



## Community Resource Guide 2024-2025

### INTRODUCTION

#### **Welcome!**

This guide, compiled by the Covina-Valley Unified School District Health & Wellness Center, provides a comprehensive listing of community resources categorized for easy navigation. Whether you or someone you know needs assistance with healthcare, social services, or other essential needs, this booklet serves as a valuable starting point.

#### **Finding Help is Easy:**

- Browse the table of contents for specific services.
- If the service you need is not listed, the California 2-1-1 resource hotline is available 24/7 to connect you with free and confidential information and referrals (<https://www.211ca.org/>).
- While we strive for accuracy, phone numbers and services may change. Please report any corrections to:

**Covina-Valley Unified School District  
Student Services Department  
Health & Wellness Center**

4555 N. Lark Ellen Avenue  
Covina, California 91723  
(626) 974-4500

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## DOMESTIC VIOLENCE

### **Domestic Violence Hotline**

Battered Women/Children  
P.O. Box 2788  
North Hills, CA 91793  
(323) 681-2626  
(800) 799-7233  
24 hr. hotline and emergency shelter for  
battered women and their children

### **L. A. County Bar Assoc./L. A. Superior Ct. Domestic Violence Project**

111 N. Hill St. Los Angeles CA 90012  
(213) 627-2727 Information  
[Legal advice/assistance with temporary  
restraining orders- possible minimal fee

### **Foothill Unity Center Neighbors Helping Neighbors**

790 W. Chestnut Ave.,  
Monrovia, CA 91016  
191 Oak Ave Pasadena, CA, 91107  
(626)358-3486 or (626) 358-8224 (fax)  
[www.foothillunitycenter.org](http://www.foothillunitycenter.org)  
-Victims of Domestic Violence support  
-Motel Voucher Program  
-Clothing/Household Goods Voucher  
-Referrals to educational assistance, long-term  
shelter, etc., housing  
-Full family food programs

### **House of Ruth, Claremont**

599 N Main St, Pomona, CA 91768  
(909) 623-4364 Info line  
877-988-5559 teen crisis line  
Emergency shelter, transitional living, child  
abuse treatment program, community services

### **YWCA-Domestic Violence Services**

101 S. Barranca Ave, Covina, CA 91723  
(626)960-2995  
(626) 967-0658 24-Hour Hotline/referral  
Support for women & families experiencing  
domestic violence, legal advocacy, 45-day  
emergency program. Spanish, Chinese,  
Cantonese spoken  
[ywcasgv.org](http://ywcasgv.org)

### **Good Shepherd Shelter**

(323) 737-6111  
Long-term treatment and education-based  
shelter for women and their children who are  
healing from domestic violence.

## ALCOHOL / SUBSTANCE ABUSE

### **Drug/alcohol abuse information & Mental Health Services**

1-800-HELP (1-800-662-4357)  
<https://www.samhsa.gov/find-help/national-helpline>  
24 hour hotline on information and referral to  
substance abuse programs, free services  
Spanish spoken

### **AEGIS TREATMENT CENTER, West Covina**

Outpatient detox program/maintenance (drugs)  
Medi-Cal, sliding scale  
1825 E. Thelborn St.  
West Covina, CA 91791  
(626) 915-3844

### **Safety Education Center DUI/DV**

1515 W. Cameron Ave., #300  
W. Covina, CA 91790  
(626) 960-3977  
Website NA  
Outpatient program, substance use services, DV  
services

### **Alcoholics Anonymous, San Gabriel**

849 E Route 66 #D  
Glendora, CA 91740  
(626) 914-1861 24-Hour Helpline

**ALCOHOL/SUBSTANCE ABUSE CONTINUED**

Outpatients, medication treatment, groups (18+)  
(626) 915-3844

Outpatients, medication treatment, groups

**Alanon Family Group Helpline**

(888) 425-2666

Assistance with finding meetings for family members

**Aurora Charter Oak Behavioral Hospital**

800-654-2673 Assessment

1161 E. Covina Blvd, Covina, CA 91724

<https://www.charteroakhospital.com/>

**Kaiser Permanente Addiction Medicine**

1539 W. Garvey Ave. North

West Covina, CA 91791

(626) 814-6500

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

Substance abuse treatment

**National Council on Alcoholism and Drug Dependence (NCADD)**

4626 N. Grand Avenue

Covina, CA 91724

(626) 331-5316

Referrals to meetings, treatment, drug diversion program, DUI school, group and individual counseling, parenting classes, anger mgmt. Spanish spoken

**Puente House**

**Sober Living, Male/Female 18+**

444 W. Badillo Street

Covina, Ca. 91723

(626) 967-3149

[www.puenteho](http://www.puenteho)

**Pasadena (PCADD)**

(626) 795-9127

PCADD@socialmodel.com

FSP Service Adolescents 13-18

Works with youth struggling with substance use/addiction [use.org](http://use.org)

Referral services for alcoholics anonymous meetings in San Gabriel & Pomona Valley area  
[https://aasgvco.org/contact\\_us.php](https://aasgvco.org/contact_us.php)

**Nat'L Council on Alcoholism/Drug Dependence**

656 N. Park Ave.

Pomona, CA 91768

(909) 629-4084

Sliding scale/No one refused

Information/referral for alcohol, substance Abuse, individual counseling/parenting classes/anger mgmt., drug testing

**Pacific Clinics**

Emphasis on outpatient mental health

(877) 722-2737 – Call Center

(626) 744-5230 Pasadena

(626) 9671667 Covina

(626) 337-3828 Irwindale (only with homeless population, walk-in facility)

Sliding Scale. Medi-Cal

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

**River Community Day Treatment**

Adult Day Treatment & Outpatient

Co-Occurring Disorders MH & Substance Use

508 S. 2<sup>nd</sup> Ave Suite #6

Covina, CA 91723

(626) 974-8122

**Social Model Recovery Systems**

Care Center Screening: 877-507-6242

Substance use/dependency services screening hotline

**SAMHSA**

National Helpline 1-800-662-HELP (4357) (also known as the Treatment Referral Routing Service)

TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

**ALCOHOL/SUBSTANCE ABUSE CONTINUED**

**SPIRITT Family Services**

2000 Tyler Avenue South El Monte, CA 91733  
626-442-1400  
Monday – Thursday 9 am – 5 pm  
Alcohol/Drug Abuse Prevention Program  
Family parenting communication skills program  
\$75 – 7 sessions

**Rehabs.org**

714-426-9796  
<https://rehabs.org/centers/california/covina/>  
Free and low-cost drug and alcohol rehab centers in Covina, California.

