



Guide to Community Resources



Sixth Edition, 2014

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Note: The resources listed in this document are not endorsed, recommended, supervised, approved or sponsored by LBUSD. For those referred to programs by the courts, probation and so forth, it is the responsibility of the reader to confirm with the referring agency that the organization chosen is an approved one. The District assumes no liability or responsibility for any loss or injury arising from participation in any program. It merely permits the dissemination of this information because of possible interest by students, families, faculty and the community-at-large.

ALCOHOL, DRUG AND TOBACCO ABUSE

CALIFORNIA ACCESS TO RECOVERY EFFORT (CARE)

www.CaliforniaCares4youth.com

PH: (866) 350-8773

Provides vouchers to LA County residents ages 12-20 for substance abuse treatment and recovery support services: assessment, outpatient services, activities that improve participation in treatment and recovery.

Hotline hours: 8:00 – 5:00 PST.

AL-ANON and ALATEEN

www.alanonla.org

PH: (888) 684-6444

Call/visit the website for information about 12-step meetings, literature and more.

Los Angeles Central office hours 9:00 – 5:00 Monday through Thursday

ALCOHOLICS ANONYMOUS

www.hacoaa.org

3450 E. Spring St. #109, Long Beach, CA 90806

English: (562) 989-7697

Spanish: (310) 516-8626

Call/visit the website for information about 12-step meetings, literature and more.

CALIFORNIA SMOKERS'/TOBACCO CHEWERS' HELPLINE

www.californiasmokershelpline.org

English(800) NO-BUTTS

Spanish(800) 45-NO-FUME

Korean(800) 556-5564

Mandarin and Cantonese(800) 838-8917

Tobacco Chewers' Helpline.....(800) 844-CHEW

TTY(800) 933-4TDD

Vietnamese(800) 778-8440

Information/support to help quit smoking and using smokeless tobacco: self-help materials, local referrals, phone counseling, online support materials. Free Nicotine patches to qualified Los Angeles County residents 18+. Call the hotline to enroll in the program. Hotline hours are 7:00 a.m. – 9:00 p.m. Mon-Fri and 9:00 – 5:00 Sat. and Sun. FEE: No charge.

CAMBODIAN ASSOCIATION OF AMERICA

www.cambodian.com/caa

Main Office Branch Office

2390 Pacific Ave., Long Beach, 90806 2501 Atlantic Ave., Long Beach 90806

PH: (562) 988-1863 PH: (562) 424-6105

Parenting classes, domestic violence and outpatient substance abuse counseling for adults.

Spanish and Khmer spoken. Services also provided for family preservation, help with citizenship, and care giving classes. FEE: No charge. HRS: Monday-Friday 8:30 AM-5:30 PM.

CENTER FOR DISCOVERY AND ADOLESCENT CHANGE

www.centerfordiscovery.com

4281 Katella Ave. Suite 111 Los Alamitos, CA 90720

PH: (800) 760-3934

Residential treatment of women with eating disorders, teen with eating disorders, teens with mental health disorders, and teens with substance abuse issues. Contact for more information.

CENTRO CHA, INC.

www.centrocha.org

1900 Atlantic Ave. 2nd Floor Long Beach, CA 90806

PH: (562) 570-4722

Outpatient substance abuse treatment, court-ordered drug-testing and more for ages 14-24.

Application assistance for Deferred Action for Childhood Arrivals (DACA), naturalization assistance, and CalFresh application assistance. Spanish spoken.

FEE: No Charge HRS: Monday through Thursday 8:30 a.m – 6:00 p.m.

FLOSSIE LEWIS RECOVERY CENTER/ Behavioral Health Services

351 E. 6th St., Long Beach, CA 90802

PH: (562) 435-7350

Residential substance abuse treatment for women ages 18-65. FEE: Sliding scale, indigent beds.

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE (NCADD)/**WOMAN TO WOMAN**

780 Atlantic Ave. Long Beach, CA 90813

PH: (562) 426-8262

Adult outpatient/residential substance abuse treatment for women and their children, childcare for the outpatient program, Spanish spoken.

SHARE!**Emotional Health Association**

www.shareselfhelp.org

PH: (310) 846-5270

Referrals to over 10,000 self-help support groups in LA County. Call/visit the website for details.

