



Figure 1 Glendale Community College Garfield Campus Logo

## Community Resource Directory

This Directory helps GCC Noncredit Students to find free & low-cost community resources & services. Each agency or organization listed has their own eligibility requirements for persons to qualify for free &/or low-cost services. “Sliding Scale Fee” means that the cost for the service is based on a person’s ability to pay. These fees are lowered for people who have lower incomes OR less money left over after their expenses (regardless of how much money they make).

*Glendale Community College is not recommending these agencies/organizations; but is only providing information to students about the types of services offered. This is the most current information as of the date this Directory was revised. We recommend that students always use the agency websites for the most up-to-date information.*

It is recommended that lower-level English as a Second Language (ESL) students check the upper right-hand corner of the webpages listed in this Directory to see if they offer translation into other languages. It is also recommended that these students open this Directory in a translation application that they typically use (for example, Google Translate).

Students taking GCC Noncredit classes can meet with a counselor for a Community Resource Information Appointment to get help with finding resources that they need & learn more about how to use this Directory. Please call the GCC Garfield Campus Career & Counseling Center to make an appointment.

### **GCC Garfield Campus Career & Counseling Center**

**Office:** Mariposa Building, Room 221 (MP221)

**Hours:** Monday-Thursday – 8:00 am-7:00 pm

Fridays – 8:00 am-4:30 pm

**For Appointments:** Call (818) 240-1000 X5035 or X5099

### **Other Counseling Available in GCC Garfield Campus Career & Counseling Center:**

Academic Counseling

Career Counseling

Counseling for Students with Disabilities

Mental Health Counseling

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## CRISIS LINES/HOTLINES

If you are having a life-threatening emergency, please call 911 immediately!

### Suicide Prevention

[988 Suicide & Crisis Lifeline](#) – used to be called National Suicide Prevention Lifeline

- **Dial or Text 988**
- Group Specific Resources:
  - [Attempt Survivors](#)
  - [Ayuda En Español](#)
  - [Black Mental Health](#)
  - [Deaf, Hard of Hearing, Hearing Loss](#)
    - For TTY Users – **Use your preferred relay service or dial 711 then 988**
  - [Disaster Survivors](#)
    - Disaster Distress Helpline – Call or Text **(800) 985-5990**
    - **DDH Videophone for Deaf/HoH or American Sign Language Users - [ASL Now](#)**
  - [Individuals with Neurodivergence](#)
  - [LGBTQ+](#)
  - [Loss Survivors](#)
  - [Maternal Mental Health](#)
  - [Native American, Indian, Indigenous, & Alaska Natives](#)
  - [Veterans & Service Members](#)
    - Veterans Crisis Line Text – **Text to 838255**
    - [Chat](#)
  - [Youth](#)

### Psychiatric Mobile Response Team (PMRT)

- **(800) 854-7771**
- Run by Los Angeles County Department of Mental Health (LACDMH)
- Can also call this number to find mental health services in your area whether you have/are eligible for health insurance or not

### Didi Hirsch Mental Health Crisis Services

- leading member of the 988 Suicide & Crisis Line; only center in the national network with English & Spanish speaking crisis counselors 24/7
- **(877) 727-4747 - Korean-speaking counselors available during peak evening hours – 4:30pm to 12:30 am**
- [Crisis Chat](#)
- Crisis Text Support for Hearing Impaired – **Text “HEARME” to 839863**
- Teen Line – **(310) 855-4673**
- Disaster Distress Helpline – (800) 985-5990

### **24-Hour California Community College Crisis Text Line**

- Feeling overwhelmed? Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.
- **Text “Courage” to 741741**
- FREE & CONFIDENTIAL; 24/7; Available in English & Spanish

## CRISIS LINES/HOTLINES (continued)

### 24-Hour Self-Injury/Self-Harm Crisis Text Line

- for people who are hurting themselves as a way to release painful emotions
- Text “HOME” to 741741

### **Asian LifeNet Hotline –**

- (877) 990-8585
- service available in Cantonese, Mandarin, Japanese, Korean, & Fujianese

### Veterans Crisis Line

- 988; Press 1
- Chat
- Text 838255

### SAGE X HearMe App

- Available 24/7
- for LGBT seniors – on demand mental wellness app that allows you to get one-on-one with trained empathetic listener to get things off your chest, be seen, heard & validated
- provide crisis intervention services as well as information & community resources including but not limited to healthcare, transportation, counseling, legal services & emotional support programs

### Trans Lifeline

- (877) 565-8860
- peer support service run by trans people, for trans & questioning callers; if in crisis or just need someone to talk to, even if it’s just about whether or not you’re trans

### Trevor Lifeline – LGBTQ+

- (866) 488-7386
- Chat
- Text - 678678
- suicide prevention & mental health organization for lesbian, gay, bisexual, transgender, queer, & questioning young people

### Domestic Violence

#### YWCA Glendale & Pasadena Domestic Violence Hotline

- (888) 999-7511; email – [www.ywcagp.org](http://www.ywcagp.org)
- English Brochure
- Spanish Brochure

#### National Domestic Violence Hotline

- (800) 799-SAFE (7233)
- TTY – (800) 787-3224
- Chat
- Text START to 88788

## CRISIS LINES/HOTLINES (continued)

### Sexual Assault/Rape

#### National Sexual Assault Hotline (RAINN)

- (800) 656-HOPE (4673)
- [Live Chat](#) – online at [online.rainn.org](http://online.rainn.org)

#### Los Angeles Rape & Battering Hotline

- Central Los Angeles - (213) 626-3393
- South Los Angeles - (310) 392-8381
- West San Gabriel Valley - (626) 793-3385

### Abuse/Neglect Hotlines – Children, Seniors, & Dependent Adults

#### Los Angeles County Child Abuse Hotline

- (800) 540-4000

#### Child Help Hotline - National Child Abuse Hotline

- (800) 422-4453
- Text – (800) 422-4452
- Live Chat also available through this webpage

#### Los Angeles County Adult Protective Services - Elder/Dependent Abuse Hotline

- 877-4R SENIORS (877-477-3646)

### Alcohol & Substance Abuse Hotlines/Helpines

#### Substance Abuse & Mental Health Services Administration (SAMHSA) National Helpline

- (800) 622-HELP (4357)
- [Find Treatment](#)

#### Alcoholics Anonymous Helpline (San Fernando Valley Area)

- (818) 988-3001 (24/7)
- [Find a Meeting](#)

#### Al-Anon for Families of Alcoholics – Greater Los Angeles Area

- (818) 547-3027
- [Online Meetings List](#)
- [In-Person Meetings List](#)

#### Narcotics Anonymous – East San Fernando Valley

- (818) 997-3822
- [SFV Area Meeting Directory](#)

#### Nar-Anon Family Groups for Family & Friends of Addicts

- (310) 534-8188; Email English – [wso@nar-anon.org](mailto:wso@nar-anon.org); Email Spanish – [osm@nar-anon.org](mailto:osm@nar-anon.org)
- [Find a Meeting](#)

## CRISIS LINES/HOTLINES (continued)

### Public Safety

#### Glendale Community College - Campus Police

- In an emergency call (818) 409-591; if using a GCC Garfield Campus Phone, Dial Extension 4000

#### City of Glendale Police Department

- **911 for Emergencies**
- Police Non-Emergency Line - (818) 548-4911

### Emergency Preparedness

#### City of Glendale

- can sign up for [Emergency Alerts](#)

#### City of Burbank

- 24 Hour Police Services/Dispatch Center – (818) 238-3000
- Police Information Phone Number – (818) 238-3333
- can sign up for [ALERT Burbank](#)

#### City of Pasadena

- [Disaster Preparedness Information](#)

#### City of Los Angeles

- can sign up for [Notify LA - Emergency Alert System](#)

#### LA County Emergency Information

- can sign up for [ALERT LA COUNTY - Emergency Alerts](#)

#### Federal Emergency Management Administration (FEMA)

- [Emergency Alerts](#)

## ALCOHOL & DRUG ABUSE RESOURCES

### Live Another Day

- Helpline - Call 24/7 - (866) 617-1973
- lists California recovery centers for drug & alcohol addiction as well as centers that treat those who are experiencing both mental health as well as alcohol & drug challenges
- [Get Help](#)
- [Recovery Resources](#)
- [Resources for the Black, Indigenous & People of Color \(BIPOC\) Community](#)

### Los Angeles County Substance Abuse Treatment Services

- Substance Abuse Service Helpline – (800) 844-7500 (Los Angeles County Public Health Department)
- free services for people who have Medi-Cal & other LA County-Funded eligible youth & adults
- [Patient Information](#)

### Substance Abuse & Mental Health Services Administration (SAMHSA) National Helpline

- (800) 662-HELP (4357)
- SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral & information service (in English & Spanish) for persons & families who have mental &/or substance use disorders
- [Frequently Asked Questions](#)
- [Find a Treatment Facility](#)

*Please go to page 132 to find 12-Step/Self-Help Programs that help with alcohol & drug abuse problems.*

## CAR REPAIR

### [Consumer Assistance Program \(CAP\)](#)

- Repair help offers eligible customers whose car fails a Smog Check inspection financial help to do the emission-related repairs at a STAR test-and-repair station
- See website above for more information about eligibility; amounts given (based on year of car); locations; frequently asked questions; & how to apply

### [Los Angeles Trade Technical College – Service Request](#)

- email – [smithem@lattc.edu](mailto:smithem@lattc.edu)
- Your car must meet the following minimum requirements to be worked on in this program
  - Model 2000 or newer
  - Current Vehicle Registration (proof required)
  - Vehicle must be running & drivable at the time of repairs (no towed vehicles accepted)
  - Must have at least ½ tank of gas at time it is brought to the facility
  - Repairs must be the type being covered in automotive classes being taught at the time

## CELL/HOME PHONE ASSISTANCE PROGRAMS

### Assurance Wireless

- (888) 321-5880
- federal government assistance program
- can qualify if on certain public assistance programs like Medi-Cal, CalFresh, Section 8 Housing, & others
- can also qualify based on your household income
- must show proof of eligibility
- [Frequently Asked Questions \(FAQs\)](#)
- [Apply Now](#)

### AT&T Lifeline – Discounted Wireless Phone Service

- (844) 610-0828
- federal program that lowers monthly cost of wireless phone or home phone for qualifying customers
- can qualify based on your income or by participation in one of the following federal assistance programs [for example – Supplemental Nutrition Assistance Program (SNAP); Medi-Cal; Supplemental Security Income (SSI); Federal Public Housing Assistance (FHPA); Veterans Pension & Survivor Benefit; Tribal Programs & live on federally-recognized lands]
- apply online via [National Verifier](#)
- *[Safe Connections Act \(SCA\) Emergency Communications Benefit](#)*
  - *helps survivors of **Domestic Violence** separate their phone line(s) from their alleged abuser – call (855) 548-0288 or go to [www.att.com/survivorhelp](http://www.att.com/survivorhelp)*
  - *survivors experiencing financial problems can also qualify for an emergency communications benefit for six months through Lifeline program*
- [AT&T Lifeline – Discounted Landline Service](#)

### California LIFELINE Program

- (866) 272-0349
- gives discounted home phone & cell phone services to eligible households to help lower cost of phone bills
- only 1 discount/household allowed (except for teletypewriter users & for Deaf & Disabled Telecommunications Program participants)
- each household must choose to get discount either on home phone or on a cell phone, but not on both
- Click on [Is California LifeLine Right for You?](#) to learn if you & your household qualify
- Click on [Provider Search](#) to find out the home & cell phone companies approved in your area
- [Application Instructions](#)
- [Call Center](#) - has phone numbers for various languages

### TruConnect

- (800) 430-0443
- phone company that offers free phone service to qualifying customers
- [How to Qualify](#)
- [Apply](#)

## CHILD CARE RESOURCES

*Glendale Community College:*

### **GCC Garfield Campus Child Development - Parent Support Center**

- *currently closed; call GCC Verdugo Campus Child Development Center (X5665) for information about when it may reopen*
- (818) 240-1000 X3071; 1122 E. Garfield Avenue, Glendale, CA 91205
- preschool program for children ages 3-5
- some funding may be available for low-income families that meet eligibility requirements

### **GCC Verdugo Campus Child Development Center**

- (818) 240-1000 X5665; email – [cdc@glendale.edu](mailto:cdc@glendale.edu); 1500 N. Verdugo Road, Glendale, CA 91208
- offers three sessions – Monday through Friday; Monday, Wednesday, & Friday; or Tuesday & Thursday
- all sessions are full-day only
- available 12 months a year
- see website link above for information about Early Head Start/Head Start Program, Part-Day California State Preschool Program, & National Association for the Education of Young Children
- \$35 application fee
- [Interest Form](#) – applications processed in order received; there may be a waiting list

### **Resource & Referral Agencies**

#### **California Department of Social Services – Resources for Parents**

- some topics covered:
  - types of child care in California
  - choosing the best child care for your family
  - getting help with child care costs
  - early start – early intervention services for infants & toddlers
  - child care related resources & information
  - & more!

#### **CalWORKs Child Care Program**

- Child care program given in three different stages (please see website for more detailed information & up-to-date information):
  - Stage 1 – begins when family starts receiving CalWORKs Cash Aid; given by County Department of Public Social Services (DPSS) Department or its contractors
  - Stage 2 – serves those participants whose situation has stabilized or families that are transitioning off of CalWORKs; given by CA Department of Social Services (CDSS) through contracts with Alternative Payment Program (APP)
  - Stage 3 – for former CalWORKs families after they have been off cash aid for 24 months & for families that receive lump sum diversion services; given by CDSS
  - To apply for services, contact your [Local Social Services Office](#)

#### **Child Care Resource Center**

- (818) 717-1000 - San Fernando Valley Office
- serves San Fernando Valley, Antelope Valley, San Bernardino, & Victorville areas (see webpage for all offices/phone numbers)
- gives information about funded child care & development options, how to find child care, what to look for in quality child care, & much more

## CHILD CARE RESOURCES (continued)

### [Connections for Children](#)

- (310) 452-3202; 5901 W. Century Blvd., Suite 400, Los Angeles, CA 90045
- helps parents & children in the West LA & South Bay communities by providing resource & referral information as well as financial assistance programs

### [Head Start California](#)

- early learning program (pre-school program) for children up to age 5
- [Find & Apply for a Head Start Program](#)
- Head Start Providers:
  - [Pacific Clinics Head Start & Early Head Start Program](#) –
    - email - **[headstart@pacificclinics.org](mailto:headstart@pacificclinics.org)**
    - serves – Alhambra; Altadena; Arcadia; Eagle Rock; Glassell Park; Glendale; Highland Park; La Crescenta; Montrose; Pasadena; Rosemead; San Marino; Sierra Madre; South Pasadena; Sunland; Tujunga; & Whittier

### [Options for Learning](#)

- (626) 699-8070 – for questions related to applying or verifying eligibility for programs or financial assistance
- click on “Parents” for a drop-down menu including the following: About Our Programs; Getting Started; After-School TK/K Programs, Find Child Care, & Help Paying for Child Care; Family Resources & Consumer Education; & Current Families
- different programs have specific geographical boundaries, but services are spread across several regions from Los Angeles to Pomona & Duarte to La Mirada

### [Pathways LA](#)

- (213) 427-2700; email – **[info@pathwaysla.org](mailto:info@pathwaysla.org)**; 888 S. Figueroa Street, Suite 600, Los Angeles, CA 90017
- helps low-income families pay for child care
- gives the following information - Get Help Paying for Child Care, Find Child Care, Frequently Asked Questions (FAQs)/Forms, & more!

### [The People’s Guide Los Angeles – 2020](#)

- gives practical information about how to get food, money, housing, health care, & other help from government programs & community services if you live in LA County & need help in hard times
- look in Table to Contents for section labeled “Child Care & Education”
- [English](#)
- [Spanish](#)

## CLOTHING CENTERS

### Goodwill Stores

- (818) 543-0166; 1600 Colorado Blvd., Glendale, CA 91205
- (818) 844-5577; 240 N. Brand Blvd., Glendale, CA 91203
- can search for more stores in other areas by entering your zip code
- can also [Shop Online](#)

### Los Angeles Boys & Girls Club Thrift Store

- (323) 332-2305; 2310 Pasadena Avenue, #108, Los Angeles, CA 90031 (Lincoln Heights)

### Salvation Army Thrift Stores

- (626) 577-4649; 56 West Del Mar Blvd., Pasadena, CA 91105
- (626) 795-0274; 35 Waverly Drive, Pasadena, CA 91105
- can search for more stores in other areas by entering your zip code under “Find a Thrift Store”

### Society of St. Vincent de Paul Thrift Store

- (800) 974-3571
- 210 N. Avenue 21, Los Angeles, CA 90031
- Second location in Long Beach

### Volunteer League of the San Fernando Valley – Centre Clothes Corner

- (818) 785-4134; 14603 Hamlin Street, Van Nuys, CA 91411
- gives clothing to LAUSD students from Kindergarten through 12<sup>th</sup> grade

## COMMUNITY RESOURCE DIRECTORIES

### Citizens' Guide to County Services – County of Los Angeles

- [English Guide](#)
- [Spanish Guide](#)

### [City of Glendale Youth & Family Services Community Resource Guide](#)

### Comprehensive Community Health Center (CCHC) Community Resource Guides –

- [Glendale](#)
- [Eagle Rock](#)
- [Highland Park](#)
- [North Hollywood](#)

### [The People's Guide Los Angeles – 2020](#)

- information provided about the following categories:
  - Housing
  - Tax Credits
  - Job & Career Training
  - Worker's Rights & Unemployment
  - California Work Opportunity & Responsibility to Kids (CalWORKs)
  - Child Care & Education
  - Foster Care
  - Social Security
  - Supplemental Security Income (SSI) & Cash Assistance Program for Immigrants (CAPI)
  - Veterans
  - General Relief
  - CalFresh
  - Free & Low-Cost Food
  - Women Infants & Children (WIC)
  - Child Nutrition
  - Medi-Cal
  - Health Care for Children
  - Free & Low-Cost Health Care
  - In Home Supportive Service & Long-Term Care
  - Medicare
  - Transportation
  - Utilities & Phone
  - Guide for Non-Citizen
  - Hearings & Complaints
  - Good Advice
  - Welfare Offices
- [English](#)
- [Spanish](#)

## COMMUNITY RESOURCE DIRECTORIES (continued)

### 211 LA County – call 211 from phone

- information provided about following resources:
  - COVID-19 Info & Supports
  - Food
  - Healthcare
  - Housing
  - Income & Employment
  - Education
  - Mental Health
  - Re-Entry Services
  - Legal Services
  - Crisis Services
  - Transportation
  - Utilities & Community Services
  - Immigration
  - Youth Services
  - Family & Children
  - LGBTQ
  - Disability Services
  - Seniors & Older Adults
  - Veteran Services

# CREDIT COUNSELING & DEBT RESOLUTION RESOURCES

## [Department of Justice Approved Credit Counseling Agencies in California](#)

### [Federal Trade Commission](#) – articles about Credit, Loans, & Debt –

- information also available in [Spanish](#)
- topics include:
  - **Credit & Debt**
    - Getting Credit
    - Credit Reports & Scores
    - Credit & Debit Cards
    - Managing Debt
    - Credit Repair & Debt Relief
    - Debt Collection
    - Related Scams
    - From Consumer Alerts
  - **Loans & Mortgages**
    - Loans
    - Getting a Mortgage
    - Paying Your Mortgage
    - Borrowing Against Your Home
    - Related Scams
    - From Consumer Alerts

### [LawHelpCA.org](#)

- click on [Find Legal Help](#) to find legal services providers that help with variety of legal topics & issues including debt
- click on [Consumer, Small Claims](#) for information regarding various consumer & debt-related topics

### *Legal Service Providers for Debt-Related Issues:*

#### [Public Counsel](#)

- (213) 385-9089; 610 S. Ardmore Ave., Los Angeles, CA 90005
- click on “Bankruptcy” or “Debt Collection, Foreclosure & Fraud”
- [Resources](#)
- clients seen by appointment only

# CREDIT REPORTING AGENCIES

## Annual (Free) Credit Report

- topics include – All About Credit Reports, What to Look For, Protect Your Identity
- [Frequently Asked Questions](#)

## Experian

- (888) 397-3742
- [Credit Advice](#)

## Equifax

- click on the following topics to learn more:
  - Credit – reports & scores
  - Protection
  - Credit Cards
  - Personal Finance
  - Loans
  - Auto

## TransUnion

- (833) 395-6938
- Click on “Services”
  - Credit Reports
  - Dispute Credit Report
  - Fraud Alerts
  - Active-Duty Credit Monitoring
  - Consumer Support Services
  - Consumer Privacy Rights
- Click on “Resources” – topics include:
  - Credit 101
  - Credit Management
  - Credit Education
  - Credit Tools
- Click on “Insights” – topics include:
  - Car Buying Tips
  - Build Credit Health
  - Debt & Money Management
  - Financial Hardship
  - Identity Theft Resources
  - Life Events
  - Student Loans

## DENTAL SERVICES

### [California Dental Association – Search for Low-Cost Dental Services](#)

- search for low-cost dental clinics near your zip code

### [Los Angeles County Department of Public Health – Low-Cost Dental Clinic Listings](#)

- list of Dental Clinics, LA County Comprehensive Health Center Dental Clinics, LA County Medical Center Dental Clinics, & Dental Schools

### [Free, Low-Cost, Sliding Scale Fee, & Medi-Cal Dental Clinics](#) – Clinics will be different in terms of:

- *dental services offered; populations served, & length of waiting lists*
- *days/hours of operation*
- *availability of free services & eligibility requirements to receive free services; sliding scale fee range for services*
- *proof of income required; insurance accepted (Medi-Cal or other health insurance)*
- *languages in which services are offered*
- *availability of other health services like medical, mental health, hearing & vision services*

### *Glendale & Surrounding Areas:*

#### [Comprehensive Community Health Centers](#)

- Glendale Office – (818) 265-2259; 801 S. Chevy Chase Drive, Suite 250, Glendale, CA 91205
- Eagle Rock Office – (323) 543-2444; 1704 Colorado Blvd., Eagle Rock, CA 90041
- Sunland Office – (818) 273-5822; 8316 Foothill Blvd., Sunland, CA 91040

#### [California Dental Group](#)

- local Offices (check webpage for Offices in other areas):
  - Glendale – (818) 574-3098; 609 S. Glendale Avenue, Glendale, CA 91205
  - Eagle Rock – (323) 204-3120; 4701 Eagle Rock Blvd., Los Angeles, CA 90041
  - North Hollywood – (818) 741-3954; 10400 Magnolia Blvd., North Hollywood, CA 91601

### *Los Angeles:*

#### [Arroyo Vista Family Health Center](#)

- Highland Park Office – (323) 254-5221 Ext 3211; 6000 N. Figueroa Street, Los Angeles, CA 90042
- Lincoln Heights Office – (323) 987-2060; 2411 N. Broadway, Los Angeles, CA 90031

#### [Chinatown Services Center – Dental Clinic](#)

- (213) 808-1792; email – [appointments@cscla.org](mailto:appointments@cscla.org); 767 N. Hill St., Suite 315, Los Angeles, CA 90012
- [Other Locations in LA County](#)

#### [Clinica Romero – Dental Services](#)

- (213) 989-7700; email – [info@clinicromero.com](mailto:info@clinicromero.com);
- Offices:
  - 123 S. Alvarado St., Los Angeles, CA 90057
  - 2032 Marengo St., Los Angeles, CA 90033
- Services adults & children

#### [Eagle Rock Dental Clinic](#)

- (323) 344-0682; email – [eaglerockdentalclinic@gmail.com](mailto:eaglerockdentalclinic@gmail.com); 1739 Colorado Blvd., Los Angeles, CA 90041

## DENTAL SERVICES (continued)

### Saban Community Clinic – Dental Care

- (323) 653-1990; email - [feedback@sabancommunityclinic.org](mailto:feedback@sabancommunityclinic.org)
- Offices/Locations:
  - Beverly Health Center – 8405 Beverly Blvd., Los Angeles, CA 90048
  - Melrose Family Health Center – 5205 Melrose Ave., Los Angeles, CA 90038
  - Virgil Family Health Center – 137 N. Virgil Ave., Los Angeles, CA 90004

### South Central Family Health Center – Dental Care

- (323) 908-4200
- [Los Angeles Area Locations](#)

### St. Anthony Medical Centers

- Hollywood Office – (323) 469-5555; 6368 Hollywood Blvd., Los Angeles, CA 90028
- Pico Office – (213) 384-4555; 2515 W. Pico Blvd., Los Angeles, CA 90006
- Imperial Office – (323) 755-9555; 837 W. Imperial Hwy, Los Angeles, CA 90044
- Compton Office – (310) 637-5555; 1145 E. Compton Blvd., Compton, CA 90221

### UCLA School of Dentistry – Dental Student General Clinic

- (310) 206-3904
- 714 Tiverton Drive, 1<sup>st</sup> Floor Lobby, Los Angeles, CA 90095
- graduate student trainees (supervised by licensed dentists) offer services at lower fee
- may offer dental services not found in typical free-/low-cost dental clinics

### USC School of Dentistry

- (213) 740-2800; 925 W. 34<sup>th</sup> Street, Los Angeles, CA 90089
- graduate student trainees (supervised by licensed dentists) offer services at lower fee
- may offer dental services not found in typical free-/low-cost dental clinics

### *Pasadena & the San Gabriel Valley:*

#### Altamed

- (888) 499-9303
- Pasadena Offices
  - 1855 N. Fair Oaks Avenue, Suite 200, Pasadena, CA 91103
  - 2055 Lincoln Avenue, Pasadena, CA 91103
- El Monte Offices
  - 10148 Valley Blvd., Suite B, El Monte, CA 91731
  - 3703 Peck Road, Suite C, El Monte, CA 91731
- West Covina Office – 1300 S. Sunset Avenue, West Covina, CA 91790

### Pasadena Dental Hygiene Clinic

- Gives affordable dental treatment & services to PCC students & the community
- All procedures done by 1<sup>st</sup> & 2<sup>nd</sup> year Dental Hygiene students supervised by Dental Hygienists & Dentists
- Procedures – teeth cleaning; X-Rays; & sealants

## DENTAL SERVICES (continued)

*North Hollywood & the San Fernando Valley:*

### [North East Valley Health Corporation](#)

- Dental Appointment Line - (818) 270-9555
- several Offices including (check website for more Offices):
  - Transition to Wellness - North Hollywood Dental Center – (818) 826-5555; 7843 Lankershim Blvd., North Hollywood, CA 91605
  - Pacoima Dental Center – (818) 896-0531; 12756 Van Nuys Blvd., Pacoima, CA 91331
  - San Fernando Dental Center – (818) 365-8086; 1600 San Fernando Road, San Fernando, CA 91340
  - Sun Valley Dental Center – (818) 432-4400; 7223 N. Fair Avenue, Sun Valley, CA 91352
  - Transition to Wellness - Van Nuys Dental Center – (818) 765-8656; 6551 Van Nuys Blvd., 2<sup>nd</sup> Floor, Van Nuys, CA 91401
  - Maclay Wellness Dental Center – (818) 270-9555; 12451 W. Gain St., Pacoima, CA 91331

### [Valley Community Healthcare](#)

- (818) 763-8836
- North Hollywood Office – 6801 Coldwater Canyon Ave., North Hollywood, CA 91605
- North Hills Office – 9919 Haskell Avenue, North Hills, CA 92343

## DISABILITY RESOURCES

### Glendale Community College – Garfield Campus

#### [GCC Garfield Campus Disabled Students Programs & Services \(DSPS\)](#)

- For Appointments (818) 240-1000 X5035 or X5099
- Office – Garfield Campus Career & Counseling Center - MP221
- DSPS Counselors provide:
  - academic counseling to help students with disabilities choose the right classes for their educational/career goals
  - career counseling to help students with disabilities with:
    - job searching
    - resumes
    - cover letters
    - interviewing
  - to get reasonable learning accommodations in the classroom
    - note-taking services
    - special equipment
    - extra time on tests
  - find out if a learning evaluation would be helpful for them
- DSPS Learning Specialists provide learning evaluations to help students with disabilities figure out:
  - the best strategies for learning in the classroom & when studying outside of the classroom that match their individual learning style
  - what learning accommodations students need in their classes

### Federal, State of California, LA County Departments; City of LA & San Fernando Valley Resources

#### [Social Security Administration](#)

- [SSDI](#) - Social Security Disability Insurance – gives financial help to people with disabilities
- [SSI](#) - Supplemental Security Income – financial help to people with limited income & resources who are age 65 or older, blind, or have a qualifying disability; children with a qualifying disability can also get SSI
- information available in various languages & free interpreter services also available - (800) 772-1213 or TTY – (800) 325-0778
- [Office Locator](#)

#### [CA Department of Developmental Services](#)

- (833) 421-0061; TTY – 711; email – [info@dds.ca.gov](mailto:info@dds.ca.gov); Mailing Address – P.O. Box 944202, Sacramento, CA 94244
- Early Start BabyLine Services & Referrals – (800) 515-BABY (2229); email – [earlystart@dds.ca.gov](mailto:earlystart@dds.ca.gov)
- helps people with developmental disabilities such as Cerebral Palsy, Intellectual Disabilities, Autism, Epilepsy, & related conditions through network of 21 regional centers & state-operated facilities
- [Services](#)
- [Frequently Asked Questions](#) – in different languages

## DISABILITY RESOURCES (continued)

### [CA Department of Public Social Services \(DPSS\) – In-Home Supportive Services \(IHSS\)](#)

- To apply by phone call (888) 944-IHSS (4477) - Option 4 from Main Menu
- Helpline - (888) 822-9622
- helps pay for services for those who are low-income elderly, blind or disabled, including children so that they can remain safely in their own home
- can search on website for IHSS Office nearest to your home

### [CA Department of Rehabilitation](#)

- Local Office - 425 W. Broadway, Suite 200, Glendale, CA 91204; can search on website for other Offices
- Jonathan Pelletier (DOR Counselor for Garfield Campus Students) – (818) 551-2152; email – [Jonathan.Pelletier@dor.ca.gov](mailto:Jonathan.Pelletier@dor.ca.gov)
- helps people with disabilities, or those experiencing obstacles, to finding or keeping employment
- some examples of services – counseling & guidance; job search & placement assistance; assistance with training services; transportation allowance; job coaching & training; clothing for interview; tools for the job; vocational certification
- [Programs](#)

### [CA Department of Public Social Services \(DPSS\) – Seniors & Persons with Disabilities](#)

- Local office - (818) 701-8200; 4680 San Fernando Road, Glendale, CA 91204; can search on website for other Offices
- gives information about various government assistance programs & services for persons with disabilities; for example:
  - [In-Home Supportive Services](#)
  - [Restaurant Meals Program](#)
  - [General Relief](#)

### [City of Los Angeles Department on Disability](#)

- (213) 202-2764; TTY – (213) 202-3452
- 201 N. Figueroa St., Suite 100, Los Angeles, CA 90012
- [Services & Programs](#)
- [Resources](#)

### [Los Angeles County Aging & Disabilities Department](#)

- (213) 291-0028; 510 S. Vermont Avenue, 11<sup>th</sup> Floor; Los Angeles, CA 90020
  - Information & Assistance Hotline – (800) 510-2020
  - Disability Information & Access Line – (888) 677-1199
- serves the older adults, dependent adults, & adults with disabilities in Los Angeles County
- [Older & Dependent Adults](#)
- [Community & Senior Centers](#) – (800) 689-8514
- [Adult Protective Services](#) – Elder & Dependent Abuse Hotline – (877) 477-3646
- [Adult Protective Services - Homeless Support Services](#)
- [LA Found](#)
- [Transportation Resources](#) – Transportation Hotline – (888) 863-7411

## DISABILITY RESOURCES (continued)

### [Disabled Resources Center \(DRC\)](#)

- (562) 427-1000; TTY – (562) 427-1366
- 2750 East Spring Street, Long Beach, CA 90806
- gives information & referrals as well as over 20 programs & services to people in Artesia, Avalon, Cypress, Hawaiian Gardens, Lakewood, La Palma, Long Beach, Seal Beach, & Signal Hill as well as many more cities in LA County & Orange County
- some examples of programs provided include – Mobility Management; Assistive Technology; Housing Services & Information; Benefits Advocate; Aging Disability Resource Connection; Personal Assistance (PA) Services; Social Security Ticket to Work Program; Independent Living Skills/Peer Support Services; Transitional Youth & Adult Groups; & more
- [DRC at a Glance – English PDF](#)
- [DRC at a Glance – Spanish PDF](#)

### Transportation Services

#### ACCESS

- Customer Service - (800) 827-0829; TDD – (800) 827-1359; email – [cserv@accessla.org](mailto:cserv@accessla.org)
- curb-to-curb shared-ride transportation services to eligible people with disabilities in most areas of Los Angeles County
- [Determine Eligibility – English](#)
- [Determine Eligibility - Spanish](#)

#### City of Glendale - Dial A Ride

- (818) 548-3960; email - [dialaride@glendaleca.gov](mailto:dialaride@glendaleca.gov)
- curb to curb transportation service made available by the City of Glendale to its residents who are 65 years of age or older
- disabled residents of any age are also served
- certification of disability from a doctor is required if resident is under 65 years of age
- please see webpage for services service area, hours, fees, registration (online or paper), making a reservation [(818) 247-0691; must register before making a reservation], scheduling a return trip, etc.
- [Dial-A-Ride Application Form](#)
- Information Sheets
  - [English](#)
  - [Armenian](#)
  - [Spanish](#)

#### City of Pasadena – Dial A Ride

- (626) 744-4094; please see webpage for Dial-A-Ride Applications in English, Armenian, Chinese, Korean, Spanish, & Tagalog
- shared, curb-to-curb transportation service provided for residents who live in Pasadena, San Marino, Altadena, & the other unincorporated Los Angeles County areas in our service area (i.e., Chapman Woods, Kinneloa area, & the unincorporated area of the City of San Gabriel) who are 60 years & older
  - [Service Area Map](#)
- also, for those under 60 years with an Access membership or a LACTOA Disabled Reduced Fare TAP card
- [Pasadena Dial-A-Ride Brochure](#)
- [Apply for Dial-A-Ride Online](#)

## DISABILITY RESOURCES (continued)

### Other Organizations that Serve People with Disabilities

#### *Advocacy & Support:*

#### [Fiesta el Educativa](#)

- (323) 221-6696; email – [info@fiestaeducativa.org](mailto:info@fiestaeducativa.org); 2215 N. Broadway, Unit B, Los Angeles, CA 90031
- Programs & Services:
  - Free workshops about Special Education, Regional Center services, & other available resources for individuals with disabilities
  - Autism Parent Education Program – 16-hour training (4 sessions 4 hours each) for parents of individuals with autism
  - Community Parent Resource Center – providing support to Latino & Chinese parents to effectively use Special Education system
  - & More!