**SOBER LIVING**

**Puente House**

444 West Badillo Street  
Covina, CA 91723  
(626) 967-1819  
<https://www.puentehouse.org/>  
[karlmoris@puentehouse.org](mailto:karlmoris@puentehouse.org)

**Room to Grow Program**

570 S. Edenfield Ave  
Covina, CA 91723  
(626) 966-9689  
Transitional sober living house for single women/women with children. Structured program with in-house meetings. Residents must provide their own food, and are required to work or attend school and attend outside AA/NA meetings.

**Welcome to Life Sober Living Centers-**

Transitional House/ 12 Step Program/  
Rehabilitation – Male adults only  
271 East Puente Street, Covina, CA 91724  
(626) 318-1000

**CHILD ABUSE SUPPORT**

**The Alliance for Children Rights**

3333 Wilshire Blvd.,  
Ste. 550  
Los Angeles, CA 90010-4111  
9am -5:30 pm M-F  
(213) 368-6010

**Girls & Boys Town National Hotline**

(800) 448-3000  
Toll free crisis and resource referral services for children and parents. Highly trained telephone counselors to help deal with any problem.

## **CHILD ABUSE SUPPORT CONTINUED**

### **Child Protection (Abuse) –**

#### **L. A. County Hotline**

Department of Children's Services, 24 HOURS  
Services (800) 540-4000 English/Spanish spoken

### **Child Help U.S.A (Abuse) - Hotline**

(800) 422-4453

24 Hours, English only

### **Guardianship Pro Per Assistance Program-L.A. County**

Probate Window

111 North Hill St., #426

Los Angeles, CA 90012

**Probate Office/** Information Line

Rm. 258, 8:30am-4:30pm

**Forms, fees** (online)

(website: [www.lasuperiorcourt.org](http://www.lasuperiorcourt.org))

### **Masonic Center for Youth & Family Services/ The Children's Advocacy Center**

Child Abuse Assessment & Treatment

1650 E. Old Badillo St.

Covina, CA 91724

(626) 251-2200

### **All 4 Kids**

14600 Ramona Blvd.

Baldwin Park, CA 91706

1515 W Cameron Ave Suite 350

West Covina, CA 91790

(626) 337-8811 – Closed Sundays

[all4kids.org](http://all4kids.org)

After hours phone (213) 342-0100

Mon-Thrus 8:30 to 7:00 pm

Tues-Wed 8:30 to 9:00 pm

Fri 8:30 to 4:30 pm

multi-service child welfare services child abuse, crisis intervention and shelter, in-home and office counseling, child respite care, parent education.

### **The Center for Integrated Family and Health Services**

(626) 966-1577 (adults)

9am – 8pm M-F

Crisis received; hours vary - counseling, parenting, and anger management.

### **La Puente Valley Community Mental Health**

160 S. 7<sup>th</sup>. Ave. La Puente, CA 91746

(626) 961-8971

Counseling and mental health Spanish speaking

## **CURRENT/FORMER FOSTER YOUTH**

### **Office of the Foster Care Ombudsperson**

Call (877) 846-1602

A neutral and independent office that helps solve problems and complaints about the care, placement, and services of children and youth in foster care.

### **Hillsides FRC East San Gabriel Valley**

Family Resource Center, Family Preservation, Full Service Partnership, CalWorks.

13001 Ramona Blvd.

Baldwin Park, CA 91706

### **Nuevo Amanecer Latino Children's Services (NALCS)**

ILP training:: College 101, Financial Aid, Housing, Money Management, Employment, Gang Awareness, Drug Awareness, and other available resources for transitional age youth.

### **Serenity & David and Margaret**

600 S. Grand Avenue

Covina, CA 91724

(626) 859-6200 (855)859-6206

Groups, parent resources

(626) 373-2900

### **CURRENT/FORMER FOSTER YOUTH *CONTINUED***

#### **Trinity Youth Services**

1000 Corporate Center Dr Suite 650

Monterey Park, CA 91754

(626) 966-1776

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

Foster care and adoptions placement, family support and mental health services

#### **San Gabriel Children's Center**

4740 N. Grand Avenue

Covina, Ca 91724

(626) 859-2089

[www.sangabrielchild.com](http://www.sangabrielchild.com)

### **TRANSITIONAL AGE YOUTH 16-21**

#### **Foothill Family**

##### **Adolescent Family Life Program (AFLP)**

Age requirement under age 21

General requirements: expecting or parenting, living in San Gabriel Valley (Spa 3)

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

626-993-3000

#### **YWCA San Gabriel Valley**

Mental Health Services, Life Skills Workshops,

Case Management and Resource & Linkages

101 South Barranca Ave.

Covina, CA 91723

info@ywcasgv.org

Phone: 626-960-2995

#### **Pacific Clinics- Transitional Age Youth Irwindale**

13001 Ramona Blvd, Suite I,

Irwindale, CA 91706

(626) 337-3828

Call us to learn more or if you need to arrange for transportation support. The Hope Drop-In Centers & TAY Tunnel empowers youth ages

16-25 All services are free of charge 5-6 days a week, Monday-Thursday 10:00 a.m.-6:00

p.m. Friday 10:00 a.m.-5:00

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

#### **COMPASS - David & Margaret**

Permanent Supportive Housing Program,

Transitional Housing Program, COMPASS

Training Program

COMPASS Point Drop-in Center

Marissa Scholefield, COMPASS Director

COMPASS@davidandmargaret.org

909-596-5921 x3625

### **YOUTH IN CRISIS**

#### **Runaway Prevention**

By calling 1-800-RUNAWAY (1-800-786-2929)

Connect with a trusted, compassionate person

who will listen and help you create a plan to

address your concerns. [1800runaway.org](http://1800runaway.org) offers

a confidential live chat to assist youth in crisis.

