

FOUNDATION FOR EARLY CHILDHOOD EDUCATION, INC.

PARENT RESOURCE BOOK

LIBRO DE RECURSOS PARA LOS PADRES



* Please contact your Family Service Associate (FSA) for additional assistance.

* Por favor de ponerse en contacto con su Asociado de Servicios Familiar (FSA) si necesita más asistencia.

**Foundation For Early Childhood Education, Inc. 3450 E. Sierra Madre Blvd
Pasadena, California 91107
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AIDS PROJECT LA

611 S Kingsley Dr, Los Angeles, CA 90005
(213) 201-1600
aplahealth.org

**ALTAMED MEDICAL GROUP - COMMERCE -
HIV / AIDS SERVICES**

5427 E. Whittier Blvd., Los Angeles, CA, 90022
(888)499-9303

RYAN WHITE HIV/AIDS PROGRAM LOCATOR

HIV.gov/locator
(916) 449-5900

Type in your Zip Code to find nearby test sites,
medical care, prevention services, housing, and
more.

*Escriba su código postal para encontrar sitios
de prueba cercanos, atención médica, servicios
de prevención, vivienda y más.*

AIDS PROGRAM-LA COUNTY

600 S Commonwealth Ave Suite 10, Los
Angeles, CA 90005
(213) 351-8000
dhs.lacounty.gov

BEING ALIVE

7531 Santa Monica Blvd, Suite 100, W
Hollywood, CA 90046
(323) 874-4322
Hours/*Horas*:
Mon-Fri/*lunes-viernes* 10:00 am-6:00 pm

EAST LOS ANGELES WOMEN'S CENTER

HIV Infoline: (800) 400-7432
Crisis Hotline (800) 585-6231
www.elawc.org

Our 24-hour crisis hotline has provided nearly
45 years of continuous assistance to survivors
of rape and sexual assault, domestic violence,
and HIV/AIDS throughout Greater Los Angeles.

The East Los Angeles Women's Center is proud of
its long-standing commitment to providing
culturally competent services tailored to meet
the unique needs of Latino families and build
safer, healthy communities.

*Nuestra línea directa de crisis de las 24 horas ha
brindado casi 45 años de asistencia continua a
las sobrevivientes de violación y agresión sexual,
violencia doméstica y VIH / SIDA en todo el Gran
Los Ángeles. El Centro de Mujeres del Este de Los
Ángeles se enorgullece en su compromiso de
proporcionar servicios culturalmente
competentes y diseñados para satisfacer las
necesidades únicas de familias latinas y construir
comunidades más seguras y saludables.*

**FAMILY SOURCE CENTER PROGRAM – AIDS
PROGRAM – WRAPAROUND PROGRAM**

1824 Sunset Blvd.
Los Angeles, CA 90026
(213) 483-6335 Fax (213) 483-5523

MINORITY AIDS PROJECT

5149 W Jefferson Blvd, Los Angeles, CA 90016
(323) 936-4949
minorityaidsproject.org

Hours/*Horas*:

Mon-Fri/*lunes-viernes* 9:00 am-5:00 pm

THE WALL LAS MEMORIAS

5619 Monte Vista St, Los Angeles, CA 90042
(323) 257-1056
Hours/*Horas*:
Mon-Fri/*lunes-viernes* 10:00 am-5:00 pm
thewallslasmemorias.org

CHILD ABUSE
ABUSO INFANTIL

CHILD HELP USA NATIONAL CHILD ABUSE

4350 E Camelback Road, Bldg F250

Phoenix, AZ 85018

(800) 540-4000

(800)4-A-CHILD (**Hotline**)

(800)422-4453

Childhelp.org

If you would like more information on child abuse, need assistance reporting abuse, or to speak with a Childhelp counselor, please call or text the Childhelp National Child Abuse Hotline. Hours: 24hrs-7 days a week.

Si desea obtener más información sobre abuso infantil, necesita ayuda para denunciar el abuso o para hablar con un consejero de Childhelp, llame o envíe un mensaje de texto a la línea directa nacional de abuso infantil de Childhelp.

CHILDREN'S BUREAU OF SOUTHERN CALIFORNIA

Headquarters

1910 Magnolia Ave.

Los Angeles, CA 90007

(213) 342- 0100 (323) 953-7350

www.all4kids.org

Multi-service child welfare agency providing services for child abuse, crisis intervention, in-home and office based counseling, e-news, foster care, and adoption news.

HOURS: Mon-Fri 8:30-5:00 p.m.

FEES: Sliding Scale, accepts Medical. Serves Los Angeles County.

Agencia de bienestar de niños multiservicio que brinda servicios de abuso infantil, intervención en tiempos de crisis, consejos en casa o en la

**CHILDCARE/
CUIDADO DE NIÑOS**

Agencia de bienestar de niños multiservicio que brinda servicios de abuso infantil, intervención en tiempos de crisis, consejos en casa o en la oficina, noticias electrónicas, cuidado de crianza y noticias de adopción.

HORARIO: lun-vie 8: 30-5: 00 p.m.

COSTO: Gratis Acepta Medical. Sirve al condado de Los Ángeles.

PATHWAYS LA

3325 Wilshire Blvd., Suite 1100

Los Angeles, CA 90010

(213) 427-2700

www.pathwaysla.org

Experts offer free referrals to licensed childcare providers in our service area, focusing on the unique needs of each family. Parents are given the tools to choose the best environment for their child. Agency also offers opportunities for childcare providers to advance their knowledge, gain new skills and train for First Aid & CPR, Behavior Management, Special Needs and Trauma informed Care.

Los expertos ofrecen referencias gratuitas a proveedores de cuidado infantil con licencia en nuestra área de servicio, centrándose en las necesidades únicas de cada familia. Los padres reciben las herramientas para elegir el mejor ambiente para sus hijos. La agencia también ofrece oportunidades para que los proveedores de cuidado infantil avancen sus conocimientos, adquieran nuevas habilidades y se capaciten para primeros auxilios y CPR, Manejo del comportamiento, necesidades especiales e Informe de Cuidado de Trauma.

COMMUNITY SERVICES
SERVICIOS A LA COMUNIDAD

Variety Boys & Girls Club

2530 Cincinnati St
Los Angeles, CA 90033
(323) 269-3177
www.wsgvbgc.org

We believe every kid has what it takes. The mission and core beliefs of Boys & Girls Clubs fuel our commitment to promoting safe, positive and inclusive environments for all. Boys & Girls Clubs of America supports all youth and teens – of every race, ethnicity, gender, gender expression, sexual orientation, ability, socio-economic status, and religion – in reaching their full potential.

Creemos que cada niño tiene lo que se necesita. La misión y las creencias fundamentales de Boys & Girls Clubs alimentan nuestro compromiso de promover entornos seguros, positivos e inclusivos para todos. Boys & Girls Clubs of America apoya a todos los jóvenes y adolescentes, de todas las razas, etnias, géneros, expresiones de género, orientación sexual, capacidad, estatus socioeconómico y religión, para alcanzar su máximo potencial.

BOYS & GIRLS CLUB OF RAMONA

2830 Lancaster Ave
Los Angeles, CA 90033
(323) 620-0995
www.wsgvbgc.org

BOYS & GIRLS CLUB WILLIAM MEAD

1300 Cardinal St
Los Angeles, CA 90012
(626) 573-2831
www.wsgvbgc.org

BIENESTAR HUMAN SERVICES

5326 E Beverly Blvd, Los Angeles, CA 90022
(323) 727-7896
Hours/*Horas*:
Mon-Fri/*lunes a viernes* 10:00am - 7:00pm

BIENESTAR HUMAN SERVICES

HOLLYWOOD

4955 W Sunset Blvd, Los Angeles, CA 90027
Hours/*Horas*: Mon-Fri/*lunes a viernes*
10:00am - 7:00pm
(323) 660-9680

BOYLE HEIGHTS TECHNOLOGY YOUTH CENTER

1600 E 4th St, Los Angeles, CA 90033
(323) 526-5800

The BHTYC provides comprehensive case management services that focus on developing youth assets and strengths besides addressing youth barriers. Specifically, we provide: academic assistance; subsidized internships; job training & placement; career exploration; vocational training; mentoring; leadership development; social activities; leadership development.

CITY OF LOS ANGELES HOUSING AND COMMUNITY INVESTMENT DEPARTMENT

1200 W 7TH St 1st Floor, Los Angeles, CA 90017
(866) 557-7368 (800) 477-5977
hcidla.lacity.org

Housing Programs, Housing Development

COMMUNITY SERVICES
SERVICIOS A LA COMUNIDAD

IDEPSCA

**INSTITUTO DE EDUCACION POPULAR DEL SUR
DE CALIFORNIA**

1565 W. 14th Street
Los Angeles, CA 90015
(213) 252-2952
Idepsca (at) idepsca.org

JOVENES INC

1320 Pleasant Ave, Los Angeles, CA 90033
(323) 260-8035
Youth homeless and housing services
*Servicios de vivienda para jóvenes
desamparados*

**DEPARTMENT OF PUBLIC SERVICES – BWS
DISTRICT 15 –METRO EAST**

2855 E Olympic Blvd, Los Angeles, CA 90023
(310) 258-7400
dpss.lacounty.gov

DEPARTMENT OF MOTOR VEHICLES

3615 S Hope St, Los Angeles, CA 90007

803 Cole Ave
Hollywood, CA 90038
(800) 777-0133 For appointments/ *citas*

Department of Water and Power

LADWP

General Correspondence / *Correspondencia
General*
PO Box 51111
Los Angeles, CA 90051-0100

LADWP Low Income Discount Program

LIDP, Room L63
PO Box 515407
Los Angeles, CA 90051 6707

LADWP Payment Center

111 N HOPE STREET, LOS ANGELES - 90012
919 S SOTO ST STE 10, LOS ANGELES - 90023
2417 DALY ST, LOS ANGELES - 90031
6547 W SUNSET BLVD, HOLLYWOOD –
90028

Customer Service department, billing and
emergency information.

*Departamento de Atención al Cliente,
información de factura y de emergencia.*

(800) 342-5397

Mon.-Fri.: 7 a.m. to 7 p.m.
Sat/sab.: 7 a.m. to 2 p.m.
Sun/dom. and holidays: Closed
Available 24/7 for emergency/*emergencia*
outage calls/ *llamadas por motivo de
interrupción*

El Centro de Ayuda

Boyle Heights City Hall Office:

2130 E. 1st Street Suite 110

Los Angeles Ca. 90033

Phone: (323) 526-9301

Hours of Operation / *Horas de operacion*

Monday/*lunes*: 8:00am - 7:00pm
Tuesday/*martes*: 8:00am - 7:00pm
Wednesday/*miercoles*: 8:00am - 7:00pm
Thursday/*jueves*: 8:00am - 7:00pm
Friday/*viernes*: 8:00am - 5:00pm

COMMUNITY SERVICES

SERVICIOS A LA COMUNIDAD

The Boyle Heights Family Source Center is a "one-stop-shop" for families that offers free children/ youth and adult education and training programs. The goals of the center are to provide a continuum of services designed to assist low income families in becoming self-sufficient financially, academically and emotionally.

El Centro de Recursos para las familias de Boyle Heights es un local con todo lo necesario para las familias que ofrece programas gratuitos de educación y capacitación para niños / jóvenes y adultos. Los objetivos del centro son proporcionar servicios continuos diseñados para ayudar a las familias de bajos ingresos a ser autosuficientes financiera, académica y emocionalmente.

El Centro del Pueblo

Administrative Department –Family Source Center Program

Juvenile Justice Re-Entry Program

Mental Health Program – Family Preservation Program

1157 Lemoyne Street
Los Angeles, CA 90026

(213) 483-6335 Fax (213) 483-5523

www.ecdpla.org

Hollenbeck Community Police Station

2111 E 1st St
Los Angeles, CA 90033
323-342-4100 Voice
323-224-0125 TDD/TTY

Hollenbeck Police Station serves the following cities:

Aliso Village, Boyle Heights, El Sereno, Estrada Court, Hermon, Hillside Village, Lincoln Heights, Montecito Heights, Monterey Hills, Pico Gardens, Ramona Gardens, Rose Hills Courts, University Hills

La estación de policía de Hollenbeck brinda servicio a las siguientes ciudades:

Aliso Village, Boyle Heights, El Sereno, Estrada Court, Hermon, Hillside Village, Lincoln Heights, Montecito Heights, Monterey Hills, Pico Gardens, Ramona Gardens, Rose Hills Courts, University Hills

Hollywood Community Police Station

1358 N. Wilcox Avenue
Hollywood CA 90028

213-972-2971 Voice

213-485-9899 TDD/TTY

Serving the Hollywood Community

Hollywood Police Station serves the following cities:

Argyle, Cahuenga Pass, East Hollywood, Fairfax, Hobart, Hollywood, Hollywood Hills, Hollywood/La Brea, Little Armenia, Los Feliz, Melrose District, Mount Olympus, Sierra Vista, Spaulding Square, Sunset Strip, Thai Town, Vine/Willoughby

Spaulding Square, Sunset Strip, Thai Town, Vine/Willoughby.