#### *Deaf/Hard of Hearing:*

#### [Greater Los Angeles Agency on Deafness \(GLAD\), Inc.](#)

- (323) 892-2225 (VP) or (323) 478-8000 (Voice/TTY); 2222 Laverna Avenue, Los Angeles, CA 90033
- serving people of the deaf, hard of hearing, deafblind, & deaf disabled communities; services include Advocacy, Communication Assistance, Deaf Affordable Housing Corporation information, Employment Services, Family Outreach Advocacy, Independent Living Skills, Peer Counseling, Health Education, Pathway to Success, & Interpreter Services
- [Resources](#)

#### [Hearing Loss Association of America – Los Angeles Chapter](#)

- Email – [info@hlaa-la.org](mailto:info@hlaa-la.org)
- P.O. Box 56431, Los Angeles, CA 90056
- gives information, education, advocacy, & support; please see website for information about online meeting schedule

#### [Helen Keller National Center for DeafBlind Youth & Adults](#)

- Specialized employment & rehabilitation services to individuals with combined vision & hearing loss
- Services include:
  - Comprehensive Vocational Rehabilitation Program
  - Services for Youth
  - Services for Seniors
  - National DeafBlind Equipment Distribution Program
  - Technology, Innovation, & Research Center
  - & More

#### [Southern California Association for the Deaf \(SCAD\)](#)

- (213) 503-1298; email – [Info@scadeaf.org](mailto:Info@scadeaf.org)
- 975 S. Berendo St., Los Angeles, CA 90006
- Non-profit organization established to identify & develop services for the deaf community in Southern California; played role in Korean & American communities to create an effective & positive communication between Koreans & Americans
- Services Listed - Employment Service; Interpreting Service; Deaf Access Program

## DISABILITY RESOURCES (continued)

### *Developmental Disabilities:*

#### [Ability First](#)

- Headquarters – (626) 396-1010; email – [info@abilityfirst.org](mailto:info@abilityfirst.org); 789 N. Fair Oaks Ave., Pasadena, CA 91103
- helps adults, children & youth with developmental disabilities through various activities, for example:
  - learning new technology & computer skills
  - exploring the local community & volunteering
  - exercise & other physical activities
  - personal care & advocacy

#### [Advance LA](#)

- (818) 779-5198; email - [advancela@thehelpgroup.org](mailto:advancela@thehelpgroup.org)
- 13130 Burbank Blvd., Sherman Oaks, CA 91401
- gives programs & services that help people who want to move forward in their lives but may need additional tools & guidance due to social or learning differences including autism spectrum disorder, ADHD, executive functioning difficulties, learning differences, & others
- services offered – one-on-one coaching; social & recreational clubs, dating & relationship coaching; parent-to-parent support group; parent & family coaching; parent conferences; enrichment classes; & therapy

#### [Autism Society of Los Angeles](#)

- Warm Line - (424) 299-1531; email - [info@autismla.org](mailto:info@autismla.org); 21250 Hawthorne Blvd., Suite 500, Torrance, CA 90503
- Warm Line to speak to a Resource Specialist to help navigate the healthcare system or if you have questions about you or your loved one's diagnosis
- [Resource Tools](#)

#### [Campbell Center](#)

- (818) 242-2434; 6512 San Fernando Road, Glendale, CA 91201
- helps adults with developmental disabilities through a variety of programs:
  - Digital Playbook – teaches basics of online safety
  - Community Integration Program – volunteering, classes, &/or participation on local activities for those not able or ready to seek employment
  - Tailored Day Services (TDS) – self-directed service program along with one-to-one support
  - Residential Homes – 3 licensed residential homes in Glendale
  - Supported Employment – coordinate small crews of clients to work in-house providing packing & shipping services or with local business at the work site
  - Aktion Club of Glendale – community service group composed of adults with developmental disabilities

## DISABILITY RESOURCES (continued)

### Easter Seals

- (714) 834-1111 (Southern California Office); email – [inquiry@essc.org](mailto:inquiry@essc.org); 1063 McGaw Avenue, Suite 100, Irvine, CA 92614
- services for children & adults with disabilities, families & local communities
- programs include:
  - Early Intervention & Early Childhood Education
  - Child Development Screening Tool
  - Inclusive Child Care
  - Family Support & Resources
  - Youth & Transition
  - Camps & Recreation for Children & Adults
  - Employment & Job Training for Adults/Employment for Seniors
  - In-Home Care for Adults/Seniors
  - Day Services for Adults/Seniors
  - Transportation for Adults/Seniors
  - Therapy & Rehabilitative Care for Seniors
  - Veterans Resources
  - Military & Veteran Caregivers
  - Caregiver Services
  - Respite Services for Caregivers
- Adult Day Services Program – (818) 551-0128; 710 W. Broadway, Glendale, CA 91204

### ETTA

- Intake Department - (818) 985-3882 X301; email – [info@etta.org](mailto:info@etta.org)
- 13034 Saticoy Street, North Hollywood, CA 91605
- serves people with intellectual & developmental disabilities & their families
- services include residential housing; case management; employment training & placement; educational services; social services

### The Help Group – Advance LA Transitioning Teens & Young Adults

- (818) 779-5198; email – [advancela@thehelpgroup.org](mailto:advancela@thehelpgroup.org)
- (818) 13130 Burbank Blvd., Sherman Oaks, CA 91401
- Click on Contact Tab on the webpage to send a message to this program
- has resources/support to teens & young adults with diagnoses such as Autism Spectrum Disorder, ADHD, Asperger's Syndrome, executive functioning difficulties, & other social/emotional issues

### Hamilton House – Lanterman Regional Center

- (818) 502-9188; email – [ppeterson77@charter.net](mailto:ppeterson77@charter.net); 739 W. Glenoaks, Blvd., Glendale, CA 91202
- licensed supervised residential living options for adults with developmental disabilities

## DISABILITY RESOURCES (continued)

**Regional Centers** – can use this website to look up a Regional Center near you

- **Frank D. Lanterman Regional Center** (local Regional Center)
  - (213) 383-1300; 3303 Wilshire Blvd., Suite 700; Los Angeles, CA 90010
  - serves following health districts – Central, Glendale, Hollywood-Wilshire & Pasadena
    - gives diagnosis of developmental disability & assessment of eligibility
    - helps plan, access, coordinate & monitor services & supports needed
    - no charge for diagnosis & eligibility assessment
    - once eligibility determined, case manager or service coordinator assigned to help develop plan for services
    - most services & supports free regardless of age or income

**Student Training & Education in Public Service (Steps)** - Students with Autism: Online Resources & Support –

- guide that gives academic resources, social support, & expert tips for school success

### **Tierra Del Sol Foundation**

- Headquarters – (818) 352-1419; 9919 Sunland Blvd., Sunland, CA 91040
- mission is to empower people with developmental disabilities to fulfill their potential & desire to be productive citizens
- Offices in Sunland (2), Van Nuys, & Upland
  - programs include:
    - **Workforce Development**
    - **College to Career**
    - **Careers in the Arts**

### *Education:*

#### **Los Angeles County Charter - Special Education Local Plan Area (SELPA) – Parent Resources**

- (562) 401-5737; 9300 Imperial Hwy., Downey, CA 90242
- click on “Parents Rights & Procedural Safeguards” to get information & help with settling disagreements in Special Education (provided in English, Spanish, Korean, Hebrew, Chinese, Arabic, Farsi, & Tagalog)

### *Epilepsy:*

#### **Epilepsy Foundation of Los Angeles**

- Helpline – (800) 564-0445; email – **Help@EpilepsyLosAngeles.org**
- 5777 W. Century Blvd., Suite 820, Los Angeles, CA 90045
- serve individuals & families affected by epilepsy/seizures
- gives information:
  - What is an Epileptologist?
  - What is an Epilepsy Center?
  - What is an Epilepsy Center of Excellence?
  - Local & State, National, & International Resources

## DISABILITY RESOURCES (continued)

### *Housing:*

#### [City of Los Angeles Affordable & Accessible Housing Registry](#)

- (213) 808-8550; 221 N. Figueroa St., 14<sup>th</sup> Floor, Los Angeles, CA 90012
- Click on “I am an Applicant” to:
  - search for affordable accessible properties for people with disabilities
  - start your pre-application online for new properties
  - track your pre-application status
  - apply for waitlisted properties
  - information & resources
- website offers the following options for translation in upper right-hand corner of the webpage – Armenian, Chinese, Filipino, Japanese, Korean, Russian, Spanish, Thai, & Vietnamese
- [Resources](#)

#### [Disabled Resource Center](#)

- (562) 427-1366; TTY – (562) 427-2027; 2750 E. Spring Street, Suite #100, Long Beach, CA, 90806
- Provide variety of programs & services including referral information for [Housing Services/Transitional Funding](#)

#### [Homes For Life](#)

- (310) 337-7417; email – [info@homesforlife.org](mailto:info@homesforlife.org); 8939 S. Sepulveda Blvd., Suite 460, Los Angeles, CA, 90045
- transitional & permanent housing for homeless transitional-age youth & adults with mental health diagnoses along with mental health services, rehabilitation & skills development, & case management
- [Programs & Services](#)
- [Housing](#)

#### [LA County Department of Mental Health – Housing & Job Development Division](#)

- additional links available on page for various housing programs
- range of housing services/resources for people who have mental health diagnoses & are homeless including:
  - housing subsidies through the Section 8 Housing Choice Voucher Program & Continuum of Care Program
  - financial assistance for rental assistance, household goods & eviction prevention through the Countywide Housing Assistance Program
  - temporary shelter through the Interim Housing Program

#### [Project New Hope](#)

- (818) 546-8929; 601 East Glenoaks Blvd., Suite 100, Glendale, CA 91207
- safe affordable housing & supportive services, for low- & moderate-income individuals or families with disabilities (such as HIV/AIDS) & seniors, living in Southern California
- two types of Group Living:
  - [Transitional Residential Care Facility \(TRCF\)](#)
  - [Residential Care Facilities for the Chronically Ill \(RCFCI\)](#)
- [Independent Living](#)

## DISABILITY RESOURCES (continued)

### SHARE! Collaborative Housing

- (877) 742-7349 (Toll Free) or (310) 846-5271; housing referrals made from 1:00-6:00 pm by phone or walk in to:
  - 425 South Broadway, Los Angeles, CA 90013 (Downtown) OR
  - 6666 Green Valley Circle, Culver City, CA 90230
- public-private partnership providing affordable, permanent supportive housing to disabled people in single-family houses throughout LA County (vets, mental health services consumers, people with diabetes, trauma issues, etc.)

### *Independent Living:*

#### California Foundation of Independent Living Centers

- (916) 325-1690; TTY - (916) 325-1695
- ILC Serving Glendale – (818) 988-9525; 14141 Haynes Street, Van Nuys, CA 91401
- gives people who have disabilities help with the following:
  - [Ability Tools](#)
  - [Digital Access Project](#)
  - [Disability Disaster Access & Resources](#)
  - [Disability Organizing Network](#)
  - [Youth Organizing! Disabled & Proud](#)
- enter City, County, or Zip Code to find your local Independent Living Center

#### Communities Actively Living Independently & Free (CALIF)

- (213) 627-0477; TTY – (213) 623-9502; email – [info@calif-ilc.org](mailto:info@calif-ilc.org)
- 634 S. Spring Street, 2<sup>nd</sup> Floor, Los Angeles, CA 90014
- independent living center - has advocacy programs & services for people living with disabilities primarily living within the 50 zip codes of LA County covering South & Central LA & neighboring communities
- [Services](#) include – assistive technology; benefits advocacy; personal assistance services advocacy; housing advocacy; peer counseling/independent living skills training; systems advocacy; cross disability peer counseling; information & referral services; & transition services

#### Foothill Area Community Transition Services Program (FACTS)

- (818) 241-0450; 440 W. Lomita Avenue, Glendale, CA 91204
- special needs program serving young adults (18 to 22), living in Glendale Unified & La Canada Unified School districts helping them to transition to adult life through the following:
  - Continuing Education
  - Vocational Activities
  - Domestic Skills Training
  - Involvement in General Community Activities
  - Recreational & Leisure Activities
  - Age-Appropriate Integration with Natural Environments

#### Goals, Inc.

- (323) 721-2194 or (626) 576-8093; 660 Monterey Pass Road, #138G, Monterey Park, CA 91754
- gives instruction related to activities of daily living skills, such as hygiene, grooming, personal care for adults & children

## DISABILITY RESOURCES (continued)

### Modern Support Services

- Los Angeles/Glendale - (818) 244-2677; Phone Numbers for other areas listed on website
- email - [info@modernsupportservices.org](mailto:info@modernsupportservices.org)
- Corporate Address - 4124 West Burbank Blvd., Burbank, CA 91505
- programs support people with significant psychological, emotional & physical challenges diagnosed with Autism, Down Syndrome, Intellectual Disabilities, Seizure Disorder, Cerebral Palsy, Schizophrenia, OCD, Bipolar Disorder, etc.
- individualized community & home-based services such as Supported Living Services (SLS), Independent Living Skills (ILS), Personal Assistance Services (PAS), Coordinated Family Services (CFS), Behavioral & Judicially-Involved Services & Post-Secondary Education Services

### Service Center for Independent Life

- (800) 491-6722; 107 S. Spring Street, Claremont, CA 91711
- provide free services to people with disabilities & seniors in South East La County, the East San Gabriel & Pomona Valleys
- services include but are not limited to – self-advocacy training; assistive technology coordination; housing information & resources; independent living skills training; personal care assistance referrals; cross-disability peer counseling; transition services; benefits planning; & information & referral services

### Villa Esperanza Services – Independent Living Skills (ILS) Program

- (626) 449-2919, Ext. 108; email – [Pburciaga@VillaEsperanzaServices.org](mailto:Pburciaga@VillaEsperanzaServices.org)
- 2116 E. Villa Street, Pasadena, CA 91107
- offered in San Gabriel, San Fernando, & Conejo Valley; contracted with Regional Centers & also accept private pay
- serves intellectually/developmentally disabled adults 18 years of age & older; individual are taught in their group homes & Villa's 6 independent living apartments
- areas of support include – Personal Care/Hygiene; Self-Advocacy/Support Meetings; Technology Training; Money Management; Shopping; Cooking; Social Skills; Community Resources; Health Maintenance; Emergency Safety Drills/Community Safety Awareness Training; & Public Transportation & Travel Training

### *Jobs/Employment:*

#### City Community Services

- (818) 542-6800
- 3800 La Crescenta Avenue, Suite 103, Glendale, CA 91214
- support to adults with disabilities throughout greater metropolitan LA, Pasadena, & Glendale areas
- programs include – Community-Based Support Services Day Program; Independent Living Skills (ILS); Personal Assistance Services (PAS); & Mobility Training Services

#### College to Career (C2C)

- Local Office – (818) 551-2141; 425 W. Broadway, Suite 200, Glendale, CA, 91204; use [DOR Office Locator](#) to find local office near you
- partnership with select community colleges & Department of Rehabilitation (DOR) to serve people with intellectual disabilities & autism; C2C students must be DOR & Regional Center consumers
- job preparation & soft skills training in addition to some instruction in independent living skills & campus inclusion

## DISABILITY RESOURCES (continued)

### [Easter Seals of Southern California](#)

- Southern CA - (714) 834-1111; 1063 McGaw Avenue, Suite 100, Irvine, CA 92614
- training, placement & related services that help people with disabilities prepare for getting a job
- [Work Programs](#)

### [Goodwill Southern California](#)

- (323) 539-2057; TTY/TTD – (323) 539-2057; email - [info@goodwillsocal.org](mailto:info@goodwillsocal.org)
- 342 San Fernando Road, Los Angeles, CA 90031
- work & skills training to people with a diagnosed disability referred by sources like the Department of Rehabilitation & Regional Center

### [Villa Esperanza Services – Villa Employment Services](#)

- (626) 449-2919; email - [info@VillaES.org](mailto:info@VillaES.org); 2116 E. Villa Street, Pasadena, CA 91107
- also have West Region Office in Thousand Oaks
- helps adults with intellectual/developmental disabilities to get & keep paid jobs
- services offered – job placement; ongoing job coaching; transitional adult day program (Community Integration Program) for those who need to develop their skills before looking for a job

#### *Legal Services:*

### [Disability Rights CA](#)

- (800) 776-5746 or TTY – (800) 719-5798; 1831 K Street, Sacramento, CA 95811
- advocates, educates, investigates, & litigates to advance the rights, dignity, equal opportunities, & choices for all people with disabilities
- [Program Information](#)
- [Get Help](#) - see webpage for things that Disability Rights CA cannot help with

### [Law Help CA – Disability](#)

- webpage - gives legal information about rights of persons with disabilities covering a wide range of topics

#### *Special Needs Populations & Mental Health:*

### [Wayfinder Family Services](#)

- (800) 352-2290; email – [info@wayfinderfamily.org](mailto:info@wayfinderfamily.org)
- Main Campus - 5300 Angeles Vista Boulevard, Los Angeles, CA 90043
- provide services to children, youth & adults, from those who have vision loss or profound special needs to foster youth with serious medical conditions or trauma & their families

#### *Visually Impaired:*

### [Braille Institute](#)

- (800) BRAILLE (272-4553); email – [la@brailleinstitute.org](mailto:la@brailleinstitute.org)
- 741 N. Vermont Avenue, Los Angeles, CA 90029; several Centers throughout CA
- free programs & services for those children (birth to age 6), youth (ages 7-19) & adults who are blind or visually impaired

## DOMESTIC VIOLENCE RESOURCES

*If you are a victim of Domestic Violence & you are not a citizen (undocumented or have temporary legal status) but have children, you may be eligible to apply for immigration status for yourself & children confidentially under the Violence Against Women Act (VAWA).*

- *Please go to the Legal Services section of this Directory for referrals to lawyers who can help you to apply for immigration status under VAWA.*

### Catholic Charities of Los Angeles – Good Shepherd Shelter

- (323) 737-6111; email - [CFranco@goodshepherdshelter.org](mailto:CFranco@goodshepherdshelter.org)
- transitional shelter for women & their children who are healing from Domestic Violence & are already in a shelter; please call for more information about eligibility requirements
- must be referred by social worker or case worker/manager

### Center for the Pacific Asian Family

- 24-Hour Multilingual Helpline – (800) 339-3940; 3424 Wilshire Blvd, Suite 1000, Los Angeles, CA 90010
- give services in Chinese, Korean, Japanese, Tagalog, Hindi, Khmer, Vietnamese, & Thai
- services include:
  - Emergency Shelter
  - Transitional Housing Program
  - Counseling & Case Management
  - Sexual Assault Response Team
  - & More!

### Glendale & Pasadena YWCA Domestic Violence Programs

- 24/7 Hotline – (888) 999-7511
- (818) 242-4155; email – [info@ywcagp.org](mailto:info@ywcagp.org); 735 East Lexington Drive, Glendale, CA 91206
- programs/services include
  - emergency shelter
  - domestic violence services center
  - violence prevention program
  - legal services
  - peer, paraprofessional, & professional counseling services
  - housing navigation
  - food pantry

### Haven Hills

- 24/7 Crisis Line – (818) 887-6589
- Office – (818) 887-7481; email – [safe@havenhills.org](mailto:safe@havenhills.org); P.O. Box 260, Canoga Park, CA 91305
- services include:
  - 45-Day Crisis Shelter
  - Up to 18-Month Transitional Housing Shelter
  - Outreach Services
  - Workshops & Trainings
  - Children’s Programs
  - CalWORKs Services
  - LGBTQ Community

## DOMESTIC VIOLENCE RESOURCES (continued)

### [Institute for Multicultural Counseling & Education Services – Domestic Violence Services](#)

- *Glendale Office* – (818) 240-4311; 121 W. Lexington Drive, Suite 300, Glendale, CA 91203
- *Los Angeles Office* – (213) 381-1250; 3580 Wilshire Blvd., Suite 2000, Los Angeles, CA 90010
- Services delivered in District 2 & District 5 clinics & in the field including shelters & homes
- Services for people who have experienced domestic violence include:
  - mental health counseling; crisis intervention
  - support groups
  - domestic violence education; life skills education
  - case management/connection to community resources
  - advocacy; court accompaniment; & full-scope legal services to victims of domestic violence

### [Jenesse Center, Inc.](#)

- 24/7 Hotline – **(800) 479-7328**; Office – (323) 299-9496; Mailing Address - P.O. Box 8476, Los Angeles, CA 90008
- Types of Help:
  - [Case Management](#)
  - [Children & Youth Enrichment Programs](#)
  - [Client Educational Programs](#)
  - [Workforce Development](#)
  - [Health Services](#)
  - [Housing & Shelter Programs](#)
  - [Legal Services](#)
  - [Mental Health & Wellness Counseling Services](#)
  - [Transportation Services](#)

### [Jewish Family Service LA](#)

- 24-Hour Crisis Line – **(818) 505-0900** or **(323) 681-2626**
- (877) 275-4537; email – [services@jfsla.org](mailto:services@jfsla.org); 330 N. Fairfax Avenue, Los Angeles, CA 90036
- Domestic Violence Shelter services:
  - crisis intervention, individual therapy & support groups
  - food & basic necessities
  - help navigating resources
  - legal advocacy
  - CalWORKs client advocacy
  - parenting education
  - children's programs
  - connection to/assistance with community resources
  - case management
- Transitional Housing

## DOMESTIC VIOLENCE RESOURCES (continued)

### Los Angeles County Department of Public Social Services

- (818) 701-8200; Glendale Office – 4680 San Fernando Road, Glendale, CA 91204
- [Find Your DPSS Office](#)
- [for CalWORKs or GAIN program participants](#) - let your Social Worker know that you need help
- services offered - individual/group counseling; financial planning; safety planning; temporary confidential emergency shelter, food, & clothing; help with protective orders; legal help; referrals to health care; immigration help; household establishment skills education; independent living skills; parenting education; & battered women shelters/walk-in shelters
- [Domestic Violence Shelters & Provider Resources](#)

### Los Angeles County Domestic Violence Council

- Domestic Violence Hotline – (800) 978-3600
- [Hotline & Resources](#)
- [Reaching Out Booklet](#) - in following languages – English, Spanish, Armenian, Chinese, Japanese, Korean, Tagalog, & Vietnamese

### National Domestic Violence Hotline

- (800) 799-7233; TTY – (800) 787-3224
- [Chat](#)
- Text START to 88788
- [Get Help](#)
- [Identify Abuse](#)
- [Plan for Safety](#)
- [Support Others](#)

### Neighborhood Legal Services – Domestic Violence & Family Law

- (800) 433-6251; Offices located in Glendale, Pacoima, & El Monte
- Glendale Office – 1104 E. Chevy Chase Drive, Glendale, CA 91205 (*down the street from GCC Garfield Campus*)
- Give legal help with Domestic Violence Restraining Orders; Child Custody & Visitation; Establishing Paternity; Divorce; Appearing Remotely for Court; & Civil Harassment Restraining Orders
- For help with custody, divorce or restraining orders, you can also contact their [Self-Help Centers](#)
- If the court is closed & you would like a restraining order, you can go to your local police/sheriff's station & request an Emergency Protective Order (good for 5-7 days).
- Safety Planning Guides:
  - [English](#)
  - [Spanish](#)
- Five Steps to Help a Victim of Domestic Violence in Crisis
  - [English](#)
  - [Spanish](#)

## DOMESTIC VIOLENCE RESOURCES (continued)

### Peace Over Violence

- [Hotlines](#)
- [Services](#)
  - call (213) 955-9090 for Case Management Services or Individual Counseling
  - services include – hotlines, case management, accompanying services, legal services & individual counseling
- [Domestic Violence Educational Information](#)

### San Fernando Valley Community Mental Health Center, Inc. – Domestic Violence Prevention & Treatment Program (DVPTP)

- (818) 901-4830; email – [info@sfvcmhc.org](mailto:info@sfvcmhc.org)
- 16360 Roscoe Blvd., 2<sup>nd</sup> Floor, Van Nuys, CA 91406
- help for abuse survivors:
  - Risk assessment & safety planning
  - Clinical evaluation & therapeutic counseling
  - Case Management & domestic violence psycho-social education services
  - Crisis intervention
  - Legal advocacy
  - Employment preparedness in individual &/or group setting

### Tarzana Treatment Centers – Domestic Violence Supportive Services

- (818) 996-1051 X3137; Main Office – 18646 Oxnard Street, Tarzana, CA 91356; have another Location in Lancaster
- Serves people who are now or have been in the past a victim of domestic violence by a current or former spouse or intimate partner
- Gives people intensive individual, group, & family-focused case management; individual, group & family counseling; support groups, life skills education services; domestic violence education classes; shelter bed night services (for CalWORKs participants only); translation/interpreter services; & referral to legal services

## EATING DISORDERS

### National Eating Disorders Association (NEDA)

- (212) 575-6200
- largest nonprofit organization dedicated to supporting individuals & families affected by eating disorders
- Help & Support
  - [Screening Tool](#)
  - [I'm Looking for Resources For...](#)
  - [Free & Low-Cost Support](#)
  - [Treatment Locator](#)
  - [How To Help](#)
  - [Recovery From an Eating Disorder](#)

### National Association of Anorexia Nervosa & Associated Disorders (ANAD)

- [Eating Disorders Helpline](#) – (888) 375-7767 see webpage for hours of operation/holiday closures
- ANAD
  - does not provide medical care
  - is a peer-run organization providing peer support
  - does not provide therapy
- [Support Groups](#)
  - Eating Disorder Recovery Support Groups
  - Caregiver or Sibling Support Groups
- [Treatment Directory](#)

### EDReferral.com

- Website on which to search for sliding fee scale eating disorder treatment providers
  - First, choose Payment Options
  - Then, choose Sliding Scale
  - Then, enter city or zip code
  - Then, click Search Now

## FINANCIAL HELP/INFORMATION

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### Glendale Community College

### [GCC Center for Assistance, Resources, & Educational Success \(GCC CARES\)](#)

- email – [cares@glendale.edu](mailto:cares@glendale.edu)
- *helps GCC students who are taking noncredit or credit classes*
- programs offered:
  - [GCC CARES Market](#) (used to be called Food Pantry)
    - email – [foodpantry@glendale.edu](mailto:foodpantry@glendale.edu); appointment required
    - *only for students currently taking classes who do not have enough money to buy food each month*
    - use link above for most up-to-date information & to schedule appointment online
    - Two Locations (please see webpage for current hours):
      - Mondays & Tuesdays - 11:00am-4:00pm – Garfield Campus – SO104; X5072
      - Wednesdays & Thursdays - 11:00am-4:00pm – Glendale Civic Auditorium - 1401 N. Verdugo Road, Glendale, CA 91208; X3033
    - Noncredit students visiting Civic Auditorium Market must send email to [Tuition@glendale.edu](mailto:Tuition@glendale.edu) to request free parking permit to park at Civic Auditorium; students must print permit & put it in their car to avoid getting a ticket
    - Students can make one appointment per week; will be given points to spend on Market items including food (fresh produce, meat, & bread & variety of canned goods, pasta, & other non-perishable foods) & hygiene products (soap, shampoo, baby diapers, feminine hygiene products, etc.)
      - Fall & Spring Semesters – 160 points total given; can use up to 40 points each time until reach 160
      - Winter Intersession – 60 points total given; can use up to 40 points each time until reach 60
      - Summer Intersession – 100 points total given; can use up to 40 points each time until reach 100
  - [CalFresh Application Assistance](#) - Garfield Campus - SO104
    - X5072; email - [calfreshoutreach@glendale.edu](mailto:calfreshoutreach@glendale.edu); call or email to schedule an appointment
    - for GCC students who need help applying for CalFresh (money from DPSS to pay for food)
    - appointments available at Garfield Campus on Thursdays only
  - [Fresh Success](#) - Garfield Campus - SO100
    - X5071; email – [freshsuccess@glendale.edu](mailto:freshsuccess@glendale.edu); call/email to schedule appointment for Mondays or Thursdays
    - *Check webpage above for most up-to-date information about student participation requirements, application steps, & benefits*
    - CalFresh employment & training program; encourages participants to gain education & skills that will lead to better employment & path to financial independence
    - Students *may be* eligible for the following benefits throughout the year:
      - Textbook Support
      - Internet Support
      - Gas Gift Cards or Hygiene Products
      - Student Success Workshops & Case Management Sessions
      - Students must participate in Financial Literacy & Career Workshops as well as Case Management Sessions

## FINANCIAL HELP/INFORMATION (continued)

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- GCC Student Eligibility:
  - receive CalFresh (SNAP) benefits
  - are enrolled in basic skills or career training courses (for example, noncredit ESL, noncredit Adult Basic Education, High School Equivalency or High School Diploma classes, or noncredit Short-Term Vocational classes)
  - must NOT be receiving CalWORKs benefits
- [GCC GoPass \(Free Bus Pass\)](#)
  - X5072; email – [gopass@glendale.edu](mailto:gopass@glendale.edu)
  - Garfield Campus – SO104; Mondays, Tuesdays, & Thursdays - 8:30am-5:00pm; Fridays 8:30am-3:30pm
  - only for GCC students enrolled in credit or noncredit classes; must complete application on webpage above first; no appointment necessary to pick up GoPass
  - gives GCC students FREE unlimited rides for the 2024-2025 Year on the following public transportation systems (expires 9/30/25):
    - All LA Metro buses & rail lines (A, B, C, D, E, & L lines)
    - All Glendale Beeline buses
    - & 12 other local municipal transit systems, including City of Commerce Transit, Culver CityBus, Foothill Transit, GTrans, LA County Shuttles, LADOT Dash, Long Beach Transit, Montebello Bus, Norwalk Transit, Pasadena Transit, Santa Monica Big Blue Bus, & Torrance Transit
- [Financial Literacy Program](#)
  - email – [finlit@glendale.edu](mailto:finlit@glendale.edu)
  - free workshops that help GCC students to learn important financial skills; students who attend 6 workshops will earn a Certificate of Completion; click on webpage above for schedule of workshops
  - up to \$200 of gift cards are raffled off to students who attend the workshops

### LA County, State, & Federal Government Agencies

#### [California Employment Development Department \(EDD\)](#)

- Local EDD Office – (818) 409-0441; 1255 S. Central Avenue, Glendale, CA 91204
- [Office Locator](#) – find an EDD Office near you
- manages the Unemployment Insurance (UI) & State Disability Insurance (SDI) programs (including Disability Insurance, Paid Family Leave, & Nonindustrial Disability Insurance)
  - *Unemployment Insurance*
    - [Apply for Unemployment Benefits – Overview](#)
    - [Qualify for Unemployment](#)
    - [Apply for Unemployment](#)
    - [Certify for Unemployment Benefits](#)
    - [Manage Your Account](#)
    - [Quick Links](#)
    - [Unemployment Frequently Asked Questions](#)
    - Armenian Relief Society has an *Unemployment Language Opportunity Program* – helps limited English speaking people with unemployment insurance & other benefits & services offered through EDD
      - call (818) 241-7533 or email [socialservices@arswestusa.org](mailto:socialservices@arswestusa.org) for more information

## FINANCIAL HELP/INFORMATION (continued)

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- *Disability Insurance*
  - [Disability Insurance \(DI\) Overview](#)
  - [Am I Eligible for DI Benefits?](#)
  - [Options to File for DI Benefits \(Online or by Mail\)](#)
  - [How to File a DI Claim in SDI Online](#)
  - [State Disability Insurance \(SDI\) Frequently Asked Questions \(FAQs\)](#)
  - [SDI for State Employees](#)
- *Paid Family Leave*
  - [Paid Family Leave \(PFL\) Overview](#)
  - [Am I Eligible for PFL Benefits?](#)
  - [Options to File for PFL Benefits \(Online or by Mail\)](#)
  - [How to File a PFL Claim in SDI Online](#)
  - [Paid Family Leave Claim Process](#)
  - [PFL Frequently Asked Questions \(FAQs\)](#)
- *Nonindustrial Disability Insurance*
  - [Nonindustrial Disability Insurance \(NDI\)](#)
  - [Nonindustrial Disability Insurance - Family Care Leave \(NDI-FCL\)](#)
  - [NDI Claim Process](#)
  - [NDI FAQs](#)

### **LA County Department of Public Social Services (DPSS) – Cash Assistance Programs**

- government agency that gives Cash Assistance through various programs; website translation available in Spanish, Arabic, Armenian, Cambodian, Chinese, Farsi, Korean, Russian, Tagalog, Thai & Vietnamese
- DPSS Customer Services Center – (866) 613-3777
- Glendale Office - (818) 701-8200; 4680 San Fernando Road, Glendale, CA 91204
  - [Other LA County DPSS/GAIN Offices](#)
- [DPSS Programs & Services Videos with Transcripts in Different Languages](#)
  - [California Work Opportunity & Responsibility to Kids \(CalWORKs\)](#)
    - temporary cash assistance & job services to families (with children under 18) who have income & property below State maximum limits for their family size
  - [General Relief \(GR\)](#)
    - cash aid to extremely low-income adults, & children in certain special circumstances who are ineligible for Federal or State program
  - [Cash Assistance Program for Immigrants \(CAPI\)](#)
    - cash to certain aged, blind, & disabled legal non-citizens ineligible to Supplemental Security Income/State Supplemental Payment due to their immigration status
  - [Refugee Cash Assistance \(RCA\)](#)
    - cash assistance, Medi-Cal, & CalFresh to refugees or asylees for 8 months starting with month in which person was admitted into U.S. as a refugee

## FINANCIAL HELP/INFORMATION (continued)

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### [Social Security Administration \(SSA\)](#)

- (855) 866-9633 or TTY (800) 325-0779; Glendale Office - 225 W. Broadway, Suite 600, Glendale, CA 91204
- has applications for retirement, disability, & survivor benefits & Medicare benefits
  - Retirement – for people who worked & paid Social Security taxes
  - Survivor Benefits – for people whose current or ex-spouse worked & paid Social Security taxes before they died
  - SSI for Disability – for people who are blind, have a disability, & find it hard to pay for essentials like food, clothing, & a home
  - SSI for Age 65+ – for people who are 65 years of age or older & it's hard to pay for essentials like food, clothing, & a home
  - Medicare – health insurance programs for people age 65 or older
- [Frequently Asked Questions/Topics](#)

### Other Agencies/Resources

#### [Armenian Relief Society of Western USA Social Services](#) - helps **ALL** ethnicities (not only Armenians):

- Main Office - (818) 241-5755; email - [socialservices@arswestusa.org](mailto:socialservices@arswestusa.org); 517 West Glenoaks Blvd., Glendale, CA 91202
- has Offices in Los Angeles & Pasadena as well
- helps low-income individuals & families including, but not limited to, immigrants, refugees, adults, older adults, homeless individuals, & adults with disabilities, who have difficulties accessing services due to language & cultural barriers & hardships; services include
  - Case Management
  - Employment Services, Job Referrals, & Job Placements
  - Senior Services
  - **Completion of Forms & Access/Linkages to Public Benefits**
  - Assistance with Housing & Transportation Issues
  - **Unemployment Language Opportunity Program (EDD)**
  - Homelessness & Rapid-Rehousing
  - Educational Workshops
  - Translations/Interpretations
  - Information & Referrals to Other Community Resources
- services in English, Armenian, Farsi, Arabic, Russian, & Spanish

#### [Catholic Charities – Program Directory by City](#)

- Glendale Community Services Center - (213) 318-5707; 4322 San Fernando Road, Glendale, CA 91204; has offices/programs in other cities as well; please see link above for this information
- has rental & utility assistance, case management, emergency clothing, support groups, & food pantry services

## FINANCIAL HELP/INFORMATION (continued)

**GetAhead LA** – run by County of Los Angeles Department of Consumer & Business Affairs

- (800) 593-8222; 320 W. Temple St., Room G-10, Los Angeles, CA 90012
- free of charge financial resources including:
  - Managing & Debt & Building Wealth - financial & credit counseling, lending services & savings programs
  - Housing Stability - rent payment assistance, foreclosure prevention, & affordable housing
  - Health Care Services - affordable health insurance, low-cost medical care, & food assistance
  - Income Boosts - employment assistance, tax credits, & free tax preparation
  - Safe Financial Products - affordable checking accounts, retirement savings accounts, & micro loans

### **Jewish Free Loan Association**

- email – [info@jfla.org](mailto:info@jfla.org); *helps people from all races/ethnicities & religions*; gives short-term loans with no interest & no fees if you meet certain eligibility requirements as well as a qualified guarantor
  - [Personal Loans](#)
    - Emergencies – Transportation, Preschool, Medical, Emergency, Domestic Violence Victim, Dental
    - Other Uses – US Veterans, Teachers, Non-Profit Agency Support, Life Cycle Events, Jewish Summer Camp, Jewish Day School Education, In-Home Healthcare, In Vitro Fertilization & Adoption, Children with Disabilities
  - [Business Loans](#) – Small Business Loans
  - [Education Loans](#) - Students may apply for Nursing, Medical, Dental, Community College, Vocational or Trade School, Undergraduate Education or Graduate Education Programs

### **Los Angeles County Department of Consumer & Business Affairs – Financial Empowerment Services**

- (800) 593-8222 (Main Number); Mailing Address – 320 W. Temple St., Room G-10, Los Angeles, CA 90012
  - [Locations/Phone & In-Person Appointments](#)
- gives information about financial topics -
  - [Opening a Checking Account](#)
  - [Financial Tips](#)
  - [Financial Services](#)
  - [Student Loan Debt](#)
  - [Free Tax Preparation](#)
  - [Get Financially Empowered Resource Guide](#)
- gives free webinars for homeowners
- DCBA website also offers information about
  - [Consumer Protection](#)
  - [Tenants & Landlords](#)
  - [Homeowners](#)
  - [Workers](#)
  - [Small Claims](#)
  - [Mediation](#)
  - & More!