#### **Commercial Sexual Exploitation of Children and Youth**

Child Abuse Hotline: 800-540-4000

LA Metro Taskforce: 800-655-4095

National Human Trafficking Hotline:

888-373-7888

## CHILD CARE

### **Covina-Valley Child Development Office**

Dept: Student Services  
519 E. Badillo St.  
Covina, CA 91723  
(626) 974-7000

**Kids Corner** -Extended-Day Child Care  
Enrichment Program

**Teen Scene** - Extended-Day Supervision Program

**Pioneer Pre-School** - Licensed Pre-school and  
Childcare Program

### **Covina Development Center**

Early Intervention Center  
437 W. San Bernardino Rd. Covina, 91723  
(626) 967-7153

7:15am – 6:15 pm – Daycare-M-F

8:00am – 4:00pm – Office-M-F

### **Options for Learning**

9am – 5pm M-F

885 S Village Oaks Dr. #12,

Covina, CA

(626) 858-0527

## COMMUNITY SERVICES

### **“211” Social Services Line, L. A. County**

626) 350-6833 (or “211” –San Gabriel Valley)  
Largest & most comprehensive human resource  
information/referral service  
English/Spanish spoken  
24 Hours

### **First 5 LA**

Free school Readiness Program, ages 0-5 yrs.  
Intake (866-304-4337)  
(213) 482-5902 – Magnolia site

### **Covina-Valley Children's Center**

4400 N. Roxburgh Ave.  
Covina, Ca 91722  
Phone - (626) 472-6330

### **Homeless CalWORKs Families Project Prototypes ICAN**

11001 E. Valley Mall, #300  
El Monte, CA 91731  
(626) 442-0710

Assists with Housing, Transportation & Childcare  
Also Job leads, Education, Food Stamps &  
Medi-cal

### **Boys and Girls Club of America**

328 S. Ramona Ave Monterey Park 91754  
(626)573-2831

Offers fun and enriching after-school programs  
and summer programs for youth ages 6-18.  
Sports leagues, STEM labs and summer camps.  
Community engagement and college  
scholarships.

### **Covina United Methodist Church**

(626) 339-7386  
M-Thur 9am – 4pm  
Fri. 9am-12pm

Information and referral service  
Group meetings held at church

### **Los Angeles County Homeless Outreach Portal**

[www.la-hop.org](http://www.la-hop.org)  
Homeless help  
Mental-Health Focused  
Multi-disciplinary teams

### **WIC Program**

(888) 942-2229 (English/Spanish)

## MENTAL HEALTH / COUNSELING

### **Asian Pacific Treatment Counseling Center**

1107 S. Glendora Ave  
West Covina, CA 91790  
Tel: (626) 653-9913  
Fax: (626) 653-9914  
Services offered in English, Korean, Spanish,  
Cantonese & Mandarin

### **Baldwin Park Counseling Center**

1740 W. Cameron Ave. Suite 102  
West Covina, CA 91790  
(626) 917-2120  
baldwinparkcounseling.com  
Sliding scale \$25 and up  
Provide individual and family therapy for drug and  
alcohol abuse, family/marital problems,  
physical/sexual abuse, and adolescent problems.

### **Care Solace**

(888) 515-0595  
<https://caresolace.com/site/cvusdparents/>

### **Co-Dependents Anonymous**

Helps to develop healthy relationships  
1.888.444.2359  
website: [www.coda.org](http://www.coda.org)

### **East Valley Community Health Center**

Behavioral Health Services  
420 S. Glendora Ave.,  
West Covina, CA 91790  
(626) 919-4333

### **Five Acres**

**Ages 0-17**  
2930 E. Garvey Ave. S #100  
West Covina, CA 91791  
(800) 696-6793  
Services available in Spanish

### **Azusa Pacific University Community Counseling Center**

(626) 815-5421  
M- Thur. 9am – 9pm  
Fri. 9 am – 6 pm, Sat. 9am – 2pm  
Spanish, Mandarin and Cantonese spoken

### **Hazel Heart - Mental Health**

Virtual mental health platform  
Follow the link to provide consent and schedule  
an appointment.  
<https://getstarted.hazel.co/district/cvusd>

### **Citrus Counseling Center**

**Ages 0-17**  
973 N. Grand Ave  
Covina, CA 91724  
(626) 967-7585

### **Center for Integrated Fam/Health**

**Ages 0-17 and adults**  
540 S. Eremland Dr.  
Covina, CA 91723  
(626)966-1577  
Speaks Spanish. Accepts Medi-Cal for kids.  
Adult and children therapy, parenting groups,  
anger management classes, adolescent therapy  
ages 12-17, teen/adult dependency.

### **ENKI Youth & Family Services**

**Ages 0-17 and adults**  
160 S. 7<sup>th</sup> Ave.  
La Puente, CA 91746  
(626) 961-8971  
Spanish spoken, provides outpatient services for  
adults and children, day treatment programs,  
psychiatric emergency care.

### **McKinley Mental Health Program San Dimas**

180 E. Via Verde Ave Suite 200  
San Dimas, CA 91773  
(909) 599-1227  
Counseling & medication, Medi-Cal only

**MENTAL HEALTH/COUNSELING CONTINUED**

**Foothill Family Services**

530 W. Badillo Street  
Covina, CA 91722  
(626) 993-3000  
Services available in Spanish

**Pacific Clinics Mental Health Services**

Children's Intensive Services  
1126 N. Grand Ave., Suite D  
Covina, CA 91724  
(626) 967-1667  
Services available in Spanish

**ONE & ALL**

1404 W. Covina Blvd.  
San Dimas, CA 91773  
(909) 592-2282  
Care & Support Program  
Counseling, support groups, life coaching and bereavement support.