POLICE DEPARTMENT

DEPARTAMENTO DE POLICIA

La estación de policía de Hollywood brinda servicio a las siguientes ciudades:

Argyle, Cahuenga Pass, East Hollywood, Fairfax, Hobart, Hollywood, Hollywood Hills, Hollywood/La Brea, Little Armenia, Los Feliz, Melrose District, Mount Olympus, Sierra Vista, Spaulding Square, Sunset Strip, Thai Town, Vine/Willoughby

RAMPART Los Angeles Police Department

1401 W 6th St
Los Angeles, CA 90017
213-484-3400 Voice
213-484-3664 TDD/TTY

Rampart Community Police Station serves the following cities:

Angelino Heights, Echo Park, Historic Filipinotown, Korea Town, Lafayette Park, Macarthur Park, Pico-Union, Temple-Beaudry, Virgil Village, Westlake

La estación de policía de Rampart brinda servicio a las siguientes ciudades:

Angelino Heights, Echo Park, Historic Filipinotown, Korea Town, Lafayette Park, Macarthur Park, Pico-Union, Temple-Beaudry, Virgil Village, Westlake

For Graffiti Hotline Dial 311/*Para la línea directa de graffiti marque el 311*

HOUSING RIGHTS CENTER

3255 Wilshire Blvd, Suite 1150, Los Angeles, CA
(213) 387-8400

HOUSING AUTHORITY OF THE CITY OF LOS ANGELES

2600 Wilshire Blvd, Los Angeles, CA 90057
(213) 252-2500

LOS ANGELES COUNTY OFFICE OF EMERGENCY MANAGEMENT

1275 Eastern Ave, Los Angeles, CA 90063
alert.lacounty.gov

COMMUNITY SERVICES / WIC OFFICES

SERVICIOS A LA COMUNIDAD/OFICINAS DE WIC

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC WORKS

4801 E 3rd St, Los Angeles, CA 90022
(323) 881-7030
dpw.lacounty.gov

POISON CENTER

(800) 222-1222 (800) 876-4766
24 Hours a week/ 24 Horas – 7 días de la semana
Information and help on poison control.
Información y asistencia en el control de venenos
poison.org

WIC BOYLE HEIGHTS

2219 E 1st St, Los Angeles, CA
(323) 859-3170
Hours/*Horas*: Mon Tue Thu/*lunes martes*
jueves 8:30 am - 5:30 pm
Wed/*miércoles* 10:00 am – 7:00pm
Fri/*viernes* 10:00 am – 5:30pm

WIC ECHO PARK

1311 Glendale Blvd Unit B, Los Angeles, CA 90026
(888) 942-2229

WIC HOLLYWOOD

5940 Santa Monica Blvd, Los Angeles, CA 90038
(888) 942-2229

WORKSOURCE

Boyle Heights

1505 E 1st St Los Angeles, CA 90033
(323) 267-5930

WORKSOURCE HOLLYWOOD

4311 Melrose Ave, Los Angeles, CA 90029
(323) 454-6100

SoCAL GAS COMPANY/COMPANIA DE GAS
(SoCal Gas Company)
(323) 454-6100

Hours/Horas: 8:30am – 5:00pm

WORKSOURCE DOWNTOWN LOS ANGELES

630 West 5th St, Los Angeles, CA 90071

(213) 228-7113

Tue Thu Sat/*martes jueves sabado* 10:00am –
2:30pm

info@mcscareergroup.com

Southern California Gas Company
Compañía de Gas para el Sur de California

Residential Billing/*Factura Residencial*

Southern California Gas Company
P.O. Box C
Monterey Park, CA 91756

Su Casa De Cambio Cesar Chavez

2132 E Cesar Chavez Ave, Los Angeles, CA

Hours/*Horas* Mon-Sat/ *lunes-sabado* 8:00 am-8:00
pm

Sun/*domingo* 9:00 am-6:00 pm

Superior Grocers #113

3600 E Cesar Chavez Ave, Los Angeles, CA

Daily/*Diario* 1:00 pm-5:00 pm

Su Casa De Cambio

3594 E 1st Street, Los Angeles, CA

Hours/*Horas* Mon-Sat/ *lunes-sabado* 8:00 am-8:00
pm

Sun/*domingo* 9:00 am-6:00 pm

SoCalGas Company

1811 Hillhurst Ave, Los Angeles, CA 90027

Hollywood Branch Office *Drop Off Only Current
Bill Statement- No Cash/*Solo Caja de deposito con*
Factura Actualizada solamente/no efectivo

Southern California Gas Company-

2522 North Daly St, Los Angeles, CA 90031

SOUTHERN CALIFORNIA EDISON
COMPANIA DE LUZ EDISON

Hollywood Branch Office *Drop Off Only. Current
Bill Statement – No Cash/*Solo Caja de depósito*
con Factura Actualizada solamente/no efectivo.

Southern California Edison

Compania de Luz para el Sur de California-
Customer Support/ *Servicio al Cliente sobre*
factura

1-800-655-4555

Payment, Extensions, or Payment
Options/*Extensions,*
Pagos, y Opciones

Su Casa De Cambio Cesar Chavez

2132 E Cesar Chavez Ave, Los Angeles, CA

Hours/*Horas*: Mon-Sat/*lunes-sabado* 8:00-8:00 pm

Sun/*domingo* 9:00 am-6:00 pm

RALPHS STORE

5080 Rodeo Rd, Los Angeles, CA 90016

Hours/*Horas*: Mon-Sun/*lunes-domingo* 10:00-7:00
pm

SUPERIOR GROCERS

8811 S Western Ave, Los Angeles, CA 90047

Hours/*Horas*: Mon-Sun/*lunes-domingo* 1:00 -5:00
pm

California LifeLine Program

The California LifeLine Program provides discounts
on home phone and cell phone services to
qualified households. The California Life Line
discounts help consumers lower the cost of their
phone bills. Only one discount per household is
allowed (except for teletypewriter users and for
Deaf and Disabled Telecommunications Program
participants). Call a participating phone company
and ask for the California Lifeline discounts to
start the application process.

FOOD BANK
BANCO DE ALIMENTOS

El programa de California Lifeline ofrece descuentos en servicios de teléfono residencial y celular a hogares que califiquen. Los descuentos de California Lifeline ayuda a los consumidores a reducir el costo de sus facturas telefónicas. Solo se permite un descuento por hogar (excepto para usuarios de teletipo y para participantes del Programa de Telecomunicaciones para sordos y discapacitados). Llame a una compañía telefónica participante y solicite los descuentos de California Lifeline para comenzar el proceso de solicitud.

English 1-866-272-0349
Spanish 1-866-272-0350
Tagalog 1-866-272-0350
Korean 1-866-272-0354
Vietnamese 1-866-272-0355
Chinese (Mandarin, Cantonese)
1-866-272-0356
Japanese 1-866-296-0860
TTY 1-866-272-0358

St. Athanasius & St. Paul
840 Echo Park Ave , Los Angeles, CA 90026
(213) 482-2040 Service intake/Servicio de admisión

This program provides for people who live in zip codes 90012, 90026, 90031, 90039 and 90057, including people who are homeless or undocumented. Services include ongoing emergency food assistance, for low-income people and seniors in Los Angeles County. This program also provides a food program for seniors 60 years and older once per month.

Este programa proporciona servicios a las personas que residen en los siguientes códigos: 90012, 90026, 90031, 90039 and 90057, incluyendo a las personas sin hogar o indocumentados. Los servicios incluyen asistencia a

indocumentados. Los servicios incluyen asistencia alimentaria de emergencia continua, para personas de bajos recursos y personas mayores en el condado de Los Angeles. Este programa también ofrece un programa de alimentos una vez al mes para personas mayores de 60 años.

APPLICATION PROCEDURE: Walk in to apply. Applicants line up for assistance prior to intake hours. ID, proof of residence and proof of income are required.
Entrar para aplicar: Los solicitantes hacen fila para recibir asistencia antes de la hora de admisión. Se requiere identificación, prueba de residencia (dirección) y prueba de ingresos.

Hours/Horas 8:00 am Clients begin line up at 7:00 am
Los clientes comienzan a hacer fila a las 7:00 am

Centro de Maravilla
4716 Cesar Chavez, Los Angeles
Hours/Horas: Mon-Fri /lunes-viernes 9:00 am-4:00 pm
(323) 260-2805

Catholic Charities of Los Angeles-Brownson House Community Services Center
1307 Warren St, Los Angeles, CA 90033
(213) 251-3512 Service intake/Servicio de admisión
(213) 251-3514

Epiphany Episcopal
2808 Altura St, Los Angeles, CA 90031
Hours: Intake and distribution hours are the second and fourth Friday of the month at 10:30 am. Tickets are distributed at 8:30 am
(323) 227-9931

FOOD BANK
BANCO DE COMIDA

Horas de Admisión y distribución son cada Segundo y cuarto viernes del mes a las 10:30 am. Los boletos son distribuidos a las 8:30 am.

PROJECT ANGEL FOOD

922 Vine St, Los Angeles, CA 90038
(323) 845-1800
angelfood.org

MONTE SION CENTER

4405 E Olympic Blvd, Los Angeles, CA 90023
(310) 433-0310
Hours/Horas: Fri/viernes 8:00 a.m.-12:00 p.m.
Montesioncenter.org
The organization serves the public on Fridays
La organización sirve al público los viernes.

SOVA PANTRY

8846 w Pico Blvd, Los Angeles, CA 90035
(310) 288-0286
Jfsla.org
Call before/Llamar antes

WORLD HARVEST

3100 Venice Blvd, Los Angeles, CA 90019
(213) 746-2227
Mon-Fr/lunes-viernes 8:00 a.m.-6:00 p.m.
Sat/sabado 8:00 a.m.-3:00 p.m.

The agency allows you to fill a box of food with organic vegetables, fruits and protein for \$40.00. If you choose a pre-selected box, the cost is \$30.00.

La agencia le permite llenar una caja de alimentos con vegetales orgánicos, frutas y proteínas por \$ 40.00. Si elige una caja preseleccionada, el costo es de \$ 30.00.

MENTAL HEALTH
SALUD MENTAL

ASIAN PACIFIC COUNSELING

520 S Lafayette Park Place Suite #300, Los Angeles, CA 90057
Hours/Horas: Mon-Fri/lunes-viernes 8:30 am-5:00 pm
(213) 252-2176 / (213) 553-1850

AVIVA CENTER (CENTRO AVIVA)

3580 Wilshire Blvd. Suite #800, Los Angeles, CA 90010
(213) 637-5000 ext 780
Hours/Horas: Mon-Thu/lunes-jueves 8:30 am-6:00 pm
Fri/viernes 8:30-5:00 pm

CHILDREN'S BUREAU OF SOUTHERN CALIFORNIA

3910 Oakwood Ave, Los Angeles, CA 90004
Hours/Horas: Mon-Fri/ lunes-viernes 8:30am-5:00pm
Sat/Sab 8:30am-4:00pm
all4kids.org

CHILDREN'S HOSPITAL

3250 Wilshire Blvd, 3rd Floor Suite 300, Los Angeles, CA 90010
(323) 361- 7827 (323) 361-8525
Hours/Horas: Mon-Thur/lunes-jueves 9:00am-7:00pm
Fri/viernes 9:00-5:00pm
usc.ucedd.org

CHILDREN'S INSTITUTE

2121 W Temple St., Los Angeles, CA 90026
Hours/Horas: Mon-Fri/lunes-viernes 7:30am-4:00pm
Sat/sabado 8:00-4:00pm
(213) 260-7673 Ext 8163

MENTAL HEALTH
SALUD MENTAL

CORNER OF HOPE MENTAL HEALTH AGENCY
500 S. San Pedro St, Los Angeles, CA 90013
(213) 285-4260

DIDI HIRSCH (Metro Site)
672 S LaFayette Park Place, Suite #6, Los Angeles, CA 90057
Hours/*Horas*: Mon-Thurs/*lunes-jueves* 9:00am-8:00pm
Fri/*viernes*: 9:00am-5:00pm
(213) 381-3626

DOWNTOWN MENTAL HEALTH
529 Maple Ave, Los Angeles, CA 90013
(213) 629-6200
Mon-Fri/*lunes-viernes* 8:00-5:00 p.m.
jwchinstitute.org

EAST L.A. MENTAL HEALTH SERVICES
2523 W 7TH Street, Los Angeles, CA 90057
(213) 480-1557
Hours/*Horas*:
Mon - Fri/*lunes a viernes* 8:00 am-5:00 pm

EXODUS RECOVERY, INC - EASTSIDE
1920 Marengo St, Los Angeles, Ca 90033
(310)-945-3350
Hours/*Horas*: 24

GATEWAY HOSPITAL + COMMUNITY MH CENTER
1891 Effie St, Los Angeles, Ca 90026
(323)-644-2000
Hours/*Horas*: 24
Only accepts clients by referral only/ *Solo se acepta a clientes por medio de referencia solamente*

HERNANDEZ MICHAEL
1720 Cesar Chavez Ave, Los Angeles, Ca 90033
(323)-225-2786

HILLSIDE BIENVENIDOS CENTRO FAMILIAR

5400 E Olympic Blvd, Los Angeles, CA 90022
(323) 726-9790 ext 17242
Hours/*Horas*: Mon-Fri/*lunes-viernes* 8:30 am-5:00 pm

HILLSIDES
815 Colorado Blvd, Los Angeles, Ca 90041
(323) 543-2800
hillsides.org

HOLLYWOOD MENTAL HEALTH
1224 N Vine St., Los Angeles, CA 90038
Hours/*Horas*: Mon-Fri/*lunes-viernes* 8:00am-5:00pm
(323) 769-6100

7250 Franklin Ave, Los Angeles, Ca 90046
(323) 874-6966

KUPISK ASYA
7779 Sunset Blvd, Los Angeles, Ca 90046
(323) 876-6649
Hours/*Horas*: Mon-Fri, 9:00am-5:00pm

FILIPINO/AMERICAN SERVICE GROUP, INC.
135 N Park View St, Los Angeles, Ca 90026
213-487-9804
Hours/*Horas*: Mon- Fri/*lunes-viernes* 8:00 am-5:00pm

LOS ANGELES GAY + LESBIAN COMMUNITY SERVICE CENTER
1625 Schrader Blvd, Los Angeles, Ca 90028
(213) 908-5050
Hours/*Horas*:
Mon-Fri/*lunes-viernes* 10:00 am - 5:00 pm
lalgbtcenter.org

