AVANZA

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Resource Guide

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SHELTERS & TRANSITIONAL HOUSING

211 Coordinated Entry System (CES)

211la.org/
2-1-1

The coordinated system is a system of service delivery in Los Angeles County, developed to improve and expedite the delivery of housing and other supportive services to homeless families in Los Angeles County.

Essence of Light

essenceoflight.org
10419 Budlong Ave. Los Angeles, CA 90044 **4.0mi**
(323) 972-0371

Accepts men, women and families

Provides emergency shelter and transitional housing to homeless men and women. Families are accepted on a case by case basis.

Harbor Interfaith Services

harborinterfaith.org
670 W 9th St. San Pedro, CA 90731 **18.0mi**
(310) 831-5729 - Family Shelter Intake
(310) 831-9123 - Family Resource Center Intake
(424) 276-3602 - Individuals and TAY CES
(310) 831-0589 - Family CES

Monday - Friday 9am to 5pm

Accepts families only
Referral form

Must be referred by 211. Agency provides advocacy services, emergency food, employment services, information, referrals and shelter (walk-ins only). Geographic restrictions apply for some services.

Door of Hope: Women's Shelter

beaconlightmission.org
525 Broad Ave. Wilmington, CA 90744 **17.0mi**
(310) 518-3667

Monday - Friday 10am to 1pm

Call for availability or walk-in during intake hours (above). 25 beds for women. Daily meals are offered. On shower days, guests are provided with a fresh set of clothing and hygiene needs. There is daily chapel and devotions/bible studies.

The Way: Men's Shelter

beaconlightmission.org
525 Broad Ave. Wilmington, CA 90744 **17.0mi**
(310) 830-7063

Monday - Friday 10am to 1pm

Call for availability or walk-in during intake hours (above). 25 beds for men. Daily meals are offered. On shower days, guests are provided with a fresh set of clothing and hygiene needs. There is daily chapel and devotions/bible studies.

New Life Beginnings, Inc.

newlb.org
835 E 6th St. Long Beach, CA 90802 **15.0mi**
(562) 590-1538

Monday - Friday 10am to 4pm
Saturday by appointment

Accepts women, women with children, or pregnant

The shelter is Christian-based - participants must attend church services and programs. There are no cell phones allowed, 5pm curfew and 90 day probation period. No children over 17. Call for intake.

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SHELTERS & TRANSITIONAL HOUSING

Precious Life Shelter

preciouslifeshelter.org
(562) 431-5025

Monday - Friday 9am to 5pm

Accepts pregnant adult women over 18

Precious Life is an emergency, transitional and single parent efficiency program providing a safe environment for pregnant women with no place to live. All clients enter through the emergency phase of program. Beds are available on a first-come, first-served basis. Intakes are Mon - Fri 10am to 2pm and Saturdays 10am to 1pm. Call for availability and a phone interview will be completed.

Community's Child

communityschild.org
25520 Woodward Ave. Lomita, CA 90717
(310) 534-4040 ext. 301

Door of Hope: Transitional Housing

doorofhope.us
669 N Los Robles Ave. Pasadena, CA 91101
(626) 304-9130

Accepts single moms, single dads and two parent families

Provides transitional housing and a restoration program for homeless families with children. Offers marital counseling and classes on finance, parenting, job training and an after-school program for children. Must apply online or by phone, followed by a phone interview and then an on-site interview.

Homeless Outreach Program Integrated Care System (HOPICS)

hopics.org

Broadway Office
5715 S Broadway Los Angeles, CA 90037
(323) 948-0444

Monday, Wednesday Friday 8am to 5pm
Tuesday and Thursday 8am to 9pm
Saturday 8am to 4:30pm

Central Office
5603 S Central Ave. Los Angeles, CA 90011
(323) 432-3700

Monday - Friday 8am to 6pm

Services single adults only

Offers placement into shelter, transitional housing and permanent housing referrals. Assists with eviction prevention services, rental and move-in assistance, case management and life skills courses.

Multi-Service Center

1301 W 12th St. Long Beach, CA 90813
(562) 570-4500 - Services and Intake
(562) 570-4672 - Street Outreach Hotline

Mon, Tues, Wed and Fri 8am to 4pm
Thurs 8am to 2pm

Provide referrals to shelters and a list to emergency food locations. Provide financial, rental, utility, transportation assistance, case management services and a list for affordable housing assistance.