SUBSTANCE ABUSE FOUNDATION OF LONG BEACH, INC.

www.safinc.org

3125 E. 7th St., Long Beach, CA 90804

PH: (562) 439-7755

TTY: (800) 735-2929

Adult outpatient/residential substance abuse treatment; classes in anger management, domestic violence and

parenting. Spanish spoken. FEE: Medi-Cal, sliding scale.

HRS: Monday-Friday 8 AM-5 PM.

TARZANA TREATMENT CENTERS, INC.

www.tarzanatc.org

Outpatient Facility

5190 Atlantic Ave., Long Beach, CA 90805

PH: (562) 428-4111 Ext. 7100

Outpatient substance abuse/dual diagnosis services for adults/teens; random drug testing; case management; adult classes in anger management, domestic violence and parenting. Spanish spoken. FEE: Medi-Cal, CARE,

private insurance, sliding scale. HRS: Monday-Friday 8:30 AM – 5:00 PM.

Residential Facility

2101 Magnolia Ave., Long Beach, CA 90806

PH: (562) 218-1868 Ext. 6100

Residential substance abuse treatment for women and their children up to age 5, beds for female teens. FEE: Medi-Cal, CARE, private insurance, sliding scale.

TOBACCO EDUCATION PROGRAM (TEP)**City of Long Beach**

Miller Family Health Education Center, 3820 Cherry Ave., Long Beach, CA 90807

PH: (562) 570-7950

Takes reports of smoking violations in Long Beach, provides cessation referrals and cessation materials when available.

TOTAL FAMILY SUPPORT CLINIC

www.totalfamilysupport.org

3501 Atlantic Ave. Long Beach, Ca 90807

PH: (562) 981-1501

Outpatient substance abuse treatment for ages 12+. Parenting groups, anger management, domestic violence, free food distribution, perinatal programs, as well as a Prop 36 program is also available. FEE: Medi-Cal, sliding scale.

HRS: Monday-Friday 8 AM-5 PM by appointment.

CHILD ABUSE, PROTECTION AND FOSTER CARE

CHILD PROTECTION HOTLINE (CPH)**Department of Children and Family Services****Los Angeles County**

lacdcfs.org

PH: (800) 540-4000

TTY: (800) 272-6699

CPH responds to reports of reasonable suspicion of child abuse/neglect and consults with those who are undecided about filing. All school employees are mandated reporters, responsible for immediately reporting suspected child abuse/neglect by phone to CPH and/or a local law enforcement agency. School personnel are not responsible for investigating cases. Within 36 hours of reporting, a written Suspected Child Abuse Report should be submitted online at lacdcfs.org or sent to:

Department of Children and Family Services

3075 Wilshire Blvd., Fifth Floor, Los Angeles, CA 90010

Small quantities of the Suspected Child Abuse Report Form may be requested by calling CPH.

Interpreters available.

DEPARTMENT OF CHILDREN AND FAMILY SERVICES (DCFS) – SERVICE**AREA 8****Los Angeles County**

lacdcfs.org

4060 Watson Plaza Dr., Lakewood, CA 90712

PH: (562) 497-3500

After reports are made to CPH, this branch of DCFS receives the referrals, investigates alleged child abuse/neglect, manages cases and supervises court dependents and foster youth who live in Avalon, Lakewood, Long Beach and Signal Hill. Interpreters available.

FOSTER AND KINSHIP CARE EDUCATION PROGRAM**Long Beach City College**

fostercare.lbcc.edu

1305 E. Pacific Coast Highway, Building 00, Long Beach, CA 90806

PH: (562) 938-3014

Classes for foster parents, relative caregivers and foster youth: Independent Living Program (ILP) trains and supports foster youth ages 16-21 for independent living, Partnering for Safety and Permanence-Model Approaches to Partnerships in Parenting (PS-MAPP) provides mandatory training for all LA County DCFS foster parents, Kinship Education Preparation Support (KEPS) orientation provides relative caregivers with information on their involvement with DCFS. Visit the website for online workshop registration, schedules, resource links and more. Spanish and Khmer spoken.

FOSTER YOUTH SERVICES

Department of Education State of California

PH: (213) 637-3103

Countywide program provides educational/support services for foster youth ages 4-21: facilitates the rapid transfer of records for youth transitioning between school districts, troubleshoots all issues connected with living in out-of-home placement and more. Hours of operation 7:00 AM – 5:00 PM.