**MENTAL HEALTH
SALUD MENTAL**

LA CO MENTAL HEALTH ADMIN
550 S Vermont Ave, Los Angeles, CA 90020
(213) 351-1335

MENTAL HEALTH CENTER
8631 W 3rd St Ste 920 E, Los Angeles, CA 90048
(310) 601-9999

NORTHEAST MENTAL HEALTH CENTER
5321 Via Marisol, Los Angeles, Ca 90042
323-478-8200
Hours/*Horas*: Mon-Fri/*lunes-viernes*
8:00 am-5:00 pm

ROYBALL MENTAL HEALTH CENTER
4701 E Cesar Chavez, Los Angeles, CA 90022
(323) 267-3400
Hours/*Horas*:
Mon-Thu/*lunes-jueves* 8:00 am-6:00 pm
Fri/*viernes* 8:00 am-5:30pm

THE SABAN FREE CLINIC
8405 Beverly Blvd, Los Angeles, Ca 90048
323-330-1650
Hours/*Horas*:
Mon-Fri/*lunes-viernes* 8:00 am -5:00 pm

SHARE! DOWNTOWN
425 S Broadway, Los Angeles, Ca 90013
(213)-213-0100
Hours/*Horas*:
Mon-Fri/*lunes-viernes* 12:30pm-9:00pm

SPECIAL SERVICE FOR GROUPS

515 Columbia Ave, Los Angeles, CA 90017
(213) 249-9388

Hours/*Horas*:

Mon- Fri/*lunes-viernes* 8:30 am-5:00 pm
ssg.org

American Sign Language, Arabic, Armenian,
Cambodian,
Cantonese, English, Farsi, Hmong, Korean,
Mandarin, Other Chinese, Russian, Spanish,
Tagalog, Vietnamese

SSG CENTER
905 E. 8th Street, Los Angeles, Ca 90021
(213) 553-1800
Hours/*Horas*:

Mon-Fri/*lunes-viernes* 8:00 am-5:00 pm
ssg.org

ST. ANNES STRTP
155 N Occidental Blvd., Los Angeles, CA 90026
(213) 381-2931

STAR VIEW COMMUNITY SERVICES
1625 W Olympic Blvd, Los Angeles, Ca 90015
(323) 999-2404
Hours/*Horas*:
Mon- Fri/*lunes-viernes* 8:00 am-5:00 pm
Only by referral/*Solo por referencia*
starsinc.com

EDUCATION
EDUCACION

VIOLENCE INTERVENTION PROGRAM (VIP)

1721 Griffin Ave, Los Angeles, CA 90031

Hours/Horas:

Mon-Fri/*lunes-viernes* 8:00 am-8:00 pm

Sat/*sabado* 8:00 am-6:00 pm

LA COUNTY DEPT OF MENTAL HEALTH

780 N San Vicente Blvd, West Hollywood, Ca 90069

310-358-4043

Hours/Horas:

Tue-Fri/*martes-viernes* 6:00 am-3:30 pm

ABRAM FRIEDMAN OCCUPATIONAL CENTER

1646 S Olive St, Los Angeles, CA 90015

(213) 765-2400

Hours/Horas: Mon-Thu/*lunes-jueves* 7:30 am-8:00 pm

Fri/*viernes* 7:30 am-3:00 pm

CALIFORNIA STATE UNIVERSITY LA

5151 State University Drive, Los Angeles, CA 90032

Admissions/*Admision* (323) 343-3000

Hours/Horas:

Mon-Thu/*lunes-jueves* 8:00am-6:00pm

Fri/*viernes* 8:00am-5:00pm

4 year undergraduate and graduate university.

Offers Bachelor, Masters, and doctoral degrees.

Doctor, Nurse, Teaching

Universidad de pregrado y posgrado de 4 años.

Bachillerato, Licenciatura, maestría y

doctorado. Doctor, Enfermería, y Educación.

CITRUS COMMUNITY COLLEGE

1000 W Foothill Blvd, Glendora, CA 91741

(626) 914-8511 (626) 963-0323

Hours/Horas:

Mon & Thur/*lunes y jueves* 8:00am-5:00pm

Tue & Wed/*martes y miercoles* 8:00am-7:00pm

Fri/*viernes* 8:00am-4:30pm

Public 2 year community college. Offers A.A. /A.S. degrees.

Colegio Público de 2 años. Ofrece títulos de A.A. (Educación General) y ciencias.

Citruscollege.edu

EAST LOS ANGELES COMMUNITY COLLEGE

1301 Avenida Cesar Chavez, Monterey Park, CA 91754

(323) 265-8650

EAST LOS ANGELES OCCUPATIONAL CENTER

2100 Marengo St, Los Angeles, CA 90033

(323) 276-7000

EAST LOS ANGELES SKILLS CENTER

3921 Selig Place, Los Angeles, CA 90033

(323) 224-5970

EVANS COMMUNITY ADULT SCHOOL

717 N Figueroa St, Los Angeles, CA 90012

(213) 613-7900

HARBOR OCCUPATIONAL CENTER

740 N Pacific Avenue, San Pedro, CA 90731

(310) 241-4800

3721 W Washington Blvd, Los Angeles, CA 90018

(323) 373-2300

EDUCATION

EDUCACION

LOS ANGELES PUBLIC LIBRARY

(Get your Diploma)

lapl.org

LOS ANGELES CITY COLLEGE

855 N Vermont Ave, Los Angeles, CA 90029

(323) 953-4000

Hours/*Horas*: 9:00am-9:00pm

LOS ANGELES CITY COLLEGE COMMUNITY EXTENSION

840 N Heliotrope Dr, Los Angeles, CA 90029

(323) 953-4000 Ext 2651

Hours/*Horas*: Mon-Fri/*lunes-viernes* 10:00 am-
7:00pm

LOS ANGELES TRADE TECHNICAL

400 W Washington Blvd, Los Angeles, CA 90015

(213) 763-7000

Hours/*Horas*: Mon-Thur/*lunes-jueves* 8:00 am-
7:00 pm

LOS ANGELES HARBOR COLLEGE

111 Figueroa Place, Wilmington, CA 90744

(310) 233-4000

LOS ANGELES MISSION

13356 Eldridge Ave, Sylmar, CA 91342

(818)364-7600

LOS ANGELES VALLEY COMMUNITY COLLEGE

5717-5793 Ethel Ave, Los Angeles, CA 91401

(818) 947- 2600

MAXINE WATERS EMPLOYMENT

PREPARATION CENTER

10925 S Central Ave, Los Angeles, CA 90059

(323) 357-7700

NORTH VALLEY OCCUPATIONAL CENTER

11450 N Sharp Ave, Mission Hills, CA 91345

(818) 365-9645

LOS ANGELES VALLEY COMMUNITY COLLEGE

5717-5793 Ethel Ave, Los Angeles, CA 91401

(818) 947- 2600

MAXINE WATERS EMPLOYMENT

PREPARATION CENTER

10925 S Central Ave, Los Angeles, CA 90059

(323) 357-7700

NORTH VALLEY OCCUPATIONAL CENTER

11450 N Sharp Ave, Mission Hills, CA 91345

(818) 365-9645

PIERCE COLLEGE

6201 Winnetka Ave, Woodland Hills, CA 91731

(818) 719-6401

VENICE COMMUNITY ADULT SCHOOL

Venice Skills Center

611 5th Avenue, Venice, CA 90291

(310) 664-5888

WEST VALLEY OCCUPATIONAL CENTER

6200 Winnetka Avenue, Woodland Hills, CA

91367

(818) 346-3540

ALTAMED MEDICAL & DENTAL GROUP – BOYLE HEIGHTS

3945 Whittier Blvd, Los Angeles, CA 90023

Medical: Mon, Wed, Fri, Sat/

lunes,miércoles,viernes, sábado

8:00 a.m.-7:00 p.m.

Tue & Thur/*martes y jueves*

9:00 a.m.-7:00 p.m.

Dental: Mon, Wed, Fri, Sat/

lunes,miércoles,viernes, sábado

8:00 a.m.-5:00 p.m.

Tue & Thur/*martes y jueves*

9:00 a.m.-5:00 p.m.

(888) 499-9303

MEDICAL SERVICES
SERVICIOS MEDICOS

ALTAMED MEDICAL GROUP-RAMONA GARDENS

1424 Crusado Lane Ste. 168, Los Angeles, CA, 90033
(888) 499-9303

ALTAMED MEDICAL GROUP-WILLIAM MEAD

268 East Bloom St. Ste 322, Los Angeles, CA, 90012
(888) 499-9303

ALTAMED MEDICAL GROUP - ESTRADA COURTS

1305 South Concord St. Ste 18, Los Angeles, CA, 90023
(888) 499-9303

ALTAMED MEDICAL - EAST LOS ANGELES, 1ST STREET

2219 East 1st Street, Los Angeles, CA, 90033
(888) 499-9303

ALTAMED MEDICAL GROUP - WESTLAKE 3RD STREET

2100 W. 3rd St. Ste 200, Los Angeles, CA, 90057
(213) 413-8742

AltaMed General Pediatrics at Children's Hospital Los Angeles

4650 West Sunset Blvd, M/S 76, Los Angeles, CA 90027

Medical : (323) 669-2113

Mon-Thu 8:00 a.m.-8:30 p.m.

Thu/*jueves* 9:00 a.m.-8:30 p.m.

Sat/*sabado* 9:00 a.m.-6:00 p.m.

Sun/*domingo*: 10:00 a.m.-6:00 p.m.

Urgent Care: Mon-Thu/*lunes-jueves* 8:00 a.m.-8:30 p.m.

Fri/*viernes* 9:00 a.m.-8:30 p.m.

Sat/*sabado*: 9:00 a.m.-6:00 p.m.

Sun/*domingo*: 10:00 a.m.-6:00 p.m.

ALTAMED MEDICAL AND DENTAL GROUP - COMMERCE – GOODRICH

972 Goodrich Blvd., Commerce, CA, 90022
(888) 499-9303

ALTAMED MEDICAL GROUP - WESTLAKE 3RD STREET

2100 W. 3rd St. Ste 200, Los Angeles, CA, 90057
(213) 413-8742

ANGELES MEDICAL CLINIC

204 E Pico Blvd, Los Angeles, CA 90015
(213) 457-4000

Hours/*Horas* Mon-Sat/*lunes-sabado* 9:00 am-5:00 pm

ANGELES MEDICAL CLINIC

3444 Whittier Blvd, Los Angeles, CA 90023
(323) 264-2670

BIENESTAR EAST LA HCC

5326 Beverly Blvd, Los Angeles, CA 90004
(323) 721-0510

Fri/*viernes* 8:30 am-5:30 pm

BIENVENIDOS COMMUNITY HEALTH CENTER

507 S Atlantic Blvd, Los Angeles, CA 90022
(323) 268-9191

Hours/*Horas*:

Mon, Wed, Fri/*lunes, miercoles, viernes* Fri 8:00 am-5:00 pm

Tue, Thu/*martes, jueves* 8:00 am-7:00 pm

BOYLE HEIGHTS MEDICAL CENTER

1700 E Cesar E Chavez Ave #3300, Los Angeles, CA 90033

(323) 307-8900

Hours/*Horas*:

Mon-Thu/*lunes-viernes* 8:00 am-5:00 pm

Fri/*viernes* 8:00 am-4:30 pm

MEDICAL SERVICES
SERVICIOS MEDICOS

CLINICA ROMERO

2032 Marengo St, Los Angeles, Ca 90033
(213) 989-7700
Hours/Horas: Mon-Fri/*lunes-viernes* 7:00 am-5:00 pm

CLINICA MONSEÑOR OSCAR A ROMERO

123 S Alvarado St, Los Angeles, CA 90057
(213) 989-7700
Hours/Horas: Mon,Tue, Thur/*lunes, martes y jueves* 7:00 am-8:30 pm
Wed & Fri/*miercoles y viernes* 7:00 am-5:00pm
Sat/*sábado* 7:00 am-5:00 pm

CUIDADO LATINO MEDICAL CLINIC

3710 E Cesar E Chavez Ave, Los Angeles, CA 90063
(323) 980-7777

H. CLAUDE HUDSON COMPREHENSIVE HEALTH CENTER

2829 S Grand Ave, Los Angeles, CA 90007
(213) 699-7000
Hours/Horas: Mon-Fri/ *lunes-viernes* 7:30 am-12:00 am
Sat-Sun/*sabado-domingo* 8:00 am-12:00 am

CUIDADO LATINO MEDICAL CLINIC

3710 E Cesar E Chavez Ave, Los Angeles, CA 90063
(323) 980-7777

H. CLAUDE HUDSON COMPREHENSIVE HEALTH CENTER

2829 S Grand Ave, Los Angeles, CA 90007
(213) 699-7000
Hours/Horas: Mon-Fri/ *lunes-viernes* 7:30 am-12:00 am
Sat-Sun/*sabado-domingo* 8:00 am-12:00 am

