brochures on Variety of Asthma / Allergy Topics*

### Asthma Coalition of Los Angeles County

Maternal, Child, and Adolescent Health Programs (Department of Public Health of LA County) 600 S. Commonwealth Ave., 8 <sup>th</sup> Floor Los Angeles, CA 90005	(213) 639-6400 <a href="http://www.asthmacoalitionla.org">www.asthmacoalitionla.org</a>	Free	E
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*Increases Access to Health Care; Improves Indoor Air Quality in Homes & Outdoor and Improves Asthma Management in Schools*

### California Family Health Council

3600 Wilshire Blvd #600 Los Angeles, CA 90010	(213) 386-5614 <a href="http://www.cfhc.org">www.cfhc.org</a>	Call for Cost	E
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*Programs include Title X, STD Programs, Teen Outreach & Patient Education*

### Center for Lupus Care

100 N. Hillcrest Blvd;#5 Inglewood, CA 90301	(310) 674-0080 <a href="http://www.center4lupuscare.org">www.center4lupuscare.org</a>	Call for Cost	E
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*Services include Support Group, Seminar, Workshop, Symposium & Psychological Group Counseling*

### Department of Public Health, County of Los Angeles

3530 Wilshire Blvd; 8 <sup>th</sup> Fl. Los Angeles, CA 90010	(213) 351-7890 <a href="http://www.publichealth.lacounty.gov">www.publichealth.lacounty.gov</a>	Free	E
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*Programs include Physical Activity, Immunizations, Smoking Prevention, Alcohol & Drug Treatment*

### Department of Health Services

313 N. Figueroa Street Los Angeles, CA 90012	<a href="http://www.ladhs.org">www.ladhs.org</a>	Free	E
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*Offers Health Information & Programs throughout Los Angeles County*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Los Angeles Intergroup of Overeaters Anonymous**

6404 Wilshire Blvd #710 (323) 653-7652 Free E  
 Los Angeles, CA 90048 [www.oalaig.org](http://www.oalaig.org)

*Offers Free Self-Help with 12 Step Recovery Program*

**VA Greater Los Angeles HealthCare**

11301 Wilshire Blvd (310) 478-3711 Call for Cost E  
 Los Angeles, CA 90073 [www.losangeles.va.gov](http://www.losangeles.va.gov)

*Services include Crisis Prevention, Mental Health, PTSD, & Public Health*

**ASIAN/PACIFIC**

**Herald Christian Health Center**

**San Gabriel Center**

923 S. San Gabriel Blvd (626) 286-8700 Call for Cost E, Ca, M  
 San Gabriel, CA 91776

**West Covina Clinic**

2707 E Valley Blvd (626) 667-8500 Call for Cost E, Ca, M  
 Suite 215  
 West Covina, CA 91792

*Services include Medical, Dental, Women's Health Checkup, Health Insurance Enrollment & Health Education Workshops*

**Korean Health Education Information & Research Center**

3727 W 6<sup>th</sup> St, Suite 210 (213) 427-4000 Call for Cost E, K, Sp  
 Los Angeles, CA 90020 [www.lakheir.org](http://www.lakheir.org)

*Provides Health Education & Information & Referral for Social Services and Health Related Issues*

**Thai Health and Information Services**

1654 N. Harvard Blvd (323) 661-2011 Free E, T  
 Los Angeles, CA 90027 [www.thaihealth.org](http://www.thaihealth.org)

*Programs include Health & Immunization, Enrollment/Referral Assistance, Seniors & Youth*

**HISPANIC/LATINO**

**El Centro de Amistad**

7038 Owensmouth Ave (818) 347-8565 Call for Cost E, Sp  
 Canoga Park, CA 91303 [www.elcentrodeamistad.org](http://www.elcentrodeamistad.org)

*Programs & Services include Adult Outpatient Services, CALWORKS Program, Children's Outpatient Programs, Field Capable Clinical Services, Multidisciplinary Assessment Team, Case Management & Medication Support*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**South Bay Family Health Care Center**

23430 Hawthorne Blvd Suite 210 Torrance, CA 90505	(310) 802-6177 <a href="http://www.sbfhc.org">www.sbfhc.org</a>	Call for Cost	E, Sp
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*Programs include Adult Medicine, Chronic Disease Management, Women’s Health, Prenatal Care, Pediatric Care, Dental Care, Social Services, Pregnancy Testing, Family Planning, HIV/AIDS Testing, Counseling & Teen Walk-In Clinic*

**HEARING/VISION DISABLED**

**American Action Fund for the Blind**

18440 Oxnard Street Tarzana, CA 91356	(818) 343-3219 <a href="http://www.actionfund.org">www.actionfund.org</a>	Free	E
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*Assist Blind and Deaf-Blind Persons in Securing Reading Matter & Improve the Quality of Life for the Blind & Deaf-Blind*

**Blind Children’s Center**

4120 Marathon Street Los Angeles, CA 90029	(323) 664-2153 <a href="http://www.blindchildrenscenter.org">www.blindchildrenscenter.org</a>	Free	E, Sp
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*Family-Centered Organization Serving Children with Visual Impairments*

**Braille Institute Regional Sight Center**

741 North Vermont Ave Los Angeles, CA 90029	1-800-272-4553 <a href="http://www.brailleinstitute.org/los_angeles">www.brailleinstitute.org/los_angeles</a>	Free	E
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*Provides Talking Book & Braille Literacy, Low Vision Rehabilitation & Services for Child, Youth, Teen & Adults*

**California Relay Services**

711 From any phone TTY: 1-888-735-2929	Voice: 1-888-877-5379 Voice: 1-888-877-5381	Free within your Local Area	E, Sp
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*Provides Full Accessibility to People who are Deaf, Hard-of-Hearing or Speech Disabled*

**California Telephone Access Program**

1520 W. Cameron Ave Suite 160 West Covina, CA 91790	TTY: 1-800-806-4474 Voice: 1-800-806-1191 Voice: 1-800-949-5650 Voice: 1-866-324-8747 Voice: 1-866-324-8754 <a href="http://www.ddtp.cpuc.ca.gov">www.ddtp.cpuc.ca.gov</a>	Free	E, Sp, M, Ca
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*Provides Free Adaptive Phones to All California Residents who have Difficulty Hearing, Seeing, moving, Speaking or Remembering*



*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Community Speech and Hearing</b>			
18740 Ventura Blvd Suite 100 Tarzana, CA 91356	(818) 774-0224	Call for Cost	E, Sp
<i>Offers Hearing Aid &amp; Assistive Device</i>			
<b>Foundation Fighting Blindness</b>			
2800 28 <sup>th</sup> St.; Suite 310 Santa Monica, CA 90405	(310) 450-2910 <a href="http://www.blindness.org">www.blindness.org</a>	Call for Cost	E
<i>Provides Information on Retinitis Pigmentosa, Macular Degeneration, Usher Syndrome &amp; Stargardt Disease</i>			
<b>Greater Los Angeles Agency on Deafness</b>			
2222 Laverna Ave  Los Angeles, CA 90041	(323) 478-8000 TTY (323) 550-4226 <a href="http://www.gladinc.org">www.gladinc.org</a>	Free	E, Sp
<i>Services include Health Education, Employment, Public Relations, Senior Housing, &amp; American Sign Language Interpreting Services (LifeSigns)</i>			
<b>International Hearing Aid Services</b>			
7730 Pacific Blvd. Huntington Park, CA 90255	(323) 588-0742	Call for Cost	E, Sp
<i>Provides Support &amp; Information about Hearing Aids &amp; Assistive Devices</i>			
<b>Junior Blind of America</b>			
5300 Angeles Vista Blvd. Los Angeles, CA 90043	1-800-352-2290 <a href="http://www.juniorblind.org">www.juniorblind.org</a>	Call for Cost	E
<i>Helps Children &amp; Adults Who Are Blind, Visually Disable Achieve Independence</i>			
<b>LifeSigns</b>			
2222 Laverna Ave Los Angeles, CA 90041	1-888-930-7776 <a href="http://www.lifesignsinc.org">www.lifesignsinc.org</a>	Call for Cost	E, Sp
<i>Provides Interpreter Referral, Communication Aids &amp; Video Relay Interpreting</i>			
<b>The Center for the Partially Sighted</b>			
6101 W Centinela Ave Suite 150 Culver City, CA 90230	(310) 988-1970 <a href="http://www.low-vision.org">www.low-vision.org</a>	Call for Cost	E
<i>Help Individuals with Vision Loss Regain the Ability to Undertake the Tasks that Provide Independence</i>			
<b>The Jules Stein Eye Institute</b>			
100 Stein Plaza UCLA Los Angeles, CA 90095	(310) 825-5000 <a href="http://www.jsei.org">www.jsei.org</a>	Call for Cost	E



*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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*Programs include Care of Patients with Eye Disorders, Research in the Vision Sciences, Education in the Field of Ophthalmology and Outreach to the Community*

## **HIV/AIDS SUPPORT**

### **AIDS Health Care Foundation (AHF)**

6255 W. Sunset Blvd 21 <sup>st</sup> Floor Los Angeles, CA 90028	(323) 860-5200 <a href="http://www.aidshealth.org">www.aidshealth.org</a>	Varies	E, Sp
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*Programs include HealthCare Centers, Pharmacy, HealthCare Plans, Free HIV Testing, Advocacy & Thrift Stores*

### **AIDS Project Los Angeles**

611 S Kingsley Drive Los Angeles, CA 90005	(213) 201-1600 <a href="http://www.apla.org">www.apla.org</a>	Free	E, Sp
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*Services include Prevention Education, Housing Assistance, Mental Health Counseling, Women's Services, APLA Dental, Home Health, Nutrition Education and Case Management*

### **AIDS Service Center**

65 North Raymond Ave Suite 20 Pasadena, CA 91103	(626) 441-8495 <a href="http://www.aidsservicecenter.org">www.aidsservicecenter.org</a>	Free	E, Sp
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*Programs & Services include HIV testing, HIV 101 Education, Community Partnership Professional Development, Housing Services, Supplement Food Card Program, Household Goods Resource and Alliance for Housing & Healing*

### **L.A Gay & Lesbian Center**

#### **McDonald/Wright Building**

1625 N Schrader Blvd Los Angeles, CA 90028	(323) 993-7400 <a href="http://www.lalgbtcenter.org">www.lalgbtcenter.org</a>	Call for Cost	E, Sp
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*Services include Family Violence/STOP Domestic Violence, Health & Medical Services, Mental Health & Counseling*

