

# Directory of Cultural & Linguistic Services

Los Angeles &  
Orange Counties





## **Directory of Cultural & Linguistic Services of Los Angeles & Orange Counties**

**Dear Provider:**

**This resource directory includes community organizations that can provide culturally sensitive and linguistically competent services for your diverse patient population.**

**Resources are organized by subject matter to help you access information quickly.**

**Please document the referral in the patient's chart.**

**Although we do our best to keep all information up-to-date, resource contact information changes frequently. Please call us if any information proves to be incorrect.**

**Thank you,**

**Regal Medical Group**

# Directory of Cultural & Linguistic Services of Los Angeles & Orange Counties

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Program Title	Contact	Cost	Languages
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## ADOPTION/FOSTER CARE

### METROPOLITAN LOS ANGELES

#### Children's Bureau Headquarters

1910 Magnolia Avenue Los Angeles, CA 90007	(213) 342-0100 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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#### Oakwood Family Center

3910 Oakwood Avenue Los Angeles, CA 90004	(323) 953-7356 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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### GREATER LOS ANGELES

#### Carson Family Center

460 E. Carson Plaza Drive, Suite 102 Carson, CA 90746	(310) 523-9500 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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### ANTELOPE VALLEY

#### Children's Bureau Palmdale

1529 E. Palmdale Blvd Suite 200 & 210 Palmdale, CA 93550	(661) 272-9996 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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#### Children's Bureau Sunrise Center

912 W. Avenue J, Suite C Lancaster, CA 93534	(661) 949-0131 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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### SAN GABRIEL VALLEY

#### Children's Bureau Regional Office

14600 Ramona Blvd. Baldwin Park, CA 91706	(626) 337-8811 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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#### Baldwin Park Annex

14540 Ramona Blvd. Suite 210 Baldwin Park, CA 91706	(626) 337-6611 <a href="http://www.all4kids.org">www.all4kids.org</a>	Varies	E, Sp
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*Provides Adoption, Foster Care & Child Abuse Prevention*

### KINSHIP CENTER

#### Los Angeles County Program Center

127 N. Madison Ave Suite 207 Pasadena, CA 91101	(626) 744-2975 <a href="http://www.kinshipcenter.org">www.kinshipcenter.org</a>	Varies	E
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Orange County Program Center</b>			
233 S. Quintana Anaheim Hills, CA 92807	(714) 383-9400 <a href="http://www.kinshipcenter.org">www.kinshipcenter.org</a>	Varies	E

*Provides Traditional Mental Health Therapies for Youth and Their Families, Early Intervention Program, and Counseling for Adult Adoptees, Parents, Siblings, and Birth Families.*

<b>Los Angeles County Department Of Children &amp; Family Services</b>			
5757 Wilshire Blvd Los Angeles, CA 90036	1 (800) 697-4444 TTY: 1 (800) 272-6699 <a href="https://dcfs.lacounty.gov">https://dcfs.lacounty.gov</a>	Varies	E
Multiple locations across LA County			

*Provides Foster Care, Adoptions Assistance & Resources.*

## **AFRICAN AMERICAN**

<b>Institute of Black Parenting</b>			
11222 S. La Cienega Blvd. Inglewood, CA 90304	1 (877) 367-8858 <a href="http://www.kinshipcenter.org">www.kinshipcenter.org</a>	Free	E, Sp

*Provides Foster Care Placement, Home Study (Domestic), Infant Placement & Post Placement Supervision Prior to Adoption Finalization (Domestic)*

## **HISPANIC/LATINO**

<b>Latino Family Institute</b>			
1501 W. Cameron Ave. Suite 240 West Covina, CA 91790	(626) 472-0123 <a href="http://www.lfiservices.org">www.lfiservices.org</a>	Free	E, Sp

*Provides Adoption, Foster Care, Kinship Care, Training through the Infant Adoption Awareness Program (IAATP) & Family Support Services.*

## **COMMUNITY WELLNESS**

<b>AV Committee on Aging Life</b>			
1002 E. Avenue Q-12 Palmdale, 93550 CA	(661) 947-3233	Call for Cost	E

*Provides Social Services.*

<b>Champions of Caring Connections</b>			
4323 E. Rosecrans Ave. Compton, CA 90221	(310) 635-9536 <a href="http://www.championsofcaringconnections.org">www.championsofcaringconnections.org</a>	Call for Cost	E

*Provides Advocacy for Homeless & Foster Children/Youth.*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Child &amp; Family Guidance Center</b>			
9650 Zelzah Ave. Northridge, CA 91325	(213) 993-9311 <a href="http://www.childguidance.org">www.childguidance.org</a>	Call for Cost	E, Sp
<i>Provides Aggression Replacement Therapy, Child Parent Psychotherapy, Crisis Oriented Recovery System, Positive Parenting Program &amp; Trauma Focused Cognitive Behavior Therapy.</i>			
<b>Children’s Defense Fund California</b>			
634 S, Spring Street Suite 500C Los Angeles, CA 90014	(213) 355-8787 <a href="http://www.cdfca.org">www.cdfca.org</a>	Call for Cost	E
<i>Provides Freedom Schools Program, Youth Leadership and Development Training, Cradle to Prison Pipeline Campaign &amp; Children’s Health Insurance Outreach Project</i>			
<b>Community Health Alliance of Pasadena- ChapCare</b>			
3160 E. Del Mar Blvd. Suite 100 Pasadena, CA 91107	(626) 398-6300 (626) 486-9729 <a href="http://www.chapcare.org">www.chapcare.org</a>	Free	E, Sp
<i>Provides Medical, Dental, Behavioral Health, Outreach Services and Substance use Counseling</i>			
<b>Community Health Councils</b>			
3731 Stocker Street Suite 201 Los Angeles, CA 90008	(323) 295-9372 <a href="http://www.chc-inc.org">www.chc-inc.org</a>	Call for Cost	E
<i>Promotes Social Justice and Achieve Equity in Community &amp; Environmental Resources</i>			
<b>Community Integration Services</b>			
10100 Balboa Blvd Granada Hills, CA 91344	(818) 772-1155 <a href="http://www.cisadp.org">www.cisadp.org</a>	Call for Cost	E, Sp
<i>Promotes Preventative Health, Diversity and Community Membership for People with Aging Challenges &amp; Disabilities.</i>			
<b>Dream Center</b>			
2301 Bellevue Avenue Los Angeles, CA 90026	(213) 273-7000 <a href="http://www.dreamcenter.org">www.dreamcenter.org</a>	Free	E, Sp
<i>Services include Outreach Programs, Residential Programs, and Resource Programs to those in need of support.</i>			
<b>Families in Good Health</b>			
411 E.10th Street Suite 207 Long Beach, CA 90813	(562) 491-9100 <a href="https://locations.dignityhealth.org/families-in-good-health-long-beach-ca">https://locations.dignityhealth.org/families-in-good-health-long-beach-ca</a>	Call for Cost	E, Sp
<i>Helps the Community Make Informed Choices and Access Needed Health &amp; Social Resources.</i>			

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>JWCH Institute</b>			
5650 Jillson Street Commerce, CA 90040	(866) 733-5924 <a href="http://www.jwchinstitute.org">www.jwchinstitute.org</a>	Call for Cost	E
<i>Provides Primary Medical Care, Homeless Health Care, HIV Services &amp; Specialty Care</i>			
<b>Maternal &amp; Child Health Access</b>			
1111 West Sixth St. Fourth Floor Los Angeles, CA	(213) 749-4261 (844) 868-0252 <a href="http://www.mchaccess.org">www.mchaccess.org</a>	Call for Cost	E, Sp
<i>Assists Individual Women to Achieve Healthy Pregnancies &amp; Obtain Quality Health Care</i>			
<b>National Health Foundation</b>			
515 S. Figueroa St., #1300 Los Angeles, CA 90071	(213) 538-0700 (866) 643-7284 <a href="https://nationalhealthfoundation.org/">https://nationalhealthfoundation.org/</a>	Call for Cost	E, Sp
<i>Provides Systemic Solutions to Gaps in Healthcare Access &amp; Delivery</i>			
<b>Salvation Army- Corps Community Centers</b>			
125 Beryl Street Redondo Beach	(310) 318-2827 <a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>	Free	E, Sp
4223 Emerald St. Torrance	(310) 370-4515 <a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>	Free	E, Sp, Tag
455 E. Spring St. Long Beach	(562) 426-7637 <a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>	Free	E, Sp
<i>Provides Clinics Services, Day Care, Disaster Services, Emergency Financial Assistance &amp; Emergency Shelter</i>			
<b>Special Services for Groups</b>			
905 E. 8th St. Los Angeles, CA 90021	(213) 553-1800 <a href="http://www.ssgmain.org">www.ssgmain.org</a>	Call for Cost	E, Sp
<i>Provides Human Services to Ethnic Minority Communities &amp; Groups</i>			
<b>Westside Family Health Center</b>			
1711 Ocean Park Blvd. Santa Monica, CA 90405	(310) 450-2191 <a href="http://www.wfhcenter.org">www.wfhcenter.org</a>	Call for Cost	E, Sp
<i>Offers Comprehensive Health Care Services for Women, Men &amp; Children</i>			
<b>Worksite Wellness LA</b>			
5955 S. Western Avenue Los Angeles, CA 90047	(323) 758-9480 <a href="http://www.worksitewellnessla.org">www.worksitewellnessla.org</a>	Free	E, Sp
<i>Provides Access Healthcare Benefits, Managing Diabetes, Healthy Eating &amp; Stress Management</i>			

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

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**YWCA of San Gabriel Valley**

943 N. Grand Ave, Covina, CA 91724	(626) 960-2995 <a href="http://ywcasgv.xyz/">http://ywcasgv.xyz/</a>	Call for Cost	E, Sp
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*Provides Domestic Violence Services, Senior Services, Mental Health, Case Management and Legal Services, Housing Assistance, and Art & Play- Transforming Trauma.*

**AFRICAN AMERICAN**

**African American Unity Center**

944 W. 53 <sup>rd</sup> Street Los Angeles, CA 90037	(323) 789-7300	Call for Cost	E
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*Provides Social Services Support & Information to the African American Community*

**African Community Resource Center**

3540 Wilshire Blvd Suite 321 Los Angeles, CA 90010	(213) 381-1088 <a href="http://www.acrcintl.org">www.acrcintl.org</a>	Varies	E, Sp, Fa, A, R
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*Programs include Immigration Services, Counseling, Family Support, African Women Support Group, Food Pantry/Nutrition Planning, Small Business Support, Advocacy & Legal Services*

**Black Women for Wellness**

4340 11 <sup>th</sup> Ave. Los Angeles, CA 90008	(323) 290-5955 <a href="http://www.bwwla.com">www.bwwla.com</a>	Free	E
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*Offers Maternal & Infant Health, Kitchen Diva's, Environmental Justice, Reproductive Justice, Diabetes Prevention Program, Daughters & Sons of Technology, Sisters @ Eight, and Voting Rules Everything*

**California Black Women's Health Project**

9800 S. La Cienega, Ste 905 Inglewood, CA 90301	(310) 412-1828 <a href="http://www.cabwhp.org">www.cabwhp.org</a>	Call for Cost	E
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*Empowers Black Women to Take Personal Responsibility for their Own Health*

**Healthy African American Families**

4305 Degnan Blvd Suite 105 Los Angeles, CA 90008	(323) 292-2002 <a href="http://www.haafii.org">www.haafii.org</a>	Free	E, Sp
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*Programs include Preterm Delivery, CCHN, Mental Health, Diabetes, Asthma, Kidney Disease, Women's Health & Male Involvement Project*

**Los Angeles Urban League**

3450 Mt Vernon Drive Los Angeles, CA 90008	(323) 299-9660 <a href="http://www.laul.org">www.laul.org</a>	Call for Cost	E
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*Provides Job Placement, Career Management, Head Start Preschool & Youth Development*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**N-Action Family Network**

Post Office Box 1715 (562) 964-0685 Free E  
 La Mirada, CA 90637 [www.n-actionfamilynetwork.org](http://www.n-actionfamilynetwork.org)

*Provides Intervention, Mentoring, Enrichment Opportunities for Women in Transition Support Groups*

**National Association for the Advancement of Colored People**

3910 MLK Jr. Blvd. (323) 296-2630 Call for Cost E  
 Ste. 202  
 Los Angeles, CA 90008 [www.naacp-losangeles.org](http://www.naacp-losangeles.org)

*Provides Information & Referrals to People Who Believe Their Rights Have Been Violated – Serves Ethnic Groups*

**Soul Food for Your Baby**

2851 W. 120th St. (323) 205-0044 Free E  
 Ste. E, #283  
 Hawthorne, CA 90250 [www.soulfood4yourbaby.org](http://www.soulfood4yourbaby.org)

*Community program that empowers African American families to breastfeed.*

**AMERICAN INDIAN**

**American Indian Resource Center**

6518 Miles Ave (562) 693-4325 Free E  
 Huntington Park, CA <https://lacountylibrary.org/american-indian-resource-center/>  
 90255

*Addresses informational needs of American Indians in LA Co. and makes information available to the community.*

**Southern California Indian Center**

3440 Wilshire Blvd (800) 250-6393 Call for Cost E  
 Suite 904  
 Los Angeles, CA 90010  
  
 400 Continental Blvd.  
 6th Floor  
 El Segundo, CA 90245 [www.indiancenter.org](http://www.indiancenter.org)

*Special Programs Include Child and Family Services, Job Training, Senior Programs & Tutoring for Students in Grades K-12*

**United American Indian Involvement**

1125 W. 6th Street (213) 202-3970 Call for Cost E  
 Suite 103  
 Los Angeles, CA 90017 [www.uaii.org](http://www.uaii.org)

*Provides Public Health Services and Access to Free & Low Cost Quality Health Care*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

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### ARMENIAN/IRANIAN/RUSSIA

#### Armenian Relief Society

517 W. Glenoaks Blvd (818) 500-1343 Free E, A, Fa, R  
 Glendale, CA 91202 [www.arswestusa.org](http://www.arswestusa.org)

*Provides Employment, Immigration, Counseling, English as a Second Language (ESL) Class, Referral, Translation & Advocacy*

### ASIAN/PACIFIC

#### Asians for Miracle Marrow Matches (A3M)

244 S. San Pedro Street (213) 625-2802 Free E, K, J, Ch, V  
 Suite 503  
 Los Angeles, CA 90012 [www.a3mhope.org](http://www.a3mhope.org)

*National Marrow Donor Program, Interpretation, Counseling from Bilingual Psychotherapists & Provide Translated Materials*

#### Asian Pacific Health Care Venture

180 Union Place (323) 644-3885 Varies Ch, Kh, T, J  
 Los Angeles, CA 90026 [www.aphcv.org](http://www.aphcv.org)

*Provides Primary Care, Prenatal, Women's Health, Senior Health & HIV/AIDS*

#### Asian Youth Center

100 W. Clary Avenue (626) 309-0622 Varies E, Sp, Ch  
 San Gabriel, CA 91776 [www.asianyouthcenter.org](http://www.asianyouthcenter.org)