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SHELTERS & TRANSITIONAL HOUSING

Los Angeles Homeless Service Authority

lahsa.org/
707 Wilshire Blvd., 10th Floor Los Angeles, CA 90017
(800) 548-6047
(213) 683-3333

Monday - Friday 8am to 5pm

Agency provides shelter, motel vouchers and transportation to homeless adults. No geographic restrictions. *No families accepted.*

Home at Last

homeatlastcdc.org/
4920 S Avalon Blvd., Los Angeles, CA 90011
(323) 909 5774
(323) 750-7177 - mainline for referral

Offers emergency shelter, food, clothing, showers, beds, counseling, educational services, job readiness and case management for TAY (18-24). *No walk-ins. Call to make an appointment.*

Home at Last - Adult male

homeatlastcdc.org/
5165 S Vermont Ave., Los Angeles, CA 90037
5171 S Vermont Ave., Los Angeles, CA 90037
(323) 909-5916

Offers emergency shelter, food, clothing, showers, beds, counseling, educational services, job readiness and case management for adult males. *No walk-ins. Call to make an appointment.*

Home at Last - Adult women

homeatlastcdc.org/
8311 S Western Ave., Los Angeles, CA 90047
(323) 305-3414

Offers emergency shelter, food, clothing, showers, beds, counseling, educational services, job readiness and case management for adult women. *No walk-ins. Call to make an appointment.*

Salvation Army - Bell Shelter

5600 Rickenbacker Rd., Building 2A & 2B Bell, CA 90201
(323) 263-1206

24hr shelter
Monday - Friday 9am to 11am (reserve space)

Provides shelter for single men and women 18 years and older who are homeless in Los Angeles county. No geographic restrictions. *No children.*

Volunteers of America - Pathways to Home Shelter

voala.org/
3804 Broadway Pl., Los Angeles, CA 90037
(323) 231-1711

Monday - Friday 11am to 5pm
Tuesday and Thursday 9am to 2pm

clients can self-refer and are served on first come basis. The agency provides shelter and transportation to homeless men 18 years and older. No geographic restrictions. Overnight shelter begins at 4pm until full capacity at 300 beds for men. *Clients must have TB test and are allowed to bring one bag of personal belongings. No walk-ins.*

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SAFE PARKING

The Safe Parking program gives people living in their cars, vans, and RVs/campers a safe and legal place to park and sleep at night.

Safe Parking programs provide:

- a place to safely park and rest inside your vehicle
- access and use of a restroom and handwashing station
- on-site security
- financial assistance
- case management and referrals to community resources

To access the Safe Parking program, you must be experiencing homelessness in your vehicle, have an operable vehicle and a valid drivers license.



1 FIND A PROGRAM
Pick a Safe Parking site that is close to you

2 CALL FOR AVAILABILITY AND ARRANGE INTAKE
A referral can be submitted using the online referral form

3 PICK UP YOUR PARKING PASS
During intake you will be given a parking pass to allow you access to the site

4 GO TO THE SAFE PARKING LOCATION
Safe parking programs are not 24hrs, participants must leave the lot the lot by a certain time each morning. Refer to hours of operation at each location.

WLCAC - Torrance
(213) 408-6510
lzayed@wlcac.org

Adults, families and youth
7pm to 6am

Volunteers of America Angeles - San Pedro
(213) 247-6261
nshea@voala.org

Adults, families and youth
6pm to 6am

Additional Safe Parking sites

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FOOD PANTRIES

St. Margaret's Center

catholiccharitiesla.org
10217 S Inglewood Ave. Inglewood, CA 90304
(310) 672-2208

By appointments only. May schedule pick up 2 times per month.

Tuesday - Friday 1:30pm to 4pm

Foods available include fresh produce, meats, dairy, bakery goods, canned and bagged non-perishables. Pet food and baby food available as well.