HOLLYWOOD HEALTH CLINIC

6464 Sunset Blvd #947, Los Angeles, CA 90028
(323) 466-7688

HOLLYWOOD WILSHIRE HEALTH CENTER

5205 Melrose Ave, Los Angeles, CA 900 38
(323) 769-7800
Hours/Horas: Mon-Fri/*lunes-viernes* 8:00 a.m-5:00 pm

KNIGHTS OF MALTA

201 S Alvarado St. #410, , Los Angeles, CA 90057
Hours/Horas:
Mon-Fri/*lunes-viernes* 8:00 am-12:00 pm
(213) 353-9920

LOS ANGELES CHRISTIAN HEALTH CENTER

1625 E 4th St, Los Angeles, CA 90033
(213) 893-1960
Hours/Horas:
Mon-Fri/*lunes-viernes* 7:30 am-5:00 pm

311 Winston St, Los Angeles, CA 90013
(213) 893-1960
Hours/Horas: Mon-Fri/*lunes-viernes* 7:00 am-4: 30 pm

LOS ANGELES MEDICAL CENTER

319 Soto St, Los Angeles, CA 90033
(323) 266-6730
Hours/Horas:
Mon-Fr/*lunes-viernes* 8:00-5:00 pm

LA MEDICAL CENTER

2010 Wilshire Blvd, Los Angeles, CA 90057
(213) 483-2620

MEDICAL SERVICES
SERVICIOS MEDICOS

CENTRAL HEALTH CENTER

241 N Figueroa St, Los Angeles, CA 90012
(213) 240-8204

NORTHEAST COMMUNITY CLINIC

2550 W Main St #301, Alhambra, CA 91801
(626) 457-6900

NORTH HOLLYWOOD HEALTH CENTER

5300 Tujunga Ave, North Hollywood, CA 91601
(818) 766-3982
Hours/*Horas*: Mon-Thu/*lunes-jueves* 8:00 am-3:30 pm

OASIS MEDICAL CLINIC

2635 Walnut St, Huntington Park, CA 90255
(323) 586-0740
Hours/*Horas*:
Mon-Fri/*lunes-viernes* 9:00 am-5:00 pm
Sat/*sabado* 9:00 am-3:00 pm

QUEENS HEALTH & FAITH PARTNERSHIP

950 S Grand Ave, Los Angeles, CA 90015
(323) 644-6180

4816 E 3rd, East Los Angeles, CA 90022
(323) 780-4510

4448 York Blvd, Los Angeles, CA 90041
(323) 344-5233

150 N Reno St, Los Angeles, CA 90026
(213) 380-7298

4618 Fountain Ave, Los Angeles, CA 90029
(323) 953-7170

SABAN COMMUNITY CLINIC

8405 Beverly Blvd, Los Angeles, CA 90048
(323) 653-1990

5205 Melrose Ave, Los Angeles, CA 90038
(323) 653-1990

Hours/*Horas*: Mon-Thu/*lunes-jueves* 7:30 am-8:30 pm
Fri/*viernes* 7:30 am-4:30 pm
Sat/*sabado* 8:00 am-12:00 pm

6043 Hollywood Blvd, Los Angeles, CA 90028
Hours/*Horas*:
Mon-Thu/*lunes-jueves* 7:00 am-7:00 pm
Fri/*viernes* 7:00 am--4:30 pm
Sat/*sabado* 7:30 am-12:00 pm

SAINT LUKE MEDICAL CLINIC

5912 Santa Monica Blvd, Los Angeles, CA 90038
(323) 461-3888

UCLA HEALTH CARE CENTER

1399 S Roxbury Dr Suite 100, Los Angeles, CA 90035
(310) 557-2273
Hours/*Horas*:
Mon-Fri/*lunes-viernes* 8:00 am-5:00 pm

UMMA COMMUNITY CLINIC

711 W Florence Ave, Los Angeles, CA 90044
(323) 789-5610

WHITTIER FETTERLY MED CLINIC

4762 Whittier Blvd, Los Angeles, CA 90022
(323) 269-4060

CONSULATES
CONSULADOS

CONSULATE GENERAL OF EL SALVADOR

3450 Wilshire Blvd Suite 250, Los Angeles, CA 90010

(213) 234-9200

Information on Passport, political asylum and amnesty.

Información de pasaporte, asilo político y amnistía.

Hours/Horas: Mon-Fri/lunes-viernes 7:00 am-2:30 pm

CONSULATE OF GUATEMALA

1975 Riverside Dr, Los Angeles, CA 90039

conslosangeles@minex.gob.gt

Information on Passport, political asylum and amnesty.

Información de pasaporte, asilo político y amnistía.

Hours/Horas:

Mon-Fri/lunes-viernes 8:00 am-3:00 pm

Sat/sabado 8:00 am-11:45 am

CONSULATE OF HONDURAS

3550 Wilshire Blvd, Suite 410, Los Angeles, CA 90010

(213) 995-6406

cghonduras.losangeles@yahoo.com

Information on Passport, political asylum and amnesty.

Información de pasaporte, asilo político y amnistía.

Hours/Horas:

Mon-Fri/lunes-viernes 9:00 am-5:00 pm

CONSULATE GENERAL OF MEXICO

2401 W 6TH St, Los Angeles, CA 90057

(213) 351-6800

Information on Passport, political asylum and amnesty.

Información de pasaporte, asilo político y amnistía.

Hours/Horas: Mon-Fri/lunes-viernes 8:00 am-7:00 pm

CHINESE CONSULATE

443 Shatto Place, Los Angeles, CA 90020

(213) 807-8088

Hours: Mon-Fri: 900 am-2:00 pm

KOREAN CONSULATE

3243 Wilshire Blvd, Los Angeles, CA 90010

(213) 385-9300

Hours: Mon-Fri 9:00 am-4:00 pm

PAKISTAN CONSULATE

10700 Santa Monica Blvd, Los Angeles, CA 90025

Hours: Mon-Fri 9:00 am-5:00 pm

(310) 441-0167

ALTAMED AND DENTAL GROUP

2219 E 1st, Los Angeles, CA 90033

(323) 269-0421

altamed.org

BOYLE HEIGHTS FAMILY DENTISTRY

2110 E Cesar E Chavez, Los Angeles, CA 90033

(323) 268-8308

BOYLE HEIGHTS DENTAL CARE

2206 E Cesar E Chavez Ave, Los Angeles, CA

(323) 265-3680

DENTAL SERVICES
SERVICIOS DENTALES

CITY DENTAL

7109 Sunset Blvd, Los Angeles, CA 90046
(323) 850-7007

DENTAL CENTER

1498 Sunset Blvd #4, Los Angeles, CA 90026
(213) 481-2700

DOCTOR CASTRO DENTAL OFFICE

2703 Whittier Blvd, Los Angeles, CA 90023
(323) 263-2228

DOWNTOWN DENTAL

255 S Grand Ave #204, Los Angeles, CA 90012
(213) 863-9464

HD SMILE DENTAL

1680 Vine St #200, Hollywood, CA 90028
(323) 464-2033

HOLLYWOOD DENTAL CLINIC

5301 Sunset Blvd #4, Los Angeles, CA 90027
(323) 463-8900

HOLLYWOOD SMILE DENTAL CENTER

8205 Santa Monica Blvd, West Hollywood, CA 90046
(323) 654-1100

KIDS DENTAL LAND

2323 E Cesar E Chavez Blvd, Los Angeles, CA 90033
(323) 262-5171
superkidsdental.net

PHD DENTAL

3000 Whittier Blvd, Los Angeles, CA 90023
(323) 269-5437
Phddental.com

SILVERLAKE DENTAL GROUP

2390 Glendale Blvd, Los Angeles, CA 90039
(323) 922-6016
silverlakedentalgroup.com

SILVERLAKE FAMILY DENTAL

2815 W Sunset Blvd Suite 106, Los Angeles, CA 90026
(213) 380-2008
silverlakefamilydental.com

SUNSET DENTAL CLINIC

3706 Sunset Blvd, Los Angeles, CA 90026
(323) 669-0339

SUPER KIDS DENTAL

2323 E 4TH ST, Los Angeles, CA 90033
(323) 980-9090
Hours/Horas: Tue-Fri/martes-viernes 10:00 am-7:00 pm
Sat/sabado 8:00 am-4:00 pm
superkidsdental.net

WESTERN DENTAL

906 S Soto St, Los Angeles, CA 90023
(866) 632-2907

WESTERN DENTAL KIDS

1155 N Vermont Ave, Los Angeles, CA 90029
(323) 461-9942
westerndental.com

WHITTIER DENTAL GROUP

2901 E Whittier Blvd Suite C, Los Angeles, CA 90023
(323) 545-6208

SMILEYWOOD DENTAL OFFICE

4354 Fountain Ave, Los Angeles, CA 90029
(323) 741-0556
Smileywood.com

**EMERGENCY
EMERGENCIA**

**211 INFORMATION
INFORMACION 211**

**LA COUNTY OFFICES
OFICINAS DEL CONDADO DE LOS ANGELES**

EMERGENCY 911

For any emergency. (Police, Fire, Paramedics)

HOURS: 24 hours-7days a week

Para cualquier emergencia (Policia, Bomberos, Paramedicos) Horas: 24 Horas-7dias de la semana

Information Line 211

Programs offered: Shelters, clothing, meals, housing, autism screening, veteran services, substance abuse programs, health care, mental health, service, access to jobs, disaster preparedness, elder abuse, homeless, crisis services, Lifeline Program (Telephone land line), Utility assistance, legal assistance, youth services, and more.

Programas disponibles: refugios, ropa, comida, Vivienda, evaluacion para autism, servicios para veteranos, programas de abuso de sustancias, atencion medica, acceso a empleo, preparacion a desastres, abuso a las personas de la tercera edad, personas desamparadas, servicios de crisis, programa de Lifeline (linea Telefonica), asistencia de utilidades, asistencia legal, servicios para jovenes y más.

CALWORKS PROGRAM

2855 E Olympic Blvd, Los Angeles, CA 90023

(626) 569-1399

Hours/Horas:

Mon-Fri lunes-viernes 8:00 am-5:00 pm

CalWORKS, CalFresh, General Relief, Medi-Cal

5445 Whittier Blvd, Los Angeles, CA 90022

(866) 613-3777 (626) 569-1399

Hours/Horas:

Mon-Fri lunes-viernes 8:00 am-5:00 pm

4077 N Mission Rd, Los Angeles, CA 90032

(866) 613-3777

Hours/Horas:

Mon-Fri *lunes-viernes* 8:00 am-5:00 pm

3833 S Vermont Ave, Los Angeles, CA 90037

(866) 613-3777

Hours/Horas:

Mon-Fri lunes-viernes 8:00 am-5:00 pm

2615 Grand Ave, Los Angeles, CA 90007

(866) 613-3777 (626) 569-1399

Hours/Horas:

Mon-Fri lunes-viernes 8:00 am-5:00 pm

2601 Wilshire Blvd, Los Angeles, CA 90057

(866) 613-3777 (626) 569-1399

Hours/Horas:

Mon-Fri *lunes-viernes* 8:00 am-5:00 pm

8300 S Vermont, Los Angeles, CA 90044

(866) 613-3777 (310) 258-7400

Hours/Horas:

Mon-Fri *lunes-viernes* 8:00 am-5:00 pm

EMPLOYMENT
EMPLEO

EMPLOYMENT DEVELOPMENT DEPARTMENT
(WORK SOURCE)

BOYLE HEIGHTS AMERICAN JOB CENTER

1505 E E 1ST, Los Angeles, CA 90033

(323) 454-6103

Hours/*Horas*: Mon-Fri/*lunes-viernes* 8:00 am-5:00 pm

BOYLE HEIGHTS WORKSOURCE CENTER
(323) 267-5930

Hours/*Horas*: Mon-Fri/*lunes-viernes* 8:00 am-5:00 pm

Sat/*sabado*: By appointment/ *solo por cita*

DOWNTOWN PICO-UNION WORKSOURCE CENTER/ PACIFIC ASIAN CONSORTIUM IN EMPLOYMENT

1055 Wilshire Blvd, Suite 900A, Los Angeles, CA 90017

(213) 353-1677

Hours/*Horas*: Mon-Fri/*lunes-viernes* 8:30 am-4:45 pm

Closed 1st Friday of the month/*Cerrado cada primer Viernes del mes.*

Open 1st Saturday of the month de 9:00 am-12:45pm/ *Abierto cada 1er sabado del mes de 9:00 am-12:45 pm*

WILSHIRE METRO WORKSOURCE

3550 Wilshire Blvd, Suite 500, Los Angeles, CA 90010

(213) 365-9829

Hours/*Horas*: Mon-Fri/*lunes-viernes* 8:00 am-5:00 pm

GOVERNMENT OFFICES
OFICINAS DEL GOBIERNO

IRS-INTERNAL REVENUE SERVICE

9350 Flair Drive, El Monte, CA 91731

(800) 829-1040

(626) 927-1201

Federal tax information, payment plan, refunds, and forms.

Información de impuestos federales, plan de pagos, reembolsos, y solicitudes.

Hours/*Horas*: Mon-Fri/*lunes-viernes* 8:30 am-4:30 pm

LA COUNTY / CHILD SUPPORT

8300 S Vermont Ave, Los Angeles, CA 90044

(866)901-3213

5500 S Eastern Ave, Los Angeles, CA 90040

(866) 901-3212

General Information line, custody, court and paternity.

Información general, custodia, corte y paternidad.

Hours/*Horas*: Mon-Fri/ *lunes-viernes* 8:00 am-5:00 pm

LA COUNTY CHILDREN & FAMILY SERVICES

425 Shatto Place, Los Angeles, CA 90020

(213) 351-5602

(800) 540-4000

Provides protective services to children who have been victims of abuse, neglect or exploitation.

Ofrece servicios, a niños que han sido víctimas de abuso, negligencia, o explotación.

GOVERNMENT OFFICES
OFICINAS DEL GOBIERNO

LA COUNTY REGISTRAR-RECORDER/COUNTY CLERK

4716 E Cesar E Chavez Ave, Los Angeles, CA 90022

(323) 260-2991 (800) 201-8999

Hours/*Horas*:

Mon-Fr/*lunes-viernes* 8:30 am-4:30 pm

12400 Imperial Hwy, Norwalk, CA 90650

(562) 462-2177

Hours/*Horas*:

Mon-Fr/*lunes-viernes* 8:00 am-5:00 pm

Birth, Death and Marriage Certificates.