*After School & Summer School Programs, Health Education, Asian Youth Center, & Teen Program*

#### Cambodian Association of America

2390 Pacific Avenue (562) 988-1863 Free E, Sp, Kh, Tag  
 Long Beach, CA 90806 [www.cambodianusa.com](http://www.cambodianusa.com)

*Provides Counseling, Substance Abuse, Domestic Violence, Family Enrichment Services & Senior Center*

#### Chinatown Service Center

767 N. Hill Street (213) 808-1792 Free E, C, M, Sp, V  
 Suite 400  
 Los Angeles, CA 90012 [www.cscla.org](http://www.cscla.org)

*Provides Counseling, Family Health Clinic, Child Development Center, Youth Programs, Community Health Center & Social Services*

#### Korean American Family Services

3727 W. Sixth Street (213) 389-6755 Call for Cost E, K  
 Suite 320  
 Los Angeles, CA 90020 [www.kfamla.org](http://www.kfamla.org)

**24- Hour Toll-Free Crisis Hotline: 1-888-979-3800**

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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*Programs Include Counseling & Life Skills, Family Intervention, Child Care Food Program, Social Services, Outreach & Education and Korean Foster Family Initiative*

**Korean Resource Center**

900 S. Crenshaw Blvd, # B (323) 937-3718 Call for Cost E, K  
 Los Angeles, CA 90019 [www.krcla.org](http://www.krcla.org)

*Offers Legal Counsel, Tax Report, Permanent Resident Ship Renewal, Citizenship, Education & Summer Programs for Youth*

**Legal Aid Foundation of Los Angeles**

1550 W. 8th Street 1 (800) 399-4529 Call for Cost E, Sp,  
 Los Angeles, CA 90017 (323) 801-7912 C, M  
[www.lafla.org](http://www.lafla.org)

*Offers Free Legal Assistance to Low Income Communities. Specializes in Consumer and Family Law & Assistance to Asian/Pacific Islander Communities*

**Little Tokyo Service Center**

231 E. 3rd Street (213) 473-3030 Call for Cost E, J  
 Suite G-106  
 Los Angeles, CA 90013 [www.ltsc.org](http://www.ltsc.org)

*Serves the Needs of the Elderly, Low Income, Non-English Speaking & Disabled Local Community*

**Pacific Asian Counseling Services**

8616 La Tijera Blvd (310) 337-1550 Call for Cost E, Ch, J, K,  
 Suite 200 Kh, Sa, Sp, Tag  
 Los Angeles, CA 90045 [www.pacsla.org](http://www.pacsla.org)

*Provides Quality, Culturally Sensitive, Multilingual Mental Health & Social Services*

**South Asian Network**

18173 Pioneer Blvd (562) 403-0488 Call for Cost E  
 Suite I  
 Artesia, CA 90701 [www.southasiannetwork.org](http://www.southasiannetwork.org)

*Multilingual Culturally Appropriate Program of Directed Service, Community Education and Advocacy in Immigration, Public Health, Domestic Violence, Hate Crime & Discrimination*

**Thai Community Development Center**

6376 Yucca Street (323) 468-2555 Varies E, T  
 Suite B  
 Los Angeles, CA 90028 [www.thaicdc.org](http://www.thaicdc.org)

*Programs include Affordable Housing Development, Job Search, Small Business Development, Neighborhood Revitalization, Social Enterprises, and Services for Youth*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**Thai Health and Information Services**

1807 N. Normandie Ave (323) 498-5211 Call for Cost E, T  
 Los Angeles, CA 90027 [www.thaihealth.org](http://www.thaihealth.org)

*Provides Health Education, Outreach, Job Training & Access to Social Services*

**United Cambodian Community**

2201 E. Anaheim Street (562) 433-2490 Free E, Kh  
 Suite 200  
 Long Beach, CA 90804 [www.ucclb.org](http://www.ucclb.org)

*Programs include Parenting Classes, ESL, Citizenship Assistance, Translation and Youth Programs*

**HISPANIC/LATINO**

**Bienvenidos Family Services**

1910 Sunset Blvd. (323) 274-3075 Call for Cost E, Sp  
 Suite 650  
 Los Angeles, CA 90026 [www.bienvenidos.org](http://www.bienvenidos.org)

*Provides Food Pantry, Respite Child Care, Parent Training, Peer Support & Individual Programs for Children*

**Clínica Monseñor Oscar Romero**

123 S. Alvarado Street (213) 989-7700 Varies E, Sp  
 Los Angeles, CA 90057 [www.clinicaromero.com](http://www.clinicaromero.com)

*Programs include Medical, Dental, Vision, Mental Health & Pharmacy*

**Esperanza Community Housing Corporation**

3655 S. Grand Avenue (213) 748-7285 Free E, Sp  
 Suite 280  
 Los Angeles, CA 90007 [www.esperanzacommunityhousing.org](http://www.esperanzacommunityhousing.org)

*Offers Affordable Housing, Economic Development, Education, Health, Arts & Science Services for Youth*

**Inner City Struggle**

3467 Whittier Blvd. (323) 780-7605 Call for Cost E, Sp  
 Los Angeles, CA 90023 [www.innercitystruggle.org](http://www.innercitystruggle.org)

*Promotes Safe, Healthy and Non-Violent Communities to Youth and Families in Boyle Heights & East Los Angeles*

**La Casa de San Gabriel Community Center**

203 East Mission Road (626) 286-2144 Call for Cost E, Sp  
 San Gabriel, CA 91776 [www.lacasacommunitycenter.org](http://www.lacasacommunitycenter.org)

*Provides Youth Development, Emergency Assistance. Health and Dental Screenings, Referrals & Resources*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Latino Resource Organization**

1645 Corinth Ave. #112, (424) 293-8297 Call for Cost E  
 Los Angeles, CA 90025 [www.latinresource.org](http://www.latinresource.org)

*Financial Coaching, Immigration Services, Income Tax Preparation, Employment Authorization, Document Translation, Cal Fresh & Cal Works, Case Management, After School Programs, Senior Citizen Programs*

**Mexican American Legal Defense (MALDEF)**

634 S. Spring Street (213) 629-2512 Call for Cost E, Sp  
 Los Angeles, CA 90014 [www.maldef.org](http://www.maldef.org)

*Secures the Rights in the Areas of Employment, Education, Immigrants' Rights & Political Access*

**Mexican American Opportunity Foundation (MAOF)**

401 N. Garfield Avenue (323) 890-9600 Call for Cost E, Sp  
 Montebello, CA 90640 [www.maof.org](http://www.maof.org)

*Provides Resource & Referral Program to Socially & Economically Disadvantaged Children, Youth, Adults & Older Persons*

**National Association for Hispanic**

234 E. Colorado Blvd (626) 564-1988 Call for Cost E, Sp  
 Suite 300  
 Pasadena, CA 91101 [www.anppm.org](http://www.anppm.org)

*Serves the Needs of Hispanic Elderly & Other Low Income Persons*

**Para Los Niños**

5000 Hollywood Blvd (213) 250-4800 Varies E, Sp  
 Los Angeles, CA 90027 [www.paralosninos.org](http://www.paralosninos.org)

*Provides Educational Enrichment Programs, Counseling, Childcare, After School Programs & Case Management to Low Income Families*

**JEWISH**

**Jewish Family Services of Los Angeles**

3580 Wilshire Blvd (323) 761-8800 Call for Cost E, Sp, Fa, R  
 Suite 700  
 Los Angeles, CA 90010 [www.jfsla.org](http://www.jfsla.org)

*Provides Food & Shelter, Case Management, Counseling Services & Support for Families, Individuals & Seniors*

**National Council of Jewish Women**

543 N. Fairfax Ave. (323) 651-2930 Call for Cost E, Sp, R  
 Los Angeles, CA 90036 [www.ncjwla.org](http://www.ncjwla.org)

*Provides Counseling Services & Support for Women, and Art & Literacy Programs for Youth*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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## **COUNSELING SERVICES**

### **Amanecer Community Counseling Service**

1200 Wilshire Blvd (213) 481-7464 Varies E, Sp  
 Suite 500  
 Los Angeles, CA 90017 [www.ccscla.org](http://www.ccscla.org)

*Provides Field Clinical Capable Services, Domestic Violence & Adult Outpatient Care*

### **Barrio Action Youth & Family Center**

4927 Huntington Drive (323) 221-0779 Call for Cost E  
 Los Angeles, CA 90032 [www.barrioaction.org](http://www.barrioaction.org)

*Provides Counseling Services for Family, Individuals & Youth with Severe Behavioral Problems, Gang Related & Drug Problems*

### **Family Resource Counseling Center**

11500 W. Olympic Blvd (888) 800-5761 Call for Cost E  
 Suite 420  
 Los Angeles, CA 90064 [www.frccla.com](http://www.frccla.com)

*Provides Professional Counseling and Psychological Services for Children, Adolescents & Adults*

### **Helpline Youth Counseling**

14181 Telegraph Rd (562) 273-0722 Call for Cost E, Sp  
 Whittier, CA 90604 [www.hycinc.org](http://www.hycinc.org)

*Provides Counseling Services for Individual, Group & Family*

## **ASIAN/PACIFIC**

### **Asian Pacific Counseling & Treatment Centers**

520 S. Lafayette Park (213) 252-2100 Call for Cost E, C, Sp, Tag  
 Place; Suite 300  
 Los Angeles, CA 90057 [www.apctc.org](http://www.apctc.org)

*Provides Multi-Disciplinary & Culturally Sensitive Approaches to Address Client's Psychological & Social Needs*

### **Indochinese Counseling & Treatment**

605 W. Olympic Blvd (213) 553-1850 Call for Cost E, T, V  
 Los Angeles, CA 90015

*Provides Outpatient Mental Health Services to Southeast Asian Refugees*

### **KHEIR (Korean Health, Education, Information and Research Center)**

3727 W. 6th St. (213) 235-2500 Call for Cost E, K, Sp  
 Suite 200  
 Los Angeles, CA 90020 <https://www.lakheir.org/>

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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*Provides Counseling & Life Skills, Family Intervention & Social Services*

<b>Pacific Asian Alcohol &amp; Drug Program</b> 2001 Beverly Blvd. Suite 201 Los Angeles, CA 90057	(213) 413-1622	Varies	E, Tag
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*Provides Alcohol, Drug Prevention, Treatment & Recovery Services to CAL-Works Program Participants*

<b>Special Service for Groups</b> 905 E. 8th Street Los Angeles, CA 90021	(213) 553-1800 <a href="http://www.ssgmain.org">www.ssgmain.org</a>	Call for Cost	E, Sp, K, Tag, V
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*Provides Dental Care, Homeless Outreach Program Integrated Care System & Parents Neighborhood Youth Program*

## DIABETES

<b>American Diabetes Association</b> 611 Wilshire Blvd Suite 90 Los Angeles, CA 90017	(323) 966-2890 <a href="http://www.diabetes.org">www.diabetes.org</a>	Call for Cost	E, Sp.
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*Provides Information & Other Services to People with Diabetes*

<b>California Diabetes &amp; Pregnancy Program Sweet Success Resource &amp; Training Center</b> 22875 Savi Ranch Parkway, Suite I Yorba Linda, CA 92887	(714) 921-9755 <a href="http://www.cdappsweetsuccess.org">www.cdappsweetsuccess.org</a>	Call for Cost	E
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*Provides Education Resources for Both Health Care Providers & Pregnant Women with Diabetes*

<b>Juvenile Diabetes Foundations of Los Angeles</b> 811 Wilshire Blvd Suite 1600 Los Angeles, CA 90017	(213) 233-9901 <a href="mailto:www.losangeles@jdrf.org">www.losangeles@jdrf.org</a>	Call for Cost	E
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*Provides Online Support & Information about Prevention & Living with Diabetes*

## DISABILITY RESOURCES

<b>Ability First</b> 1300 E. Green Street Pasadena, CA 91106	(877) 768-4600 <a href="http://www.abilityfirst.org">www.abilityfirst.org</a>	Call for Cost	E, Sp
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*Provides Recreational, Socialization and Employment Programs for Children and Adults with Physical and Developmental Disabilities*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>CAPC, Inc.</b>			
7702 Washington Ave 1st Floor Whittier, CA 90602	(562) 693-8826 <a href="http://www.capcinc.org">www.capcinc.org</a>	Call for Cost	E, Sp
<i>Empowers individuals with disabilities to gain employment, assisted living arrangements, provides access to transportation, and helps them pursue higher education and strong relationships.</i>			
<b>Community Actively Living Independent &amp; Free</b>			
634 S. Spring Street 2nd Floor Los Angeles, CA 90014	(213) 627-0477	Call for Cost	E
<i>Provides Skills Workshops, Information, Referral, and Housing for Individuals with Disabilities in the Central Los Angeles Area</i>			
<b>Community Therapies &amp; Baby Steps</b>			
43860 10th St. West Lancaster, CA 93534	(661) 945-7878 <a href="http://www.communitytherapies.com">www.communitytherapies.com</a>	Call for Cost	E, Sp
<i>Works with Children and Adults with Various Disabilities in Need of Speech/Language Therapy Services, Early Intervention for Children Birth to Three with Developmental Delays</i>			
<b>Disability Rights California</b>			
350 S. Bixel Street Suite 290 Los Angeles, CA 90017	(213) 213-8000 TTY: 1 (800) 719-5798 <a href="http://www.disabilityrightsca.org">www.disabilityrightsca.org</a>	Free	E, Sp, K, Ch, V, R, Tag, Hm, A, Ar, U, L, T, J, Fa
<i>Advocate, Educate, Investigate &amp; Litigate to Advance &amp; Protect the Rights of Californians with Disabilities</i>			
<b>DRC: Disabled Resources Center</b>			
2750 E. Spring Street Suite 100 Long Beach, CA 90806	(562) 427-1000 TTY: (562) 427-1366 <a href="http://www.drcinc.org">www.drcinc.org</a>	Call for Cost	E, Ca, Sp, Tag
<i>Services include Counseling, Peer Support Groups &amp; Workshops on Topics Related to Disability</i>			
<b>Drew Child Development Corporation</b>			
1770 E. 118th Street Los Angeles, CA 90059	1 (800) 504-3739 <a href="http://www.drewcdc.org">www.drewcdc.org</a>	Call for Cost	E, Sp
<i>Promotes Physical, Social, Emotional and Cognitive Development for Children with Special Needs</i>			
<b>Family Focus Resource Center</b>			
18111 Nordhoff St.; E-109 Northridge, CA 91330	(818) 677-6854 <a href="http://www.csunfamilyfocus.com">www.csunfamilyfocus.com</a>	Call for Cost	E
<i>Provides Information, Referrals &amp; Support to Children, Youth and Adult with Developmental Disabilities and Special Needs</i>			

