

## Medical Hub Resource Guides (updated: 2021)

### Harbor-UCLA and MLK Hub Areas

#### **Food Pantries Resources**

| <u>Agency</u>                                       | <u>Contact information</u>   | <u>Services</u>                             | <u>Fees/<br/>Information</u> |
|---|--|---|------------------------------|
| 1. Fingers of God Goodnews Ministry                 | 21919 S. Figueroa Street 90745 Carson, CA.<br><br>Phone: (323) 719-0290<br>Hours: Saturday 10AM - 12PM   | Food distribution                           | Free                         |
| 2. Carson Hope Community Church                     | 129 E. 223rd Street 90745 Carson, CA.<br><br>Phone: (310) 834-3667<br>Hours: Thursday 11AM to 4PM  | Food distribution                           | Free                         |
| 3. Boys & Girls Club of the Los Angeles Harbor      | 1435 Del Amo Blvd, 90501 Torrance, CA.<br><br>Phone: (310) 833-0807<br>Hours: Friday 3PM to 4:30PM   | Food distribution                           | Free                         |
| 4. Jesus Christ the Redeemer Center                 | 755 E, 23rd St. 90745 Carson, CA.<br><br>Phone: (424) 264-9875<br>Hours: Every Saturday except the last Saturday of the month 11AM to 12PM                                   | Food distribution                           | Free                         |
| 5. Gardena Valley Assembly of God                   | 1473 W. 182nd Street 90248 Gardena, CA.<br><br>Phone: (310) 329-6933<br>Hours: Sunday 12:30PM to 1:30PM  | Food distribution                           | Free                         |
| 6. Salvation Army – Stillman Sawyer Family Services | 820 Lomita Blvd. 90710 Harbor City, CA.<br><br>Phone: (310) 370-4515<br>Hours: Monday, Wednesday, + Friday 9AM to 4PM / Baby Diapers available Monday- Friday 9:30AM-12:30PM | Food Distribution, Baby Diaper Distribution | Free                         |
| 7. Jesus is the Answer Apostolic Church             | 25100 S. Normandie Ave, Suite A. 90710 Harbor City, CA.<br><br>Phone: (310) 667-0147<br>Hours: Wednesday 12PM to 4PM   | Food distribution                           | Free                         |

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| 8. Lomita City Hall                             | 24300 Narbonne Ave. 90717 Lomita, CA.<br><br>Hours: Tuesday, April 27, 2021   9AM - 12PM  | Food distribution                           | Free |
| 9. Community's Child                            | 18807 Crenshaw Pl. 90504 Torrance, CA.<br><br>Phone: (310) 534-4040<br>Hours: Tuesday + Friday 10AM to 3PM<br>Baby Diapers Also Available | Food distribution, baby diaper distribution | Free |
| 10. Boys & Girls Club of the Los Angeles Harbor | 1444 West Q. Street 90744 Wilmington, CA.<br>Phone: (310) 549-8323<br>Hours: Friday 3:30PM to 5:30PM                                      | Food distribution                           | Free |
| 11. Harbor Christian Center, Inc.               | 1602 N. Wilmington Blvd. 90744 Wilmington, CA.<br><br>Phone: (310) 835-5661<br>Hours: Saturday 11AM to 1:30PM                             | Food distribution                           | Free |
| 12. Crenshaw Baptist Church                     | 18749 Crenshaw Boulevard 90504 Torrance, CA.<br>Phone:- (310) 323-2115<br>Hours: Wednesday 9AM to 11AM                                    | Food distribution                           | Free |
| 13. His Helping Hands                           | 25501 Oak Street 90717 Lomita, CA.<br><br>Phone: (310) 326-2757<br>Hours: Thursday 6PM to 7PM   | Food distribution                           | Free |
| 14. Buddhist Tzu Chi Foundation                 | 1355 Broad Ave. 90744 Wilmington, CA.<br><br>Phone: (909) 447-7799<br>Hours: Saturday 10:30AM to 12PM                                     | Food distribution                           | Free |
| 15. Gardena S.D.A. Church                       | 16113 S. Denker Ave. 90247 Gardena, CA.<br><br>Phone: (310) 324-3992<br>Hours: Saturday 12PM to 3PM                                       | Food distribution                           | Free |