INDEPENDENT LIVING PROGRAM (ILP)

Department of Children and Family Services/Probation Department Los Angeles County

www.ilponline.org

Main Phone Number: (213) 351-0100

LA County ILP Ombudsman: (213) 351-5720

Program for ages 16-21 who are currently or have been in foster care as a dependent youth through DCFS or ward of the court, in suitable placement, through probation or DCFS placement. Those whose case was terminated after his/her 16th birthday and returned home, live with relatives or were adopted, also qualify. Assistance with life skills training, education, employment and housing.

KINSHIP RESOURCE CENTER SOUTH

Department of Children and Family Services Los Angeles County

421 S. Glendora Ave. Suite 100 West Covina, CA 91790

PH: (626) 430-3200

Support for relative caregiver families who have exited the child welfare system through legal guardianship, Kinship support groups, Kin-GAP or adoption. Spanish spoken. HRS: Monday-Friday 8 AM-5 PM.

SPECIAL IMMIGRANT STATUS UNIT

Department of Children and Family Services Los Angeles County

5835 S. Eastern Ave., City of Commerce, CA 90040

PH: (323) 725-4679

Files special immigrant juvenile status with the United States Citizenship and Immigration Services on behalf of eligible DCFS undocumented, unmarried youth under age 21, who are a court dependent, eligible for long term foster care and deemed unable to return to their country of origin. These youth are then able to obtain a permanent resident "green card"; receive DCFS Youth Development Services; and live, study and work legally in the United States. Referrals are usually made by DCFS, but can also be submitted by the foster parent, child, attorney, school personnel and others. Interpreters available.

CHILDCARE

CALWORKS CHILDCARE HOTLINE

Department of Public Social Services (DPSS)

Los Angeles County

PH: (877) 244-5399

<http://www.ladpss.org/dpss/calworks/childcare.cfm>

Information/referrals for CalWORKs participants seeking childcare. If funds are available, DPSS may pay childcare expenses for ages 12 and under, up to age 21 for disabled and special needs care.

CHILD DEVELOPMENT CENTERS

Long Beach Unified School District

www.lbusd.k12.ca.us/mainoffices/superintendent/childdevelopment/

Cristabel Rodriguez, Program Coordinator

The Willows, 4310 Long Beach Blvd., Suite 200, Long Beach, CA 90807

Office: (562) 422-6868

Enrollment Center: (562) 422-3928

Preschool Age Care

Day care for ages 3-5 who meet low-income requirement. Call/visit the website for locations.

Spanish spoken. FEE: Sliding scale for parents who work or attend school full-time.

HRS: Monday-Friday 6:30 AM-5:30 PM except holidays.

State Preschool

Three-hour morning or afternoon classes for ages 3-5 who meet low-income requirement.

Call/visit the website for locations. Spanish spoken. FEE: No charge, parent participation component.

Fee Based Preschool

Day care for ages 3-5. Call/visit the website for locations. FEE: \$825 a month

HRS: Monday-Friday 6:30 AM-5:30 PM except holidays.

School Age Care

Before and after-school care for grades TK-5. Call/visit the website for locations. Spanish spoken.

FEE: Sliding scale for parents who work or attend school full-time, full cost for Educare program.

HRS: Monday-Friday 6:30 AM-5:30 PM except holidays.

CHILDREN'S HOME SOCIETY OF CALIFORNIA

www.chs-ca.org

330 Golden Shore, Suite 20, Long Beach, CA 90802

PH: (562) 256-7490

Comprehensive childcare resource/referral and assistance/placement program, post-adoption services, educational materials and more. Call/visit the website for more information. Spanish, Vietnamese and Khmer spoken.

COMPREHENSIVE CHILD DEVELOPMENT

2565 Pacific Ave., Long Beach, CA 90806

PH: (562) 427-8834

Day care for ages 4 months-5 years, after-school care for grades K-3. Ages 2 ½ -5 must be potty-trained for placement in a childcare center. Ages 4 months-3 years need not be potty-trained for placement in a licensed family childcare home network. Lowest income families have priority.

Spanish spoken. FEE: Sliding scale.