#### **The Village at Ed Gould Plaza**

1125 N. McCadden Place Los Angeles, CA 90038	(323) 860-7302 <a href="http://www.lalgbtcenter.org">www.lalgbtcenter.org</a>	Call for Cost	E, Sp
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*Services include AIDS/Life Cycle, Cultural Arts & Education, Computer/Internet Center, Learning Curve/Self-Enrichment Courses & Senior Services*

#### **Youth Center on Highland**

1220 N. Highland Ave Los Angeles, CA 90038	(323) 860-2280 <a href="http://www.lalgbtcenter.org">www.lalgbtcenter.org</a>	Call for Cost	E, Sp
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*Services include Clothing, Counseling & Social Services, Emergency Overnight Beds, Employment Assistance, Food, GED Programs, HIV & STD Testing and Showers*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**The Spot**

745 N. San Vicente Blvd  
West Hollywood, CA  
90069

(323) 993-7440  
[www.lalgbtcenter.org](http://www.lalgbtcenter.org)

Call for Cost

E, Sp

*Services include HIV/STD Testing & STD Treatment*

**Highland Annex**

1220 N. Highland Ave  
Los Angeles, CA 90038

[www.lalgbtcenter.org](http://www.lalgbtcenter.org)

Call for Cost

E, Sp

*Services include Family Services, Hate Crime Victim Assistance, Legal Services & Youth Services*

**The LGBT/Q Center of Long Beach**

2017 E. 4<sup>th</sup> Street  
Long Beach, CA 90814

(562) 434-4455  
[www.centerlb.org](http://www.centerlb.org)

Call for Cost

E

*Services include Support Groups, Workshops & Seminars, Youth Services, Legal Assistance, Employment Referrals, Rental and Roommate Referrals, a Hate Crime Hotline, Mental Health Counseling, Cultural & Social Activities*

**AFRICAN AMERICAN**

**Black AIDS Institute**

1833 W. 8<sup>th</sup> Street  
Suite 200  
Los Angeles, CA 90057

(213) 353-3610  
[www.blackaids.org](http://www.blackaids.org)

Call for Cost

E, Sp

*Offers HIV/AIDS Prevention Programs, Information & Referrals*

**ASIAN/PACIFIC**

**Asian Pacific AIDS Intervention Team**

**LA Office**

1730 W Olympic Blvd  
Suite 300  
Los Angeles, CA 90015

(213) 375-3830  
[www.apaitonline.org](http://www.apaitonline.org)

Call for Cost

E, Ca, M, J, K, Tag, T, V

**Orange County Office**

12900 Garden Grove Blvd  
Suite 220A  
Garden Grove, CA 92843

(714) 636-1349  
[www.apaitonline.org](http://www.apaitonline.org)

Call for Cost

E, Ca, M, J, K, Tag, T, V

*Programs and Services include HIV Care Programs, Behavioral Health Services, Substance Abuse Programs, HIV Testing, HIV Education & Counseling Programs and Social Support Groups*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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### **HISPANIC/LATINO**

#### **Bienestar Human Services**

##### **El Monte Center**

3131 Santa Anita Ave  
Suite 109  
El Monte, CA 91733

(626) 444-9453  
[www.bienestar.org](http://www.bienestar.org)

Call for Cost

E, Sp

##### **East Los Angeles Center**

5326 E. Beverly Blvd.  
Los Angeles, CA 90022

(323) 727-7896  
[www.bienestar.org](http://www.bienestar.org)

Call for Cost

E, Sp

##### **Long Beach Center**

1464 Cherry Ave.  
Long Beach, CA 90813

(562) 438-5800  
[www.bienestar.org](http://www.bienestar.org)

Call for Cost

E, Sp

##### **Pomona Center**

180 E Mission Blvd  
Pomona, CA 91766

(909) 397-7660  
[www.bienestar.org](http://www.bienestar.org)

Call for Cost

E, Sp

*Programs & Services Include Case Management, Housing Assistance, HIV Treatment Education, Mental Health Counseling, Healthy Relationships, Peer Support, Food Bank, HIV & STI Protection, Education Programs for Gay & Bisexual Men, and Transgender Women & Substance Users*

#### **El Proyecto del Barrio**

8902 Woodman Ave  
Arleta, CA 91331

(818) 830-7133  
[www.elproyecto.us](http://www.elproyecto.us)

Call for Cost

E, Sp

*Services include Family & Youth Services, Employment and Training Services, and Drug Abuse Counseling Services*

### **HOMELESS SHELTERS/FOOD**

#### **Covenant House California**

1325 N. Western Avenue  
Hollywood, CA 90027

(323) 461-3131  
[www.covenanthousecalifornia.org](http://www.covenanthousecalifornia.org)

Free

E, Sp

**Toll Free Number: 1-800-999-9999**

*Offers Advocacy, Outreach, Crisis Shelters, Transitional Living Program & Supportive Apartment Program*

#### **Downtown Women Center**

442 S. San Pedro Street  
Los Angeles, CA 90013

(213) 680-0600  
[www.dwcweb.org](http://www.dwcweb.org)

Free

E

*Services include meals, personalized case management, an on-site medical clinic, health workshops and screenings, computer literacy, government benefits advocacy, support groups, job counseling, and self-expression classes*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Food on Foot</b>			
<b>Hollywood Feeding Location</b> 1625 N. Schrader Blvd Los Angeles, CA 90028	(310) 442-0088 <a href="http://www.foodonfoot.org">www.foodonfoot.org</a>	Free	E
<b>Homeless Health Care Los Angeles</b>			
2330 Beverly Blvd Los Angeles, CA 90057	(213) 744-0724 <a href="http://www.hhcla.org">www.hhcla.org</a>	Free	E
<b>Jovenes, Inc</b>			
1208 Pleasant Ave Los Angeles, CA 90033	(323) 260-8035 <a href="http://www.jovenesinc.org">www.jovenesinc.org</a>	Free	E, Sp
<i>Continuum of Care includes Emergency Shelter, Transitional Housing &amp; Permanent Supportive Housing</i>			
<b>Los Angeles Coalition to End Hunger &amp; Homelessness</b>			
2500 Wilshire Blvd Suite 1155 Los Angeles, CA 90057	(213) 251-0041 <a href="http://www.lacehh.org">www.lacehh.org</a>	Free	E
<b>Los Angeles Mission</b>			
303 East 5 <sup>th</sup> Street Los Angeles, CA 90013	(213) 629-1227 <a href="http://www.losangelesmission.org">www.losangelesmission.org</a>	Free	E, Sp
<b>MLK Community Health Foundation</b>			
<b>New Image Emergency Shelter</b> 8720 S. Figueroa Street Los Angeles, CA 90003			
<b>Beyond Shelter</b> 7826 S. Broadway Street Los Angeles, CA 90003			
<b>HOPICS (Homeless Outreach Program &amp; Integrated Care System)</b> 5175 S. Broadway Street, #1 Los Angeles, CA 90037			
<b>My Friend's Place</b>			
5850 Hollywood Blvd Los Angeles, CA 90028	(323) 908-0011 <a href="http://www.myfriendsplace.org">www.myfriendsplace.org</a>	Call for Cost	E
<i>Programs include Safe Haven Program, Transformative Education Program &amp; Health and Well Being Program</i>			
<b>Rio Hondo Temporary Home</b>			
12300 4 <sup>th</sup> Street Building 213 Norwalk, CA 90650	(562) 863-8805 <a href="http://www.riohondohome.org">www.riohondohome.org</a>	Free	E, Sp

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Shelter First**

1002 E. 7 <sup>th</sup> Street Los Angeles, CA 90021	(213) 622-4972	Free	E, Sp
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*Provides Short Term & Transitional Shelter to Homeless Men, Women and Children*

**Sunshine Mission for Women**

2600 South Hoover St. Los Angeles, CA 90007	(213) 747-7419	Free	E, Sp
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**Weingart Center Association**

566 S. San Pedro Street Los Angeles, CA 90013	(213) 627-9000 <a href="http://www.weingart.org">www.weingart.org</a>	Free	E, Sp
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**Union Rescue Mission**

545 S. San Pedro Avenue Los Angeles, CA 90023	(213) 347-6300 <a href="http://www.unionrescuemission.org">www.unionrescuemission.org</a>	Free	E, Sp
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*Emergency Services include Food, Shelter, Clothing, Personal Hygiene, Clinics, Day Center, Family Community Center, Hospitality Center, Individual Assessment/Counseling, Life Management Classes and Spiritual Encouragement*

**U.S. Mission – Hudson House**

1154 N. Western Ave Hollywood, CA 90029	(213) 465-0247	Free	E, Sp
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**Valley Shelter**

7843 Lankershim Blvd N. Hollywood, CA 91605	(818) 982-4091	Free	E, Sp
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**INTERPRETATION SERVICES**

**Asian Pacific AIDS Intervention Team**

**LA Office**

1730 W Olympic Blvd Suite 300 Los Angeles, CA 90015	(213) 375-3830 <a href="http://www.apaitonline.org">www.apaitonline.org</a>	Free	E, Ca, M, J, K, Tag, T, V
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**Orange County Office**

12900 Garden Grove Blvd Suite 220A Garden Grove, CA 92843	(714) 636-1349 <a href="http://www.apaitonline.org">www.apaitonline.org</a>	Free	E, Ca, M, J, K, Tag, T, V
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*Offers Free Interpretation Services*

**Pacific Asian Languages Services (PALS for Health)**

1730 W. Olympic Blvd 4 <sup>th</sup> Floor Suite 3A-200 Los Angeles, CA 90015	(213) 553-1818 <a href="http://www.palsforhealth.org">www.palsforhealth.org</a>	Free	E, Sp, K, Ca, M, J, T, V
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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## **LEGAL SERVICES**

### **Bet Tzedek Legal Services**

3250 Wilshire Blvd 13 <sup>th</sup> Floor Los Angeles, CA 90010	(232) 939-0506 <a href="http://www.bettzedek.org">www.bettzedek.org</a>	Call for Cost	E, Sp, R
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*Legal Assistance includes Counseling & Representation at Trials, Administrative Hearings and Appeals*

### **Center for Human Rights**

256 S. Occidental Blvd Los Angeles, CA 90057	(213) 388-8693 <a href="http://www.centerforhumanrights.org">www.centerforhumanrights.org</a>	Call for Cost	E, Sp
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*Legal Services to Indigent Immigrants & Refugees in Proceedings before the INS & Other Government Agencies*