Champions of Caring Connections, Inc.

championsofcaringconnections.org
1019 N Harris Ave. Compton, CA 90221
(310) 635-9536

Monday - Thursday 10am to 2pm

Pleasant Hill Baptist Church
8204 S Avalon Blvd. Los Angeles, CA 90003

1st Saturday - 10am

Christ Christian Home
1728 E Compton Blvd. Compton, CA 90221

3rd Wednesday - 10am to 12pm

Glory Bound Baptist Church
1500 S Long Beach Blvd. Compton, CA 90221

4th Wednesday - 10am

New Life Christian Church
1913 N Wilmington Ave. Compton, CA 90222

2nd Saturday - 10am

LAX Food Pantry

foodpantrylax.org
355 E Beach Ave. Inglewood, CA 90301
(310) 677-5597

Tuesdays and Fridays 9:30am to 12pm

Customers may visit the pantry twice a week. There are no income or identification requirements. The menu changes week to week. For clients with stoves or other cooking appliances, items such as rice, spaghetti, eggs, etc. can be provided. Those without appliances can receive food that does not require cooking or refrigeration. *The pantry also offers baby food, formula, diapers, toiletries and feminine hygiene products to customers who request them.*

Mama Rosas

mamarosafoodpantry.org
16110 La Salle Ave. Gardena, CA 90247

1st and 3rd Saturdays 12pm to 2pm or until all food is distributed

Recipients do not pay for any food recieved and remain in their vehicles to protect both community members and volunteers from airborne transmission. Vehicles line up outside the church prior to opening.



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Help Me Help You

helpmehelpu.org
(562) 612-5001

Schedules and locations:
Cesar Chavez Elementary School
730 W 3rd St. Long Beach, CA 90802
1st Wednesday - 2pm to 3pm

The Museum of Latin American Art
628 Alamitos Ave. Long Beach, CA 90802
1st and 3rd Wednesday - 4pm to 5pm

Whittier Elementary School
1716 Walnut Ave. Long Beach, CA 90802
3rd Wednesday - 11:30am to 12:30pm

Stevenson Elementary School
515 Lime Ave. Long Beach, CA 90802
1st and 3rd Friday - 11:30am to 12:30pm

Revive Church
668 Obispo Ave. Long Beach, CA 90814
1st and 3rd Friday - 1pm to 2pm

Lincoln Elementary School
1175 E 11th St. Long Beach, CA 90813
2nd and 4th Wednesday - 11:15am to 12:15pm

Philedelphian SDA Church
2640 Santa Fe Ave. Long Beach, CA 90810
2nd and 4th Wednesday - 1pm to 2pm

Oropeza Elementary School
2nd and 4th Friday - 11:30am to 12:30pm

McKinley Elementary School
6822 N Paramount Blvd. Long Beach, CA 90805

Perry Lindsey Academy
5075 Daisy Ave. Long Beach, CA 90805
3rd Saturday - 12pm to 2pm

LA County CSS - San Pedro Service Center

769 W 3rd St. San Pedro, CA 90731
(310) 519-6091

By appointments only

Mondays 2pm-4pm
Tuesdays 9am-11:30am 2pm-4pm

The center provides adult education, emergency food, information and referral to community services, utility assistance and services for older adults.

Lutheran Social Services

lssc.org/
1611 Pine Ave. Long Beach, CA 90813
(562) 599-1321 x 1029

By appointments only

LSS offers comprehensive emergency services which include daily grocery distribution featuring fresh and non-perishables food items, pre-sorted clothing closet, hygiene items, infant supplies and other essentials. They also offer disability and housing benefit assistance for homeless individuals, families and veterans through CBEST.

South Bay Coalition for the Homeless

sbceh.org/

Schedules and locations:

St. Catherine Laboure Catholic Church
3846 Redondo Blvd., Torrance, CA 90504
(310) 323-8900
- Monday - Friday 11am to 1pm

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Torrance First Baptist Church
2118 W Carson St., Torrance, CA 90501
(310) 328-5030
- 1st Saturday 11am to 1pm

Walteria United Methodist Church
3646 Newton St., Torrance, CA 90505
(310) 375-0622
- 2nd Saturday 11am to 2pm

St. Andrew's Episcopal Church
1432 Engracia Ave., Torrance, CA 90501
(310) 328-3781
- 3rd Saturday 11am to run out

St. John Evangelical Lutheran Church
14517 Crenshaw Blvd., Gardena, CA 90249
(310) 676-8804
- Sundays 12pm
- Mondays 6:30pm
- Wed and Fri 6pm
- Saturday 11:30 and 4pm

Calvary Hawthorne Presbyterian Church
13560 Hawthorne Blvd., Hawthorne, CA 90250
(310) 676-1144
- 1st Saturday 8am to 11am

Hope Chapel

(310) 676-1144
- 1st Saturday 8am to 11am

54th Street Seventh Day Adventist Church
1973 W 54th St. Los Angeles, CA 90062
(323) 292-2762

Every 2nd and 4th Wednesday 4:30pm to 5:30pm

The Shower of Hope provides mobile showers, essential hygiene items and food to those unhoused.