HRS: Monday-Friday 9:00 AM – 3:00PM.

EARLY START PROGRAM

Long Beach Unified School District

www.lbschools.net/Main_Offices/School_Support_Services/Special_Education/pre-school.cfm

2350 Ximeno Ave. Long Beach, CA 90815

PH: (562) 986-6870 Ext. 246

Early intervention services for ages 0-3 with typical cognitive development and one or more low-incidence disabilities such as orthopedic, hearing and/or visual impairment: assessment,

Individualized Family Service Plan (IFSP), free parent training, support groups and more. Spanish spoken. FEE: No charge.

HEAD START/EARLY HEAD START
Long Beach Unified School District

www.lbschools.net/Main_Offices/Superintendent/headstart.cfm

Administration Office

1260 E. 33rd St. Signal Hill, CA 90755

PH: (562) 427-0833

Comprehensive child development services for ages 0-5: education, health, nutrition, social services and parent involvement in a center or home-based option. Partial and Full Day services are available. Call/visit the website for more information. Spanish, Khmer, Tagalog and Vietnamese spoken. FEE: No charge to eligible families. HRS: Monday-Friday 7:30 AM-4:30 PM.

KIDS' CLUB

Long Beach Unified School District

www.lbschools.net/Main_Offices/Superintendent/Child_Development/kids_club.cfm

PH: (562) 427-1022 x 296

Bixby Elementary School(562) 498-5718

Cleveland Elementary School(562) 425-2258

Cubberley K-8 School.....(562) 497-1838

Emerson Elementary School(562) 429-5238

Fremont Elementary School(562) 856-2751

Gant Elementary School.....(562) 493-5197

Henry Elementary School(562) 420-2168

Keller Elementary School(562) 938-8707

Lowell Elementary School.....(562) 434-7968

MacArthur Elementary School.....(562) 496-0438

Prisk Elementary School(562) 493-0818

Students enrolled at the schools listed above can participate in before and after-school care at their own school. Call the sites for enrollment information. FEE: Annual non-refundable registrations fee; hourly fee for services with 12 hour per week minimum per child; additional fee for winter, spring and summer programs. HRS: Monday-Friday 6:30 AM-6:30 PM (hours may vary by site).

LONG BEACH COMMUNITY IMPROVEMENT LEAGUE

www.lbcil.org

2222 Olive Ave., Long Beach, CA 90806

PH: (562) 426-8897

Day care for ages 2 ½ -5, after-school care for ages 5-12. FEE: Eligible families may qualify for subsidized/free programs. HRS: Monday-Friday 6:30 AM-6 PM.

LONG BEACH DAY NURSERY

www.lbdn.org

Administration/West Branch East Branch

1548 Chestnut Ave., Long Beach, CA 90813 3965 Bellflower Blvd., Long Beach, CA 90808

PH: (562) 591-0509 PH: (562) 421-1488

Day care for ages 6 weeks-6 years at the West Branch, ages 18 months-6 years at the East Branch. Accredited by the National Association for the Education of Young Children (NAEYC). Call/visit the website for more information. Spanish spoken. FEE: Eligible families may qualify for subsidized program. HRS: Monday-Friday 6:30 AM-6 PM.

PRESCHOOL PROGRAM

Long Beach Unified School District

www.lbschools.net/Main_Offices/School_Support_Services/Special_Education/pre-school.cfm

2350 Ximeno Ave., Long Beach, CA 90815

PH: (562) 986-6870 Ext. 246

Assessment and intervention services for ages 3-5 who require special education services due to an established medical condition; congenital syndrome which may adversely impact development; or delays in one or more areas such as communication, motor, social/emotional, visual and/or cognitive development. LBUSD offers a continuum of special education placement options and related services throughout the school district. Spanish spoken. FEE: No charge.

YMCA OF GREATER LONG BEACH

www.lbymca.org

Corporate Office

P.O. Box 90995, Long Beach, CA 90809

PH: (562) 279-1700

A variety of community and school programs: preschool and after-school care for children, day and mountain camping, swim lessons, youth sports, teen programs, health and wellness activities. Call/visit the website for program information and branch/school locations.