## FINANCIAL HELP/INFORMATION (continued)

### [ModestNeeds.Org](#)

- (844) 667-3776
- [Contact by Email](#)
- Gives short-term financial help to individuals & families in crisis because they are working & live just above poverty level, are not eligible for most types of assistance but are living one or two lost paychecks away from possible homelessness
- Do not:
  - give cash directly to applicants; instead make a payment directly to the vendor/creditor on behalf of the applicant
  - charge application fees
  - ask for repayment
- [How to Apply](#)
- [Grant Types & Eligibility Guidelines](#)
- [Frequently Asked Questions](#)

### [PARS Equality Center – Los Angeles Center](#)

- (818) 616-3091; email - **[education@parsequalitycenter.org](mailto:education@parsequalitycenter.org)**
- 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps immigrants from Persian-speaking as well as other underrepresented ethnicities
- Social Services – e.g., assistance applying for public benefits; enrolling in Covered California for health insurance; accessing transportation through bus tokens; food bank; translation & interpreter services; free tax assistance
- also has – Immigration Legal Services; Adult Educational Program; Workforce Development Program; Economic Development Program; Mental Health Services; Refugee Services; Community Service & Civic Engagement; & Scholarships

## FOOD RESOURCES

### Food Pantry Locator

#### [Los Angeles Regional Food Bank – Pantry/Food Locator](#)

- enter your zip code & radius from zip code
  - gives list of Food Pantries/Banks in your area; each food pantry will have their own eligibility requirements & guidelines about how often they can be used & procedures for using them
- 

### Food Pantries/Banks/Distribution Centers

#### Glendale & Burbank:

#### [GCC Center for Assistance, Resources, & Educational Success \(CARES\) Food Programs:](#)

- [GCC CARES Market](#) (used to be called Food Pantry)
  - email – [foodpantry@glendale.edu](mailto:foodpantry@glendale.edu); appointment required
  - only for students currently taking classes who do not have enough money to buy food each month
  - use link above for most up-to-date information & to schedule appointment online
  - *Two Locations (please see webpage for current hours):*
  - *Mondays & Tuesdays - 11:00am-4:00pm – Garfield Campus – SO104; X5072*
  - *Wednesdays & Thursdays - 11:00am-4:00pm – Glendale Civic Auditorium - 1401 N. Verdugo Road, Glendale, CA 91208; X3033*
    - Noncredit students visiting Civic Auditorium Market must send email to [Tuition@glendale.edu](mailto:Tuition@glendale.edu) to request free parking permit to park at Civic Auditorium; students must print permit & put it in their car to avoid getting a ticket
  - Students can make one appointment per week; will be given points to spend on Market items including food (fresh produce, meat, & bread & variety of canned goods, pasta, & other non-perishable foods) & hygiene products (soap, shampoo, baby diapers, feminine hygiene products, etc.)
  - Fall & Spring Semesters – 160 points total given; can use up to 40 points each time until reach 160
  - Winter Intersession – 60 points total given; can use up to 40 points each time until reach 60
  - Summer Intersession – 100 points total given; can use up to 40 points each time until reach 100
- [CalFresh Application Assistance](#) - Garfield Campus - SO104
  - X5072; email - [calfreshoutreach@glendale.edu](mailto:calfreshoutreach@glendale.edu); call or email to schedule an appointment
  - for GCC students who need help applying for CalFresh (money from DPSS to pay for food)
  - appointments available at Garfield Campus on Thursdays only

#### [Burbank Temporary Aid Center](#)

- (818) 848-2822; email – [info@theBTAC.org](mailto:info@theBTAC.org); 1304 W. Burbank Blvd., Burbank, CA 91506
- gives different kinds of groceries, hygiene items & household goods to housed & unhoused clients; check website for schedule

#### [Catholic Charities - Glendale Community Services Center Food Pantry](#)

- (213) 318-5707; 4322 San Fernando Road, Glendale, CA 91204
- food pantry services; *as well as rental & utility assistance, case management*

#### [Glendale Central Spanish Seventh Day Adventist Church](#)

- (818) 243-3006; 901 E. Broadway, Glendale, CA 91205

#### [International Families Association](#) – click on Food Bank at top of webpage

- (818) 770-0779; 240 S. Glendale Avenue, Glendale, CA 91205
  - free food & merchandise to low-income families
-

## FOOD RESOURCES (continued)

### [Salvation Army Corps Community Center Food Pantry & Meals on Wheels](#)

- (818) 246-5586; 320 W. Windsor Avenue, Glendale, CA 91204
- Food Pantry – free fresh produce & canned goods
- Meals on Wheels – food delivery as well as wellness checks to people who cannot reach food pantry
- Must bring Photo ID, proof of residency in Glendale or La Crescenta, & income verification

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*Other Cities in San Fernando Valley:*

### [Meet Each Need with Dignity \(MEND\)](#)

- (818) 897-2443 or (818) 896-0246; 10641 N. San Fernando Road, Pacoima, CA 91331
- services provided (see webpage for more information; some services are for MEND clients only):
  - *Food Distribution* – to any community member in need; if available please have picture ID
  - First Step – homeless services
  - Diaper Distribution
  - Pathways to Wellness
  - Gateways Employment Services
  - Connections Resource Coordination
  - Enhanced Case Management

### [North Hollywood Interfaith Food Pantry](#)

- (818) 760-3575; 11634 Moorpark Street, Studio City, CA 91604

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### [PARS Equality Center – Los Angeles Center](#)

- (818) 616-3091; email - [info@parsequalitycenter.org](mailto:info@parsequalitycenter.org); 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps immigrants from Persian-speaking as well as other underrepresented ethnicities
- has case management & variety of social services including food vouchers

*Los Angeles Area:*

### [Atheists United – Food Distribution](#)

- (323) 666-4258; email – [evan@atheistsunited.org](mailto:evan@atheistsunited.org); 535 W. Temple St., Los Angeles, CA 90026 (Edendale)

### **Children’s Hospital Los Angeles – Food Distribution Center**

- (323) 361-5981; 5000 Sunset Blvd., Los Angeles, CA 90027 (Los Feliz)

### [Central Community Service Inc.](#)

- (213) 483-3035; 1725 Beverly Blvd., Suite 1B, Los Angeles, CA 90026 (Edendale)
- Serves Asian-Pacific seniors & the low-income in their neighborhood; see website for other services

### [Esmirna Pentecostal Church](#)

- (323) 254-0191; email – [iglesiaesmirna@yahoo.com](mailto:iglesiaesmirna@yahoo.com); 5414 N. Figueroa St., Highland Park, CA 90042 (Highland Park)

### [Estrella del Mar de Los Angeles – Food Bank - Regis House Community Center](#)

- (213) 380-8168; email – [regishousecc@att.net](mailto:regishousecc@att.net); 2212 Beverly Blvd., Los Angeles, CA 90057 (Flint)
- Serves Westlake/Historic Filipinotown

## FOOD RESOURCES (continued)

### **Filipino Christian Church Food Pantry**

- (213) 483-5821; 301 N. Union Ave., Los Angeles, CA 90026 (Edendale)

### **[First Southern Baptist Church of Hollywood – Food Ministry](#)**

- (323) 466-9631; email – [fsbch@flash.net](mailto:fsbch@flash.net); 1528 N. Wilton Place, Hollywood, CA 90028

### **Hollywood Community Housing – Food Distribution Center**

- (323) 454-6204; 5020 Santa Monica Blvd., Los Angeles, CA 90029 (Los Feliz)

### **[Hollywood Lutheran Church](#)**

- (323) 667-1212; email - [hollyluth@sbcglobal.net](mailto:hollyluth@sbcglobal.net); 1733 N. Hampshire Ave., Hollywood, CA 90027

### **[Iglesia de la Comunidad Presbyterian Church](#)**

- (323) 257-4352; 115 N. Ave 53, Los Angeles, CA 90042 (Highland Park)

### **Iglesia Pentecostal Peniel – Food Distribution Center**

- (323) 944-8410; 2632 Pasadena Ave., Los Angeles, CA 90031 (Lincoln Heights)

### **[Los Angeles Boys & Girls Club](#)**

- (323) 221-9111; 2635 Pasadena Ave., Los Angeles, CA 90031 (Lincoln Heights)

### **[Metropolitan Community Church of LA \(LGBTQI\)](#)**

- (323) 669-3434; 4607 Prospect Ave., Los Angeles, CA 90027 (Los Feliz)

### **[Our Lady of Guadalupe Church](#)**

- (323) 225-4201; email – [srtherese@olgrosehill.com](mailto:srtherese@olgrosehill.com); 4509 Mercury Ave., Los Angeles, CA 90032 (El Sereno)

### **[Rosewood United Methodist Church – Food Bank Distribution](#)**

- (323) 662-1194; email – [rumclosangeles@gmail.com](mailto:rumclosangeles@gmail.com); 4101 Rosewood Ave., Los Angeles, CA 90004 (Oakwood)
  - Healthy foods & groceries; hygiene kits; diapers
- 

### **[Salvation Army Hollywood Corps](#)**

- (323) 960-0640; 5941 Hollywood Blvd., Los Angeles, CA 90028 (Fountain)

### **[Silverlake Community Church](#)**

- (323) 663-3151; 2930 Hyperion Avenue, Los Angeles, CA 90027 (Los Feliz)
  - Food & clothing available
  - [Frequently Asked Questions](#)
- 

### **[The Sycamores – Family Resource Center – Food Bank](#)**

- (626) 395-7100; 840 N. Ave. 66, Los Angeles, CA 90042 (Highland Park)
- Food bank; tutoring & learning lab, parenting classes, & substance abuse counseling also available

### **[Tri-State Community Healthcare Food Bank](#)**

- (844) 444-1424; email – [info@tristateclinics.org](mailto:info@tristateclinics.org); 4141 ½ Verdugo Road, Los Angeles, CA 90065 (Glassell Park)
  - fresh fruits & vegetables; canned meats, soups & beans; pasta, grains, & more
-

## FOOD RESOURCES (continued)

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### [World Harvest Charities & Family Services – Food Bank](#)

- (213) 746-2227; email – [info@worldharvestfoodbank.org](mailto:info@worldharvestfoodbank.org); 3100 Venice Blvd., Los Angeles, CA 90019
- 

### Food Program for Women & Children:

#### [Women, Infants, & Children Program \(WIC\)](#)

- gives benefits to buy healthy foods (as well as nutrition/everyday healthy living tips, nutrition experts, support & information about breastfeeding, help in finding health care & other community services)
  - eligibility requirements:
    - are pregnant, breastfeeding, just had a baby (or recent pregnancy loss) OR
    - have a child or care for a child under age 5; AND
    - have low-to-medium income or receive Medi-Cal, CalWORKs, or CalFresh benefits; AND
    - live in California
  - Brochure:
    - [English](#)
    - [Spanish](#)
- 

### Food Program for Seniors:

#### [City of Glendale Elderly Nutrition Program](#)

- (818) 548-3778
  - seniors ages 60+ must fill out a Universal Intake Form to determine if they are eligible for this program
  - congregate meals program offered at three different sites in Glendale
  - meals offered at Glendale Adult Recreation Center – 201 E. Colorado Street, Glendale, CA 91205 & Sparr Heights Community Center – 1613 Glencoe Way, Glendale, CA 91208
- 

### Food Delivery Programs:

#### [Meals on Wheels](#)

- (888) 998-6325
  - gives nutritious meals, support, & safety checks for those who are aged 60+ who have difficulty moving around & have difficulty shopping for food, preparing meals & socializing with others (age requirements can vary by program & areas served)
  - search by zip code for programs in your area
  - fees on sliding fee scale from no cost to full price
  - other additional services may be available; please see webpage for more information
- 

#### [Project Angel Food – Meal Delivery Program](#)

- (800) 761-8889 or (323) 845-1800; email – [info@angelfood.org](mailto:info@angelfood.org); 922 Vine St., Los Angeles, CA 90038
  - helps people who have been diagnosed with a life-threatening illness & cannot independently access health food
  - [Becoming a Client](#)
-

# GOVERNMENT ASSISTANCE PROGRAMS

## Los Angeles County - Department of Public Social Services (DPSS)

- DPSS Customer Service Center – (866) 613-3777
- Glendale Office – (818) 701-8200; 4680 San Fernando Road, Glendale, CA 91204
- Other DPSS Locations
- Programs
  - Cash Assistance
    - California Work Opportunity & Responsibility to Kids (CalWORKs)
    - Cash Assistance Program for Immigrants (CAPI)
    - General Relief (GR)
    - Refugee Cash Assistance (RCA)
  - Food & Nutrition
    - CalFresh
    - Restaurant Meals Program
    - More Information about Nutrition Assistance Programs
  - Health Care
    - Medi-Cal; As of 1/1/24
      - *Adults aged 26-49, regardless of immigration status may qualify for full-scope Medi-Cal*
      - *Bank accounts, cash, vehicles, & homes are no longer counted for eligibility,*
        - Children & Families
        - Adults without Children
        - Pregnant Persons
        - Long Term Care
        - Former Foster Youth
        - Teen Services
        - Incarcerated Individuals
    - Medicare Savings Program
    - Seniors & Persons with Disabilities
    - Special Programs
      - Tuberculosis (TB)
      - Renal Dialysis/TPN
      - Breast & Cervical Cancer Treatment Program (BCCTP)
      - Other Health Resources
  - Job Services
    - Skills & Training to Achieve Readiness for Tomorrow (START)
    - Refugee Employment Program (REP)
    - Greater Avenues for Independence (GAIN)
    - CalWORKs Child Care Program
  - Homeless Services (for those eligible for DPSS Cash Assistance Programs)
  - Seniors & Persons with Disabilities
    - In-Home Supportive Services (IHSS)
    - Restaurant Meals Program
    - General Relief (GR)

## GOVERNMENT ASSISTANCE PROGRAMS (continued)

- [Community Services](#)
  - [Specialized Supportive Services](#)
    - [Mental Health](#)
    - [Substance Use Disorder](#)
    - [Domestic Violence](#)
  - [Toy Loan](#)
  - [Community Services Block Grant \(CSBG\)](#)
  - [Important Notice to Immigrants about Public Charge](#)
  - [Youth Services](#)
    - [Cal-Learn](#)
    - [Former Foster Youth](#)
  - [Volunteer Services](#)
  - [Veterans & US Military Resources](#)

The organizations listed below help people to apply for Government Assistance Programs:

[Armenian Relief Society of Western USA Social Services](#) - helps **ALL** ethnicities (not only Armenians):

- Main Office - (818) 241-5755; email - [socialservices@arswestusa.org](mailto:socialservices@arswestusa.org); 517 West Glenoaks Blvd., Glendale, CA 91202
- Site Offices in Los Angeles & Pasadena as well
- helps low-income individuals & families including, but not limited to, immigrants, refugees, adults, older adults, homeless individuals, & adults with disabilities, who have difficulties accessing services due to language & cultural barriers & hardships
- help with variety of social services including completion of forms & applications for public benefits (DPSS benefits)
- services in Armenian, Farsi, Arabic, Russian, & Spanish

[PARS Equality Center – Los Angeles Center](#)

- (818) 616-3091; email - [education@parsequalitycenter.org](mailto:education@parsequalitycenter.org); 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps immigrants from Persian-speaking as well as other underrepresented ethnicities
- gives case management & variety of social services including help with Government Programs/ Department of Public Social Services benefits

## GRIEF & LOSS SERVICES

### [Glendale Adventist Medical Center – Beyond Loss Grief Support Program](#)

- (818) 409-8008 (Mission & Spiritual Care Dept.) or email – [BeyondLoss@ah.org](mailto:BeyondLoss@ah.org); 1509 Wilson Terrace, Glendale, CA 91206
- offers Adult Grief Groups & Survivors of Suicide Groups; also have support group for those who have grief outside of the physical death of a loved one in their life (e.g., aging, end of relationships, retirement, etc.)
- please check website for information about sliding scale annual group registration fee

### [Compassionate Friends – Verdugo Hills Chapter](#)

- (818) 212-3506
- P.O. Box 8324, La Crescenta, CA 91224
- support for families who have lost a child
- use [Chapter Meeting Locator](#) Link to search for chapters in other areas by zip code

### [GriefShare – Grief Recovery Support Groups](#)

- click on [Find a Group](#) to search for a group in your area by day of type of group, day of week, language, meeting format, & distance

### [Los Angeles County Department of Mental Health \(DMH\) – Grief & Loss Resources](#)

- gives grief-related mental health resources for adults & children
- residents can call the DMH Access Line – (800) 854-7771 to provide mental health resources & referrals

### [Loved Ones Victim Center](#)

- (310) 387-7006; email – [services@lovs.org](mailto:services@lovs.org)
- 5701 Slauson Avenue, Suite 116, Culver City, CA 90230
- offers adult & teen grief support groups for people who have lost loved one to acts of violence
- must complete this [Form](#) to receive information about support groups

### [MISS Foundation – Los Angeles](#)

- (713) 249-4211 or (972) 310-3947; email addresses – [Eric.kugler@missfoundation.org](mailto:Eric.kugler@missfoundation.org) or [Lauren.allenberg@missfoundation.org](mailto:Lauren.allenberg@missfoundation.org)
- 11661 W. Wilshire Blvd., Los Angeles, CA 90005
- Support group for bereaved parents; check website for current group day/time

### [Our House](#)

- (310) 473-1511 or email – [ourhouse@ourhouse-grief.org](mailto:ourhouse@ourhouse-grief.org)
- 21860 Burbank Blvd., North Building, Suite 195, Woodland Hills, CA 91367; other location in Los Angeles
- serve adults, teens, children, & toddlers, which include grief support groups that are specific to age of the griever, length of time since the death, & the relationships to the person who died
- offers Spanish-speaking groups

### [The Group List – Los Angeles County](#)

- Directory listing many different outpatient therapy & support groups offered by licensed mental health professionals; includes bereavement/grief & loss groups
- webpage gives you link at top to click on to view, print or download the Directory
- must contact therapists directly to find out about fees

## HEALTH INSURANCE PROGRAMS & HEALTH CARE PROGRAMS

### [Los Angeles County Department of Public Social Services – Health Care – Medi-Cal](#)

- Glendale Office - (818) 701-8200; 4680 San Fernando Road, Glendale, CA 91204
- [DPSS Office Locator](#)
- *As of 1/1/24*
  - *Adults aged 26-49, **regardless of immigration status** may qualify for full-scope Medi-Cal*
  - *Bank accounts, cash, vehicles, & homes are no longer counted for eligibility*
- [Children & Families](#)
- [Adults without Children](#)
- [Pregnant Persons](#)
- [Medicare Savings Program](#)
- [Former Foster Youth](#)
- [Teen Services](#)
- [Special Programs](#)
  - Tuberculosis (TB)
  - Renal Dialysis/TPN
  - Breast & Cervical Cancer Treatment Program (BCCTP)
- [Incarcerated Individuals](#)

### [Covered CA](#)

- helps people apply for Medi-Cal or, if not eligible, helps them find another affordable health insurance plan
- [Search for Certified Enrollment Counselors](#) (by Zip Code & Language)
- English - (800) 300-1506
  - Other Languages
    - Arabic – (800) 826-6317
    - Cantonese – (800) 339-8938
    - Mandarin – (800) 300-1533
    - Hmong – (800) 771-2156
    - Korean – (800) 738-9116
    - Russian – (800) 778-7695
    - Filipino/Tagalog – (800) 983-8816
    - Armenian – (800) 996-1009
    - Khmer – (800) 906-8528
    - Lao – (800) 357-7976
    - Spanish – (800) 300-0213
    - Vietnamese – (800) 652-9528
- information about available health insurance programs
  - [Medi-Cal Insurance Plan Information](#)
  - [Covered CA Health Insurance Plans](#)
  - [Dental Coverage](#)
    - [Children’s Dental](#)
    - [Family Dental](#)
  - Vision Coverage –
    - [Adult Vision](#)
    - [Children’s Vision](#)

## HEALTH INSURANCE PROGRAMS & HEALTH CARE PROGRAMS (continued)

### Medicare

- (800) 633-4227 (800-MEDICARE)
- health insurance for people ages 65+
  - can sign up for Medicare 3 months before you turn 65
  - people may be eligible to get it earlier if they have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig’s disease)
- Parts of Medicare
  - Part A – Hospital Insurance
  - Part B – Medical Insurance
  - Part D – Drug Coverage
  - Medicare Supplemental Insurance – Medigap – insurance plan people pay for that helps them pay their share of costs that Medicare does not cover; acts as a secondary insurance
    - for people who meet income eligibility requirements, Medi-Cal can be their secondary insurance
- [Medicare Costs](#)
- [Get Free Health Insurance Counseling](#)
- [Sign Up for Medicare Part A &/or Part B – Social Security Administration](#)
- [Get Help with Medicare Costs](#)

### Los Angeles County Department of Health Services

- for people who do not meet income eligibility requirements for Medi-Cal
- (844) 804-0055
  - webpage lists Health Centers/Hospitals where Patient Financial Services staff can help you
- Offers Financial Assistance Program – “Ability to Pay (ATP)” - Free for patients with income at or under 200% Federal Poverty Level & at reduced cost/sliding scale for those over 200% Federal Poverty Level
  - [ATP Program Cost Table](#) – Effective 4/1/24
- local Health Center – [Glendale Health Center](#) - (818) 291-8900; 501 N. Glendale Ave., Glendale, CA 91206
- Brochures in Different Languages Available
  - [English](#)
  - [Arabic](#)
  - [Armenian](#)
  - [Cambodian](#)
  - [Cantonese](#)
  - [Farsi](#)
  - [Korean](#)
  - [Russian](#)
  - [Spanish](#)
  - [Tagalog](#)
  - [Vietnamese](#)

## HEARING SERVICES

### Hearing Screening Clinics

*Clinics will be different in terms of:*

- *hearing services offered & populations served*
- *days/hours of operation*
- *availability of free services & eligibility requirements to receive free services*
- *sliding scale fee range for services*
- *proof of income required*
- *insurance accepted (Medi-Cal or other health insurance)*
- *length of waiting lists*
- *languages in which services are offered*
- *availability of other health services like medical, dental, mental health, & vision services*

### All For Health, Health for All

- (818) 549-8800; 800 South Central Avenue, Suite 308, Glendale, CA, 91204
- gives hearing screenings
- [More Offices](#) in Glendale, Burbank, Montrose, & Sunland

### Altamed – Hearing Care

- (888) 499-9303 – to make an appointment
- gives hearing screenings for their members

### Arroyo Vista Family Health Center

- (323) 254-5221; 6000 N. Figueroa Street, Los Angeles, CA, 90042 (Highland Park)
- gives hearing exams for seniors
- [More Offices](#) in Lincoln Heights & 2 in El Sereno

### Comprehensive Community Health Centers

- Glendale Office - (818) 265-2264; 801 South Chevy Chase Drive, Suite 250, Glendale, CA, 91205
- gives hearing screenings to patients who are assigned to their program through their insurance
- [More Offices](#) in Arleta, Eagle Rock, Highland Park, North Hollywood, & Sunland

### Hear Center

- (626) 734-6555; email – [info@hearcenter.org](mailto:info@hearcenter.org)
- hearing screenings offered for seniors
- seniors, who fail a hearing screening, welcome to come to HEAR Center for a free comprehensive audiological evaluation

### Los Angeles General Medical Center – Audiology

- (323) 409-5073 (Audiology); 1100 N. State Street, Los Angeles, CA 90033
- gives children & adults hearing evaluations, hearing aid consultations, & vestibular assessments for balance problems

### Hearing Resource Information

#### [Guide to Adult Hearing Care](#)

#### [Hearing Aid & Cochlear Implant Assistance Programs](#)

# HOMELESS SERVICES & PROGRAMS

## Glendale Community College Resources

### **GCC CARES Housing Programs:**

- *Emergency Housing Program* – short-term help for GCC students currently enrolled in classes & recently lost their housing
  - up to 5 nights’ accommodations at hotel in Glendale
  - email to [CARES@glendale.edu](mailto:CARES@glendale.edu) for more information & to determine eligibility

## California Community College Resource - Campus Peer Navigator Program

- for community college students who do not have a safe, secure, or regular place to sleep
- navigators help students explore housing options & next steps, connect with basic resources like food pantries, medical care & social services benefits, & access safe housing alternatives
- email Peer Navigator – Jacqueline Ramos – [Jramos@thevillagefs.org](mailto:Jramos@thevillagefs.org)

### **IMPORTANT INFORMATION ABOUT LA COUNTY HOMELESS SERVICES**

- *The Los Angeles County Coordinated Entry System (CES) is a network of agencies that are assigned to help people experiencing homelessness in different Service Planning Areas (SPAs) of LA County. If you are experiencing homelessness, please reach out to the agency below that is assigned to your Service Planning Area.*

<b>Service Planning Area</b>	<b>Agency Helping Homeless Persons</b>
SPA 1 – ANTELOPE VALLEY	Adults, Families, & Youth - <a href="#">Valley Oasis</a> – (661) 239-9300
SPA 2 – SAN FERNANDO VALLEY	Adults & Families – <a href="#">LA Family Housing</a> – Adults – (818) 255-2766 Families – (818) 255-2703
	Youth – <a href="#">The Village Family Services</a> - (818) 755-8786
	Adults & Families – <a href="#">Union Station Homeless Services</a> - (626) 240-4550
SPA 3 – SAN GABRIEL VALLEY	Youth – <a href="#">Hathaway-Sycamores</a> – (626) 395-7100
	Adults – <a href="#">The People Concern</a> – (323) 334-9000
SPA 4 – CENTRAL LOS ANGELES	Families – <a href="#">PATH</a> – (323) 212-6285
	Youth – <a href="#">LGBT Center</a> – (323) 860-2280
	Adults & Families – <a href="#">St. Joseph Center</a> – (310) 399-6878
SPA 5 – WEST LOS ANGELES	Youth – <a href="#">Safe Place for Youth</a> – (310) 902-2283
	Adults & Families – <a href="#">SSG HOPICS</a> – (323) 948-0444
SPA 6 – SOUTH LOS ANGELES	Youth – <a href="#">CRCD/Ruth’s Place</a> – (323) 432-2440
	Adults – <a href="#">American Family Housing</a> – (562) 378-5552
	Families – <a href="#">The Whole Child</a> – (562) 204-0640
SPA 7 – EAST LOS ANGELES	Youth – <a href="#">Jovenes</a> – (323) 621-2213
	Adults, Families, & Youth – <a href="#">Harbor Interfaith</a> – (310) 831-0589

## HOMELESS SERVICES & PROGRAMS (continued)

### City/County Homeless Resources:

#### [City of Glendale Homeless Services](#) – Glendale Continuum of Care Social Services Agencies –

- gives website links for:
  - One Stop Social Services (housing, case management, health & mental health services, & emergency shelter)
  - Homeless Prevention (help with food & clothing)
  - Domestic Violence & Rapid Re-Housing
  - Health Care
  - Youth Services (Ages 18-24)

#### [Los Angeles County Homeless Services Authority – Get Help](#)

- Hotline - **(213) 225-6581**; Hours of Operation – Monday-Friday 7:30 am to 4:30 pm
- [Homeless Prevention Program](#) – gives individuals & families at imminent risk of homelessness with:
  - temporary financial help & housing stabilization services necessary to maintain their current housing
  - assistance finding new housing to avoid becoming homeless & entering the emergency shelter system
- Shelters
  - [Adults & Youth](#) – (800) 548-6047
    - [WIN App](#)
  - [Families with Minor Children](#) – Call 211
  - [Older Adults/Seniors](#)
- [Coordinated Entry System \(CES\)/LA County Homeless Access Centers Directory](#)
  - Call-in or Drop-in locations where people experiencing homelessness can get referrals to:
    - Interim Housing programs
    - Emergency Services (Domestic Violence, Emergency Physical/Mental Healthcare) & other supportive services (e.g., Job/Employment Assistance)
    - Food, Storage & Hygiene Services
- [2024-2025 – Safe Parking Program Site List](#)
- [2024-2025 – LAHSA Interim Housing List](#)
- [Winter Shelter Program \(11/1/24 – 3/31/25\)](#)
  - **(800) 548-6047**; email - [\*\*wintershelter@lahsa.org\*\*](mailto:wintershelter@lahsa.org)

## HOMELESS SERVICES & PROGRAMS (continued)

### Glendale, Burbank, & San Fernando Valley Homeless Resources

#### Armenian Relief Society of Western USA Social Services - helps **ALL** ethnicities (not only Armenians):

- Main Office - (818) 241-5755; email - [socialservices@arswestusa.org](mailto:socialservices@arswestusa.org); 517 West Glenoaks Blvd., Glendale, CA 91202
- Site Offices in Los Angeles & Pasadena as well
- helps low-income individuals & families including, but not limited to, immigrants, refugees, adults, older adults, homeless individuals, & adults with disabilities, who have difficulties accessing services due to language & cultural barriers & hardships; services include:
  - Case Management
  - Employment Services, Job Referrals, & Job Placements
  - Senior Services
  - Completion of Forms & Access/Linkages to Public Benefits
  - Assistance with Housing & Transportation Issues
  - Unemployment Language Opportunity Program (EDD)
  - **Homelessness & Rapid-Rehousing**
  - Educational Workshops
  - Translations/Interpretations
  - Information & Referrals to Other Community Resources
- services in Armenian, Farsi, Arabic, Russian, & Spanish

#### Ascencia

- (818) 246-7900; email – [info@AscenciaCA.org](mailto:info@AscenciaCA.org); 1851 Tyburn Street, Glendale, CA 91204
- gives emergency housing, housing programs, laundry & shower facilities, & case management
- Access Center Hours –
  - Monday-Wednesday – 7:00 am-4:00 pm; Thursday – 7:00 am-2:00 pm
  - Friday 7:00 am-4:00 pm (closed last Friday of each month)
- [Programs & Services](#)

#### Burbank Temporary Aid Center

- (818) 848-2822 or email – [info@theBTAC.org](mailto:info@theBTAC.org); 1304 W. Burbank Blvd., Burbank, CA 91506
- [Programs for Homeless Clients](#)
  - Groceries, Hygiene Items, Household Goods
  - Laundry Services
  - Shower Facilities
  - Information & Referrals
- [Programs for Housed Clients](#)
  - Groceries, Hygiene Items, Household Goods
  - Refrigerator Exchange Program
  - Laundry Services
  - Project Share Program
  - Sack Lunches
  - Information & Referrals

## HOMELESS SERVICES & PROGRAMS (continued)

### Catholic Charities – Shelter Services

- Glendale Office - (213) 251-5707; 4322 San Fernando Road, Glendale, CA 91204
- emergency shelter, bridge, & crisis housing programs
- [Angel's Flight, At-Risk Youth Shelter](#) (Youth Ages 1-17 who have run away from home, have become homeless, or are at risk)
- [Elizabeth Ann Seton Residence](#) (Shelter for families, pregnant women, people with disabilities, & the elderly)
- [Good Shepherd Center](#) (Shelter for Homeless Women & Children in Echo Park)
- [Angel Guardian Home](#) (Long-term affordable housing to mothers with physical or mental disabilities & their minor children)
- [Farley House](#) (Transitional Shelter/Residence for mothers with up to 2 children)
- [Hawkes Residence](#) (Bridge Housing for unaccompanied women)
- [Languille Shelter](#) (Crisis/Bridge Housing for unaccompanied women)
- [Good Shepherd Shelter](#) (Transitional Shelter for Mothers & Children Affected by Domestic Violence)
- [Jobe](#) (Transitional Living for individuals who are homeless who were formerly Foster Care Youth)
- [McGill Street House](#) (Transitional Facility for women & children who have multiple/complex barriers to secure permanent housing)

### Home Again Los Angeles (HALA)

- Shelter - (818) 847-1547
- Glendale Site – (818) 396-5555
- San Fernando – (818) 898-1210
- email – [info@HomeAgainLA.org](mailto:info@HomeAgainLA.org)
- Administrative Office – (818) 562-7778; P.O. Box 7151, Burbank, CA 91510
- helps with:
  - Situational Homelessness – homelessness due to life event such as loss of job, disaster, losing family member who is the breadwinner, & Domestic Violence
  - Chronic Homelessness – homelessness for a least a year or repeatedly while struggling with a disabling condition such as mental illness, substance abuse disorder, or physical disability
  - Rapid Rehousing - short-term rental assistance & services
  - Transitional Housing – temporary housing for certain members of the homeless population, including working homeless people who not making enough money to afford long-term housing
  - At-Risk of Homelessness – individual or family with annual income below 30% of median family income for area
  - Homelessness Prevention

### Meet Each Need with Dignity (MEND)

- (818) 896-0246
- 10641 N. San Fernando Road, Pacoima, CA 91331
- Services for very low-income individuals & families; must register to get services; please bring photo ID
- services include – food distribution; diaper distribution; employment services; help with applying for public benefits, housing, child care, transportation supports, & more; enhanced case management for Medi-Cal recipients that need help dealing with a chronic condition; wellness activities

## HOMELESS SERVICES & PROGRAMS (continued)

### [Project New Hope](#) (website under construction at time of Directory Update; information may be out of date)

- (818) 546-8929; 601 East Glenoaks Blvd., Suite 100, Glendale, CA 91207
- gives safe affordable housing & supportive services, for low- & moderate-income individuals or families with disabilities (such as HIV/AIDS) & seniors, living in Southern California
- [Group Living](#)
  - [Transitional Residential Care Facility](#)
  - [Residential Care Facilities for the Chronically Ill](#)
- [Independent Living](#)
  - [Laguna Senior Apartments](#)
  - [Shelter Plus Care](#)
  - [Low-Income Housing](#)
  - [HUD-811](#)

### [Salvation Army Glendale](#)

- Glendale Corps Community Center - (818) 246-5586; 320 W. Windsor Road, Glendale, CA 91204 (other Offices searchable by zip code on website)
- services include:
  - Food Pantry & Meals on Wheels Program
    - Must bring Photo ID, proof of residency in City of Glendale or La Crescenta, & proof of income
  - Emergency Shelters, Group Homes & Transitional Living Centers, & Family Services Programs
  - Short- & Long-term Housing Assistance, Bill Pay Assistance, & Employment Assistance

### [San Fernando Valley Rescue Mission](#)

- Office – (818) 785-4476; 8756 Canby Avenue, Northridge, CA 91325
- Programs:
  - [Survivor Outreach Services](#)
    - (818) 691-2965
    - mobile shower & meal program – haircuts, food, clothing & hygiene products
    - check link above for Locations & Schedules
  - [Renewed Hope Life Recovery Program](#)
    - (818) 257-5243; 18937 Nordhoff St., Northridge, CA 91324
    - email – [ocorral@erescuemission.org](mailto:ocorral@erescuemission.org)
    - 5601 Sunset Blvd., Los Angeles, CA 90027 (Los Feliz)
    - free, 10-month, residential Christian addiction recovery program
    - see website for eligibility requirements & application procedures & more information
  - [The Family Shelter](#)
    - Intake Phone Number - (818) 960-0404
    - Home Again 90-Bed Family Shelter in Northridge
  - [Other Resources](#)

