



WESTSIDE UNION SCHOOL DISTRICT

COMMUNITY RESOURCE

PARENT GUIDE



www.westside.k12.ca.us

Contents

Resources are listed alphabetically by category.

- GENERAL REFERRAL
- ABUSE, DOMESTIC VIOLENCE, BATTERY, RAPE, SEXUAL ASSAULT TRAUMA SUPPORT
- ADOPTION/FOSTER CARE SERVICES
- ADVOCACY
- ANIMALS
- ASSISTED LIVING SERVICES
- CALIFORNIA HIGHWAY PATROL
- CELL PHONE & INTERNET ASSISTANCE
- CHAMBERS OF COMMERCE
- CHILD ABUSE SUPPORT & PREVENTION
- CHILD CARE & EDUCATION PREP INFORMATION
- CHILD SUPPORT
- CITY OFFICES
- CLOTHING/TOILETRIES
- CLUBS, GROUPS, SOCIAL & FRATERNAL ORGANIZATIONS
- COMMUNITY COLLEGE
- COUNSELING FAMILY/INDIVIDUAL MENTAL HEALTH DEPRESSION ANGER MANAGEMENT
- COURTHOUSES
- CREDIT COUNSELING, CONSUMER PROTECTION, IDENTIFY THEFT
- DISABILITY & SPECIAL NEEDS SERVICES
- DISASTER SERVICES
- EMERGENCY SERVICES
- EMPLOYMENT JOB TRAINING OCCUPATIONAL PROGRAMS
- FREE Wi-Fi SPOTS
- FINANCIAL PUBLIC ASSISTANCE / RESTITUTION
- FOOD-SHELTER BASIC NEEDS
- HEALTH CARE
- HEALTH CARE BLINDNESS & VISION
- HEALTH CARE- CANCER
- HEALTH CARE DEAFNESS & HEARING AID SERVICES
- HEALTH CARE DENTAL
- HEALTH CARE: MEDICAL CENTERS & CLINICS
- HEALTH CARE: DEPRESSION, ANGER MANAGEMENT, MENTAL HEALTH
- HIV/AIDS SERVICES & SUPPORT
- HOME REPAIR
- HOMELESS SHELTERS/ TRANSITIONAL & EMERGENCY HOUSING, PROGRAMS & MISSIONS
- HOSPITALS
- HOTLINES
- HOUSING ASSISTANCE, RENTAL ADVOCATES, TENANTS RIGHTS & EVICTION ASSISTANCE
- IMMIGRATION SERVICES
- LAUNDRY/WASH
- LEGAL MATTERS & ASSISTANCE
- LIBRARY INFORMATION COMPUTER ACCESS
- LITERACY/ ESL PROGRAMS
- LOS ANGELES COUNTY BOARD OF SUPERVISORS
- LOS ANGELES COUNTY DEPARTMENT OF CHILDREN AND FAMILY SERVICES (DCFS)
- LOS ANGELES COUNTY DEPARTMENT OF PUBLIC SOCIAL SERVICES (DPSS)
- PARKS AND RECREATION
- SCHOOL DISTRICTS
- STATE AGENCIES
- SUICIDE HOTLINE & INFORMATION
- TRANSLATION & INTERPRETATION
- TRANSPORTATION
- UTILITY BILL SUPPORT
- YOUTH: SOCIAL & RECREATIONAL COMMUNITY ACTIVITIES
- YOUTH, YOUNG ADULT DEVELOPMENT & SUPPORT

GENERAL REFERRAL

Healthy Kids

LA Care Resource Center

- (888) 452-2273
- 2072 E Palmdale Blvd, Palmdale, CA 93550
First 5LA- 750 N Alameda St., LA, CA 90012
- (213) 482-5902

LA Homeless Resources

- lahsa.org
- avdreamcenter.org

Medi-Cal

Health care program for low-income individuals/families.

- Medi-cal.ca.gov
- (800) 541-5555

Department of Public Social Services

- dpss.lacounty.gov
- (800) 541-5555

Social Security Administration

42225 10th St. W. Ste A, Lancaster, CA 93534

- (800) 772-1213

Open to the public, Monday thru Friday 9:00 am - 4:00 pm

South Antelope Valley Emergency Services (SAVES)

- (661) 267-5191

Open Monday thru Thursday 10:00am-3:00pm

Tarzana Treatment Center

970 W Lancaster Blvd. Lancaster, CA 93534

- (818) 654-3887

44443 N. 10th St. W, Lancaster, CA 93534

- (888) 777-8565

44447 10th St. W, Lancaster, CA 93534

- (888) 777-8565

320 E. Palmdale Blvd, Palmdale, CA 93550

- (818) 654-3887

1037 E. Palmdale Blvd, Palmdale, CA 93550

- ((888) 777-8565

Women, Infants & Children (WIC) Cost

Free for those who qualify (income guidelines)
Services: Provides breastfeeding support, nutrition education and food for children ages 0-5 and pregnant/breastfeeding women.

44216 10th St. W. Lancaster, CA 93534

- (661) 949-5805

2247 E. Palmdale Blvd Suite. A, Palmdale, CA 93550

- (661) 726-6300

2739 Diamond St. Rosamond, CA 93560

- (866) 327-3074

Information Helpline for Los Angeles County

Community Resource line for housing, food, shelter and medication. 24/70, no cost, confidential referrals.