Hollypark UMC
findhelp.org/
13000 Van Ness Ave., Gardena, CA 90249
(310) 516-6457

1st Saturday 4pm to 6pm

St. Joseph Church
stjosephhawthorne.org/
11901 Acacia Ave., Hawthorne, CA 90250
(310) 679-1139

Monday - Friday 9am to 8:30pm
Sat and Sun 9am to 3pm

Free food and health education for those in need.

House of Yahweh
hoy-southbay.org/
4046 Marine Ave., Lawndale, CA 90260
(310) 675-1384

Meals Mon - Sun 2pm to 3pm
Emergency food Sun - Sat 9am to 10am

Must apply for the Food Outreach Program and schedule an interview. If accepted, client will be assigned a day to pick-up food once a week. Emergency food is offered to the first 10 who call to request. ID required.

New Challenge Ministries
newchallengeministries.com/
18801 Crenshaw Pl., Torrance, CA 90504
(310) 320-4171

Mon - Tues 12pm to 2pm
Thurs - Fri 12pm -to 2pm
Saturday 2pm to 4pm

Fresh food bank for those in need. Food offered varies day-to-day but usually includes milk, eggs, cheese, bread, vegetables, fruits and/or juices. All are welcome.

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SHOWERS

St. Margaret's Center

showerofhope.org
10217 S Inglewood Ave. Inglewood, CA 90304
(310) 672-2208

Mondays 9am to 1pm

Ephesus 7th Day Adventist

showerofhope.org
7005 Western Ave. Los Angeles, CA 90047

Mondays 9:30am to 1:30pm

54th Street Seventh Day Adventist Church

showerofhope.org
1973 W 54th St. Los Angeles, CA 90062

Tuesdays 9am to 12:30pm

LA Country Department of Beaches & Harbors

beaches.lacounty.gov/
Dockweiler RV Park, Los Angeles, CA 90293

Monday - Sunday 6am to 8pm

Beach restrooms with outdoor rinse-off showers.

LA County Department of Beaches & Harbors

beaches.lacounty.gov/
43rd St. & The Strand, Manhattan Beach, CA 90266

Monday - Sunday 6am to 8pm

Beach restrooms with outdoor rinse-off showers.

LAUNDRY

Laundry Love

laundrylove.org/
2301 Artesia Blvd. Redondo Beach, CA 90278
(310) 346-0070

Last Wednesday of every month - 6pm

This local laundromat is a Laundry Love partner. LL laundromats provide homeless or unstably house individuals a free location to clean their clothes.

HAIRCUTS

St. Margaret's Center

catholiccharitiesla.org
10217 S Inglewood Ave. Inglewood, CA 90304
(310) 672-2208

Mondays - 9am to 1pm



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MEDICAL, DENTAL & VISION

(T.H.E.) To Help Everyone Health and Wellness Centers

tohelpeveryone.org/
10321 Hawthorne Blvd. Inglewood, CA 90304 - **0.2mi**
(323) 730-1920

Monday - Friday 8am to 5pm

T.H.E. Clinics provide low cost routine and behavioral health care to children, youth and adults. Services include general medical, dental, women's health, counseling, chiropractic and more. Medi-Cal and most insurances accepted. Patients may qualify for free or low-cost services charged on a sliding fee scale. Transportation assistance may be available.

American Health Services

americanhealthservices.org/
4450 West Century Blvd., Inglewood, CA 90304 - **0.2mi**
(310) 671-0555

Monday - Friday 8am to 4:30pm

Medical clinic that provides primary care and general practice including routine health care, family medicine, immunizations, gastroenterology and more. Medi-Cal is accepted. A payment of $55 is required if a patient does not have insurance. ID required. Walk-in patient are welcome.

UMMA Community Clinic

ummaclinic.org/
711 W Florence Ave., Los Angeles, CA 90044
(323) 277-2104

Monday - Friday 8am to 5pm
Saturday 7am to 3:30pm

Services include family medicine, pediatrics, laboratory, family planning and more. Sliding fee scale offered.