### [YMCA of Glendale Hotel](#)

- (818) 696-2580
- offers safe, affordable rooms for single men on a first-come, first-served basis
- [Application Form](#); submit application online to [JDReneaud@glenmyca.org](mailto:JDReneaud@glenmyca.org)

## HOMELESS SERVICES & PROGRAMS (continued)

### Pasadena & San Gabriel Valley Homeless Resources

[Armenian Relief Society of Western USA Social Services](#) - helps **ALL** ethnicities (not only Armenians):

- (626) 797-6187; 2242 E. Foothill Blvd., Pasadena, CA 91107
- have Offices in Glendale & Los Angeles as well
- helps low-income individuals & families including, but not limited to, immigrants, refugees, adults, older adults, homeless individuals, & adults with disabilities, who have difficulties accessing services due to language & cultural barriers & hardships; services include:
  - Case Management
  - Employment Services, Job Referrals, & Job Placements
  - Senior Services
  - Completion of Forms & Access/Linkages to Public Benefits
  - Assistance with Housing & Transportation Issues
  - Unemployment Language Opportunity Program (EDD)
  - **Homelessness & Rapid-Rehousing**
  - Educational Workshops
  - Translations/Interpretations
  - Information & Referrals to Other Community Resources
- services in Armenian, Farsi, Arabic, Russian, & Spanish

### Door of Hope

- (626) 304-9130 X102; general email – [info@doorofhope.us](mailto:info@doorofhope.us); 221 E. Walnut St., Suite 112, Pasadena, CA 91101
- emergency rental assistance, case management, landlord remediation, & financial counseling for families at-risk for homelessness
- [Homeless Prevention Program](#) – for people in need of rental assistance; fill out forms below; if you have questions, send email - [prevention@doorofhope.us](mailto:prevention@doorofhope.us)
  - [Homelessness Prevention Program Screening Application - English](#)
  - [Programa de Evaluación de la Prevención de la Indigencia de Door of Hope](#)
- [Transitional Housing](#) –
  - To be eligible you must have at least one child age 18 or under & must be willing to find employment & participate in case management, therapy, & life skills classes
  - has 4 transitional housing sites to helping different types of families
    - General Homeless Program – single parents with kids & couples with children
    - Domestic Violence Services –
      - Bravo Site – if actively fleeing an abuser & need a confidential address; if already working with a case manager, have them email Universal Application on your behalf to [transitionalhousing@doorofhope.us](mailto:transitionalhousing@doorofhope.us)
      - Case Site – if actively fleeing an abuser, need a confidential address & interested in returning to a school of training program; if already working with case manager, have them email Universal Application on your behalf to [transitionalhousing@doorofhope.us](mailto:transitionalhousing@doorofhope.us)
      - Villa Site – if have domestic violence history but no longer actively fleeing
  - To be added to waitlist, click on links below to submit your form
    - [Apply for Shelter](#)
    - [Solicitar Refugio](#)

## HOMELESS SERVICES & PROGRAMS (continued)

### [Foothill Unity Center, Inc.](#)

- serving Altadena, Arcadia, Azusa, Baldwin Park, Bradbury, Duarte, Irwindale, Monrovia, Pasadena, Sierra Madre, South Pasadena, & Temple City
- services include - food program, pet food bank, health program, crisis case management, housing & homeless services, volunteering & job development services
- Offices:
  - Pasadena – (626) 584-7420; 191 N. Oak Avenue, Pasadena, CA 91107
  - Monrovia – (626) 358-3486; 790 Chestnut Avenue, Monrovia, CA 91016
- [Helpful & Free Resources](#)
- [Events Calendar](#) – includes, for example, Annual Health Fair, Back to School Distribution, Pediatric Mobile Dental Clinic, Thanksgiving & Holiday Distributions

### [Union Station Homeless Services](#)

- (626) 240-4550; email – [info@unionstationhs.org](mailto:info@unionstationhs.org); 825 E. Orange Grove Blvd., Pasadena, CA 91104
- see webpage for more information about connecting to services for adults, families, & youth
- program information:
  - Outreach, Intake & Assessment – lead agency for Coordinated Entry System (CES) for Adults & Families who are homeless in San Gabriel Valley (SPA 3)
  - Interim Housing – offers housing sites for short periods of time ranging from a few months to over a year; determined on case-by-case basis
  - Permanent Supportive Housing – safe, affordable, private apartments as well as on-site supportive services; residents pay 30% of their income to property manager
  - Wrap-around Services – for example, Employment Services & Enrichment Activities
- [Get Help](#)

### [North Hollywood, Hollywood & Los Angeles Homeless Resources](#)

#### [Affordable Living for the Aging](#)

- (323) 650-7988; email – [info@alasseniorliving.org](mailto:info@alasseniorliving.org)
- 937 N. Fairfax Avenue, 5<sup>th</sup> Floor, West Hollywood, CA 90046
- [Affordable Housing](#) - ALA owns & manages 5 affordable housing properties in Los Angeles consisting of 64 units total
- [Enhanced Care Management](#) – Medi-Cal benefit offering help to LA residents who have health & housing challenges
  - Homelessness or at risk of losing housing
  - Severe mental illness or substance use disorders
  - Frequent hospitalizations or emergency visits
  - Risk of institutionalization
- [Permanent Supportive Housing](#) - affordable permanent housing & case management for seniors in LA who are chronically homeless; units assigned through the [Coordinated Entry System \(CES\)](#)
- [Shared Housing](#) - program converts spare rooms into affordable housing which allows the senior homeowner to age in place & for housing seekers to secure affordable

## HOMELESS SERVICES & PROGRAMS (continued)

### [Armenian Relief Society of Western USA Social Services](#) - helps **ALL** ethnicities (not only Armenians):

- (323) 669-0474; 1205 N. Vermont Avenue, Los Angeles, CA 90029 (Los Feliz); Offices in Glendale & Pasadena as well
- helps low-income individuals & families including, but not limited to, immigrants, refugees, adults, older adults, homeless individuals, & adults with disabilities, who have difficulties accessing services due to language & cultural barriers & hardships; services include:
  - Case Management
  - Employment Services, Job Referrals, & Job Placements
  - Senior Services
  - Completion of Forms & Access/Linkages to Public Benefits
  - Assistance with Housing & Transportation Issues
  - Unemployment Language Opportunity Program (EDD)
  - **Homelessness & Rapid-Rehousing**
  - Educational Workshops
  - Translations/Interpretations
  - Information & Referrals to Other Community Resources
- services in Armenian, Farsi, Arabic, Russian, & Spanish

### [Covenant House California](#)

- Los Angeles Office - (323) 461-3131; email – [info@covenanthousecalifornia.org](mailto:info@covenanthousecalifornia.org)
- 1325 N. Western Avenue, Hollywood, CA 90027
- homeless programs & services for ages 18-24
- [Housing Programs](#):
  - Shelter Housing
  - Two-Year On-site Transitional Living Program
  - Supportive Apartment Programs
  - Permanent Housing
- [Supportive Services](#):
  - Street Outreach
  - Day Outreach/Wellness
  - Medical & Mental Health Services
  - Career Services
  - Education Services
  - Spiritual Ministry Services

### [Good Shepherd Center](#)

- For Shelter - (213) 235-1460; 1671 Beverly Blvd., Los Angeles, CA 90026 (Edendale)
- gives food, shelter, case management, education/training, employment services, mental health & support services for homeless women
- Programs:
  - [Shelter & Residences](#)
  - [Family Services](#)
  - [Employment Services](#)
  - Housing for Health & Rapid Re-Housing – Contact Good Shepherd Center for more information
- [Need Help?](#)

## HOMELESS SERVICES & PROGRAMS (continued)

### Jovenes, Inc.

- (323) 260-8035; email – [help@@jovenesinc.org](mailto:help@@jovenesinc.org)
- 1208 Pleasant Avenue, Los Angeles, CA 90033 (Boyle)
- serves ages 18–24-year-olds in following areas: Artesia, Bellflower, Boyle Heights, Cerritos, Commerce, City Terrace, Cudahy, Downey, East LA, Hawaiian Gardens, Huntington Park, La Habra Heights, Lakewood, La Mirada, Los Nietos, Maywood, Montebello, Norwalk, Pico Rivera, Santa Fe Springs, Signal Hill, South Gate, Vernon, Walnut Park, & Whittier
- Housing Solutions:
  - Short-term Housing – emergency shelter & transitional housing
  - Permanent Housing
    - Rapid Rehousing
    - Permanent Supportive Housing
    - & more
- [Need Help?](#)

### LA Family Housing

- Los Angeles Homeless Services Authority (LAHSA) - Coordinated Entry System (CES) Agency for Service Planning Area (SPA) 2 – San Fernando Valley
- Family Solution Center – (818) 255-2766; 7817 Lankershim Blvd., North Hollywood, CA 91605
  - Monday-Friday – 8:00 am - 5:00 pm
- Individual Solution Center – (818) 255-2703; 7843 Lankershim Blvd., North Hollywood, CA 91605
  - Monday-Friday – 8:00 am - 5:00 pm
- Youth Aged 14-24 – (818) 755-8786
  - [Village Family Services Transitional Age Youth \(TAY\) Drop-In Center](#) - 6801 Coldwater Canyon, Suite #1E, North Hollywood, CA 91605
    - Monday-Friday – 10:00 am - 5:00 pm; Saturday – 9:00 am - 9:00 pm
- Homeless in Santa Clarita – (661) 254-4663
  - [Bridge to Home](#) – 23752 Newhall Avenue, Newhall, CA 91321
    - Monday-Friday – 8:00 am - 5:00 pm
- [Apply for Services](#)
- [Para Español Oprime Aqui](#)

### Los Angeles LGBT Center Housing Programs

- 1118 N. McCadden Pl., Los Angeles, CA 90038
- gives housing assistance to Lesbian, Gay, Bisexual, & Transgender individuals experiencing homelessness
- [Youth \(18-24\) Housing](#) – (323) 860-2280; email - [youthservices@lalgbtcenter.org](mailto:youthservices@lalgbtcenter.org)
- [Senior Housing](#) – (323) 860-5830; email – [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)

## HOMELESS SERVICES & PROGRAMS (continued)

### Los Angeles Mission

- (213) 629-1227 Ext. 400; email – [info@lamission.net](mailto:info@lamission.net); 303 East 5<sup>th</sup> Street, Los Angeles, CA 90013
- services include emergency services; food baskets; rehabilitation program for men; center for women; life start program; bridge housing; free legal clinic; career fairs; mental health treatment; residential program. workforce development, mommy & me; medical & dental services; 12-step classes; anger management; health + wellness classes; domestic violence program; money smart program; recreational activities; relapse prevention; smoking cessation; & more

### (The) Midnight Mission

- (213) 624-9258; 601 S. San Pedro St., Los Angeles, CA 90014
- gives emergency services for people who are homeless
  - [Food](#)
  - [Shelter](#)
  - [Courtyard Outreach](#)
  - [Women's Crisis & Bridge Center](#)
- [Contact](#) – webpage to find specific phone extensions & emails for different services

### Pathways to Home – Volunteers of America – Los Angeles

- (213) 389-1500; TDD – (213) 388-8280; email – [info@voala.org](mailto:info@voala.org)
- 3600 Wilshire Blvd., Suite 1500, Los Angeles, CA 90010
- homeless shelter providing – comprehensive case management services; affordable housing assistance; transitional housing programs; permanent housing placements; JWCH Mobile Clinic; & Department of Health Services
- helps children, youth, adults, families, women, & veterans
- [Get Help](#)

### People Assisting the Homeless (PATH)

- (323) 644-2200; email – [pathlosangeles@epath.org](mailto:pathlosangeles@epath.org); 340 N. Madison Avenue, Los Angeles, CA 90004 (Oakwood); also has services in other Counties in California
- helps individuals, families & veterans
- gives:
  - employment programs to increase jobs skills & find jobs
  - homelessness prevention – eviction prevention assistance funding
  - interim/transitional housing
  - rapid re-housing program giving short-term rental assistance, supportive services & case management assistance to find permanent supportive housing
  - permanent supportive housing
- [Get Help](#)

### Proyecto Pastoral Guadalupe Homeless Project – Dolores Mission Church

- Main Office - (323) 881-0018; 135 N. Mission Road, Los Angeles, CA 90033
- Men's Shelter serves 45 men nightly – (323) 881-0032; 171 S. Gless St., Los Angeles, CA 90033
- Women's Shelter serves 15 women over the age of 55 – (323) 604-9985
- gives shelter; meals; connection to resources & services including – mental health; job skills; English classes; & substance abuse prevention

## HOMELESS SERVICES & PROGRAMS (continued)

### Safe Parking Sites in Los Angeles

- Intake Phone Line - (323) 210-3375; email – [intakes@safeparkingla.org](mailto:intakes@safeparkingla.org); check website for intake hours
- Office Address – St. Mary’s Episcopal Church - 961 S. Mariposa Street, Los Angeles, CA 90006 (Koreatown)
- night-time program for people who are homeless & sleeping in their cars at night
- gives safe place to park car; access to restrooms & washing stations; security guard; case management (links to services & housing resources including direct support for housing deposits & furniture); emergency/crisis assistance; & vehicle related assistance
- [Need Help?](#)

### St. Francis Center

- (213) 747-5347; email – [info@sfcla.org](mailto:info@sfcla.org); 1835 S. Hope Street, Los Angeles, CA 90015
- Services – breakfast program; hygiene services; resource referral services; mail pick up services; laundry services; & veterans services

### St. Vincent de Paul – Men’s Shelter & Community Center

- (213) 229-9971; email – [socialservices@svdpla.org](mailto:socialservices@svdpla.org)
- 210 North Avenue 21, Los Angeles, CA 90031
- 65-bed homeless shelter program in downtown LA’s Skid Row area
  - Offers services to adult men – case management services include permanent housing search & placement; medical, mental health & other healthcare needs; education; job training, & other specialized resources
- Day Center Drop-In Community Services
  - Offers daily rest from the streets; services include light breakfast & sack lunches; access to telephones & computers; restrooms; drinking water; transportation assistance; DMV voucher issuance to get California ID for free; group activities; referrals to many different resources in community

### The People Concern

- Administrative Office – (323) 334-9000; email – [customerservice@thepeopleconcern.org](mailto:customerservice@thepeopleconcern.org)
- 2116 Arlington Ave., Suite 100, Los Angeles, CA 90018
- Services Offered – Interim Housing; Permanent Supportive Housing; Domestic Violence Services; Medical/Mental Health/Substance Abuse Services; Life Skills & Wellness; Income Assistance
- [Get Help](#)

### Union Rescue Mission

- (213) 347-6300; email – [thewayhome@urm.org](mailto:thewayhome@urm.org); 545 S. San Pedro St. Los Angeles, CA 90013
- gives:
  - food, shelter, clothing, & personal hygiene products
  - Clinics (dental, mental health, legal)
  - Day Center & Family Community Center
  - Learning Center
  - mail, telephone & banking services
  - help & referrals for employment, housing, government aid, substance abuse, recovery & other services
  - life management classes
  - spiritual encouragement
  - please see website for more programs & services offered
  - [Emergency Services](#)

## HOMELESS SERVICES & PROGRAMS (continued)

### Weingart Center

- (213) 833-5020; After Hours - (213) 627-5302
- 501 E. 6<sup>th</sup> Street, Los Angeles, CA 90021
- serves people experiencing or at risk of homelessness
- services provided – Housing; Case Management; Medical, Dental & Mental Health; Domestic Violence; Substance Abuse; Senior Programs; Re-Entry Services
- [Interim Housing](#)
- [Permanent Supportive Housing](#)
- [Get Help](#)

### Zahn Memorial Center

- (213) 438-1617; 832 James M Wood Blvd., Los Angeles, CA 90015 (Del Valle)
- helps families in Downtown LA with emergency shelter & help to find transitional & permanent housing
- gives 90 days of emergency housing to 18 chronically homeless families with special needs; often works with families referred from the Department of Mental Health, the LA County Public Health Office of AIDS Programs & Policy & the Los Angeles Homeless Authority Street Outreach Team

### 211 LA County or call 211 from your phone

- gives resource information; some examples:
  - COVID-19 Vaccines
  - COVID-19 Testing
  - COVID-19 Older Adult Supports
  - Food Assistance & Benefits
  - Landlord/Tenant Assistance
  - Utility Bill Assistance
  - Homeless Support Services
  - Housing Expense Assistance
  - **Emergency Housing & Shelter**
  - Hate/Bullying Prevention & Victim Support
  - & more

### Hot Showers

#### Burbank Temporary Aid Center

- (818) 848-2822; 1304 W. Burbank Blvd., Burbank, CA 91506
- Shower facilities available by appointment only
- Must sign [Shower Facility Waiver](#)

#### NoHo Home Alliance – Drop-In Program

- email - [info@nohohome.org](mailto:info@nohohome.org)
- 2 sites - 11031 Camarillo Street, North Hollywood, CA 91602 & 12355 Moorpark Street, Studio City, CA 91604
- Has bathrooms/showers; meals; clothes; charging stations; case management; housing referrals; mail service; health services

## HOMELESS SERVICES & PROGRAMS (continued)

### St. Francis Center Shower Program

- (213) 747-5347; email - [info@sfcla.org](mailto:info@sfcla.org); 1835 S. Hope Street, Los Angeles, CA 90015
- Shower program - gives out clothing & hygiene kits (basic toiletries, clean underwear, socks, & towels)
- Must make appointment

### The Refresh Spot – Homeless Health Care Los Angeles

- (213) 744-0724; 544 Towne Avenue, Los Angeles, CA 90013
- has showers; restrooms; laundry; drinking water; small library; phone charging; & WIFI
- gives supplies – hygiene & wound care kits; socks; undergarments; overdose prevention kits; pet supplies; food, & more
- services – health; housing; legal; & other services

### The Shower of Hope

- has mobile showers across the City & County of Los Angeles
- [Locations](#)

### The Women's Room

- (626) 797-2402; email – [jennyj@friendsindeedpas.org](mailto:jennyj@friendsindeedpas.org); 444 E. Washington Blvd., Pasadena, CA 91104
- Supportive services & basic needs – shower; laundry; healthy food; access to computers/telephones place to nap; arts & crafts, nature & cultural field trips; games; & fresh clothing

## HOUSING RESOURCES

*Low-Income/Affordable Housing Websites:*

### [AffordableHousing.com](#)

- Search vacant properties & waiting lists
- Connect with property owners through secure platform
- Apply for properties & housing agency programs with one application
- [Search for Homes](#)
- [Section 8 & Public Housing Waiting Lists](#)

### [HousingApartments.org](#)

- gives affordable housing information:
  - Section 8 Housing
  - Income Based Housing
  - Subsidized Housing
  - Low Income Apartments
  - Low Income Rentals
  - Housing Authorities
- Some apartments listed will have income eligibility requirements & other guidelines specific to a housing authority; other properties will be open to all residents needing California low-income apartments.
- [Search for affordable housing in California](#) – enter city/state or zip code to search at top

### [Housing Rights Center](#)

- (800) 477-5977; 3255 Wilshire Blvd., Suite 1150, Los Angeles, CA, 90060
- [Project Place Toolkit](#) – resources to use when searching for housing
- call listed properties directly to verify available vacancies, eligibility, waiting lists & income requirements
- website information includes:
  - Apartment & House Hunter’s Checklist
  - Affordable Housing Providers – lists companies & organization that have multiple properties throughout Los Angeles & Ventura Counties; contact an organization for information on their properties & to apply
  - Affordable Housing Developers – organizations that build affordable housing in Los Angeles & Ventura Counties; visit their websites or contact them to stay up to date on their new projects & open waitlists
  - Affordable Rental Listings – contact information for affordable rental properties; contact property directly for more information & to apply
  - Senior & Veteran Housing Listings & Open Wait Lists
  - Housing Resources & Programs – information about financial assistance, temporary shelters, transitional programs, & other housing resources

### [Los Angeles County Housing Resource Center](#)

- (877) 428-8844
- select language in the top right-hand corner of webpage
- click on “Find Rentals” toward top right of webpage
- scroll down to find list of cities in LA County to search for housing

## HOUSING RESOURCES (continued)

### [Low-Income Housing US – Glendale Listings](#)

- Low Income Housing Types for Glendale include:
  - Housing & Urban Development (HUD) apartments
  - Income-Based Restricted Housing Tax Credit Apartments
  - Section 8 Apartments
  - Glendale Housing Authority
  - Public Housing
  - Non-Profit Senior & Family Low-Income Apartments
- if go to [Homepage](#) can do searches for other cities as well

### [Public Housing.Com California Affordable Housing](#)

- search through list of low-income housing units in different CA cities by clicking on the name of the city
- types of low-income housing listings may include –
  - *Public Housing* – owned & operated by the local area Housing Authority; units are rented to low-income households at below-market rates
  - *Section 8 Housing Choice Vouchers* – federal program; gives rental assistance to low-income households; vouchers can be used to rent apartments, townhouses, or single-family homes from private landlords
  - *Low-Income Housing Tax Credit (LIHTC)* – federal program; gives tax credits to developers who build or renovate affordable housing units; units typically rented at below-market rates
  - *Project-Based Section 8* – federal program; gives rental assistance to low-income households who live in specific apartment buildings or housing developments
  - *Very Low-Income Housing Development (VLID)* – federal program; gives grants to states & local governments to pay for building affordable housing for low-income households

## HOUSING RESOURCES (continued)

### Websites to search for Apartments/Homes for Rent

- The following websites will allow you to search using different criteria; for example:
  - City
  - Rent Minimum/Maximum
  - Number of Bedrooms/Bathrooms
- Some websites may require that you register an account; some are free & some may have a cost.
- Some cities have very high rental rates; it is recommended you check several cities to find which is the most affordable for your budget.
- The following are only some of the websites that may be available online to search for rentals.
- [Apartments.com](http://Apartments.com)
- [Craigslist.org](http://Craigslist.org) – click on “Apts/Housing” under the Housing section
- [ForRent.com](http://ForRent.com)
- [Hotpads.com](http://Hotpads.com)
- [Realtor.com](http://Realtor.com)
- [Redfin.com](http://Redfin.com) – click on “Rent”
- [Rent.com](http://Rent.com)
- [Rentcafe.com](http://Rentcafe.com)
- [Trulia.com](http://Trulia.com) – click on Rent in the middle of the page
- [Zillow.com](http://Zillow.com)

### Websites to search for Rooms for Rent – some of these allow you to sign up for free & some may charge fee

- [Craigslist.org](http://Craigslist.org)- click on “rooms wanted” under Housing section
- [Diggz.co](http://Diggz.co)
- [Kangaroom.com](http://Kangaroom.com)
- [Recycler.com](http://Recycler.com)
- [Roomgo.net](http://Roomgo.net)
- [RoomieMatch.com](http://RoomieMatch.com)
- [Roommatelocator.com](http://Roommatelocator.com)
- [Roommates.com](http://Roommates.com)
- [Roomster.com](http://Roomster.com)
- [Spareroom.com](http://Spareroom.com)

### Other ways to find rooms for rent

- Check apps that connect you to neighbors in your area – for example, [Nextdoor](#)
- Check local grocery store bulletin boards or other community-based bulletin boards
- Check local newspapers & local magazines
- Contact churches, synagogues, mosques, temples, or other religious/spiritual places of worship in the community to see if the people who attend services there may have rooms for rent
- Ask family, friends, co-workers & fellow students if they know of people who may have a room for rent, or ask them if they would be willing to send out emails to the people they know

## HOUSING RESOURCES (continued)

### Housing Authorities (Departments):

#### [City of Glendale Housing Authority](#)

- (818) 548-3936; 141 N. Glendale Ave., Suite 202, Glendale, CA, 91206
- [Sign Up for Affordable Housing Updates](#) - to receive notifications via email about future affordable housing projects to which you can apply
- [Frequently Asked Questions](#)
- [Affordable Housing Development \(12/10/19\)](#)
  - [Existing Affordable Rental Housing Developments in Glendale](#)
  - Future Affordable Housing Developments – click on plus sign to look at list
- [Housing Choice Voucher \(HCV\) Section 8 Program](#)
  - federal government program to help very low-income families, the elderly, & the disabled to afford decent, safe, & clean housing
  - [Waiting List has been closed since January 2001; please check webpage to see if waiting list has opened](#)

#### [City of Burbank Housing Authority - Affordable Housing](#)

- (818) 238-5180; email – [housinginfo@burbankca.gov](mailto:housinginfo@burbankca.gov); 150 N. Third Street, Floor 2, Burbank, CA 91502
  - Housing Assistance & Resources
    - [Home Again Los Angeles](#), in partnership with the City of Burbank, is offering Rapid Rehousing program for Burbank households experiencing or on the verge of homelessness
      - [Rapid Rehousing Flyer](#); call (818) 562-7778 or email – [www.HomeAgainLA.org](http://www.HomeAgainLA.org) for more information
  - [Affordable Housing in Burbank](#)
    - [Burbank Housing Corporation \(BHC\)](#)
      - (818) 559-2336; 1819 Grismer Avenue, Burbank, CA, 91504; email – [info@burbankhousingcorp.org](mailto:info@burbankhousingcorp.org)
      - private/non-profit that owns & manages over 300 affordable housing units in Burbank; maintains their own waiting list
      - [Moderate Income Waiting List Flyer](#)
      - [How to Apply](#)
    - [Affordable Senior Housing in Burbank](#)
      - list of Senior Housing developments in Burbank
      - each complex keeps its own waiting list; for more information, contact property manager
    - [AB 987 Affordable Housing Database \(May 2023\)](#)
      - only a record of affordable housing developments in Burbank; *NOT* a listing of currently available housing (only gives addresses of properties but not phone numbers)
    - [Homeownership Interest List](#) –
      - list of affordable units for resale to moderate income households
      - give your contact information online to be added to this list
    - **Affordable Rental Units**
      - gives information about upcoming affordable rental units
      - for more information on units & to be added to Interest List to request an application when available, contact:
        - Alejandra Alvarez; (818) 726-3000; email - [alehandra@pineridgeprop.com](mailto:alehandra@pineridgeprop.com)
    - [Housing Choice Voucher Program \(Section 8\)](#)
      - (818) 238-5160

## HOUSING RESOURCES (continued)

- federal government program to help very low-income families, the elderly, & the disabled to afford decent, safe, & clean housing
- [Section 8 waiting list currently closed; please check website to find out if has reopened](#)

### [City of Pasadena Housing Authority](#)

- (626) 744-8300; 649 N. Fair Oaks, Suite 202, Pasadena, CA, 91103
- [Pasadena Housing Search](#) – free housing search website
- scroll down to “Find Housing” towards the middle of the page; will find links for:
  - Affordable Units to be Available
  - How to Search for Senior Housing
  - How to Search for Housing
- [Section 8](#) – currently closed; check website periodically to see if it has reopened

### [Housing Authority of the City of Los Angeles](#) –

- Customer Contact Center – (833) 422-5248; 2600 Wilshire Blvd., Los Angeles, CA 90057 (Flint)
- [Public Housing](#)
  - manages 13 large HACLA owned public housing developments (more than 6,300 units) throughout Los Angeles (from San Fernando Valley to San Pedro & from Mar Vista to Boyle Heights)
  - gives affordable housing to low-income families, individuals, senior citizens, & persons with disabilities
  - webpage gives information about eligibility requirements & how to apply
  - email – [application.help@hacla.org](mailto:application.help@hacla.org) to request a copy of the Application for Public Housing
- [Section 8 Housing](#)
  - [the City of LA Section 8 Waiting List is currently closed; please check website to find out if it has reopened](#)
- [Asset Management Program](#)
  - has 127 properties (3,400 units) in Los Angeles & surrounding areas
  - includes market rate units that are not income restricted & accept any income level with rents comparable to going market rate for similar units
  - some properties have specific income limits or other eligibility requirements including family size, seniors 55 or 62 years or older, families, or individual with disabilities
- [Frequently Asked Questions](#)

### [Los Angeles County Development Authority \(LACDA\)](#)

- Alhambra Office - (626) 262-4511; 700 W. Main Street, Alhambra, CA 91801
- [Public Housing](#)
  - LACDA’s Site Based Waiting Lists & Multifamily Housing Waiting Lists currently closed
  - For questions about Public Housing or Multifamily Housing Waiting Lists call
    - Greater Los Angeles County – (626) 586-1945
    - Outside of (626) Area Code – (800) 731-4663
- [Section 8](#)
  - [At this time, waiting list closed for public registration; only accepting referrals from the LA Homeless Services Authority \(LAHSA\) Coordinated Entry System \(CES\) &/or other partnering agencies for families that are homeless](#)
  - helps very low-income families, the elderly, & the disabled to afford decent, safe & clean housing in the private market

## HOUSING RESOURCES (continued)

- people given a voucher is responsible for finding a unit where owner agrees to rent under the program
- housing subsidy paid to landlord directly by LACDA & individual/family pays difference
- [Application Portal](#)
- Special Needs Housing
  - Persons with Developmental Disabilities – contact [California Department of Developmental Services](#)
  - Transitional Housing for Former Foster Youth
    - to get detailed eligibility & information go to [ILP Online](#)
    - for admissions information call DCFS – (213) 351-0190
  - Persons Living with HIV/AIDS
  - Persons with Mental Illness
    - 500 affordable housing units for people with mental health disabilities
    - includes shared living programs & assisted living to independent living with individual apartments
    - all projects have common space for other activities of daily living &/or supportive services
    - all residents receive supportive services from private mental health agencies or LA County Department of Mental Health
  - Victims of Domestic Violence (DV) – call DV Hotline – (800) 978-3600
  - Persons with Physical Disabilities
    - Call (626) 262-4510 for help to get LACDA’s rental assistance programs; TDD – (626) 943-3878 (or 711)
    - database to search for properties with accessibility features - [LA County Housing Resource Center](#)

### [US Department of Housing & Urban Development \(HUD\)](#)

- Public & Indian Housing Customer Service Center - (800) 955-2232; email – [hud-pihrc@lionaenterprises.com](mailto:hud-pihrc@lionaenterprises.com)
- [Rental Assistance](#)
  - Find an Apartment
    - [Search for An Apartment](#)
      - use this map to find privately owned apartments with reduced rents; to apply contact apartment management office
      - [Find Affordable Housing Opportunities Near Me](#)
      - [Find Affordable Elderly & Special Needs Housing](#)
    - Public Housing
      - you can apply for an affordable apartment for low-income families, the elderly & persons with disabilities
      - to apply, [Contact a Public Housing Agency in Your State](#)
    - Use a Voucher
      - you can use a [Housing Choice Voucher Program \(Section 8\)](#) to pay for all or part of your rent
      - to apply [Contact a Public Housing Agency in Your State](#)
      - [Housing Choice Vouchers Fact Sheet](#)
  - California Renting Information
    - [Rental Help in California](#) – find affordable rentals & special needs housing; get help with your utility bills, & more
    - [California Properties with Low-Income Housing Tax Credits](#)
      - to apply, contact the LIHTC property directly

## HOUSING RESOURCES (continued)

- contact the California Tax Credit Allocation Committee -
- [Rent Relief Resources](#)
- [Report Housing Discrimination](#)

*Other Agencies that Help with Housing &/or Rental Assistance:*

### [Affordable Living for the Aging](#)

- (323) 650-7988; email – [info@alasseniorliving.org](mailto:info@alasseniorliving.org); 937 N. Fairfax Avenue, 5<sup>th</sup> Floor, West Hollywood, CA 90046
- [Affordable Housing](#)
  - ALA owns & manages 5 affordable housing properties in Los Angeles, Santa Monica, & West Hollywood; 64 units total
- [Enhanced Care Management](#)
  - for LA area residents receiving Medi-Cal benefits experiencing homelessness, severe mental illness, substance use disorders, frequent hospitalizations/emergency visits & those at risk of institutionalization
  - [Informational Brochure](#) – for more information call ((323) 229-7716 or email – [tanya@alasseniorliving.org](mailto:tanya@alasseniorliving.org)
- [Permanent Supportive Housing](#)
  - housing for seniors experiencing chronic homelessness; has on-site social workers to keep residents safe
  - Units filled by LA Homeless Services Authority (LAHSA) [Coordinated Entry System \(CES\) Access Points](#)
- [Shared Housing](#) – include Frequently Asked Questions at bottom of page
  - ALA screens, matches, & monitors two people to share a home based on living preferences & compatibility; arrangements may be rent or a combination of rent & daily living support such as cleaning, cooking or transportation
  - [Click Here to Register as a Housing Provider](#)
  - [Click Here to Register as a Housing Seeker](#)

### [Armenian Relief Society of Western USA Social Services](#) - helps **ALL** ethnicities (not only Armenians):

- Main Office - (818) 241-5755; email - [socialservices@arswestusa.org](mailto:socialservices@arswestusa.org); 517 West Glenoaks Blvd., Glendale, CA 91202
- site Offices in Los Angeles (Hollywood) & Pasadena as well
- helps low-income individuals & families including, but not limited to, immigrants, refugees, adults, older adults, homeless individuals, & adults with disabilities, who have difficulties accessing services due to language & cultural barriers & hardships
- provide case management & variety of social services including:
  - Assistance with Housing
  - Homelessness & Rapid-Rehousing
- services in Armenian, Farsi, Arabic, Russian, & Spanish

### [PARS Equality Center](#)

- (818) 616-3091; email - [education@parsequalitycenter.org](mailto:education@parsequalitycenter.org); 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps immigrants from Persian-speaking as well as other underrepresented ethnicities
- gives case management & variety of social services including housing help to refugees

## HOUSING RESOURCES (continued)

### Housing Programs for People with Disabilities

#### City of Los Angeles Affordable & Accessible Housing Registry

- (213) 808-8550; 221 N. Figueroa St., 14<sup>th</sup> Floor, Los Angeles, CA 90012
- Click on “I am an Applicant” to:
  - search for affordable accessible properties for people with disabilities
  - start your pre-application online for new properties
  - track your pre-application status
  - apply for waitlisted properties
  - information & resources; you will be required to Create an Account
- Search for Housing
  - can view properties:
    - open for lottery application
    - with mobility units
    - with hearing/vision units
    - that have both mobility & hearing/vision units
    - for affordable applications
    - & More!
  - can Search by number of bedrooms, income & rent limits, Service Planning Area (SPA), zip code, & more
- What is Accessible Rental Housing
- Accessible Housing Laws & Regulations
- Assistance & Service Animals

#### LA County Department of Mental Health (DMH) – Housing & Job Development Division

- Email – HJDD@dmh.lacounty.gov
- Federal Housing Subsidies Unit (FHSU)
  - housing subsidies make units affordable for clients who pay limited percentage of their income for rent with balance paid to owner by Housing Authority
  - clients must meet Housing & Urban Development (HUD) qualifications, including being assessed & entered into LA Coordinated Entry System (CES)
  - clients receiving services at a DMH-operated or DMH contract agency may access FHSU subsidies through their DMH provider
  - please see FHSU webpage for different types of housing subsidy programs
- Countywide Housing Assistance Program
  - gives funding to assist mental health consumers without or limited financial resources to afford costs such as paying security deposit, purchasing household goods &/or avoiding possible eviction due to unexpected financial hardship
  - for more details see Program Guidelines & Procedures
- DMH Interim Housing Program
  - email – IHP@dmh.lacounty.gov
  - temporary shelter services for adults with mental illness & their minor children who are homeless & who not have adequate income to pay for temporary housing
  - goal is to help clients transition to permanent housing
  - see webpage for guidelines & procedures