YOUNG HORIZONS

www.yhcc-lb.com

Main Office

501 Atlantic Ave., Long Beach, CA 90802

PH: (562) 437-8991

Day care for ages 6 months-5 years whose parents are low-income and work, attend school or are referred by DCFS. Call/visit the website for program information and locations. Spanish, Tagalog, German, Greek, Armenian and Arabic spoken. FEE: CalWORKs, sliding scale. HRS: Monday-Friday 7 AM-6 PM.

State Preschool

Three and one half hours of morning or afternoon day care for ages 3-4 who meet low-income requirement. Call/visit the website for program information and locations. FEE: No charge.

COMMUNITY SERVICE

LONG BEACH VOLUNTEER CENTER

www.volctr-sobay.org

1407 E. 4th St., Long Beach, CA 90804

PH: (562) 590-8844

Provides access to hundreds of volunteer opportunities for adults/youth: interviews clients to determine interests, skills and ability to perform available tasks; court-approved to connect individuals to court-ordered community service; offers technical support to organizations interested in developing volunteer programs. Parents can enroll their children during school hours. Spanish spoken. FEE: Credit cards/cash, fee for court-ordered service varies according to number of hours required, no charge to link students to service learning opportunities.

HRS: Monday-Friday 8:30 AM – 4:00 PM.

CRISIS INTERVENTION

PSYCHIATRIC MOBILE RESPONSE TEAMS (PMRT)

Department of Mental Health (DMH)

Los Angeles County

24-Hour Access Center: (800) 854-7771

To request DMH PMRT services, contact the 24-Hour Access Center and specify the current location of the student, rather than where he/she lives. Each Service Area uses a different PMRT:

- Compton uses Service Area 6 PMRT
- Lakewood uses Service Area 7 PMRT
- Avalon, Long Beach, Signal Hill and the South Bay use Service Area 8 PMRT

During daytime hours, Monday-Friday 8 AM-5 PM, each PMRT can also be reached by calling their direct phone number, listed in this section of the resource guide. In-service trainings are available upon request.

MENTAL EVALUATION TEAM (MET)
Long Beach Police Department
City of Long Beach

Dispatch: (562) 435-6711

Mobile response to dangerous psychiatric situations in Long Beach and Signal Hill. FEE: No charge for evaluation. HRS: Every day 6 AM-11 PM

LONG BEACH CHILD AND ADOLESCENT PROGRAM

Department of Mental Health
Los Angeles County
240 East 20th St. Long Beach, CA 90806

PH: (562) 599-9271

Outpatient psychiatric services to children, adolescent and families with children that are experiencing severe emotional and/or behavioral problems. Services include assessment, individual and group therapy, targeted case management, medication management and crisis intervention. Spanish spoken. Services are open to the CalWorks population via referral from the Department of Public Social Services. HRS: 8:00 AM – 6:00 PM Mon, Tues, and Thurs. 8:00 AM – 7:00 PM Wed, 8:00 AM- 5:00 PM Fri. FEE: Medi-Cal, Healthy Families, sliding scale.

HOTLINES

211 LA County	211
Child Protection Hotline	(800)
540-4000	
DMH 24-Hour Access Center:	(800)
854-7771	
Disabled Adult/Elder Abuse Hotline	(877)
477-3646	
Long Beach Child and Adolescent Program	(562)
599-9271	
Poison Control	(800)
876-4766	
Service Area 6 PMRT (Compton)	(310)
668-5150	
Service Area 7 PMRT (Lakewood).....	(562)
467-0209	
Service Area 8 PMRT (Avalon, Long Beach, Signal Hill, South Bay)	(310) 534-
1083	
Su Casa Hotline	(562)
402-4888	
Suicide Prevention and Survivor Hotline	(877)
727-4747	
Suicide Prevention Hotline for Gay and Questioning Youth	(866) 4UTREVOR
WomenShelter of Long Beach	(562)
437-4663	

POLICE DEPARTMENTS

Avalon Sheriff's Station	(310)
510-0174	

California State University, Dominguez Hills	(310)
243-3639	
Lakewood Sheriff's Station.....	(562)
623-3500	
Long Beach Police Department	(562)
435-6711	
Mental Evaluation Team (MET)	(562)
435-6711	
Police/Fire Emergency	911
Signal Hill Police Department.....	(562)
989-7200	

AMERICAN RED CROSS, GREATER LONG BEACH CHAPTER

<http://www.redcross.org/ca/long-beach>

3150 E. 29th St., Long Beach, CA 90806

PH: (562) 595-6341

Relief to disaster victims, classes in health and safety, community education.