- Dial 2-1-1 from any touchtone phone or :(800) 339-6993

www.211LA.org

CalWorks, Lancaster

349-B East Ave. K-6 Lancaster, CA 93535

- (866) 613-3777

Participant Help Line

- (626) 569-1399

Open to the public, Monday thru Friday 8:00 am - 5:00 pm

CalWorks Valley Oasis Outreach/ Legal

- (661) 723-7772

AV Partners for Health

- avph.org
- (661) 942- 4719

44226 10th St. West, Lancaster, CA 93534
Open Monday-Friday 8:00am-4:30pm

Family Solutions Access Center

The agency provides domestic violence services, homeless support services, shelter and thrift shops for people of all ages in LA County.

45134 N. Sierra Highway, Bldg. B Lancaster, CA 93534

- (661) 942-2758

General Relief, Lancaster General Relief Sub Office 67

337 East Ave K-10 Lancaster, CA 93535

- (866) 613-3777

Participant Help Line

- (626) 569-1399, (310) 258-7400

Open to the public, Monday-Friday 8:00am – 5:00pm

WIN "What I Need" App

Download app or visit website to get the most up to date support programs in the community.
Scan QR code or visit:

- oclwin.org



ABUSE, DOMESTIC VIOLENCE, BATTERY, RAPE, SEXUAL ASSAULT TRAUMA SUPPORT

24-hr Domestic Violence Hotline

- (800) 799-7233
- SMS: Text START to 88788

A Second Wind Violence Prevention Project

This agency offers anger management services, couple and individual counseling, & domestic violence classes.

38733 9th Street East, Suite M Palmdale, CA 93550

- (661) 947-6642

Advance Counseling Center

44709 Date Ave. Lancaster, CA 93534

- (661) 945-6706

Antelope Valley Domestic Council

Valley Oasis Shelter

- 45134 Sierra Hwy, Lancaster, CA 93534
- Valleyoasis.org
- Email: firststep@avdvc.org
- (661) 945-6736

Sexual Assault Response

- (661) 949-6143

Open Monday thru Friday 8:00am – 5:00 pm

Domestic Violence Support

- (800) 799-7233

Child and Family Guidance Center

Provides mental health services to children and their families.

40005 10th Street West, Suite 106, Palmdale, CA 93551

- www.childguidance.org
- (661) 265-8627

Open Monday 8:30 am – 8:00pm, Friday 8:30 am – 5:00pm

LA County DA Office

42011 4th St. W, Lancaster, CA

- (661) 974-7700

Open Monday thru Friday 9:00am – 5:00 pm

CalWorks Outreach/ Legal

1150 West Avenue I Lancaster, CA 93534

- (661) 723-7772

Open Monday thru Friday 8:00am – 5:00 pm

RAINN (Rape, Abuse & Incest)

To find services for rape victims in your area

- www.rainn.org
- (800) 656-4673

SARS (Sexual Assault Response Services)

Antelope Valley Hospital

1600 W. Ave J, Lancaster, CA 93534

- (661) 949-6143

Open 24/7

High Desert Regional Health Center

Los Angeles County facility

335 East Avenue I, Lancaster, CA 93535

- <https://dhs.lacounty.gov/health-centers/home/highdesert>
- 661) 471-4000

Valley Oasis Domestic Violence Center

Emergency shelter for victims of domestic violence, domestic violence classes & legal services.

P.O. Box 2980, Lancaster, CA 93539

- Email: firststep@avdvc.org
- (661) 945-6736
- Outreach: (661) 723-7772

ADOPTION/FOSTER CARE SERVICES

Children's Bureau Regional Office (Antelope Valley Child Abuse Prevention Council)

Foster care & adoption programs

44404 16th St. West Lancaster, CA 93534

- All4kids.org
- (661) 951-2191

All4Kids

525 West Ave P-4, Palmdale CA 93551

- All4kids.org
- (661) 341-3000

All for Kids Sunrise Center

921 West Avenue J, Suite C Lancaster, CA 93534-3443

- (661) 949-0131

Hathaway-Sycamores Child and Family Services

Services include a residential treatment center for youth ages 6-18; foster care and adoption services; a nonpublic school; school-based and outpatient mental health services; wraparound and in-home counseling services; a transitional living program for teens; a family resource center; and a grief & loss center for children.

861 Auto Center Drive Palmdale CA 93551

- Sycamores.org
- (661) 942-5749

Penny Lane

This agency provides wrap-a-round services, mental health services and adoption & foster care support.

Therapy for ages 0-21 must have a referral.

43520 Division Street Lancaster, CA 93535

- Pennylane.org
- (661) 266-4783, (661) 274-6770

ADVOCACY

CASA (Court Appointed Special Advocates)

Advocate for foster children, be their voice in court.

Volunteer! www.casala.org

AV Juvenile Court: 1040 W Ave J, Lancaster CA 93534

- 661.723.2272

Open Monday thru Friday 8:00am-4:30pm

ANIMALS

Palmdale Animal Care and Control

38550 Sierra Hwy, Palmdale CA 93550

- 661- 575-2888

Open Monday- Saturday 11:00am-5:00pm

Antelope Valley Adoption Center (Pet Stop) - ADOPTIONS ONLY

42116 4th Street East Lancaster, CA 93535

- (661) 974-8309

Los Angeles County Department of Animal Care & Control Lancaster Animal Shelter

5210 West Avenue I Lancaster, CA 93536

- (661) 940-4191

ASSISTED LIVING SERVICES

South Antelope Valley Emergency Services (SAVES)

1002 E. Ave Q-12, Palmdale Mon-Thu 10am-3pm

- (661) 267-5191
- www.assistedliving.org/california/lanaster/
- www.assistedliving.org/california/palmdale/

CALIFORNIA HIGHWAY PATROL

Antelope Valley Office

2041 West Ave I, Lancaster, CA 93536

- (661) 948- 8541

CELL PHONE & INTERNET ASSISTANCE

The California LifeLine Program

The California LifeLine Program provides discounts on home phone and cell phone services to qualified households. The California LifeLine discounts help consumers lower the cost of their phone bills. Only one discount per household is allowed.