## HOUSING RESOURCES (continued)

- [Enriched Residential Care Program](#)
  - placement of clients who require 24/7 care & supervision into licensed residential facilities
  - see webpage for guidelines, procedures, & forms
- [Related Housing Links](#)

### **[SHARE! Collaborative Housing](#)**

- (877) 742-7349 OR 310-846-5271
- Public-private partnership providing affordable, permanent supportive housing to disabled people in single-family houses throughout LA County (vets, mental health services consumers, people with diabetes, trauma issues, etc.)
- see webpage for eligibility requirements as well as benefits of the program

### **[Homes For Life](#)**

- (310) 337-7417; email – [info@homesforlife.org](mailto:info@homesforlife.org)
- 8939 South Sepulveda Blvd., Suite 460, Los Angeles, CA, 90045
- gives permanent housing for homeless persons with mental health diagnoses
- types of housing programs include:
  - Transition-Age Youth Housing
  - Transitional Adult Housing
  - State Licensed Group Homes
  - Supportive Apartments
  - Semi-Independent Group Home
- [Programs & Services](#)

# IMMIGRANT PROGRAMS & SERVICES

## Community College Resources

### Glendale Community College Dream Resource Center

- (818) 240-1000 X5810; email – [DreamResourceCenter@glendale.edu](mailto:DreamResourceCenter@glendale.edu); GCC Verdugo Campus – Sierra Madre Building - Room SM267
- gives services & support to undocumented GCC credit & noncredit students
  - [Community Resource Guide](#)
    - organizations that offer support to undocumented individuals & families
    - includes, food pantries, clothing centers, healthcare/mental health & wellness, legal services & referrals, scholarships & financial assistance, online resources & support groups, emergency living shelter services, child care, community centers
    - organizations listed are not endorsed by GCC; they are just listed as available resources
  - [Undocu-Allies Directory](#) – listing of faculty/staff who are focused on supporting undocumented students at both GCC Campuses
  - [Deferred Action for Childhood Arrivals \(DACA\)/AB 540](#)
  - [Know Your Rights](#)
  - [Financial Aid for Credit Undocumented Students](#)

### California Community College's - Higher Education Legal Services –

- free basic immigration legal services & case support for students, staff, & faculty on California Community College Campuses statewide or virtually
  - Legal consultation to screen for possible paths to immigration
  - Deferred Action for Childhood Arrivals (DACA) Renewals
  - Family-Based Petitions
  - Naturalization/Citizenship Applications
  - Advance Parole
  - Special Immigrant Juvenile Status (SIJS)
- Education & Outreach (including Know Your Rights & Public Charge presentation)
- this program does not provide legal services for Removal Defense or Asylum Applications
- CARECEN is the legal services provider assigned to Glendale Community College
- to schedule a FREE appointment with CARECEN - [FindYourAlly.com](http://FindYourAlly.com)
  - enter Glendale Community College Garfield Campus
  - pick Virtual/Online or On-Campus/In-Person Appointment
  - choose type of legal service
  - choose available date/time
  - provide information requested
- must complete/submit to CARECEN the intake forms/contracts that will be sent via email BEFORE your appointment or your appointment will be canceled
- [Download Guide to Prepare](#)

## IMMIGRANT PROGRAMS & SERVICES (continued)

### Undocumented Student Resources

#### My Undocumented Life

- website that gives up-to-date information & resources from many organizations across the United States

#### Immigrants Rising

- organization that gives information about educational, financial, entrepreneurship, & legal supports
- Going to College in CA
  - AB540/SB68/SB1141 Quick Guide – gives information about how to qualify for in-state tuition as an undocumented student
  - Scholarships & Fellowships – for high school, community college (credit), college/university, & graduate school students
- Entrepreneurship & Making Money
- Getting Papers & Immigration Law
- Mental Health & Wellness
- Beyond DACA
- Advance Parole
- Life Outside the US

#### United We Dream

- largest Immigrant Youth-Led Network in the United States
- includes guides & toolkits focus on advocacy, legal advice, & mental health for undocumented youth & allies
- DACA
- Know Your Rights
- UndocuHealth
- Resources

#### Informed Immigrant

- website that gives legal updates & advice (e.g., immigrant rights & updates on immigration policy changes)
- Immigrant Help
  - Legal Help
  - Know Your Rights
  - DACA
  - Detention & Deportation
  - Temporary Protected Status
- Health
  - Mental Health
  - Healthcare
- Life in US
  - Driver's Licenses
    - AB 60 CA Driver's Licenses – for people who do not have proof of legal presence in the US but who meet CA DN+MV requirements & are able to show proof of identify & that they live in CA
  - Government Benefits
  - Employment
- Education – Undocumented Students

## IMMIGRANT PROGRAMS & SERVICES (continued)

### National Immigration Law Center

- website that gives legal resource information including information about DACA, healthcare, immigration enforcement, workers' rights, education, Driver's Licenses, economic support, & taxes

### UndocuWisdom

- website that gives life lessons & advice on how to live well despite challenges of undocumented status
- includes survival guide, immigration books & media & the Undocumented Stress Cycle

### Federal, State, & Los Angeles County Resources

#### CA Courts Immigration Resource Guide

- Only the US federal government can decide immigration status; CA State Courts do not decide if you can stay in the US
- [Basic Immigration Resources](#) – resources with information about legal rights, naturalization, & citizenship
- [Help for Children & Families](#) – resources for parents who may be detained/deported as well as resources for children who have been abused or abandoned
- [Enforcement & Court Cases](#) – information from federal government about citizenship, asylum, detention & deportation, Department of Homeland Security notices, & immigration court cases
- [Legal Help](#) – how to find an immigration lawyer & organizations that offer free- or low-cost legal help

#### California Department of Consumer Affairs - Expedited Licensure Process for Refugees, Asylees, & Holders of Special Immigrant Visas

- Language Assistance Services available – (833) 498-2006; email – [refugee@dca.ca.gov](mailto:refugee@dca.ca.gov)
- please see website for more information about who qualifies for program & types of paperwork needed
- Flyers - [English](#); [Arabic](#); [Armenian](#); [Dari](#); [Farsi](#); [Japanese](#); [Korean](#); [Pashto](#); [Russian](#); [Simplified Chinese](#); [Spanish](#); [Tagalog](#); [Traditional Chinese](#); [Ukrainian](#); [Vietnamese](#)

#### California Department of Social Services – Refugee Programs Bureau

- (916) 654-4356; email – [RPB@dss.ca.gov](mailto:RPB@dss.ca.gov)
- has Refugee Resettlement Program that helps eligible [Afghan & Iraqi Special Immigrant Visa holders](#); [Amerasians from Vietnam](#); [Asylees](#); [Certified Human Trafficking Victims](#); [Cuban & Haitian Entrants](#); [Refugees](#); [Repatriates](#); [Unaccompanied Refugee Minors](#); & [Victims of Human Trafficking, Domestic Violence, & Other Serious Crimes](#)
- Population-Specific Information
  - [Ukrainian Arrivals](#)
  - [Afghan Arrival Response](#)
  - Cuban & Haitian Entrants – [ORR Resources-Fact Sheet](#) & [All County Information No. I-63-22](#)
- webpage also give other resource information & organizations who serve immigrants

## IMMIGRANT PROGRAMS & SERVICES (continued)

### California Immigrant Guide

- gives information in 11 different languages about:
  - [Public Benefits](#) – food & nutrition; unemployment insurance; paid family or sick leave; workers' compensation; disability insurance; & many more
  - [Jobs & Entrepreneurship](#)
  - [Education](#)
  - [Immigration Services & Citizenship](#)
  - [Know Your Rights](#)
  - [Public Charge](#)
  - [DACA Updates](#)
  - & more

### Los Angeles County Office of Immigrant Affairs

- (800) 593-8222; 320 W. Temple Street, Los Angeles, CA 90012
- webpage gives information about resources –
  - Food
  - Health & Vital Records
  - Financial Help & Worker Protections
  - Housing
  - Transportation
  - Education & Employment
  - Legal & Public Safety
  - Immigration Legal Resources
  - Business
- [Asylees, Refugees & Humanitarian](https://oia.lacounty.gov/asylees-refugees/Migrants) <https://oia.lacounty.gov/asylees-refugees/Migrants>
- [Citizenship](#)
- [Child Tax Credit](#)
- [Public Charge](#)
- [Immigration Fraud](#)
- [Deferred Action for Childhood Arrivals \(DACA\)](#)
- [Domestic Workers](#)

### US Citizenship & Immigration Services

- Local Field Office - (800) 375-5283; 300 N. Los Angeles Street, Los Angeles, CA 90012
- gives information about green cards, citizenship, working in US, & other tools & resources

## IMMIGRANT PROGRAMS & SERVICES (continued)

### Other Organizations That Help Immigrants

#### [Armenian Relief Society of Western USA Social Services](#) - helps **ALL** ethnicities (not only Armenians)

- Main Office - (818) 241-5755; email - [socialservices@arswestusa.org](mailto:socialservices@arswestusa.org); 517 West Glenoaks Blvd., Glendale, CA 91202
- Site Offices in Los Angeles & Pasadena as well
- helps low-income individuals & families including, but not limited to, immigrants, refugees, adults, older adults, homeless individuals, & adults with disabilities, who have difficulties accessing services due to language & cultural barriers & hardships; services include:
  - Case Management
  - Employment Services, Job Referrals, & Job Placements
  - Senior Services
  - Completion of Forms & Access/Linkages to Public Benefits
  - Assistance with Housing & Transportation Issues
  - Unemployment Language Opportunity Program (EDD)
  - Homelessness & Rapid-Rehousing
  - Educational Workshops
  - Translations/Interpretations
  - Information & Referrals to Other Community Resources
- services in Armenian, Farsi, Arabic, Russian, & Spanish

#### [Catholic Charities Immigration Services – Program Directory by City](#)

- Glendale Office - 4322 San Fernando Road, Glendale, CA 91204; please click on webpage above for more programs in other cities
- *Employment Support Partnership* - job readiness workshops, individual coaching, placement services, & job search activities for low-income adults; transitional subsidized employment program for adults receiving CalWORKs assistance; case management & material support to human trafficking survivors; human trafficking education & screening
  - (213) 318-5716
- *Glendale Community Services Center* – rental & utility assistance, case management, emergency clothing, support groups, & food pantry services
  - (213) 318-5707

#### [Coalition for Human Immigrant Rights \(CHIRLA\)](#)

- (888) 6CHIRLA (888-624-4752); email – [info@chirla.org](mailto:info@chirla.org)
- 2533 West 3<sup>rd</sup> Street, Suite 101; Los Angeles, CA 90057
- gives information on many topics - DACA, Elections, Know Your Rights, Public Charge, & Renters
- can search for Advice, Fact Sheets, Hotlines, etc.
- gives legal assistance as well

#### [Council on American-Islamic Relations – Immigrants’ Rights Center](#)

- (714) 776-1847; email – [info@losangeles.cair.com](mailto:info@losangeles.cair.com); 2180 W. Crescent Avenue, Suite F, Anaheim, CA 92801
- provide legal services & more
- [Know Your Rights](#)
- [Immigration Legal Services](#)
- [Report an Incident or Request Immigration Assistance](#)

## IMMIGRANT PROGRAMS & SERVICES (continued)

### El Rescate

- [Spanish](#)
- [English](#)
- (213) 387-3284; email – [contact@elrescate.org](mailto:contact@elrescate.org); 1605 W. Olympic Blvd., Suite 516, Los Angeles, CA 90015
- provide legal services as well as other services to immigrants (primarily Latinos) through:
  - Asylum Program
  - Violence Against Women Act (VAWA) Program
  - Citizenship Classes
  - Special Cases Needing Legal Representation [Unaccompanied Minors, U-Visa, Temporary Protected Status (TPS) Adjustments]
  - DACA, Legal Clinics
  - Other Services – for example, Family Petition, Adjustment of Status, Appeals for INA, Asylum, Advance Parole, Cancellation of Removal, Change of Address, Change of Venue, Evidence of Request Responses, Affidavit of Support, Citizenship, FOIA Requests, TPS Re-Registration, NCARA, Motions to Reopen, Fiancé Visas, Waivers, Resident Card Renewal, Work Permit Renewal, & more

### Immigo Immigration Services

- (818) 730-0140; email – [info@immigola.org](mailto:info@immigola.org); 5623 Lankershim Blvd., Suite A, North Hollywood, CA 91601
- *This is not law office & they are not lawyers!*
- give free- & low-cost immigration services helping immigrants to file & get help with immigration; most services free
- services offered in English & Spanish

### Immigration Center for Women & Children

- (213) 614-1165; 634 South Spring Street, Suite 727, Los Angeles, CA 90014
- gives legal services on sliding fee scale based on income & family size
- legal services offered –
  - Asylum for Unaccompanied Children
  - Deferred Action for Childhood Arrivals (DACA)
  - Immigration Court Help Desk (ICH)
  - Legal Orientation Program for Custodians (LOPC)
  - Special Immigrant Juvenile Status (SIJS)
  - U & T Visas (Victims of Trafficking & Violence)
  - Violence Against Women Act (VAWA)
- [Resources](#)
- [Victim Benefits \(Including Those Who Are Undocumented\)](#)

## IMMIGRANT PROGRAMS & SERVICES (continued)

### Immigrant Defenders Law Center (ImmDef)

- (213) 634-0999; email – [info@immdef.org](mailto:info@immdef.org); 634 S. Spring Street, 10<sup>th</sup> Floor, Los Angeles, CA 90014
- Defense non-profit organization; helps with deportation defense, legal representation, legal education, & referrals to social services to detained & non-detained adults & Children in Southern California
- programs include:
  - Children’s Representation Project
  - Litigation & Advocacy
  - Cross Border Services
  - Deported Veterans
  - Post-Conviction Relief
  - Community Defense
  - National Qualified Representatives Program (NQRP)
  - Client Wellness/Case Management – connects clients to mental health services, emergency housing, transportation, Medi-Cal, school enrollment, food, clothing, life skills, & individualized post-release

### Immigrants Rising

- P.O. Box 411512, San Francisco, CA 94141
- helps undocumented people get an education, find a job/career, & build a brighter future
- [Staff Members’ Contact Information](#)
- [Going to College in CA](#)
- [Making Money](#)
- [Getting Papers](#)
- [Mental Health](#)
- [Resources for Undocumented People](#)

### International Institute of Los Angeles – Immigration & Legal Services

- General Questions - (323) 224-3800; Immigration Legal Services - (323) 264-6217
- email – [ijosangeles.org](mailto:ijosangeles.org)
- offices in Glendale & El Monte; Corporate Office in Los Angeles
  - Glendale Office – (818) 244-2550; 3800 La Crescenta Ave., #207, Glendale, CA 91214;
- gives services to refugees, immigrants, working families, & survivors of human trafficking
- services include: child care, referrals to community services/resources, immigrant & refugee services, legal services, & nutrition services
- [Resources for Afghans](#)
- [Resources for Ukrainians](#)

### International Rescue Committee (IRC)

- (818) 550-6220; 625 N. Maryland Avenue, Glendale, CA 91206
- helps refugees, asylees, victims of human trafficking, survivors of torture & other immigrants
- gives help to refugees with rent; help furnishing a home; health care; nutritious, affordable food; English language classes; help building job, computer & financial literacy skills; education for their children; social services & community support; legal services towards residency & citizenship
- helps asylees, special immigrant visa holders & trafficking survivors as well

## IMMIGRANT PROGRAMS & SERVICES (continued)

### [Immigration Resource Center of San Gabriel Valley](#)

- (626) 509-9472; email – [info@ircssgv.org](mailto:info@ircssgv.org); 303 W. Colorado Blvd., Monrovia, CA 91016
- services given; by appointment only –
  - DACA Applications & Renewals
  - Green Card Replacement/Renewals
  - Survivors of Domestic Violence & Other Crimes
  - Employment Authorization/Replacements/Renewals
  - Family-Based Visa Petitions
  - Adjustment of Status
  - Naturalization
  - USCIS Fee Waivers
  - Referrals to Immigration Lawyers, other non-profit immigration legal services
  - Referrals to local social service agencies/resources
- [Appointment Request](#)
- Gives links to other legal organizations, border organizations & letter writing organizations
- [Español](#)

### [Interfaith Refugee & Immigration Service \(IRIS\)](#)

- (323) 667-2271; email – [iris@ladiocese.org](mailto:iris@ladiocese.org); 3621 Brunswick Avenue, Los Angeles, CA 90039
- helps with:
  - *Refugee Resettlement Assistance* – services needed during initial months in United States - including cultural & community orientation; enrollment in English learning classes; youth school enrollment; connections to social services; & more
  - *Immigration Legal Services* (free or low-cost) – Citizenship/Naturalization applications; Adjust of Status (green Cards); Family Petitions; Visa Processing, DACA Renewal; Temporary Protected Status (TPS); Employment Authorization; Consular Processing; & more
  - *Preferred Communities (PC) Intensive Case Management*
    - housing assistance; healthcare; financial management; social adjustment services; family wellness, & more
    - LGBTQ+ Refugees; Special Immigrant Visa Holders; Individuals Parled as Refugees or Asylees (Ukrainians, Afghans, etc.); Cuban & Haitian Entrants; Certain Amerasians from Vietnam; Trafficking Survivors (T-Visa), & Certain Lawful Permanent Residents

### [Korean Resource Center](#)

- (323) 937-3718; email - [krcla@krcla.org](mailto:krcla@krcla.org); 900 Crenshaw Blvd., #B, Los Angeles, CA 90019
- Helps low-income, immigrant, Asian American & Pacific Islander, & communities of color in Southern CA
- services:
  - Legal Services
    - Naturalization
    - DACA initial applications & renewals
    - Green Card renewals
    - Family Petitions
    - VAWA
    - T-Visas/U-Visas
    - SIJS & other forms of immigration relief

## IMMIGRANT PROGRAMS & SERVICES (continued)

- Help with Getting Healthcare & Other Public Benefits
- Housing Counseling
  - Affordable Housing
  - Senior Housing
  - Low Income Housing
  - & more

### [Legal Aid Foundation of Los Angeles](#) – Immigration Law

- (800) 399-4529; webpage translatable in several languages; interpretation services available
- Offices:
  - Westlake – 1550 W. 8<sup>th</sup> Street, Los Angeles, CA 90017
  - East Los Angeles – 5228 Whittier Blvd., Los Angeles, CA 90022
  - South Los Angeles – 7000 S. Broadway, Los Angeles, CA 90003
  - also have Offices in Long Beach & Santa Monica
- help:
  - adults & minors who have been survivors of crime, either in US or in home countries - Domestic Violence; Sexual Assault; Persecution; Child Abuse; Torture Survivors; & Other Serious Crimes
  - with - Asylum & Refugee Status; Unaccompanied Minors Fleeing Violence in Home Country; Adjustment of Status (Green Card Applications); Naturalization (Citizenship); Family Reunification; & Removal Defense
  - [Asian Pacific Islander Clients & Communities](#)
- [Get Legal Help](#) – information about eligibility requirements & how to apply online, by phone, or in person
- [Know Your Rights – Public Charge](#)
- [Emergency Shelter](#)
- [Self-Help Legal Access Centers](#)

### [Mexican American Legal Defense & Education Fund \(MALDEF\)](#)

- (213) 629-2512; email - [info@MALDEF.org](mailto:info@MALDEF.org); 634 Spring Street, Los Angeles, CA 90014
- Latino legal civil rights organization that advocates for various types of rights – education rights; employment rights; immigrants’ rights; voting rights; access to justice rights; & freedom from open & obvious bias & racism
- [MALDEF Scholarship Resource Guide \(2025-2026\)](#) – list of scholarships including some that do not ask about immigration status

### [Mil Mujeres](#)

- (213) 568-4720; email – [lastaff@milmujeres.org](mailto:lastaff@milmujeres.org); 643 South Olive St., Office 420, Los Angeles, CA 90014
- immigration legal services to underserved/low-income Latinos that have been victims of violent crimes;
  - Asylum (race, religion, nationality, social group, or political opinion)
  - U-Visa (for victims of specific crimes)
  - Violence Against Women Act (VAWA)
  - T-Visa (victims of human trafficking)
  - Special Immigrant Juvenile Status (SIJS)
  - DACA
  - Family-Based Petitions; Adjustment of Status (Green Card); Work Permit; Naturalization (Citizenship)
  - Know Your Rights Program

## IMMIGRANT PROGRAMS & SERVICES (continued)

### Neighborhood Legal Services of Los Angeles County – Immigration Services

- (800) 433-6251; Office Locations:
  - 1104 East Chevy Chase Drive, Glendale, CA 91205
  - 13327 Van Nuys Blvd., Pacoima, CA 91331
  - 3629 Santa Anita Avenue, #109, El Monte, CA 91731
- Immigration Help for:
  - Survivors of Domestic Violence & Other Crimes (U-Visa & VAWA)
  - Survivors of Sex & Labor Trafficking (T-Visa)
- Legal Permanent Residency & Citizenship
  - I-751 – Removing Conditions on Residence
  - Legal Permanent Residency (Green Card)
  - Naturalization (Citizenship)
- [Get Help](#) (By Phone, In-Person, & Online)

### PARS Equality Center – Los Angeles Center

- (818) 616-3091; email - [education@parsequalitycenter.org](mailto:education@parsequalitycenter.org)
- 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps Persian-/Dari-speaking immigrants as well as other underrepresented ethnicities; services:
  - Immigration Legal Services
  - Social Services
  - Adult Education Program
  - Workforce Development Program
  - Economic Development Program
  - Mental Health Services
  - Refugee Services
  - Community Services & Civic Engagement Program
  - Scholarships
- [Request a Consultation](#)

### Ukrainian Culture Center

- (323) 665-3703; 4315 Melrose Avenue, Los Angeles, CA 90029
- dedicated to the promotion, preservation & development of Ukrainian culture, language, & traditions;
- [Community Bulletin Board](#) – posts job opportunities & requests for support or other assistance for Ukrainians &/or Ukrainian refugees
- [Community Aid Organizations](#)
- [Information for Refugees](#)
- [Resources](#)

### Uniting for Ukraine (USCIS)

- gives pathway for Ukrainian Citizens & their immediate family members outside the US to come to US & stay temporarily in a 2-year period of parole
- participants must have supporter in US who agrees to provide financial support while they are living in US
- the first step is for the US-based supporter to file an [I-134A – Online Request to be a Supporter & Declaration of Financial Support](#)
- [Department of Homeland Security Information about Uniting for Ukraine](#)

## INTERNET SERVICES

### California Connects

- (866) 325-3222
- program sponsored by the Foundation for California Community Colleges
- includes a mobile hotspot that lets you stay connected to the internet in school, at home, & on the go
- [Sign Up Today](#)

### FCC – Affordable Connectivity Program (ACP)

- (877) 384-2575; email – [ACPSupport@usac.org](mailto:ACPSupport@usac.org)
- [Do I Qualify?](#)
- [Apply](#)
- [Help](#)

### California Public Utilities Commission – Low-Cost Internet Plans

- can do a search by zip code to find low-cost internet plans in your area

### CheapInternet.com – Cheap Internet Service Options in California –

- gives information about low-income & low-cost internet options

### LA County Hotspot Locator

- can search for Wi-Fi Hotspots
  - shows all known Wi-Fi hotspots provided by Governments (County of LA & Cities) & businesses
  - school district information is provided & where available

### United Way of California

- text INTERNET to 211-211 to start the process on your phone or use Self-screen calculator on the link above
- helps people get connected to a low-cost internet program
- see website for eligibility requirements & other resources

## JOB/CAREER RESOURCES

### Career Counseling

#### **GCC Garfield Campus Career Counseling –**

- call (818) 240-1000 X5035 for an appointment; students taking GCC noncredit classes can meet with a Career Counselor who helps with:
  - Career/Vocational Assessments & Job/Career Information
  - Job Searching & Networking skills
    - [GCC College Central Online Job Board](#)
  - Job Applications
  - Resumes & Cover Letters
  - Interviewing Skills

### Career Exploration

#### **Occupational Outlook Handbook**

- for each job/occupation, gives information about:
  - what workers do
  - the work environment
  - education, training & other qualifications
  - pay & job outlook (state/area data)
  - similar jobs/occupations
  - & more

### **O\*Net**

- gives detailed descriptions of 900+ jobs/occupations
- can search jobs/occupations based on your goals & needs
- gives information about requirements, characteristics, & available opportunities for different occupations

### Day Labor Centers (For Documented as well as Undocumented Workers)

#### **CARECEN Day Labor Center**

- (213) 483-0136; email – [daylaborcenter@carecen-la.org](mailto:daylaborcenter@carecen-la.org); 1675 Wilshire Blvd., Los Angeles, CA 90017
  - Joshua Erazo – (213) 385-7800 X260; email – [jerazo@carecen-la.org](mailto:jerazo@carecen-la.org)
  - Jorge Nicolas – (213) 385-7800 X169; email – [jnicolas@carecen-la.org](mailto:jnicolas@carecen-la.org)
- connects documented as well as undocumented workers to small businesses & homeowners in Los Angeles area for short-term job assignments
- funded by City of Los Angeles funds; contact Center directly to determine eligibility based on where you live
- some examples of work assignments include but are not limited to:
  - *Domestic Work* - Home & Office Cleaning; Child Care Assistance
  - *Construction* - Maintenance & Repairs; Demolition; Remodeling; Roofing; Painting; Carpentry; Electrical Work; Welding; Plumbing
  - *Gardening/Landscaping*
  - *Events* - Setup/Teardown; Catering; Dishwashing; Parking Attendants; Security
  - *Logistics* - Shipping & Receiving; Commercial/Residential Moving; Loading/Unloading; Freight Shipment & Handling

## JOB/CAREER RESOURCES (continued)

### [Istituto de Educación Popular del Sur de California](#)

- (213) 252-2952; email – [idepsca@idepsca.org](mailto:idepsca@idepsca.org); 1565 W. 14<sup>th</sup> St., Los Angeles, CA 90015
- has 4 Day Laborer Community Job Centers that help documented *as well as undocumented workers* to find short-term job assignments
  - Cypress Park Community Job Center – (323) 223-2021; 2055 N. Figueroa St., Los Angeles, CA 90065
  - Hollywood Community Job Center – (323) 469-9002; 5669 W. De Longpre Ave., Hollywood, CA 90028
  - Harbor City Day Laborer Site – (310) 663-1103; 1301 N. Figueroa Place, Wilmington, CA 90744
  - Downtown Community Job Center – (213) 747-2064; 121 E. Pico Blvd., Los Angeles, CA 90015
- Types of Skills/Jobs:
  - Carpentry – Flooring, Framing & Furniture
  - Landscaping – Gardening & Bush Clearance, Piling, Planting, Trimming & Sprinklers
  - Painting – Exterior & Interior
  - Moving – Loading & Unloading
  - Masonry – Demolition, Drywall, Plastering, Roofing, Cement
  - Janitorial – Clean ups
  - Car Related – Mechanic, Car Wash, Waxing, Polish & Body Shop
  - Electrical
  - Handyman
  - House Cleaning
  - General Labor

### [Pasadena Community Job Center - Day Labor Center](#)

- (626) 440-0112; 500 North Lake Avenue, Pasadena, CA 91101
- Help documented *as well as undocumented workers*
- Types of Jobs
  - Domestic Work – Organizing; Sweeping, Mopping & Vacuuming
  - Construction – Maintenance & Repairs; Kitchen/Bathroom Remodeling; Room Additions; Drywall, Hanging & Taping; Roofing, Exterior & Interior Painting; Carpentry (Fences Wood Floors/Decks); Window/Door Installation; Electrical; Welding; Plumbing; Tile, Marble, Stone & Granite; Cement; Demolition; Stucco/Re-Stucco; Block & Brick; Welding; Insulation; Gutter Repair/Replacement
  - Gardening/Landscaping – Hauling/Cleanup; Irrigation System Repair/Installation; Pruning/Trimming; Brush/Weed Clearing
  - Events – Convention/Conference Organization; Setup/Teardown; Materials Management; Custodial/Janitorial; Catering/Banquet Services; Dishwashing; Parking Attendants; Security; Runners
  - Logistics – Shipping/Receiving; Processing/Handling; Breakdown; Commercial/Residential Moving; Loading/Unloading/Distribution; Freight Shipment & Handling

### [The Job Center – Hope The Mission](#)

- (818) 691-1191; email – [jobcenter@hopeofthevalley.org](mailto:jobcenter@hopeofthevalley.org); 11839 Sherman Way, North Hollywood, CA 91605
- helps connect documented *as well as undocumented workers* to employers in the area; free services:
  - Job Placement & Education Support; Job Application Assistance, Resume Building & Practice Interviews
  - Computer Lab Access; Limited Financial Help
  - Referrals to Legal Counseling Regarding Immigration & Employment Issues
  - Food & Clothing; & More

## JOB/CAREER RESOURCES (continued)

### Other Job Assistance Programs

#### [America's Small Business Development Centers \(SBDC\)](#)

- gives small business owners & people wanting to start a new business with no-cost business consulting & low-cost training to new & existing businesses
- [Find Your Nearest SBDC](#)

#### [Armenian Relief Society of Western USA Social Services](#) - helps **ALL** ethnicities (not only Armenians):

- Main Office - (818) 241-5755; email - [socialservices@arswestusa.org](mailto:socialservices@arswestusa.org); 517 West Glenoaks Blvd., Glendale, CA 91202
- Offices in Los Angeles & Pasadena as well
- helps low-income individuals & families including, but not limited to, immigrants, refugees, adults, older adults, homeless individuals, & adults with disabilities, who have difficulties accessing services due to language & cultural barriers & hardships; services include:
  - case management & variety of social services including:
    - Employment Services, Job Referrals, & Job Placements
    - Unemployment Language Opportunity Program (EDD)
- services in Armenian, Farsi, Arabic, Russian, & Spanish

#### [California Department of Rehabilitation](#)

- 425 W. Broadway, Suite 200, Glendale, CA 91204
- Jonathan Pelletier (DOR Counselor for Garfield Campus Students) – (818) 551-2152; email – [Jonathan.Pelletier@dor.ca.gov](mailto:Jonathan.Pelletier@dor.ca.gov)
- helps people with disabilities and/or those experiencing obstacles, to finding or keeping employment
- examples of services – counseling & guidance; job search & placement assistance; assistance with training services; transportation allowance; job coaching & training; clothing for interview; tools for the job; vocational certification
- [Get Started](#)
- [Programs](#)
- [I Am Interested In](#)

#### [Career OneStop Centers](#)

- help people search for jobs, find training, & answer other employment-related questions
- enter your zip code to search for Career OneStop Offices near your home

#### [Catholic Charities – Glendale – Employment Support Partnership](#)

- (213) 318-5716; 4322 San Fernando Road, Glendale, CA 91204; also have Office in Canoga Park
- Services given – job readiness workshops, individual coaching, placement services, job search activities for low-income adults & a transitional subsidized employment program for CalWORKs adults
- Also gives case management & support to human trafficking survivors

## JOB/CAREER RESOURCES (continued)

### Chrysalis

- (213) 394-2390 or email – [CS@changelives.org](mailto:CS@changelives.org)
- 522 S. Main Street, Los Angeles, CA 90013 (Downtown LA office; see link above for other offices in Southern CA)
- helps people prepare for, find, & keep jobs
- free services include – One-on-One Support from Employment Specialist; Job Search Toolkit & Employment Preparation Classes; Tips of Addressing Convictions with Employers; Resume Writing Services & Practice Interviews; Online Job Application Assistance; Computer Lab & Telephone Access; Professional Attire & Hygiene Items; Transitional Employment Opportunities; Referrals to Community Partners
- [Chrysalis Los Angeles Flyers \(English & Spanish\)](#)
- [Chrysalis San Fernando Valley Flyers \(English & Spanish\)](#)

### Foothill Unity Center, Inc. – Job Development Program

- helps people living in Altadena, Arcadia, Azusa, Baldwin Park, Bradbury, Duarte, Irwindale, Monrovia, Pasadena, Sierra Madre, South Pasadena, & Temple City
- offer job development services for those who are unemployed & underemployed
  - Onsite Clinics & Workshops
  - Job Search, Training, & Placement
- services also include food program, pet food bank, health program, case management, housing & homeless services
- Offices:
  - Pasadena – (626) 584-7420; 191 N. Oak Avenue, Pasadena, CA 91107
  - Monrovia – (626) 358-3486; 790 W. Chestnut Avenue, Monrovia, CA 91016
- [Get Help](#)

### Foothill Employment & Training Connection One Stop Career Center

- (626) 796-5627; email – [info@fwdbworks.org](mailto:info@fwdbworks.org); 1207 E. Green Street, Pasadena, CA 91106
- serves Arcadia, Duarte, Monrovia, Sierra Madre, South Pasadena, & Pasadena
- services include job search services/tools/postings; layoff recovery; targeted job search programs; job search resource lab; recruiting activities; health care; veterans services, youth services, partners & community resources, & more
- [Frequently Asked Questions](#)

### Glendale Youth Alliance

- (818) 937-8073; 1255 South Central Avenue, Glendale, CA 91204
- offers variety of youth employment programs serving Glendale, Burbank, La Canada & Greater Los Angeles County; please see link above for eligibility requirements for each program
  - *STEP – Student Training & Employment Program* – 120 hours of paid work experience to in-school youth with disabilities between ages of 16-21
  - *EIP – Employment Incentive Program* – helps young adults ages 18-24 who will be placed in primarily private businesses to get skills & experience; program pays for initial 200 training hours as an incentive for the employer to hire the young adult
  - *TEAM - Training, Employment & Mentoring Program* – prepares students aged 14-21 for post-secondary education & work

## JOB/CAREER RESOURCES (continued)

- *Summer Youth Employment Program & Youth@Work* – for youth ages 14-24; life skills, pre-employment training & paid work experience in Brush Clearance Program
- *GYEP - Glendale Youth Employment Partnership* – youth that succeed in Summer Brush Clearance Program are hired to perform hillside brush clearance on private properties for a fee; youth can also be hired for other general labor tasks
- *GREAT - Glendale's Resource for Employment & Training* – youth ages 18-24 with proven work ethic & previous job experience placed in career exploration jobs; wages paid by business that hires them
- [Apply Now](#)

### [Initiating Change In Our Neighborhood \(ICON\) Community Development Corporation](#)

- Email – [info@iconcdc.org](mailto:info@iconcdc.org); see link above for more information about free services offered
- two Offices:
  - (818) 302-6114; 13168 Van Nuys Blvd., Pacoima, CA 91331
  - (818) 616-4118; 5805 Sepulveda Blvd., Suite 801, Van Nuys, CA 91411
- helps documented *as well undocumented* persons, living in certain Los Angeles City Zip Codes, to start a business, grow a business, & fund a business
  - can help people who do not have a Social Security number to get an ITIN Number & start a business using this number
- services offered in English & Spanish

### [PARS Equality Center – Los Angeles Center – Workforce Development Program](#)

- (818) 616-3091; email - [education@parsequalitycenter.org](mailto:education@parsequalitycenter.org)
- 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps Persian- & Dari-speaking immigrants as well as immigrants from other countries
- has case management & variety of social services including a workforce development program:
  - Personalized career counseling
  - Skills development workshops
  - Job placement assistance
  - Connections to employers
- [Book Appointment Now](#)

### [Verdugo Jobs Center](#)

- (818) 937-8000; email – [AskVJC@glendaleca.gov](mailto:AskVJC@glendaleca.gov); 1255 South Central Avenue, Glendale, CA 91204
- helps people living in Glendale, Burbank & La Canada-Flintridge; offers free career services:
  - career counseling
  - job/recruitment events
  - job search assistance
  - professional development & training opportunities (on-the-job training & classroom training)
  - resume preparation & interview skills workshops
  - referrals to local employment & professional development programs
- Walk-In Resources Room – has computers with internet access, copy/fax machines, phone, assistive technology, job bulletins, & employment library
- [Programs](#)
- [Verdugo Jobs Center Contact Request Form](#) – complete this form for an Employment Specialist to contact you to schedule an appointment