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Family Resource Center Network of LA County</b>			
1000 S Fremont Avenue Suite 6050, #35 Alhambra, CA 91803	(626) 300-9171 ext. 104 <a href="http://www.familyresourcenetworklac.org">www.familyresourcenetworklac.org</a>	Call for Cost	E, Sp
<i>Offers Free Information, Training &amp; Support to People with Developmental Disabilities &amp; Their Families</i>			
<b>Harbor Regional Center</b>			
21231 Hawthorne Blvd Torrance, CA 90503	(310) 540-1711 <a href="http://www.harborrc.org">www.harborrc.org</a>	Call for Cost	E, Sp
<i>Provides Diagnosis, Information &amp; Referral, Individual or Family Service Planning &amp; Family Support</i>			
<b>Independent Living Center of Southern California</b>			
14407 Gilmore Street Suite 101 Van Nuys, CA 91401	(818) 785-6934 TTY: (818) 785-7097 <a href="http://www.ilcsc.org">www.ilcsc.org</a>	Call for Cost	E
<i>Assists in Obtaining Emergency Services, Food, Shelter &amp; Benefits</i>			
<b>Institute for Families</b>			
4650 Sunset Blvd Mail Stop 111 Los Angeles, CA 90027	(323) 361-4649	Call for Cost	E
<i>Provides Counseling, Support, Information &amp; Advocacy to Families</i>			
<b>John Tracy Center</b>			
2160 West Adams Blvd. Los Angeles, CA 90018	(213) 748-5481 <a href="http://www.jtc.org">www.jtc.org</a>	Call for Cost	E
<i>Provides Individual &amp; Family Counseling, Parent Education &amp; Support Group</i>			
<b>John Tracy Center</b>			
740 E Wardlow Road Long Beach, CA 90807	(562) 426-2257 <a href="http://www.jtc.org">www.jtc.org</a>	Call for Cost	E
<i>Offers Families Living in Long Beach, Orange County, Inland Empire &amp; South Bay Area with Diagnostic Testing &amp; Educational Services for Children between Birth and Five Years of Age</i>			
<b>Long Beach Family Resource Center</b>			
2801 Atlantic Avenue Long Beach, CA 90806	(562) 933-8050 <a href="http://familyresourcenetworklac.org/long_beach_frc.asp">http://familyresourcenetworklac.org/long_beach_frc.asp</a>	Call for Cost	E, Sp
<i>Provides Referral Advocacy, Training &amp; Support Group to Families with Ill or Special Needs</i>			

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**Southern California Resource Services for Independent Living**

7830 Quill Drive (562) 862-6531 Call for Cost E  
 Suite D  
 Downey, CA 90242 [www.scrs-ilc.org](http://www.scrs-ilc.org)

*Empowers Persons with Disabilities to Achieve Their Personalized Goals through Community Education & Individualized Services*

**South Central Los Angeles Regional Center**

2500 S. Western Ave (213) 744-7000 Call for Cost E  
 Los Angeles, CA 90018 [www.sclarc.org](http://www.sclarc.org)

*Offers Families with Special Needs Comprehensive Support*

**The Parent’s Place Family Resource & Employment Center**

1500 S. Hyacinth Ave (626) 919-1091 Call for Cost E, Sp, Ch, M  
 Suite B  
 West Covina, CA 91791 [www.parentsplacefrc.com](http://www.parentsplacefrc.com)

*Empowers Families Raising a Child with a Disability through Information/Education, Referrals & Parent-to-Parent Support*

**Disability Community Resource Center (DCRC)**

12901 Venice Blvd (310) 390-3611 Call for Cost E, Sp  
 Los Angeles, CA 90066

*Assists Persons with Disabilities & Seniors Achieve & Maintain Self-Directed & Community Based Independent Lives*

**DOMESTIC VIOLENCE**

**1736 Family Crisis Center**

2116 Arlington Avenue (323) 737-3900 Free E, Sp  
 Suite 200  
 Los Angeles, CA 90018 [www.1736familycrisiscenter.org](http://www.1736familycrisiscenter.org)

**24 Hour Crisis/Suicide Hotline: (213) 745-6434**

*Offers Case Management, Counseling, Job Development & Placement, Legal Help, Life Skills Training, Financial Literacy, Parenting Education, Referrals for Free Medical & Access to Other Services*

**Domestic Violence Council (DVC)**

(213) 974-2799 Free E, Sp  
<http://publichealth.lacounty.gov/dvcouncil/>

**24 Hour Crisis/Suicide Hotline: 1-800-799-7233**

*Provides Domestic Violence Council Meeting*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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**East Los Angeles Women’s Center**

1431 S. Atlantic Blvd (323) 526-5819 Free E, Sp  
 Los Angeles, CA 90022 [www.elawc.org](http://www.elawc.org)

**East Los Angeles Rape & Battering Hotline: 1-800-585-6231**

*Programs include Sexual Assault, Rape, Battering Program, Domestic Violence Services, Mental Health & Therapeutic Parenting Programs, HIV/AIDS Prevention Services, Testing & Therapeutic Services for HIV+ Women*

**County of LA Public Health- Intimate Partner Violence/Domestic Violence**

695 S. Vermont Ave. (213) 351-7888 Free E, Sp  
 South Tower - 14th Floor  
 Los Angeles, CA 90005 [www.publichealth.lacounty.gov/ivpp/InjTopicsHome.htm](http://www.publichealth.lacounty.gov/ivpp/InjTopicsHome.htm)

**24-Hour Crisis Line: 1-800-978-3600 (LA County only)**

*Provides Domestic Violence Resources and Assistance*

**Peace Over Violence**

1015 Wilshire Blvd (213) 955-9090 Free E, Sp  
 Suite 200  
 Los Angeles, CA 90017 [www.peaceoverviolence.org](http://www.peaceoverviolence.org)

892 N. Fair Oaks Ave (626) 584-6191 Free E, Sp  
 Suite D  
 Pasadena, CA 91103 [www.peaceoverviolence.org](http://www.peaceoverviolence.org)

**24-Hour Rape & Battering Hotlines: (626) 793-3385 & (213) 626-3393**

*Provides Individual & Group Counseling for Survivors of Sexual Assault, Domestic & Relationship Violence, Stalking & Child Sexual Abuse*

**YWCA of Glendale**

735 E. Lexington Drive (818) 242-4155 Free E, Sp, A  
 Glendale, CA 91206 [www.glendaleywca.org](http://www.glendaleywca.org)

**24/7 Crisis Hotline: 1-888-999-7511**

*Programs include a 45-Day Safe-Haven for Women & Children, Services including Meals, Housing, Counseling & Social Services, a Children’s Counseling Program, Legal Advocacy, Case Management, Housing Assistance, Employment, Education, Healthcare & Childcare*

**AMERICAN INDIAN**

**United American Indian Involvement**

1125 W. 6th Street (213) 202-3970 Call for Cost E, Sp  
 Suite 103  
 Los Angeles, CA 90017 [www.uaai.org](http://www.uaai.org)

*Provides Therapy & Support to Children, Adolescents, Their Families & Female Victims of Domestic Violence & Sexual Assault*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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## ASIAN/PACIFIC

### Asian Pacific Women’s Center

1145 Wilshire Blvd (213) 250-2977 Free E, Ch, Sp, J, K, Tag, V  
 Los Angeles, CA 90017

*Programs include Domestic Violence Transitional Shelter, Children’s Empowerment Program, Community Education and Empowerment Program, Community Services & Ivy Terrace Permanent Housing Program*

### Center for the Pacific Asian Family

3424 Wilshire Blvd (323) 966-4590 Free E, Ch, Sp, J, K, Tag, V  
 Suite 1000 <https://nurturingchange.org/>  
 Los Angeles, CA 90010

### 24-Hour Crisis Line: 1-800-339-3940

*Offers Emergency Shelters, Programs for Youth including Relationship Violence, Sexual Assault & Violence Prevention Workshops*

## HISPANIC/LATINO

### Su Casa Ending Domestic Violence

3750 E. Anaheim St. (562) 421-6537 Free E, Sp  
 Suite 100  
 Long Beach, CA 90804 [www.sucasadv.org](http://www.sucasadv.org)

### 24-Hour Crisis Line: (562) 402-4888

*Provides Counseling, Advocacy Services, Referral, Emergency Shelter & Transitional Shelter*

## HEALTH EDUCATION

### American Heart Association

816 S. Figueroa Street (213) 291-7000 Free E, Ch, Sp, V  
 Los Angeles, CA 90017 [www.heart.org](http://www.heart.org)

*Provides Educational Programs, Cook-Books & Credible Heart Disease and Stroke Information for Effective Prevention & Treatment*

### Asthma & Allergy Foundation of America, California Chapter

3435 Wilshire Blvd (323) 937-7859 Free E  
 Suite 350  
 Los Angeles, CA 90010 [www.asthmacoalitionla.org](http://www.asthmacoalitionla.org)

*Provides Support Groups for Parents of Asthma Children, Free Community & Public Education Programs & Educational Brochures on Variety of Asthma / Allergy Topics*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**Asthma Coalition of Los Angeles County (ACLAC)**

LA County Department of Public Health Maternal, Child, & Adolescent Health Programs  
 600 S. Commonwealth Ave., 8th Floor  
 Los Angeles, CA 90005      (213) 639-6400      Free      E  
[www.asthmacoalitionla.org](http://www.asthmacoalitionla.org)

*Increases Access to Health Care; Improves Indoor Air Quality in Homes & Outdoor and Improves Asthma Management in Schools*

**Essential Access Health**

(213) 386-5614      Call for Cost      E  
<https://www.essentialaccess.org/>

*Programs include Title X, STD Prevention Programs, Essential Access Health Solutions*

**Center for Lupus Care**

100 N. Hillcrest Blvd  
 Inglewood, CA 90301      (310) 674-0080      Call for Cost      E  
[www.center4lupuscare.org](http://www.center4lupuscare.org)

*Services include Support Group, Seminar, Workshop, Symposium & Psychological Group Counseling*

**Department of Public Health, County of Los Angeles**

3530 Wilshire Blvd; 8th Fl.  
 Los Angeles, CA 90010      (213) 351-7890      Free      E  
[www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

*Programs include Physical Activity, Immunizations, Smoking Prevention, Alcohol & Drug Treatment*

**Department of Health Services**

313 N. Figueroa Street  
 Los Angeles, CA 90012      Free      E  
<http://dhs.lacounty.gov/wps/portal/dhs>

*Offers Health Information & Programs throughout Los Angeles County*

**Los Angeles Intergroup of Overeaters Anonymous**

20121 Ventura Blvd. #315  
 Woodland Hills, CA 91364      (323) 653-7652      Free      E  
[www.oalaig.org](http://www.oalaig.org)

*Offers Free Self-Help and Support Group, 12 Step Recovery Program*

**VA Greater Los Angeles Healthcare System**

West LA Medical Center  
 11301 Wilshire Blvd  
 Los Angeles, CA 90073      (310) 478-3711      Call for Cost      E  
[www.losangeles.va.gov](http://www.losangeles.va.gov)

*Services include Crisis Prevention, Mental Health, PTSD, & Public Health*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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**ASIAN/PACIFIC**

**Herald Christian Health Center**

**San Gabriel Clinic**

923 S. San Gabriel Blvd  
San Gabriel, CA 91776

(626) 286-8700

Call for Cost

E, Ca, M

**Rosemead Clinic**

8841 Garvey Ave  
Rosemead, CA 91770

(626) 286-8700

**City of Industry Clinic**

1661 Hanover Rd. #103  
City of Industry, CA 91748

(626) 286-8700

<https://hchcla.org/>

*Services include Medical, Dental, Women’s Health Checkup, Health Insurance Enrollment & Health Education Workshops*

**Kheir Clinic**

3727 W. 6th St, Suite 200  
Los Angeles, CA 90020

(213) 235-2500

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

Call for Cost

E, K, Sp

*Provides Health Education & Information & Referral for Social Services and Health Related Issues*

**Thai Health and Information Services**

1807 N. Normandie Ave.  
Los Angeles, CA 90027

(323) 498-5211

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

Free

E, T

*Programs include Health & Immunization, Enrollment/Referral Assistance, Seniors & Youth*

**HISPANIC/LATINO**

**El Centro de Amistad**

7038 Owensmouth Ave  
Canoga Park, CA 91303

(818) 347-8565

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

Call for Cost

E, Sp

*Programs & Services include Adult Outpatient Services, CALWORKS Program, Children’s Outpatient Programs, Field Capable Clinical Services, Multidisciplinary Assessment Team, Case Management & Medication Support*

**South Bay Family Health Care**

742 W. Gardena Blvd.  
Gardena, CA 90247

(310) 327-1357

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

Call for Cost

E, Sp

*Programs include Adult Medicine, Chronic Disease Management, Women’s Health, Prenatal Care, Pediatric Care, Dental Care, Social Services, Pregnancy Testing, Family Planning, HIV/AIDS Testing, Counseling & Teen Walk-In Clinic*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese,(Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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## HEARING/VISION DISABLED

### American Action Fund for Blind Children & Adults

18440 Oxnard Street Tarzana, CA 91356	(818) 343-3219 <a href="http://www.actionfund.org">www.actionfund.org</a>	Free	E
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*Assist Blind and Deaf-Blind Persons in Securing Reading Matter & Improve the Quality of Life for the Blind & Deaf-Blind*

### Blind Children's Center

4120 Marathon Street Los Angeles, CA 90029	(323) 664-2153 <a href="http://www.blindchildrenscenter.org">www.blindchildrenscenter.org</a>	Free	E, Sp
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*Family-Centered Organization Serving Children with Visual Impairments*

### Braille Institute of America

741 North Vermont Ave Los Angeles, CA 90029	(323) 663-1111 <a href="https://www.brailleinstitute.org/">https://www.brailleinstitute.org/</a>	Free	E
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*Provides Talking Book & Braille Literacy, Low Vision Rehabilitation & Services for Child, Youth, Teen & Adults*

### California Relay Services

711 From any phone TTY: 1-888-735-2929	Voice: 1-888-877-5379 Voice: 1-888-877-5381	Free within your Local Area	E, Sp
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*Provides Full Accessibility to People who are Deaf, Hard-of-Hearing or Speech Disabled*

### California Telephone Access Program

1203 W. Puente Ave. West Covina, CA 91790	TTY: 1-800-806-4474 Voice: 1-800-806-1191 Voice: 1-800-949-5650	Free	E, Sp, M, Ca, V, R, Hm
681 S. Parker St. #210 Orange, CA 92868	Voice: 1-866-324-8747 Voice: 1-866-324-8754		

<https://californiaphones.org/>

*Provides Free Adaptive Phones to All California Residents who have Difficulty Hearing, Seeing, moving, Speaking or Remembering*

### Community Speech and Hearing

18740 Ventura Blvd Suite 100 Tarzana, CA 91356	(818) 774-0224	Call for Cost	E, Sp
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*Offers Hearing Aid & Assistive Device*

### Foundation Fighting Blindness

10350 Santa Monica Blvd. Suite 250, Los Angeles, CA 90025	(866) 782-7330 <a href="http://www.blindness.org">www.blindness.org</a>	Call for Cost	E
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*Provides Information on Retinitis Pigmentosa, Macular Degeneration, Usher Syndrome & Stargardt Disease*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**Greater Los Angeles Agency on Deafness**