- www.californialifeline.com

The California Emerging Technology Fund

CETF provides leadership statewide to close the "Digital Divide" by accelerating the deployment and adoption of broadband to unserved and underserved communities and populations.

- www.cetfund.org
- www.internetforallnow.org

CHAMBERS OF COMMERCE

Antelope Valley Chamber of Commerce

Lancaster Chamber of Commerce

554 West Lancaster Boulevard Lancaster, CA 93534

- (661) 948-4518, www.lancasterchamber.org

Palmdale Chamber of Commerce

817 E Avenue Q9, Palmdale, CA 93550

- (661) 273-3232, www.palmdalechamber.org

CHILD ABUSE SUPPORT & PREVENTION

Yes2Kids- Antelope Valley Child Abuse Prevention Council

250 East Ave K8, Lancaster CA 93535

- (661) 940-9530

Department of Children and Family Services

1140 Commerce Center Dr, Lancaster, CA 93534

- (661) 471-1001, Monday- Friday 8:00am-5:00pm

Child and Family Guidance Center

Provides mental health services to children and their families.
40005 10th Street West, Suite 106, Palmdale, CA 93551

- www.childguidance.org
- (661) 265-8627

Open Monday 8:30 am – 8:00pm, Friday 8:30 am – 5:00pm

Children's Center of Antelope Valley

45111 Fern Ave, Lancaster CA 93534

- (661) 949-1206, www.ccav.org

High Desert Health Center (Urgent Care Center)

335 E Avenue I, Lancaster, CA 93535

- (661) 471-4000
- <https://dhs.lacounty.gov/highdesert/>

LA County- DCFS

39115 Trade Center Dr. Palmdale, CA 93551

- (661) 581-6000
- 1140 Commerce Center Dr. Lancaster CA 93534
- (661) 471-1001
- <https://dcfs.lacounty.gov/>

Open Monday- Friday 8:00am-5:00pm

Optimist Youth Homes & Family Services

41307 12th St W #105, Palmdale, CA 93551

- (661) 272-4733
- <https://oyhfs.org/>

CHILD CARE & EDUCATION PREP INFORMATION

Connections for Care

Childcare services for children with special needs.

3166 E. Palmdale Blvd. Palmdale, CA 93550

- (661) 27 4-1772

Child Care Resource Center

Assists parents, childcare professionals, employers, and local communities in all matters related to early care and education.
Antelope Valley Office:

250 Grand Cypress Ave. Palmdale, CA 93551

- (661) 789-1200
- ccrcca.org

Child Care Hotline (Cal WORKS)

- dpss.lacounty.gov
- (800) KIDS-793

Children's Center

First 5 LA program provides preschool preparation, in home services for children 0-5 years and other home-based services.
45111 Fern Ave, Lancaster CA 93534

- (661) 949- 1206
- www.ccav.org

Early Childhood Education- Head Start

Palmdale School District

975 East Avenue P-8 Palmdale, CA 93550

- <https://www.palmdalesd.org/apps/pages/ece>
- (661) 273-4710

CHILD SUPPORT

California Department of Child Support Services

42281 10th St. West, Lancaster, CA 93534

- (866) 901-3212
- Childsupport.ca.gov

Open Monday- Friday 8:00 am- 5:00 pm

CITY OFFICES

City of Lancaster

City Council Meetings on the 2nd & 4th Tuesday @ 1:30pm
44933 N. Fern Avenue Lancaster, CA 93534

- (661) 723-6000

City of Palmdale

City Council Meetings, Suite B
Planning Commission meetings
(1st and 3rd Tuesdays at 5:00pm)
38300 N. Sierra Hwy. Palmdale, CA 93550

- (661) 267-5151

After Hours Emergency:

- (661) 267-5542
- Cityofpalmdaleca.gov

CLOTHING/TOILETRIES

American Red Cross:

- Palmdale (661) 267-0650

Goodwill Services

2043 W. Ave J Lancaster, CA 93534

- (661) 341-3912

40125 10th St. West Palmdale, CA 93551

- (661) 208- 4490

New 4 U Consignment Store

42741 45th Street West Quartz Hill, CA 93536

- (661) 722-7641

Grace Resource Center

Clothing, counseling, case assessment, referrals, Medi-Cal sign-ups, groceries, hot meals and disaster relief.

45134 Sierra Highway Lancaster, CA 93534

- (661) 940-5272

Salvation Army

Community Center
44517 Sierra Highway
Lancaster, CA 93534

- (661) 948-3418 or (661) 940-5072

Salvation Army Store

(Not associated with the Salvation Army Service Location)

1050 Commerce Center Dr. Lancaster, CA 93534

- (661) 940-5072

South Antelope Valley Emergency Services (SAVES)

1002 E. Ave Q-12, Palmdale, CA 93550

Mon-Thu 10am-3pm

(You can also request bedding & backpacks)