**Sierra Psychological & Associates**

1272 Center Court Drive, Suite 104  
Covina, CA 91724  
(626) 966-5644

**Tri City Mental Health Center**

Mental Health Services  
(909) 242-7600(Pomona, La Verne, Claremont only)  
Adults & Children  
1403 N. Garey Ave.  
Pomona, CA 91767  
Translation services provided

**Monday:**

Lose the Blues 11:00am  
Grief & Loss 12:00pm  
TAY Club 4:00pm  
Dual Recovery Anonymous 5:00pm  
Parents Anon 5:00pm  
TAY Get Crafty 5:00pm  
Basic Computer Class 6:00pm

**Tuesday:**

Spirituality 2:00pm  
Freedom Through Reality 3:00pm  
Teen Hour 4:00pm (ages 13-15)  
TAY Peace of Mind (Hybrid) 4:00pm

**Pacific Clinics - Sierra Family Center**

1160 S. Grand Ave.  
Glendora, CA 91740  
(626) 335-5980  
Services available in Spanish  
**New Hope Christian Counseling Covina**  
1175 E. Garvey Ste. 102  
Covina, CA 91724  
(626) 967-6421 by appointment  
Christian counseling center.

**Los Angeles County Dept. of Mental Health  
Access Center Hotline**

(800) 854-7771

**Shepherd's Pantry**

657 E. Arrow Hwy #3  
Glendora, CA  
(626) 852-7630  
Counseling Resources & Case Management  
Call for information.

**Village Oaks Counseling Services**

1338 Center Court Drive, Suite 102  
Covina, CA 91724  
(626) 339-2140

**Tri City Mental Health Center continued**

**Wednesday:**

Anger Management 1:00pm  
Senior Socialization (age 55+) 2:00pm  
Arts & Crafts 3:00pm  
Baby & Me 4:00pm  
TAY Popcorn, Peers & Leaders (PPL) 4:00pm  
Parents Anon 5:00pm

**Thursday:**

Anger Management 11:00am  
Karaoke 12:00pm  
Socialization 3:00pm  
Women's Depression 4:00pm  
TAY Fun with Friends 4:00pm  
United Family Parent Support Group 6:00pm

**Friday:**

Anxiety Relief 11:00am  
Men's Depression 1:00pm  
Senior Calm (55+; Hybrid) 2:00pm  
Limited to Limitless (Hybrid) 3:00pm

TAY Music Group 5:00pm  
Parents Anon 5:00pm  
Advanced Computer Class 6:00pm

TAY Friendly Feud 4:00pm  
Family Movie Nights 6:00pm  
**Computer Lab Hours:**  
Monday- Friday  
10am-8pm

## INTENSIVE MENTAL HEALTH RESOURCES

Intensive in-home mental health service program for children ages 0 – 17 and their families

### David and Margaret Youth & Family Services

1350 3rd St, La Verne, CA 91750  
(909) 596-5921 or (909) 596-3954

### Foothill Family Services

530 W. Badillo St., Covina, CA 91722  
(626) 993-3098 (626) 993-3088

### HATHAWAY-SYCAMORES

1411 North Grand Ave., STE. 100  
COVINA, CA 91724  
(626) 388-9050 5372 (626) 269-7481

## INPATIENT MENTAL HEALTH SERVICES

### Hillsides CARES

940 Avenue 64, Pasadena, CA 91105  
(323) 641-4842

### Bridges

11927 Elliott Ave. El Monte, CA 91732-3740 Ph:  
(626) 350-5304

### College Hospital

Children's Psychiatric Inpatient Hospital  
10802 College Pl.  
Cerritos, CA 90703  
(562) 924-9581

### Newport Academy

Cortney Fogg  
714.942.4522 (Press 1 for admissions)  
Address confidential

### ROWI Teen and Parent Wellness Center

1270 E. Garvey Street #100  
Covina, CA 91724  
(800)721-ROWI

### Aurora Charter Oak

1161 E Covina Blvd  
Covina, CA 91724  
Phone: (800) 654-2673

## TEEN PARENTS RESOURCES

### Thaddeus Resource Center

Support Groups, Counseling, Case Management  
and Coaching for women and single mothers  
(909) 599-2111  
220 E. Bonita Ave, Suite 189  
San Dimas, CA 91773

### Foothill Family Services

Healthy Families America  
530 W. Badillo Street  
Covina, CA 91722  
(626) 993-3000  
Personalized Home Visits, Emotional and  
Psychological Support, Community Resources,  
Educational Activities

**AltaMed Youth Services**

512 S. Indiana St.  
Los Angeles, 90063  
(323) 307-0160

**GANG PREVENTION RESOURCES**

**Just Us For Youth**

363 S. Park Ave., Suite 104  
Pomona, CA 91766  
(909) 525-4155

**Homeboy Industries**

130 Bruno St,  
Los Angeles, CA 90012  
(323) 526-1254

**Learning/Community Works**

90 North Daisy Avenue  
Pasadena, CA 91107  
Phone: 626.564.8762

**SPECIAL NEEDS RESOURCES**

**San Gabriel/Pomona Regional Center**

75 Rancho Camino Dr., Pomona, CA 91766  
(909) 620-7722

**Parents Place / Family Resource Center**

1500 S Hyacinth Ave Suite B West Covina, CA  
91791. Office: (626) 919-1091

**DHH RESOURCES**

**FIVE ACRES**

Deaf Services Program  
Individual and Family Therapy Services  
Populations Served: Ages 0-65  
ASL, English, Spanish, Cantonese, Mandarin  
Parenting Workshops  
Telehealth  
deafservices@5acres.org  
(Voice) (626) 773-9222  
(Video Phone) (626) 389-8732  
West Covina Location:  
2934 E. Garvey Ave. South, Suites 100A & 102  
West Covina, CA 91791  
Insurance Accepted: Medi-Cal

**ENKI MENTAL HEALTH SERVICES**

Individual and Family Therapy Services  
Population Served: Children and Adolescents  
Multi-Cultural and Multilingual  
Telehealth  
(866) 227-1302  
1215 West West Covina Parkway  
West Covina, CA  
Insurance Accepted: Medi-Cal, Medicare,  
Healthy Families  
and uninsured (sliding fee scale county poverty  
level schedule)