### **Coalition for Humane Immigrant Rights**

2533 W. 3 <sup>rd</sup> street Suite 101 Los Angeles, CA 90057	(213) 353-1333 <a href="http://www.chirla.org">www.chirla.org</a>	Call for Cost	E, Sp
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*Provides Legal Representation & a Support Network for Immigrants & Refugees*

### **Harriet Buhai Center for Family Law**

3250 Wilshire Blvd Suite 710 Los Angeles, CA 90010	(213) 388-7515 <a href="http://www.hbcfl.org">www.hbcfl.org</a>	Free	E, Sp
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*Provides Family Law & Domestic Violence Assistance to Low Income Families*

### **Los Angeles County Bar Association**

1055 West 7 <sup>th</sup> Street Suite 2700 Los Angeles, CA 90005	(213) 627-2727 <a href="http://www.lacba.org">www.lacba.org</a>	Call for Cost	E, Sp
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### **Los Angeles County Bar Association – Public Counsel**

601 S. Ardmore Ave Los Angeles, CA 90005	(213) 385-2977 <a href="http://www.lacba.org">www.lacba.org</a>	Call for Cost	E, Sp
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*Assists with Family Law, Divorce, Paternity, Custody, Restraining Orders, Homeownership and Tenant Defense, and Government Benefits*

## **ASIAN/PACIFIC**

### **Asian Pacific American Legal Center**

(213) 977-7500	Call for Cost	E, J, Tag, Ca, M Kh K T V
(800) 520-2356		
(800) 867-3126		
(800) 867-3640		
(800) 914-9583		
(800) 267-7395		

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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[www.apalc.org](http://www.apalc.org)

*Provides Asian and Pacific Islander and Other Communities with Multi-Lingual, Culturally Sensitive Services and Legal Education including Housing, Domestic Violence, Family Law, Immigration, Citizenship, Consumer Fraud or Discrimination*

**HISPANIC/LATINO**

**Central American Resource Center**

2845 West 7<sup>th</sup> Street (213) 385-7800 Call for Cost E, Sp, K  
 Los Angeles, CA 90005 [www.carecen-la.org](http://www.carecen-la.org)

*Empower Central Americans by Defending Human & Civil Rights, Working for Social and Economic Justice, & Promoting Cultural Diversity*

**El Rescate Legal Services**

1501 West 8<sup>th</sup> Street (213)387-3284 Call for Cost E, Sp  
 Suite 200  
 Los Angeles, CA 90017 [www.elrescate.org](http://www.elrescate.org)

**SENIOR RESOURCES – LOS ANGELES COUNTY**

**Antelope Valley Senior Center**

777 W. Jackman St. (661) 726-4403 Call for Cost E  
 Lancaster

**Alicia Broadous-Duncan Multipurpose Senior Center (MSC)**

11300 Glenoaks Blvd (818) 834-6100 Call for Cost E, Sp  
 Pacoima, CA 91331

**Altadena Senior Center**

560 E. Mariposa Street (626) 798-0505 Call for Cost E  
 Altadena, CA 91001

**Arcadia Senior Services**

365 Campus Drive (626) 574-510 Call for Cost E  
 Arcadia

**Artesia MSC**

18750 Clarkdale (562) 924-6509 Call for Cost E  
 Artesia

**Azusa Senior Center**

740 N. Dalton Avenue (626) 812-5204 Call for Cost E, Sp  
 Azusa, CA 91702

**Barbara Riley Senior Center**

12458 Rives Ave (562) 904-7226 Call for Cost E  
 Downey

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Barlett Senior Center</b> 1318 Cravens Avenue Torrance	(310) 320-5918	Call for Cost	E
<b>Bell Community Center</b> 6250 Pine Avenue Bell	(323) 773-1596	Call for Cost	E
<b>Bell Gardens MSC</b> 6800 Florence Ave Bell Gardens	(562) 806-5400	Call for Cost	E
<b>Bernardi Senior MSC</b> 6514 Sylmar Ave Van Nuys, CA 91401	(818) 718-1101	Call for Cost	E, Sp
<b>Beverly Hills Roxbury Park Community Center</b> 471 S. Roxbury Drive Beverly Hills	(310) 285-4761 www.beverlyhills.org	Call for Cost	E
<b>Bradley MSC*</b> 10957 S. Central Ave. Los Angeles, CA 90059	(323) 923-2753	Call for Cost	E
<b>Burbank Joslyn MSC</b> 1301 W. Olive Ave Burbank	(818) 238-5353	Call for Cost	E
<b>Carson Senior Social Services</b> 801 E. Carson Street Carson, CA 90745	(310) 835-0212	Call for Cost	E, Sp
<b>Cerritos MSC</b> 12340 South Street Cerritos, CA 90703	(562) 916-8550	Call for Cost	E
<b>City of Downey Community Senior Services</b> 7810 Quill Drive Downey, CA 90241	(562) 904-7223	Call for Cost	E
<b>City of La Puente Senior Center</b> 16001 E. Main Street La Puente, CA 91744	(626) 855-1585	Call for Cost	E, Sp
<b>Claremont Joslyn Senior Center</b> 660 N. Mountain Ave Claremont, CA 91711	(909) 399-5488	Call for Cost	E, Sp



*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Commerce Senior Citizens Center</b>			
2555 Commerce Way Commerce	(323) 887-4430 www.ci.commerce.ca.us	Call for Cost	E
<b>Covina Joslyn Senior Center</b>			
815 N. Barranca Ave Covina, CA 91723	(626) 966-6378	Call for Cost	E, Ch, Sp
<b>Culver City Senior Center</b>			
4095 Overland Ave Culver City, CA 90232	(310) 253-6700	Call for Cost	E, C, I
<b>Delta Sigma MSC*</b>			
2528 West Blvd Los Angeles	(323) 735-5799	Call for Cost	E
<b>Duarte Senior Center</b>			
1610 Huntington Drive Duarte, CA 91010	(626) 357-3513	Call for Cost	E
<b>East Los Angeles Neighborhood Center</b>			
133 North Sunol Drive Los Angeles	(323) 260-2823	Call for Cost	E
<b>East Valley MSC</b>			
5056 Van Nuys Blvd. Sherman Oaks, CA 91603	(818) 766-5165	Call for Cost	E
<b>El Monte Community &amp; Senior Center</b>			
3120 N. Tyler Ave El Monte, CA 91731	(626) 580-2210	Call for Cost	E, Sp
<b>El Dorado Senior Center</b>			
2800 Studebaker Road Long Beach, CA 90815	(562) 570-3227	Call for Cost	E
<b>El Segundo Joslyn Senior Center</b>			
339 Sheldon Street El Segundo, CA 90245	(310) 524-2705	Call for Cost	E
<b>Felicia Mahood Senior MSC</b>			
11338 Santa Monica Blvd Los Angeles, CA 90025	(310) 479-4119	Call for Cost	E, Fa, Sp
<b>Gardenia Senior Citizens Day Care Center</b>			
14517 Crenshaw Blvd Gardena	(310) 217-9550	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>George &amp; Helen Thomas MSC</b> 2475 Washington Blvd Los Angeles, CA	(323) 734-9091	Call for Cost	E
<b>Glendale Senior Center</b> 201 E. Colorado Street Glendale	(818) 548-3778	Call for Cost	E
<b>Glendale Sparr Heights Senior Center</b> 1613 Glencoe Way Glendale	(818) 548-2187	Call for Cost	E
<b>Hawthorne Senior Center</b> 3901 El Segundo Blvd Hawthorne	(310) 349-1650	Call for Cost	E
<b>Hollywood MSC</b> 1360 North Street Andrews Place Los Angeles	(323) 957-3900	Call for Cost	E, Sp, A, R
<b>Huntington Senior Care Network</b> 837 S. Fair Oaks Ave Suite 100 Huntington Park	(626) 397-3110	Call for Cost	E, Ch, Sp
<b>Huntington Park Old Timer Foundation</b> 3355 East Gage Ave Huntington Park	(323) 589-7100	Call for Cost	E
<b>Inglewood Senior Center</b> 330 Centinela Ave Inglewood, CA 90302	(310) 412-5338	Call for Cost	E
<b>International Institute of LA MSC</b> 435 S. Boyle Ave Los Angeles	(323) 264-6210	Call for Cost	E
<b>Interval Senior Services</b> 943 Grand Ave Covina	(626) 858-8382	Call for Cost	E
<b>Irwindale Senior Center</b> 16116 Arrow Hwy Irwindale	(626) 430-2283	Call for Cost	E
<b>Jack Crippen Senior Center</b> 3120 N. Tyler Ave	(626) 580-2210	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
El Monte			
<b>Jaycees Foundation Inc MSC</b>			
1148 N. Avalon Blvd Wilmington	(310) 518-4533	Call for Cost	E
<b>Joslyn Adult Center</b>			
210 N. Chapel Ave Alhambra, CA 91801	(626) 570-3220	Call for Cost	E, Ch, M, Sp
<b>Ken Nakaoka MSC</b>			
1670 W, 162 Street Suite B Gardena	(310) 217-9552	Call for Cost	E
<b>La Fetra Senior Center</b>			
333 East Foothill Blvd Glendora	(626) 914-0560	Call for Cost	E
<b>La Mirada Older Adult Services</b>			
13710 La Mirada Blvd La Mirada, CA	(562) 902-3160	Call for Cost	E
<b>La Verne Senior Center</b>			
3680 D Street La Verne, CA	(909) 596-8777	Call for Cost	E
<b>Lawndale Senior Center</b>			
14701 South Burin Ave Lawndale, CA	(310) 679-3344	Call for Cost	E
<b>Lennox Senior Center</b>			
10828 Condon Ave Lennox, CA 90304	(310) 412-5439	Call for Cost	E, Sp
<b>Lincoln Heights Senior Center</b>			
2323 Workman Street Los Angeles	(323) 225-9339	Call for Cost	E, Sp
<b>Long Beach Senior Center</b>			
1150 E. 4 <sup>th</sup> St. Long Beach, CA 90802	(562) 570-3500	Call for Cost	E
<b>Manhattan Beach Senior Center</b>			
1601 N. Valley Drive Manhattan Beach	(310) 802-5447	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Monterey Park Langley MSC</b> 400 West Emerson Ave Monterey Park	(626) 307-1395	Call for Cost	E
<b>Maywood Senior Citizen Program</b> 4801 E. 58 <sup>th</sup> Street Maywood	(323) 562-7043	Call for Cost	E
<b>Mid-Valley Senior Center</b> 14450 Valerio Street Van Nuys, CA	(818) 786-4282	Call for Cost	E
<b>Northeast Valley MSC</b> 11300 Glenoaks Blvd Pacoima, CA 91331	(818) 834-6100	Call for Cost	E, Sp
<b>Norwalk Senior Citizens Venter</b> 14040 San Antonio Drive Norwalk, CA	(562) 929-5580	Call for Cost	E
<b>One Generation MSC</b> 17400 Victory Blvd Van Nuys, CA 91406	(818) 705-2345	Call for Cost	E, Sp
<b>Palmdale Senior Center</b> 1002 E. Avenue Q-12 Palmdale, CA	(661) 267-5551	Call for Cost	E
<b>Palomares City Hall Senior Program</b> 499 E. Arrow Highway Pomona, CA 91767	(909) 620-2324	Call for Cost	E, Sp
<b>Paramount MSC</b> 14400 Paramount Blvd. Paramount, CA	(562) 220-2090	Call for Cost	E
<b>Pasadena Senior Center</b> 85 E. Holy Street Pasadena, CA 91103	(626) 795-4331	Call for Cost	E
<b>Peninsula Seniors/ Palos Verdes</b> 810 Silver Spur Road Suite C Rolling Hills Estates	(310) 377-3003	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Peter Schabarum MSC</b> 1556 Central Ave South El Monte, CA	(626) 448-0131	Call for Cost	E
<b>Pico Rivera Senior Center</b> 9200 Mines Ave Pico Rivera, CA 90660	(562) 948-4844	Call for Cost	E, Sp
<b>Redondo Beach Senior &amp; Family Services</b> 320 Knob Hill Ave Redondo Beach, CA	(310) 318-0650	Call for Cost	E
<b>Robert M Wilkinson MSC</b> 8956 Vanalden Ave Northridge, CA 91324	(818) 756-7741	Call for Cost	E
<b>Rosemead Community Recreation Center</b> 3936 N. Muscatel Ave Rosemead, CA 91770	(626) 569-2251	Call for Cost	E, Sp
<b>San Dimas Senior Center</b> 201 E. Bonita Ave San Dimas, CA	(909) 394-6290	Call for Cost	E
<b>San Gabriel Senior Center</b> 324 South Mission Drive San Gabriel, CA	(626) 308-2822	Call for Cost	E
<b>Santa Anita Family Services Senior Center</b> 306 S. Myrtle Ave Monrovia, CA 91016	(626) 358-1185 (800) 667-3646	Call for Cost	E
<b>Santa Clarita Valley Senior Center</b> 22900 Market Street Santa Clarita, CA 91321	(661) 259-9444	Call for Cost	E, Ch, Sp
<b>Santa Fe Springs MSC</b> 9255 Pioneer Blvd Santa Fe Springs, CA	(562) 692-0261	Call for Cost	E
<b>Sierra Madre Senior Center</b> 232 W. Sierra Madre Blvd Sierra Madre, CA 91024	(626) 355-7135	Call for Cost	E, Ch, Sp
<b>Slauson Park MSC</b> 5306 S. Compton Ave Los Angeles, CA	(323)846-5395	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>South El Monte Senior Center</b> 1556 Central Ave S. El Monte, CA 91733	(626) 448-0131	Call for Cost	E, Sp
<b>St. Barnabas Senior Center</b> 675 S. Carondelet Street Los Angeles, CA 90057	(213) 388-4444	Call for Cost	E, A, K, Sp, Tag
<b>Theresa Lindsay MSC</b> 429 E. 42 <sup>nd</sup> Place Los Angeles, CA 90011	(323) 846-1920	Call for Cost	E, Sp
<b>Valley Storefront Jewish Family Services</b> 12821 Victory Blvd North Hollywood, CA	(818) 984-1380	Call for Cost	E
<b>Walnut Senior Center</b> 21215 La Puente Road Walnut, CA	(909) 598-6200	Call for Cost	E
<b>Weingart Senior Center</b> 5220 Olivia Ave Lakewood, CA 90712	(562) 630-6141	Call for Cost	E, Sp
<b>West Covina Senior Citizens Center</b> 2501 E. Cortez West Covina, CA 91791	(626) 331-5366	Call for Cost	E, Sp
<b>West Hollywood Service Center</b> 7377 Santa Monica Blvd West Hollywood, CA	(323) 851-8202	Call for Cost	E
<b>Whittier Senior Center</b> 13225 Walnut Street Whittier, CA	(562) 464-3370	Call for Cost	E
<b>Wilmington MSC</b> 1371 N. Eubank Ave Wilmington, CA 90744	(310) 518-4533	Call for Cost	E, Sp
<b>Wise MSC</b> 15277 4 <sup>th</sup> Street Santa Monica, CA	(310) 394-9871	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**ARMENIAN/IRANIAN/RUSSIAN**