- (661) 267-5191

St. Mary's Catholic Church

1600 East Ave R-4 Palmdale, CA 93550

- (661) 947-3306

St. Stephan's of the Valley Lutheran Church

1737 East Ave R Palmdale, CA 93550

- (661) 947-6451

St. Vincent de Paul Center

45058 Trevor Ave. Unit B Lancaster, CA 93534

- (661) 942-3222

Valley Oasis Shelter Thrift Shop

- (661) 266-1948

CLUBS, GROUPS, SOCIAL & FRATERNAL ORGANIZATIONS

Kiwanis Club of Lancaster

1169 Commerce Center Drive Lancaster, Ca 93534

- (661) 209-2632

Knights of Columbus of Lancaster

719 Columbia Way Lancaster, CA 93551

- (661) 942-2751
- www.kofc-lancastercouncil2455.org

Friends of the Lancaster Library

601 West Lancaster Blvd Lancaster, CA 93534

- (661) 948-5029

Kiwanis Club of Palmdale West

Meets 7:00 am on Thursdays at:

Embassy Suites

39375 5th St. West Palmdale, CA 93551

- <https://www.kiwanispalmdalewest.com/>

Knights of Columbus of Palmdale

39110 10th St. East Palmdale, CA 93550

- (661) 273-4737

Friends of the Palmdale City Library

700 East Palmdale Blvd. Palmdale, CA 93550

- (661) 267-5600

Friends of the Quartz Hill Library

5040 West Ave M-2 Quartz Hill, CA 93536

- (661) 943-2454

Bingo:

Paraclete High School

Monday at 6:00 PM

All games pay minimum \$300

42145 30th St. West Lancaster, CA

- (661) 943-3255
- (661) 943-1017

COMMUNITY COLLEGE

Antelope Valley College

3041 W. Ave K Lancaster, CA 93536-5426

- www.avc.edu
- (661) 722-6300

COUNSELING FAMILY/INDIVIDUAL MENTAL HEALTH DEPRESSION ANGER MANAGEMENT

Child/ Family Center

- (661) 259-9439
- www.childfamilycenter.org

Alafia Mental Health Institute

1331 West Ave J Lancaster, CA 93534

- (661) 940-9094

Family Growth Counseling

Marriage, Family, Child, Crisis Counseling; Alcohol and Drug Counseling

43535 17th St W., Ste. 304 Lancaster, CA 93534

- (661) 942-4079

Families in Transition

(Formerly A Change of Faces) Offering classes in: Monitored Visitation/Exchange, Life Coaching, Parenting, Anger Management, Co-operative Parenting, Domestic Violence, Child Sexual Abuse Awareness, Hands on Parenting for Teens, Youth and Teen Anger Management. Cost: Some fees based on sliding scale depending on income.

200 W. Pondera Street Lancaster, CA 93534

- (661) 948-5312

Mental Health America

506 West Jackman Street Lancaster, CA 93535

- (661) 726-2850

COURTHOUSES

Michael D. Antonovich-AV Courthouse

Hours: Mon-Fri 8:00AM-4:30PM

42011 N. 4th St. West Lancaster, CA 93534

- (661) 483-5500

Juvenile Court:

Alfred J. McCourtney Juvenile Justice Center

1040 W. Avenue J, Suite 426 Lancaster, CA 93534

Open 8:00am-4:30pm

- (661) 945-6447
- (661) 945-6354

CREDIT COUNSELING, CONSUMER PROTECTION, IDENTIFY THEFT

Consumer Protection- Federal Trade Commission

Help identify theft and other consumer problems. Such as purchases, credit, automobiles, landlord tenant; They will investigate your complaint or provide counseling and referrals.

- www.ftc.gov
- (800) 382-4357

Los Angeles County Department of Consumer Affairs

601 W. Lancaster Blvd. Lancaster, CA 93534

- (661) 726-7550

DISABILITY & SPECIAL NEEDS SERVICES

Antelope Valley Foundation for the Developmentally Disabled

646 West Lancaster Blvd, Lancaster, CA 93534

- (661) 945-7290

AV Glad

(Greater Los Angeles Agency on Deafness, Inc.)

1817 East Ave Q, Suite A12 Palmdale, CA 93550

- <http://www.gladinc.org>

- (323) 892-2225

AV Special Education Local Plan Area (SELPA)

Support for special education students

45110 3rd St East Lancaster, CA 93535

- (661) 274-4136

Baby Steps

Therapy & Early Intervention Services

44725 10th St West #250, Lancaster, CA 93534

- (661) 206-5265

Department of Rehabilitation:

Antelope Valley

- (661) 945-3502

Desert Haven Enterprises

Job Training for those with disabilities.

43437 Copeland Circle Lancaster, CA 93535

- (661) 948-8402

Effective Speech Therapy

44919 Elm Ave. Lancaster, CA 93534

- (661) 726-4978

Family Focus Resource Center Empowerment

1028 W. Ave L12 Lancaster, CA 93534

Support information and referral services for families with children with special needs. Birth to 3 and 3 - 22 yrs.

Palmdale

- (661) 945-9598

Head Start & Preschool Programs Early Child Education

This program provides free preschool for eligible parents. Also have programs for children with Special Needs and a Disabled Children Program.

Lancaster School District:

1331 E. Ave. J-8 Lancaster, CA 93535

- (661) 940-6672

Palmdale School District:

975 East Avenue P-8 Palmdale, CA 93550

- (661) 273-4710

North Los Angeles County Regional Center

Antelope Valley Office

43210 Gingham Avenue, Suite 6 Lancaster, CA 93535

- (661) 945-6761

DISASTER SERVICES

American Red Cross

2715 E. Avenue P (Rancho Vista Blvd), Palmdale, CA 93550
Palmdale

- (661) 267-0650

Grace Resource Center

Clothing, counseling, case assessment, referrals, Medi-Cal sign-ups, groceries, hot meals and disaster relief.