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### Financial Support Resources

| <u>Agency</u>   | <u>Contact information</u>  | <u>Services</u>   | <u>Fees/<br/>Information</u>             |
|---|---|---|--|
| 1. LA Family Housing                                  | 7817 Lankershim Blvd. North<br>Hollywood, CA. 91605<br><br>(818) 982-4091<br>(818) 255-2766 (Family Solutions Center)<br><a href="mailto:info@lafh.org">info@lafh.org</a> | Employment support, financial literacy, case management, life skills training   | Free<br><br>Languages: English, Spanish  |
| 2. Local Initiatives Support Corporation              | 500 S. Grand Avenue Suite 2300 Los Angeles, CA 90071<br><br>(213) 250-9550<br><a href="mailto:skim@lisc.org">skim@lisc.org</a> (Seung Kim, Senior Director)               | Financial literacy coaching, cash for utilities   | Free/ Low cost<br><br>Languages: English |
| 3. Jenesse Center                                     | (323) 299-9496 (Admin office)<br>(800) 479-7328 (Jenesse Hotline)<br><br><a href="mailto:info@jenesse.org">info@jenesse.org</a>   | Financial literacy for survivors of domestic violence, case management  | Free<br><br>Languages: English           |
| 4. Jewish Los Angeles Special Needs Trust (JLA Trust) | 6505 Wilshire Blvd. Suite 450 Los Angeles, CA 90048<br><br>(310) 773-9728<br><a href="mailto:info@ilatrust.org">info@ilatrust.org</a>                                     | Financial support and services for people with disabilities who want to supplement their SSI, IHSS, or MediCal benefits | Free<br><br>Languages: English           |
| 5. Pomona Neighborhood Center, Inc.                   | 999 W. Holt Ave. D Pomona, CA. 91768<br><br>(530) 464-5099<br><a href="mailto:pnccares@gmail.com">pnccares@gmail.com</a> (general info)                                   | Financial literacy program, single mother refuge, case management, support services                                     | Free<br><br>Languages: English           |

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**Olive View and High Desert Hub Areas**

**Educational Support and Resources**

| <b><u>Agency</u></b>                       | <b><u>Contact information</u></b>  | <b><u>Services</u></b>  | <b><u>Fees/<br/>Information</u></b>  |
|--|--|---|--|
| 1. Boys and Girls Club<br>Antelope Valley  | Lancaster: 45404 N. Division Street<br>Lancaster, CA 93535<br>Palmdale: 815 Ave q-6 E, Palmdale,<br>CA 93550<br><br>(661) 267-2582 | Tutoring and homework assistance, after school programming, mentorship program for foster youth | Fees:<br>\$25/year<br>Language:<br>English   |
| 2. Foster Children’s Resource Center       | (818) 701-0506   | New clothing & school supplies for children<br>0 – 18 y/o                                       | <u>Fees:</u> Free<br><b>Must have DCFS referral from CSW</b><br><br><b>NO WALK-INS</b> |
| 3. Pen or Pencil                           | National Alliance of Faith and Justice,<br>422 Landsford St., Lancaster, CA<br>93535<br>(661) 944-4129 x43                         | Dropout reduction, mentoring, crime prevention, and service learning program.                   | <u>Fees:</u> Free<br><u>Languages:</u><br><u>English</u>                               |
| 4. Kids’ Club                              | Several locations within the Long Beach Unified School District<br>(562) 577-1654 or (562) 433-7401                                | Before and after school program that provides activities, supervision, and guidance             | <u>Fees:</u> low<br><u>cost</u><br><u>Language:</u><br><u>English</u>                  |
| 5. Long Beach Community Action Partnership | <a href="http://www.lbcap.org">www.lbcap.org</a><br>117 W. Victoria St., Long Beach, CA<br>90805<br>(562) 216-4600                 | Adult computer and ESL classes  | <u>Fee:</u> Free<br><u>Languages:</u><br><u>English,</u><br><u>Spanish</u>             |
| 6. Long Beach Public Libraries             | <a href="http://www.lbpl.org">www.lbpl.org</a><br>101 Pacific Ave., Long Beach, CA<br>90802<br>(562) 570-7500 – Main library       | Family Learning centers offering homework help and other supports for youth literacy skills     | <u>Fee:</u> Free<br><u>Languages:</u><br><u>English,</u><br><u>Spanish</u>             |

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| 7. Los Alamitos Youth Center                  | 10909 Oak St., Los Alamitos, CA 90720<br>(562) 493-4043   | After- school homework clinic  | <u>Fee: Free</u><br><u>Languages: English</u>  |
| 8. Power 4 Youth                              | 607 E. 3rd St., Long Beach, CA 90802<br>(562) 435-2352  | After-school supervised academic mentoring and homework help. Middle school and High School only | <u>Fees: Free</u><br><u>Languages: English</u> |
| 9. Signal Hill Public Library                 | City of Signal Hill<br>1770 E. Hill St., Signal Hill, CA 90755<br>(562) 989-7323  | Homework help for K-12 students  | <u>Fees: Free</u><br><u>Languages: English</u> |
| 10. Youth Excelling for Success (YES) Program | Pacific Asian Counseling Services (PACS)<br><a href="http://www.pacsla.org">www.pacsla.org</a><br>3530 Atlantic Ave., Suite 210, Long Beach, CA 90807<br>(562) 424-1886 | After school activity and homework help for K-12 students  | <u>Fees: Free</u><br><u>Languages: English</u> |