<b>Armenian Senior Center</b> 407 E. Colorado Blvd Glendale, CA	(818) 241-8690	Call for Cost	E, A
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**ASIAN/PACIFIC**

<b>Asian Pacific Coalition on Aging</b> 1543 W. Olympic Blvd Suite 200-A1 Los Angeles, CA	(213) 365-6252	Call for Cost	E, V, K, Tag
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**HISPANIC/LATINO**

<b>El Sereno Senior Citizens Center</b> 4818 Klamath Pl Los Angeles, CA	(323) 222-2040	Call for Cost	E, Sp
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**ALZHEIMER’S & DEMENTIA RESOURCES – LOS ANGELES COUNTY**

**Adult Day Services**

Adult Day Services are programs designed to provide stimulation in a safe environment during the day for adults with physical and mental functional impairment, including individuals with Alzheimer’s disease and related disorders. These programs offer an opportunity for social interaction, promote health maintenance, foster independence, provide much-needed respite for family caregivers, or offer family members a safe place for their loved one to stay while they work.

**Websites Related To assisted Living Facilities:**

- California Association of Adult Day Services [www.caads.org](http://www.caads.org)
- California Department of Health Care Services [www.dhcs.ca.org](http://www.dhcs.ca.org)
- California Department of Social Services, Community Care Licensing [www.cclid.ca.gov](http://www.cclid.ca.gov)

**Assisted Living Facility**

<b>Place for Mom</b> Provides referrals to RCFEs & nursing facilities	(877) 311-6099	Call for Cost	E, Sp
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<b>Accent on Seniors</b> Provides referrals to RCFEs & nursing facilities statewide	(888) 954-6637 <a href="http://www.accentonseniors.com">www.accentonseniors.com</a>	Call for Cost	E, R, Sp
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>California Registry</b> Provides referrals to RCFEs & nursing facilities statewide	(800) 777-7575 <a href="http://www.calregistry.com">www.calregistry.com</a>	Call for Cost	E
<b>Concepts for Living</b> Provides referrals to RCFEs	(818) 340-7272	Call for Cost	E
<b>Connections</b> Provides referrals to RCFEs	(800) 330-5993	Call for Cost	E, Sp
<b>Elderlink Referral Services</b> Provides referrals to RCFEs & nursing facilities statewide	(800) 613-5772	Call for Cost	E
<b>Heartlight</b> Provides referrals to RCFEs	(310) 204-2223	Call for Cost	E
<b>Senior Homes</b> Provides referrals to RCFEs & nursing facilities statewide	(866) 700-1545	Call for Cost	E
<b>Senior Placement Hotline</b> Provides referrals to RCFEs & nursing facilities in LA County	(877) 353-3756	Call for Cost	E
<b>Senior Residential Choices</b> Provides referrals to RCFEs	(800) 584-1855 <a href="http://www.sr-choices.com">www.sr-choices.com</a>	Call for Cost	E
<b>Southern California Senior Resources</b> Provides referrals to RCFEs	(866) 697-3646	Call for Cost	E, Sp

**Websites Related to Assisted Living Facilities:**

**Care Finder** – an online guide for informed choices when selecting residential care

[www.alz.org/carefinder](http://www.alz.org/carefinder)



*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**CareMavens** – an online database of professional elder care providers and RCFEs

[www.alzla.org/resources](http://www.alzla.org/resources)

### Care Management

Care management helps older adults and their families determine their needs and find the best available resources to meet those needs.

### **GREATER LOS ANGELES (ALL AREAS)**

#### **Alzheimer’s Association, California**

4221 Wilshire Blvd (844) 435-7259  
Suite 400  
Los Angeles, CA 90010 [www.alzcla.org](http://www.alzcla.org)

Call for Cost

E, Sp

*Offer Classes, workshops and educational materials for those with memory loss concerns and their families*

### **ANTELOPE VALLEY**

#### **Antelope Valley Senior Center**

777 W. Jackman Street (661) 726-4400  
Lancaster, CA 93534

Call for Cost

E, Sp

### **LOS ANGELES**

#### **Access Healthcare Associates**

9233 West Pick Blvd (323) 356-8146  
Suite 230  
Los Angeles, CA 90035

Call for Cost

E

#### **AltaMed PACE**

5425 E Pomona Blvd (323) 728-0411  
Los Angeles, CA 90022

Call for Cost

E, Sp

#### **API CARE – Asian Pacific Counseling & Treatment Center**

520 Lafayette Park Place (213) 252-2100  
3<sup>rd</sup> Floor  
Los Angeles, CA 90057

Call for Cost

E

#### **Center for Health Care Rights**

520 Lafayette Park Place (213) 383-4519  
Suite 214  
Los Angeles, CA 90057

Call for Cost

E

#### **Center for the Partially Sighted**

6101 W. Centinela Ave (310) 988-1970  
Suite 150  
Culver City, CA 90230

Call for Cost

E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Choice Home Care</b>			
16906 Parthenia Street Suite 303 Culver City, CA 90230	(818) 894-4151	Call for Cost	E
<b>City of South Pasadena Community Services</b>			
1102 Oxley Street S. Pasadena, CA 91030	(626) 403-7360	Call for Cost	E, C, Sp
<b>Didi Hirsch Community Mental Health Center</b>			
4760 S. Sepulveda Blvd Culver City, CA 90230	(310) 390-6612 ext. 896	Call for Cost	E, A, Sp
<b>Excellent In-Home Care</b>			
16601 Ventura Blvd Suite 506 Encino, CA 91436	(818) 755-4900	Call for Cost	E, Fa
<b>Gardena Senior Citizen's Bureau</b>			
1670 W. 162 <sup>nd</sup> Street Gardena, CA 90247	(310) 217-9552	Call for Cost	E, J, Sp
<b>Glendale Adult Recreation Center</b>			
201 E. Colorado Street Glendale, CA 91205	(818) 548-3775	Call for Cost	E, A, Sp
<b>Gus Velasco Neighborhood Center</b>			
9255 Pioneer Blvd Santa Fe Springs, CA 90670	(562) 692-0261	Call for Cost	E
<b>Houghton Park Community Center</b>			
6301 Myrtle Ave Long Beach, CA 90805	(562) 570-1640	Call for Cost	E, Sp
(310) 973-3270	Call for Cost	E, Sp	
<b>Human Services Association</b>			
6800 Florence Ave Bell Gardens, CA 90201	(562) 806-5400	Call for Cost	E, Sp
<b>La Fetra Center</b>			
333 E. Foothill Blvd. Glendora, CA 91741	(626) 914-8235	Call for Cost	E
<b>Lawndale Community Center</b>			
14700 Burin Ave. Lawndale, CA 90260			