2222 Laverna Ave (323) 478-8000 Free E, Sp  
 Los Angeles, CA 90041 (323) 550-4226 (TTY)  
 (323) 892-2225 (VP)

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

*Services include Health Education, Employment, Public Relations, Senior Housing, & American Sign Language Interpreting Services (LifeSigns)*

**LA International Hearing Aid Center**

6225 Wilshire Blvd. (323) 954-1388 Call for Cost E, Sp, A, SI  
 Los Angeles, CA 90048 <https://lahearingaid.com/>

*Multilingual Office Provides Diagnostics, Hearing Aids, Assistive Listening Devices & Hearing Aid Repair*

**Wayfinder Family Services**

5300 Angeles Vista Blvd. 1 (800) 352-2290 Call for Cost E  
 Los Angeles, CA 90043 <https://www.wayfinderfamily.org/>

*Helps Children & Adults Who Are Blind, Visually Disable Achieve Independence*

**LifeSigns**

2222 Laverna Ave 1 (888) 930-7776 Call for Cost E, Sp  
 Los Angeles, CA 90041 [www.lifesignsinc.org](http://www.lifesignsinc.org)

*Provides Interpreter Referral, Communication Aids & Video Relay Interpreting*

**Orange County Deaf Equal Access Foundation (OC DEAF)**

6022 Cerritos Ave (714) 503-0669 Call for Cost E  
 Cypress, CA 90630

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

*Help Individuals with Vision Loss Regain the Ability to Undertake the Tasks that Provide Independence*

**UCLA Stein Eye Institute**

100 Stein Plaza, UCLA (310) 825-5000 Call for Cost E, I, R, Sp, V, K, A, Ch, Ar  
 Los Angeles, CA 90095 <https://www.uclahealth.org/eye/>

*Programs include Care of Patients with Eye Disorders, Research in the Vision Sciences, Education in the Field of Ophthalmology and Outreach to the Community*

**HIV/AIDS SUPPORT**

**AIDS Health Care Foundation (AHF)**

6255 W. Sunset Blvd (323) 860-5200 Varies E, Sp  
 21st Floor  
 Los Angeles, CA 90028 [www.aidshealth.org](http://www.aidshealth.org)

*Programs include HealthCare Centers, Pharmacy, HealthCare Plans, Free HIV Testing, Advocacy & Thrift Stores*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**AIDS Project Los Angeles**

611 S Kingsley Drive Los Angeles, CA 90005	(213) 201-1600 <a href="http://www.apla.org">www.apla.org</a>	Free	E, Sp
1043 Elm Ave. #302 Long Beach, CA 90813	(562) 247-7740 <a href="http://www.apla.org">www.apla.org</a>		

*Services include Prevention Education, Housing Assistance, Mental Health Counseling, Women’s Services, APLA Dental, Home Health, Nutrition Education and Case Management*

**Radiant Health Centers**

17982 Sky Park Circle, #M, Irvine, CA 92614	(949) 809-8775 <a href="https://www.radianthealthcenters.org/contact-us">https://www.radianthealthcenters.org/contact-us</a>	Free	E, Sp
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*Programs & Services include HIV testing, HIV Education & Outreach, Mental Health, Counseling for Families & Kids, PrEP & PEP*

**Los Angeles LGBT Center**

**McDonald/Wright Building**

1625 N Schrader Blvd Los Angeles, CA 90028	(323) 993-7400 <a href="http://www.lalgbtcenter.org">www.lalgbtcenter.org</a>	Call for Cost	E, Sp
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*Services include AIDS/Life Cycle, Cultural Arts & Education, Computer/Internet Center, Learning Curve/Self-Enrichment Courses & Senior Services, Family Violence/STOP Domestic Violence, Health & Medical Services, Mental Health & Counseling and more.*

**The Village at Ed Gould Plaza**

1125 N. McCadden Place Los Angeles, CA 90038	(323) 993-7400 <a href="http://www.lalgbtcenter.org">www.lalgbtcenter.org</a>	Call for Cost	E, Sp
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**Center South**

2313 W. MLK Jr. Blvd. Los Angeles, CA 90008	(323) 860-3799 <a href="http://www.lalgbtcenter.org">www.lalgbtcenter.org</a>	Call for Cost	E, Sp
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**Trans Wellness Center**

3055 Wilshire Blvd. #360 Los Angeles, CA 90010	<a href="http://www.lalgbtcenter.org">www.lalgbtcenter.org</a>	Call for Cost	E, Sp
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**Anita May Rosenstein Campus**

1118 N. McCadden Place Los Angeles, CA 90038	<a href="http://www.lalgbtcenter.org">www.lalgbtcenter.org</a>	Call for Cost	E, Sp
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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**The LGBT/Q Center of Long Beach**

2017 E. 4th Street Long Beach, CA 90814	(562) 434-4455 <a href="http://www.centerlb.org">www.centerlb.org</a>	Call for Cost	E
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*Services include Support Groups, Workshops & Seminars, Youth Services, Legal Assistance, Employment Referrals, Rental and Roommate Referrals, a Hate Crime Hotline, Mental Health Counseling, Cultural & Social Activities*

**AFRICAN AMERICAN**

**Black AIDS Institute**

1833 W. 8th Street Suite 200 Los Angeles, CA 90057	(213) 353-3610 <a href="http://www.blackaids.org">www.blackaids.org</a>	Call for Cost	E, Sp
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4251 Crenshaw Blvd.  
Los Angeles, CA 90008

*Offers HIV/AIDS Prevention Programs, Information & Referrals*

**ASIAN/PACIFIC**

**Asian Pacific AIDS Intervention Team**

12900 Garden Grove Blvd Suite 225B Garden Grove, CA 92843	(714) 636-1349 <a href="http://www.apaitonline.org">www.apaitonline.org</a>	Call for Cost	E, Ca, M, J, K, Tag, T, V
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*Programs and Services include HIV Care Programs, Behavioral Health Services, Substance Abuse Programs, HIV Testing, HIV Education & Counseling Programs and Social Support Groups*

**HISPANIC/LATINO**

**Bienestar Human Services**

**Call (866) 590-6411 to Access any Location**

**El Monte Center**

3131 Santa Anita Ave Suite 109 El Monte, CA 91733	(626) 444-9453 <a href="http://www.bienestar.org">www.bienestar.org</a>	Call for Cost	E, Sp
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**East Los Angeles Center**

5326 E. Beverly Blvd. Los Angeles, CA 90022	(323) 727-7896 <a href="http://www.bienestar.org">www.bienestar.org</a>	Call for Cost	E, Sp
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**Long Beach Center**

2690 Pacific Ave. #300 Long Beach, CA 90806	(562) 438-5800 <a href="http://www.bienestar.org">www.bienestar.org</a>	Call for Cost	E, Sp
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**Pomona Center**

180 E Mission Blvd Pomona, CA 91766	(909) 397-7660 <a href="http://www.bienestar.org">www.bienestar.org</a>	Call for Cost	E, Sp
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**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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*Programs & Services Include Case Management, Housing Assistance, HIV Treatment Education, Mental Health Counseling, Healthy Relationships, Peer Support, Food Bank, HIV & STI Protection, Education Programs for Gay & Bisexual Men, and Transgender Women & Substance Users*

**El Proyecto del Barrio**

8932 Woodman Ave (818) 810-3500 Call for Cost E, Sp  
 Arleta, CA 91331 [www.elproyecto.us](http://www.elproyecto.us)

Multiple Clinic locations  
 in LA County.

*Services include Family & Youth Services, Employment and Training Services, and Drug Abuse Counseling Services*

**HOMELESS SHELTERS/FOOD**

**Covenant House California**

1325 N. Western Ave (323) 461-3131 Free E, Sp  
 Hollywood, CA 90027 [www.covenanthousecalifornia.org](http://www.covenanthousecalifornia.org)

**Toll Free Number: 1-800-999-9999**

*Offers Advocacy, Outreach, Crisis Shelters, Transitional Living Program & Supportive Apartment Program*

**Downtown Women Center**

442 S. San Pedro Street (213) 680-0600 Free E  
 Los Angeles, CA 90013 [www.dwcweb.org](http://www.dwcweb.org)

*Services include meals, personalized case management, an on-site medical clinic, health workshops and screenings, computer literacy, government benefits advocacy, support groups, job counseling, and self-expression classes.*

**Food on Foot**

**Hollywood Feeding Location** (310) 442-0088 Free E  
 1625 N. Schrader Blvd  
 Los Angeles, CA 90028 [www.foodonfoot.org](http://www.foodonfoot.org)

**Homeless Health Care Los Angeles**

2330 Beverly Blvd (213) 744-0724 Free E  
 Los Angeles, CA 90057 [www.hhcla.org](http://www.hhcla.org)

**Jovenes, Inc**

1208 Pleasant Ave (323) 260-8035 Free E, Sp  
 Los Angeles, CA 90033 [www.jovenesinc.org](http://www.jovenesinc.org)

*Continuum of Care includes Emergency Shelter, Transitional Housing & Permanent Supportive Housing*

**Los Angeles Mission**

303 East 5th Street (213) 629-1227 Free E, Sp  
 Los Angeles, CA 90013 [www.losangelesmission.org](http://www.losangelesmission.org)

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>MLK Community Health Foundation</b>			
1680 E. 120th St. Los Angeles, CA 90059	(424) 338 8686 <a href="https://mlk-chf.org/home">https://mlk-chf.org/home</a>		
<b>New Image Emergency Shelter</b>			
1008 E. 59th St Los Angeles, CA 90001	(562) 983-0063 <a href="https://www.newimageshelter.com/">https://www.newimageshelter.com/</a>		
<b>HOPICS (Homeless Outreach Program &amp; Integrated Care System)</b>			
5175 S. Broadway St #1 Los Angeles, CA 90037	(323) 948-0444 <a href="https://www.hopics.org/contact">https://www.hopics.org/contact</a>		
<b>My Friend's Place</b>			
5850 Hollywood Blvd Los Angeles, CA 90028	(323) 908-0011 <a href="http://www.myfriendsplace.org">www.myfriendsplace.org</a>	Call for Cost	E
<i>Programs include Safe Haven Program, Transformative Education Program &amp; Health and Well Being Program</i>			
<b>Sunshine Mission for Women</b>			
2600 South Hoover St. Los Angeles, CA 90007	(213) 747-7419	Free	E, Sp
<b>Weingart Center Association</b>			
566 S. San Pedro Street Los Angeles, CA 90013	(213) 627-5302 <a href="http://www.weingart.org">www.weingart.org</a>	Free	E, Sp
<b>Union Rescue Mission</b>			
545 S. San Pedro Avenue Los Angeles, CA 90013	(213) 347-6300 <a href="http://www.unionrescuemission.org">www.unionrescuemission.org</a>	Free	E, Sp
<i>Emergency Services include Food, Shelter, Clothing, Personal Hygiene, Clinics, Day Center, Family Community Center, Hospitality Center, Individual Assessment/Counseling, Life Management Classes and Spiritual Encouragement</i>			
<b>LA Family Housing</b>			
7843 Lankershim Blvd N. Hollywood, CA 91605	(818) 982-4091 <a href="https://lafh.org/ourmission">https://lafh.org/ourmission</a>	Free	E, Sp
<b>INTERPRETATION SERVICES</b>			
<b>Asian Pacific AIDS Intervention Team</b>			
<b>LA Office</b>			
1730 W Olympic Blvd Suite 300 Los Angeles, CA 90015	(213) 375-3830 <a href="http://www.apaitonline.org">www.apaitonline.org</a>	Free	E, Ca, M, J, K, Tag, T, V

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Orange County Office</b> 12900 Garden Grove Blvd Suite 220A Garden Grove, CA 92843	(714) 636-1349 <a href="http://www.apaitonline.org">www.apaitonline.org</a>	Free	E, Ca, M, J, K, Tag, T, V

*Offers Free Interpretation Services*

<b>Pacific Asian Languages Services (PALS for Health)</b> 515 Columbia Ave. #320 Los Angeles, CA 90017	(213) 553-1818 <a href="http://www.palsforhealth.org">www.palsforhealth.org</a>	Free	E, Sp, K, Ca, M, J, T, V
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## LEGAL SERVICES

<b>Bet Tzedek Legal Services</b> 3250 Wilshire Blvd 13th Floor Los Angeles, CA 90010	(323) 939-0506 <a href="http://www.bettzedek.org">www.bettzedek.org</a>	Call for Cost	E, Sp, R
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*Legal Assistance includes Counseling & Representation at Trials, Administrative Hearings and Appeals*

<b>Center for Human Rights</b> 256 S. Occidental Blvd Los Angeles, CA 90057	(213) 388-8693 <a href="http://www.centerforhumanrights.org">www.centerforhumanrights.org</a>	Call for Cost	E, Sp
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*Legal Services to Indigent Immigrants & Refugees in Proceedings before the INS & Other Government Agencies*

<b>Coalition for Humane Immigrant Rights</b> 2533 W. 3rd street Suite 101 Los Angeles, CA 90057	(213) 353-1333 1 (888) 6-CHIRLA <a href="http://www.chirla.org">www.chirla.org</a>	Call for Cost	E, Sp
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*Provides Legal Representation & a Support Network for Immigrants & Refugees*

<b>Harriet Buhai Center for Family Law</b> 3250 Wilshire Blvd Suite 710 Los Angeles, CA 90010	(213) 388-7515 <a href="http://www.hbcfl.org">www.hbcfl.org</a>	Free	E, Sp
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*Provides Family Law & Domestic Violence Assistance to Low Income Families*

<b>Los Angeles County Bar Association</b> 1055 West 7th Street Suite 2700 Los Angeles, CA 90017	(213) 627-2727 <a href="http://www.lacba.org">www.lacba.org</a>	Call for Cost	E, Sp
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<b>Los Angeles County Bar Association – Public Counsel</b> 601 S. Ardmore Ave Los Angeles, CA 90005	(213) 385-2977 <a href="http://www.lacba.org">www.lacba.org</a>	Call for Cost	E, Sp
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*Assists with Family Law, Divorce, Paternity, Custody, Restraining Orders, Homeownership and Tenant Defense, and Government Benefits*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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### ASIAN/PACIFIC

Asian Pacific American Legal Center			
	(888) 349-9695	Call for Cost	E
	(800) 520-2356		Ch
	(800) 867-3640		K
	(800) 914-9583		T
	(855) 300-2552		Tag
	<a href="http://www.apalc.org">www.apalc.org</a>		

*Provides Asian and Pacific Islander and Other Communities with Multi-Lingual, Culturally Sensitive Services and Legal Education including Housing, Domestic Violence, Family Law, Immigration, Citizenship, Consumer Fraud or Discrimination*

### HISPANIC/LATINO

Central American Resource Center			
2845 West 7 <sup>th</sup> Street	(213) 385-7800	Call for Cost	E, Sp
Los Angeles, CA 90005	<a href="http://www.carecen-la.org">www.carecen-la.org</a>		