### Children’s Hospital LA and LAC+USC Hub Areas

#### **Regional Caregiver Support and Resources**

| <u>Agency</u>                           | <u>Contact information</u>  | <u>Services</u>   | <u>Fees/ Information</u>       |
|---|---|---|--------------------------------|
| 1. Uplift Family Services               | 815 N. El Centro Ave. Los Angeles, CA. 90038<br><br>(323)769-7111 (Felicia Flores)<br><a href="mailto:fflores@upliftfs.org">fflores@upliftfs.org</a> (Felicia Flores) | Parent skills, support groups, workshops with childcare included            | Free<br><br>Languages: English |
| 2. Aviva Family and Children’s Services | 7120 Franklin Ave. Los Angeles, CA 90046<br><br>(323) 876-0550  | Peer mentorship, support for families in crisis, case management            | Free<br><br>Languages: English |
| 3. Alma Family Services                 | 1200 North State Street #1016 Los Angeles, CA. 90033<br><br>(323) 881-3799<br><a href="mailto:info@almafamilyservices.org">info@almafamilyservices.org</a>            | Child and family development programs, children center, peer support groups | Free<br><br>Languages: English |
| 4. Child Net Youth and Family Services  | 4155 Outer Traffic Circle Long Beach, CA. 90804<br><br>(562) 498-5500   | Behavioral health services for youth, support services                      | Free<br><br>Languages: English |

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| 5. Korean American Family Services (KFAM)                | 3727 West 6th St. Suite 320 Los Angeles, CA. 90020<br><br>(888) 979-3800 (24-hour crisis hotline)<br>(213) 389-6755<br><a href="mailto:admin@kfamla.org">admin@kfamla.org</a> | Counseling, support groups, parenting classes   | Free<br><br>Languages: English, Korean                  |
| 6. Our House Grief Support Center                        | 3750 West 6th St. Los Angeles, CA 90020<br><br>(310)473-1511<br><a href="mailto:ourhouse@ourhouse-grief.org">ourhouse@ourhouse-grief.org</a>                                  | Grief support services for children and adults  | Free<br><br>Languages: English                          |
| 7. The Village Family Services (TVFS)                    | 6736 Laurel Canyon Blvd. Suite 200 North Hollywood, CA. 91606<br><br>(818) 755-8786   | Shower and laundry services, healthcare referrals, housing referrals, career services                       | Free<br><br>Languages: English                          |
| 8. Allies for Every Child (AFEC)                         | 5721 West Slauson Ave. Suite 140 Culver City, CA 90230<br><br>(310) 846-4100 (admin office)<br>(310) 397-4200 (early education center)  | Parenting classes, dental and vision screenings, early education programs                                   | Free<br><br>Languages: English, Spanish                 |
| 9. True Lasting Connections (TLC) Family Resource Center | 13220 Bellflower Blvd. Downey, CA. 90242<br><br>(562) 904-3577  | Health services, food, clothing, and support groups   | Free<br><br>Languages: English                          |
| 10. Violence Intervention Programs (VIP), Inc            | 1721 Griffin Avenue Los Angeles, CA 90031<br><br>(323) 221-4134<br><a href="mailto:contact@vip-cmhc.org">contact@vip-cmhc.org</a>   | Mental health services, food, clothing, support groups; children/teens, adult, elderly, and LGBTQ+ services | Free and low cost<br><br>Languages: English and Spanish |