To download the application click the link below:
Sliding Fee Discount Program Application - English
Sliding Fee Discount Program Application - Spanish

St. John's Well Child and Family Center

wellchild.org/
1555 W 110th St., Los Angeles, CA 90047 - **3.1mi**
(323) 541-1411 - call center
(323) 757-2771

Monday - Wednesday 8:30am to 5pm
Thursday 11am to 7:30am
Saturday 7am to 3:30am

Low cost community health clinic for low-income individuals and families including those experiencing homelessness. Services include pediatric, chronic disease management, counseling, dental and more. Homeless clients may be offered other supportive services.

St. Anthony Medical Center

stanthonymedical.org/
837 W Imperial Hwy., Los Angeles, CA 90044 - **3.9mi**
(323) 755-9555

Mon, Thur 8am to 6:30pm
Tues, Wed, Fri 8:30am to 6pm
1st and 3rd Sat 9am to 1pm

Services include routine medical, dental, pediatrics, women's health, mental health and more. Medi-Cal accepted. Walk-ins are welcome, appointments preferred.

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MEDICAL, DENTAL & VISION

Curtis R Tucker Health Center

dhs.lacounty.gov/curtistucker
123 West Manchester Blvd., Inglewood, CA 90301
(310) 419-5393

Monday - Friday 8am to 4:30pm

Routine healthcare needs of adults.

Planned Parenthood

plannedparenthood.org/
14623 Hawthorne Blvd. #300, Lawndale, CA 90260
(800) 576-5544

Monday - Friday 8am to 5pm
Saturday 8am to 4pm

Offers healthcare for reproductive health including men's and women's health care, referrals, birth control, HIV and STD testing, emergency contraception and more. Accepts insurance or those without. Photo ID required. Appointments necessary for most services.

The Children's Dental Center of Greater Los Angeles

tcdc.org/
300 E Buckthorn St., Inglewood, CA 90301
(310) 419-3000

Monday - Saturday 8:30am to 5:30pm

General dentistry, pediatrics, oral surgery, endodontist, orthodontics and dental screenings. Make an appointment online or call to request appointment.

South Bay Children's Health Center Dental Clinic

sbchc.org/
14722 Hawthorn Blvd. Lawndale, CA 90260
(310) 973-5437

Monday - Wednesday 8am to 6pm
Thursday 7am to 5pm

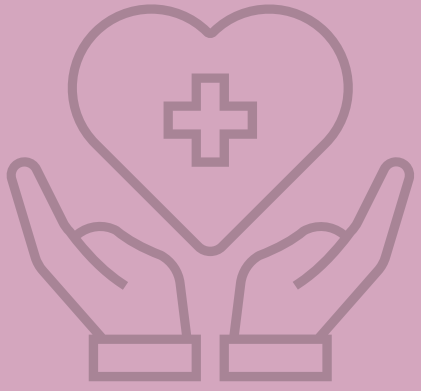
The dental clinic provides quality dental care for the prevention, detection and treatment of oral health concerns. Accepts children and adolescents up to age 25. Accepts Medi-Cal. There may be nominal charge per service based on income. Proof of income required.

Assistance League of San Pedro - South Bay

assistanceleague.org/
1441 W 8th St., San Pedro, CA 90731
(310) 832-8460

Tuesday - Thursday 8am to 4:30pm

Provides dental and eye exam services for children 17 yrs and under. No walk-ins - by appointment only.



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CLOTHING

Inglewood Southside Christian Church

isschristian.org/
3947 W 104th St. Inglewood, CA 90303
(310) 677-0446

2nd Saturday - 10am to 12pm

Food distribution and clothing once a month. All are welcome.

St. John Evangelical Lutheran Church

stjohnlutherangardena.com/
14517 Crenshaw Blvd., Gardena, CA 90249
(310) 676-8804

Saturdays 11am to 12:30pm

Inglewood: The Salvation Army

inglewood.salvationarmy.org
324 E Queen St. Inglewood, CA 90301
(310) 677-3375

Clothing closet is available to homeless individuals and families in need.