**EMERGENCY PSYCHIATRIC HOSPITALS**

**Suicide and Crisis Hotline**

**CALL 988**

**Aurora Charter Oak Behavioral Hospital**

1161 E. Covina Blvd, Covina, CA 91724  
Phone: (626) 966-1632 | (800) 654-2873 24HR  
Assessment  
<https://www.charteroakhospital.com/>  
Ages 13 and Older

**Starview Behavioral Health Urgent Care-  
Industry**

18501 Gale Ave Ste. 100, City of Industry, CA  
91748  
Phone: (626) 626-4997 | Fax: (626) 956-0963  
<https://www.starsinc.com/bhucc-industry/>

Emergency Psychiatric Evaluations, Chemical dependency, children, adolescents, seniors

**Covina Police Department - Mental Health Evaluation Team**

444 N. Citrus Avenue  
Covina, CA 91723  
626.331.3391  
[covinapd@covina.ca.gov](mailto:covinapd@covina.ca.gov)

**BHC Alhambra- Mental Health Clinic**

4619 Rosemead Blvd, Rosemead, CA 91770  
Phone: (626) 286-1191 | 1-800-235-5570  
Bhcalhambra.com  
Ages 13 and Older  
Adult/Adolescent, Psychiatric Services, In patient, Outpatient, Chemical Dependency, Eating disorders, Child Psychiatry, Linkage to community resources.

**Glendora Hospital**

A College Behavioral Health Hospital  
150 W. Route 66, Glendora, CA 91740  
Phone: (866) 410-5454  
<https://www.glendorahospital.com/>  
Ages 18 and Older  
Mental health assessment, Medication evaluation, and management, Therapeutic interventions.

**Psychiatric Mobile Response Teams (PMRT) Field Response Operations**

(800) 854-7771  
DMH clinicians are designated to perform evaluations for involuntary detention of individuals determined to be at risk of harming themselves or others or who are unable to provide food, clothing, or shelter as a result of a mental disorder.  
<https://dmh.lacounty.gov/our-services/countywide-services/eob/>

Ages 13 and Older

24/7 outpatient program, Rapid mental health assessment, crisis intervention, and medication support, Case management, Linkage to recovery-oriented community resources and on-going mental health services \*All insurance plans accepted (individuals without insurance are also able to receive services)

**Exodus Recovery Center**

Urgent Care Center  
1920 Marengo St, Los Angeles, CA 90033  
Phone: (323) 276-6400 | Fax (323) 276-6499  
<https://www.exodusrecovery.com/l-a-eastside-ucc/>

Ages 12 and Younger

Mental health assessment, Medication evaluation, and management, Therapeutic interventions. Social services and referrals including a variety of discharge plans that range from home to hospital

**Kaiser Baldwin Park Emergency Room- 1st floor**

1011 Baldwin Park Blvd, Baldwin Park, CA 91706  
Phone: (833) 574-2273  
A psychiatric medical screening exam -All Ages  
<https://thrive.kaiserpermanente.org/care-near-you/southern-california/baldwin-park/emergency-urgent-care/>

**EMERGENCY SERVICES**

Physical Health/Safety related crisis: **CALL 911**

Children's Hospital, LA

**Covina Police Department - Mental Health Evaluation Team**

444 N. Citrus Avenue

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

**Emanate Health Foothill Presbyterian Hospital,  
Glendora**

250 S Grand Ave, Glendora, CA 91741  
(626) 963-8411

**Kaiser Baldwin Park**

1011 Baldwin Park Blvd, Baldwin Park, CA 91760  
(833) 574-2273

**Pomona Valley Hospital**

1798 N. Garey Ave Pomona, CA 91767  
(909) 865-9500

Covina, CA 91723

626.331.3391

[covinapd@covinaca.gov](mailto:covinapd@covinaca.gov)

**Emanate Health Inter-Community Hospital**

210 W. San Bernardino Rd. Covina, CA 91723  
(626) 331-7331

**Emanate Health Queen of the Valley Hospital**

210 W San Bernardino Rd, Covina, CA 91723  
(626) 962-4011

**San Dimas Community Hospital**

1350 W.Covina Blvd San Dimas, CA 91773  
(909) 599-6811

## POLICE DEPARTMENTS

**Covina Police Department**

(626) 384-5595

**Irwindale Police Department**

(626) 430-2244

**Glendora Police Department**

(626) 914-8250

**West Covina Police Department**

(626) 939-8500

**San Dimas Sheriff Department**

(909)450-2700

## EMERGENCY HOTLINES

**Suicide and Mental Health Crisis Hotline**

**CALL 988**

**Crisis Text line**

Text HOME to 741741

Connect with a crisis counselor to receive high quality text-based mental health support & crisis intervention 24/7

**California Youth Crisis Line**

(800) 843-5200

24-hour, confidential hotline

**Child Protection Hotline**

(800)540-4000

**LA County ACCESS Center 211 (24 hr info Helpline)**

(800) 854-7771

**Runaway National Safeline**

(800) 786-2929 or (800) runaway

**National Sexual Assault Hotline**

(800)656-4673

Domestic & Dating Violence

(800)799-SAFE

Sexual Assault & Harassment

(800)656-HOPE

**Teen Line Cares**

(800)852-8336 or Text TEEN to 839863

Teens helping teens

6:00 pm – 10:00 pm

**Trevor Project - LGBTQ Youth**  
(866) 488-7386 (Crisis)

**Poison Control Hotline**  
(800) 222-1222

## FOOD ASSISTANCE

**County Services - 2-1-1**  
www.211LACounty.org

**Action Food Pantry**  
Grace Lutheran Church 17880 East Covina Blvd,  
Covina, CA 91722 (626) 319-0554 Food  
distribution: Thursdays 12 p.m. - 3 p.m.  
Participants must provide ID and recent mail  
with address required. Closed on Thanksgiving,  
Christmas Eve, and Christmas.

**Christ's Church of the Valley**  
1404 West Covina Blvd. San Dimas, CA 91773  
(909) 592-2282  
Food Bank Partner [www.ccvsocial.com](http://www.ccvsocial.com)  
Counseling Service (sliding scale)

**David and Margaret Youth and Family  
Services**  
Compass Program  
1350 3rd Street  
La Verne, ca 91750  
909-596-5921  
Clothing for youth 17-25

**Elim Community Pantry**  
550 S. Hollenbeck Ave., Covina, Ca 91723  
(626) 915-5300  
www.elimpantry.org  
Food Distribution: Saturdays 7 a.m. - 9 a.m.