FEE: No charge for disaster services, fee for classes. HRS: Monday-Friday 8 AM-5 PM.

COLLEGE HOSPITAL

10802 College Pl., Cerritos, CA 90703

PH: (562) 924-9581

PMRT and psychiatric hospital services. Parent/guardian involvement is mandatory by phone/in person if a child is to be hospitalized. FEE: No charge for PMRT evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; private insurance; emergency Medi-Cal for undocumented, low-income; no indigent beds.

DEL AMO HOSPITAL

23700 Camino del Sol, Torrance, CA 90505

PH: (310) 530-1151

PMRT and psychiatric hospital services. Parent/guardian involvement is mandatory by phone/in person if a child is to be hospitalized. FEE: No charge for PMRT evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; private insurance; emergency Medi-Cal for undocumented, low-income; \$800+ per day private pay; no indigent beds.

MENTAL HEALTH URGENT CARE CENTER OF LONG BEACH

6060 Paramount Blvd., Long Beach, CA 90805

PH: (562) 790-1860

Voluntary walk-in/phone assistance for adults in crisis: psychiatric/medication evaluation; no PMRT, 5150 status, emergency medical care or a primary diagnosis of dementia or developmental disabilities. Spanish spoken. FEE: No charge HRS: 8:00 AM – 7:00 PM Mon – Fri.

SERVICE AREA 6 PMRT (Compton)

Department of Mental Health

Los Angeles County

24-Hour Access Center: (800) 854-7771

Direct (Monday-Friday 8 AM-5 PM): (310) 668-5150

PMRT for imminent danger evaluation and hospitalization assistance in Compton. FEE: No charge for evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; emergency Medi-Cal for low-income, undocumented; private insurance may require prior authorization and/or charge full cost.

SERVICE AREA 7 PMRT (Lakewood)

Department of Mental Health

Los Angeles County

24-Hour Access Center: (800) 854-7771

Direct (Monday-Friday 8 AM-5 PM): (562) 467-0209

PMRT for imminent danger evaluation and hospitalization assistance in Lakewood. FEE: No charge for evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; emergency Medi-Cal for low-income, undocumented; private insurance may require prior authorization and/or charge full cost.

SERVICE AREA 8 PMRT *(Avalon, Long Beach, Signal Hill, South Bay)***Department of Mental Health****Los Angeles County**

24-Hour Access Center: (800) 854-7771

Direct (Monday-Friday 8 AM-5 PM): (310) 534-1083

PMRT for imminent danger evaluation and hospitalization assistance in Avalon, Long Beach, Signal Hill and the South Bay. FEE: No charge for evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; emergency Medi-Cal for low-income, undocumented; private insurance may require prior authorization and/or charge full cost.

VICTIM WITNESS ASSISTANCE PROGRAM**Los Angeles County**

da.co.la.ca.us/vwap

275 Magnolia Av. St. 3195 Long Beach, Ca 90802

PH: (562) 491-6347 or 562-491-6310

Qualifying victims (includes undocumented) may receive financial assistance for losses resulting from a violent crime, when they cannot be reimbursed by other sources. Expenses that may be covered include: funeral, medical, dental, mental health and more. Eligibility is determined by contents of a police or Child Protective Services report. Call/visit the website for more information.

DISABLED SERVICES

ABILITY FIRST

www.abilityfirst.org

3770 E. Willow St., Long Beach, CA 90815

PH: (562) 426-6161

Socialization, vocational training and recreation programs for developmentally disabled: weekday program for adults with multiple developmental disabilities, after-school recreation for ages 6-22, Adult Vocational Training Center prepares adults for employment. Spanish spoken. FEE: Sliding scale, some services funded by Harbor Regional Center. HRS: Monday-Friday, Adults 8:30 AM-1:30 PM, Children 1:30-6:30 PM.

ADAPTIVE RECREATION**City of Long Beach**

4520 E. 23rd St., Long Beach, CA 90815

PH: (562) 570-1685

After school program for ages 5-12, and music therapy for ages 5-12. Adult recreation program with special events for adults with disabilities. FEE: Contact for more information about music therapy and adult recreation program. No charge for after school program.