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>LivHome</b> 5670 Wilshire Blvd Suite 500 Los Angeles, CA 90036	(323) 933-5885	Call for Cost	E, J, R, Sp
<b>Los Angeles Caregiver Resource Center</b> 732 Mott Street Suite 150 San Fernando, CA 91340	(818) 847-9141	Call for Cost	E, C, M, Sp
<b>ONEgeneration</b> 17400 Victory Blvd Van Nuys, CA 91406	(818) 708-6625	Call for Cost	E, Sp
<b>The Caring Connection</b> 10727 Wilshire Oak Ave Suite 206 Granada Hills, CA 91344	(818) 368-5007	Call for Cost	E, Sp, V
<b>Wise and Healthy Aging</b> 1527 4 <sup>th</sup> Street Ken Edwards Bldg., 2 <sup>nd</sup> Fl Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E, Fa, Sp
<b>Your Care Manager</b> 6320 Wilshire Blvd #820 Los Angeles, CA 90048	(323) 395-7068	Call for Cost	E
<b><u>ASIAN/PACIFIC</u></b>			
<b>Little Tokyo Service Center</b> 231 E. 3 <sup>rd</sup> Street Suite G106 Los Angeles, CA 90013	(213) 473-1602	Call for Cost	E, Ch, J, Sp
<b>Chinatown Service Center</b> 112 N. Chandler Ave Suite 105 Monterey Park, CA 91754	(626) 293-8733	Call for Cost	E, C, M
<b>Live Oak Park Community Center</b> 10144 Bogue Street Temple City, CA 91780	(626) 579-0461	Call for Cost	E, Ch, J, Sp
<b>Long Beach Asian Pacific Mental Health</b> 4510 E Pacific Coast Highway; Suite 600 Long Beach, CA 90804	(562) 346-1100	Call for Cost	E, Ch, Kh, K, J, Tag, V

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**JEWISH**

<b>JFS/Senior Outreach Seniors</b> 4311 Wilshire Blvd Suite 209 Los Angeles, CA 90010	(323) 932-0316	Call for Cost	E
<b>Jewish Family Services Freda Mohr Center</b> 330 North Fairfax Ave Los Angeles, CA 90036 Multipurpose Senior Services Program	(323) 937-5930	Call for Cost	E, R, Sp
<b>Jewish Family Services of Los Angeles</b> 12821 Victory Blvd N. Hollywood, CA 91606	(818) 984-1380	Call for Cost	E
<b>JFS/West Hollywood Comprehensive Service Center</b> 7377 Santa Monica Blvd W. Hollywood, CA 90046	(323) 851-8202	Call for Cost	E, R
<b>Pico-Robertson Family Resource Center – Jewish Family Services</b> 8838 W. Pico Blvd Los Angeles, CA 90035	(310) 247-0864	Call for Cost	E, Fa

**Diagnostic Centers**

*Diagnostic centers provide complete medical, neurological and psychological examinations to determine the possible causes of changes in memory*

**LOS ANGELES**

<b>Alzheimer’s Disease Research Center Memory &amp; Aging Center, USC</b> 1520 San Pablo St. #3000 Los Angeles, CA 90033	(213) 740-7777	Call for Cost	E
<b>Geriatric Neurobehavioral Center USC/Rancho Los Amigos National Rehabilitation Center</b> 7601 E Imperial Highway 800 West Annex Downey, CA 90242	(562) 401-8130	Call for Cost	E
<b>Mary S. Easton Center for Alzheimer’s Disease Research at UCLA UCLA Memory Disorder Clinic at UCLA Medical Center, Westwood UCLA Neurological Services</b> 300 UCLA Medical Plaza, Ste B200 Los Angeles, CA 90095- 6975	(310) 794-6039	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Memory Disorders Clinic</b>			
<b>At the Sports Concussion Institute</b>			
5230 Pacific Concourse Dr.; Suite 300 Los Angeles, CA 90045	(310) 643-9595	Call for Cost	E
<b>VA Greater Los Angeles Healthcare System</b>			
<b>West Los Angeles Medical Center Department of Geriatric Psychology</b>			
11301 Wilshire Blvd Bldg. 401 Los Angeles, CA 90073	(310) 478-3711	Call for Cost	E
<b><u>SAN FERNANDO VALLEY</u></b>			
<b>Mary S. Easton Center for Alzheimer's Disease Research at UCLA</b>			
<b>Disease Research at UCLA; Memory Disorders Clinic at Olive View - UCLA Med Center Clinic 2A-185 Room 8</b>			
14445 Olive View Drive Sylmar, CA 91342-1437	(818) 212-4591	Call for Cost	E
<b>Family Medicine Center</b>			
801 S. Chevy Chase Drive Suite 230 Glendale, CA 91205	(818) 500-5586	Call for Cost	E
<b>Northridge Neurological Center</b>			
18433 Roscoe Blvd Suite 108 Northridge, CA 91325	(818) 349-2503	Call for Cost	E
<b>S+AGE @ Sherman Oaks Hospital</b>			
4911 Van Nuys Blvd, Suite 100 Sherman Oaks, CA 91403	(818) 341-7243	Call for Cost	E
<b>VA Greater Los Angeles Healthcare System</b>			
<b>Sepulveda Ambulatory Care Center</b>			
16111 Plummer Street North Hills, CA 91343	(818) 891-7711	Call for Cost	E
<b><u>SAN GABRIEL VALLEY</u></b>			
<b>Huntington Memorial Hospital</b>			
<b>Geriatric Assessment Clinic</b>			
100 West California Blvd Pasadena, CA 91105	(626) 397-3127	Call for Cost	E
<b>Persona Neurobehavioral Group</b>			
625 Fair Oaks Ave Suite 390 S. Pasadena, CA 91030	(626) 449-2484	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**SOUTH BAY/HARBOR**

**Harbor UCLA Family Health Center**

1403 Lomita Blvd (310) 534-7600 Call for Cost E  
 Suite 200  
 Harbor City, CA 90710

**Driving**

*California law requires that physicians report people diagnosed with dementia, including Alzheimer’s, to the County Health Department. There are driving evaluation programs through area hospitals that assess whether a person can continue to drive safely. These evaluation programs require a physician’s referral and are usually offered by appointment only. Fees vary.*

**Cedars-Sanai Medical Center**

444 S. San Vicente Blvd (310) 423-9242 Call for Cost E  
 Suite 103  
 Los Angeles, CA 90048

**Northridge Hospital**

18300 Roscoe Blvd (818) 855-5460 Call for Cost E  
 4<sup>th</sup> Floor, IFL Bldg.  
 Northridge, CA 91328

**Rancho Los Amigos Medical Center**

7601 E. Imperial Highway (562) 401-7111 Call for Cost E  
 900 Building, Room 91  
 Downey, CA 90242

**Early Stage Community Services**

People are being diagnosed with dementia at earlier stages of the disease.

**Gilbert Table Tennis Program**

**Westside Jewish Community Center**

5870 W. Olympic Blvd (323) 933-3751 Call for Cost E  
 Los Angeles, CA 90036

**Leeza’s Care Connection at Providence St. Joseph Medical Center**

501 S. Buena Vista Street (818) 847-3686 Call for Cost E  
 Burbank, CA 91505 [www.leezasplace.org](http://www.leezasplace.org)

**OPICA Adult Day Services and Counseling Services**

11759 Missouri Ave (310) 478-0226 Call for Cost E  
 Los Angeles, CA 90025

**WISE & Healthy Aging**

11759 Missouri Ave (310) 394-9871 Call for Cost E  
 Los Angeles, CA 90025

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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### Elder Abuse

Elder abuse is the mistreatment or neglect of an older adult, either self-inflicted or inflicted by someone else. It can take the form of physical, sexual, and/or financial abuse. People with dementia are particularly vulnerable to elder abuse. Please contact any of the following agencies if you suspect abuse of an older adult.

**Adult Protective Services:** Provides assistance and assessments for cases of suspected abuse

- Los Angeles County (213) 351-5401
- Los Angeles 24-Hour Line 1-800-992-1660 & 1-877-477-3646
- Outside of California 1-800-677-1116

**California Department of Aging (CDA):** The CDA administers programs that serve older adults, adults with disabilities, family caregivers and residents in long-term care facilities throughout the State.

- Senior Information Line 1-800-510-2020 [www.aging.ca.gov](http://www.aging.ca.gov)

### Center of Excellence on Elder Abuse and Neglect:

- UCI School of Medicine (714) 456-6466 [www.centeronelderabuse.org](http://www.centeronelderabuse.org)
- Los Angeles County Department of Community & Senior Services Phone: 2-1-1 <http://css.lacounty.gov>
- City of Los Angeles Dept. of Aging Phone: 3-1-1 <http://aging.lacity.org>

**WISE & Healthy Aging – Long Term Care Ombudsman Program:** Provides assistance in dealing with abuse associated with professional long-term care settings such as assisted living facilities, board and care homes and skilled nursing homes.