*Empower Central Americans by Defending Human & Civil Rights, Working for Social and Economic Justice, & Promoting Cultural Diversity*

EI Rescate Legal Services			
1501 West 8 <sup>th</sup> Street	(213) 387-3284	Call for Cost	E, Sp
Suite 200			
Los Angeles, CA 90017	<a href="http://www.elrescate.org">www.elrescate.org</a>		

## SENIOR RESOURCES – LOS ANGELES COUNTY

Antelope Valley Senior Center			
777 W. Jackman St.	(661) 726-4400	Call for Cost	E
Lancaster			

AV Committee on Aging Life			
1002 E. Avenue Q-12	(661) 947-3233	Call for Cost	E
Palmdale, 93550 CA			

Alicia Broadous-Duncan Multipurpose Senior Center (MSC)			
11300 Glenoaks Blvd	(818) 834-6100	Call for Cost	E, Sp
Pacoima, CA 91331			

Altadena Senior Center			
560 E. Mariposa Street	(626) 798-0505	Call for Cost	E
Altadena, CA 91001			

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Arcadia Community Center</b> 365 Campus Drive Arcadia, CA 91007	(626) 574-5130	Call for Cost	E
<b>Artesia Senior Center</b> 18750 Clarkdale Ave Artesia, CA 90701	(562) 860-3361	Call for Cost	E
<b>Azusa Senior Center</b> 740 N. Dalton Avenue Azusa, CA 91702	(626) 812-5204	Call for Cost	E, Sp
<b>Barbara Riley Senior Center</b> 7810 Quill Dr. Downey, CA 90242	(562) 904-7223	Call for Cost	E
<b>Barlett Senior Center</b> 1318 Cravens Ave Torrance, CA 90501	(310) 320-5918	Call for Cost	E
<b>Bell Community Center</b> 6250 Pine Ave Bell, CA 90201	(323) 773-1596	Call for Cost	E
<b>Bell Gardens Senior Center</b> 6722 Clara St. Bell Gardens, CA 90201	(562) 334-1779	Call for Cost	E
<b>Bernardi Senior MSC</b> 6514 Sylmar Ave Van Nuys, CA 91401	(818) 718-1101	Call for Cost	E, Sp
<b>Beverly Hills Roxbury Park Community Center</b> 471 S. Roxbury Drive Beverly Hills <a href="http://www.beverlyhills.org">www.beverlyhills.org</a>	(310) 285-6840	Call for Cost	E
<b>Bradley MSC*</b> 10957 S. Central Ave. Los Angeles, CA 90059	(323) 923-2753	Call for Cost	E
<b>Burbank Joslyn MSC</b> 1301 W. Olive Ave Burbank, CA 91506	(818) 238-5353	Call for Cost	E
<b>Carson (CJMM) Community Center</b> 801 E. Carson Street Carson, CA 90745	(310) 835-0212	Call for Cost	E, Sp

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Cerritos Senior Center at Pat Nixon Park</b> 12340 South Street Cerritos, CA 90703	(562) 916-8550	Call for Cost	E
<b>City of La Puente Senior Center</b> 16001 E. Main Street La Puente, CA 91744	(626) 855-1585	Call for Cost	E, Sp
<b>Claremont Joslyn Senior Center</b> 660 N. Mountain Ave Claremont, CA 91711	(909) 399-5488	Call for Cost	E, Sp
<b>Commerce Senior Citizens Center</b> 2555 Commerce Way Commerce, CA 90040	(323) 887-4430	Call for Cost	E
<b>Covina Joslyn Senior Center</b> 815 Barranca Ave Covina, CA 91723	(626) 966-6378	Call for Cost	E, Ch, Sp
<b>Culver City Senior Center</b> 4095 Overland Ave Culver City, CA 90232	(310) 253-6700	Call for Cost	E, C, I
<b>Delta Sigma Theta Life Development, Inc. Senior Center</b> 2528 West Blvd Los Angeles, CA	(323) 735-5799	Call for Cost	E
<b>Duarte Senior Center</b> 1610 E. Huntington Dr. Duarte, CA 91010	(626) 357-3513	Call for Cost	E
<b>East Los Angeles Neighborhood Center</b> 133 N. Sunol Dr. Los Angeles, CA 90063	(323) 768-2500	Call for Cost	E
<b>Sherman Oaks/East Valley Senior Center</b> 5056 Van Nuys Blvd. Sherman Oaks, CA 91403	(818) 766-5165	Call for Cost	E
<b>El Monte Community &amp; Senior Center</b> 3120 Tyler Ave El Monte, CA 91731	(626) 580-2210	Call for Cost	E, Sp
<b>El Dorado Park West Community Center</b> 2800 N. Studebaker Rd. Long Beach, CA 90815	(562) 570-3227	Call for Cost	E

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>El Segundo Joslyn Senior Center</b> 339 Sheldon Street El Segundo, CA 90245	(310) 524-2705	Call for Cost	E
<b>Felicia Mahood Senior MSC</b> 11338 Santa Monica Blvd Los Angeles, CA 90025	(310) 479-4119	Call for Cost	E, Fa, Sp
<b>Gardena Senior Day Care Center</b> 14517 Crenshaw Blvd Gardena, CA	(310) 217-9550	Call for Cost	E
<b>George &amp; Helen Thomas Senior Center</b> 2475 W. Washington Blvd Los Angeles, CA, 90018	(323) 734-9091	Call for Cost	E
<b>Glendale Senior Center</b> 201 E. Colorado Street Glendale, CA, 91205	(818) 548-3775	Call for Cost	E
<b>Glendale Sparr Heights Community Center</b> 1613 Glencoe Way Glendale, CA, 91208	(818) 548-2187	Call for Cost	E
<b>Gus Velacso Neighborhood Center</b> 9255 S. Pioneer Blvd Santa Fe Springs, CA 90670	(562) 692-0261	Call for Cost	E
<b>Hawthorne Senior Center</b> 3901 El Segundo Blvd Hawthorne, CA, 90250	(310) 349-1650	Call for Cost	E
<b>Hollywood Senior Multipurpose Center</b> 1360 N. St.Andrews Place Los Angeles, CA, 90028	(323) 957-3900	Call for Cost	E, Sp, A, R
<b>Huntington Senior Care Network</b> 100 W. California Blvd. Pasadena, CA, 91105	(626) 397-3110	Call for Cost	E, Ch, Sp
<b>Huntington Park Old Timer Foundation</b> 3355 E. Gage Ave Huntington Park, CA 90255	(323) 589-7100	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Inglewood Senior Center</b> 111 N. Locust St. Inglewood, CA 90301	(310) 412-5338	Call for Cost	E
<b>International Institute of LA MSC</b> 435 S. Boyle Ave Los Angeles, CA, 90033	(323) 264-6210	Call for Cost	E
<b>Irwindale Senior Center</b> 16116 Arrow Hwy Irwindale, CA, 91706	(626) 430-2283	Call for Cost	E
<b>Wilmington Jaycee Foundation</b> 1148 N. Avalon Blvd Wilmington, CA 90744	(310) 856-3520	Call for Cost	E
<b>Joslyn Adult Recreation Center</b> 210 N. Chapel Ave Alhambra, CA 91801	(626) 570-5056	Call for Cost	E, Ch, M, Sp
<b>Ken Nakaoka MSC</b> 1670 W. 162 St. Gardena, CA,	(310) 217-9537	Call for Cost	E
<b>La Fetra Senior Center</b> 333 E. Foothill Blvd Glendora, CA, 91741	(626) 914-8235	Call for Cost	E
<b>La Mirada Activity Center</b> 13810 La Mirada Blvd La Mirada, CA 90638	(562) 902-3160	Call for Cost	E
<b>La Verne Senior Center</b> 3680 D Street La Verne, CA 91750	(909) 596-8700	Call for Cost	E
<b>Lawndale Senior Center</b> 14700 Burin Ave Lawndale, CA 90260	(310) 973-3270	Call for Cost	E
<b>Lennox Senior Center</b> 10828 Condon Ave Lennox, CA 90304	(310) 412-6712	Call for Cost	E, Sp
<b>Lincoln Heights Senior Center</b> 2323 Workman Street Los Angeles, CA 90031	(323) 225-9339	Call for Cost	E, Sp

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Program Title	Contact	Cost	Languages
<b>Long Beach Senior Center</b>			
1150 E. 4th St. Long Beach, CA 90802	(562) 570-3500	Call for Cost	E
<b>Manhattan Beach Senior Center</b>			
1601 N. Valley Drive Manhattan Beach	(310) 802-5446	Call for Cost	E
<b>Monterey Park Langley MSC</b>			
400 W. Emerson Ave Monterey Park, CA 91754	(626) 307-1395	Call for Cost	E
<b>Maywood Senior Citizen Program</b>			
4801 E. 58th Street Maywood, CA 90270	(323) 562-7043	Call for Cost	E
<b>Northeast Valley MSC</b>			
11300 Glenoaks Blvd Pacoima, CA 91331	(818) 834-6100	Call for Cost	E, Sp
<b>Norwalk Senior Citizens Venter</b>			
14040 San Antonio Drive Norwalk, CA	(562) 929-5580	Call for Cost	E
<b>One Generation- Senior Enrichment Centers</b>			
18255 Victory Blvd. Reseda, CA 91335	(818) 705-2345 <a href="http://www.onegeneration.org/">http://www.onegeneration.org/</a>	Call for Cost	E, Ch, Sp
17400 Victory Blvd Van Nuys, CA 91406	(818) 708-6625		
<b>Parnell Park MSC</b>			
15390 Lambert Rd. Whittier, CA 90602	(562) 567-9450	Call for Cost	E, Sp
<b>Paramount MSC</b>			
14400 Paramount Blvd. Paramount, 90723 CA	(562) 220-2090	Call for Cost	E
<b>Pasadena Senior Center</b>			
85 E. Holly Street Pasadena, CA 91103	(626) 795-4331	Call for Cost	E
<b>Peninsula Seniors</b>			
602 Deep Valley Dr. #310 Rolling Hills Estates, CA 90274	(310) 377-3003	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Pomona Senior Centers</b>			
Palomares Park 499 E. Arrow Highway Pomona, CA 91767	(909) 620-2321	Call for Cost	E, Sp
Washington Park 865 E. Grand Ave. Pomona, CA 91766	(909) 620-2305		
<b>South El Monte Senior Center</b>			
1556 Central Ave South El Monte, CA 91733	(626) 448-0131	Call for Cost	E
<b>Pico Rivera Senior Center</b>			
9200 Mines Ave Pico Rivera, CA 90660	(562) 801-4844	Call for Cost	E, Sp
<b>Redondo Beach Senior &amp; Family Services</b>			
1922 Artesia Blvd. Redondo Beach, CA 90278	(310) 318-0650	Call for Cost	E
<b>Robert M Wilkinson MSC</b>			
8956 Vanalden Ave Northridge, CA 91324	(818) 756-7741	Call for Cost	E
<b>Rosemead Community Recreation Center</b>			
3936 N. Muscatel Ave Rosemead, CA 91770	(562) 569-2251	Call for Cost	E, Sp
<b>San Dimas Senior Center</b>			
201 E. Bonita Ave San Dimas, CA	(909) 394-6290	Call for Cost	E
<b>San Gabriel Senior Center</b>			
324 South Mission Drive San Gabriel, CA	(626) 308-2822	Call for Cost	E
<b>Santa Clarita Valley Senior Center</b>			
27180 Golden Valley Rd Santa Clarita, CA 91350	(661) 259-9444	Call for Cost	E, Ch, Sp
<b>Sierra Madre Senior Center</b>			
232 W. Sierra Madre Blvd Sierra Madre, CA 91024	(626) 355-7135	Call for Cost	E, Ch, Sp

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Slauson Park MSC</b> 5306 S. Compton Ave Los Angeles, CA 90011	(323) 233-1174	Call for Cost	E
<b>South El Monte Senior Center</b> 1556 Central Ave S. El Monte, CA 91733	(626) 448-0131	Call for Cost	E, Sp
<b>St. Barnabas Senior Services</b> 675 S. Carondelet Street Los Angeles, CA 90057	(213) 388-4444 <a href="http://www.sbssla.org/">http://www.sbssla.org/</a>	Call for Cost	E, A, K, Sp, Tag
<b>Gilbert Lindsay MSC</b> 429 E. 42nd Place Los Angeles, CA 90011	(323) 846-7584	Call for Cost	E, Sp
<b>Valley Storefront Jewish Family Services</b> 12821 Victory Blvd N. Hollywood, CA 91606	(818) 984-1380 (877) 275-4537	Call for Cost	E
<b>Veterans Park Senior Club</b> 309 Esplanade Redondo Beach, CA 90277	(310) 318-0650 <a href="http://www.redondo.org/senior">www.redondo.org/senior</a>	Call for Cost	E
<b>Weingart Senior Center</b> 5220 Olivia Ave Lakewood, CA 90712	(562) 630-6141	Call for Cost	E, Sp
<b>West Covina Senior Citizens Center</b> 2501 E. Cortez West Covina, CA 91791	(626) 331-5366	Call for Cost	E, Sp
<b>West Hollywood Service Center</b> 7377 Santa Monica Blvd W. Hollywood, CA 90046	(323) 851-8202	Call for Cost	E
<b>Whittier Senior Center</b> 13225 Walnut Street Whittier, CA 90602	(562) 567-9470	Call for Cost	E
<b>Wilmington Senior Citizen Center</b> 1371 N. Eubank Ave Wilmington, CA 90744	(310) 518-4533	Call for Cost	E, Sp

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Wise &amp; Healthy Aging Adult Day Service Center</b> 1527 4th St. 2nd Floor Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E

### ARMENIAN/IRANIAN/RUSSIAN

<b>Armenian Senior Center</b> 407 E. Colorado Blvd Glendale, CA 91205	(818) 241-8690	Call for Cost	E, A
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### ASIAN/PACIFIC

<b>National Asian Pacific Center on Aging</b> 3727 W. 6th St. #619 Los Angeles, CA 90020	(202) 776-0306	Call for Cost	E, V, K, Tag, Sp, Tag, J
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### HISPANIC/LATINO

<b>El Sereno Senior Citizens Center</b> 4818 Klamath Pl Los Angeles, CA 90032	(323) 222-2040	Call for Cost	E, Sp
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## ALZHEIMER'S & DEMENTIA RESOURCES – LOS ANGELES COUNTY

### Adult Day Services

Adult Day Services are programs designed to provide stimulation in a safe environment during the day for adults with physical and mental functional impairment, including individuals with Alzheimer's disease and related disorders. These programs offer an opportunity for social interaction, promote health maintenance, foster independence, provide much-needed respite for family caregivers, or offer family members a safe place for their loved one to stay while they work.