ALMA FAMILY SERVICES

www.almafamilyservices.org

121 Linden Ave., Long Beach, CA 90802

Intake Office: (323) 881-3799

Long Beach Office: (562) 624-8844

Comprehensive outpatient mental health services for individuals and families without/with special needs, including developmental disabilities: individual, family and group counseling; case management; therapeutic behavioral services for children; medication evaluation/support; dual diagnosis program. Spanish spoken. FEE: Medi-Cal. HRS: By appointment.

AUTISM SOCIETY OF AMERICA

Greater Long Beach/San Gabriel Valley Chapters

www.greaterlongbeach-asa.org

P.O. Box 15247, Long Beach, CA 90815

PH: (562) 665-5496

Information, support and advocacy for families and individuals with autism.

BRAILLE INSTITUTE

www.brailleinstitute.org

Orange County Center Los Angeles Site Center

527 N. Dale Ave., Anaheim, CA 92801 741 N. Vermont Ave., Los Angeles, CA 90029

PH: (714) 821-5000 PH: (323) 663-1111

Services for the blind/visually impaired of all ages: classes in independent living skills, mobility, computers/internet and braille reading/writing; low vision consultation; library with books-on-tape and tape machines; summer/after-school programs for youth. Spanish spoken. FEE: No charge.

HRS: Monday-Friday 8:30 AM–5 PM.

DEPARTMENT OF REHABILITATION

State of California

www.dor.ca.gov

4300 Long Beach Blvd., Suite 200, Long Beach, CA 90807

PH: (562) 422-8325

TTY: (562) 422-9276

Walk-in/phone assistance for ages 16+ with proof of disability: vocational rehabilitation, counseling, job placement and more. Spanish and Khmer spoken, sign language interpreter. FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

DISABILITY BENEFITS 101

www.disabilitybenefits101.org

Website helps workers, job seekers and providers understand the connection between work and benefits for those with disabilities.

DISABLED ADULT/ELDER ABUSE HOTLINE

Adult Protective Services

Los Angeles County

css.lacounty.gov

24-Hour Hotline: (877) 477-3646

Employees of secondary schools serving special education students ages 18-22 are mandated reporters, responsible for immediately reporting suspected disabled adult abuse to Adult Protective Services and/or a local law enforcement agency. School personnel are not responsible for investigating cases. All reporting during business hours is now conducted online:

<http://apslive.lacss.harmonyis.net/LACSSLiveIntake/>. After hours reporting should still be done through the 24 hour hotline. Written reports should be faxed and mailed to the address below using reporting form SOC 341, which can be downloaded from the internet using any search engine. Forms can also be ordered from the centralized intake unit. Call/visit the website for more information. Interpreters available.

Adult Protective Services

Centralized Intake Unit

3333 Wilshire Blvd., 4th Floor, Los Angeles, CA 90010
PH: (888) 202-4248

DISABLED RESOURCES CENTER

www.drcinc.org
2750 E. Spring St., Suite 100, Long Beach, CA 90806
PH: (562) 427-1000
TTY: (562) 427-1366

Services to empower people with disabilities: assistance with benefits, housing, list of attendants for in-home supportive services; training in assistive technology and independent living skills; peer support groups, employment services and more. Spanish spoken. FEE: No charge for most services. HRS: Monday-Friday 8 AM-5 PM.

DISABLED STUDENTS PROGRAMS AND SERVICES**Long Beach City College (LBCC)**

dsps.lbcc.edu

Liberal Arts Campus Pacific Coast Campus

4901 E. Carson St., Long Beach, CA 90808 1305 Pacific Coast Highway, Long Beach, 90806
PH: (562) 938-4558 PH: (562) 938-3921 or (562) 938-3209
TTY: (562) 938-4833

LBCC students with proof of disability may receive services such as priority registration, adaptive computers, counseling, classroom aides, testing accommodations and more. FEE: No charge.

DISABLED STUDENT SERVICES**California State University, Long Beach (CSULB)**

www.csulb.edu/divisions/students/dss
Brotman Hall, Room 270, 1250 Bellflower Blvd., Long Beach, CA 90840
PH: (562) 985-5401

CSULB students with proof of disability may receive services such as classroom aides, testing accommodations, books-on-tape, counseling, learning disability assessment, special admission consideration, tutoring and more. FEE: No charge.