45134 Sierra Highway Lancaster, CA 93534

- (661) 940-5272

EMERGENCY SERVICES

9.1.1

An emergency is any serious medical problem, any type of fire, any life-threatening situation, or to report crimes in progress.

California Highway Patrol

- (661) 743-6060

Los Angeles County Fire Department

- CALL 9-1-1, For emergencies

Non-emergency, Antelope Valley Assistance

- (661) 948-2631

Fire Prevention, Lancaster

- (661) 949-6319

Fire Prevention, Palmdale

- (661) 537-2901

Website

- <http://fire.lacounty.gov>

Sheriff's Department

Lancaster Station

501 West Lancaster Blvd. Lancaster, CA 93534

- (661) 948-8466

Palmdale Station

750 East Avenue Q Palmdale, CA 93550

- (661) 272-2400

Complaints

- (800) 698-8255
- (323) 890-5349

Missing Persons

- (323) 890-5504

Ombudsman

- (800) 801-0030

Custody Division

Inmate location & booking information

- (213) 473-6100

Website:

- www.lasd.org

EMPLOYMENT JOB TRAINING OCCUPATIONAL PROGRAMS

Antelope Valley Adult School

Lancaster Campus

1220 West Ave J, Lancaster, CA 93534

Phone: 661-483-2302

Palmdale Campus

1156 East Avenue S, Palmdale, CA 93552

Phone: 661-575-1012

AV Worksource Center

1420 W. Ave I, Lancaster CA 93534

- (661) 726-4128

Palmdale AJCC-

38510 Sierra Hwy

Palmdale CA 93550

- (661) 265-7421

DPSS Cal WORKS Program

Job search & readiness assistance, vocational training, and post-employment services.

349 East Ave K-6, Suite B Lancaster, CA 93535

- (866) 613-3777

Helpline for enrolled client.

- (626) 569-1399

EDD (Employment Development Department)

1420 West Ave I Lancaster, CA 93534

- (661) 726- 4128

- www.edd.ca.gov

Job service & unemployment claims

- (800) 300-5616

WorkSource, AV One-Stop Career Center

Job search resource center, internet job search, library, resume assistance, computer and fax available.

Lancaster Center:

1420 West Avenue I Lancaster, CA 93534

- (661) 726-4128

Palmdale Center:

38510 Sierra Highway Palmdale, CA 93550

- (661) 265-7421

FREE WI-FI SPOTS

Quartz Hill Library

42108 North 50th St. West Quartz Hill, CA 93536

- (661) 943-2454

Lancaster Library

601 W Lancaster Blvd, Lancaster, CA 93534

- (661) 948-5029

Palmdale Library

700 E Palmdale Blvd, Palmdale, CA 93550

- (661) 267-5600

Antelope Valley Mall

1233 Rancho Vista Blvd., Palmdale, CA 93551

- (661) 266-9150

Quartz Hill Library

5040 West Ave M-2, Lancaster, CA 93536

- (661) 722-9480

Starbucks

4033 W Ave L Lancaster, CA 93536

- (661) 722-7291

Don Juan Mexican & Seafood

42142 50th St W Lancaster, CA 93536

- (661) 722-6160

Farley's Gelato & Coffee Roasting

2025 W Ave K Lancaster, Ca 93536

- (661) 339-0373

FINANCIAL PUBLIC ASSISTANCE / RESTITUTION

SERVICES PROVIDED ONLY IF FUNDS ARE AVAILABLE

Cal Works/D.P.S.S.

(Financial, General Relief, Food Stamps & Medi-Cal)
(626) 569-1399, (310) 258-7400

St. Vincent de Paul Center

45058 Trevor Ave., Lancaster CA 93534

- (661) 942-3222

Monday, Wednesday, Saturday 9:30am-11:30am

FOOD-SHELTER BASIC NEEDS

American Red Cross:

Palmdale

- (661) 267-0650

Central Christian Church

3131 W. Ave J, Lancaster CA 93536

- (661) 945-7902

Lancaster United Methodist Church

918 West Ave J Lancaster, CA 93534

- (661) 942-0419

Salvation Army

44517 Sierra Highway, Lancaster

- (661) 948-3418

SAVES: South Antelope Valley Emergency Services

1002 East Ave Q-12, Palmdale CA 93550

Hours: Mon-Friday 10:00am-3:00pm

- (661) 267-5191

St. Mary's Catholic Church

1600 East Avenue R-4 Palmdale, CA 93550

- (661) 947-3306

St. Vincent de Paul Our Lady of Charity

45058 Trevor Ave. Lancaster, CA 93534

- (661) 942-3222
- <https://svdpolc.org/>

Grace Resources

45134 N Sierra Hwy

Lancaster, CA 93534

- (661) 940-5272
- info@graceresources.org

Hot Meals:

Tuesday, Wednesday and Friday: 5:30-6:00pm

Sunday 1:30-2:00pm (Lunch)

Grocery Distribution Schedule:

Tuesday and Thursday- 10-10:30am

And 1:00-1:30pm

HEALTH CARE

L.A. County Health Services

Antelope Valley Community Resource Center

44151 15th St. West Lancaster, CA 93534

- (661) 949-5533

- Open 24 hours, 7 days a week

HEALTH CARE BLINDNESS & VISION

Dr. Steven Israel- Optometrist

Lancaster: 1046 W. Ave K, Lancaster 93534

- (661) 942-7313

Palmdale Lions Eye Care Program

Meets 2nd, 4th Wed. monthly @ 7

930 East Ave Q-9, Palmdale CA 93550

- www.lionsclub.org
- (661) 947-7909

HEALTH CARE- CANCER

City of Hope Medical Group

44151 15th St. West, Lancaster

- www.cityofhope.org
- (661) 524-9709

HEALTH CARE DEAFNESS & HEARING AID SERVICES

Beltone Hearing Aid Center

753 W. Lancaster Blvd. Lancaster, CA 93534

- (661) 948-4573

Hear USA (Hearing Aids)

Hearing tests for ages 4 and older.