### Websites Related To assisted Living Facilities:

California Association of Adult Day Services	<a href="http://www.caads.org">www.caads.org</a>
California Department of Health Care Services	<a href="http://www.dhcs.ca.gov">www.dhcs.ca.gov</a>
California Department of Social Services, Community Care Licensing	<a href="http://www.cclid.ca.gov">www.cclid.ca.gov</a>

### Assisted Living Facilities

<b>Place for Mom</b> Provides referrals to RCFEs & nursing facilities	(866) 518-0936 <a href="http://www.aplaceformom.com/">www.aplaceformom.com/</a>	Call for Cost	E, Sp
<b>Accent on Seniors</b> Provides referrals to RCFEs & nursing facilities statewide	(323) 576-1550 (949) 361-2093	Call for Cost	E, R, Sp

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>California Registry</b>			
Provides referrals to RCFEs & nursing facilities statewide	(800) 777-7575 <a href="http://www.calregistry.com">www.calregistry.com</a>	Call for Cost	E
<b>Concepts for Living</b>			
Provides referrals to RCFEs	(800) 414-4242	Call for Cost	E
<b>Connections Care Home Referrals</b>			
Provides referrals to RCFEs	(800) 330-5993	Call for Cost	E, Sp
<b>Elderlink Referral Services</b>			
Provides referrals to RCFEs & nursing facilities statewide	(800) 613-5772	Call for Cost	E
<b>Heart Light</b>			
Provides referrals to RCFEs	(310) 204-2223	Call for Cost	E
<b>Senior Placement Hotline</b>			
Provides referrals to RCFEs & nursing facilities in LA County	(877) 353-3756	Call for Cost	E
<b>Senior Residential Choices</b>			
Provides referrals to RCFEs	(800) 584-1855 <a href="http://www.sr-choices.com">www.sr-choices.com</a>	Call for Cost	E
<b>Southern California Senior Resources</b>			
Provides referrals to RCFEs	(949) 783-5349	Call for Cost	E, Sp

**Websites Related to Assisted Living Facilities:**

**CANHR California Advocates for Nursing Home Reform** – an online guide provides information for informed choices, care, and quality of life for CA long term care consumers.

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

**Alzheimer’s L.A.** – an online database of professional elder care providers and RCFEs

[www.alzla.org/resources](http://www.alzla.org/resources)

**Care Management**

Care management helps older adults and their families determine their needs and find the best available resources to meet those needs.

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Program Title	Contact	Cost	Languages
<b>GREATER LOS ANGELES (ALL AREAS)</b>			
<b>Alzheimer’s Association, Los Angeles</b>			
4221 Wilshire Blvd Suite 400 Los Angeles, CA 90010	(844) 435-7259 (323) 938-3379 <a href="http://www.alzglia.org">www.alzglia.org</a>	Call for Cost	E, Sp, Ch, J
<i>Offer Classes, workshops and educational materials for those with memory loss concerns and their families</i>			
<b>ANTELOPE VALLEY</b>			
<b>Antelope Valley Senior Center</b>			
777 W. Jackman Street Lancaster, CA 93534	(661) 726-4400	Call for Cost	E, Sp
<b>LOS ANGELES</b>			
<b>Access Healthcare Associates</b>			
9233 West Pico Blvd Suite 230 Los Angeles, CA 90035	(310) 356-8146 <a href="http://www.accesshealthca.com">www.accesshealthca.com</a>	Call for Cost	E
<b>AltaMed PACE</b>			
5425 E Pomona Blvd Los Angeles, CA 90022	(323) 728-0411	Call for Cost	E, Sp
<b>API CARE – Asian Pacific Counseling &amp; Treatment Center</b>			
520 S. Lafayette Park Place, Suite 300 Los Angeles, CA 90057	(213) 252-2100	Call for Cost	E
<b>Center for Health Care Rights</b>			
520 Lafayette Park Place Suite 214 Los Angeles, CA 90057	(213) 383-4519	Call for Cost	E
<b>Choice Home Care</b>			
14101 Valleyheart Dr. Suite 200 Sherman Oaks, CA 91423	(818) 894-4151	Call for Cost	E
<b>City of South Pasadena Community Services</b>			
1102 Oxley Street S. Pasadena, CA 91030	(626) 403-7360	Call for Cost	E, C, Sp

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Didi Hirsch Mental Health Services</b>			
4760 S. Sepulveda Blvd Culver City, CA 90230	(888) 807-7250 (310) 390-6612 ext. 896	Call for Cost	E, A, Sp
<b>Excellent In-Home Care</b>			
16601 Ventura Blvd Suite 506 Encino, CA 91436	(818) 755-4900	Call for Cost	E, Fa
<b>Gardena Senior Citizen's Bureau</b>			
1670 W. 162nd Street Gardena, CA 90247	(310) 217-9552	Call for Cost	E, J, Sp
<b>Glendale Adult Recreation Center</b>			
201 E. Colorado Street Glendale, CA 91205	(818) 548-3775	Call for Cost	E, A, Sp
<b>Gus Velasco Neighborhood Center</b>			
9255 Pioneer Blvd Santa Fe Springs, CA 90670	(562) 692-0261	Call for Cost	E
<b>Houghton Park Community Center</b>			
6301 Myrtle Ave Long Beach, CA 90805	(562) 570-1640	Call for Cost	E, Sp
<b>Human Services Association</b>			
6800 Florence Ave Bell Gardens, CA 90201	(562) 806-5400	Call for Cost	E, Sp
<b>La Fetra Center</b>			
333 E. Foothill Blvd. Glendora, CA 91741	(626) 914-0560	Call for Cost	E
<b>Lawndale Community Center</b>			
14700 Burin Ave. Lawndale, CA 90260	(310) 973-3270	Call for Cost	E, Sp
<b>LivHome</b>			
5670 Wilshire Blvd Suite 500 Los Angeles, CA 90036	(323) 933-5880	Call for Cost	E, J, R, Sp
<b>Ken Edwards Center</b>			
1527 4th Street Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E, Fa, Sp

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Partners in Care Foundation</b>			
732 Mott Street Suite 150 San Fernando, CA 91340	(818) 837-3775	Call for Cost	E, Sp
<b>The Caring Connection</b>			
10727 White Oak Ave Suite 206 Granada Hills, CA 91344	(818) 368-5007	Call for Cost	E, Sp, V
<b>ASIAN/PACIFIC</b>			
<b>Little Tokyo Service Center</b>			
231 E. 3rd Street Suite G106 Los Angeles, CA 90013	(213) 473-3030	Call for Cost	E, Ch, J, Sp
<b>Chinatown Service Center</b>			
112 N. Chandler Ave Suite 105 Monterey Park, CA 91754	(626) 293-8733 (213) 808-1700	Call for Cost	E, C, M
<b>Live Oak Park Community Center</b>			
10144 Bogue Street Temple City, CA 91780	(626) 579-0461	Call for Cost	E, Ch, J, Sp
<b>JEWISH</b>			
<b>Jewish Family Services Senior Outreach</b>			
3580 Wilshire Blvd Suite 700 Los Angeles, CA 90010	(323) 761-8800 <a href="http://www.jfsla.org">www.jfsla.org</a>	Call for Cost	E, Sp, Fa, R
<b>Jewish Family Services Freda Mohr Center</b>			
6310 San Vicente Blvd #275 Los Angeles, CA 90048	(323) 937-5900	Call for Cost	E, R, Sp
<b>Jewish Family Services of Los Angeles</b>			
12821 Victory Blvd N. Hollywood, CA 91606	(818) 984-1380	Call for Cost	E

### Diagnostic Centers

Diagnostic centers provide complete medical, neurological and psychological examinations to determine the possible causes of changes in memory

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>LOS ANGELES</b>			
<b>Alzheimer's Disease Research Center</b>			
<b>Memory &amp; Aging Center, Keck USC</b>	1520 San Pablo St. #3000 (800) 872-2273 Los Angeles, CA 90033	Call for Cost	E
<b>Geriatric Neurobehavioral Center</b>			
<b>USC/Rancho Los Amigos National Rehabilitation Center</b>	7601 E Imperial Highway (562) 401-8130 800 West Annex Downey, CA 90242	Call for Cost	E
<b>Mary S. Easton Center for Alzheimer's Disease Research at UCLA</b>			
<b>UCLA Memory Disorder Clinic at UCLA Medical Center, Westwood UCLA Neurological Services</b>	300 UCLA Medical Plaza, (310) 794-6039 Ste B200 Los Angeles, CA 90095-6975	Call for Cost	E
<b>Memory Disorders Clinic</b>			
<b>Sports Concussion Institute</b>	6101 W. Centinela Ave. (310) 643-9595 Suite 211 Culver City, CA 90230	Call for Cost	E
<b>Geriatric Psychology &amp; Memory Clinics</b>			
<b>West Los Angeles VA Healthcare Center</b>	11301 Wilshire Blvd (310) 478-3711 Bldg. 401 & 500 Los Angeles, CA 90073	Call for Cost	E
<b>SAN FERNANDO VALLEY</b>			
<b>Mary S. Easton Center for Alzheimer's Disease Research at UCLA</b>			
<b>Memory Disorders Clinic at Olive View- UCLA Med Center Clinic B 2A-185 Room 8</b>	14445 Olive View Drive (818) 212-4591 Sylmar, CA 91342-1437	Call for Cost	E
<b>Family Medicine Center</b>			
<b>801 S. Chevy Chase Drive</b>	(818) 500-5586 Suite 230 Glendale, CA 91205	Call for Cost	E
<b>Northridge Neurological Center</b>			
<b>18251 Roscoe Blvd</b>	(818) 349-2503 Suite 101 Northridge, CA 91325	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>S+AGE @ Sherman Oaks Hospital</b>			
4911 Van Nuys Blvd, Suite 307 Sherman Oaks, CA 91403	(818) 341-7243	Call for Cost	E
<b>VA Greater Los Angeles Healthcare System</b>			
<b>Sepulveda Ambulatory Care Center</b>			
16111 Plummer Street North Hills, CA 91343	(818) 891-7711	Call for Cost	E
<b>SAN GABRIEL VALLEY</b>			
<b>Huntington Memorial Hospital</b>			
<b>Geriatric Assessment Clinic</b>			
100 West California Blvd Pasadena, CA 91105	(626) 397-3127	Call for Cost	E
<b>Persona Neurobehavioral Group</b>			
2 N. Lake Ave Suite 800 Pasadena, CA 91101	(626) 449-2484	Call for Cost	E
<b>SOUTH BAY/HARBOR</b>			
<b>Harbor UCLA Family Health Center</b>			
1403 Lomita Blvd Suite 200 Harbor City, CA 90710	(310) 534-7600	Call for Cost	E
<b>Driving</b>			
California law requires that physicians report people diagnosed with dementia, including Alzheimer's, to the County Health Department. There are driving evaluation programs through area hospitals that assess whether a person can continue to drive safely. These evaluation programs require a physician's referral and are usually offered by appointment only. Fees vary.			
<b>Cedars-Sinai Medical Center</b>			
<b>Driving &amp; Vision Program</b>			
444 S. San Vicente Blvd Suite 701 Los Angeles, CA 90048	(310) 423-9242	Call for Cost	E
<b>Northridge Hospital</b>			
<b>Driver Preparation Program</b>			
18300 Roscoe Blvd 4th Floor, IFL Bldg. Northridge, CA 91328	(818) 855-5460	Call for Cost	E

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Rancho Los Amigos Medical Center</b>			
7601 E. Imperial Highway 900 Building, Room 91 Downey, CA 90242	(562) 401-7111	Call for Cost	E

### Early Stage Community Services

People are being diagnosed with dementia at earlier stages of the disease.

<b>Gilbert Table Tennis Program</b>			
<b>Westside Jewish Community Center</b>			
5870 W. Olympic Blvd Los Angeles, CA 90036	(323) 933-2531	Call for Cost	E

<b>Leeza's Care Connection at Providence St. Joseph Medical Center</b>			
501 S. Buena Vista St. Burbank, CA 91505	(818) 847-3686 <a href="http://www.leezasplace.org">www.leezasplace.org</a>	Call for Cost	E

<b>OPICA Adult Day Services and Counseling Services</b>			
11759 Missouri Ave Los Angeles, CA 90025	(310) 478-0226	Call for Cost	E

<b>WISE &amp; Healthy Aging</b>			
1527 4th St. 2nd Floor Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E

### Elder Abuse

*Elder abuse is the mistreatment or neglect of an older adult, either self-inflicted or inflicted by someone else. It can take the form of physical, sexual, and/or financial abuse. People with dementia are particularly vulnerable to elder abuse. Please contact any of the following agencies if you suspect abuse of an older adult.*

**Adult Protective Services:** Provides assistance and assessments for cases of suspected abuse

- Los Angeles County (213) 351-5401
- Los Angeles 24-Hour Line 1-800-992-1660 & 1-877-477-3646
- Outside of California 1-800-677-1116

**California Department of Aging (CDA):** The CDA administers programs that serve older adults, adults with disabilities, family caregivers and residents in long-term care facilities throughout the State.

- Senior Information Line 1-800-510-2020 [www.aging.ca.gov](http://www.aging.ca.gov)

**Center of Excellence on Elder Abuse and Neglect:**

- UCI School of Medicine (714) 456-6466 [www.centeronelderabuse.org](http://www.centeronelderabuse.org)
- Los Angeles County Department Community & Senior Services Phone: 2-1-1 <http://css.lacounty.gov>

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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- City of Los Angeles Dept. of Aging  
(213) 482-7252 Phone: 3-1-1  
<http://aging.lacity.org>

**WISE & Healthy Aging – Long Term Care Ombudsman Program:** Provides assistance in dealing with abuse associated with professional long-term care settings such as assisted living facilities, board and care homes and skilled nursing homes.

- Wise & Healthy Aging (310) 393-3618 & 1 (800) 334-9473 [www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org)

**Ombudsman:**

- State of California CrisisLine 1 (800) 231-4024 [www.aging.ca.gov/programs/ombudsman.asp](http://www.aging.ca.gov/programs/ombudsman.asp)  
(24/7)

**Health Associations**

American Heart Association & American Stroke Association			
816 S. Figueroa Los Angeles, CA 90017	(213) 291-7002 <a href="http://www.heart.org">www.heart.org</a>	Call for Cost	E

American Diabetes Association			
300 S. Raymond Ave. #9, Pasadena CA 91105	(800) 342-2383 <a href="http://www.diabetes.org">www.diabetes.org</a>	Call for Cost	E, Sp

**The Association for Frontotemporal Degeneration:** Provides general information regarding frontotemporal degeneration.

- The Association for Frontotemporal Degeneration: 1 (866) 507-7222  
[www.theaftd.org](http://www.theaftd.org)

**Lewy Body Dementia Association:** Provides general information regarding lewy body dementia.

- Lewy Body Dementia Association: [www.lbda.org](http://www.lbda.org)

**Parkinson’s Disease Association:** Provides general information regarding Parkinson’s disease.

- Parkinson’s Disease Association: 1 (800) 223-2732  
[www.apdaparkinson.org](http://www.apdaparkinson.org)

**Home Care**

**Government-Funded Homecare Programs:** A Los Angeles County Program that assists low income seniors by paying for in-home care

- In-Home Supportive Services (IHSS): 1 (888) 944-4477 or 1 (888) 822-9622

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**In-Home Supportive Services (IHSS) Ombudsman:** Provides assistance in resolving problems related to IHSS, as well as information about the program

In-Home Supportive Services (IHSS) Ombudsman: 1 (888) 678-4477

**Financial Assistance for Homecare:** Provides interest-free loans of up to \$2,000 for in-home care

Jewish Free Loan Association: (323) 761-8830  
[www.jfla.org](http://www.jfla.org)

**Los Angeles Caregiver Resources Center:** A program of the USC Family Caregiver Support Center provides limited financial home care assistance for those who qualify, support groups, information and resources.