**Foothill Community Church**  
777 E. Alostia Ave, Azusa, CA 91702 Clothing  
Distribution: Saturday 11 a.m. - 12:30 p.m.  
Community Meal: Saturday 11 a.m. - 1 p.m.

**God's Pantry/ONE&ALL Food Distributions**  
1st Saturday- ONE&ALL San Dimas 1404 W.  
Covina Blvd San Dimas 91773  
2nd Saturday- Citrus Elementary 925 W 7th St,  
Upland, CA 91786  
3rd Saturday- ONE&ALL Rancho 7576 Etiwanda  
Ave Rancho Cucamonga 91739  
4th Saturday- ONE&ALL West Covina 1305 E.  
Cameron Ave West Covina 91790

**Meals on Wheels- YWCA of San Gabriel Valley**  
(626)960-2995  
Intervale Senior Services (Meals on Wheels) Hot  
meal for a fee or frozen meals delivered to home  
(\$3 suggested donation)

**Project 29:11 Food Bank and Economic Relief  
Center**  
418 N. Second Ave., Covina, CA 91723  
(626) 634-5319  
<https://project2911.net/>  
Food Bank: Fridays from 1 p.m. to 3 p.m. Service  
is for anyone living in Los Angeles County.  
Participants must provide proof of residency such  
as a driver license or utility bill.

**Shepherd's Pantry**  
*Glendora Location:* 657 E. Arrow Hwy, Suite J.,  
Glendora, CA 91740 (626) 852-7630  
Food/Clothing Distribution and Haircut:  
Wednesday/Thursday 5 p.m. - 7 p.m. Food  
Delivery on Wednesdays 4 p.m. - 6 p.m. Call  
(626) 852-7801  
*Irwindale Location:* 1418 Arrow Highway,  
Irwindale, CA 91706 (626) 305-0392 Weekly  
Food Distribution: Tuesday 5 p.m. - 7 p.m.  
Homeless Food Distributions: Wed/Thurs/Fri 11  
a.m. - 12 p.m.

**St. Frances of Rome, Azusa**  
St. Frances of Rome Church

506 N. Soldano Avenue, Azusa, CA 91702  
(626) 969-1829 (proof of residency needed)  
First Saturday of the month 9 am – 11 am

**Holy Name of Mary Catholic Church**  
724 E Bonita Ave, San Dimas, CA 91773  
(909) 599-1243  
Hours: Monday, Wednesday, Thursday, Saturday  
10am-1pm

*Baldwin Park Location:* 13020 Francisquito  
Avenue, Baldwin Park, CA 91706 (626) 671-0090  
Food Distribution: Fridays 5 p.m. - 7 p.m.  
[https://www.loc8nearme.com/california/glendora/  
/shepherds-pantry/5368860/](https://www.loc8nearme.com/california/glendora/shepherds-pantry/5368860/)  
Service is for anyone living in Los Angeles  
County. On the first visit, bring proof of  
residency such as a driver license or utility bill.

## HEALTH/OUTPATIENT SERVICES

**East Valley Community Health Center: West  
Covina**  
420 S. Glendora Avenue  
West Covina, CA 91790  
(626) 919-4333

**Emanate Health Care Center - Queen of the  
Valley Hospital**  
1135 S. Sunset Avenue  
Suites 200 & 401  
West Covina, CA 91790  
(626) 483-2150

**Azusa Health Center**  
150 N. Azusa Ave. Azusa CA 91702  
(626) 969-7885

**El Proyecto del Barrio, Inc. Baldwin Park**  
3942 Maine Avenue  
Baldwin Park, CA 91706  
(626) 962-4011  
*No identification documents necessary*

**Advent Home Health Care Services**  
1128 E. Route 66  
Glendora, CA 91740  
(626) 852-1985

**Western Dental Services, Inc.**  
1208 W. Francisquito Ave. Ste E.  
West Covina, CA 91790

**East Valley Community Health Center: Covina**  
276 West College Street  
Covina, CA 91723  
(626) 919-5724

**AltaMed Medical Group- West Covina**  
1300 South Sunset Avenue  
West Covina, CA 91790  
(888) 499-9303

**Pomona Health Center**  
750 South Park Avenue Pomona, CA 91767  
(909) 868-0262

**El Proyecto del Barrio, Inc. Azusa**  
150 N. Azusa Ave  
Azusa, CA 91702  
(626) 963-8411  
*No identification documents necessary*

**El Monte Comprehensive Health Center**  
10953 Ramona Blvd.  
El Monte, CA 91731  
(626) 434-2500

**Arnold Dental Group**  
259 E. Workman St. Floor 1  
Covina, CA 91723

626-917-0900

**College Street Family Dental**

152 W. College St.  
Covina, CA 91723  
626-498-2472

**Children's Dental Fun Zone**

2233 E. Garvey Ave. N Ste B  
West Covina, CA 91791  
626-699-9916

**Dentist**

(800) DENTIST (336-8478)  
[www.1800dentist.com](http://www.1800dentist.com)  
Resource to local/preferred dental services

**VSP Vision - Eyes of Hope**

<https://www.vspvision.com/eyes-of-hope>  
Contact a school nurse for more information

**Citrus Optometry**

924 N Citrus Ave  
Covina, CA 91722  
626-331-2020

**Accuvision Optometry**

236 S Citrus St  
West Covina, CA 91791  
626-935-8886

**Hitomi, Clifford MITS OD**

525 N Azusa Ave.  
Covina, CA 9173122  
626-967-2495

**America's Best**

326 S. California Ave.  
West Covina, CA 91790  
626-646-2012

**American Lung Association of  
Los Angeles County**

**California Smokers' Helpline**  
(800) 586-4872

**HIV-AIDS**

1-800-367-2437  
Southern California Hotline providing information  
about Hepatitis & STDs

