

COMMUNITY INFORMATION & RESOURCE LIST

SERVICE TYPE	ORGANIZATION/PROVIDER	PHONE	SERVICE NOTE	COST
REFERRAL RESOURCES	allcove Beach Cities Beach Cities Health District 2-1-1 Los Angeles County	(310) 374-5706 (310) 374-3426 2-1-1 / www.211LA.org	Integrated youth mental health center, ages 12 – 25 years (Opt. 1 - Information and Referrals) (Opt. 2 - Youth Services) Referral service for emergency food, clothing, shelter, etc.	Toll Free
ABUSE HOTLINES	ADULT PROTECTIVE SERVICES (GENERAL) ADULT PROTECTIVE SERVICES (MANDATED REPTS) DEPT. OF CHILDREN & FAMILY SERVICES	(877) 477-3646 (888) 202-4248 (800) 540-4000	To Report Elder Abuse (General Public Hotline) Elder Abuse (Mandated Reporter Hotline) To report Child Abuse	Toll Free
CRISIS HOTLINES	911 EMERGENCY RESPONSE 988 SUICIDE & CRISIS LIFELINE ACCESS (LAC DEPT. OF MENTAL HEALTH) TEEN LINE – DIDI HIRSCH	9-1-1 9-8-8 (800) 854-7771 (800) 852-8336	Immediate assistance from Fire and Police Depts. Nationwide suicide and crisis line connects to local call center Crisis services available to anyone Text “839863” hotline for peer-to-peer youth support	
BEHAVIORAL AND MENTAL HEALTH	ACCESS (LAC DEPT OF MENTAL HEALTH) TELECARE URGENT CARE CENTER (Long Beach) EXODUS URGENT CARE CENTER (Westside) MANHATTAN BEACH COMMUNITY COUNSELING SOUTH BAY CHILDREN'S HEALTH – CHILD GUIDANCE DIDI HIRSCH COUNSELING PROGRAMS SOUTH BAY MENTAL HEALTH CENTER (Hawthorne)	(800) 854-7771 (562) 790-1860 (310) 253-9494 (310) 683-3243 (310) 328-0855 (310) 677-7808 (323) 241-6730	Mental Health Emergency & Non-Emergency Urgent Psych (Adults Only) Mon – Fri 8:00 AM – 7:00 PM Urgent Psych (Adults Only) Mon – Fri 8:00 AM – 7:00 PM Counseling for individuals, families and groups Counseling for children / Child Guidance All Ages Suicide Crisis Hotline Mental Health, Mental Illness, and Substance Abuse	Medi-Cal/Medicare Medi-Cal / All Insurances Medi-Cal / Medicare Sliding Scale Medi-Cal Co-pay Medi-Cal / Low Cost
DOMESTIC VIOLENCE	LA COUNTY DOMESTIC VIOLENCE HOTLINE 1736 FAMILY CRISIS CENTER YWCA SEXUAL ASSAULT CRISIS LINE RAINBOW SERVICES HOTLINE & OUTREACH RBDP DOMESTIC VIOLENCE ADVOCATES MBPD VICTIM ASSISTANCE TEAM (VAT)	(800) 978-3600 (310) 370-5902 (877) 943- 5778 (310) 547-9343 (310) 379-2477 x2336 (310) 802-5185	Referrals to services in area (24 hour) Shelter services for victims of domestic violence Local rape crisis center for Los Angeles County Domestic violence services & hot line, emergency shelter 24-hour advocate response, referrals, court assistance 24-hour advocate response, referrals, court assistance	Toll Free Number No Cost No Cost Ability to Pay No Cost No Cost
VACCINATIONS/ IMMUNIZATIONS	CURTIS TUCKER HEALTH CENTER - LA SOUTH BAY FAMILY HEALTH CARE TORRANCE HEALTH CENTER - LA COUNTY	(310) 419-5393 (310) 802-6170 (310) 354-2300	Free Immunizations Part of Venice Family Clinic and confidential HIV/STD testing Walk-in Wed 2-5 p.m. First 10 patients. Register at 1:30	No Cost Sliding Scale/No Cost No Cost
PUBLIC HEALTH MEDICAL/DENTAL	HARBOR-UCLA MEDICAL CENTER MLK MULTI-SERVICE AMBULATORY CARE CENTER SOUTH BAY FAMILY HEALTH CARE VASEK POLAK HEALTH CLINIC	(310) 222-2345 (424) 338-1000 (310) 802-6170 (310) 355-0100	Emergency medical & psychiatric; tooth extract by appt. Walk-in urgent care center, specialty clinics & dental Part of Venice Family Clinic and confidential HIV/STD testing Primary care, prenatal/pediatric medical, general medical	Co-Pay Ability to Pay Ability to Pay Flat Fees, starting at \$50.00
OLDER AND/OR DISABLED ADULTS	BCHD COMMUNITY SERVICES DISABILITY COMMUNITY RESOURCE CENTER	(310) 374-3426 Opt. 1 (888) 851-9245	(Officer of the Day) Care management, Info & Referrals Services to maximize the independence of people with disabilities	Co-Pay for some services No Cost