## JOB/CAREER RESOURCES (continued)

### WorkSource Centers

- (213) 744-7300; **Email Them**; Centers found - Central & East LA; South & West LA; Harbor; & San Fernando Valley
- provide free services (in various languages including Armenian, Farsi, Korean, Russian, Spanish & Tagalog):
  - Job Training, Resume Building & Interview Skills
  - Phone & Computer Access; Skills Workshops
  - Employment Referrals
  - Customized Job Matching via [CalJOBS](#)
  - Career Guidance & Placement Assistance

### Job Search Websites

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

- [CalJOBS Overview](#) – official job site of the State of California
- [Jobs](#)
  - [Get Started](#)
  - [Job Search Tools](#)
  - [Labor Market Information](#)
  - [Additional Resources](#)
  - [Employment Development Department \(EDD\) Related Programs](#)

### CalCareers

- website to search for California State Jobs
- [Get a State Job](#) – gives information about how to apply for a State job
- [Veterans](#)
- [Persons with Disabilities](#)

### Glendale Community College - College Central

- job search website that lets you search, save, & instantly apply to jobs that match your skills & interests
- employers from the community post their jobs on this website

### Glassdoor

### Indeed

### LA Jobs Portal

- helps unemployed/underemployed people to find & apply to jobs

### LinkedIn

- search for jobs by geographical area, job type, experience level, etc.
- can register for a free account

### Nonprofit Job Boards

- lists webpages that specialize in jobs in non-profit agencies & organizations

### USAJobs

- official job site of the US Federal Government

### ZipRecruiter

## JOB/CAREER RESOURCES (continued)

### Remote/Work-From-Home Job Search Websites

#### FlexJobs

- search for remote, work-from-home & flexible job opportunities; not free

#### Remote.co

- learn about & search for remote jobs

### Temporary Employment/Staffing Agencies – help you find temporary or contract work opportunities

#### Apple Connect Staffing, Inc.

- (818) 452-9040; email – [infoappleconnect2024@gmail.com](mailto:infoappleconnect2024@gmail.com)
- 7200 Vineland Ave., Suite 220, Sun Valley, CA 91352
- healthcare staffing agency that helps place people in various healthcare facilities or organizations

#### Express Employment Professionals

- Glendale Office - (818) 507-8579; 1209 N. Central Avenue, Suite 200, Glendale, CA 91202
- staffing agency in the U.S., specializing in matching job seekers with the best jobs for their skills & experience; jobs include - full-time jobs; part-time jobs; & temporary jobs
- [Search Other Locations](#)

#### Randstad

- Glendale Office - (818) 299-9300; 655 N. Central Avenue, Suite 2210, Glendale, CA 91203
- Help people find a wide variety of jobs – from manual labor in warehouses to specialized positions in engineering & business analysis

#### Ultimate Staffing Services

- Pasadena Office - (626) 449-9898; email – [pasadena@ultimatestaffing.com](mailto:pasadena@ultimatestaffing.com)
- 790 E. Colorado Blvd, Suite 705, Pasadena, CA 91101
- helps people look for jobs; also, hires people for temporary/project-based assignments

## JOB/CAREER RESOURCES (continued)

### Job Assistance Programs – People Experiencing Homelessness or At Risk for Homelessness

#### Alternate Staffing Organizations (ASOs)

- serves adults experiencing homelessness ages 18+ that have Employment Authorization; see link above for more eligibility requirements
- gives temporary subsidized employment; placement into unsubsidized employment; help with obstacles to work including – suspended Driver’s License; lack of money for transportation, housing, childcare, education, mental health & substance abuse issues
- Services may also include – legal help; financial assistance, assistance with uniforms or other work-related expenses; & soft skills training
- Organizations:
  - [First Step Staffing](#)
  - [Goodwill of Southern California](#)

#### Careers for a Cause – Department of Economic Opportunity

- (844) 777-2059; email - [DEO-CFAC@opportunity.lacounty.org](mailto:DEO-CFAC@opportunity.lacounty.org)
- 510 S. Vermont Ave., Los Angeles, CA 90020
- 8-week training program for LA County residents experiencing homelessness, justice system involvement, & other challenging life experiences
- gives hands-on, paid training & job placements in the social services sector
- services include – case management & other supportive services

#### LA:RISE

- (213) 744-7300; [Email Them](#)
- Serves men & women with obstacles to employment to get good jobs & stay employed
- See website link above for Program Providers; includes contact information & populations served

## LEARNING/TUTORING RESOURCES

### Glendale Community College

#### [GCC Garfield Campus Disabled Students Programs & Services \(DSPS\)](#)

- For Appointments (818) 240-1000 X5035 or X5099
- Office – Garfield Campus Career & Counseling Center - MP221
- DSPS Counselors give Academic & Career Counseling and screen for a possible learning evaluation
- Learning Specialists provide learning evaluations to help students figure out:
  - the best strategies for learning in the classroom & when studying outside of the classroom that match their individual learning style
  - what learning accommodations students are qualified for, if any; for example:
    - note-taking services
    - special equipment
    - extra time on tests

#### [GCC Garfield Campus - Noncredit ESL Learning Café – Tutoring](#)

- Noncredit ESL Department – TR200 – (818) 240-1000 X5033
- gives free conversation practice, quizzes, & tutoring to GCC Noncredit Students
  - practice conversation skills in small groups
  - improve grammar with practice quizzes
  - get tutoring for classwork, writing, & grammar
- see Noncredit ESL Learning Café web page above for schedule/hours
- [Self-Enrollment Link](#) – students must sign in using their Canvas User Name & Password

#### [GCC Verdugo Campus Learning Center – Tutoring](#)

- (818) 240-1000 X5333; email – [learningcenter@glendale.edu](mailto:learningcenter@glendale.edu)
- Location – Verdugo Campus – AD232
- gives:
  - free in-person & remote tutoring to both noncredit & credit students from trained GCC Learning Center tutors during normal business hours
  - workshops (e.g., writing workshops & Keys to College Success workshops)
  - After-Hours Online Tutoring through [NetTutor](#)
  - One-hour Appointments for [Grammarly Premium](#)
    - digital writing assistant that helps students catch writing mistakes
- [Schedule a Free Tutoring Appointment](#)
- [Free After Hours Tutoring \(NetTutor\)](#)

## LEARNING/TUTORING RESOURCES (continued)

### [GCC Garfield Campus Library](#)

- (818) 240-1000 X5098; Office – Garfield Campus, TR201
- Learning Resources
  - ESL Resources
  - Student Success Center Resources
  - Career Resources
  - [EBSCO Learning Express PrepSTEP Database](#)
    - Math
    - Science
    - English
    - College Success
    - Computers
    - Careers/Jobs
    - High School Equivalency - GED/HiSET
    - And more
- [Device & Textbook Borrowing](#) – students can borrow textbooks & devices including Chromebooks, Desk Top Computers, & Laptop Computers; please see link for procedures

### [Self-Paced Programs to Help with Learning](#)

#### [Khan Academy](#)

- offers practice exercises, instructional videos, & a personalized learning dashboard to study at your own pace & to supplement what you are learning in your GCC Noncredit classes
- some examples of Topic Areas/Course Listings available:
  - Math - High School & College Courses
  - Science
    - Biology
    - Chemistry
    - Physics
    - Environmental Science
    - & more
  - Arts & Humanities
    - US History
    - US Government & Civics
    - World History
    - & more
  - Reading & Language Arts
    - Grammar
  - Economics

## LEARNING/TUTORING RESOURCES (continued)

- Life Skills
  - Careers
  - Personal Finance
  - Growth Mindset
  - Internet Safety
  - Etc.

### Learning Styles & Strategies - Online Resources

#### [VARK Guide to Learning Preferences](#)

- gives questionnaires that help students to figure out how they learn best (what is their best learning style)
  - use drop down menu to see available questionnaires

#### What is My Learning Style?

- has learning style inventory test; explains what learning strategies to use that match each learning style

#### How to Study

- webpage that has helpful articles about topics such as:
  - college
  - language arts
  - math
  - notetaking
  - remembering
  - studying
  - taking tests

### Learning Disabilities Information

#### [Learning Disability Association of America](#)

- gives information about:
  - what causes learning disabilities
  - the relationship to intelligence
  - the types of learning disabilities & related disorders
  - Adults with Learning Disabilities –
    - [Overview](#)
    - [Supports & Resources for Adults with Learning Disabilities](#)

#### [Learning Disability Association of California](#)

- gives information about:
  - learning disability statistics
  - the types of learning disabilities & related disorders

#### [HelpGuide.org – Learning Disabilities & Disorders](#)

- gives information about:
  - signs & symptoms of learning disabilities at different ages
  - the types of learning disabilities & other disorders that affect learning
  - the brain's ability to change & how the brain works
  - diagnosing & testing for learning disabilities & disorders

## LEARNING/TUTORING RESOURCES (continued)

### MedlinePlus – Learning Disabilities

- gives following information:
  - What is a learning disability?
  - What causes learning disabilities?
  - Symptoms
  - Diagnosis & Tests
  - Treatments & Therapies
  - & more

### Understood – Signs of Learning & Thinking Difference in Adults

- website also gives information on topics such as:
  - root causes
  - avoiding & procrastinating
  - frustration
  - staying organized
  - focus & attention
  - confidence & self-esteem
  - stress & anxiety
  - & more

### LD Online – Adults with LD

- has articles for adults with learning disability challenges:
  - in college
  - preparing for the world of work
  - how to become a self-advocate
  - assistive technology
  - & more
- [LD topics](#)

## LEGAL SERVICES

### Free & Low-Cost Legal Clinics

#### Armenian Bar Association Pro-Bono Clinics

- Appointments/Information - (818) 660-6898; email - [ProBono@ArmenianBar.org](mailto:ProBono@ArmenianBar.org)
- consultations at Glendale Adult Recreation Center – 201 E. Colorado Street, Glendale, CA 91205
- free consultations in English & Armenian on following areas of law – bankruptcy; criminal law, estate planning/probate; expungements; family law; immigration; landlord/tenant; personal injury; Social Security; & general practice
- [English Flyer](#)
- [Armenian Flyer](#)

#### Bet Tzedek

- (323) 939-0506 or email – [intake@bettzedek.org](mailto:intake@bettzedek.org); 3250 Wilshire Blvd., 13<sup>th</sup> Floor, Los Angeles, CA 90010
- areas of law include services for:
  - Seniors & Dependent Adults – elder abuse & fraud protection; Holocaust Survivor Support; advance planning, supported decision-making, & conservatorship; healthcare (Medi-Cal & IHSS) & public benefits; guardianships; & estate planning
  - Taxpayers, Workers, & Small Business Owners – taxes; employee rights; small claims; small business development & opportunities for entrepreneurship
  - Tenants, Homeowners, & Unhoused Individuals – eviction defense for tenants; preventing & ending homelessness; homeownership protection; Property Assessed Clean Energy (PACE) fraud; home foreclosure prevention
  - Children & Families – guardianship for minors; undocumented minors; & transgender youth
  - Transgender Individuals – denials to health insurance & benefits; changes to legal names & gender markers; employment discrimination & retaliation; landlord-tenant disputes, evictions, & denials to housing or shelter; discrimination at school
- [Get Help](#)
- [Resource Library](#)

#### Higher Education Legal Services

- (213) 385-7800 X259; email – [clsintakes@carecen-la.org](mailto:clsintakes@carecen-la.org)
- free immigration legal services & case support for students, staff, & faculty on California Community College Campuses
  - Legal consultation to screen for possible paths to immigration
  - Deferred Action for Childhood Arrivals (DACA) Renewals
  - Family-Based Petitions
  - Naturalization/Citizenship Applications
  - Public Charge Information
- *this program does not provide legal services for Removal Defense or Asylum Applications*
- **CARECEN** is the legal clinic assigned to give services to Glendale Community College
- to schedule a FREE appointment with CARECEN – [FindYourAlly.com](http://FindYourAlly.com)
  - Pick “Current Student” & enter Glendale Community College Garfield Campus; Click Search
  - Choose type of legal service & Virtual or On-Campus
  - Pick Yadira Gutierrez
  - Choose available date/time
  - Enter your information; Click SCHEDULE APPOINTMENT

## LEGAL SERVICES (continued)

### [CHIRLA – Coalition for Humane Immigrant Rights Los Angeles](#)

- (213) 353-1333 (to leave a message requesting an appointment); email – [info@chirla.org](mailto:info@chirla.org)
- 2533 West 3<sup>rd</sup> Street, Suite 101, Los Angeles, CA 90057
- offers low-cost immigration legal services in-person & on the phone – please refer to website for days/times consultations provided & important requirements
- Immigrant Assistance Line – (888) 6-CHIRLA (888-624-4752) - information & referral phone line
- [Resources](#)

### [Immigo Immigration Services](#)

- (818) 730-0140; email – [info@immigola.org](mailto:info@immigola.org); 5623 Lankershim Blvd., Suite A, North Hollywood, CA 91601
- offers free- & low-cost Immigration Services given by case managers & immigration advocates (*not attorneys*) – Family & Spouse Petitions; Consular Processing of Green Cards; Victims of Crime (U-Visa); Naturalization/Citizenship; Renewal of Green Cards; DACA Renewals; Replacement of Lost/Stolen Citizenship Certificates; Getting Your Immigration Records; Waivers; Victims of Domestic Violence (VAWA); Adjustment of Status; Work-Permit Renewals; Removal of Conditions; Changes of Address; Affidavits; Parole-in-Place; Fiancé Petitions; Tourist Visas/Invitations for US Visa; FBI Fingerprints; Help with USCIS Calls; Help with Interpreting at Interviews; Translations of Vital Records
- services offered in English & Spanish
- [Book an Appointment](#)

### [International Institute of Los Angeles – Immigration & Legal Services](#)

- General Questions - (323) 224-3800; Legal Assistance - (323) 264-6217; email – [iilosangeles.org](mailto:iilosangeles.org)
- 3845 Selig Place, Los Angeles, CA 90031
- provide services to immigrants, refugees, & survivors of human trafficking
- services include: *legal services*, child care, social services, immigrant & refugee services, & nutrition services
- [Resources for Afghans](#)
- [Resources for Ukrainians](#)
- [Wildfire Resources for Immigrant Communities](#)

### [Legal Aid Foundation of Los Angeles](#)

- (800) 399-4529; 3 offices in Los Angeles & Offices in Long Beach & Santa Monica
- gives free legal services to those who meet eligibility requirements; please see webpage for eligibility requirement information
- areas of law include – Asian Pacific Islander Community Outreach; Domestic Violence/Family Law; Employment; Eviction Defense; Expungement; Government Benefits; Housing & Homelessness; Immigration; Medical-Legal Partnerships; Nonprofit Assistance; Student Loan Issues; Torture Survivors Project; Veterans Justice Center
- apply online, by phone or in-person (walk-in basis)
- website information available in 15 languages
- [Self-Help Legal Access Centers](#) – give self-represented persons help with Divorce/Child Custody & Support; Paternity; Landlord/Tenant Law involving Unlawful Evictions; Restraining Orders; Name Changes; Fee Waivers; Claims of Exemption; Record Expungement; Referrals to other types of help

## LEGAL SERVICES (continued)

### [Los Angeles Center for Law & Justice](#)

- (323) 980-3500; email – [info@LACLJ.org](mailto:info@LACLJ.org); 5301 Whittier Blvd., 4<sup>th</sup> Floor, Los Angeles, CA 90022
- gives services to survivors of Domestic Violence & Sexual Assault including – Domestic Violence Restraining Orders; Family Law; Immigration; Housing; Education; Employment; Criminal Justice Advocacy; & More
- [Apply for Services](#)
- [Resources & Referrals](#)

### [Neighborhood Legal Services](#)

- (800) 433-6251 or (818) 834-7500; Glendale Office – 1102 E. Chevy Chase Drive, Glendale, 91205; also has Offices in Pacoima & El Monte
- areas of law include – healthcare; housing; domestic violence/family; public benefits; immigration; clean slate; unemployment benefits; medical-legal community partnership; self-help centers; disaster assistance project; education rights (Antelope Valley); & consumer debt & bankruptcy
- [Get Help](#)
- [Resources & Referrals](#)

### [Peace Over Violence Legal Advocacy Project](#)

- (626) 584-6191; email – [lap@peaceoverviolence.org](mailto:lap@peaceoverviolence.org); West San Gabriel Valley Center – 892 N. Fair Oaks Ave., Suite D, Pasadena, CA 91103-3046
- gives free, legal services for sexual assault & domestic violence survivors & their families with immigration & family law issues

### [Public Counsel](#)

- (213) 385-2977; Main Office – 610 South Ardmore Avenue, Los Angeles, CA 90005; 4 satellite offices in LA
- gives free legal services to people who meet eligibility requirements
- service areas include – bankruptcy; children, youth & families; community-campaign assistance; debt collection, foreclosure & fraud; eviction defense; federal court; gender justice; housing & homelessness; immigration; nonprofits; small businesses; veterans; women & girls; clinics & self-help centers
- [Resources](#)

### [Stay Housed LA](#)

- (888) 694-0040
- helps tenants to know & understand their rights & offers free legal services to eligible tenants facing eviction
- gives information online in many languages
  - [Defend Yourself in Court](#)
  - [How Evictions Work](#)
  - [Workshops](#)
  - [Apply for Legal Help](#)

## LEGAL SERVICES (continued)

### Lawyer-Referral Services

#### [San Fernando Valley Bar Association](#) – Attorney Referral Service

- (818) 340-4529
- [Types of Lawyers/Areas of Law](#)
- [Find A Lawyer](#)

#### [Los Angeles County Bar Association – Lawyer Referral Service](#)

- Phone - (866) 762-7852; Text/Chat – (213) 243-1525
- *referrals are not for free services; however, each referred client will have a free consultation of up to 20 minutes with the attorney*
- phone referrals in English & Spanish

#### [California Bar Association](#)

- [Using a Certified Lawyer Referral Services](#)
- [Search for a Certified Legal Specialist](#)
- [Find Free Legal Help](#)
- [Find Help with Immigration](#)
- [Advice/Tips to Find Legal Help, Work with your Attorney, & Avoid or Resolve Problems](#)

#### [Law Help CA - Find Legal Help](#)

- can search for legal clinics by county & legal topic & legal problem

### Self-Help/Legal Information Websites

#### [Law Help CA](#)

- website to search for information about legal topics - housing; families & kids; consumer; protection from abuse; immigration; work; disaster assistance; public benefits; CARE courts; criminal record improvement; disability; seniors; health; individual & civil rights; probate & estate planning; veterans & military; Native American issues; HIV/AIDS; expungement & record clearing; & small claims

#### [Superior Court of County of Los Angeles Self-Help Center](#)

- can search for information about legal topics – abuse & harassment; divorce & separation; families & children; evictions, landlords, & tenants; traffic violators; wills, estates, & trusts; small claims; help resources & assistance

#### [California Courts - Immigration Resource Guide](#)

- Basic Immigration Resources – information about legal rights, naturalization, & citizenship
- Help for Children & Families - resources for parents who may be detained or deported as well as resources for children who have been abused or abandoned
- Enforcement & Court Cases – information from the federal government about citizenship, asylum, detention & deportation, Department of Homeland Security notices, & immigration court cases
- Legal Help – information on finding a lawyer who specializes in immigration & finding organizations that offer free- or low-cost legal help

## LEGAL SERVICES (continued)

### [California Courts - Self-Help Guide to the California Courts](#)

- Resources & information to help you navigate your court cases, including step-by-step guides for following procedures & help with understanding your options
  - Get help with papers I was served
  - Start a court case
  - Work on my court case
  - Get information about a legal topic
  - Look up a court case or citation
  - Get help from the court
  - [Find a Free or Low-Cost Lawyer](#)

## LGBTQIA+ RESOURCES & SERVICES

### [Glendale Community College - Pride Center](#)

- (818) 240-1000 X5580; email – [Pride.GCC@glendale.edu](mailto:Pride.GCC@glendale.edu)
- located on GCC Verdugo Campus – 1500 N. Verdugo Road, Glendale, CA, 91208; Sierra Madre Building – Room SM267
- gives community resource information for people who identify as LGBTQ+ as well as an events calendar, LGBTQ+ informational videos, & more

### [Glendale Community College - Sexuality & Gender Alliance \(SAGA\) Student Club](#)

- email - [saga.gcc@gmail.com](mailto:saga.gcc@gmail.com)
- for LGBTQIA+ students & their allies
- gives a place of inclusivity, respect & understanding for all people of different genders & sexualities
- [Join SAGA](#)

### [Bienestar](#)

- (866) 590-6411; email – [info@Bienestar.org](mailto:info@Bienestar.org)
- Hollywood Office – 4955 W. Sunset Blvd., Los Angeles, CA 90027
- other Offices in East LA, Hollywood, Long Beach, Pomona, San Fernando Valley, South Los Angeles
- support programs for Latinx & LGBTQ populations
- services include:
  - [Men's Health](#)
  - [Trans Health](#)
  - [Harm Reduction Center](#)
  - [Food Bank](#)
  - [Housing](#)
  - [Youth Empowerment](#)
- [Make An Appointment](#)

### [The Center for Transyouth Health & Development at CHLA](#)

- (323) 361-2153; 4650 Sunset Blvd., Los Angeles, CA 90027
- services include:
  - gender affirming medical treatment & mental health services
  - family support services & linkage to outside resources
  - case management services (including assistance with legal name & gender marker changes)
  - peer support groups
  - sexual health education (including groups; one-on-one navigation services; & HIV/STD screening & treatment)
  - access to PEP & PrEP for HIV prevention

### [City of West Hollywood Transgender Guide](#)

- includes the following topics – transgender education; community; employment; health & HIV prevention programs; HIV/STD testing; legal issues; mental health & support groups; shelter; substance use/abuse; youth

## LGBTQIA+ RESOURCES & SERVICES (continued)

### [Colors LGBTQ+ Youth Counseling Services](#)

- (310) 574-2813 X3366; email – [colors.aula@antioch.edu](mailto:colors.aula@antioch.edu); 400 Corporate Pointe, Culver City, CA 90230
- free LGBTQAI+ affirming counseling & healing psychotherapeutic services to youth under 25 & their families in greater LA area

### [Lambda Legal Help Desk](#)

- (213) 382-7600; 800 South Figueroa Street, Suite 1260, Los Angeles, CA 90017
- does not give legal advice; is not able to help with emergencies or time-sensitive requests for legal help
- gives general legal information & resources relating to discrimination based on sexual orientation, gender identify, gender expression, & HIV status
- [Contact the Help Desk](#)

### [211 LA LGBTQ+ Resource Page](#)

- call 211 from any phone or use the link above
- gives information about free & low-cost health, human, & social services information & referrals for LGBTQ+ community including but not limited to COVID-19 tests; groceries; rent assistance; health care; reporting hate crimes; support groups; legal referrals; & shelter

### [It Gets Better Project – Get Help](#)

- email – [info@itgetsbetter.org](mailto:info@itgetsbetter.org)
- mission to uplift, empower & connect lesbian, gay, bisexual, transgender & queer youth
- [Imi](#) – guides built for & with LGBTQ+ teens to help you explore your identity & support your mental health

### [Los Angeles Gay & Lesbian \(LGBT\) Center](#)

- (323) 993-7400; email - [webmaster@lalgbtcenter.org](mailto:webmaster@lalgbtcenter.org)
- [Offices/Locations](#)
- Services:
  - Youth Services – Direct line – (323) 860-2280; email - [youthservices@lalgbtcenter.org](mailto:youthservices@lalgbtcenter.org)
  - Senior Services – Direct line – (323) 860-5830; email - [seniors@lalgbtcenter.org](mailto:seniors@lalgbtcenter.org)
  - Transgender Services
  - Survivor Services
  - Health Services – Medical; Mental Health/Psychiatry; Sexual Health
  - Substance Abuse & Recovery
  - Legal Services – Direct line – (323) 993-7970; email - [legalservices@lalgbtcenter.org](mailto:legalservices@lalgbtcenter.org)
  - Housing

### [Lesbian, Gay, Bisexual, Transgender, Queer, & Intersex \(LGBTQI+\) Information & Resources](#)

- from the Substance Abuse & Mental Health Services Administration (SAMHSA) website

## LGBTQIA+ RESOURCES & SERVICES (continued)

### [LGBT National Help Center](#)

- helps the lesbian, gay, bisexual, transgender, queer & questioning community with free/confidential peer support & local resource information
- [1-on-1 Online Peer Support Chat](#)
- [Youth Chatrooms](#)
- LGBT National Hotline – (888) 843-4564
- LGBT National Youth Talk Line – (800) 246-7743
- LGBT National Senior Hotline – (888) 234-7243
- LGBT National Coming Out Support Hotline – (888) 688-5428 (888-OUT-LGBT)

### [Los Angeles County Department of Mental Health Access Line](#)

- **(800) 854-7771** - 24-Hour Crisis & Access Line
- connects people to mental health professionals who are specially qualified to work with LGBTQ+ individuals & families

### [Mental Health Resources to Support the LGBTQ+ Community - VeryWellMind](#)

#### [National Alliance on Mental Illness](#) – LGBTQI Resources & Information

- shares information about importance of taking care of one’s mental health including how to find the right mental health professional
- also included are various kinds of LGBTQI resources

### [Parents, Families, & Friends of Lesbians & Gays \(PFLAG\)](#)

- helps lesbian, gay, bisexual, transgender, & queer (LGBTQ+) people, their parents/families, & allies
- [Get Support](#)
- [Find Resources](#)
- [Find a Local Chapter](#)

### [REACH LA](#)

- (213) 622-1650; email – [info@reachla.org](mailto:info@reachla.org); 1400 E. Olympic Blvd., #240, Los Angeles, CA 90021
- services include - HIV prevention education; HIV testing; linkage to care & mental health support services for HIV positive & high-risk negative youth & young adults
- programs - Sexual Health Services, Social Groups, & Creative Arts Programs

### [A Resource Guide to Coming Out – Human Rights Campaign Foundation](#)

### [SAGE National LGBT Elder Hotline](#)

- **(877) 360-LGBT (5428)**
- for LGBT seniors or those who care for one
- provide crisis intervention services as well as information & community resources including but not limited to caregiving; cultural competency; discrimination; healthcare; HIV/AIDS; housing; legal & financial; LGBTQ+ aging; SAGE documents; social isolation; SAGEMatters magazine; & voter education
- [Find Programs Near You](#)
- [Find out about Housing](#)
- [Need Someone to Talk To?](#)

## LGBTQIA+ RESOURCES & SERVICES (continued)

### Trans Lifeline

- (877) 565-8860 (English & Spanish)
- peer support service run by trans people, for trans & questioning peers
- call if in crisis, or just need someone to talk to, even if it's just about whether or not you're trans
- [Frequently Asked Questions](#)
- [Resource Library](#)

### The Trevor Project

- gives crisis intervention & suicide prevention services to lesbian, gay, bisexual, transgender, queer & queer questioning young people under 25
- Crisis Intervention
  - Trevor Lifeline – (866) 488-7386
  - [Trevor Chat](#)
  - Trevor Text – Text “START” to 678-678
- [Resources](#)

## LIBRARY RESOURCES

### [Glendale Community College – Garfield Campus Library](#)

- Location - Tropic Building Room 201; webpage offers:
  - How to Borrow a Device (Desktop Computers, Chromebooks, & Laptops) or Textbook
  - How to Return a Device or Textbook
  - ESL Resources
  - Student Success Center (Adult Basic & Secondary Education) Resources
    - Adult Basic Education
    - High School Diploma
    - High School Equivalency
  - Career Resources
  - Recommended Databases – EBSCO Learning Express/PrepSTEP & Mango Languages

### [Glendale Community College – Verdugo Campus Library](#)

- noncredit students may use this library as well
- Location - Library Building at Verdugo Campus – 1500 N. Verdugo Road – Glendale, CA 91208

### [Glendale Public Library](#)

- email – [Libraryinfo@GlendaleCA.gov](mailto:Libraryinfo@GlendaleCA.gov)
- Central Library – (818) 548-2021; 222 E. Harvard St., Glendale, CA 91205; other Library locations – Brand Library & Art Center; Casa Verdugo Library; Chevy Chase Library; Grandview Library; Library Connection at Adams Square; Montrose Library; Pacific Park Library
- [Hours of Operation](#)
- Services
  - [Computers & Wi-Fi Access](#)
  - [Printing](#)
  - [Copying & Scanning](#)
  - [Study Rooms](#)
  - [On-Site Programs & Events](#)
  - Magazines & Newspapers
  - [Meeting Rooms](#)
  - Children’s Toys
  - And More!
- [Frequently Asked Questions](#)

### [Los Angeles County Library](#)

- [Downloads](#) - FREE library resources on your computer or device
  - download or stream eBooks, audiobooks, music, movies & TV shows, & magazines
- [Free Online Learning Databases & Tools](#) - get help with homework, learn a language, take an online class
- [Laptop & Hotspot Loans](#)
- [Locations](#)

## MEDICAL SERVICES

*For GCC Students Only:*

### [TimelyCare Online Platform/App](#)

- Free online platform/app that GCC Students enrolled in/attending classes can use to get treatment for over 120 medical conditions
- *Can be used by documented & undocumented students as well as students who have insurance & students who do not have health insurance*
- Students meet with an online medical professional (doctors, nurse practitioners, & physician assistants) with specialties in emergency medicine, family practice, internal medicine, pediatrics, and OB/GYN
- Available Services:
  - *MedicalNow* – 24/7 on-demand medical care; wait time usually less than 10 minutes
  - *Scheduled Medical* – appointments available 24/7; patients choose a provider & appointment time; same-day appointments regularly available
  - *Prescriptions* – medical professionals can prescribe medications except:
    - Narcotics or DEA-controlled substances
    - Medications restricted by the states in which the professionals are licensed
    - Medications that terminate pregnancy
- Students must use their GCC Student Email Address to create an account/get registered; to register, click on link above or download the TimelyCare app on your phone

*For all of Los Angeles County:*

### [Los Angeles County Department of Health Services](#)

- [Patient Information](#)
- [Locations](#) – can search for LA County health centers/clinics & hospitals for following services – Emergency; Pharmacy; Positive Care/HIV; Primary Care – Adult Medicine; Primary Care – Geriatrics; Primary Care – Pediatrics & Adolescent; Rehabilitation; Urgent Care; & Women’s Health
- [Patient Financial Services](#)
- Patient & Family Handbook
  - [English](#)
  - [Spanish](#)

## MEDICAL SERVICES (continued)

Please see the section on Health Insurance Programs first (Pages 52-53 of this Directory), to see what type of program you may be qualified for before contacting Medical Clinics below.

### Free, Low-Cost, Sliding Scale Fee, & Medi-Cal Medical Clinics

Many clinics have Certified Enrollment Counselors to help find out if you are eligible for health insurance or a healthcare plan & help with enrollment.

Clinics will have different:

- days/hours of operation & length of waiting lists
- availability of free services & eligibility requirements to receive them; sliding scale fee range for services; & proof of income required
- insurance accepted (Medi-Cal or other health insurance)
- medical services offered; populations served; & languages in which services are offered
- availability of other health services like dental, mental health, hearing & vision services

Glendale & Surrounding Areas:

### All for Health, Health for All

- (818) 549-8800; email – [info@all4health.org](mailto:info@all4health.org); 800 South Central Avenue, Suite 308, Glendale, CA, 91204
- [Other Locations](#)

### Comprehensive Community Health Centers

- (818) 265-2264; 801 South Chevy Chase Drive, Suite 250, Glendale, CA, 91205
- also has Offices in Arleta, Eagle Rock, Highland Park, North Hollywood, & Sunland as well

### Glendale Health Center

- (818) 291-8900; 501 North Glendale Avenue, Glendale, CA, 91206
- [Patient Services](#)

### Glendale Community Free Clinic

- (626) 838-3335 (leave message); 134 North Kenwood Street, Room 330, Glendale, CA, 91206
- very limited hours of operation & medical conditions treated & eligibility requirements; please look at website for this information
- only way to be seen is by going in-person during open hours & requesting appointment for a future day

Burbank & San Fernando Valley:

### All-Inclusive Federally Qualified Community Health Center

- email – [info@aichc.org](mailto:info@aichc.org)
- Burbank Office - (818) 843-9900; 1311 N. San Fernando Road, Burbank, CA 91504
- Eagle Rock Office - (323) 255-5225; 3920 Eagle Rock Blvd., Suite A, Los Angeles, CA, 90064
- Northridge Office – (818) 646-1771; 17114 Devonshire St., Suite 200, Northridge, CA 91325
- serves all patients regardless of ability to pay; discounts given for essential services on a sliding fee scale depending on family size and income
- [Frequently Asked Questions](#)

## MEDICAL SERVICES (continued)

### *Los Angeles Area:*

#### [Arroyo Vista Family Health Center](#)

- (323) 254-5221; 6000 N. Figueroa Street, Los Angeles, CA, 90042 (Highland Park)
- [Other Los Angeles Offices](#)

#### [Asian Pacific Health Care Venture \(APHCV\), Inc.](#)

- Los Feliz Office/Location – (323) 644-3888; 1530 Hillhurst Ave., Los Angeles, CA 90027
- [Other Offices](#)
- [Make an Appointment](#)
- [Patient Registration Form](#)

#### [Hollywood Sunset Free Clinic](#)

- (323) 660-7959; email – [hollywoodsunsetfreeclinic.1968@gmail.com](mailto:hollywoodsunsetfreeclinic.1968@gmail.com)
- 3324 West Sunset Blvd., Los Angeles, CA, 90026 (Edendale)

#### [Northeast Community Clinics](#)

- Appointments & Referrals - (888) 311-6322
- [Offices in Greater Los Angeles Area](#)
- [Frequently Asked Questions](#)

#### [QueensCare Health & Faith Partnership](#)

- (323) 953-7330 for Questions
- (323) 635-1162; 950 S. Grand Avenue, 2<sup>nd</sup> Floor South, Los Angeles, CA 90015
- Service Sites
  - [English](#)
  - [Spanish](#)
  - [Korean](#)

#### [Saban Community Clinic](#)

- (323) 653-1990; 6043 Hollywood Blvd., Los Angeles, CA, 90028 (Hollywood)
- [Other Offices/Locations](#)
- [Request an Appointment](#)

#### [St. Anthony Medical Centers](#)

- (323) 469-5555; 6368 Hollywood Blvd., Los Angeles, CA, 90028 (Hollywood)
- [Other Offices/Locations](#)

#### [Tri-State Community Healthcare](#)

- (323) 344-9255; 4137 Verdugo Road, Glendale, CA 90065
- [Insurance & Payment](#) – has sliding fee scale for people who do not have insurance
- [Other Offices/Locations](#)

#### [Los Angeles General Medical Center](#)

- (323) 409-1000; 2051 Marengo Street, Los Angeles, CA 90033

## MEDICAL SERVICES (continued)

*Clinics that Serve Several Areas:*

### [All-Inclusive Federally Qualified Community Health Center](#)

- email – [info@aichc.org](mailto:info@aichc.org)
- Burbank Office - (818) 843-9900; 1311 N. San Fernando Road, Burbank, CA 91504
- Eagle Rock Office - (323) 255-5225; 3920 Eagle Rock Blvd., Suite A, Los Angeles, CA, 90064
- Northridge Office – (818) 646-1771; 17114 Devonshire St., Suite 200, Northridge, CA 91325
- serves all patients regardless of ability to pay; discounts given for essential services on a sliding fee scale depending on family size and income
- [Frequently Asked Questions](#)

### [AltaMed](#)

- (888) 499-9303; (800) 735-2922 (TTY)
- [Search for Location Near You](#)

### [Valley Community Healthcare](#)

- (818) 763-8836 – Medical Appointments; (818) 301-6311 - Cancellations
- North Hollywood Office - 6801 Coldwater Canyon Avenue, North Hollywood, CA, 91605
- North Hills Office – 9119 Haskell Avenue, North Hills, CA 91343

## MENTAL HEALTH SERVICES

### Glendale Community College

#### Garfield Campus Mental Health Counseling

- call (818) 240-1000 X5035 for an appointment
- 1122 E. Garfield Avenue, Mariposa Bldg., Room MP221, Glendale, CA 91203
- free, short-term, confidential mental health counseling for students attending GCC Noncredit classes only

#### TimelyCare Online Platform/App

- Free online platform/app that GCC Students enrolled in/attending classes can use to get on-demand emotional support or to schedule mental health counseling appointments
- Can be used by documented & undocumented students as well as students who have insurance & students who do not have insurance
- Available Online/Audio Services:
  - TalkNow – 24/7 on-demand in the moment emotional support & coaching available; average wait time is 5 minutes or less
    - great for students to use when Garfield Campus Mental Health Counselor is not available (after hours, weekends, & school breaks)
    - help students explore strategies to take care of their in-the-moment emotional distress
  - Scheduled Mental Health Counseling –
    - Students can have 12 free appointments each academic year
    - On average, appointments are available within 7 days
    - Students choose a provider & an appointment time
    - providers include – licensed professional counselors (LPCCs), licensed clinical social workers (LCSWs), licensed marriage & family therapists (LMFTs), and licensed clinical psychologists (PsyDs & PhDs)
- Students must use their GCC Student Email Address to create an account/get registered; to register, click on link above or download the TimelyCare app on your phone

### Mental Health Crisis Lines, Crisis Services, & Urgent Care Centers

#### 988 Suicide & Crisis Lifeline – Dial 988

- three-digit dialing code that will connect callers for suicide & crisis help
- when people call, text, or chat 988, they will be connected to trained counselors that are part of Lifeline network
- trained counselors will listen, understand how their problems are affecting them, provide support, & connect them to resources if necessary

#### Los Angeles County Department of Mental Health (LACDMH)

- (800) 854-7771
- 24-Hour Access Center/Crisis Line/Psychiatric Mobile Response Team (PMRT)
- call 24 hours/day to find mental health counseling whether you have health insurance coverage or not & regardless of immigration status

#### Exodus Recovery 24-Hr Psychiatric Urgent Care Center - Eastside

- (323) 276-6400
- 1920 Marengo Street (Boyle Heights), Los Angeles, CA 90033
- serving adults & youth 12 years & older

## MENTAL HEALTH SERVICES (continued)

### [Exodus Recovery 24-Hr Psychiatric Urgent Care Center - Westside](#)

- (310) 253-9494
- 11444 W. Washington Blvd., Suite D, Los Angeles, CA 90066

### [Olive View Community Mental Health Urgent Care Center](#)

- (818) 485-0888
- 14659 Olive View Drive, Sylmar, CA 91342
- Serves Adults, Transitional Age Youth, & Older Adults
- Check website for hours of operation

### [California Community College Crisis Text Line: Text "COURAGE" TO 741741](#)

### [Helping Your Loved One Who is Suicidal: A Guide for Family & Friends](#)

- SAMHSA guide that helps people see warning signs & know what to do to help others who are thinking about suicide

### [Take Action for Mental Health – Find Help Now](#)

- [En Español](#)
- gives information about:
  - when to look for support for your mental health & where to find help
  - how to notice warning signs of suicide
  - mental health self-care tips

## MENTAL HEALTH SERVICES (continued)

### Free, Low-Cost, Sliding Scale Fee, & Medi-Cal Mental Health Counseling Clinics

Many clinics have Certified Enrollment Counselors to help find out if you are eligible for health insurance or a healthcare plan & help with enrollment.