House of Yahweh

4046 Marine Ave., Lawndale, CA 90260
(310) 675-1384

Tuesdays 12pm to 12:45pm

St. Paul's United Methodist

2600 Nelson Ave., Redondo Beach, CA 90278
(310) 370-4319

Tuesdays 6pm to 7pm
1st and 3rd Thursdays 9am to 11am

Clothing distribution (as items are available) are on Tuesday evenings and Thursday mornings when the food pantry is open.

DOMESTIC VIOLENCE SERVICES

Jenesse Center, Inc.

jenesse.org/
(800) 479-7328

Jenesse's domestic violence shelter and drop-in client services offer free confidential, comprehensive support to all domestic survivors.

Services include:

- Emergency shelter - 30 days
- Transitional housing - up to 24 months
- Counseling
- Legal services
- Transportation, etc.

Call 24 hour hotline to access services

1736 Family Crisis Center - Torrance Community Service Center

1736fcc.org/
21707 Hawthorne, Blvd., Suite 300 Torrance, CA 90503
(310) 543-9900 x 219 - service/intake

Monday - Friday 8am to 6pm

Provides case management, counseling and domestic violence services, family support services for those with low-income, runaway services, emergency and transitional shelter for battered women and their children, shelter for runaway/homeless youth, and welfare-to-work services. *By appointment only.*

Crisis hotlines:
(213) 745-6434
(213) 222-1237
(310) 379-3620
(310) 370-5902
(562) 388-7652

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DOMESTIC VIOLENCE SERVICES

Angel Step Inn

angelstepinn.org/
(323) 780-4357 - front desk (leave message)

Angel Step Inn is a safe, confidential home for victims of domestic violence. Services include a 24-hour hotline, emergency shelter, counseling, education and case management. Shelter hold approximately 30 people at a time and is staffed 24-hours a day to offer security and comprehensive support services to residents.

Angel Step Too

scadpinc.org/
16314 Cornuta Ave., Bellflower, CA 90706
(562) 461-9272

Accepts women, pregnant women, and mothers with up to two children between 0-12

Provides shelter and transitional housing program targeting battered, substance-addicted women and their children. Services include needs assessments, case management services and linkage, substance abuse counseling and education, domestic violence counseling and education, life skills training, and vocation/education services. *Intake by appointments only. No walk-ins.*

Positive Steps/Cider House - Men's Residential Facility

11501 Dolan Ave., Downey, CA 90241
(562) 923-7894

Monday - Friday 8am to 4:30pm

Substance abuse treatment center for men over 18 years, with or without DCFS case, who are on probation or parole. Must have Medi-Cal. *No walk-ins. Call to make an appointment.*

Center for the Pacific Asian Family

nurturingchange.org/
3424 Wilshire Blvd., Suite #1000 Los Angeles, CA 90010
(800) 339-3940

CPAF helps Asian and Pacific Islander survivors of domestic violence and sexual assault and their families. The services are free, confidential and available several Asian and API languages. The domestic violence hotline provides telephone crisis intervention for battered women and performs intake screening for the agency's shelter. Referrals are made for medical and legal services and other related services. Program also provides crime victim support in obtaining TRO's for battered women. *No walk-ins. Must call to make appointment.*

Rainbow Services, Ltd.

rainbowservicesdv.org/
453 W 7th., San Pedro, CA 90731
(310) 548-5450 - service center
(310) 547-9343 - hotline

Monday - Friday 8:30am to 5pm

Rainbow Services provides domestic violence services, shelter and welfare-to-work support services for battered women of all ages in Los Angeles County. Geographic restrictions apply for some services. Serves men and women, women with children 18 and below. *No walk-ins. Call to make an appointment.*

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Downtown Women's Center

downtownwomenscenter.org/
442 S San Pedro St., Los Angeles, CA 90013
(213) 680-0600

Monday - Friday 8am to 3pm

The DWC is the only organization in Los Angeles focused exclusively on serving and empowering women experiencing homelessness and formerly homeless women. They also provide breakfast M-F from 8am to 9am and lunck M-F from 11:30am to 12:30pm.

SOCIAL SERVICES

Department of Public Social Services (DPSS)

dpss.lacounty.gov/
8300 S Vermont Ave., Los Angeles, CA 90044 - **4.1mi**
(323) 549-5674

This office offers Cal Fresh, CalWorks and Medi-Cal benefits assistance. Apply for benefits at this office or online. Serves low-income individuals and families in California.