626-332-0638

**Children's Choice Dental Care**

641 W. Route 66 Ste E  
Glendora, CA 91740  
626-914-7645

**West Covina Dental Group & Orthodontics**

2700 E. Workman Ave. Ste. A  
West Covina, CA 91791  
626-634-3393

**All About Vision**

[www.allaboutvision.com/locator](http://www.allaboutvision.com/locator)  
Low cost eye exam & prescription locator

**New Eyes**

Apply online for prescription glasses  
<https://new-eyes.org/>

**WU, Raymond H OD Optometry**

911 N Grand Ave  
Covina, CA 91724  
626-967-3794

**Golden Optometric Group**

1026 W West Covina Pkwy  
West Covina, CA 91790  
626-962-5868

**Moriyasu Optometry**

924 N Citrus Ave  
Covina, CA 91722  
626-331-2020

**Zenni**

Apply online for prescription glasses  
<https://www.zennioptical.com/>

**Centers for Disease Control & Prevention**

<https://www.cdc.gov/std/hiv/default.htm>  
STDs Facts and Treatment Resource

**Overeaters Anonymous**

1157 E. Arrow Hwy., #4, Glendora 91740  
All eating struggles  
<https://www.oasgvie.org/>

**Pasadena Planned Parenthood of Pasadena & San Gabriel Valley**  
1045 N. Lake Ave., Pasadena, CA  
(626) 798-0706

**Select Physical Therapy**  
750 W. Route 66, Ste N. Glendora, CA  
(626) 335-4077

**Pregnancy Help Center**  
5626 N. Rosemead, Temple City  
(626) 309-0788  
24/7 Hotline (626) 309-0788

**Physical Therapy For All**  
(858) 740-8017  
<https://www.ptforall.org/>  
Low cost physical therapy services

## HOUSING SERVICES

**East San Gabriel Valley Coalition for the Homeless (ESGVCH)**  
15701 Hill St., La Puente, CA 91744  
Hours: 8:30am - 1:30pm Monday thru Friday  
(626) 333-7204  
The program provides emergency food, information and referral, personal goods and transportation assistance for homeless people in the East San Gabriel Valley area.

**Our Saviour Center - El Monte**  
4368 Santa Anita Ave, El Monte, CA 91731  
(626) 579-2190  
**Food Pantry** - Tuesday - Thursday  
9:00 am - 12:00 pm

**Emergency Shelter** - By Appointment Only  
(626) 774-4082

**Catholic Charities11  
Pomona Community Services**  
1460 E. Holt Ave., Pomona, CA 91767  
Monday - Friday 9:00 a.m. – 5:00 p.m.  
(909) 629-1331

**Foothill Unity Center**  
790 W. Chestnut Ave., Monrovia, CA 91016  
(626) 358-3486  
Provides increasingly more permanent and temporary placement solutions and services, such as motel vouchers, rental assistance, eviction prevention, navigation, retention, temporary housing, rapid rehousing, and related services to those experiencing urgent emergency and chronic housing needs.

**Inland Valley Hope Partners-Our House Shelter Intake (Housing Office)**  
1753 N. Park Ave. Pomona, CA 91768  
(909) 622-3806 x106  
The program serves children and their parents, as well as single women. The program's goal is to move families and single women from homelessness into safe, stable and affordable housing.  
<https://www.inlandvalleyhopepartners.org/>

**Volunteers of America**  
4501 Santa Anita Ave., El Monte, CA 91731  
(626) 337-9878  
Emergency shelters, rapid re-housing and financial support, linkages to permanent supportive housing for individuals and families

**Pacific Clinics - Hope Drop-In Center**  
13001 Ramona Blvd., Ste. I Irwindale, CA 91706  
(626) 337-3828  
A safe place for youth and adults ages 15-25.  
<https://211la.org/resources/site/pacific-clinics-hope-center>

**Project Independence (Outpatient & Residential Services)**  
11927 Elliott Ave., El Monte, CA 91732  
(626) 350-5304 x526  
The agency provides outpatient mental health services for youth, ages 4 through 21, and residential mental health services for adults in Los Angeles County.

**Family Promise of San Gabriel Valley**

1005 E. Las Tunas Blvd #525 San Gabriel,  
California 91776

(626) 569-0991

Monday - Friday 8:00 am - 4:00 pm

**Requirements:** Families must have at least one child under the age of 18 years old. No geographic restrictions.

**Must apply online:**

<https://www.familypromisesgv.org/programs/apply.html>

**St. John's Vianney Church, Hacienda Heights.**

1345 Turnbull Canyon Rd., Hacienda Heights

(626) 330-2269 (behind church)

Zip codes: 91744-48 only

Call to inquire about homeless services (i.e. shelter & food bank)

**Peregrinos De Emaus**

447 Soldano Ave. Azusa, CA 91702

(800) 949-5391

Online Application:

<https://www.emaus1.org/housing-programs>

**Union Station Homeless Services**

825 E. Orange Grove Blvd, Pasadena, CA 91104

(626) 240-4550

Hours: Monday - Friday 8:30am - 5:00pm

Union Station is the San Gabriel Valley's largest and most comprehensive social service agency assisting homeless and very low-income people.

Their mission is to help men, women, and children rebuild their lives and end homelessness.

**Sycamores TAY(Transition Age Youth) Programs**

851 N. Oakland Ave., Pasadena, CA 91104

(626) 395-7100 or (855) 600-0777

Hours: Monday - Friday 9:00am - 5:00pm

Housing and essential (shelter, clothing, and food) services for youth between the ages of 18-25:

Hotel voucher program for young adults

**Time for Change Foundation**

2164 N. Mountain View Ave, San Bernardino, CA 92405

(909) 886-2994

This program offers a full continuum of housing from emergency shelter, permanent – supportive housing, and affordable housing for families and individuals

**Foothill Family Shelter - Upland**

1501 W. 9th Street, Suite D, Upland CA 91786

(909) 920-0453

The agency provides transitional shelter for homeless families with children.

**Operation School Bell/Assistance League of Covina**

636 E. San Bernardino Rd. Covina, CA 91723

(626) 332-3474 (Speak with a school site staff for referral. Appointment needed for service)

**Door of Hope - Pasadena**

221 E. Walnut St. Ste 112, Pasadena, CA 91101

(626) 304-9130

The agency provides Christian-oriented transitional housing for two-parent families (married), single fathers with children, and single mothers with children.