Los Angeles Caregiver Resources Center: 1 (800) 872-6060  
[www.losangelescrc.org](http://www.losangelescrc.org)

## Hospice Care

### All Care Hospice

100 W. Broadway Ave. Suite 810 Glendale, CA 91210	(818) 241-9108	Call for Cost	E
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### Assisted Home Hospice

8550 Balboa Blvd Suite 282 Northridge, CA 91325	(805) 371-7306	Call for Cost	E
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### Los Angeles Hospice

685 S. Carondelet St. 2nd Floor Los Angeles, CA 90057	(888) 578-8885 (213) 351-1030	Call for Cost	E
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### Providence TrinityCare Hospice

5315 Torrance Blvd #B1 Torrance, CA 90503	1 (800) 535-8446	Call for Cost	E
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### Roze Home Hospice

5000 Overland #101 Culver City, CA 90230	(800) 828-9017 (310) 202-7693	Call for Cost	E
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### Silverado Hospice

601 S. Glenoaks Blvd Suite 201 Los Angeles, CA 91502	(888) 469-1810 (818) 848-4048	Call for Cost	E
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**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Skirball Hospice</b> 6345 Balboa Blvd #315 Encino, CA 91316	(877) 774-3040	Call for Cost	E
<b>Visiting Nurse Association Support</b> 150 W. 1st St. Suite 176 Claremont, CA 91107	(909) 621-3961	Call for Cost	E
<b>VITAS Innovative Hospice Care</b> 1343 N. Grand Ave Covina, CA 91724	(626) 974-2000 (310) 324-2273	Call for Cost	E

### **Websites Related to Hospice Care**

- Hospice Association of America <http://hospice.nahc.org/>
- Hospice Foundation of America <https://hospicefoundation.org/>
- National Association of Homecare and Hospice <https://www.nahc.org/>
- National Hospice and Palliative Care Organization <https://www.nhpco.org/>

### **Housing Resources**

The following agencies assist individuals in locating low-income housing and in dealing with tenants' rights.

**Alternative Living for the Aging:** Provides co-operative housing and free roommate matching services

- **Alternate Living for the Aging** (323) 650-7988

**City of Los Angeles Housing Department:** Rent Stabilization Ordinance

- **Rent Stabilization Division** 1 (866) 577-7368

**Los Angeles County Housing Resource Center**

- **Los Angeles County Housing Resource Center:** Senior Resources  
Phone: 2-1-1  
1 (877) 428-8844  
[www.housing.lacounty.gov](http://www.housing.lacounty.gov)

**Menorah Housing Foundation:** Offers affordable senior housing for those who qualify

- **Menorah Housing Foundation** (310) 475-6083

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**US Department of Housing and Urban Development:** Provides information on rental assistance and subsidy programs

- **Office of Public Health** (213) 894-8000

### Information & Referral

The following are helpful resources for information related to government, social services, healthcare, or Medicare/Medi-Cal-related issues in Los Angeles County.

#### Alzheimer’s Association California South Chapter

4221 Wilshire Blvd Suite 400 Los Angeles, CA 90010	1 (800) 272-3900	Call for Cost	E
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#### Los Angeles Department of Aging

221 N. Figueroa St. Suite 500 Los Angeles, CA 90012	1 (800) 510-2020 <a href="https://aging.lacity.org/">https://aging.lacity.org/</a>	Call for Cost	E, Ch, K, Tag, Sp, V
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**211 Los Angeles County:** Provides referrals to government, transportation, health and social services in Los Angeles County 24 hours/day, 7 days/week. Services also in Spanish.

- Phone: 2-1-1** <https://www.211la.org/>

### Insurance & Social Security

The services listed below are sponsored by State and Federal government and may assist you in financial planning and determining healthcare options.

**CA Department of Insurance Consumer Hotline:** Assists with insurance complaints, claims, information and referrals

- **CA Department of Insurance Consumer Hotline** 1 (800) 927-4357

**Center for Healthcare Rights:** Provides insurance counseling related to benefit enrollment and general questions.

- **Center for Healthcare Rights** 1-855-613-7080 [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

**Department of Public Social Services:** Request a printed Medi-Cal (aka Medicaid) application.

- **Department of Public Social Services** 1 (877) 597-4777

**Health Care Options:** Select or make changes to Medi-Cal managed care health plans.

- **Health Care Options** 1 (800) 430-4263

**Medi-Cal Managed Care Ombudsman:** Provides assistance resolving problems with Medi-Cal Managed Care Plans

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<ul style="list-style-type: none"> <li>➤ <b>Medi-Cal Managed Care Ombudsman</b></li> </ul>		1 (888) 452-8609	
<b>Medi-Cal Telephone Service Center:</b> Select or make changes to Medi-Cal managed care health plans.			
<ul style="list-style-type: none"> <li>➤ <b>Medi-Cal Telephone Service Center</b></li> </ul>		1 (800) 541-5555	
<b>Medicare:</b> Provides health benefits determined by age and severe disability			
<ul style="list-style-type: none"> <li>➤ <b>Medicare</b></li> </ul>		1 (800) MEDICARE (633-4227)	
<b>Social Security: Provides assistance with Social Security matters and Medicare complaints</b>			
<ul style="list-style-type: none"> <li>➤ <b>Social Security</b></li> </ul>		1 (800) 772-1213	<a href="http://www.ssa.gov">www.ssa.gov</a>

### Websites Related to Social Security

- **Administration for Community Living** [www.acl.gov](http://www.acl.gov)
- **Centers for Medicare & Medicaid Services** [www.cms.gov](http://www.cms.gov)
- **Covered California** [www.coveredca.com](http://www.coveredca.com)  
Determine eligibility and apply for Medi-Cal (aka Medicaid) on-line
- **National Council on Aging Benefits Checkup** [www.benefitscheckup.org](http://www.benefitscheckup.org)  
Determine eligibility for programs
- **Government Info for Seniors** [www.usa.gov](http://www.usa.gov)
- **California Dept. of Health Care Services** [www.dhcs.ca.gov](http://www.dhcs.ca.gov)  
Medical Forms
- **U.S Dept. of Health & Human Services** [www.hhs.gov](http://www.hhs.gov)
- **The U.S. Social Security Administration** [www.ssa.gov](http://www.ssa.gov)

### Legal Assistance & Information

*Asset protection, advance directive, and conservatorships are very important issues to consider when planning for your future and making plans for care. It is wise to consult with professional attorney, financial partners, or other specialists to help you with your legal and financial needs.*

**Bet Tzedek Legal Services:** Provides free legal assistance to low-income older adults. Also focus on prevention of elder abuse.

- **Bet Tzedek Legal Services** (323) 939-0506 [www.bettzedek.org](http://www.bettzedek.org)

**California Advocates for Nursing Home Reform (CANHR):** Provides consumer counseling, family council organizing, legal support, advocacy support and attorney referral service.

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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- **Consumer Hotline** 1 (800) 474-1116 [www.canhr.org](http://www.canhr.org)

**Center for Health Care Rights:** Provides legal assistance for Medicare & Medi-Cal beneficiaries. (Los Angeles only)

- **Center for Health Care Rights:** Provides legal assistance for Medicare & Medi-Cal beneficiaries. (Los Angeles only) 1 (800) 824-0780 & (213) 383-4519

**H.E.L.P Health Care & Elder Law Programs:** Provides free legal assistance and referrals

- **H.E.L.P** (310) 533-1996

**Office of the Public Guardian:** Provides information on conservatorships and assistance in locating family members of people who have died. Also provides estate management.

- **Office of the Public Guardian** (213) 974-0502

**Los Angeles County Bar Association Lawyer Referral & Information Service**

- **LA County Bar Association** (213) 627-2727

**Los Angeles Caregiver Resource Center:** Provides attorney referrals

- **LA Caregiver Resource Center** 1 (855) 872-6060

**Smart Law:** Provides free legal information line

- **Smart Law** (866) SMARTLAW (866-762-7852)

**Websites Related to Legal & Financial Issues**

- **American Bar Association Commission on Law and Aging** [www.abanet.org/aging](http://www.abanet.org/aging)
- **Bet Tzedek** [www.bettzedek.org](http://www.bettzedek.org)
- **California State Bar** [www.calbar.ca.gov](http://www.calbar.ca.gov)
- **Caring Connections** [www.caringinfo.org](http://www.caringinfo.org)
- **National Academy of Elder Law Attorneys** [www.naela.org](http://www.naela.org)
- **State of California** [www.ca.gov](http://www.ca.gov)

**Local Senior Centers**

*These centers often provide care management services and access to the Meals on Wheels Program. To receive a list of local senior centers, call 1-800-272-3900. The following Agencies on Aging can provide referrals to local senior centers and information about services available to older individuals in their communities.*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
➤ <b>LA County Area Agency on Aging</b>	(213) 738-2600		<a href="https://wdacs.lacounty.gov/">https://wdacs.lacounty.gov/</a>
➤ <b>City of Los Angeles Dept. of Aging</b>	1 (800) 510-2020 (213) 252-4000		<a href="https://aging.lacity.org/">https://aging.lacity.org/</a>

### Medication Coverage

When purchasing prescription drugs online, patients should exercise caution. The Federal Food and Drug Administration offers pointers on its websites: [www.fsa.gov](http://www.fsa.gov)

➤ <b>American Association of Retired Persons (AARP)</b>	1 (800) 456-2277		<a href="http://www.aarp.com">www.aarp.com</a>
➤ <b>Costco</b>	1 (800) 607-6861		<a href="http://www.costco.com">www.costco.com</a>
➤ <b>Partnership for Prescription Assistance</b>	1 (877) 477-2669		<a href="http://www.pparx.org">www.pparx.org</a>
➤ <b>Prescription Solutions</b>	1 (800) 788-4863		<a href="http://www.rxolutions.com">www.rxolutions.com</a>
➤ <b>Rx Hope</b>	1 (877) 267-0517		<a href="http://www.rxhope.com">www.rxhope.com</a>
➤ <b>Veterans Administration</b>	1 (877) 222-VETS		<a href="http://www.va.gov">www.va.gov</a>

The services listed below provide affordable medication to low-income seniors:

➤ <b>Novartis Patient Assistance Foundation</b>	1 (800) 277-2254		<a href="http://www.pharma.us.novartis.com">www.pharma.us.novartis.com</a>
➤ <b>Pfizer</b>	1 (866) 776-3700		<a href="http://www.pfizer.com">www.pfizer.com</a>

### Mental Health

A variety of services are available to assist caregivers and people with Alzheimer's or other dementias during the stages of the disease process. While many caregivers benefit from support groups, some may find that they need more support. The following agencies offer assistance in the area of counseling to help with feelings of depression, anxiety, anger and/or frustration. While contacting an agency, please keep in mind that services differ from one place to another. We encourage you to ask questions that will help you determine which services best meet your needs.

#### Los Angeles County Mental Health Programs

<b>Department of Mental Health</b> Provides referrals & crisis intervention	1 (800) 854-7771		<a href="https://dmh.lacounty.gov">https://dmh.lacounty.gov</a>
<b>Genesis Program</b> Offers mental health assessments for people over the age of 60	(213) 351-7284		
	1 (800) 540-4442		

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Los Angeles Caregiver Resource Center</b>			
Assists those who care for adults in Los Angeles County who are permanently brain impaired and 18 years or older			
<b>Asian Pacific Health Care Venture, Inc</b>	(323) 644-3888		
Services also in Cantonese, Cambodian, Japanese, Mandarin, Spanish, Thai and Tagalog			
<b>Chinatown Service Center</b>	(213) 808-1700		
Services also in Cantonese and Mandarin			
<b>Didi Hirsch Community Mental Health Center</b>	(310) 390-6612 & (310) 390-8896 or (888) 807-7250		
Services also in Spanish			
<b>East Los Angeles Mental Health Services</b>	(323) 725-1337		
Services also in Spanish			
<b>Little Tokyo Service Center</b>	(213) 473-3030		
Services also in Chinese, Japanese, Korean and Spanish			
<b>Mental Health America</b>	(562) 285-1330		
<b>Women Helping Women Services</b>	(323) 655-3807		
<b><u>Community Health Programs – San Fernando Valley</u></b>			
<b>Northridge Hospital Medical Center Mental Health Services</b>	(818) 855-5484		
<b>S+AGE @ Sherman Oaks Hospital</b>	(818) 341-7243		
<b><u>Community Health Programs – San Gabriel Valley</u></b>			
<b>Center for Aging Resources</b>	(626) 577-8480		
<b>Glendale Adventist Medical Center Psychiatric Institute</b>	(818) 409-8027		
<b>Las Encinas Hospital – Pasadena</b>	(626) 795-9901		
<b>Huntington Hospital Senior Care Center Network – Pasadena</b>	(626) 397-3110		
<b>Pacific Clinics Help Line</b>	(626) 441-4221 (877) 722-2737		
Services also in Spanish			

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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**Community Health Programs – South Bay/Harbor**

<b>Bridges Program</b> San Pedro Peninsula Hospital	(310) 514-5359		
<b>Beach Cities Health District</b>	(310) 374-3426		
<b>Jewish Family Services</b>	(562) 427-7916		
<b>San Pedro Peninsula Hospital</b>	(310) 514-5359		

**Multipurpose Senior Services Program**

MSSP is only for individuals who receive Medi-Cal and helps coordinate and manage services to ensure that they get the help needed. These services are specifically designed for frail older adults who are at high risk for placement in a nursing home.

**AltaMed Health Services Corp.**

512 S. Indiana Street Los Angeles, CA 90063	(323) 307-0160	Call for Cost	E, Sp
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**Huntington Memorial Hospital**

837 S. Fair Oaks Ave Pasadena, CA 91105	(626) 397-3110	Call for Cost	E, Sp
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**Partners in Care Foundation**

732 Mott Street Suite 150 San Fernando, CA 91340	(818) 837-3775	Call for Cost	E, Sp
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**Nutrition**

**Los Angeles County Health & Nutrition Hotline:** Provides information on nutritional programs in Los Angeles County

- > **Health & Nutrition** 1 (877) 597-4777

**Los Angeles Regional Food Bank:** Provides food distribution for low income seniors

- > **Brown Bag Program** (323) 234-3030

**St. Vincent Meals on Wheels Program:** Provides home delivered meals to the elderly. Meals on Wheels programs are often administered through local senior centers.