2054 W. Avenue K Lancaster, CA 93536

- (661) 412-9688

Hearing Aid Help Line

- (800) 521-5247

HEALTH CARE DENTAL

Denti-Cal

Cost: Medi-Cal (800) 322-6384

<https://dental.dhcs.ca.gov/>

Dentists 4 Uninsured

657 West Ave J Lancaster, CA 93534

- (661) 726-1010
- www.dentists4uninsured.com

South Valley Health Center

Cost: Healthy Way LA, Medi-Cal, Medicare, LA County

No-Cost/Low- Cost programs.

38350 40th St. East, Palmdale, 93552

- (661) 471-4400
- <http://dhs.lacounty.gov/southvalley>

Western Dental

Cost: Low cost services, financing available.

510 W. Rancho Vista Blvd. Palmdale, CA 93551

- (661) 202-3052

High Desert Regional Health

355 E Ave I, Lancaster, CA 93535

- (661) 471-4000

HEALTH CARE: MEDICAL CENTERS & CLINICS

Antelope Valley Partners for Health (AVPH)

<https://www.avph.org/>

Lancaster:

44226 10th St. West, Lancaster CA 93534

- (661) 942-4719

Lancaster Adult Day Health Care:

858 W. Jackman Street# 101, Lancaster CA 93535

- (661)948-1228

Wesley Health Centers

45104 10th St. West, Lancaster, CA 93534

- (661) 941-9543

2151 East Palmdale Blvd Palmdale CA 93550

- (866) 733-5924

AV Wellness Community

Hours: M-F 8:00am-5:00pm

335 East Avenue K-6, Unit B Lancaster, CA 93535

- (661)471-4861

Antelope Valley Hospital

1600 W Avenue J, Lancaster, 93534

- (661) 949-5000

Bart- Altadonna Community Health Center

Adult & pediatric primary care, vaccines, STD test, women's health, mental health care, homeless health care, child health & disability prevention, nutritional services, free or low-cost vaccines for youth, plus more.

43322 Gingham Avenue, Lancaster, CA 93535

- (661) 874-4050
- <http://www.bart-altadonna-chc.org/>

Child Health & Disability Prevention (CHDP) Program:

Department of Health Care Services - Medi-Cal

Free CHOP Physicals, immunizations, etc. Refer to website for current list of providers.

- <http://www.dhcs.ca.gov>
- (866) 613-3777

Healthy Way L.A. (Medi-Cal)

Ages: 19-64 Cost Free for those who qualify

Requirements: California resident, proof of income, and proof of Citizenship.

- (877) 333-4952
- AV- 661-723-4829

HEALTH CARE: DEPRESSION, ANGER MANAGEMENT, MENTAL HEALTH

American Health Services

Medical and mental health services.

2720 East Palmdale Blvd., Suites 129 Palmdale, CA 93550

- (661) 947-3333
- <https://www.americanhealthservices.org/palmdale-california.html>

Antelope Valley Mental Health Center

349 East Ave. K-6, Suite A Lancaster, CA

- (661) 723-4260

Mon-Fri 8am-5pm

Children's Bureau of Southern California

Free/Low-Cost Mental Health Care

915 W. Ave J, Lancaster, CA 93534

- (661)949-0131

<https://allforkids.org/>

HIV/AIDS SERVICES & SUPPORT

Bart Altadonna Community Health Center

Community Based Organization General Public. HIV testing is available to anyone age 13 or older.

- 43322 Gingham Ave. Suite 105 Lancaster, CA 93535 (661) 874-4050

Planned Parenthood, Antelope Valley Health Center

Monday-Friday 8:00 –5:00pm

533 E Palmdale Blvd., Ste. 533-A1 Palmdale, CA 93550

- (800) 576-5544

HOME REPAIR

Antelope Valley Partners for Health Handy-worker Program

Services: Free minor home repairs to homeowners in unincorporated areas

- www.avph.org
- (661)942-4719

Assert Inc.

Weatherize your home for free to low- income residents.

- (661)729-2424
- Fax, (661)729-2429

HOMELESS SHELTERS/ TRANSITIONAL & EMERGENCY HOUSING, PROGRAMS & MISSIONS

St. Vincent de Paul, our Lady of Charity

(Food/Clothing & more, call for schedule):

- Lancaster: (661)942-3222

HUD Information Line

- (800) 225-5342

Women & Children Crisis Shelter (24 Hours)

- (562) 945-3937

Volunteers of America Youth Services

- (661) 952- 7095

HOSPITALS

Antelope Valley Hospital

1600 West Avenue J, Lancaster, CA 93534

- (661) 949-5000

Palmdale Regional Medical Center

38600 Medical Center Drive, Palmdale, CA 93551

- (661) 382-5000

HOTLINES

Antelope Valley Youth & Family Services Help Line

- (661) 949-1069

Battered Women's/Domestic Violence

- (800) 799- 7233 or
- TEXT BEGIN to 88788

Bi-Lingual Helpline Su Familia

- (Health Related)
- (866) 783-2645

LA County Mental Health Crisis Line

- (800) 854-7771

National Suicide Prevention

- Call 988
- Text 988

HOUSING ASSISTANCE, RENTAL ADVOCATES, TENANTS RIGHTS & EVICTION ASSISTANCE

Antelope Valley Apartments (Affordable Housing)

43460 32nd St. West Lancaster, CA 93536

- (661) 943-6600

Housing Authority

Housing assistance, Section 8, rental list, financial education

- (661) 575-1511

IMMIGRATION SERVICES

A.V. Adult School

- (661) 942-3042

Cash Assistance Program for Immigrants (CAPI)

- (866) 613-3777

CHIRLA-Coalition for Humane Immigrant Rights of Los Angeles

- (888) 624-4752

Greater Valley Immigration, Citizenship and Education Services

1305 East Palmdale Blvd, # 9 Palmdale CA 93550

- (661) 272-1424

LAUNDRY/WASH

Sandy's Coin Wash, Inc.