Department of Public Social Services (DPSS)

dpss.lacounty.gov/
1819 Charlie Sifford Dr., Los Angeles, CA 90047 - **3.0mi**
(866) 613-3777

This office offers Cal Fresh, General Relief and Medi-Cal benefits assistance. Apply for benefits at this office or online. Serves low-income individuals and families in California.

Public Health Foundation WIC Program

cdph.ca.gov/
4455 W 117th St., Hawthorne, CA 90250 - **1.0mi**
(626) 856-6600

WIC provides nutritious food to pregnant and breastfeeding women, new mothers, infants, and children in low-income families that meet WIC income guidelines. WIC provides checks for buying healthy food, nutrition education, breastfeeding support, and help finding healthcare and other community services. Homeless families, including homeless parenting or pregnant youth under 25, do qualify. *Call to schedule an appointment or to fill out a California WIC application.*

IMMIGRATION SERVICES

LA County Office of Immigrant Affairs

oia.lacounty.gov
Hall of Records - 320 W Temple St. Room G-10 Los Angeles, CA 90012
(800) 593-8222

Make an appointment for service

The Los Angeles County Office of Immigrant Affairs helps all immigrants learn about available services for them and their families.

Service Locator Tool

USC Gould School of Law

uscimmigrationclinic.org/
699 Exposition Blvd. Los Angeles, CA 90089 - **6.8mi**
(213) 821-9627

Provides free legal assistance in completing the naturalization application. Free legal assistance is available to members of the public, USC staff, contract staff, students and faculty.

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LGBTQ SERVICES

Bienestar Sabores Youth Program

bienestar.org/
130 W Manchester Ave., Los Angeles, CA 90003
(866) 590-6411

Monday - Friday 10am to 7pm

Agency provides community outreach and education on prevention and mental health services to Lesbian, Gay, Bisexual, Transgender and Questions Youth ages 16-25. Their services include skill-building sessions, Sabores youth groups, counseling and more. All services are free. *Call to make an appointment or make an appointment online.*

South Bay LGBT Center

southbaycenter.org
16610 Crenshaw Blvd., Torrance, CA 90504
(310) 328-6550

Call for hours

the mission of the South Bay LGBT center "is to provide a focal point for the members of our community in the South Bay for education, social interaction, personal growth, and political power, and to foster public understanding of our community." The new South Bay center is located near El Camino College, half-a-mile north of Artesia Blvd., on the east side of Crenshaw, on the corner of 166th Street (across from 7-eleven). *All services are held online or over the phone.*

TRANSIT INFO

Gardena Municipal Bus Line

ridegtrans.com/
(310) 965-8888

Torrance Transit System

transit.torranceca.gov/
(310) 618-6266

LA Metro

metro.net/
(323) 466-3876

Lennox Link

lacounty.gov/transit
(626) 458-5914

Beach Cities Transit

redondo.org/
(310) 937-6660

Carson Transit

carson.ca.us/
(310) 952-1757



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SUBSTANCE ABUSE SERVICES

South Bay Drug Abuse Coalition

southbayhumanservices.org/
2370 W Carson St. Suite 136 Torrance, CA 90501
(310) 328-0780

Call for appointment

Substance abuse treatment center

Twin Town Treatment Centers

twintowntreatmentcenters.com
20300 S Vermont Ave. Suite 245 Torrance, CA 90502
(310) 787-1335
(866) 594-8844 for appointment/assessment

Drug addiction treatment center

Torrance Memorial Thelma McMillen Center

thelmamcmillenrecoverycenter.com
3333 Skypark Dr., #200 Torrance, CA 90505
(310) 784-4879

Call for consultation

Center for alcohol and drug treatment

National Council on Alcoholism and Drug Dependence

https://bhs-inc.org/
1334 Post Ave., Torrance, CA 90501
(310) 328-1460

Substance use disorder services

Behavioral Health Services - South Bay Recovery Center

https://bhs-inc.org/
15519 Crenshaw Blvd., Gardena, CA 90249
(310) 679-9126

Mental Health services, Residential Outpatient and Inpatient Drug Addiction Treatment

Asian American Drug Abuse Program

aadapinc.org/
2900 S Crenshaw Blvd., Los Angeles, CA 90016
(323) 293-6284

Drug and alcohol treatment services

South Bay Human Services Center

southbayhumanservices.org/
2370 Carson St. Suite 136 Torrance, CA 90501
(310) 328-0780