Vote/election registration.

SOCIAL SECURITY ADMINISTRATION

215 Soto St, Los Angeles, CA 90033

(800) 772-1213

Hours/*Horas*:

Mon-Fri/*lunes-viernes* 9:00 am-4:00 pm

US IMMIGRATION /NATURALIZATION

300 N Los Angeles, CA 90012

(800) 375-5283

Information and forms about immigration benefits. Citizenship Exam

Informacion y formas sobre beneficios de inmigración. *Exámenes de ciudadanía.*

Hours/*Horas*:

Mon-Fri/*lunes-viernes* 7:00 am-5:00 pm

IMMIGRATION
IMMIGRACION

CARECEN LOS ANGELES

2845 W 7th ST, Los Angeles, CA 90005

(213) 385-7800

INTERNATIONAL INSTITUTE OF LOS ANGELES

3845 Selig Place, Los Angeles, CA 90031

(323) 224-3800

435 S Boyle Ave, Los Angeles, CA 90033

(323) 224-3800

LEGAL AID FOUNDATION LOS ANGELES

5228 Whittier Blvd, Los Angeles, CA 90022

(213) 640-3883

lafla.org

LOS ANGELES IMMIGRATION

3550 Wilshire Blvd, Los Angeles, CA 90010

(213) 534-1827

U.S. CITIZEN AND IMMIGRATION SERVICES

300 North Los Angeles St, Los Angeles, CA 90012

(800) 375-5283

uscis.gov



LIBRARIES
BIBLIOTECAS

LOS ANGELES COUNTY LIBRARIES

ANTHONY QUINN LIBRARY

3965 E Cesar E Chavez Avenue
Los Angeles, CA 90063
(323)264-7715

CITY TERRACE LIBRARY

4025 E City Terrace Drive, Los Angeles, CA
90063
(323)261-0295

EAST LOS ANGELES LIBRARY

4837 East 3rd St, Los Angeles, CA 90022
(323) 264-0155

EL CAMINO REAL LIBRARY

Los Angeles County Library
4264 E Whittier Blvd, Los Angeles, CA 90023
(323) 269-8102

WEST HOLLYWOOD LIBRARY

Los Angeles County Library
625 N San Vicente Blvd, West Hollywood, CA
90069
(310) 652-5340



LOS ANGELES PUBLIC LIBRARIES

CENTRAL LIBRARY

630 W 5th St, Los Angeles, CA 90071
(213) 228-7000

BENJAMIN FRANKLIN BRANCH LIBRARY

2200 E. 1st Street
Los Angeles, CA 90033
323-263-6901

**DONALD BRUCE KAUFMAN – BRENTWOOD
BRANCH LIBRARY**

11820 San Vicente Boulevard
Los Angeles, CA 90049
310-575-8273

CAHUENGA BRANCH LIBRARY

4591 Santa Monica Boulevard
Los Angeles, CA 90029
323-664-6418

CHINATOWN BRANCH LIBRARY

639 N. Hill Street
Los Angeles, CA 90012
213-620-0925

WILL & ARIEL DURANT BRANCH LIBRARY

7140 W. Sunset Boulevard
Los Angeles, CA 90046
323-876-2741

ECHO PARK BRANCH LIBRARY

1410 W. Temple Street
Los Angeles, CA 90026
213-250-7808

LIBRARIES
BIBLIOTECAS

LOS ANGELES PUBLIC LIBRARIES

EDENDALE BRANCH LIBRARY

2011 W. Sunset Boulevard
Los Angeles, CA 90026
213-207-3000

**EXPOSITION PARK DR. MARY MCLEOD
BETHUNE REGIONAL LIBRARY**

3900 S. Western Ave
Los Angeles, CA 90062
323-290-3113

FAIRFAX BRANCH LIBRARY

161 S. Gardner Street
Los Angeles, CA 90036
323-936-6191

FELIPE DE NEVE BRANCH LIBRARY

2820 W. 6th Street
Los Angeles, CA 90057
213-384-7676

**FRANCES HOWARD GOLDWYN – HOLLYWOOD
REGION LIBRARY**

1623 Ivar Avenue
Los Angeles, CA 90028
323-856-8260

JOHN C FREEMONT BRANCH LIBRARY

6121 Melrose Avenue
Los Angeles, CA 90038
323-962-3521

JUNIPERO SERRA BRANCH LIBRARY

4607 S. Main Street
Los Angeles, CA 90037
323-234-1685

MUSEUMS
MUSEOS

Los Angeles County Museum of Art

5905 Wilshire Blvd, Los Angeles, CA 90036
(323) 857-6010

Natural History Museum of Los Angeles County

900 Exposition Blvd, Los Angeles, CA 90007
(213) 763-3466
nhm.org

Open every day from 9:00 am-5:00 pm except
on Holidays.

Abierto todos los días excepto los días feriados.

Free admission on Tuesday: CA EBT cardholders
with ID, CA teachers with ID
Active or retired military with ID, Children 2 and
under

*Entrada gratis los martes: Personas con tarjeta
de CA EBT con identificación*

Maestros de CA con identificación

Militares activos o retirados con identificación

Niños menores de 2 años.

LA BREA TAR PITS & MUSEUM

5801 Wilshire Blvd, Los Angeles, CA 90036
(213) 763-3499

The Getty Center

1200 Getty Center Dr, Los Angeles, CA 90049
(310) 440-7300
getty.edu

Japanese American National Museum

100 N Central Ave, Los Angeles, CA 90012
(213) 625-0414
janm.org

THE MUSEUM OF CONTEMPORARY ART

250 S Grand Ave, Los Angeles, CA 90012
(213) 626-6222
moca.org

PARKS & RECREATION
PARQUES Y RECREACIONES

ALPINE RECREATION CENTER

817 Yale St, Los Angeles, CA 90012
(213) 485-5448

Boyle Heights Sports Center & Park

933 S Mott Ave, Los Angeles, CA 90023
(323) 264-5136

ECHO PARK RECREATION CENTER

1632 Bellvue Ave, Los Angeles, CA 90026
(213) 250-3578 (213) 847-0095

ELYSIAN VALLEY RECREATION CENTER

1811 Ripple St, Los Angeles, CA 90039
(323) 666-5058

EVERGEEN RECREATION CENTER

2844 E 2ND St, Los Angeles, CA 90033
(323) 262-0397

**EXPO CENTER-ROY A ANDERSON
RECREATION CENTER**

3980 Bill Robertson Ln, Los Angeles, CA 90037
(213) 763-0114

HOLLYWOOD RECREATION CENTER

1122 Cole Ave, Los Angeles, CA 90038
(323) 467-6847

LAKE ST COMMUNITY CENTER

227 N Lake St, Los Angeles, CA 90026
(213) 207-2196

LEMON GROVE RECREATION CENTER

4959 Lemon Grove Ave, Los Angeles, CA 90029
(323) 666-4144

LINCOLN HEIGHTS RECREATION CENTER

2303 Workman St, Los Angeles, CA 90031
(323) 225-2838

LINCOLN HEIGHTS YOUTH CENTER

2911 Altura St, Los Angeles, CA 90031
(323) 226-1401

**LINCOLN PARK CENTER/SENIOR CITIZEN
CENTER**

3501 Valley Blvd, Los Angeles, CA 90031
(213) 847-1726

LOU COSTELLO JR. RECREATION CENTER

3141 Olympic Blvd, Los Angeles, CA 90023
(213) 485-9111

PAN PACIFIC PARK RECREATION CENTER

7600 Beverly Blvd, Los Angeles, CA 90036
(323) 939-8874

RAMON GARCIA RECREATION CENTER

1016 S Fresno St, Los Angeles, CA 90023
(323) 265-4755

SILVER LAKE REACREATION CENTER

1850 W Silver Lake Dr, Los Angeles, CA 90026
(323) 644-3946

STATE STREET RECREATION CENTER

716 N State St, Los Angeles, CA 90033
(213) 847-2790

WABASH RECREATION CENTER

2765 Wabash Ave, Los Angeles, CA 90033
(213) 262-6534

HOSPITALS
HOSPITALES

ADVENTIST HEALTH GLENDALE MEDICAL CENTER

1509 Wilson Terrace, Glendale, CA 91206
(818) 409-8000

ADVENTIST HEALTH WHITE MEMORIAL MEDICAL CENTER

1720 Cesar E Chavez Ave, Los Angeles, CA 90033

ALHAMBRA HOSPITAL MEDICAL CENTER

100 S Raymond Ave, Alhambra, CA 91801
(626) 570-1606

BEVERLY HOSPITAL

309 W Beverly Blvd, Montebello, CA 90640
(323) 726-1222

CALIFORNIA HOSPITAL MEDICAL CENTER - LOS ANGELES

1401 S Grand Ave, Los Angeles, CA 90015
(213) 748-2411

CEDARS SINAI MEDICAL CENTER

8700 Beverly Blvd, Los Angeles, CA 90048
(310) 423-2811

CHILDREN'S HOSPITAL OF LOS ANGELES

4650 Sunset Blvd, Los Angeles, CA 90027
(323) 660-2450

CITY OF HOPE HELFORD CLINICAL RESEARCH HOSPITAL

1500 E Duarte Rd, Duarte, CA 91010
(626) 256-4673

COAST PLAZA HOSPITAL

13100 S Studebaker Rd, Norwalk, CA 90650
(562) 868-3751

COMMUNITY HOSPITAL OF HUNTINGTON PARK

2623 E Slauson Ave, Huntington Park, CA 90255
(323) 930-1040

DOCS SURGICAL HOSPITAL

6000 San Vicente Blvd, Los Angeles, CA 90036
(323) 930-1040

EAST LOS ANGELES DOCTORS HOSPITAL

4060 Whittier Blvd, Los Angeles, CA 90023
(323) 268-5514

GARFIELD MEDICAL CENTER

525 N Garfield Ave, Monterey Park, CA 91754
(626) 573-2222

GLENDALE MEMORIAL HOSPITAL AND HEALTH CENTER

1420 S Central Ave, Glendale, CA 91204
(818) 502-1900

GOOD SAMARITAN HOSPITAL-LOS ANGELES

1225 Wilshire Blvd, Los Angeles, CA 90017
(213) 977-2121

GREATER EL MONTE COMMUNITY HOSPITAL

1701 Santa Anita Ave, South El Monte, CA 91733
(626) 579-7777

HOLLYWOOD PRESBYTERIAN MEDICAL CENTER

1300 N Vermont Ave, Los Angeles, CA 90027
(213) 413-3000

HUNTINGTON MEMORIAL HOSPITAL

100 W California Blvd, Pasadena, CA 91105
(626) 421-7733

KAISER FOUNDATION HOSPITAL - LOS ANGELES

4867 Sunset Blvd, Los Angeles, CA 90027
(833) 574-2273

KECK HOSPITAL OF USC

1500 San Pablo St, Los Angeles, CA 90033
(800) 872-2273

HOSPITALS
HOSPITALES

KINDRED HOSPITAL - LOS ANGELES

5525 W Slauson Ave, Los Angeles, CA 90056
(310) 642-0325

L.A. DOWNTOWN MEDICAL CENTER

1711 W Temple St, Los Angeles, CA 90026
(323) 544-0090

LOS ANGELES COMMUNITY HOSPITAL

4081 E Olympic Blvd, Los Angeles, CA 90023
(323) 267-0477

LOS ANGELES COUNTY+USC MEDICAL CENTER

1200 N State St, Los Angeles, CA 90033
(323) 409- 1000

PIH HEALTH HOSPITAL

12401 Washington Blvd, Whittier, CA 90602

ST. VINCENT MEDICAL CENTER

2131 W 3rd St, Los Angeles, CA 90057
(213) 484-7111

**MARTIN LUTHER KING, JR. COMMUNITY
HOSPITAL**

1680 E 120th St, Los Angeles 90059
(424) 338-8000

WHITTIER HOSPITAL MEDICAL CENTER

9080 Colima Rd, Whittier 90605
(562)945-3561

SHELTER
REFUGIO

**YOUNG WOMEN CHRISTIAN ASSOCIATION-
YWCA SAN GABRIEL VALLEY**

943 N Grand Ave, Covina CA 91724
(626) 960-2995

Domestic Violence and Senior Services

*Violencia Domestica y servicios a personas de
tercera edad.*

Hours/Horas:

Mon-Fri/lunes-viernes 8:00 am-5:00 pm

Hope North with Jfsla

(323) 681-2626

24 hours a day/24 horas al dia

Domestic Violence Services

*Servicios para personas que sufren de violencia
domestica.*

WOMEN & CHILDREN'S CRISIS

13203 Hadley St #103, Whittier CA 90601

(562) 945-3939 (562) 945-3937

24 Hours a day 7 days a week

24 Horas al dia 7 dias a la semana

WINGS REFERRAL SERVICE

943 N Grand Ave, Covina CA 91724
(626) 967-0658 (626) 960-2995

FAMILY CRISIS CENTER

2116 Arlington Ave Suite 200, Los Angeles, CA
90018
(323) 737-3900

TELEPHONE HOTLINES
LINEAS TELEFONICAS

(ACCESS) Mental Health Emergency and Non Emergency helpline (community care, effective services and support.

(ACCESS) Línea de ayuda de emergencia y no-emergencia de salud Mental (cuidado comunitario, servicios efectivos y apoyo.