Quartz Hill- 661-943-3334

Lancaster- 661-722-0151

Lucy's Laundry Mat (Coinless Laundry)

565 E. Palmdale Blvd. Palmdale, CA 93550

Mon to Sun (6:00 am – 8:30pm)

866-448-8567

LEGAL MATTERS & ASSISTANCE

AV Self Help Legal Access Center

Family law, immigration, public benefits, housing, employment, health, community and consumer law.

- [Nlsa.org](https://nlsa.org)
- (818) 485-0571

L.A. County Public Defenders Offices:

Antelope Valley

- (661) 974-7400

Legal Aid Foundation of Los Angeles

Provide civil legal services to low-income people in LA County.

- (800) 399-4529

Registrar-Recorder

County Clerk, Birth Certificates

- (800) 201-8999

Social Security Office

42225 10th St. W Ste. A, Lancaster, CA 93534

- (800) 772-1213

LIBRARY INFORMATION COMPUTER ACCESS

Family History Center

3140 West Ave K Lancaster, CA 93536

- CA_Lancaster@familyhistorymail.org
- (661) 943-1670

Lancaster Regional Library

601 W. Lancaster Blvd, Lancaster

- (661) 948-5029
- <https://lacountylibrary.org/>

Palmdale City Library

700 E. Palmdale Blvd, Palmdale

- (661) 267-5600
- www.cityofpalmdaleca.gov/318/Palmdale-City-Library

Quartz Hill Public Library

42018 N. 50th St. West, Quartz Hill

- (661) 943-2454
- <https://lacountylibrary.org/>

LITERACY/ ESL PROGRAMS

Antelope Valley Adult School

Offers literacy services, diploma, GED, ESL, citizenship classes.

45110 3rd St. East, Lancaster, CA 93535

- (661) 942-3042
- <https://www.avadulted.org/>

Palmdale Library Literacy Program

700 East Palmdale Blvd. Palmdale, CA 93550

- (661) 267-5600

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Michael D Antonovich Supervisor, Fifth District

Kenneth Hahn Hall of Administration

500 West Temple Street, Los Angeles, CA 90012

- (213) 974-5555 Office
- lacounty.gov

Antelope Valley Field Office

Supervising Official: Supervisor Kathryn Barger

42455 10th Street West Lancaster, CA 93534

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

- (661) 726-3600
- Fax: 661-942-5069

LOS ANGELES COUNTY DEPARTMENT OF CHILDREN AND FAMILY SERVICES (DCFS)

Antelope Valley Transition Resource Center

1420 W. Avenue I, Lancaster 93534

- (661) 433-0305

DCFS, Lancaster office

1140 Commerce Center Dr. Lancaster, CA 93534

- (661) 471-1001

DCFS Palmdale office

39115 Trade Center Dr Palmdale CA 93551

- (661) 581-6000

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC SOCIAL SERVICES (DPSS)

Cal Fresh Food Stamps

Lancaster-34

349 East Ave K-6 Lancaster, CA 93535

- (626) 569-1399
- <https://dpss.lacounty.gov/>

Cal WORKS General Relief

Sub Office Cash aid and other services for eligible families.

337 E. Ave K-10, Lancaster, CA 93535

- (866) 613-3777 or (310) 258-7400
- <https://dpss.lacounty.gov/>

GROW

- 237 E Columbia Way Lancaster, CA 93535
- (866) 949-1621

Medi-Cal

349 East Ave K-6 Lancaster, CA 93535

- (626) 569-1399

PARKS AND RECREATION

Apollo Park (County Park)

4555 West Ave. G, Lancaster, 93536

- (661) 940-7701

George Lane Park (County Park)

5520 West Avenue L-8 Quartz Hill, CA 93536

- (661) 722-7780

Lancaster City Parks- City Hall

After school programs, sports, swimming, preschool and other recreational activities

44933 Fern Avenue Lancaster, CA 93534

- (661) 723-6000
- www.cityoflancasterca.org

Palmdale City Parks & Rec

827 E. Ave. Q-9, Palmdale CA 93550

- (661) 267-5611

- <https://www.cityofpalmdaleca.gov/174/Parks-and-Recreation>

After school programs, sports, swimming, preschool and other recreational activities.

Palmdale Playhouse (Acting, drama, choir).

SCHOOL DISTRICTS

Antelope Valley Union High School District

Diploma program, GED, ESL, ABE, citizenship, career tech prep.

176 Holston Drive, Lancaster CA 93535

- (661) 948-7655

S.O.A.R. High School

A specialized high school located on the Antelope Valley College campus, but it is part of the Antelope Valley Joint Union High School District. It is an Early College High School which integrates college courses into the high school curriculum. SOAR students will be treated as college students.

- (661) 722-6509

Palmdale High School, F.A.S.T. Academy

A 4-year engineering and design- focused program.