## Medical Hub Resource Guides (updated: 2021)

### County Wide Supports and Resources

| <u>Agency</u>                                      | <u>Contact information</u>   | <u>Services</u>  | <u>Fees/<br/>Information</u>                       |
|--|--|--|--|
| 1. Grace Resource Center                           | 45134 Sierra Hwy, Lancaster, CA 93534<br><br>(661) 940-5272<br><br><a href="https://www.graceresources.org">https://www.graceresources.org</a> | Faith-based resources for pregnant and parenting mothers (including emergency baby supplies) and other resources for youth and adults on a drop-in basis. Also provides clothing distribution, parenting classes, grocery delivery, and food distribution. | Fees: Free and low cost<br><br>Language: English   |
| 2. MAMA's Neighborhood                             | 844-376-2627<br>or email at <a href="mailto:mamas@dhs.lacounty.gov">mamas@dhs.lacounty.gov</a><br>to find a clinic                             | Free prenatal and healthcare services for mothers, food access, housing placement, and more  | Fees: Free<br>Language: English, Spanish           |
| 3. Jewish Family Service / Family Violence Project | 13949 Ventura Blvd #320 Sherman Oaks 91423<br>(818)789-1293<br><br>(818) 505-0900<br>24-hour crisis line                                       | Emergency DV shelter, case management, individual and group therapy, and victim/legal advocacy   | Fees: Free<br>Language: English, Spanish, Armenian |
| 4. The Children's Safety Alliance                  | Sites in: Pacoima, North Hills, Chatsworth & Newhall<br>(818) 455-2152 or (818) 814-4506   | Sexual abuse, Awareness classes, individual counseling   | Fees: sliding scale<br>Language: English, Spanish  |
| 5. Valley Women's Center                           | Multiple locations in SFV<br>(818)713-8700<br><br><a href="mailto:info@valleywomenscenter.org">info@valleywomenscenter.org</a>                 | Parenting classes  | Fees: Medical, sliding scale<br>Language: English  |
| 6. Neighborhood Legal Services                     | (800) 433-6251 (legal assistance hotline)  | Free legal services to low-income families   | Fees: Free<br>Language: English, Spanish           |

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| 7. Metropolitan Community Church (MCC) of Christ in the Valley                      | 5730 Cahuenga Blvd. N. Hollywood<br>91601<br>(818) 762-1133<br>Mccuccinthevalley.com                                | LGBTQ Sunday Worship Shndays at 10:00AM, social activities, support services, music                                     | Fees: Free                      |
| 8. LGBTQ National Hotline   | (888) 843-4564  | Support   | Fees: Free                      |
| 9. The Trevor Project – LGBTQ Suicidal Hotline                                      | (866) 488-7386<br>Text: (202) 304-1200  | Support   | Fees: Free                      |
| 10. LA LGBTQ Resource Map   | Visit: <a href="http://lacontroller.org/lgbtqresourcemap">lacontroller.org/lgbtqresourcemap</a>                     | Finds resources for LGBTQ – housing, legal, health, and more  | Fees: Free                      |
| 11. Translatina Coalition – Center for Violence Prevention and Transgender Wellness | Visit: <a href="http://Translatinacoalition.com">Translatinacoalition.com</a>                                       | Resources for education, health, housing, and employment preparation  | Fees: Free                      |
| 12. Winter Shelter Hotline  | (800)548-6047   | Referrals for Winter shelters   | Fees: Free                      |
| 13. New Economics for Women (NEW)   | 303 S. Loma Drive Los Angeles, CA 90017<br><br>(213) 483-2060<br><a href="mailto:info@neworg.us">info@neworg.us</a> | Child passenger safety workshop, free safety seats and safety seat inspections  | Fees: Free<br>Language: English |
| 14. Foster Love   | Email requests only: <a href="http://fosterlovela.org">fosterlovela.org</a>   | New clothing and hygiene supplies for 0-5 foster kids only. Agency will deliver items within 24 hrs after email request | Fees: Free<br>Language: English |



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| <p>15.<br/>Department<br/>of<br/>Rehabilitation</p> | <p>(818) 901-5049 Contact: Miriam<br/>Caldwell caldwel@dor.ca.gov</p> | <p>Job exploration<br/>counseling,<br/>workplace readiness<br/>training, and self-<br/>advocacy<br/>Serves ages 16-21<br/>who have an IEP or a<br/>disability</p> | <p>Fees: Free:<br/>Language:<br/>English</p>   |
| <p>16. Fostering<br/>UNITY</p>                      | <p>CARE Line<br/>(213) 269-0000</p>                                   | <p>Urgency intervention<br/>line for resources,<br/>special items, &amp;<br/>support<br/><b>Not an emergency<br/>hotline</b></p>                                  | <p><u>Fees:</u> Free<br/><u>Languages:</u><br/>English,<br/>Spanish,<br/>Russian,<br/>Chinese,<br/>Ukrainian,<br/>Sign<br/>Language,<br/>Hebrew &amp;<br/>Arabic</p> |
| <p>17. Fostering<br/>UNITY</p>                      | <p>Care Service Partners<br/>(213) 269-0026</p>                       | <p>Peer one on one<br/>intervention for:<br/>Navigating DCFS<br/>Education<br/>Confidential listening<br/>ear</p>   | <p><u>Fees:</u> Free<br/><u>Languages:</u><br/>English,<br/>Spanish,<br/>Russian,<br/>Chinese,<br/>Ukrainian,<br/>ALS,<br/>Hebrew &amp;<br/>Arabic</p>               |