- Wise & Healthy Aging (310) 393-3618 & 1-800-334-9473 [www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org)

### Ombudsman:

- University of California, Irvine, Ombudsman Crisis Line (24/7) 1-800-231-4024 [www.aging.ca.gov/programs/ombudsman.asp](http://www.aging.ca.gov/programs/ombudsman.asp)

### Health Associations

<b>American Heart Association &amp; American Stroke Association</b>			
816 S. Figueroa Los Angeles, CA 90017	(213) 291-7000 <a href="http://www.heart.org">www.heart.org</a>	Call for Cost	E
<b>American Diabetes Association</b>			
5200 W. Century Blvd Suite 480 Los Angeles, CA 90045	(800) DIABETES(342-2383) <a href="http://www.diabetes.org">www.diabetes.org</a>	Call for Cost	E

**The Association for Frontotemporal Degeneration:** Provides general information regarding frontotemporal degeneration.

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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The Association for Frontotemporal Degeneration: 1-866-507-7222

**Lewy Body Dementia Association:** Provides general information regarding lewy body dementia.

Lewy Body Dementia Association: [www.lbda.org](http://www.lbda.org)

**Parkinson’s Disease Association:** Provides general information regarding Parkinson’s disease.

Parkinson’s Disease Association: 1-800-223-2732  
[www.apdaparkinson.org](http://www.apdaparkinson.org)

### Home Care

**Government-Funded Homecare Programs:** A Los Angeles County Program that assists low income seniors by paying for in-home care

In-Home Supportive Services (IHSS): 1-888-944-4477

**In-Home Supportive Services (IHSS) Ombudsman:** Provides assistance in resolving problems related to IHSS, as well as information about the program

In-Home Supportive Services (IHSS) Ombudsman: 1-888-678-4477

**Financial Assistance for Homecare:** Provides interest-free loans of up to \$2,000 for in-home care

Jewish Free Loan Association: (323) 761-8830  
[www.jfla.org](http://www.jfla.org)

**Los Angeles Caregiver Resources Center:** Provides limited financial home care assistance for those who qualify.

Los Angeles Caregiver Resources Center: 1-800-540-4442  
[www.losangelescrcc.org](http://www.losangelescrcc.org)

### Hospice Care

#### All Care Hospice

100 W. Broadway Ave. Suite 810 Glendale, CA 91210	(818) 241-9108	Call for Cost	E
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#### Assisted Home Hospice

8550 Balboa Blvd Suite 282 Northridge, CA 91325	(818) 830-5003	Call for Cost	E
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Los Angeles Hospice</b> 3807 Wilshire Blvd Suite 1228 Northridge, CA 90010	(213) 389-4700	Call for Cost	E
<b>Roze Home Hospice</b> 5455 Wilshire Blvd Suite 810 Los Angeles, CA 90036	(323) 938-1155	Call for Cost	E
<b>Silverado Hospice</b> 601 S. Glenoaks Blvd Suite 201 Los Angeles, CA 91502	1-888-469-1810	Call for Cost	E
<b>Skirball Hospice</b> 6345 Balboa Blvd #315 Encino, CA 91316	(818) 774-3040	Call for Cost	E
<b>St. Martin Hospice</b> 1925 W. Temple Street Suite 210 Los Angeles, CA 90026	(213) 413-7871	Call for Cost	E
<b>Trinity Care Hospice</b> 5315 Torrance Blvd Bldg. 1 Torrance, CA 90503	1-800-535-8446	Call for Cost	E
<b>VA Greater Los Angeles Healthcare System</b> 11301 Wilshire Blvd Los Angeles, CA 90073	(310) 478-3711	Call for Cost	E
<b>Visiting Nurse Association</b> 3452 W Foothill Blvd Suite 130 Pasadena, CA 91107	(626) 568-2588	Call for Cost	E
<b>VITAS Innovative Hospice Care</b> 1343 N. Grand Ave Covina, CA 91724	(626) 974-2000	Call for Cost	E

**Websites Related to Hospice Care**

- California Hospice Foundation [www.hospicefoundation.info](http://www.hospicefoundation.info)
- Hospice Education Institute [www.hospiceworld.info](http://www.hospiceworld.info)

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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- Hospice Foundation of America [www.hospicefoundation.info](http://www.hospicefoundation.info)

### Housing Resources

The following agencies assist individuals in locating low-income housing and in dealing with tenants' rights.

**Alternative Living for the Aging:** Provides co-operative housing and free roommate matching services

- **Housing Alternatives for Seniors** (323) 650-7988

**City of Los Angeles Housing Department:** Rent Stabilization Ordinance

- **Rent Stabilization Division** 1-866-577-7368

**Los Angeles County Housing Resource Center**

- **Los Angeles County Housing Resource Center** Phone: 2-1-1 [www.housing.lacounty.gov](http://www.housing.lacounty.gov)

**Menorah Housing Foundation:** Offers affordable senior housing for those who qualify

- **Menorah Housing Foundation** (310) 475-6083

**US Department of Housing and Urban Development:** Provides information on rental assistance and subsidy programs

- **Office of Public Health** (213) 894-8000

### Information & Referral

The following are helpful resources for information related to government, social services, healthcare, or Medicare/Medi-Cal-related issues in Los Angeles County.

Alzheimer's Association California South Chapter			
4221 Wilshire Blvd Suite 400 Los Angeles, CA 90010	1-800-272-3900	Call for Cost	E

Los Angeles Department of Aging			
3580 Wilshire Blvd Suite 300 Los Angeles, CA 90010	1-800-510-2020 <a href="http://www.aging.ca.gov">www.aging.ca.gov</a>	Call for Cost	E, Ch, K, Tag, Sp, V

**211 Los Angeles County:** Provides referrals to government, transportation, health and social services in Los Angeles County 24 hours/day, 7 days/week. Services also in Spanish.

- Phone: 2-1-1** [www.infoline-la.org](http://www.infoline-la.org)

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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### Insurance & Social Security

The services listed below are sponsored by State and Federal government and may assist you in financial planning and determining healthcare options.

**CA Department of Insurance Consumer Hotline:** Assists with insurance complaints, claims, information and referrals

- **CA Department of Insurance Consumer Hotline** 1-800-927-HELP(4357) & (213) 897-8921

**Center for Healthcare Rights:** Provides insurance counseling related to benefit enrollment and general questions.

- **Center for Healthcare Rights** 1-855-613-7080 [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

**Department of Public Social Services:** Request a printed Medi-Cal (aka Medicaid) application.

- **Department of Public Social Services** 1-877-597-4777

**Health Care Options:** Select or make changes to Medi-Cal managed care health plans.

- **Health Care Options** 1-800-430-4263

**Medi-Cal Managed Care Ombudsman:** Provides assistance resolving problems with Medi-Cal Managed Care Plans

- **Medi-Cal Managed Care Ombudsman** 1-888-452-8609

**Medi-Cal Telephone Service Center:** Select or make changes to Medi-Cal managed care health plans.

- **Medi-Cal Telephone Service Center** 1-800-541-5555

**Medicare:** Provides health benefits determined by age and severe disability

- **Medicare** 1-800-MEDICARE (633-4227)

**Social Security:** Provides assistance with Social Security matters and Medicare complaints

- **Social Security** 1-800-772-1213 [www.ssa.gov](http://www.ssa.gov)

### Websites Related to Social Security

- **Administration on Aging** [www.aoa.gov](http://www.aoa.gov)
- **Centers for Medicare & Medicaid Services** [www.cms.gov](http://www.cms.gov)
- **Covered California** [www.coveredca.com/HICAP](http://www.coveredca.com/HICAP)  
Determine eligibility and apply for Medi-Cal (aka Medicaid) on-line

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
<ul style="list-style-type: none"> <li>➤ <b>Free Benefits Checkup</b> Determine eligibility for programs</li> </ul>		<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>	
<ul style="list-style-type: none"> <li>➤ <b>Government Info for Seniors</b></li> </ul>		<a href="http://www.usa.gov">www.usa.gov</a>	
<ul style="list-style-type: none"> <li>➤ <b>California Dept. of Health Care Services</b> Medical Forms</li> </ul>		<a href="http://www.dhcs.ca.gov">www.dhcs.ca.gov</a>	
<ul style="list-style-type: none"> <li>➤ <b>U.S Dept. of Health &amp; Human Services</b></li> </ul>		<a href="http://www.hhs.gov">www.hhs.gov</a>	

### Legal Assistance & Information

*Asset protection, advance directive, and conservatorships are very important issues to consider when planning for your future and making plans for care. It is wise to consult with professional attorney, financial partners, or other specialists to help you with your legal and financial needs.*

**Bet Tzedek Legal Services:** Provides free legal assistance to low-income older adults. Also focus on prevention of elder abuse.

- **Bet Tzedek Legal Services** (323) 939-0506 [www.bettzedek.org](http://www.bettzedek.org)

**California Advocates for Nursing Home Reform (CANHR):** Provides consumer counseling, family council organizing, legal support, advocacy support and attorney referral service.

- **Consumer Hotline** 1-800-474-1116 [www.canhr.org](http://www.canhr.org)

**Center for Health Care Rights:** Provides legal assistance for Medicare & Medi-Cal beneficiaries. (Los Angeles only)

- **Center for Health Care Rights:** Provides legal assistance for Medicare & Medi-Cal beneficiaries. (Los Angeles only) 1-800-824-0780 & (213) 383-4519

**H.E.L.P Health Care & Elder Law Programs:** Provides free legal assistance and referrals

- **H.E.L.P** (310) 533-1996

**Office of the Public Guardian:** Provides information on conservatorships and assistance in locating family members of people who have died. Also provides estate management.