Clinics will have different:

- *days/hours of operation & length of waiting lists*
- *availability of free services & eligibility requirements to receive them; sliding scale fee range for services; & proof of income required*
- *insurance accepted (Medi-Cal or other health insurance)*
- *medical services offered; populations served; & languages in which services are offered*
- *availability of other health services like medical, dental, hearing & vision services*

City of Glendale:

### All 4 Health - Glendale Individual & Family Treatment (GIFT) Program

- (818) 839-4010; 141 S. Cedar, Glendale, CA 91205
- helps families in the community where children struggle with a variety of behavioral, learning, & emotional issues

### Armenian Relief Society – Child, Youth, & Family Guidance Center

- (818) 546-2744; 517 W. Glenoaks Blvd., Glendale, CA 91202
- for appointments - call number above & follow prompts to leave voicemail for call back
- helps children, adolescents, and families
- priority given to uninsured clients in the Greater Los Angeles area who do not have access to mental health services
- *all ethnicities welcome*
- *services offered on a donation basis; no minimum donation required*
- services – individual, couples, & family counseling

### Comprehensive Community Health Centers

- Behavioral Health Department - (818) 660-2210
- Glendale Office – (818) 265-2264; 801 South Chevy Chase Drive, Suite 250, Glendale, CA 91205
- more [Offices/Locations](#) in Eagle Rock, Highland Park, North Hollywood, & Sunland
- offers behavioral/mental health & social services given by Licensed Clinical Social Workers
- [Book an Appointment](#)
- [Insurance, Payment & Sliding Fee Discount Program](#)

### Didi Hirsch Mental Health

- (818) 244-7257; 1540 East Colorado Street, Glendale, CA 91205
- outpatient therapy for low-income children, teens, young adults, adults, older adults & families
- services - psychiatric services & medication support; substance use services

### **Glendale Psychology Center**

- (818) 551-1800; 1222 South Glendale Avenue, Suite 4, Glendale, CA 91025
- offers affordable, psychotherapy for individuals, couples, families, children, & groups 7 days a week
- sliding scale fees based on ability to pay; initial appointment fee - \$25.00

## MENTAL HEALTH SERVICES (continued)

### [Harmony Psychotherapy, Inc.](#)

- (626) 403-3040; email – [dr.violet@harmony-psychotherapy.com](mailto:dr.violet@harmony-psychotherapy.com); 520 E. Broadway, Suite 302, Glendale, CA 91205
- offer individual therapy & play therapy for children ages 3 & older, adolescents, family therapy, parenting coaching, & workshops
- offers sliding scale fee (limited space for therapy sessions at a reduced rate based on financial situation)

### [Institute for Multicultural Counseling & Educational Services \(IMCES\)](#)

- Glendale Office - (818) 240-4311; 121 W. Lexington Drive, Suite 300, Glendale, CA 91203
- Offices in Los Angeles & West Covina as well
- see link above for more information about services offered, fees, &/or insurance accepted

### [Mission City Community Network Glendale Clinic – On-Site Behavioral Health](#)

- (818) 895-3100; 1204 S. Central Avenue, Glendale, CA 91204
- call for more information about services offered, fees, &/or insurance accepted

### [Pacific Clinics Behavioral Health](#)

- (877) 722-2737
- [Outpatient Mental Health Services](#)
- [Outpatient Mental Health Locations](#) – City of Industry, Covina, El Monte, [Glendale](#), Glendora, Irwindale, Los Angeles, Lynwood, Monrovia, Pasadena, South Pasadena, Pomona, Rosemead, Santa Fe Springs, Orange, & Oxnard
- helps children, youth, adults, & families
- call for information about fees &/or insurance accepted

### *City of Burbank:*

#### [All-Inclusive Federally Qualified Community Health Center](#)

- Email – [info@aichc.org](mailto:info@aichc.org)
- Burbank Clinic - (818) 843-9900; 1311 N. San Fernando Road, Burbank, CA 91504
- [Other Clinic Locations](#) in Eagle Rock & Northridge as well
- offers behavioral health & substance abuse services
- [Sliding Fee Scale Information](#)
- [Frequently Asked Questions](#)

#### [Family Service Agency of Burbank](#)

- (818) 845-7671; 2721 W. Burbank Blvd., Burbank, CA 91505
- please see website about types of counseling/other services as well as fees &/or insurance accepted

### *San Fernando Valley:*

#### [California Family Counseling Center](#)

- (818) 386-5600 Ext. 6509; email – [intake@calfamcounseling.org](mailto:intake@calfamcounseling.org)
- 16830 Ventura Blvd., Suite 216, Encino, CA 91436
- Gives individual therapy, couples therapy, family therapy, group therapy, child/teen therapy, & therapy for the LGBTQ population
- [Fees](#)

## MENTAL HEALTH SERVICES (continued)

### Counseling West

- (818) 990-9898; 14320 Ventura Blvd., #430, Sherman Oaks, CA 91423
- Gives affordable counseling to individuals, couples, families, & children; LGBTQIA Affirmative
- Languages – Armenian, German, French, Farsi, Hebrew, Spanish, Cantonese, & American Sign Language
- Helps with – depression; anxiety; marital problems; life transitions; grief & loss; communication/relationship problems; parenting; trauma; & self-esteem

### El Centro de Amistad – Mental Health & Family Services

- East Valley Office – (818) 898-0223; 566 S. Brand Blvd., San Fernando, CA 91340; see webpage for office in Canoga Park, Panorama City, & Pacoima
- gives free services regardless of age, gender identity, race, national origin, disability, religion, sexual orientation or inability to pay
- services – psychological testing for ages 6-16; neurofeedback; mental health services to adults 18-64 who are chronically mentally ill; mental health services & medication to CalWORKs participants; children's outpatient & school-based mental health services; infant & early childhood mental health services; & more
- accepts Medi-Cal, Children's Health Insurance, & people without insurance
- [Contact Them](#)

### Hillview Mental Health

- (818) 896-1161; email – [Info@HillviewMHC.org](mailto:Info@HillviewMHC.org); 12450 Van Nuys Blvd., Suite 200, Pacoima, CA 91331
- Outpatient Mental Health Services (for people ages 16+) –
  - Full Services Partnership Program for people with chronic mental illness (ages 16-25, 26-59, & 59+) Recovery, Resilience & Reintegration Program
  - Forensic Services (for people released from jail/prison)
  - Outpatient Program (for people who have lower levels of need)
  - CalWORKs Mental Health Services
  - Prevention & Early Intervention Program
  - Urgent Community Care/Adult Residential Services
  - Drop-In Services/Clubhouse

### San Fernando Valley Community Mental Health Center, Inc.

- (818) 901-4830; email – [info@sfvcmhc.org](mailto:info@sfvcmhc.org); 16360 Roscoe Blvd., 2<sup>nd</sup> Floor, Van Nuys, CA 91406
- Serves children, young adults (16-25), & older adults (including homebound older adults)
- [Find a Program](#)

### San Fernando Mental Health Center

- (818) 832-2400; 10605 Balboa Blvd., Suite 100, Granada Hills, CA 91344
- Operated by Department of Mental Health
- Serves Adults, Children, & Transitional Age Youth (TAY)
- See webpage for hours of operation

### Santa Clarita Mental Health Center

- Service/Intake - (661) 288-4800; 23501 Cinema Drive, Suite 200, Valencia, CA 91355
- Operated by Department of Mental Health
- Serves Adults in the Santa Clarita Valley
- See webpage for hours of operation

## MENTAL HEALTH SERVICES (continued)

### West Valley Mental Health Center

- (818) 407-3200; 20151 Nordhoff Street, Chatsworth, CA 91311
- Operated by Department of Mental Health
- Serves Adults/Older Adults
- See webpage for hours of operation

*City of Pasadena & San Gabriel Valley:*

### City of Pasadena Public Health Department - Social & Mental Health Division

- (626) 744-6339; 1845 N. Fair Oaks Ave., 2<sup>nd</sup> Floor, Pasadena, CA 91103
- call for more information about types of mental health services offered & fees &/or insurance accepted
- [Pasadena Mental Health Resource Guide](#)

### Foothill Family Services

- (626) 993-3000
- services for children & adults, individuals & families
- call for information about fees &/or insurance accepted
- [Offices/Locations](#) – Covina, Duarte, El Monte, Pasadena, & Pomona

### Fuller Psychological & Family Services Clinic

- (626) 584-5555; 180 N. Oakland Avenue, Pasadena, CA 91182
  - Spanish-Speakers – (626) 304-3754
  - Chinese-Speakers – (626) 204-2032
- Provide individual adult therapy, child/adolescent therapy, couples/family therapy, premarital counseling & group therapy as well as psychological/neuropsychological & educational assessments
- focus on mind, body, & spirit; work with people of all faith traditions
- [Fee Ranges](#)

*City of Los Angeles:*

### Arroyo Vista Family Health Center – Behavioral Health Services

- Highland Park Office - (323) 256-3884; 6000 N. Figueroa Street, Los Angeles, CA 90042 (Highland Park)
- more [Offices](#) in Lincoln Heights & two in El Sereno
- offers short-term individual counseling
- [Payment Options](#)

### Asian Pacific Counseling & Treatment Centers

- Main Center - (213) 252-2100; 520 S. La Fayette Park Place, #300, Los Angeles, CA 90057
- more [Offices/Locations](#) in Los Angeles, Alhambra, Cerritos, Van Nuys, West Covina, Riverside, & Moreno Valley
- offers services to adults, children, & youth
- services available in Cambodian, Chinese (Cantonese, Mandarin & Taiwanese), Japanese, Khmer, Korean, Laotian, Filipino (Cebuana, Ilocano, & Tagalog), Spanish, Thai, & Vietnamese
- [Frequently Asked Questions](#) – including information about fees

## MENTAL HEALTH SERVICES (continued)

### Coldwater Counseling Center

- (818) 208-2527; email – [intake@colwatercounseling.org](mailto:intake@colwatercounseling.org)
- 4419 Coldwater Canyon Ave., Suite E, Studio City, CA 91604
- help people with – life transitions; childhood abuse; trauma; anxiety & depression; loss & grief; addiction; relationship & sexuality; & spiritual problems

### Hollywood Sunset Free Clinic

- (323) 660-7959; email – [hollywoodsunsetfreeclinic.1968@gmail.com](mailto:hollywoodsunsetfreeclinic.1968@gmail.com)
- 3324 W. Sunset Blvd., Los Angeles, CA 90026
- Serves children & adults
- *The Clinic is in the process of restructuring the Counseling Department. They plan to have it up & running very soon. Please contact 211 for counseling referrals closest to you.*

### Jewish Family Services – Mental Health Services

- (818) 432-5025; 330 N. Fairfax Avenue; Los Angeles, CA 90036; please see website for more locations
- Services:
  - Individual Counseling/Psychotherapy & Medications – ages 18+ in Los Angeles County; accept Medi-Cal & Medicare/Medi-Cal; languages – English, Spanish, Russian, & Farsi
  - Domestic Violence (DV) Counseling – any person who is a victim/survivor of DV regardless of race, religion, national origin, sex, sexual orientation, gender identity/expression; marital status; disability or age; **24-Hr Crisis Lines – (818) 505-0900 or (323) 681-2626**
  - Pregnancy & Postpartum Support
  - Jewish Community Counseling – synagogue-based support for Jewish community

### LA Gay & Lesbian Center – Mental Health & Psychiatry

- (323) 993-7500; 1625 N. Schrader Blvd., Los Angeles, CA 90028; more Offices/Locations listed on webpage
- offers individual, couples, family, & group therapy as well as psychiatric services to LGBTQ persons
- services provided on a sliding scale fee based on your income & household size; also accept Medi-Cal, Medicare & many insurance plans

### Northeast Community Clinics

- (323) 256-3884; 5420 N. Figueroa Street Los Angeles, CA 90042 (Highland Park\_
- fees charged on a sliding scale fee basis
- more [Offices/Locations](#)

### Northeast Mental Health Center

- (323) 478-8200; 3303 North Broadway, Los Angeles, CA 90031
- Operated by Department of Mental Health
- Serves Adults
- See webpage for hours of operation

### St. Anthony Medical Center

- (323) 469-5555; 6368 Hollywood Blvd., Los Angeles, CA 90028 (Hollywood/Fountain)
- more [Offices/Locations](#) in Compton, Imperial, Pico, & Hawthorne areas
- [Sliding Scale](#) - offers a sliding scale fee based on household income & family size – no one turned away for if they cannot pay

## MENTAL HEALTH SERVICES (continued)

*City of North Hollywood:*

### [The Center for Professional Counseling](#)

- (818) 761-2227; email – [info@thecenterpro.org](mailto:info@thecenterpro.org); 5445 Laurel Canyon Blvd., North Hollywood, CA 91607
- helps individuals, couples, families, children, & adolescents
- [Frequently Asked Questions](#) – includes information about fees

### [Valley Community Health – Behavioral Health](#)

- (818) 763-8836; email – [info@vchcare.org](mailto:info@vchcare.org); 6801 Coldwater Canyon Avenue, North Hollywood, CA 91605
- also has an [Office/Location](#) in North Hills
- helps teens, individuals, couples, families & groups
- [Frequently Asked Questions](#) – includes information about fees & healthcare programs available to help low-income persons pay for services

*Serving All of Los Angeles County:*

### [AltaMed Behavioral Health Services](#)

- (855) 425-1777
- gives short-term therapy from licensed clinical social workers as well as school-based mental health services
- [Find a Location Near You](#)

### [Pacific Clinics](#)

- (877) PC-CARES (877-722-2737)
- [Offices in Los Angeles County](#)
- helps children, teens, & older youth
- has specialized clinics that help specific ethnicities (for example, Armenian, Latino & Asian)
- see link about for more information about services provided

*Mental Health Resources Specifically for Undocumented Persons*

### [Undocumental Health](#)

- gives California Specific Mental Health Resources as well as National Directories

### [Immigrants Rising Mental Health Connector](#)

- connects undocumented persons to therapists who provide free & confidential mental health services

## MENTAL HEALTH SERVICES (continued)

### Mental Health Resource Directory

### County of Los Angeles – Department of Mental Health – Consumer Resource Directory (2019)

- resources include:
  - Outpatient Clinics & Wellness Centers
  - Service Area Navigator Teams
  - Inpatient Psychiatric Hospitals
  - Urgent Care Centers
  - Institutions for Mental Disease
  - Benefits Assistance
  - Consumer Empowerment Organizations
  - Counseling Centers
  - Drug Treatment Programs
  - Emergency Help & Hotlines
  - Employment
  - Licensing
  - Fraud Reporting & Professional Licensing Boards
  - Housing Shelter & Food Assistance
  - Legal Advocacy
  - Medical Clinics (Low Cost)
  - Medically Related Health Resources
  - Regional Center Advocacy for Developmental Disabilities
  - Services for the Physically Disabled
  - Support Groups
    - Aids Support
    - Domestic Violence & Rape Support
    - Family Support
    - Groups for Survivors
    - Self Help – Programs of Recovery
    - Related Websites
  - Transportation
  - Utility Assistance
  - Education

## MENTAL WELLNESS RESOURCES & WARM LINES

### [California Community College Health & Wellness Website](#)

- gives community resource information for students, as well as psychoeducational information about taking care of one's mental health & importance of seeking out support when overwhelmed, stressed, or in distress
- [Health & Wellness Resources](#) – can search by keyword, topic, and/or audience

### [24/7 California Peer-Run Warm Line](#)

- Call or Text (855) 600-WARM (9276) to speak with a counselor 24/7; can also use the Chat Now link
- Frequently Asked Questions are on the bottom of webpage
- Examples of things people call about are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.
- email – [info@mentalhealthsf.org](mailto:info@mentalhealthsf.org)

### [Armenian Mental Health Resources - NAMI Glendale](#)

#### [Asian Mental Health Project](#)

- [Services](#) – Peer Wellness Groups; Community Care Resources
- [Find Help](#) – 24/7 Crisis Hotlines; Hotlines; Therapy Services

#### [Asian Mental Health Collective](#)

- [Therapist Directory](#) – search for an Asian Therapist
- [Lotus Therapy Fund](#)
- [AMHC Support Groups](#) – led by Asian mental health professionals; groups run for 8 weeks; no cost to attend sessions
- Resources
  - [Resource Organization Directory](#)
  - [AMHC on YouTube](#)
  - [Asian Mental Health Stories](#)
  - [Community Blog](#)
  - [Why Asian Mental Health?](#)
  - [Mental Health Frequently Asked Questions](#)

#### [Black Emotional & Mental Health Collective](#)

- community programs focused on Black mental health & healing
- [Get Help Now](#)
- [Find a Black Therapist](#) – find a virtual black therapist, doula, yoga teacher, mediator, & much more
- [Wellness Tools](#)

#### [CalHOPE Services](#)

- [CalHOPE Warm Line](#) – (833) 317-HOPE (4673)
  - Connects callers to peer counselors who have gone through struggles with stress, anxiety, and/or depression who listen with compassion, provide non-judgmental support, & guide you to additional resources that can give hope & help you cope

## MENTAL WELLNESS RESOURCES & WARM LINES (continued)

- [CalHOPE Connect](#) –
  - offers culturally sensitive emotional support for the following populations
  - please click on the appropriate link below for more information
    - [All Californians](#)
    - [African American/Black](#)
    - [Asian & Pacific Islanders](#)
    - [Latino/Latinx](#)
    - [LGBTQ+ Community](#)
    - [Parents/Caregivers](#)
    - [Veterans](#)
    - [Young Adults](#)
- [CalHOPE Red Line](#)
  - peer support program run by the CA Consortium for Urban Indian Health
  - phone, live chat, & video chat service that gives National, State, & County resources, referrals, & trauma-informed support for Urban Indian & Tribal populations
  - resources include those for related to stress, anxiety, social services, & financial resources
- [Together for Wellness](#) –
  - Everyone needs support sometimes
  - connects Californians to best resources available for mental health & wellness
  - Website translation available in 12 languages
  - [Resource Finder](#)
  - [Need to Talk to Someone?](#)
  - [Support Topics](#) – find resources that address stressors & offer support for challenges you or others in your life may be facing

### Each Mind Matters

- California's Mental Health Movement; gives tools you can use to improve mental health, prevent suicide & promote student mental health
- Collections:
  - [African-American](#)
  - [Asian/Pacific Islander](#)
  - [Faith-Based Communities](#)
  - [Latinx/Hispanic](#)
  - [LGBTQ+](#)
  - [Native American](#)
  - [Older Adults](#)
  - [Veterans](#)
  - [Young Adults](#)
  - [May is Mental Health Awareness Month](#)
  - and More!
- [Know the Signs](#) – educates about warning signs of suicide, how to find the words to have a direct conversation with someone in crisis & where to find professional help & resources
- [SanaMente](#) - el Movimiento de Salud Mental de California y para que cada persona sepa que la ayuda está disponible y se pueda sentir segura pidiendo el apoyo que necesite

## MENTAL WELLNESS RESOURCES & WARM LINES (continued)

### Immigrants Rising – Mental Health

- [Mental Health Connector](#) – find a trained therapist for free, confidential, one-to-one support; *For California residents only*
- [Wellness Support Groups](#) – virtual support groups led by mental health professionals
- [Mental Health Resources for Undocumented People](#)
- [Undocu-Immigrant Mental Health Grounding & Reflection Toolkit](#)
- [Mental Health: Taking Care of Yourself & Loved Ones](#)

### iPrevail – LA County: Access Mental Health Support Online

- free mental health services, support & resources online; available 24/7
- Uses Cognitive Behavioral Therapy Based Tools
- gives:
  - one-to-one peer support
  - interactive lessons
  - community support groups
  - personalized programs
- [En Español](#)
- [Chinese](#)

### LatinX Community - 8 Mental Health Resources - Very Well Mind (9/18/23)

### Lesbian, Gay, Bisexual, Transgender, Queer, & Intersex (LGBTQI+) Mental Health Resources

- From the Substance Abuse & Mental Health Services Administration (SAMHSA) website

### Mental Health America

- promote mental health as important part of being healthy, including prevention services for everyone; early identification & intervention for those at risk; integrated care, services, & supports for those who need them
  - [Get Help](#) – Crisis Resources; Warm Lines; Take a Mental Health Test; Mental Health Treatment
  - [Mental Health Conditions & Major Topics in Mental Health](#)
  - [Tools 2 Thrive](#)
  - [Staying Mentally Healthy](#)
  - [Self-Help Tools](#)

## MENTAL WELLNESS RESOURCES & WARM LINES (continued)

### [National Alliance on Mental Illness \(NAMI\) Glendale](#)

- Helpline - Call or Text - (213) 797-0494; email – [Helpline@NAMIGlendale.org](mailto:Helpline@NAMIGlendale.org)
- located at Didi Hirsch Mental Health - 1540 East Colorado Street, Glendale, CA 91205
- provide support groups, education classes, advocacy & resources, to those living with mental illness, their families, & loved ones
- [Support Groups](#)
  - offer people living with mental illness (depression, anxiety, bipolar disorder, schizophrenia, etc.), their families, friends, & loved ones, a confidential, supportive, & safe environment to share, vent, listen, learn, & network with those with the same experiences
- Identity & Cultural – please click on links below for mental health related information for different groups:
  - [Armenian](#)
  - [Asian American & Pacific Islander](#)
  - [Black/African American](#)
  - [Hispanic/Latinx](#)
  - [Indigenous](#)
  - [LGBTQI](#)
  - [People with Disabilities](#)
  - [Veterans & Active Duty](#)

### [National Alliance on Mental Illness \(NAMI\) – San Gabriel Valley](#)

- [Help Line](#) – (626) 365-0365; 1355 N. Mentor Avenue, #40016, Pasadena, CA 91114
- [Support Groups](#)
- [8-Week Classes](#)
- [Resources](#)
- and More!

### [Self-Compassion – Dr. Kristin Neff](#)

- [Self-Compassion Practices](#) – guided meditations, self-compassion exercises, & tips for practice
- [Public Events – Free Intro Sessions](#)
- [Resources](#) – Books by Dr. Neff

### [UCLA Mindful Awareness Research Center – Free Guided Meditations](#)

- free guided meditations available in Armenian, Cantonese, Farsi, Filipino, French, Hindi, Japanese, Korean, Mandarin, Mixtec (high), Mixtec (low), Russian, Spanish, Vietnamese, American Sign Language

### [Veterans Mental Health Resources](#)

- Learn About Resources & Support
- Explore by Topic
- Find the Support You Need
- Treatment
- Veteran Quick Resources
- and More!

## PARENTING RESOURCES

### [Glendale Community College Noncredit Parent Education Classes](#)

- free parent education classes at many Offices in Glendale & surrounding areas
- gives a side-by-side learning experience for parents & their young children (birth-6 years old)
  - students participate in music, dance, stories, & art activities with their children in an observational preschool setting
    - children also have the opportunity to learn social skills with their peers
  - parenting issues explored in discussion groups lead by professional parent educators
- examples of additional classes offered:
  - Working Parents
  - Positive Parenting
  - Anger Management & Discipline
- call (818) 240-1000 X5670 for more information
- [Class Schedule](#)
- [Glendale College Parent Education Association](#)

### [City of Glendale Public Library](#)

- [Programs for Kids](#)
- [Teen Library](#)

### [City of Glendale Youth & Family Services](#)

- (818) 937-7247; Pacific Community Center – 501 S. Pacific Ave., Glendale, CA 91204
- gives free information & referral services to at-risk youth (ages 13-17 or young adults 18-21) & their families; supports families by giving help in decision-making & by connecting individuals with supportive services
- no income or residency requirements needed; self-referrals & referrals from other agencies accepted
- [Youth & Family Services Program Brochure](#)
- [Youth & Family Services Community Resource Guide](#)

### [Child Care Resource Center \(CCRC\)](#)

- San Fernando Valley Office - (818) 717-1000; 20001 Prairie Street, Chatsworth, CA 91311
- more Offices in Antelope Valley, San Bernardino, & Victorville
- gives information to early childcare & education
  - Funded Child Care & Development Options
  - How to begin childcare search?
  - What does qualify child care look like?
  - Head Start
  - Family Resource Directory
  - Subsidized Child Care & Subsidized Child Care Parent Handbook
  - Child Care Payment Process
  - Home Visiting
  - Family Literacy
  - Family Child Care Home Education Network
  - Ages & Stages of Child Development
  - And More!

## PARENTING RESOURCES (continued)

### Department of Child & Family Services (DCFS) LA County

- Child Protection Hotline – (800) 540-4000; TDD/Hearing Impaired – (800) 272-6699
- [Regional Office Locator](#)
- [Frequently Asked Questions](#)
- Categories of resources include:
  - Parents with DCFS Cases
  - Preventive & Support Services
  - New & First-Time Parents
  - Clothing, Diapers, & Supplies
  - Head Start Early Childhood Education
  - Child Health & Mental Health
  - Additional County Supports
    - Medical Health Services
    - Domestic Violence Services
    - Mental Health & Counseling
    - Substance Abuse Services
    - Financial Services
    - Homeless Services
    - Food Assistance
    - 211 for Children & Families

### First 5 California

- website info available in English & Spanish
- [Find Help](#) – California’s Programs & Services
- California Parent Guide –
  - [English](#)
  - [Spanish](#)
- additional information:
  - Special Needs
  - Browse by Ages
  - Explore Topics
  - Videos
  - Toxic Stress
  - Activities & More

### First 5 LA

- (213) 482-5920; 750 North Alameda Street, Suite 300, Los Angeles, CA 90012
- advocates for children/their families so that every child in LA County reaches their full potential throughout the critical years of prenatal to age 5
- [News & Resources](#)

## PARENTING RESOURCES (continued)

### [Los Angeles County Perinatal & Early Childhood Home Visitation Consortium – Resources for Parents](#)

- (213) 378-1967; [Send Them a Message](#)
- program for pregnant women &/or families with children through the age of 5
- Programs & Resources include – Home Visiting Programs; Infant Health & Development; Birth & Parenting Resources; Domestic Violence; Housing & Homelessness Services; Immigration & Immigrant Resources; Immunizations; Food Insecurity; Free Early Learning & Book Resources; Legal Resources; Maternity Health Warning Signs; Perinatal Mental Health; Supporting Children with Special Needs; Oral Health Resources; Online Groups/Classes; Online Parenting/Support Groups; Resources for Fathers; & Resources for Antelope Valley

### [Los Angeles County Public Library – Parenting](#)

### [Los Angeles County Charter - Special Education Local Plan Area \(SELPA\) – Parent Resources](#)

- (562) 401-5737; 9300 Imperial Hwy., Downey, CA 90242
- gives information about parents' rights & help with settling disagreements in Special Education
- click on Parents Rights & Procedural Safeguards to find information in English, Spanish, Arabic, Chinese, Farsi, Hebrew, & Korean, & Tagalog
- gives Third Party Observation Request Forms in English & Spanish
- gives link to [Family Empowerment Centers](#) – helps parents
  - dealing with a new diagnosis for their child
  - who have a concern about their child's development
  - who need to connect with another parent with similar experiences

### [American Psychological Association – Top Parenting Resources List:](#)

- [Info About Kids](#) - topics areas include:
  - Body
  - Mind
  - Emotions
  - Relationships
  - General Resources
  - Blog
- [Effective Child Therapy](#) - topics areas include:
  - Concerns, Symptoms & Disorders
  - Evidence Based Therapies
  - Tips & Tools
  - Free Assessment Center
  - When to Seek Help For Your Child
  - Advice for Choosing a Psychologist
  - Locate a Psychologist Near You
  - Learn About Evidence Based Treatment
- [ACT Raising Safe Kids Program](#) - teaches positive parenting skills to parents & caregivers of children from birth to age 10
- [Everyday Parents: The ABCs of Child Rearing](#) – has how-to videos explaining parenting techniques to use at home & school
- [APA Resilience Booster – Parent Tip Tool](#) - gives parents & caregivers tips on how to increase children's resilience when they have negative experiences

## PARENTING RESOURCES (continued)

- [APA Magination Press Children's Books](#) –
  - can search by subject for books that help parents/other caregivers guide children through many life challenges
  - some books are written for therapists to use in sessions with clients, but many are for children & parents to read together
  - every book includes a section for parents & caregivers, written by a psychologist, that gives the psychological science behind the story as well as practical tools & strategies that parents can use with their children

### [Child Mind Institute Family Resource Center](#) -

- information to help parents support children who are struggling with mental health, behavior or learning challenges
  - [Explore Topics](#)
  - [Concerned About Your Child? - Symptom Checker](#)
  - [Resource Finder](#)
  - [Parenting Guides](#)
  - [Ask An Expert](#)
  - [Terms A-Z](#)
  - [Connect to Care](#)
  - and more!