Megan Andrews, Coordinator

- (661) 273-3181

Desert Sands Charter High School

Independent study high school program

44103 20th St. W. Lancaster, CA 93534

- (877) 360-5327

Eastside Union School District

44938 30th St East Lancaster CA 93535

- (661) 952-1200

Hughes Elizabeth Lakes- School District

16633 Elizabeth Lake Road Lake Hughes, CA 93532

- (661) 724-1231

Keppel Union School District

9330 E. Ave U Littlerock CA 93543

- (661) 944-2155

Lancaster School District

44711 North Cedar Avenue Lancaster, CA 93534

- (661) 948-4661

Palmdale School District

39139 10th St. East Palmdale, 93550

- (661) 947-7191

Westside Union School District

41914 50th Street West Quartz Hill, CA 93536-2963

- (661) 722-0716

Options for Youth (High School Charter)

- Lancaster (661) 522-4322
- Palmdale (661) 579-3600

STATE AGENCIES

Department of Corrections and Rehabilitation

- (279) 223-4800

- www.cdcr.ca.gov/Victim_Services

Department of Health Services, Office of Women's Health

- www.dhs.ca.gov/director/owh/
- (844) 804-0055

Department of Motor Vehicles

Confidential Records Unit:

- (916) 657-7142 (800) 777-0133
- www.dmv.ca.gov

SUICIDE HOTLINE & INFORMATION

Suicide Crisis Intervention

- Dial 988, Text 988

TRANSLATION & INTERPRETATION

Michael D Antonovich Los Angeles Superior Court (NLSLA)

42011 4th Street West Room# 3700 Lancaster, CA 93534

(Translation of Court forms)

- (661) 483-5500, (213) 830-0845

TRANSPORTATION

Antelope Valley Transit Authority (AVTA)

Dial-a-Ride (Seniors & Disabled) Local bus service in the AV, Commuter services, bus passes those 65 years and older.

42210 6th St. West Lancaster, CA 93536

- (661) 945- 9445
- www.avta.com
- Mon-Fri 8:00am-6:00pm,

Department of Motor Vehicles (OMV) Hotline

- (800) 777-0133
- www.dmv.ca.gov

Dial-A-Ride

- (661) 945-9445
- www.avta.com

Medi-Van (for disabled)

- (888) 633-4743

Uber

(833) 873- 8237

Lyft

(800) 836- LYFT

Metrolink

Lancaster Station:

44812 Sierra Highway Lancaster, CA 93534

Palmdale Station:

39000 Clock Tower Plaza Drive Palmdale, CA 93550

- www.Metrolinktrains.com
- (800) 371-5465

SAVES (South Antelope Valley Emergency Services)

1002 E. Ave 0-12, Palmdale

Bus Passes call ahead, supply limited.

- (661) 267-5191

UTILITY BILL SUPPORT

If you need help finding local energy assistance resources, call the National Energy Assistance Referral hotline toll-free at:

- (866) 674-6327 or email
- energyassistance@ncat.org.

Energy Hot Lines

- Edison (800) 611-1911
- Socal Gas: (877) 238-0092

Department of Water & Power

- (800) 342-5397

Los Angeles Department of Public Works

(877) 637-3661

260 E Ave K8 Lancaster, CA 93535

Antelope Valley-East Kern Water Agency

6500 West Ave N, Palmdale CA 93551

- (661) 943-3201

Salvation Army

Gas & Electric Bill Assistance-

The program provides utility bill assistance for residential customers of the Gas Company and Southern California Edison through the Gas Assistance Fund (GAF) and Energy Assistance Fund (EAF) programs. The GAF/EAF programs will pay up to \$100 per household (\$200 for all electric households); assistance is available once every 12 months. Household income earnings cannot exceed the Federal Poverty Guidelines. There are no geographic restrictions.

Call on Tuesdays between 9:00am to 9:30am, to schedule an appointment.

44517 Sierra Hwy, Lancaster, CA

- (661) 948-3418

YOUTH: SOCIAL & RECREATIONAL COMMUNITY ACTIVITIES

Antelope Valley 4H Clubs

Looking for members interested in arts, crafts, cooking, shooting, sports, livestock and more!

- Palmdale Hills 4-H (661) 917-3524
- Quartz Hill 4-H, (661) 466-6144

Antelope Valley Special Olympics

- (562) 502-1100

Antelope Valley Family YMCA

- (661) 723-9622

AV Boys and Girls Club

Administration Office:

867 W Lancaster Blvd

Lancaster, CA 93535

- 661-267-2582
- kids@avbgc.org

Quartz Hill Program Center

41820 50th ST. West Quartz Hill, CA 93536

- (661) 943-3303

George Lane Park

Youth Programs (call for complete schedule)

After School Program

5520 W. Ave L-8 Quartz Hill, CA 93536

- (661) 722-7780
- Aquatics: 661-722-4301

Santos Boxing USA

2330 Mall Loop Rd Suite 112

Lancaster, CA 93536

- Call/Text: (661) 390-0841

Toddler Story Time

Barnes & Noble

39228 10th Street West, Palmdale

- (661) 272-9958

YOUTH, YOUNG ADULT DEVELOPMENT & SUPPORT

Child Support Services

42281 10th St. West, Lancaster, CA 93534

- (866) 901-3212

Penny Lane

43520 Division Street Lancaster, CA 93535

- (661) 266-4783

VIDA Academy

(Vital Intervention Directional Alternatives) Program for "at risk" youth ages 11- 17.5; coordinated by Deputy Sheriffs.

- (661) 265-8910