- **Office of the Public Guardian** (213) 974-0515

**Los Angeles County Bar Association Lawyer Referral & Information Service**

- **LA County Bar Association** (213) 243-1525

**Los Angeles Caregiver Resource Center:** Provides attorney referrals

- **LA Caregiver Resource Center** 1-800-540-4442

**Smart Law:** Provides free legal information line

- **Smart Law** (213) 243-1500

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Websites Related to Legal & Financial Issues**

- **American Bar Association Commission on Law and Aging** [www.abanet.org/aging](http://www.abanet.org/aging)
- **Bet Tzedek** [www.bettzedek.org](http://www.bettzedek.org)
- **California State Bar** [www.calbar.ca.gov](http://www.calbar.ca.gov)
- **Caring Connections** [www.caringinfo.org](http://www.caringinfo.org)
- **National Academy of Elder Law Attorneys** [www.naela.org](http://www.naela.org)
- **State of California** [www.ca.gov](http://www.ca.gov)

**Local Senior Centers**

*These centers often provide care management services and access to the Meals on Wheels Program. To receive a list of local senior centers, call 1-800-272-3900. The following Agencies on Aging can provide referrals to local senior centers and information about services available to older individuals in their communities.*

- **LA County Area Agency on Aging** (213) 738-2600 [www.css.lacounty.gov/aaa.aspx](http://www.css.lacounty.gov/aaa.aspx)
- **City of Los Angeles Dept. of Aging** 1-800-510-2020  
(213) 252-4000 [www.aging.lacity.org](http://www.aging.lacity.org)

**Medication Coverage**

*When purchasing prescription drugs online, patients should exercise caution. The Federal Food and Drug Administration offers pointers on its websites: [www.fsa.gov](http://www.fsa.gov)*

- **American Association of Retired Persons (AARP)** 1-800-456-2277 [www.aarp.com](http://www.aarp.com)
- **Costco** 1-800-607-6861 [www.costco.com](http://www.costco.com)
- **Partnership for Prescription Assistance** 1-877-477-2669 [www.pparzx.org](http://www.pparzx.org)
- **Peoples Prescription Plan** 1-800-591-4279 [www.peoplesrxcard.com](http://www.peoplesrxcard.com)
- **Prescription Solutions** 1-800-788-4863 [www.rxolutions.com](http://www.rxolutions.com)
- **Rx Hope** 1-877-267-0517 [www.rxhope.com](http://www.rxhope.com)
- **Veterans Administration** 1-877-222-VETS [www.va.gov](http://www.va.gov)

**The services listed below provide affordable medication to low-income seniors:**

- **Novartis Patient Assistance Foundation** 1-800-277-2254 [www.pharma.us.novartis.com](http://www.pharma.us.novartis.com)
- **Pfizer** 1-866-776-3700 [www.pfizer.com](http://www.pfizer.com)

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Mental Health**

*A variety of services are available to assist caregivers and people with Alzheimer’s or other dementias during the stages of the disease process. While many caregivers benefit from support groups, some may find that they need more support. The following agencies offer assistance in the area of counseling to help with feelings of depression, anxiety, anger and/or frustration. While contacting an agency, please keep in mind that services differ from one place to another. We encourage you to ask questions that will help you determine which services best meet your needs.*

**Los Angeles County Mental Health Programs**

**Department of Mental Health** 1-800-854-7771 <https://dmh.lacounty.gov>  
Provides referrals & crisis intervention

**Genesis Program** (213) 351-7284  
Offers mental health assessments for people over the age of 60

**Los Angeles Caregiver Resource Center** 1-800-540-4442  
Assists those who care for adults in Los Angeles County who are permanently brain impaired and 18 years or older

**Department of Mental Health** 1-800-854-7771 <http://dmh.lacounty.gov>  
Provides referrals & crises intervention

**AltaMed Senior Health & Activity Center** 1-800-854-7771 <https://dmh.lacounty.gov>  
Provides referrals & crisis intervention

**Asian Pacific Health Care Venture, Inc** (323) 644-3880  
Services also in Cantonese, Cambodian, Japanese, Mandarin, Spanish, Thai and Tagalog

**Chinatown Service Center** (213) 808-1700  
Services also in Cantonese and Mandarin

**Didi Hirsch Community Mental Health Center** (310) 390-6612 & (310) 390-8896  
Services also in Spanish

**East Los Angeles Mental Health Services** (323) 725-1337  
Services also in Spanish

**Little Tokyo Service Center** (213) 473-1602  
Services also in Chinese, Japanese, Korean and Spanish

**Mental Health America** 1-888-242-2552 & (213) 413-1130

**Tingstad Older Adult Counseling Services** (213) 740-3493

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Women Helping Women Services** (323) 655-3807

**Community Health Programs – San Fernando Valley**

**Alexa Healthcare Services** (310) 806-1165

**Northridge Hospital Medical Center Mental Health Services** (818) 855-5484

**S+AGE @ Sherman Oaks Hospital** (818) 341-7243

**Community Health Programs – San Gabriel Valley**

**Center for Aging Resources** (626) 577-8480

**Glendale Adventist Medical Center Psychiatric Institute** (818) 409-8027

**Las Encinas Hospital – Pasadena** (626) 795-9901

**Huntington Hospital Senior Care Center Network – Pasadena** (626) 397-3110

**Pacific Clinics** (626) 441-4221  
Services also in Spanish

**Community Health Programs – South Bay/Harbor**

**Bridges Program** (310) 514-5359  
San Pedro Peninsula Hospital

**Beach Cities Health District** (310) 374-3426

**Jewish Family Services** (562) 427-7916

**San Pedro Peninsula Hospital** (310) 514-5359

**Multipurpose Senior Services Program**

MSSP is only for individuals who receive Medi-Cal and helps coordinate and manage services to ensure that they get the help needed. These services are specifically designed for frail older adults who are at high risk for placement in a nursing home.

**AltaMed Health Services Corp.**

512 S. Indiana Street Los Angeles, CA 90063	(323) 307-0200	Call for Cost	E, Sp
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**Huntington Memorial Hospital**

837 S. Fair Oaks Ave Pasadena, CA 91105	(626) 397-3110	Call for Cost	E, Sp
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Partners in Care Foundation**

732 Mott Street (818) 837-3775 Call for Cost E, Sp  
 Suite 150  
 San Fernando, CA 91340

**Nutrition**

**Los Angeles County Health & Nutrition Hotline:** Provides information on nutritional programs in Los Angeles County

- **Health & Nutrition** 1-877-597-4777

**Los Angeles Regional Food Bank Brown Bag Program:** Provides food distribution for low income seniors

- **Brown Bag Program** (323) 234-3030

**St. Vincent Meals on Wheels Program:** Provides home delivered meals to the elderly. Meals on Wheels programs are often administered through local senior centers.

**Safety**

*Alzheimer’s causes changes in the brain that may affect safety. Depending on the stage of the disease, these can include changes in judgement, abstract thinking, sense of time/place and behavior. Taking measures to ensure safety at all times can help prevent injuries, and it can help people with dementia feel relaxed and less overwhelmed.*

**Home Modification**

**Accessible Design and Consulting**

6207 W. 83<sup>rd</sup> Place (310) 215-3332 Call for Cost E  
 Los Angeles, CA 90045 [www.accessibleconstruction.com](http://www.accessibleconstruction.com)

**Forever Active**

18 E. Bellevue Drive (626) 466-3020 Call for Cost E  
 Pasadena, CA 91105 [www.foreveractivemed.com](http://www.foreveractivemed.com)

**Stayhome Safe**

30 N. Raymond Ave (626) 792-0070 Call for Cost E  
 Pasadena, CA 91103 [www.stayhomesafe.com](http://www.stayhomesafe.com)

**Active Homes** 1-855-924-7663 [www.aginginplacemods.com](http://www.aginginplacemods.com)  
 Aging in Place Home Modification

**Jewish Family Services Beverly Hills Handworker Program** (310) 272-7890  
 Free minor home repairs for low-income individuals, seniors and disabled adults living in Beverly Hills

**Other Safety Services:**

**Alzheimer’s Association Comfort Zone** 1-877-259-4850 [www.alz.org/comfortzone](http://www.alz.org/comfortzone)

*A web-based service that uses that internet and a GPS device to track the location of a person with Alzheimer’s.*



*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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Families can set-up safety zones in a Web application and receive alerts. All Comfort Zone plans come with MedicAlert® + Alzheimer’s Association Safe Return®. To learn more, call the above listed number.

**MedicAlert® + Alzheimer’s Association Safe Return®** 1-800-272-3900

A 24-hour nationwide emergency response service for individuals who wander or have a medical emergency. We provide 24-hour assistance, no matter when or where the person is reported missing. There is an initial enrollment fee of \$55 and a \$35 annual program fee. Scholarships are available for families in financial need. Contact helpline for information and enrollment.

**To report a wandering incident, call 911. Then call 1-800-625-3780**

**Lifeline: Cedars-Sinai Medical Center** (310) 423-5468

A personal response service that provides 24-hour assistance via a push button device worn by the individual registered in the program.

## Senior Services

### American Association of Retired Persons (AARP)

200 S. Los Robles Ave Suite 400 Pasadena, CA 91101	1-866-448-3615 <a href="http://www.aarp.org">www.aarp.org</a>	Call for Cost	E
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### Asian Pacific Health Care Venture

1530 Hillhurst Ave Suite 200 Los Angeles, CA 90027	(323) 644-3880	Call for Cost	E, C, J, Kh, M, Sp, Tag, T, V
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### Beach Cities Health District

514 N. Prospect Ave 3 <sup>rd</sup> Floor Redondo Beach, CA 90277	(310) 374-3426	Call for Cost	E
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### California Telephone Access Senior Telephone Program

2002 Iowa Ave Suite 106 Riverside, CA 92507	1-800-806-1191	Call for Cost	E
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### Los Angeles Department of Aging

3580 Wilshire Blvd Suite 300 Los Angeles, CA 90010	1-800-510-2020	Call for Cost	E
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### Eldercare Locator

514 N. Prospect Ave 3 <sup>rd</sup> Floor Redondo Beach, CA 90277	1-800-677-1116	Call for Cost	E
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Life Long: Sisters Staying Healthy</b> 2239 W. Washington Blvd Los Angeles, CA 90018	(310) 732-1350	Call for Cost	E
<b>Lumina Healthcare</b> 5220 Pacific Concourse Dr; Suite 120 Los Angeles, CA 90045	1-888-958-6462 <a href="http://www.luminahealthcare.com">www.luminahealthcare.com</a>	Call for Cost	E
<i>Provides Mobile Dental Care</i>			
<b>Mexican American Opportunity Foundation</b> 972 S. Goodrich Blvd City of Commerce, CA 90022	(323) 890-1555	Call for Cost	E, Sp
<b>National Asian Pacific Center on Aging</b> 3727 W. 6 <sup>th</sup> Street Suite 619 Los Angeles, CA 90020	(213) 365-9005	Call for Cost	E
<b>Oasis-Baldwin Hills</b> <b>Baldwin Hills Crenshaw Plaza, Macy's, 3<sup>rd</sup> Floor</b> 4005 Crenshaw Blvd. Los Angeles, CA 90008	(323) 291-3414	Call for Cost	E
<b>Oasis-West Los Angeles</b> <b>Westside Pavilion, Macy's, 3<sup>rd</sup> Floor</b> 10730 W. Pico Blvd Los Angeles, CA 90064	(310) 446-8053	Call for Cost	E
<b>The Salvation Army Golden Agers Club</b> 1533 4 <sup>th</sup> Street Santa Monica, CA 90401	(310) 451-1358	Call for Cost	E
<b>UCLA Healthcare 50 Plus</b> 1821 Wilshire Blvd, #600 Santa Monica, CA 90403	1-800-516-5323	Call for Cost	E
<b>UCLA Family Caregiver Support Center</b> 3715 McClintock Ave. Los Angeles, CA 90089	1-855-872-6060	Call for Cost	E
<b>WISE &amp; Healthy Aging</b> 1527 4 <sup>th</sup> Street 2 <sup>nd</sup> Floor Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E