Door of Hope's Homelessness Prevention Program Screening Application:

[https://docs.google.com/forms/d/e/1FAIpQLSeSanP06hUmNvaziZ7N4gSTumYPLR\\_s8oh0EWDQtNHV8KmhtA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeSanP06hUmNvaziZ7N4gSTumYPLR_s8oh0EWDQtNHV8KmhtA/viewform)

**Hillsides YMO Peer Resource Center**

456 E. Orange Grove Blvd #140, Pasadena, CA

(626) 765-6010

Hours: Monday & Friday - 9:00am - 6:00pm

Tuesday & Thursday - 10:30am - 8:00pm

Wednesday - 10:30am - 6:00pm

The program serves transition-aged youth 16–25 with temporary housing services, a drop-in center for training and support, and workforce development.

**Angel's Flight for Runaway & Homeless Youth**

357 S. Westlake, Los Angeles, CA 90057  
(213) 318-5730  
Open 24 Hours  
Emergency shelter for homeless, runaway, and  
at-risk youth between the ages of 10-17; Offers  
services for food, clothing, and medical care

## LEGAL SERVICES

### **The Alliance For Children's Rights**

3333 Wilshire Blvd., Ste. 550  
Los Angeles, CA 90010-4111  
(213) 368-6010

### **District Attorney's Victim-Witness Assistance**

Pomona Courthouse  
(909) 620-3381 or 3382  
400 Civic Center Plaza, Room 201  
Pomona, CA 91768

### **We, the People, Pasadena**

963 E. Colorado Blvd. Pasadena, CA  
(626) 535-0100  
Prepares legal documents

### **San Gabriel Valley LRS**

(626) 966-5530  
1175 E Garvey Ave, Ste 105  
Covina, CA 91724  
Immigration, Bankruptcy, Employment and Family  
<https://lawyers.justia.com/legalservice/san-gabriel-valley-lrs-9073>

### **Covina Crime Stoppers/Tip Line**

(626) 384-5595 or (800) 78-CRIME  
Will pay you for information leading to arrest.  
**DO NOT** need your name.

### **LA County Neighborhood Legal Services**

(800) 433-6251  
<https://nlsia.org/>

### **We Tip National Hotline**

(800) 782-7463  
<https://www.wetip.com/national-crime-tip-hotline/>  
24 Hour tip line - will receive information  
anonymously about persons suspected of selling  
drugs or committing major crimes

### **Community Legal Aid SoCal**

(800) 834-5001  
11834 Firestone Blvd  
Norwalk, CA 90650  
Immigration, Domestic Violence, Elder & Family  
<https://lawyers.justia.com/legalservice/community-legal-aid-socal-11089>

## ADULT/SENIOR RESOURCES

### **Baldwin Park Adult & Community Education**

4640 North Maine Ave., Baldwin Park, CA 91706  
(626) 939-4456  
<https://bpace.bpusd.net/>

### **Covina Senior and Community Center**

815 N. Barranca Ave  
Covina, CA 91723  
(626) 966-6378  
Information and referrals, lunches, recreational  
activities. Assistance with medical, legal &  
financial services

### **West Covina Senior Citizens Center**

2501 East Cortez St., West Covina, CA 91791  
(626) 331-5366

### **YWCA Intervale Senior Services**

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

Offers Recreational activities, information & referrals, lunches, Assistance with social security, taxes, medical & educational services.

**Senior Citizens Information & Assistance**  
(909) 948-6235 (San Bernardino County)  
(213) 738-4004 (Los Angeles County)

**“Urgency case management”** to seniors with unique needs and challenges

**After Hours Elder Abuse Hotline**  
(877) 477-3646

## OTHER SERVICES

### **American Red Cross**

Orange County - (714) 481-5300  
San Bernardino County - (909) 888-1481  
Riverside County - (888) 831-0031  
Coachella Valley/Morongo Basin - (888) 831-0031  
San Diego County - (858) 309-1200  
Imperial County - (760) 352-4541

Local Chapter: San Bernardino County  
10600 Trademark Parkway, Suite 406  
Rancho Cucamonga, CA 91730  
Provide help with:  
Temporary Sheltering/Housing  
Mental Health Assistance  
Financial Assistance  
Health Services  
Disaster-related assistance

### **Employment Development Department (EDD)**

933 S. Glendora Ave.  
West Covina, CA (M-F 8am-5pm)  
(626) 814-8234  
Job search  
Assistance in filing unemployment claims  
[www.edd.ca.gov](http://www.edd.ca.gov)

### **L.A. County Graffiti Hotline**

(626) 812-5253 Azusa  
(626) 939-8800 W. Covina  
(800) 675-4357- other L. A. Counties

### **Medi-Cal phone Support**

(800) 541-5555

### **Pomona Neighborhood Services Center**

999 W. Holt Ave. Suite D, Pomona, CA 91768  
(909) 620-7691

### **Social Security Office**

(800) 772-1213

### **Covina Parks and Recreation**

1250 N. Hollenbeck Ave. Covina, CA 91722  
(626) 384-5340

### **California Highway Information - CalTrans**

(800) 427-7623 24 hour messages

### **Department of Public Social Services - DPSS**

2040 W. Holt, Pomona  
(866) 613-3777 (M-F 8-5pm)  
AFDC, general relief, food stamps, Medi-Cal, Cal-Works

### **California Healthy Families**

1-800-880-5305  
CHIP provides low-cost comprehensive health coverage to children, and sometimes pregnant women, for families that earn too much money to qualify for Medicaid.  
<https://www.benefits.gov/benefit/1596>

### **Support Solutions Homeless Services**

267 E. Badillo St, Covina, CA  
(626) 502-4709  
[info@supportsolutionssgv.org](mailto:info@supportsolutionssgv.org)

### **San Gabriel Valley - Probation Department**

(626) 575-4059

### **San Gabriel Valley Service Center**

(626) 575-5431

### **Volunteers of America**

West Covina – (626) 869-3192  
El Monte – (626) 442-4357