24 hours-24 horas 7 dias – 7 days **1-800-854-7771**

Lineas de Crisis del Condado de Orange **(877) 727-4747**

NAMI (National Alliance Mental Illness) **1-800-950-6264**

NAMI (Alianza Nacional Enfermedad Mental)

Infoline Los Angeles County only **211, (800) 339-6993**

Línea de Información del Condado de Los Ángeles
(Solamente el Condado de Los Ángeles)

City of Los Angeles Infoline **311**

3-1-1 is a Citywide toll-free number to information & non-emergency services

Línea de Información del Condado de Los Angeles

3-1-1 es un número gratuito de toda la ciudad para información y servicios que no son de emergencia

Suicide Prevention & Survivor Hotline

Caller inside Los Angeles County 24 horas/7days-

877-727-7771

Caller outside Los Angeles County 24 horas/7dias

1-310-391-1253

Línea de Prevención de Suicidio y apoyo a Sobrevivientes

Llamada no es gratuita

Si llama dentro del Condado de Los Ángeles – 24 horas 7 días

Si llama fuera del Condado de Los Ángeles / 24 horas 7 días

Child Abuse Hotline (24 hrs 7days):

1-800-540-4000

Línea para denunciar abuso infantil-24 horas 7 días

Elder Abuse Hotline (24 horas al día 7 días a la semana):

1-800-992-1660

Línea para denunciar de abuso a personas de tercera edad

LOS ANGELES COUNTY DOMESTIC VIOLENCE SAFETY PLAN HOTLINE

The hotline operates 24/7. Callers can get help in eleven languages (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai, and Armenian).

800-978-3600 (Southern California)

LOS ANGELES RAPE AND BATTERING HOTLINE

The Los Angeles Rape and Battering Hotline is a confidential non-judgmental support service where staff and volunteers are available to provide emotional support, advocacy, information and referrals.

213-626-3393 (Central Los Angeles)

310-392-8381 (South Los Angeles)

626-793-3385 (West San Gabriel Valley)

Maternal Child & Adolescent Health Programs

600 S Commonwealth Ave 8th Floor, Los Angeles, 90005

(213)639-6400

Childhood Lead Poisoning Prevention Program

5555 Ferguson Dr, Suite 210-02, Commerce, Ca, 90022

1-800-LA-4-LEAD

Tobacco Control Prevention Program

3530 Wilshire Blvd, 8th Floor, Los Angeles, Ca, 90010

(213) 351-7890

Child Health & Disability Prevention Program (CHDP)

1-800-993-2437

Department of Social Services La County

1-866-613-3777

Arson Hotline

1-800-633-2836

California Youth Crisis Line

1-800-843-5200

Los Angeles Suicide Prevention Hotline

(310) 391-1253

Rape Hotline

1-800-585-6231

Child Abuse Hotline

1-800-540-4000

Poison Control Line

1-800-222-1222

Emergency 211

911

Non Emergency

1-877-275-5273

Reporting Illegal Firearms Activity

1-800-283-4867

Adult Protective Services

1-877-477-3646

Child Passenger Safety

1-800-232-4636

Breast Feeding Support Line

1-888-278-6455

La County Health & Nutrition Hotline

1-877-597-4777

Emergency Management

1-800-980-4990



TRANSPORTATION/ TRANSPORTACION

[Metro.net](https://www.metro.net)

Metro Transit Info

323.GO.METRO (323.466.3876)

Mon-Fri 6:30am to 7pm | Sat/Sun 8am to 4:30pm

Tap Customer Service

1-866-827-8646 866.TAPTOGO

Monday-Fri/Friday 8am to 4:30pm | [Taptogo Website](#)

Transit Watch

METRO SECURITY 888.950.7233

24 hours | [Report an Issue](#)

Life Program

<https://www.metro.net/calendar/life-program-sign-up-event-at-fenton-avenue-charter-school/>

If you live in LA County and your income falls within these limits, you are eligible.

Si vive en el condado de Los Ángeles y sus ingresos caen dentro de estos límites, usted es elegible.

Household Size	Annual Income
1	\$41,700 or less
2	\$47,650 or less
3	\$53,600 or less
4	\$59,550 or less
5	\$64,350 or less
6	\$69,100 or less

You can now apply by simply self-certifying that you meet the LIFE Program income levels by checking the Self-Certification box on the application.

Ahora puede solicitar simplemente autocertificando que cumple con los niveles de ingresos del Programa LIFE marcando la casilla de Autocertificación en la solicitud.

[Examples of acceptable forms of proof of income:](#)

Ejemplos de formas aceptables de prueba de ingresos:

Any benefits card that provides cash or food or any award or letter that verifies your participation in an assistance program, including:

Cualquier tarjeta de beneficios que proporcione dinero en efectivo o alimentos o cualquier premio o carta que verifique su participación en un programa de asistencia, incluyendo:

- EBT card
- Medi-Cal card
- Social Security Award
- Social Security Disability Award
- General relief cash aid eligibility letter
- Unemployment letter
- SNAP eligibility letter
- TANF eligibility letter
- CalFresh eligibility letter
- Free or reduced lunch letter
- Check stub or tax return form
- Wages and tax statement form (ex: 1099 or W-2)
- Bank statement indicating direct deposits from the U.S. Treasury
- Bank statements indicating employer direct deposit

Fares

How much does it cost?

1-Way / Una ida	\$1.75
1-Day Pass/ Pase de un día	\$3.50
7-Day Pass/ Pase de 7 días	\$12.50
LIFE 7-Day Pass (low-income)/ LIFE Pase de 7 días (de bajos ingresos)	\$6.50
30-Day Pass/ Pase de 30 días	\$50
LIFE 30-Day Pass (low-income)/ LIFE Pase de 30 días (bajos ingresos)	\$26

Seniors 62+ / Mayores de 62 años

1-Way/ Una ida 75¢/35¢*/

1-Day Pass/ Pase de un día \$2.50

30-Day Pass/ Pase de 30 días \$20

LIFE 30-Day Pass (low-income)/ LIFE Pase de 30 días (bajos ingresos) \$12

Students (K-12)

1-Way/ Una ida	\$1
30-Day Pass/ Pase de 30 días	\$24
LIFE 30-Day Pass (low-income)/ LIFE Pase de 30 días (bajos ingresos)	\$14

College/Vocational

1-Way/ Una ida	\$1.75
30-Day Pass/ Pase de 30 días	\$43
LIFE 30-Day Pass (low-income)/ LIFE Pase de 30 días (bajos ingresos)	\$30
U-Pass (participating schools only)/ Pase U (solamente escuelas participantes)	Varies/varea

Persons with Disabilities

1-Way/ Una ida	75¢/35¢*
1-Day Pass/ Pase de 30 días	\$2.50
30-Day Pass/ Pase de 30 días	\$20
LIFE 30-Day Pass (low-income) LIFE Pase de 30 días (bajos ingresos)	\$12

How to get a Reduced Fare TAP card for Seniors

[Apply in person for a Reduced Fare TAP card](#)

- Get a temporary Reduced Fare TAP card right away at a [Metro Customer Center](#).
- Make sure you have proper documentation and an image of yourself in the correct size.
- [Seniors 62+ hard copy application and requirements.](#)

[Apply online for a Reduced Fare TAP card](#)

- Gather all the requirements and apply online. Seniors 62+ TAP cards will be mailed to eligible applicants within 20 business days after verification has been completed.
- [Online Application for Seniors 62+](#)

DASH

Overview

DASH provides frequent, inexpensive and convenient bus service in downtown Los Angeles and in 27 neighborhoods all across the City of Los Angeles. Each route is designed to serve travel within that neighborhood and to connect to other regional transit services such as Metro Rapid and local routes, Metrolink and Metro rail lines.

The fare is only 50 cents a ride, 25 cents for seniors and the disabled. Access cardholders travel *free*.

DASH SERVICE FREQUENCY

ROUTES	FREQUENCY			
	WEEKDAY SERVICE EVERY	SATURDAY SERVICE EVERY	SUNDAY SERVICE EVERY	HOLIDAY SERVICE*
Downtown A	7 min	10min	15min	NA
Downtown B	8 min	10min	15min	NA
Downtown D	6 min	10min	15min	NA
Downtown E	5 min	10min	15min	NA
Downtown F	10 min	15min	15min	NA
Beachwood Canyon	25 min	25 min	25 min	NA
Boyle Heights/East LA	20 min	30 min	30 min	NA
Chesterfield Square	20 min	20 min	20 min	20 min
Crenshaw	20 min	20 min	20 min	NA
El Sereno/City Terrace	15-20 min	20 min	25 min	25 min
Fairfax	30 min	30 min	30 min	NA
Highland Park/Eagle Rock	20 min	20 min	20 min	NA
Hollywood	30 min	30 min	30 min	N A
Hollywood/Wilshire	25 min	25 min	25 min	NA
Larchmont Shuttle	12 min	NA	NA	NA

<u>King-East</u>	20 min	20 min	20 min	NA
<u>Leimert/Slauson</u>	25 min	25 min	25 min	NA
<u>Lincoln Heights/Chinatown</u>	30 min	30 min	30 min	NA
<u>Midtown</u>	30 min	30 min	30 min	NA
<u>Northridge/Reseda</u>	15-20 min	20 min	20 min	NA
<u>Observatory/Los Feliz</u>	15-20 min	15 min	15 min	15 min
<u>Panorama City/Van Nuys</u>	15-20 min	20 min	20 min	20 min
<u>Pico Union/Echo Park</u>	10-14 min	15 min	15 min	12-15 min
<u>Pueblo del Rio</u>	20 min	20 min	20 min	NA
<u>San Pedro</u>	20 min	20 min	30 min	30 min
<u>Southeast</u>	20 min	20 min	20 min	20 min
<u>Van Nuys/Studio City</u>	30 min	30 min	30 min	NA
<u>Vermont/Main</u>	15 min	15 min	20 min	NA
<u>Watts</u>	20 min	20 min	20 min	NA
<u>Wilmington</u>	15-20 min	15-20 min	15-20 min	15 min
<u>Wilshire Center/Koreatown</u>	20 min	20 min	20 min	20 min

***Holidays include New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day**

Los Angeles Community Resources

Meals for Seniors

Seniors 65 and older are especially vulnerable to severe illness from COVID-19 and should self-isolate at home. To ensure they get meals in a way that reduces exposure, all congregate meal sites will transition to home-delivered or packaged/frozen meals that must be picked up by someone under 65. Use the map on this page for details regarding each location:



Senior Citizen Meals by Hilda Solis

Hilda Solis is working hard to ensure that our seniors have meals during this critical time. [Los Angeles County Workforce Development, Aging & Community Services](#) is preparing to distribute packaged and frozen meals for our

senior citizens. These meals could be picked up at designated locations by a caregiver, family member, or friend.

Los Angeles County Workforce Development, Aging & Community Services, Los Angeles, CA. Los Angeles County Workforce Development, Aging & Community Services.

[Elder Nutrition Program \(ENP\) -Los Angeles County WDACS -Workforce Development, Aging and Community Services \(WDACS\)](#)

The Home-Delivered Meals Program is designed specifically for home-bound individuals. This valuable program not only delivers a nutritious meal on a daily basis, but also serves as a mechanism to check up on the client, thereby providing an additional safety inspection and furthering the ability for him or her to remain home. <https://wdacs.lacounty.gov/>

Food Bank Resource Guide

Provides a list of food banks in the LA County. The hours of operation, distribution process, and other services may have changed. It's important to call the Food Bank to confirm hours of operations and process to receive services. Click on the link below to access the guide:

[**Food Bank Resource Guide LA County.pdf**](#)

Help & Crisis Lines

You may be feeling anxiety, worry or fear related to the social disruption caused by COVID-19. Here are some helpful links to help you cope and are FREE!

MILITARY CRISIS LINE

<https://www.veteranscrisisline.net/get-help/military-crisis-line>

Military Crisis Line: Suicide Prevention Hotline, Chat & Text -Veterans Crisis Line

Welcome to the Military Crisis Line Home; Military Crisis Line Serving those who serve our country. The Military Crisis Line, text-messaging service, and online chat provide free VA support for all Service members, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with VA or enrolled in VA health care. www.veteranscrisisline.net

<https://www.veteranscrisisline.net/get-help/local-resources>

Suicide Prevention Resources & Support Near Me No matter what you are experiencing, there are resources and support systems to help. Whether you're looking for clinical care, counseling, assistance with benefits, or something else, we're here. www.veteranscrisisline.net

<https://www.eachmindmatters.org/get-help-now/>

Get Help Now -Each Mind Matters -California's Mental Health Movement. Get Help Now. If you are feeling suicidal (or if you are concerned about someone), there is help available right now. A trained counselor is ready to talk to you and provide help. www.eachmindmatters.org

<http://www.ochealthinfo.com/bhs/about/nit/oclinks/>

Orange County, California -OC LinksThe OC Links Information and Referral Line provides telephone and online support for anyone seeking information or linkage to any of the Health Care Agency's Behavioral Health Services. www.ochealthinfo.com

<http://www.ocps.org/education-resources/resources-for-the-public/telephone-support/>

Telephone Support -OCPS

Telephone Support Crisis Prevention Hotline. 1-877-CRISIS or 1-877-724-4747 Toll-free, 24-hour, immediate, and confidential over-the-phone suicide prevention services to anyone, who is in crisis or experiencing suicidal thoughts. www.ocps.org

Dream Center Food Truck Ministry Distribution Info

Site Locations & Times/ *Lugar y Horario*

Saturday Only/Solo los Sabados

- Site 1 10:30 AM – 11:30 AM **Santa Ynez** 2127 Santa Ynez Street, Los Angeles, CA 90012
Site 2 10:30 AM – 11:30 AM **William Mead** 293 Cardinal Street, Los Angeles, CA 90012
Site 3 10:30 AM – 11:30 AM **Pueblos** 54th Street & Long Beach Ave, Los Angeles, CA 90011

Tuesday:

- Site 1 10:30AM –11:30AM **Edgware** 353 E Edgware Road, Los Angeles, CA 90026
Site 2 10:30AM -11:30AM **Bonnie Brae** 273 Bonnie Brae Los Angeles, CA 90057
Site 3 2:30PM - 3:30PM **Plaza Del Sol** 1300 Plaza del Sol, Los Angeles, CA 90033
Site 4 2:30PM - 3:30PM **Gratt's EEC** 1415 W 5th Street, Los Angeles CA 90017
Site 5 2:30PM - 3:30PM **Nickerson Gardens** 11335 Success Avenue, Los Angeles, CA 90059

Wednesday:

- Site 1 10:30AM - 11:30AM **Hoover** 2669 W 9th Street, Los Angeles, CA 90006
Site 2 10:30AM - 11:30AM **Chinatown** 323 S Avenue 19, Los Angeles, CA 90031
Site 4 2:30PM – 3:00PM **Church on the Way** 7121 Tyrone Ave000, Van Nuys, CA 91405
Site 5 2:30PM - 3:30PM **Norwood** W 20th Street & S Oak Street, Los Angeles, CA 90007
Site 7 2:30PM - 3:30PM **Imperial Courts** 11583 Gorman Ave, Los Angeles, California, 90059

Thursday:

- Site 1 10:30AM - 11:30AM **Angelus Temple** 1100 Glendale Blvd, Los Angeles. CA 90016
Site 2 10:30AM - 11:30AM **1st & Chicago** 2124 E 1st Street, Los Angeles CA 90033
Site 3 2:30PM - 3:30PM **Gilbert Lindsay** 430 E 41st Place, Los Angeles, CA. 90011
Site 4 2:30PM - 3:30PM **Rosemont Elementary** 421 Rosemont Ave, Los Angeles, CA 90026
Site 5 2:30PM - 3:30PM **Hollywood** 5545 Virginia Avenue, Hollywood, CA 90038

Employment Search & EDD Info
Employment Opportunities, Emergency Assistance, Healthcare, or Business Assistance.