COMMUNITY INFORMATION & RESOURCE LIST

PARENTING CLASSES	SOUTH BAY ADULT SCHOOL RICHSTONE FAMILY CENTER SOUTH BAY FAMILIES CONNECTED	(310) 376-6211 (310) 970-1921 <i>southbayfamiliesconnected.org</i>	South Bay parent education classes and pre-school Parenting classes (English and Spanish) Substance use prevention, bullying and general resources:	Tuition Based Sliding Scale/flat fee Free
SUBSTANCE ABUSE	LA COUNTY DEPT OF SUBSTANCE ABUSE PREVENTION BHS/NCADD SOUTH BAY BEHAVIORAL HEALTH SERVICES (BHS) ALCOHOLICS ANONYMOUS NARCOTICS ANONYMOUS	(800) 564-6600 (310) 328-1460 (310) 679-9126 (310) 618-1180 (310) 390-0279	Information for in-patient and out-patient programs in LA Substance abuse treatment, residential, detox, etc. Support line - operators on 6 am - 10 pm 24-hour line for support and information 24-hour line for support and information	Toll Free Number Sliding Scale No Cost No Cost No Cost
SUPPORT GROUPS & CLASSES	SELF-HELP & RECOVERY EXCHANGE (SHARE!) BCHD COMMUNITY SERVICES TORRANCE MEMORIAL MEDICAL CENTER PROVIDENCE LITTLE CO OF MARY - TORRANCE CANCER SUPPORT COMMUNITY – SOUTH BAY	(877) 742-7349 (310) 374-3426 Opt. 1 (310) 517-4711 (888) 432-5464 (310) 376-3550	Info and referrals to self-help groups Resource info for community Caregiver Support Groups Call for information Call for information Cancer Support Groups and Events	No Cost No Cost Donation No or Low Cost/ MediCal No Cost
EMERGENCY SHELTER/ HOMELESSNESS	1736 FAMILY CRISIS CENTER HARBOR INTERFAITH NATIONAL CALL CENTER FOR HOMELESS VETERANS PEOPLE ASSISTING THE HOMELESS (PATH OUTREACH)	(310) 379-3620 (310) 831-0603 (877) 424-3838 (562) 457-0205	Shelter services for runaway and homeless youth (10-17) Housing resources for homeless / low-income families Housing and employment assistance for homeless vets Housing, employment, public benefits assistance, etc.	No Cost Sliding Scale 10/11 No Cost No Cost 10/25
MEALS	1st BAPTIST CHURCH OF TORRANCE 1st UNITED METHODIST CHURCH (Redondo) 1st UNITED METHODIST CHURCH (Torrance) HOUSE OF YAWEH (Lawndale) LA REGIONAL FOOD BANK PROJECT NEEDS-ST. PAUL'S UNITED METHODIST RIVIERA UNITED METHODIST CHURCH (Redondo) JOURNEY SOUTH BAY COMMUNITY CHURCH ST. ANDREWS EPISCOPAL CHURCH (Torrance) ST. ANDREWS PRESBYTERIAN CHURCH (Redondo) ST. JAMES CATHOLIC CHURCH (Redondo) ST. JOHN'S CHURCH (Gardena) ST. LAWRENCE MARTYR CATH CHURCH (Redondo) WALTERIA UNITED METHODIST CHURCH (Torrance) YMCA CONGREGATE MEAL PROGRAMS	(310) 328-5030 (310) 372-8445 (310) 328-3242 (310) 675-1384 (323) 234-3030 (310) 370-4319 (310) 378-9273 (310) 947-2938 (310) 328-3781 (310) 540-5252 (310) 372-5228 (310) 676-8804 (310) 540-0329 (310) 375-0622 (310) 325-5885 x2732 (Torrance) (310) 318-0650 (Beach Cities)	1st Saturday of the month, hot lunch 11 a.m.-1 p.m. Wednesdays from 5-7 p.m., hot meal 4th Saturday of month, hot lunch 11 a.m. 2 Food programs Monday-Saturday - call for information www.lafoodbank.org - zip code search for food banks Tuesday, dinner 6-7 p.m.; 1st & 3rd Thurs., pantry 9-11 a.m. 5th Saturday of month, hot lunch 11 a.m.-1 p.m. Every Thursday, dinner 6:30-7:30 p.m. 3rd Sat of the month, hot lunch 11a.m. - 1p.m., pantry 11a.m. Every Tues/Thurs, sack lunch 12-1 p.m., clothing, pantry Monday/Wednesday/Friday, sack lunch 1-2 p.m. Every Sunday, sack lunch 12:30 p.m. Sack lunch, pantry on Saturday 2nd Saturday of the month, Hot lunch 11 a.m.-1 p.m. Daily hot lunch, socialization, advanced reservation required before 11 a.m. the day before the meal	Free \$2.75 Suggested Donation