Outpatient substance abuse treatment and other counseling services

Shields for Families, Inc.

shieldsforfamilies.org/
11601 S Western Blvd. Los Angeles, CA 90047
(323) 242-5000

Provides substance use disorder treatment and prevention services

South Bay Connect

sanpedrodrugrehabcenter.com/
916 N Western Ave., Suite 210 San Pedro, CA 90732
(310) 776-7406

Substance abuse treatment center

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HOMELESS PREVENTION & TENANT RIGHTS PROGRAMS

BASTA Long Beach

basta.org/
333 W Broadway #204, Long Beach, CA 90802
(562) 825-5050

Monday - Friday 9:30am to 5pm

Must call first. Specializes in tenants' rights and advocacy by helping to eliminate homelessness, engage tenants with their living situation and enforce housing laws.

Bet Tzedek

bettzedek.org
3250 Wilshire Blvd., 13th Floor, Los Angeles, CA 90010
(323) 939-0506

Call for intake. Provides free, expert legal advice and representation to low-income residents of Los Angeles County.

Eviction Defense Network

www.edn.la
1930 Wilshire Blvd., Suite 208, Los Angeles, CA 90057
(213) 385-8112

Monday - Friday 9am to 6pm

First come, first-served walk-in basis. Early arrival is recommended. For immediate assistance, fill out this form.

Fair Housing Foundation - Los Angeles County Office

fairhousingfoundation.com/
3605 Long Beach Blvd., #302 Long Beach, CA 90807
(562) 989-1206

Monday - Friday 8am to 5pm

No walk-ins. Provides housing discrimination services, outreach and education services and general housing - tenants and landlords - services.

Housing Rights Center

housingrightscenter.org/
3255 Wilshire Blvd., Suite 1150 Los Angeles, CA 90010
(213) 387-8400
(800) 477-5977

8:30am to 5pm

Offers services around housing discrimination complaint investigation, fair housing education and outreach, and tenant and landlord counseling.

Legal Aid Foundation of Los Angeles

lafla.org/
7000 s Broadway., Los Angeles, CA 90003
(800) 399-4529

Monday - Friday 9am to 5pm

Provides access to legal assistance including housing/eviction defense and immigration.

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HOMELESS PREVENTION & TENANT RIGHTS PROGRAMS

Los Angeles Center for Law and Justice

laclj.org/
5301 Whittier Blvd., 4th Floor Los Angeles, CA 90023
(323) 980-3500

Monday - Friday 9am to 5pm

Provides free legal representation, education and advocacy to low-income families. Services include; family law, teen legal advocacy, housing law, domestic violence and custody trials, and offers referrals to help with food and clothing. *By appointment only.*

Public Counsel Law Center

publiccounsel.org
610 S Ardmore Ave., Los Angeles, CA 90005
(213) 385-2977
(800) 870-8090

Monday - Friday 9am to 5:15pm

No walk-ins - by appointment only. Works with cases revolving homeless prevention, children's rights, immigration, social service assistance and offers referrals. Public Counsel staff and volunteers provide pro bono representation.

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GET HELP NOW

Life threatening emergencies: 9-1-1

Los Angeles County Info: 2-1-1

Child Abuse Hotline: (800) 540-4000

Mental Health Services Helpline: (800) 854-7771

Suicide & Crisis Lifeline: 9-8-8

A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7 via phone call, text messaging, or online chat.

Crisis Text Line: Text "LA" to 741741

Connect with a trained crisis counselor to receive free crisis support via text message

Disaster Distress Helpline: (800) 985-5990

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Trevor Project Lifeline: (800) 788-7386

The TrevorLifeline provides support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.

Substance Abuse Service Helpline: (844) 804-7500

Operated by the Los Angeles County Department of Public Health, this hotline provides screening, resources and service referrals regarding substance use disorders.

Los Angeles Homeless Outreach Portal (LA-HOP)

L.A. Found: (833) 569-7651

L.A. Found is a countywide initiative to help locate individuals who wander due to dementia, Alzheimer's, autism or other cognitive impairing conditions.

Family Urgent Response System (FURS): call of text (833) 939-3877

FURS is a free 24/7/365 hotline for current or former foster youth (up to age 21) and their caregivers to receive phone, text, chat and/or in-person support when needed for any issues, big or small.

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