<https://lajobportal.com/>

Virtual Career Fair by City/Region Events Calendar:

https://success.recruitmilitary.com/events/schedule?utm_source=Influencer&utm_medium=Team+Transition&utm_content=All+encompassing+email&utm_campaign=All+Influencers+Events+Sked

Veteran Career Search Resource Center

https://recruitmilitary.com/job-seekers/resources/resources?utm_source=Hadac&utm_source=Influencer&utm_medium=Influencer&utm_medium=Team+Transition&utm_content=2020+E%26R&utm_content=All+encompassing+email&utm_campaign=All&utm_campaign=All+Influencers+Veteran+Resource+Center

Military/Veteran Employment Resource Center Resources for Job Seekers | Recruit Military

Military/Veteran Employment Resource Center. From walking into a job fair with a well-written resume and dressed for success, to learning how to network, approach employers and effectively showcase why you are interested and a fit for a position - preparation is everything!

<https://recruitmilitary.com/>

Military Spouse Resource Center

https://recruitmilitary.com/job-seekers/resources/industries/military-spouse?utm_source=Influencer&utm_medium=Hadac&utm_medium=Team+Transition&utm_content=Influencer+1+Page+-+Spouse+Resource+Center&utm_content=All+encompassing+email&utm_campaign=All+Influencers+MilSpouse+Resource+Center

Comprehensive Resources for Veterans and Military Families | Recruit Military
Resources for military spouses. Military Spouse Employment Resource Center. Recruit Military understands that, due to military operational demands, it can be challenging for the military family to navigate their career search. <https://recruitmilitary.com/>

Dress for Success Virtual Career Coaching for Women

If a woman is interested in a 15-20-minute session with a career coach, we are asking her to take five minutes to fill out this form. Survey:

<http://bit.ly/LAVirtualCareerCoaching>



During sessions, our career coaches can provide guidance on topics including:

- Job interviews
- Starting a new job
- Resume review and feedback
- LinkedIn profile review and feedback
- Searching and applying for jobs
- General career guidance



**Internet Website
LAUSD:**

LAUSD Resources

<https://achieve.lausd.net/resources>

Latest News / Resources for Families During School Closures
60 sites available for meal pickup Due to recent developments in the global coronavirus pandemic, Los Angeles Unified is opening Grab & Go Food Centers, giving families 60 sites where they can pick up food for their children.
achieve.lausd.net

for

<https://achieve.lausd.net/itd>

New ITD / ITD Emergency

Internet Access for Families. Charter Spectrum is offering free broadband and Wi-Fi access for 60 days to households with K-12 students. Call 1-844-488-8395 to learn more. Comcast is offering similar services to eligible households for 60 days through their Internet Essentials program. Learn more and apply at <https://achieve.lausd.net/domain/4>

Hotlines:

For families: (213) 443-1300

The hotline is open 6 a.m. to 6 p.m. Monday through Saturday.

211 Essential Needs

<http://www.211.org/services/essential-needs>



Essential Needs | 211.org

It can be difficult to find local help to put food on the table, find a safe place to live, or access affordable healthcare. No matter what you or someone you care about needs right now, 211 can help you find available services and resources in your community.
www.211.org

Low Cost Internet from Spectrum

Spectrum

Spectrum Broadband at low cost for

Households. The

Affordable Connectivity Program will provide eligible households with a credit toward broadband service of up to \$30 per month, or \$75 per month for households on Tribal lands. The Affordable Connectivity Program is limited to one monthly service credit per household. The Affordable Connectivity Program will remain in effect until the program funds are exhausted.

<https://www.spectrum.com/internet/spectrum-internet-assist>

LA County DPSS

ASSISTANCE AND INFORMATION REGARDING MEDICAL, MEDICARE, CAL FRESH (FOOD STAMPS), AND GENERAL RELIEF (WELFARE).

<http://dpss.lacounty.gov/wps/portal/dpss/main/home/news?1dmy&page=dept.dpss.home.news.detailhidden&urile=wcm%3apath%3a/dpss+content/dpss+site/home/news/fc949f71-e671-4dfd-88dc-04692a874ec6>

APPLYING FOR BENEFITS - CAL FRESH (FOOD STAMPS) AND/OR GENERAL RELIEF (WELFARE)

<https://www.yourbenefits.laclrs.org/ybn/Index.html>

www.yourbenefits.laclrs.org

LA County DPSS Home

<http://dpss.lacounty.gov/wps/portal/dpss>

County of Los Angeles DPSS - Home

This needs to change but will be about the DPSS page.

<http://dpss.lacounty.gov/wps/portal/dpss>



San Fernando
Valley Hope of
the Valley Pacoima Church Confidential
(please call)52(818) 257-8521Co-EdSan Gabriel
Valley Volunteers of America
Los Angeles Basset Park510 Vineland Ave
La Puente 9174675(626) 442-4357WomenSan Gabriel
Valley Volunteers of America
Los Angeles Steinmetz Park1545 S. Stimson Ave
Hacienda Heights, 9174515(626) 442-4357Co-EdMetro
Los Angeles Weingart Association Weingart Center566 S. San Pedro St
Los Angeles, 9001349(213) 689-2152Co-EdMetro
Los Angeles The Salvation Army Shatto Park
Recreation Center3191 W. 4th St
Los Angeles, 9002048(323) 944-4676Co-EdMetro
Los Angeles First To Serve Echo Park
Community Center313 Patton St
Los Angeles, 9002627(323) 758-4670Co-EdMetro
Los Angeles First To Serve Pan Pacific7600 Beverly Blvd
Los Angeles, 9003673(323) 939-8874Co-EdWest
Los Angeles Oakwood
Recreational Center Home At Last767 California Ave
Venice, 9029130(323) 861-4831Co-EdSouth
Los Angeles Bryant Temple CDC Bryant Temple

Women's Shelter 2514 W. Vernon Ave
Los Angeles, 9004720(323) 792-4162 Women South
Los Angeles Home At Last Athens Park 12603 S. Broadway
Los Angeles, 9006163(323) 787-7241 Co-Ed South
Los Angeles Home At Last HAL Facility 5171 S. Vermont Ave
Los Angeles, 9003720(323) 305-6999 Males South
Los Angeles Home At Last HAL Facility 83 11 S. Western Ave
Los Angeles, 9004730(323) 909 -5913 Women South
Los Angeles Home At Last 2nd AME Church 5500 S. Hoover Ave
Los Angeles, 9003720(323) 305-6999 TAY South
Los Angeles Volunteers of
America LA Former Library 5571 Orange Ave
Long Beach, 9080580(213) 328-9928 Coed

VA Gill Bill Benefits

Over the past two weeks, VA has worked with Congress to preserve GI Bill benefits for impacted students during this difficult time.

The Senate and House passed S.3503 and the bill will be headed to POTUS to sign, which will give the Department of Veterans Affairs (VA) the authority to continue GI Bill payments uninterrupted in the event of national emergencies.

The new law allows for VA to continue to pay benefits regardless of the fact that the program has changed from resident training to online training.

Also, students will continue to receive the same monthly housing allowance payments that they received for resident training until January 1, 2021, or until the school resumes normal operations of resident training.

VA is working to immediately implement the new changes to address current and future school terms to ensure students continue to receive their education benefits.

What should GI Bill Students know?

There is no action required from a GI Bill student. VA has scheduled several training sessions with all VA approved schools and training facilities over the next couple of days to provide further guidance.

We will work closely with schools to ensure enrollments are accurately certified and processed timely.

We are committed to providing regular updates to you through direct email campaigns and social media about VA's effort to implement these new changes.

If you have questions about your specific circumstance, please contact the Education Call Center at: 1-888-442-4551 between 8 AM and 7 PM Eastern Time, Monday-Friday.

Veterans' GI Bill benefits to continue during COVID-19 pandemic - VAntage Point Student Veterans will continue to receive their GI Bill benefits under S. 3503, which President Trump signed into law March 21. The law enables VA to continue providing

the same level of education benefits to students having to take courses online due to the coronavirus (COVID-19) outbreak. <https://www.blogs.va.gov/VAntage/>

VA Grant and Per Diem NOFA

Apply Now The VA's Grant and Per Diem (GPD) program recently published a Notice of Funding Availability (NOFA) in the federal register. The Transition In Place (TIP) NOFA provides approximately \$40 million in funding for eligible organizations to provide transitional housing beds utilizing the TIP housing model for veterans who are homeless or at risk for becoming homeless.

<https://www.va.gov/HOMELESS/GPD.asp>



Grant and Per Diem Program - Homeless Veterans
Program Description. VA's Homeless Providers Grant and Per Diem Program is offered annually (as funding permits) by the Department of Veterans Affairs Health Care for Homeless Veterans (HCHV) Programs to fund community agencies providing services to homeless Veterans. www.va.gov

Veterans' Health

Need a prescription refill? With the Rx Refill app, you can request, track and view your prescriptions from your mobile or web device. Learn more here:

https://mobile.va.gov/app/rx-refill?utm_source=Social&utm_campaign=RxRefill



Rx Refill | VA Mobile

The Department of Veterans Affairs' (VA) Rx Refill mobile application (app) allows you to request refills of your refillable VA-issued prescriptions, track VA prescription deliveries, view VA prescription history and access additional medication information on My HealtheVet from the convenience of your mobile device. <https://mobile.va.gov/>

LA County Veteran Service Reps

Cal Vet – State Benefits Contact

Anthony Rodriguez

Local Interagency Network Coordinator (LINC), Veteran Service Division, CalVet

anthony.rodriguez@calvet.ca.gov

www.calvet.ca.gov



Please Note: Here is the listing of all LA County Veteran Service Reps and the offices they are associated with. Use this list to call the closed Vet Rep nearest you or your Vet according to Vet Rep's office location.

LA COUNTY MILITARY AND VETERANS AFFAIRS

Veterans Claims Services					
Position	Employee Name	Email	Office Location	City	Zip
Vets Claims Asst. II	Joel Castellanos	jcastellanos@mva.lacounty.gov	5901 E. 7 Street Bldg 8 Rm 102	Long Beach	90822
Vets Claims Asst. II	Joseph Sapient	jsapient@mva.lacounty.gov	16111 Plummer Street	Sepulveda	91343
Vets Claims Asst. II	Reymundo Borjon	rborjon@mva.lacounty.gov	351 E. Temple St. Rm B307	Los Angeles	90012
Vets Claims Asst. III	Michele Felix	mfelix@mva.lacounty.gov	1045 W. Redondo Beach Blvd	Gardena	90247
Vets Claims Asst. I	Adam Bennett	abenett@mva.lacounty.gov	14181 Telegraph Rd	Whittier	90604
Vets Claims Asst. II	Kimberly Hill	khill@mva.lacounty.gov	5730 Uplander Way	Culver City	90230
Vets Claims Asst. II	Hayden Velasquez	hvelasquez@mva.lacounty.gov	1427 W. Covina Pkwy # 100 A	West Covina	90015
Vets Claims Asst. II	Christopher Harris	charris@mva.lacounty.gov	1427 W. Covina Pkwy # 100 A	West Covina	91790
Vets Claims Asst. III	Keith Niesen	kniwsen@mva.lacounty.gov	777 W. Jackman Street	Lancaster	93535
Vets Claims Asst. II	Lance Asamura	lasamura@mva.lacounty.gov	11301 Wilshire Blvd, Bldg 500	Los Angeles	90073
Vets Claims Asst. II	Dorene Hartley	dhartley@mva.lacounty.gov	17171 E. Gale Ave	Industry	91745
Vets Claims Asst. II	Frank Valencia	fvalencia@mva.lacounty.gov	1427 W. Covina Pkwy, # 100 A	West Covina	91790
Vets Claims Asst. II	Tiffany Apodoca	tapodoca@mva.lacounty.gov	5901 E. Street, Bldg 8 Rm 102	Long Beach	90822
Intermediate Typist Clerk	Stephanie Guerrero	sguerrero@mva.lacounty.gov	1816 S. Figueroa St. 2nd Fl	Los Angeles	90015
Intermediate Typist Clerk	Gladys Romero	gromero@mva.lacounty.gov	1816 S. Figueroa St. 2nd Fl	Los Angeles	90015