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Program Title	Contact	Cost	Languages
<b>American Diabetes Association</b>			
5200 W. Century Blvd Suite 480 Los Angeles, CA 90045	(800) DIABETES (342-2383) <a href="http://www.diabetes.org">www.diabetes.org</a>	Call for Cost	E

### Transportation

*The following are transportation services for seniors and/or disabled individuals including people with dementia. It is important to keep in mind that these services may or may not provide additional assistance when needed. Please call ahead to ensure your special needs can be met.*

<b>TLC Senior Helpers</b>			
6245 Bristol Parkway Suite 429  Culver City, CA 90203	(310) 338-7247 1-888-TLC-DRIVE (852-3783)	Call for Cost	E
➤ <b>Access Services</b>	1-800-827-0829		
<i>Provides transportation for disabled individuals including people with Alzheimer's</i>			
➤ <b>City ride Dial-a-Ride &amp; Taxi Service</b>	(323) 666-0895 & (818) 908-1901		
<i>To register for the program call (213) 808-433</i>			
➤ <b>Little Tokyo Service Center</b>	(213) 473-3030		
<i>Provides transportation services to SSI and medical appointments in specific geographic areas in LA County</i>			
➤ <b>Wise and Healthy Aging Senior Services</b>	(310) 394-9871		
<i>This service provides low-cost, shared ride service and curb-to-curb transportation in the West Los Angeles area</i>			

## SENIOR RESOURCES – ORANGE COUNTY

<b>Anaheim Independencies</b>			
10841 Garza Anaheim, CA	(714) 821-0460	Call for Cost	E
<b>Anaheim Senior Center</b>			
250 E. Center Anaheim, CA	(714) 765-4510	Call for Cost	E
<b>Brea Senior Center</b>			
500 S. Sievers Ave Brea, CA	(714) 990-7750	Call for Cost	E

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<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Buena Park Senior Center</b> 8150 Knott Buena Park, CA	(714) 236-3870	Call for Cost	E
<b>Costa Mesa Senior Center</b> 695 W. 19 <sup>th</sup> Street Costa Mesa, CA 92627	(949) 645-2356	Call for Cost	E
<b>Oasis Senior Center</b> 80 Marguerites Corona Del Mar, CA	(949) 644-3151	Call for Cost	E
<b>West Anaheim Senior Center</b> 2271 W. Crescent Anaheim, CA	(714) 765-3415	Call for Cost	E
<b><u>ASIAN/PACIFIC</u></b>			
<b>Abrazar Senior Center</b> 7101 Wyoming Westminster, CA	(714) 893-3581	Call for Cost	E
<b>Asian American Senior Center</b> 850 N. Birch Santa Ana, CA	(714) 560-8877	Call for Cost	E, Ca, M, V
<b>Florence Sylvester Senior Center</b> 23721 Moulton Pkwy Laguna Hills, CA	(949) 380-0155	Call for Cost	E
<b>Huntington Beach Senior Outreach</b> 1718 Orange Huntington Beach, CA	(714) 960-2478	Call for Cost	E
<b>La Habra Center</b> 101 W. La Habra Blvd La Habra, CA	(562) 905-9708	Call for Cost	E
<b>Laguna Beach Senior Center</b> 384 Legion Laguna beach, CA	(949) 497-2441	Call for Cost	E
<b>Lakeview Senior Center</b> 20 Lake Rd. Irvine	(949) 724-6900	Call for Cost	E
<b>Los Alamitos Senior Center</b> 10911 Oak Street Los Alamitos, CA	(562) 430-1073	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Midway City Community Center</b> 14900 Park Lane Midway City, CA	(714) 898-0203	Call for Cost	E
<b>Norman P. Murray Senior Center</b> 24932 Veterans Way Mission Viejo, CA	(949) 470-3062	Call for Cost	E
<b>North Orange Senior Center</b> 16561 E. Lincoln Orange, CA	(714) 998-4010	Call for Cost	E
<b>O.C. Korean American</b> 9888 Garden Grove Blvd Garden Grove, CA	(714) 530-6419	Call for Cost	E, K
<b>Orange Senior Center</b> 170 S. Olive Street Orange, CA	(714) 538-9633	Call for Cost	E
<b>Placentia Senior Center</b> 143 S. Bradford Placentia, CA	(714) 986-2332	Call for Cost	E
<b>Rancho Senior Center</b> 3 Sandburg Way Irvine, CA	(949) 724-6800	Call for Cost	E
<b>San Clemente Senior Center</b> 242 Avenida Del Mar San Clemente	(949) 498-3322	Call for Cost	E
<b>San Juan Capistrano Senior Center</b> 25925 Camino Del Avion San Juan, CA	(949) 443-6358	Call for Cost	E
<b>Santa Ana Senior Center</b> 424 W. Third Street Santa Ana, CA	(714) 647-6540	Call for Cost	E
<b>Sea Country Senior Center</b> 24602 Aliso Creek Road Laguna Niguel, CA	(949) 425-5151	Call for Cost	E
<b>Seal Beach Senior Center</b> 707 Electric Seal Beach, CA	(562) 799-9660	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages</b>
<b>Southern California Indian Center</b> 10175 Slater Fountain Valley, CA	(714) 962-6673	Call for Cost	E
<b>St. Anselm's Cross Culture Center</b> 13091 Galway Garden Grove, CA	(714) 537-0608	Call for Cost	E
<b>Tustin Senior Center</b> 200 S. C Street Tustin, CA	(714) 573-3340	Call for Cost	E
<b>Vietnamese Community of Orange County</b> 1618 W. 1 <sup>st</sup> Street Santa Ana, CA	(714) 558-6009	Call for Cost	E, V
<b>Vietnamese Hope Community Center</b> 1538 Century Blvd Santa Ana, CA	(714) 265-1181	Call for Cost	E, V
<b>Westminster Senior Center</b> 8200 Westminster Westminster, CA	(714) 895-2878	Call for Cost	E
<b>Yorba Linda Community Center</b> 4501 Casa Loma Yorba Linda, CA	(714) 961-7181	Call for Cost	E
<b><u>JEWISH</u></b>			
<b>Cypress Senior Center</b> 9031 Grindlay Cypress, CA	(714) 229-2005	Call for Cost	E
<b>Dana Point Senior Center</b> 34052 Del Obispo Suite B Dana Point, CA	(949) 496-4252	Call for Cost	E
<b>Fountain Valley Senior Citizens Club</b> 16400 Brookhurst Fountain Valley, CA	(714) 593-4446	Call for Cost	E
<b>Fullerton Senior Center</b> 340 W. Commonwealth Fullerton, CA	(714) 738-6305	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**H. Louis Lake Senior Center**

11300 Stanford Ave (714) 741-5253 Call for Cost E  
Garden Grove, CA

**Jewish Community Center**

1 Federation Way, #220 (949) 435-6460 Call for Cost E  
Irvine, CA

**TEEN RESOURCES – LA/ORANGE COUNTIES**

**Big Brothers and Big Sisters of Los Angeles**

6022 Wilshire Blvd (213) 481-3611 Call for Cost E, Sp  
Suite 202  
Los Angeles, CA

**Los Angeles Friends of the Family/Young Moms**

14522 Kittredge Ave (818) 988-4430 Call for Cost E  
Van Nuys, CA

*Offers Information & Support Programs for Young Mothers between the Ages of 15-25 Years. Transportation, Meals and Childcare are Provided for Eligible Participants.*

**Help Line Youth Counseling**

12440 E. Firestone Blvd (562) 864-3722 Call for Cost E, Sp  
Suite 1000  
Norwalk, CA

**Pregnant Minor Program**

6119 Agra (323) 887-7946 Call for Cost E, Sp  
Bell Gardens, CA

*Provides Services to Pregnant Teens Who Want to Continue Their Education*

**Project Jade**

8650 California Ave (323) 564-5233 Call for Cost E, Sp  
South Gate, CA

*Offers Youth Diversion & Delinquency Prevention Program, Providing Family & Group Counseling, parenting Classes, Tutorial Assistance & Gang Prevention*

**Reiss Davis Child Study Center**

3200 Motor Ave (310) 204-1666 Call for Cost E  
Los Angeles, CA

*Provides Short & Long Term Psychotherapy for Children, Adolescents, Parent Guidance, and Special Programs for Divorcing Families, Stepfamilies and Children with Learning Problems*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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**St. Anne's Outreach**

155 N. Occidental Blvd (213) 381-2931 Free E, Sp  
 Los Angeles, CA [www.stanns.org](http://www.stanns.org)

*Probation or DCTS Has to Refer Teenagers, Ages 12-18. Program Provides Residential Care for Teenagers and their Baby's Birth-4 years*

**Star View Community Services**

5420 N. Figueroa St. (323) 999-2404 Call for Cost E  
 Los Angeles, CA [www.starsgroup.org](http://www.starsgroup.org)

*Outpatient Mental Health Program for Adolescents, Their Families, Foster Families or Group Homes*

**Teen Parents**

235 E. 8<sup>th</sup> Street (562) 997-8000 Call for Cost E  
 Long Beach, CA

*Provides Education for Pregnant & Parenting Teens*

**YMCA – Greater Long Beach**

15530 Woodruff Ave (562) 925-1292 Call for Cost E  
 Bellflower, CA

*Provides Teen Leadership & Mentoring*

**ASIAN/PACIFIC**

**Korean Town Youth & Community**

680 S. Wilton Pl (213) 365-7400 Call for Cost E, Sp, K  
 Los Angeles, CA [www.kycccla.org](http://www.kycccla.org)

*Offers Programs & Services That Are Specifically Directed towards Recently Immigrated Economically-Disadvantaged Youth & Their Families Who Experience Coping & Adjustment Difficulties due to Language & Cultural Barriers*

**JEWISH**

**Jewish Big Brothers Association**

5700 Wilshire Blvd (323) 761-8675 Call for Cost E, R  
 Suite 1215  
 Los Angeles, CA

*Serves Jewish Single Parent Children, 6-18 Years, Pairing Them with Adult Male Role Models; Parent & Child Counseling Are Available*