(213) 484-7775

**Safety**

*Alzheimer’s causes changes in the brain that may affect safety. Depending on the stage of the disease, these can include changes in judgement, abstract thinking, sense of time/place and behavior. Taking measures to ensure safety at all times can help prevent injuries, and it can help people with dementia feel relaxed and less overwhelmed.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
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### Home Modification

#### Accessible Design and Consulting

6207 W. 83<sup>rd</sup> Place (310) 215-3332 Call for Cost E  
 Los Angeles, CA 90045 [www.accessibleconstruction.com](http://www.accessibleconstruction.com)

#### Forever Active

18 E. Bellevue Drive (626) 389-8790 Call for Cost E  
 Pasadena, CA 91105 [www.foreveractivemed.com](http://www.foreveractivemed.com)

#### Stayhome Safe

30 N. Raymond Ave (626) 792-0070 Call for Cost E  
 Pasadena, CA 91103 [www.stayhomesafe.com](http://www.stayhomesafe.com)

**Active Homes** 1 (855) 924-7663 [www.aginginplacemods.com](http://www.aginginplacemods.com)  
 Aging in Place Home Modification

**Jewish Family Services Beverly Hills Handyworker Program** (310) 272-7890  
 (877) 275-4537  
 Free minor home repairs for low-income individuals, seniors and disabled adults living in Beverly Hills

### Other Safety Services:

**MedicAlert Foundation** 1 (800) 432-5378  
*A 24-hour nationwide emergency response service for individuals who wander or have a medical emergency. We provide 24-hour assistance, no matter when or where the person is reported missing. There is an initial enrollment fee of \$55 and a \$35 annual program fee. Scholarships are available for families in financial need. Contact helpline for information and enrollment.*

**To report a wandering incident, call 911. Then call 1-800-625-3780**

**Lifeline: Cedars-Sinai Medical Center** (310) 423-5468  
*A personal response service that provides 24-hour assistance via a push button device worn by the individual registered in the program.*

**LA Found** (833) 569-7651 LAfound.com

**Medic Alert Center** (866) 940-4401

**Project Lifesaver International** (877) 580-5433

**LoJack SafetyNet Tracking** (877) 434-6384

### Senior Services

#### American Association of Retired Persons (AARP)

200 S. Los Robles Ave 1 (866) 448-3615 Call for Cost E  
 Suite 400  
 Pasadena, CA 91101 [www.aarp.org](http://www.aarp.org)

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Asian Pacific Health Care Venture</b>			
1530 Hillhurst Ave Suite 200 Los Angeles, CA 90027	(323) 644-3880	Call for Cost	E, C, J, Kh, M, Sp, Tag, T, V
<b>Beach Cities Health District</b>			
514 N. Prospect Ave #102 Redondo Beach, CA 90277	(310) 374-3426	Call for Cost	E
<b>California Telephone Access Senior Telephone Program</b>			
2002 Iowa Ave Suite 106 Riverside, CA 92507	1 (800) 806-1191	Call for Cost	E
<b>Los Angeles Department of Aging</b>			
221 N Figeroa St. Suite 500 Los Angeles, CA 90012	1 (800) 510-2020 (213) 482-7252	Call for Cost	E
<b>Eldercare Locator</b>			
514 N. Prospect Ave 3rd Floor Redondo Beach, CA 90277	1 (800) 677-1116	Call for Cost	E
<b>Life Long: Sisters Staying Healthy</b>			
2239 W. Washington Blvd Los Angeles, CA 90018	(310) 732-1350	Call for Cost	E
<b>Lumina Healthcare</b>			
5220 Pacific Concourse Dr; Suite 120 Los Angeles, CA 90045	1 (800) 373-5400 <a href="http://www.luminahealthcare.com">www.luminahealthcare.com</a>	Call for Cost	E
<i>Provides Mobile Dental Care</i>			
<b>Mexican American Opportunity Foundation</b>			
401 N. Garfield Ave. Montebello, CA 90640	(323) 890-9600	Call for Cost	E, Sp
<b>National Asian Pacific Center on Aging</b>			
3727 W. 6th Street Suite 619 Los Angeles, CA 90020	(213) 365-9005	Call for Cost	E

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<b>Oasis-Baldwin Hills</b>			
<b>Baldwin Hills Crenshaw Plaza, Macy's, 3rd Floor</b> 4005 Crenshaw Blvd. Los Angeles, CA 90008	(323) 291-3414	Call for Cost	E
<b>Oasis-Westside</b>			
1527 4th St. Santa Monica, CA 90401	(310) 857-1527	Call for Cost	E
<b>UCLA Healthcare 50 Plus Program</b>			
1821 Wilshire Blvd, #600 Santa Monica, CA 90403	1 (800) 516-5323	Call for Cost	E
<b>UCLA Eldercare Support Group</b>			
10920 Wilshire Blvd Los Angeles, CA 90024	(310) 794-0245	Call for Cost	E
<b>WISE &amp; Healthy Aging</b>			
1527 4th St., #2 Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E
<b>American Diabetes Association</b>			
300 S. Raymond Ave. Suite 9 Pasadena, CA 91105	(323) 966-2890 <a href="http://www.diabetes.org">www.diabetes.org</a>	Call for Cost	E

## Transportation

The following are transportation services for seniors and/or disabled individuals including people with dementia. It is important to keep in mind that these services may or may not provide additional assistance when needed. Please call ahead to ensure your special needs can be met.

<b>TLC Senior Helpers</b>			
6245 Bristol Parkway Suite 429 Culver City, CA 90203	(310) 338-7247 1 (888) 852-3783	Call for Cost	E
➤ <b>Access Services</b>	1 (800) 827-0829		
<i>Provides transportation for disabled individuals including people with Alzheimer's</i>			
➤ <b>City Ride &amp; Dial-a-Ride &amp; Taxi Service</b>	(323) 666-0895 & (818) 908-1901		

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<p>➤ <b>Little Tokyo Service Center</b></p> <p><i>Provides transportation services to SSI and medical appointments in specific geographic areas in LA County</i></p>	(213) 473-3030		
<p>➤ <b>Wise and Healthy Aging Senior Services</b></p> <p><i>This service provides low-cost, shared ride service and curb-to-curb transportation in the West Los Angeles area</i></p>	(310) 394-9871		

## SENIOR RESOURCES – ORANGE COUNTY

<p><b>Anaheim Independencia Center</b></p> <p>10841 Garza Anaheim, CA</p>	(714) 826-9070	Call for Cost	E
<p><b>Anaheim Senior Center</b></p> <p>250 E. Center Anaheim, CA</p>	(714) 765-4500	Call for Cost	E
<p><b>Brea Senior Center</b></p> <p>500 S. Sievers Ave Brea, CA</p>	(714) 990-7750	Call for Cost	E
<p><b>Buena Park Senior Center (Ehlers Event Center)</b></p> <p>8150 Knott Buena Park, CA</p>	(714) 236-3870	Call for Cost	E
<p><b>Costa Mesa Senior Center</b></p> <p>695 W. 19<sup>th</sup> Street Costa Mesa, CA 92627</p>	(714) 327-7550	Call for Cost	E
<p><b>Oasis Senior Center</b></p> <p>801 Narcissus Ave. Corona Del Mar, CA 92625</p>	(949) 644-3244	Call for Cost	E
<p><b>West Anaheim Senior Center</b></p> <p>2271 W. Crescent Anaheim, CA 92801</p>	(714) 765-3415	Call for Cost	E
<b>ASIAN/PACIFIC</b>			
<p><b>Abrazar Senior Center</b></p> <p>14900 Park Ln, Midway City, CA 92655</p>	(714) 893-3581	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Asian American Senior Center</b> 850 N. Birch Santa Ana, CA	(714) 560-8877	Call for Cost	E, Ca, M, V
<b>Florence Sylvester Senior Center</b> 23721 Moulton Pkwy Laguna Hills, CA	(949) 380-0155	Call for Cost	E
<b>Huntington Beach Senior Outreach</b> 18041 Goldenwest St. Huntington Beach, CA 92647	(714) 960-2478	Call for Cost	E
<b>Korean American Seniors Association</b> 9884 Garden Grove Blvd Garden Grove, CA 92844	(714) 539-3223	Call for Cost	E, K
<b>La Habra Community Center</b> 101 W. La Habra Blvd La Habra, CA 90631	(562) 905-9748	Call for Cost	E
<b>Laguna Beach Senior Services &amp; the Susi Q Center</b> 380 Third St. Laguna Beach, CA 92651	(949) 464-6645	Call for Cost	E
<b>Lakeview Senior Center</b> 20 Lake Rd. Irvine, CA 92604	(949) 724-6900	Call for Cost	E
<b>Los Alamitos Senior Center</b> 10911 Oak Street Los Alamitos, CA 90720	(562) 430-1073	Call for Cost	E
<b>Midway City Community Center</b> 14900 Park Lane Midway City, CA 92655	(714) 893-3581	Call for Cost	E
<b>Norman P. Murray Senior Center</b> 24932 Veterans Way Mission Viejo, CA 92692	(949) 470-3062	Call for Cost	E
<b>Orange Senior Center</b> 170 S. Olive Street Orange, CA 92866	(714) 538-9633	Call for Cost	E
<b>Placentia Senior Center</b> 143 S. Bradford Placentia, CA 92870	(714) 986-2332	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>Rancho Senior Center</b> 3 Ethel Coplen Way Irvine, CA 92612	(949) 724-6800	Call for Cost	E
<b>San Clemente Senior Center</b> 242 Avenida Victoria San Clemente, CA 92672	(949) 498-3322	Call for Cost	E
<b>San Juan Capistrano Senior Center</b> 25925 Camino Del Avion San Juan Capistrano, CA 92675	(949) 493-1171	Call for Cost	E
<b>Santa Ana Senior Center</b> 424 W. 3 <sup>rd</sup> Street Santa Ana, CA 92701	(714) 647-6540	Call for Cost	E
<b>Sea Country Senior Center</b> 24602 Aliso Creek Road Laguna Niguel, CA 92677	(949) 425-5151	Call for Cost	E
<b>Seal Beach Senior Centers</b> 3333 St. Cloud Dr. Seal Beach, CA 90740  707 Electric Ave. Seal Beach, CA 90740	(562) 431-2527	Call for Cost	E
<b>Southern California Indian Center</b> 10175 Slater Ave. Fountain Valley, CA 92708	(714) 962-6673	Call for Cost	E
<b>Tustin Senior Center</b> 200 S. C Street Tustin, CA 92780	(714) 573-3340	Call for Cost	E
<b>Vietnamese Community of Orange County</b> 1618 W. 1 <sup>st</sup> Street Santa Ana, CA 92703	(714) 558-6009	Call for Cost	E, V
<b>Westminster Senior Center</b> 8200 Westminster Blvd. Westminster, CA 92683	(714) 895-2878	Call for Cost	E
<b>Yorba Linda Community Center</b> 4501 Casa Loma Yorba Linda, CA 92886	(714) 961-7181	Call for Cost	E

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese*

Program Title	Contact	Cost	Languages
<b>JEWISH</b>			
<b>Cypress Senior Center</b>			
9031 Grindlay Cypress, CA 90630	(714) 229-2005	Call for Cost	E
<b>Dana Point Senior Center</b>			
34052 Del Obispo St. Dana Point, CA 92629	(949) 496-4252	Call for Cost	E
<b>Fountain Valley Senior Recreation Center</b>			
17967 Bushard St. Fountain Valley, CA 92708	(714) 593-4446	Call for Cost	E
<b>Fullerton Senior Citizens Club</b>			
340 W. Commonwealth Fullerton, CA 92832	(714) 738-6353	Call for Cost	E
<b>H. Louis Lake Senior Center</b>			
11300 Stanford Ave Garden Grove, CA 92840	(714) 741-5253	Call for Cost	E
<b>Merage Jewish Community Center of OC</b>			
1 Federation Way, #200 Irvine, CA 92603	(949) 435-3400	Call for Cost	E

## **TEEN RESOURCES – LA/ORANGE COUNTIES**

<b>Big Brothers and Big Sisters of Los Angeles</b>			
3150 N. San Fernando Rd Suite C Los Angeles, CA 90065	(213) 213-2400	Call for Cost	E, Sp
<b>Los Angeles Friends of the Family/Young Moms</b>			
16861 Parthenia St. Northridge, CA 91343	(818) 988-4430	Call for Cost	E
<i>Offers Information &amp; Support Programs for Young Mothers between the Ages of 15-25 Years. Transportation, Meals and Childcare are Provided for Eligible Participants.</i>			
<b>Help Line Youth Counseling</b>			
12440 E. Firestone Blvd Suite 316 Norwalk, CA 90650	(562) 864-3722	Call for Cost	E, Sp

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**Pregnant Minor Program**

6119 Agra Bell Gardens, CA	(323) 887-7946	Call for Cost	E, Sp
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*Provides Services to Pregnant Teens Who Want to Continue Their Education*

**Project JADE Youth Diversion**

3071 Firestone Blvd. South Gate, CA 90280	(323) 567-2653	Call for Cost	E, Sp
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*Offers Youth Diversion & Delinquency Prevention Program, Providing Family & Group Counseling, parenting Classes, Tutorial Assistance & Gang Prevention*

**Reiss Davis Child Study Center**

3200 Motor Ave Los Angeles, CA 90034	(310) 733-2581	Call for Cost	E
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*Provides Short & Long Term Psychotherapy for Children, Adolescents, Parent Guidance, and Special Programs for Divorcing Families, Stepfamilies and Children with Learning Problems*

**St. Anne's Outreach**

155 N. Occidental Blvd Los Angeles, CA 90026	(213) 381-2931 <a href="https://stannes.org/">https://stannes.org/</a>	Free	E, Sp
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*Probation or DCTS Has to Refer Teenagers, Ages 12-18. Program Provides Residential Care for Teenagers and their Baby's Birth-4 years*

**Star View Community Services**

10230 Artesia Blvd. Ste 104 Bellflower, CA 90706	(562) 356-9692 <a href="http://www.starsgroup.org">www.starsgroup.org</a>	Call for Cost	E
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*Outpatient Mental Health Program for Adolescents, Their Families, Foster Families or Group Homes*

**YMCA – Los Cerritos Branch**

15530 Woodruff Ave Bellflower, CA 90706	(562) 925-1292	Call for Cost	E
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*Provides Teen Leadership & Mentoring*

**ASIAN/PACIFIC**

**Korean Town Youth & Community**

680 S. Wilton Pl Los Angeles, CA 90005	(213) 365-7400 <a href="http://www.kyccla.org">www.kyccla.org</a>	Call for Cost	E, Sp, K
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*Offers Programs & Services That Are Specifically Directed towards Recently Immigrated Economically-Disadvantaged Youth & Their Families Who Experience Coping & Adjustment Difficulties due to Language & Cultural Barriers*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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**JEWISH**

<b>Jewish Big Brothers Big Sisters of Los Angeles</b>			
6505 Wilshire Blvd, #600 Los Angeles, CA 90048	(323) 761-8675	Call for Cost	E, R

*Serves Jewish Single Parent Children, 6-18 Years, Pairing Them with Adult Male Role Models; Parent & Child Counseling Are Available*