## PRESCRIPTION ASSISTANCE PROGRAMS

### California Rx Card

- free statewide discount prescription assistance program
- helps uninsured & underinsured residents afford their prescriptions
- no income, age, pre-existing condition, deductible, or waiting period restrictions
- helps patients who do not have prescription drug coverage or who have coverage but are subject to large deductibles, large co-pays, formulary limitations, dosing limitations, gaps, &/or any cash out-of-pocket expenses

### California Department of Aging's Health Insurance Counseling & Advocacy Program (HICAP)

- (800) 434-0222
- counselors trained to assist those who receive Medicare benefits with choosing &/or enrolling in Prescription Drug Plans
- Make An Appointment by phone or by [Online Form](#)

### Good Rx

- (855) 268-2822; email – [ada@goodrx.com](mailto:ada@goodrx.com)
- free price comparison resource that helps you save money every month by finding the lowest prescription prices at your local pharmacies
- gives you access to coupons that can help you save up to 80% on almost all FDA-approved drugs – brand name & generic

### Medicine Assistance Tool (MAT)

- has search tool to help find drug discount cards & other prescription assistance resources to help people cover the cost of prescription medicines
- [Savings Cards](#)
- [Frequently Asked Questions](#)

### Needy Meds

- Helpline - (800) 503-6897
- online information about programs that give help to people who cannot afford their medications & health care costs
- all information is free, easy to find, and updated regularly
- no registration required
- [New Users](#)
- [Healthcare Savings](#)

### Rx Assist

- email – [info@rxassist.org](mailto:info@rxassist.org)
- teaches ways to use pharmaceutical company programs & other resources to help reduce medication costs
- [Resources](#)
- [Frequently Asked Questions](#)

## SELF-HELP GROUPS (FOR ALCOHOL, DRUG, & FOOD ADDICTIONS)

### [Al-Anon Family Groups](#)

- Meeting Information - (888) 425-2666 (888-4AL-ANON)
- for family members of people who struggle with alcohol addiction
- [Find a Meeting](#)
- [Frequently Asked Questions](#)

### [Al-Anon Teen Corner](#)

- Meeting Information - (888) 425-2666 (888-4AL-ANON)
- for teens who have family members who struggle with alcohol addiction
- [Find a Meeting](#)
- [Frequently Asked Questions by Teens](#)

### [Alcoholics Anonymous](#)

- for people who struggle with alcohol addiction
- [Los Angeles Central Office](#); (323) 936-4343; email – [info@lacoaa.org](mailto:info@lacoaa.org); 3333 Wilshire Blvd., Suite 415, Los Angeles, CA 90010
  - [Find a Meeting](#)
- [Oficina Central Hispana](#) – (323) 750-2039; 2614 S. Normandie Ave., Los Angeles, CA 90007
- [Oficina Intergrupual del Este de LA](#) – (323) 722-4175; 6422 ½ Whittier Blvd., Los Angeles, CA 90022

### [Narcotics Anonymous](#) – for people who struggle with drug addiction

- [Greater Los Angeles Area](#); (323) 933-5395
  - [Find a Meeting](#)
- [Southern California Region](#)
  - [Find a Meeting](#)
  - English – (800) 863-2962 (800-TODAYNA)
  - Spanish – (888) 622-4672 (888-NAAHORA)
  - [Helplines](#)

### [Nar-Anon Family Groups – Southern California Region](#)

- (800) 477-6291; email - [SoCalWeb@Nar-Anon.org](mailto:SoCalWeb@Nar-Anon.org)
- for people who have family members that struggle with drug addiction
- [Find a Meeting](#)
- [Narateen](#) – for teens who have people that are important to them who struggle with drug addiction
  - [Find a Narateen Meeting](#)
  - [Narateen Frequently Asked Questions](#)

### [Overeaters Anonymous - Los Angeles Intergroup](#)

- (805) 265-0174; email – [office@oalaig.org](mailto:office@oalaig.org); 20058 Ventura Blvd., Woodland Hills, CA 91364
- for those who struggle with food addiction
- [New to OA](#)
- [Find a Meeting](#)

## SENIOR SERVICES

### Agencies & Information

#### Affordable Living for the Aging

- (323) 650-7988; email – [info@alasseniorliving.org](mailto:info@alasseniorliving.org)
- 937 N. Fairfax Avenue, 5<sup>th</sup> Floor, West Hollywood, CA 90046
- [Affordable Housing](#)
  - ALA owns & manages 5 affordable housing properties in Los Angeles (64 units total)
- [Enhanced Care Management](#)
  - Medi-Cal benefit that helps LA area residents who are experiencing homelessness, severe mental illness, substance use disorders, frequent hospitalizations, & those at risk of institutionalization
- [Permanent Supportive Housing](#)
  - affordable permanent housing & case management for seniors in LA who are chronically homeless
  - units filled through the Coordinated Entry System (CES)
  - [Find CES Access Points](#)
- [Shared Housing](#) – connects seniors who have a spare room available with seniors who are looking for affordable housing
  - [I Have a Room to Rent](#)
  - [I Am Seeking Housing](#)

#### Armenian Relief Society of Western USA Social Services - helps **ALL** ethnicities (not only Armenians):

- (818) 500-1343; email - [socialservices@arswestusa.org](mailto:socialservices@arswestusa.org); 517 West Glenoaks Blvd., Glendale, CA 91202
- helps low-income individuals & families including, but not limited to, immigrants, refugees, adults, older adults, homeless individuals, & adults with disabilities, who have difficulties finding services due to language & cultural barriers & hardships; services include:
  - Case Management
  - Employment Services, Job Referrals, & Job Placements
  - Senior Services
  - Completion of Forms & Access/Linkages to Public Benefits
  - Assistance with Housing & Transportation Issues
  - Unemployment Language Opportunity Program (EDD)
  - Homelessness & Rapid-Rehousing
  - Educational Workshops
  - Translations/Interpretations
  - Information & Referrals to Other Community Resources
- provide services in the following languages – English, Armenian, Arabic, Farsi, Russian, & Spanish

#### Alzheimer's Association

- National 24/7 Helpline - (800) 272-3900
- [Help & Support](#) - for people with Alzheimer's & Dementia & their families as well as information about Brain Health
- [California Southland Chapter](#)
  - (323) 309-8821; 3415 S. Sepulveda Ave., #500, Los Angeles, CA 90034
  - has free educational programs, support services & care consultations in the Los Angeles, Riverside, San Bernardino, Kern, Tulare, Kings and Inyo counties

## SENIOR SERVICES (continued)

### California Department of Aging - Programs & Services

- CA Aging & Adult Information Line – Los Angeles County - (800) 510-2020
- 510 S. Vermont Ave., 11<sup>th</sup> Floor, Los Angeles, CA 90020
- Has information about different kinds of services for seniors, including:
  - Aging & Disability Resource Connection
  - Alzheimer's/Dementia Support
  - CalFresh Healthy Living (Nutrition & Physical Activity)
  - CalFresh Outreach
  - Caregiver Resource Center
  - Community-Based Adult Services
  - Digital Inclusion
  - Dignity at Home Fall Prevention Program
  - Family Caregiver Services
  - Food & Nutrition
  - Health Promotion
  - Home & Community Services
  - Legal Services
  - Long-Term Care Ombudsman
  - Medicare Counseling (HICAP)
  - Multi-Purpose Senior Services Program
  - Senior Employment Training
  - The Office of the Long-Term-Care Patient Representative
- [Find Services In My County](#)
- [Aging in CA Resource Guide](#) – available in several languages
- [Emergency Preparedness Guide](#)
- [Helpful Tools & Tips](#) – gives information about topics including – Caregivers; Consumer Protection; Disabilities; Fall Prevention; Fraud; Healthcare; Health Conditions; Housing; LGBT; Veterans; and More!
- [Find Licensed Services](#) – gives information about services including – Adult Day Program (ADP) Centers; Adult Day Health Care (ADHC) Centers; Continuing Care Retirement Communities; Home Care Agencies; Residential Care, Board & Care, & Assisted Living Facilities; Skilled Nursing Facilities (SNF); & Hospice Care
- [Do I Qualify?](#) – helps seniors & disabled adults find out if they qualify for Medi-Cal, Medicare & other helpful programs (Benefits Checkup)
- website has a “How Do I?” section with frequently asked questions/needs seniors may have
- [Services for City of Los Angeles](#)
  - (213) 482-7252; 221 N. Figueroa Street, Suite 500, Los Angeles, CA 90012

### Center for Health Care Rights (CHCR) – LA County

- (800) 434-0222 or (213) 383-4519; 4601 Wilshire Blvd., Suite 160, Los Angeles, CA 90010
- helps older adults, people with disabilities, & their family members/caregivers with applying for & using Medicare; you must live in Los Angeles County, be age 60 or older or any age and receiving Medicare
- [How to Get Free Medicare Help](#)
- [Free Medicare Workshops](#)
- [Medicare/Medi-Cal Fact Sheets](#) (in different languages)

## SENIOR SERVICES (continued)

### [City of Burbank Parks & Recreation – 2024 Senior Resource Guide](#)

- gives the following resource information – Hotline Phone Numbers; Warmline Phone Numbers; Government; Guided to City Services; Counseling; Disabled Services; Financial; Health; Housing; Insurance; Legal; Nutrition; Senior Services; & Transportation

### [City of Glendale Senior Programs & Services](#)

- gives information about Elderly Nutrition Program; Case Management Program; Community Liaison (Housing/Rental Issues); Legal Assistance; Medicare & Medi-Cal Counseling; Transportation Services & Bus Pass Sales; Fitness Classes & Activities for Seniors; & Special Needs Accommodations
- Two Senior Centers:
  - Adult Recreation Center – (818) 548-3775; 201 E. Colorado St., Glendale, CA 91205
  - Sparr Heights Community Center – (818) 548-2187; 1613 Glencoe Way, Glendale, CA 91208
- [City of Glendale Senior Services Resource Guide – 2024](#) (in English, Armenian, & Spanish)
  - gives resources for adult day healthcare; assisted living; dental; caregiving disability, & rehabilitation; emergency/financial/utility; employment; healthcare; homeless; housing; immigration; legal; mental health; nutrition; & transportation

### [Eldercare Locator – Administration for Community Living/Administration on Aging](#)

- (800) 677-1116; email - [eldercarelocator@n4a.org](mailto:eldercarelocator@n4a.org)
- can search on webpage by zip code or city/state
- Learn More About:
  - Support Services
  - Housing
  - Elder Rights
  - Insurance & Benefits
  - Health
  - Transportation
  - Helpful Resources
- [Caregiver Corner](#)

### [Helping Hands Senior Foundation](#)

- (818) 279-6580; email – [info@helpinghandsla.org](mailto:info@helpinghandsla.org)
- help for seniors & their families to find free, paid through insurance, or heavily subsidized care & placements/housing
- [I need help setting up care](#)
- [I need help with placement](#)
- [DME Loan Closet](#) – allows loans of basic medical equipment such as wheelchairs, power mobility equipment, walkers, crutches, canes, beds, & bathroom safety items

### [In-Home Supportive Services \(IHSS\) - LA County Department of Public Social Services \(DPSS\)](#)

- DPSS program that helps pay for services for those who are low-income elderly, blind or disabled, including children so that they can remain safely in their own home
- website:
  - gives program information, eligibility requirements, application procedures, IHSS helpline, etc.
  - allows you to search for DPSS Office by zip code

## SENIOR SERVICES (continued)

### Los Angeles County Aging & Disabilities Department

- Information & Assistance Hotline – (800) 510-2020; Community & Senior Centers – (800) 689-8514
- 510 S. Vermont Ave., 11<sup>th</sup> Floor, Los Angeles, CA 90020
- helps growing older adults, dependent adults, & adults with disabilities
- services include – Older Adults Services; Community & Senior Centers; Adult Protective Services (APS); Homeless Support Services; L.A. Found; & Transportation

### RetireGuide

- gives information to help seniors made good decisions about Medicare; Life Insurance; Annuities; & Retirement Planning
- Guides
  - Medicare
  - Retirement & Lifestyle
  - Health
- Frequently Asked Questions

### Social Security Administration

- (800) 772-1213 or TTY (800) 325-0778; Glendale Office - 225 W. Broadway, Suite 600, Glendale, CA 91204
- gives applications for retirement, disability & survivor, SSI, & Medicare benefits
- Find an Office
- Online Services
- Frequently Asked Questions

### State Resources for Seniors in California

- Guide to help seniors & their families learn about the available financial help options for senior living & senior care; gives information about benefits of each program, who is eligible & how to apply
- Topics –
  - *Financial Assistance for Senior Living & Senior Care* - Medi-Cal, Medicare, Medi-Cal Assisted Living Waiver, Medi-Cal In-Home Supportive Services Program, & Community-Based Adult Services
  - *Health Insurance & Prescription Drug Coverage for Seniors* - Medi-Cal, Medicare, Medicare Advantage, Medicare Part D, & Medicare Savings Programs
  - *Cash Assistance Programs for Seniors* – Social Security & Supplemental Security Income

### St. Barnabas Senior Services

- (213) 388-4444; have 3 Offices/Locations; email - [st.barnabasseniorservices@sbssla.org](mailto:st.barnabasseniorservices@sbssla.org)
  - Echo Park – Extension 2; 1021 N. Alvarado St., Los Angeles, CA 90026
  - Hollywood – Extension 3; 5170 Santa Monica Blvd., Los Angeles, CA 90029
  - Mid-City – Extension 1; 675 South Carondelet St., Los Angeles, CA 90057
- Programs/Services – weekly meals; group classes; social services/case management; transportation; technology education; family caregiver support; advocacy; health screenings/management; memory training; & more

## SENIOR SERVICES (continued)

### Recreational & Community Centers

#### City of Glendale Adult Recreation Center

- (818) 548-3775; 201 E. Colorado Street, Glendale, CA 91205
- gives health screenings & wellness programs, housing & legal assistance, life-long learning classes, travel & volunteer opportunities, recreational activities & special events

#### City of Glendale Sparr Heights Community Center

- (818) 548-2187; 1613 Glencoe Way, Glendale, CA 91208
- gives health services, nutrition education, social services, leisure activities, classes & special events
- [Brochure](#)

#### LA County Community & Senior Centers

- Gives information about services offered at community & senior centers
- Can find senior center near you

## SENIOR SERVICES (continued)

### Wellness Programs

#### Dignity Health Glendale Memorial Hospital 50Plus Program

- (818) 502-4701
- helps people ages 50+ to have an active, healthy, & independent living lifestyle
- benefits include health education seminars & 50% parking discount
- [Lecture/Activities Calendar](#)

#### Glendale Adventist Live Well Senior Program

- (818) 409-8354
- free wellness program for people age 60+
- membership benefits include:
  - weekly newsletters
  - educational webinars with physician speakers
  - Zoom training seminars
  - wellness & fitness classes
  - weekly virtual bingo
  - Alzheimer's education
  - Let's Talk senior support group
- [Membership Application](#)

#### Verdugo Hills Hospital Stepping Stones Outpatient Program

- (818) 949-4011; 1812 Verdugo Blvd., Glendale, CA 91208
- assessment, classes about aging, therapies & a wide variety of emotional & mental health care options for adults ages 50+ suffering from:
  - decline in daily functioning
  - insomnia or other sleep issues
  - sadness
  - isolation
  - low motivation or changes in energy levels
  - panic & anxiety
  - persistent thoughts, pain or discomfort
  - unresolved grief or other feelings of loss
- Inpatient Program – (818) 952-2270
- [Doc Talks Lecture Series](#)

## TAX PREPARATION SERVICES

### [IRS Volunteer Income Tax Assistance \(VITA\) & Tax Counseling for the Elderly \(TCE\) Programs –](#)

- offer free basic tax return preparation to qualified individuals
  - people who generally make \$67,000 or less,
  - persons with disabilities,
  - limited English-speaking taxpayers AND
  - those who are 60 years of age & older (TCE)
    - specializing in questions about pensions & retirement-related issues unique to seniors
- webpage can be translated into several languages
- [VITA Site Locator](#)
  - put your zip code & how many miles from that zip code you are willing to drive
  - different languages available at different sites within 25 miles of Garfield Campus
    - Spanish, Armenian, Farsi, Korean, Chinese, Mandarin, Cantonese, Tagalog, Vietnamese, Japanese, Sign Language

### [Free Tax Prep LA](#)

- website to search for VITA sites that offer free tax preparation help
- gives information about what you need to bring to your tax preparation appointment
- [Find a Location](#)
- [Frequently Asked Questions](#)
- [Basic Earned Income Tax Credit Eligibility Guidelines](#)

## TRANSPORTATION SERVICES

### [GCC GoPass \(Free Bus Pass\)](#)

- X5072; email – [gopass@glendale.edu](mailto:gopass@glendale.edu)
- Garfield Campus – SO104; Mondays, Tuesdays, & Thursdays - 8:30am-5:00pm; Fridays 8:30am-3:30pm
- only for GCC students enrolled in credit or noncredit classes; must complete application on webpage above first; no appointment necessary to pick up GoPass
- gives GCC students FREE unlimited rides for the 2024-2025 Year on the following public transportation systems (expires 9/30/25):
  - All LA Metro buses & rail lines (A, B, C, D, E, & L lines)
  - All Glendale Beeline buses
  - & 12 other local municipal transit systems, including City of Commerce Transit, Culver CityBus, Foothill Transit, GTrans, LA County Shuttles, LADOT Dash, Long Beach Transit, Montebello Bus, Norwalk Transit, Pasadena Transit, Santa Monica Big Blue Bus, & Torrance Transit

### [Access](#)

- [Link for information about eligibility requirements](#)
- webpage can be translated into many languages
- Info Line – (800) 827-0829; TDD – (800) 827-1359
- curb-to-curb shared-ride services for functionally disabled individuals in LA County
  - transportation within ¼ mile of fixed-route bus & rail lines in LA County
  - operates on same schedule as most buses
  - regular service offered 4:00 am – 12:00 am, 7 days a week
  - limited service available from 12:00 am – 4:00 am
  - one-way fare based on distance traveled with maximum fare of \$3.50
  - may not be able to transport wheelchair or mobility device larger than 30” wide & 48” long & weighing more than 600 lbs. when occupied
- [Frequently Asked Questions](#)

### [Dial-A-Ride](#) – City of Glendale

- (818) 548-3960 to request paper registration form or complete [Online Registration Form](#)
- curb-to-curb transportation services to residents who are 65 or older & disabled residents of any age
- certification from a doctor required if resident under 65 years of age
- service area – Glendale, Montrose, La Crescenta, & La Canada Flintridge
- can be used for medical & non-medical purposes
- fee is \$1.50 for each one-way trip; see webpage for more information about fees & fee waivers
- after receiving letter in mail confirming registration, call (818) 247-0691 to make a reservation
- information sheets available on website in English, Armenian, & Spanish

### [Glendale Beeline – Trip Planner](#)

- (818) 548-3960; email – [beeline@glendaleca.gov](mailto:beeline@glendaleca.gov); 1759 Gardena Avenue, Glendale, CA 91204
- 12 fixed bus routes serving Glendale, La Canada, La Crescenta & Montrose
- complements Metro routes
- offers Senior, Student K-12, & College/Vocational discounted rates

## TRANSPORTATION SERVICES (continued)

### [LA County Metropolitan Transit Authority – Metro Rider’s Guide](#)

- (323) GO METRO or (323) 466-3876
- information about Metro Bus, Metro Rail, & Metro Bike Share transportation services
- offers Senior, Student K-12, College/Vocational, Disabled/Medicare, Blind discounted rates
- On the Move Riders Program – (213) 922-2002; email – [onthemove@metro.net](mailto:onthemove@metro.net)
  - empowers older adults with the information & confidence to travel on fixed-route transportation by giving one-to-one and/or group travel training, informational transit tours & travel training workshops
- [Trip Planner](#)

### [LA Department of Transportation \(DOT\) Transit](#)

- gives information about several different transportation programs including:
  - DASH
  - Commuter Express
  - City Ride
  - LAnow
  - etc.
- [Trip Planner](#)

## UTILITY ASSISTANCE/DISCOUNT PROGRAMS

### Utility Assistance Programs

#### [Armenian Relief Society of Western USA Social Services](#) - helps **ALL** ethnicities (not only Armenians):

- (818) 500-1343; email - [socialservices@arswestusa.org](mailto:socialservices@arswestusa.org); 517 West Glenoaks Blvd., Glendale, CA 91202
- helps new immigrants, refugees, adults, older adults, & adults with disabilities, who have difficulties accessing services due to language barriers & hardships
- offers utility assistance in addition to many other social services
- provide services in following languages – English, Armenian, Arabic, Farsi, Russian, & Spanish

#### [Burbank Temporary Aid Center](#)

- (818) 848-2822 or email – [info@theBTAC.org](mailto:info@theBTAC.org); 1304 W. Burbank Blvd., Burbank, CA 91506
- gives utility assistance to those who meet eligibility requirements & who live in Burbank

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#### [Catholic Charities – Glendale Community Services Center](#)

- (213) 318-5707; 4322 San Fernando Road, Glendale, CA 91204
- gives rental & utility assistance, case management emergency clothing, support groups & food pantry services

#### [Low Income Home Energy Assistance Program \(LIHEAP\)](#)

- gives help to eligible low-income families with their heating & cooling needs (including financial assistance)
- please go to website for more information & additional funding source information

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### City of Glendale Utility Programs

#### [Glendale Care](#)

- \$23.50 monthly discount for low-income customers who meet certain requirements; proof of income required

#### [Utility Users Tax Exemption \(UUTE\)](#)

- households with at least one member that is 62 years of age or older & income below \$13,950 OR low-income households with a disabled person age 55 or older may be eligible

#### [Helping Hand](#)

- emergency assistance to Glendale Residents of up to \$150.00 per account; to qualify, people must meet certain requirements including loss of job or reduction in work hours, unexpected medical expenses, or loss of a family member

#### [Guardian](#)

- gives discounts for people who use approved medical equipment

## UTILITY ASSISTANCE/DISCOUNT PROGRAMS (continued)

### City of Burbank Utility Programs

#### **City of Burbank Water & Power –**

- [Financial Help](#)
  - (818) 238-3700; email – [BWPCustomerService@burbankca.gov](mailto:BWPCustomerService@burbankca.gov)
  - [Utility Bill Payment Arrangements](#)
  - Income-Eligible Financial Assistance Programs
    - [Burbank Utility Service Subsidy \(BUSS\) Program](#) – ongoing 12% discount on electric service to income-qualified customers
    - [Low Income Home Energy Assistance Program \(LIHEAP\)](#) – federally-funded programs that gives eligible customers with a credit ranging between \$152-\$1000 towards their electricity bill
    - [Project Share](#) – gives payment help of up to \$100 in form of bill credit to income-qualified customers
    - [Lifeline Program](#) – gives income-qualified customers a reduced rate & exemptions from the monthly customer service charge and Utility Users' Tax

### City of Los Angeles Utility Programs

#### [Southern California Edison - Bill Assistance Programs](#)

- [Income Qualified Programs - CARE & FERA Discounted Rates Program](#)
    - CARE – qualifying customers & households of two or more get 32.5% off their electric bills
    - FERA – qualifying families & households of 3 or more get an 18% discount on their electric bills
  - [Payment Plans](#)
  - [Budget Billing Plan](#)
  - One-Time Bill Assistance
    - [Energy Assistance Fund](#) – gives up to \$200 once a year to eligible customers
    - [Low Income Home Energy Assistance Program \(LIHEAP\)](#) – federal help for high-energy cost households
  - Medical & Special Programs
    - [Medical Baseline Allowance](#) – additional 16.5 kWh per day at the lowest rate for medical equipment
    - [Arrearage Management Plan](#)
- [Summer Discount Plan](#) – get a free remote device on your air conditioner to earn bill credits from June 1 to October 1 during energy events

#### [Los Angeles Department of Water & Power Assistance Programs](#)

- Financial Assistance Programs
  - [LADWP Cares](#)
    - [Low Income Home Energy Assistance Program \(LIHEAP\)](#)
    - [EZ-SAVE Program](#)
    - [Level Pay](#)
    - [Extended Payment Arrangements](#)
    - [Senior Citizen/Disability Lifeline Rate](#)
    - [Physician Certified Allowance Discount](#)
    - [Life Support Equipment Discount](#)
- Additional Resources
  - [Do You Qualify for Financial Assistance?](#) – fill out this form to see which programs you qualify for

## UTILITY ASSISTANCE/DISCOUNT PROGRAMS (continued)

### City of Pasadena Utility Programs

#### **Bill Assistance & Low-Income Programs**

- (626) 744-4005; 100 North Garfield Avenue, Room N106, Pasadena, CA 91101
- Payment Plan Arrangement - for more information & to enroll, call Customer Service at (626) 744-4005
- Income-Qualified Programs
  - [Monthly Bill Payment Assistance](#)
    - [Low-Income Electric Utility Assistance Program](#)
    - [Age or Disability Qualification \(Cares\)](#)
    - [Age or Disability Qualification \(Cares Plus\)](#)
  - [LIHEAP – Low-Income Energy Assistance](#)
  - [Project APPLE](#) -
  - [Medical Equipment Assistance](#)

## VETERANS PROGRAMS & RESOURCES

### [Glendale Community College Verdugo Campus - Veterans Resource Center](#)

- (818) 240-1000 X3362; email – [gccvrc@glendale.edu](mailto:gccvrc@glendale.edu); Location – GCC Verdugo Campus – Tongva Building Annex
- Services
  - Educational Benefits Support
  - Claim Filing with Veterans Peer Access Network
  - Workforce Development Resources
  - Community & Peer Support
- [Veterans Resource Guide](#)
- [Veterans Peer Access Network](#) (VPAN) – Los Angeles County Department of Mental Health Program

### [City of Glendale Veterans Services](#)

- Employment Services for Veterans
- Business Resources for Veterans
- Links to Other Services & Agencies
- Shelters for Unhoused Veterans

### [US Department of Veteran Affairs](#)

- Explore VA Benefits & Health Care
  - [Health Care](#)
  - [Disability](#)
  - [Education & Training](#)
  - [Careers & Employment](#)
  - [Pension](#)
  - [Housing Assistance](#)
  - [Life Insurance](#)
  - [Burials & Memorials](#)
  - [Records](#)
  - [Service Member Benefits](#)
  - [Family Member Benefits](#)
  - [VA Department Information](#)
- [California Department of Veterans Affairs \(CalVET\)](#)
  - (800) 952-5626; [Contact CalVET](#)
  - [Education](#)
  - [Employment](#)
  - [Healthcare](#)
  - [Home Loans](#)
  - [Housing](#)
  - [Advocacy](#)
  - [VA Claims](#)
- [Los Angeles Regional Office](#)
  - (800) 827-1000; 11000 Wilshire Blvd., 5<sup>th</sup> Floor, Los Angeles, CA 90024
- [Find VA Offices](#); can search for the following types of facility types:
  - VA Health
  - Urgent Care

## VETERANS PROGRAMS & SERVICES (continued)

- Emergency Care
- Community Providers (in VA's network)
- Community Pharmacies (in VA's network)
- VA Benefits
- VA Cemeteries
- Vet Centers
- [eBenefits](#)
  - website where you can apply for & manage your benefits online

### Get Help

- [Veterans Crisis Line](#) – Call 988 & Press 1
  - helps Veterans & Service members in crisis & their family & friends
  - [Chat Online](#)
  - [Text 838255](#)
- [National Call Center for Homeless Veterans](#)
  - (877) 424-3838; available 24/7
  - for Veterans who are homeless or at risk of becoming homeless
  - resources also available to Veterans' family members & friends
  - [VA Homeless Programs](#)
  - gives information about:
    - ❖ US Dept of Housing & Urban Development VA-Supportive Housing (HUD-VASH) Program
    - ❖ Homeless Providers Grant & Per Diem (GPD) Program
    - ❖ Enhanced-Use Lease (EUL) Program
    - ❖ Supportive Services for Veteran Families (SSVF) Program
- [Quit VET](#) –
  - (855) QUIT-VET (855-784-8838)
  - tobacco quit line; can speak with a tobacco cessation counselor
- [War Vet Call Center](#)
  - (877) WAR-VETS (877-927-8387)
  - confidential call center where combat Veterans & their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life
- [Women Veterans Call Center](#)
  - (855) VA-Women (855-829-6636)
  - gives VA services & resources to women Veterans, their families, & caregivers
  - [Women Veterans Health Care](#)
  - can search for available health services & resources available to women Veterans
- [Real Warriors](#)
  - (866) 966-1020; available 24/7
  - gives information & resources about psychological health, Posttraumatic Stress Disorder (PTSD), & traumatic brain injury
- [VA Caregiver Support Program](#)
  - (855) 260-3274; 8 am – 8 pm ET; Monday – Friday
  - offers training, educational resources, & variety of tools & advice on being a caregiver
  - [Link to Find Your Caregiver Support Coordinator](#)

## VETERANS PROGRAMS & RESOURCES (continued)

### Find Local Care

- [Community Mental Health Point of Contact \(POC\) Locator](#)
- [VA Resources](#) - can search for:
  - VA Medical Centers
  - Outpatient Clinics
  - Vet Centers
  - PTSD Programs
  - Suicide Prevention Coordinators
  - VA Chaplains
  - Veterans Benefits Administration Offices
  - Substance Use Disorder Programs
  - & more
- [VA – National Center for PTSD](#)
- [Veteran Centers](#)
  - community-based counseling centers that provide a wide range of social & psychological services, including professional readjustment counseling to eligible Veterans, active-duty service members, including National Guard & Reserve components & their families
- [National Resource Directory](#)
  - database of validated resources that support recovery, rehabilitation, & reintegration for service members, veterans, family members, & caregivers

### Operation Homefront – Critical Financial Assistance (CFA) Program

- (877) 264-3968
- gives short-term financial help for military families experiencing financial problems
- [Eligibility](#)
- [Frequently Asked Questions \(FAQs\)](#)
- [CFA Process](#)

## VISION (EYE) SERVICES

### Free Vision Services Program - Sponsored by Burbank Lions Club for GCC Noncredit Students

- To qualify, students must:
  - be taking GCC Noncredit classes
  - not have vision services as part of their health insurance coverage
  - be receiving one or more of the following benefits:
    - Medi-Cal
    - CalFresh
    - CalWORKs or GAIN or General Relief (GR) or GROW
    - Social Security Disability Insurance (SSDI)
    - Supplemental Security Income (SSI)
  - living in the following areas:

Glendale	Lakeview Terrace	South Pasadena
Altadena	Los Feliz	Studio City
Arleta	Montrose	Sunland
Atwater	North Hollywood	Sun Valley
Burbank	Pacoima	Sylmar
Eagle Rock	Panorama City	Toluca Lake
Glassell Park	Pasadena	Tujunga
Griffith Park	San Fernando	Valley Glen
Highland Park	Sherman Oaks	Valley Village
La Crescenta	Silver Lake	

- Call (818) 240-1000 X5035 to make an eligibility screening appointment

### Free, Low-Cost, Sliding Scale Fee, & Medi-Cal Vision Clinics –

- *for people who don't have vision insurance or do not qualify for Free Vision Services Program above –*
- *Clinics have different:*
  - *days/hours of operation & length of waiting lists*
  - *availability of free services & eligibility requirements to receive them; sliding scale fee range for services; & proof of income required*
  - *insurance accepted (Medi-Cal or other health insurance)*
  - *vision services offered; populations served; & languages in which services are offered*
  - *availability of other health services like dental, medical, mental health, & hearing services*

### Comprehensive Community Healthcare Centers - Vision Care/Optomety

- Offices/Locations:
  - Glendale – (818) 265-2264; 801 S. Chevy Chase Drive, Suite 250, Glendale, CA 91205
  - Sunland – (818) 273-8800; 8316 Foothill Blvd., Sunland, CA 91040
- Services – eye exams; eye glasses/contact lens evaluations & prescriptions; eye disease screenings; visual field testing; & educations on eye-related conditions

### America's Best Contacts & Eyeglasses

- Glendale Office – (818) 254-1006; 320 N. Glendale Avenue, Glendale, CA 91206
- Burbank Office – (747) 261-7317; 2484 W. Victory Blvd., Burbank, CA 91506
- Pasadena Office – (626) 325-9323; 3705 E. Foothill Blvd., Pasadena, CA 91107
- Los Angeles Office – (323) 762-2294; 5818 Santa Monica Blvd., Los Angeles, CA 90038
- [Find Other Offices](#)

## VISION (EYE) SERVICES (continued)

### [Arroyo Vista Family Health Center - Optometry](#)

- Highland Park Office - (866) 616-9344; 6000 N. Figueroa Street, Los Angeles, CA 90042
- [More Offices](#) in Lincoln Heights & 2 in El Sereno
- Services – annual eye exams (including dilations); diagnosis & treatment of minor ocular conditions; glaucoma & cataract testing; wide selection of eyeglass/sunglass frames; & eyeglass repair/adjustments

### [AltaMed - Vision](#)

- (855) 252-7223
- Many of their clinics offer on-site vision services
- Also provide specialized vision services for older patients enrolled in the Program of All-Inclusive Care for the Elderly (PACE)

### [Valley Community Healthcare - Optometry](#)

- (818) 763-8836
- North Hollywood Office - 6801 Coldwater Canyon Avenue, North Hollywood, CA 91605
- North Hills Office – 9119 Haskell Avenue, North Hills, CA 91343
- Services – eye exams; diabetic retinal exams; contact lens exams; contact lenses; glaucoma screening; eye disease evaluation; eyeglass frames (basic & transitions lenses); polarized sunglasses; & anti-reflective coatings

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*The following are not clinics that offer vision services. They give information about different organizations/ programs that offer financial help for vision services to different populations.*

### [California Optometric Association - Resources](#)

- (833) 206-0598

### [Get Free or Low-Cost Eye Care – National Eye Institute](#)

- Information for all ages as well as information about health insurance & eye care

### [Where to Get a Free Eye Exam & Glasses – All About Vision](#)

## VOLUNTEER OPPORTUNITIES

*Glendale Community College:*

### [GCC Noncredit ESL Service-Learning Program](#)

- click on “Garfield Service Learning”
- volunteering opportunities for Noncredit ESL students
- *Program not currently being offered; please contact the NCESL Department at (818) 240-1000 X5033 to find out when the program will restart*

*City of Glendale:*

### [City of Glendale – Community Services & Parks Department - Possible Volunteer Locations](#)

#### [City of Glendale Police Department – Volunteers](#)

- scroll down & click on Volunteers
- Volunteer Coordinator – (818) 548-4818
- must be at least 55 years old; must complete pre-employment application & background check
- duties – answering phones; filing records; data entry & typing documents; providing information to visitors; assisting in fingerprinting; taking photographs; and more

#### [Glendale Adventist Hospital - General Volunteer Program](#)

- (818) 409-8057
- Email Office to make an appointment – [ahglvolunteerservices@ah.org](mailto:ahglvolunteerservices@ah.org)
- Requirements - must be 16+; English speaking required/bilingual preferred; basic computer skills required with access to email; background checks conducted; Social Security number required; see webpage above for more requirements

#### [Glendale Memorial Hospital - Volunteer Opportunities](#)

- (818) 502-2373
- Completed Volunteer applications can be emailed to – [Michelle.Galanti@Commonspirit.org](mailto:Michelle.Galanti@Commonspirit.org)

#### [YWCA of Glendale & Pasadena](#)

- Scroll down to Volunteer section
- Email - [info@ywcagp.org](mailto:info@ywcagp.org) for more information

*Los Angeles & California:*

#### [American Red Cross - Volunteer in the Los Angeles Region](#)

- Types of volunteering – blood collection support; disaster action team; installing smoke alarms
- [Get Started](#)

#### [International Rescue Committee - Volunteer](#)

- has remote & in-person opportunities

#### [California Volunteers](#)

- in charge of the AmeriCorps programs in California

#### [Discover Los Angeles – Guide to Volunteer Opportunities in Los Angeles - 12/2/24](#)

## VOLUNTEER OPPORTUNITIES (continued)

### L.A. WORKS

- gives information about a variety of volunteering opportunities in the LA area
- some examples include but are not limited to - adult education; animal support/welfare; arts & culture; civic & community; civil & human rights; climate action; disaster & emergency services; disaster readiness & response; economic opportunity; education; environment; family services; food security; health & wellness; homelessness; hunger (food insecurity); senior services, sports & recreation; technology; & more

### LA City – Volunteer In Your Community

- [LA Volunteer Portal](#)
  - [Contact Them](#)
  - Can search for the following types of opportunities – animals; arts & culture; children; disaster relief; education; environment; equality & social justice; health; hunger; life skills; poverty; senior services; veterans & military families; & wildlife relief
- [Beautify Your Neighborhood](#)
  - Programs – Graffiti Abatement; Adopt-A-Median; Volunteer Cleanups

### *LA County Departments:*

#### LA County Department of Children & Family Services - Volunteer Opportunities

- Email - [VIP@dcsf.lacounty.gov](mailto:VIP@dcsf.lacounty.gov)
- opportunities available in the following areas:
  - Performing office & clerical support
  - Tutoring children & youth
  - Monitoring children & youth
  - Visitation
  - Running errands
  - Providing support to Clinical Social Workers
  - Completing special projects
  - Assisting with holiday activities
  - Staff special events

#### LA County Department of Health Services - Volunteer Services

- Opportunities in 4 possible hospitals - greeters, messengers, & “care ambassadors”
  - Harbor-UCLA Medical Center (Torrance) – (310) 222-3258
  - LA General Medical Center (Los Angeles) – (323) 409-6945
  - Olive View-UCLA Medical Center – (747) 210-3074
  - Rancho Los Amigos National Rehabilitation Center (Downey) – (562) 401-7651
- Requirement – must be at least 18; commit to six months of one or two 4 hour shifts per week; complete background check & flu vaccine; follow patient confidentiality guidelines, customer service expectations, & hospital policies

#### LA County Department of Mental Health - Volunteer Opportunities

- Drop-down menus includes a list of organization that give volunteer opportunities & volunteer search resources

## VOLUNTEER OPPORTUNITIES (continued)

### [LA County Department of Public Health – Internships & Volunteers](#)

- [Frequently Asked Questions](#)

### [LA County Department of Public Social Services](#)

- some examples of volunteer opportunities offered:
  - Toy Loan Centers
  - Clerical Support
  - Adopt-A-Family
  - Community Outreach Events
- [Frequently Asked Questions](#)

*Other Organizations:*

### [Great Nonprofits](#)

- can search by Causes & by city

### [LinkedIn](#)

- must have a LinkedIn account to search for volunteer positions

### [Volunteer Match](#)

- [Find Opportunities](#) - can search for volunteering opportunities by city or zip code, Cause Area, Skills, In-Person/Virtual & other filters

### [Volunteers of America – Los Angeles](#)

- (213) 389-1500; TTD/TTY Number – (213) 388-8280; email – [info@voala.org](mailto:info@voala.org)
- 3600 Wilshire Blvd., Suite 1500, Los Angeles, CA 90010
- opportunities to work with – children; youth; families; women; adults; & Veterans