Vets Claims Asst I	Hector Castillo	hcastillo@mva.lacounty.gov	26111 Bouquet Canyon Road	Santa Clarita	91350
Vets Claims Asst 1	Loida Maculan	lmaculan@mva.lacounty.gov	777 W. Jackman Street	Lancaster	93535
Vets Claims Asst 1	Jonathan Villareal	jvillareal@mva.lacounty.gov	769 W. 3rd Street	San Pedro	90731
Veterans Intern	Dennis Campos	dcampos@mva.lacounty.gov	5901 E. 7th Street Bldg 8 Rm 102	Sepulveda	91343
Veterans Intern	Kenneth Gonzales	kgonzalez@mva.lacounty.gov	1816 S. Figueroa St. 2nd Fl	Los Angeles	90015
Veterans Intern	Alejandra Figueroa	afigueroa@mva.lacounty.gov	1816 S. Figueroa St. 2nd Fl	Los Angeles	90015
Veterans Intern	Ana Aris Judith Alvarado	AriasAlvarado@mva.lacounty.gov	1816 S. Figueroa St. 2nd Fl	Los Angeles	90015

VA Greater Los Angeles Healthcare Situation Update - VA Greater Los Angeles Healthcare System

Effective immediately, VA Greater Los Angeles Healthcare System is putting in place new procedures to reduce the risk of COVID-19 (coronavirus) transmission. The following actions have been taken:

- No visitors under the age of 18 will be allowed into our care facilities.
- Veterans who have medical appointments will be allowed to enter our facilities after passing a brief screening.
- Veterans will be allowed one escort to accompany them, and the escort will be allowed to enter our care facilities after passing a brief screening.
- All visitors will be restricted from visiting residents in our Domiciliary and Community Living Centers except for hospice and palliative care.
- Hospitalized inpatients are allowed one visitor who must first check-in at the nursing station after passing a brief screening.
- Vendors and delivery personnel will be allowed access to our care facilities, after passing a brief screening, if the delivery is required for patient care needs.
- Veterans or staff who do not have business at our care facilities will be asked to leave the premises. This is being done to increase social distancing in our healthcare system.

Entrances at our main hospital building (Building 500 on the West LA campus), are still limited to two locations: the **main entrance** (north side) and the **east entrance** (Emergency Department). These actions are being taken to ensure the safety of our Veterans, staff, and visitors in this rapidly changing environment. Please visit us on Facebook or Twitter for updates. For more information on VA's response to COVID-19, please visit <https://www.va.gov/coronavirus/>. Thank you.

Military Veterans Affairs Info – Bob Hope Patriotic Hall

For Veterans who have general questions or want to check on the status of a claim or appeal, please contact the VA at 1-800-827-1000 or the CalVet District Office at (213) 620-2755.

<https://www.va.gov/resources/ask-va-replaces-iris-and-the-gi-bill-help-portal>

Bob Hope Patriotic Hall Contacts

Veteran Service Tenants housed at Bob Hope Patriotic Hall may be contacted at the following:

- Veterans America's Job Center of California: 213-742-9560, Herbert Thau, HThau@JVS-SoCal.org
- US Vets: 213-700-6450, Antonio Casasola, ACasasola@usvetsinc.org
- LA County Mental Health: 213-763-0300, Nancy Pelayo, NPelayo@dmh.lacounty.gov, Katherine Guerra, Kguerra@dmh.lacounty.gov
- LA County Bar Association, Veterans Legal Services Project: 213-896-6537, inquiries-veterans@lacba.org
-
- Community Veteran Justice Project: 818-633-2440, Jodi Galvin, Office.cvjp@gmail.com
- California State University Northridge VITA Tax Service: csu5vita@csun.edu



LA County Department of Mental Health

To better cope with stress during COVID-19, visit the LA County Department of Mental Health website:
<https://dmh.lacounty.gov/>

Department of Mental Health - hope. recovery. wellbeing.

The importance of our work is even more apparent in times like these when the community faces unpredictable and unprecedented challenges. The outbreak of the novel coronavirus (COVID-19) impacts each person's mental wellbeing in different ways: some may feel anxious or unmoored, others may be ambivalent or even frustrated.

<https://dmh.lacounty.gov/>

[Coping With Stress During Infectious Disease Outbreaks](#)

Revised 2/18/2020 2. community groups Join • way they look or where they or their families come from.

www.publichealth.lacounty.gov

Coronavirus Resources

The U.S. Department of Labor (DOL) has resources to help workers and employers prepare for the COVID-19 virus (also known as novel coronavirus). <https://www.dol.gov/coronavirus>

FOOD BANK GUIDE

PANTRY	ADDRESS	DAYS/HOURS/REQUIREMENT
Epiphany Episcopal Church	2808 Altura St, Los Angeles, CA 90031 (323) 227-9931	2 nd and 4 th Friday of the month at 10:30am until supplies last, arrive early.
Downtown Women's Center	442 S. San Pedro Street Los Angeles, CA 90011 (213) 680-0600	Food distribution 9am-9:30am. Breakfast, lunch, and snacks are distributed to women through the gate
Christian Food Center	1355 East Washington Blvd, Los Angeles, CA 90021 (213) 716-9115	Tuesday-Friday 9am-3:30pm and Saturday 9am-12pm
First Southern Baptist Church	1528 North Wilton Pl, Hollywood, CA 90028 (323) 466-9631	Friday 4pm-6pm
Centro Maravilla	4716 East Cesar Chavez Ave, Los Angeles, CA 90022 (323) 260-2805	Monday-Friday from 9am-4pm Must schedule an appointment. No requirements
SOVA-Community Food and Resource Program	8846 West Pico Blvd, Los Angeles, CA 90035 (818) 988-7682	Monday, Wednesday and Thursday from 10:00am-1:30pm. Must provide ID
Immanuel Presbyterian Church	668 South Catalina St, Los Angeles, CA 90005 (213) 389-3191	Monday 8:30am-2:00pm, Tuesday 12pm-6pm, Wednesday 9am-3pm, Friday 9am-3pm & Saturday 8am-10am
Children's Hospital Los Angeles	5000 Sunset Blvd. 7th Floor, Los Angeles, CA 90027 (323) 361-5981	Wednesday from 10am-11am. Bring your own bags
First Southern Baptist Church of Hollywood	1528 North Wilton Place, Hollywood, CA 90028 (323) 466-9631	Mondays at 9:30am until supplies last Fridays 5pm, must line up at 4pm for number Bring your own bags.
Estrella Del Mar De Los Angeles-Regis House Community Center	2212 Beverly Blvd Los Angeles, CA 90057 (213) 380-8168	2 nd and 4 th Thursday of the month at 10am-11am. Bring your own bags must provide valid ID.

FOOD BANK GUIDE

PANTRY	ADDRESS	DAYS/HOURS/REQUIREMENT
Ocean Park Community Center	503 Olympic Blvd, Santa Monica, CA 90401 (310) 450-4050	Every Tuesday 1pm-2pm. Must be a client of OPCC. No new clients at this time.
Catholic Charities	211 3rd Avenue Los Angeles, CA 90291 (310) 392-8701	Lunch distribution Saturday 9am-2pm
St. Augustine Catholic Church	3850 Jasmine Avenue Culver City, CA 90230 (310) 838-2702	Distribution Monday, Wednesday, and Friday 9am-11am. Call to verify your zip code.
St. Gerard's Catholic Church	4439 Inglewood Blvd, Los Angeles, CA 90066 (310) 390-5034	Every Tuesday and Thursday from 9am-3pm. Must bring picture I.D, proof of address, and proof of income. (Local residents only)
St. Gerard's Catholic Church	503 Olympic Blvd, Santa Monica, CA 90401 (310) 450-4050	Monday - Friday from 9am-12pm Monday, Tuesday and Friday at 3:30pm. Wednesdays & Thursdays at 3pm Saturday at 8am. Sundays at 10:30am
Normandie Community Church	3801 S. Normandie Street, Los Angeles, CA 90037 (323) 731-7787	Distribution every 4th Saturday of the month until supplies last. Must provide Picture ID.
All Peoples Community Center	822 East 20th St, Los Angeles, CA 90011 (213) 747-6357	Fridays 9:30am-1pm. Must be local resident Must provide picture I.D, and proof of income.
Praise Chapel Florence Community Church	1750 East Florence Ave, Los Angeles, CA 90001 (626) 483-5728	Wednesday from 9am-10:30am
Presentation of Mary Catholic	6406 Parmelee Avenue, Los Angeles, CA 90001 (323) 585-0570	Distribution is every Saturday of the month 7:30am - 8:30am. Please call to verify distribution.
Bethel Unspeakable Joy Christian Church	8724 South Central Ave, Los Angeles, CA 90002 (323) 585-5939	Every 2nd and 4th Saturday of the month 8am-10pm

FOOD BANK GUIDE

PANTRY	ADDRESS	DAYS/HOURS/REQUIREMENT
New Direction Community Program	8200 South Western Ave, Los Angeles, CA 90047 (323) 291-0035	Every 2nd Saturday of the month 1:30pm until supplies last
Shields for Families Social Service Agency	11705 Deputy Yamamoto Pl, Lynwood, CA 90262 (323) 242-5000	Distribution 10am-2pm. Arrive early
Central City Neighborhood Partners	501 South Bixel St, Los Angeles, CA 90017 (213) 482-8618	Thursdays from 9am-1pm First come first serve.
Catholic Rainbow Outreach	1419 Carmenita Rd, Whittier CA 90605 (562) 556-4449	Monday, Tuesday, Wednesday, and Friday 11:30am- 1pm. Participant must arrive at 10:30am to receive a number. Every other Saturday and Sunday 11:30am-1pm. Participant must arrive at 10:30am
Bienestar East Los Angeles	5326 East Beverly Blvd, Los Angeles, CA 90022 (323) 727-7896	Food bank is primarily for HIV+ individuals and currently open to the public regardless of their HIV status once annually, during this epidemic. Distribution days Tuesday 11AM - 2:30PM, Wednesday 10AM-12PM Thursday 12PM-1:30PM, and 3:00 to 4:30pm
Door of Hope Community Center	1414 South Atlantic Blvd, Los Angeles, CA 90022 (323) 262-2777	Distribution every Thursday 9am-11am. Arrive early and call ahead.
Mexican-American Opportunity Foundation	401 North Garfield Ave, Montebello, CA 90640 (323) 890-9600	Wednesday & Thursday 9am-1pm Must provide ID
American Veteran Inc.	351 East Temple St, Los Angeles, CA 90012 (909) 534-5953	Must call and schedule an appointment for pick up
RCCG Jesus Embassy Los Angeles	442 East El Segundo, Los Angeles, CA 90061 (818) 300-8640	Every 2nd & 4th Monday of the month 5:30pm-7:30pm
Holy Family Giving Bank	1524 Fremont Ave, South Pasadena, CA 91030 (626) 403-6140	Distribution every Monday from 9am-10: 45am. Must be a local resident, provide proof of address and picture ID

AYUDA Y LÍNEAS DE CRISIS

LÍNEA DE CRISIS MILITAR

<https://www.veterancrisisline.net/get-help/military-crisis-line>

Línea de Crisis Militar: Línea Directa de Prevención de Suicidio, Chat y Texto - Línea de Crisis de Veteranos

Bienvenido al Hogar de la Línea de Crisis Militar; Línea de crisis militar al servicio de quienes sirven a nuestro país. La Línea de Crisis Militar, servicio de mensajes de texto y el chat en línea brindan asistencia gratuita de VA para todos los miembros del Servicio, incluidos los miembros de la Guardia Nacional y la Reserva, y todos los Veteranos, incluso si no están registrados en VA o inscritos en la atención médica de VA.

<https://www.veteranscrisisline.net/get-help/local-resources>

Recursos y apoyo para la prevención del suicidio cerca de mí No importa lo que esté experimentando, existen recursos y sistemas de apoyo para ayudarlo. Ya sea que esté buscando atención clínica, asesoramiento, asistencia con beneficios u otra cosa, estamos aquí.

www.veteranscrisisline.net/spanish

<https://www.eachmindmatters.org/get-help-now/>



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

[Obtenga ayuda ahora -Cada mente importa -Movimiento de salud mental de California.](#)

Consigue ayuda ahora. Si se siente suicida (o si le preocupa alguien), hay ayuda disponible en este momento. Un consejero capacitado está listo para hablar con usted y brindarle ayuda. www.eachmindmatters.org

<http://www.ochealthinfo.com/bhs/about/nit/oclinks/>

Orange County, California -OC Links La línea de información y referencias de OC Links brinda asistencia telefónica y en línea para cualquier persona que busque información o enlaces a cualquiera de los Servicios de Salud Mental de la Agencia de Atención Médica. www.ochealthinfo.com

<http://www.ocps.org/education-resources/resources-for-the-public/telephone-support/>

Apoyo telefónico – OCPS

Línea de ayuda telefónica para la prevención de crisis. 1-877-CRISIS o 1-877-724-4747 Servicios de prevención de suicidio por teléfono gratuitos, de 24 horas, inmediatos y confidenciales para cualquier persona que esté en crisis o tenga pensamientos suicidas. www.ocps.org

LACountyResourcePage

ENFRENTANDO COVID-19: EL CONDADO DE LA RESPONDE <https://lacounty.gov/covid19/>

[FreeCovid-19TestinginLACity](#)