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**Food Pantries**

| <b><u>Agency</u></b>                          | <b><u>Contact information</u></b>  | <b><u>Services</u></b>                            | <b><u>Fees/<br/>Information</u></b> |
|---|--|---|-------------------------------------|
| 1. Hollywood Lutheran Church                  | 1733 N. New Hampshire Ave.<br>Hollywood, CA.<br><br>Phone: (323) 667-1212<br>Hours: Wednesday 11AM to 1PM  | Food distribution                                 | Free                                |
| 2. Metropolitan Community Church of LA        | 4607 Prospect Ave. Los Angeles, CA.<br>90027<br><br>Phone: (323) 669-3436<br>Hours: Saturday 7AM to 9:30AM   | Food distribution                                 | Free                                |
| 3. Silverlake Community Church                | 2930 Hyperion Ave. Los Angeles, CA.<br>90027<br><br>Phone: (323) 663-3151<br>Hours: Wednesday 5PM to 6:30PM  | Food distribution,<br>baby diaper<br>distribution | Free                                |
| 4. First Southern Baptist Church of Hollywood | 1528 N. Wilton Place Hollywood,<br>CA. 90028<br><br>Phone: (323) 466-9631<br>Hours: Monday 9:30AM to 10AM  | Food distribution                                 | Free                                |
| 5. Loaves & Fishes - Glendale                 | 4322 San Fernando Road Glendale,<br>CA. 91204<br><br>Phone: (213) 318-5707<br>Hours: Monday, Tuesday,<br>Wednesday and Friday 10AM to<br>3:30PM  | Food distribution                                 | Free                                |
| 6. Salvation Army Hollywood Corps             | 5941 Hollywood Blvd. Los Angeles,<br>CA. 90028<br><br>Phone: (323) 960-0640<br>Hours: Monday, Wednesday, +<br>Friday 10AM to 12PM / Baby<br>Diapers Available Monday, Tuesday,<br>& Wednesday 10AM to 12PM | Food distribution,<br>baby diaper<br>distribution | Free                                |
| 7. International Families Association         | 1741 Gardena Avenue, Suite E<br>Glendale, CA. 91204<br><br>Phone: (818) 770-0779<br>Hours: Monday 1PM to 4PM   | Food distribution,<br>baby diaper<br>distribution | Free                                |

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| 8. Los Angeles Housing Partnership              | 1229 N. Bronson Avenue Los Angeles, CA. 90038<br><br>Phone: (213) 629-9172<br>Hours: 3rd Friday of the month<br>4PM to 5PM             | Food distribution | Free |
| 9. LA City College                              | 4301 Melrose Ave. Los Angeles, CA. 90029<br><br>Hours: Thursday, April 22, 2021<br>9 AM - 12 PM  | Food distribution | Free |
| 10. The Great Vision Church                     | 4465 W. Melrose Avenue Los Angeles, CA. 90029<br><br>Phone: (213) 675-8291<br>Hours: Saturday 7AM to 8AM                               | Food distribution | Free |
| 11. Blessed Sacrament Food Pantry               | 6657 Sunset Blvd. Hollywood, CA. 90028<br>Phone: (323) 874-5577<br>Hours: Tuesday 4PM to 6PM and<br>Saturday 9AM to 12PM               | Food distribution | Free |
| 12. Los Angeles Housing Partnership             | 504 N. Berendo Street Los Angeles, CA. 90004<br><br>Phone: (213) 629-9172<br>Hours: 1st Friday of the month<br>4PM to 5PM              | Food distribution | Free |
| 13. Rosewood United Methodist Church            | 4101 Rosewood Ave Los Angeles, CA. 90004<br><br>Phone: (323) 423-5961<br>Hours: 1st and 3rd Saturday of the<br>month 8:30AM to 10:30AM | Food distribution | Free |
| 14. Manos Que Sobreviven                        | 3010 Estara Ave. Los Angeles, CA. 90065<br><br>Phone: (323) 688-8111<br>Hours: Tuesday 10AM to 12PM                                    | Food distribution | Free |
| 15. World International Ministries – Eagle Rock | 3571 Eagle Rock Blvd. Los Angeles, CA. 90065<br><br>Phone: (323) 344-2337<br>Hours: Wednesday 12PM to 3PM                              | Food distribution | Free |