EARLY START PROGRAM**Long Beach Unified School District**

www.lbschools.net/Main_Offices/School_Support_Services/Special_Education/pre-school.cfm
2350 Ximeno Ave. Long Beach, CA 90815
PH: (562) 986-6870 Ext. 246

Early intervention services for ages 0-3 with typical cognitive development and one or more low-incidence disabilities such as orthopedic, hearing and/or visual impairment: assessment, Individualized Family Service Plan (IFSP), parent resource library, support groups and more. Spanish spoken. FEE: No charge.

EDUCATIONAL PSYCHOLOGY CLINIC**California State University, Long Beach**

www.ced.csulb.edu/edpac/clinic/
1250 Bellflower Blvd., Long Beach CA 90840
PH: (562) 985-4991

Developmental assessments for ages 3-6 to determine school readiness, psychoeducational assessments and tutoring for ages 6-16, individual, couple and family counseling for all ages. Call/visit the website for more information.

GREATER LOS ANGELES AGENCY ON DEAFNESS (GLAD), INC.

www.gladinc.org
2222 Laverna Ave., Los Angeles, CA 90041
PH: (323) 478-8000

TTY: (323) 550-4226

Services for deaf/hard-of-hearing persons: interpreter referrals, document/phone assistance, sign language classes, health education, job placement and more. Call/visit the website for more information. Spanish spoken, sign language interpreter. FEE: No charge for most services.

HARBOR REGIONAL CENTER (HRC)

www.harborrc.org

21231 Hawthorne Blvd., Torrance, CA 90503

PH: (310) 540-1711

Assistance for California residents with special needs such as mental retardation, cerebral palsy, epilepsy, autism and some neurological handicaps: assessment/diagnosis, lifelong program planning/coordination, purchase of certain services, guardianship/conservatorship assistance. Website offers support directories, training/events schedules, applications and more. Spanish spoken. HRS: Monday-Friday 8:30 AM-5 PM.

HRC Resource Center

PH: (310) 543-0691

Information and support over the phone/in person; extensive lending library of developmental toys, books, videos and newsletters on health and legal issues.

JOHN TRACY CLINIC

www.jtc.org

740 E. Wardlow Rd., Long Beach, CA 90807

Long Beach Office: (562) 426-2257

Los Angeles Office: (213) 748-5481

TTY: (213) 747-2924

Services for hearing-impaired children under age 6 and their parents: hearing exams for children, classes and support groups for parents, early intervention program for parents and infants. Interpreters available. FEE: No charge. HRS: Call the Los Angeles or Long Beach Office for Long Beach appointments.

LONG BEACH FAMILY RESOURCE CENTER**Miller Children's Hospital**

2801 Atlantic Ave., Long Beach 90806

24-Hour: (562) 933-8048

A warmline/walk-in center provides information on child development, disabilities, medical issues and more. Spanish spoken. FEE: No charge.

LONG BEACH SCHOOL FOR ADULTS**Long Beach Unified School District**

PH: (562) 595-8893 Ext. 221

Classes for older adults/adults with disabilities in animal care, nursing assistants, domestic violence preparation/testing, and GER preparation/testing. FEE: No charge.

MHA VILLAGE**Mental Health America of Los Angeles**

www.mhavillage.org

456 Elm Ave., Long Beach, CA 90802

PH: (562) 437-6717

Services for adults with severe/persistent mental illness: assistance with job training/placement, counseling, medication evaluation/ support, referrals to supported housing, homeless assistance and more. Spanish spoken, sign language interpreter.

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)

www.nami.org

P.O. Box 91206, Long Beach, CA 90809

PH: (562) 435-2264

Promotes the welfare and appropriate treatment of those with severe/persistent mental illness. Support group and speakers' bureau meetings at Pacific Hospital. Call for more information.

ORANGE COUNTY DEAF EQUAL ACCESS FOUNDATION

Greater Los Angeles Agency on Deafness, Inc.

www.ocdeaf.org

6022 Cerritos Ave., Cypress, CA 90630

PH: (714) 826-9793

Services for deaf/hard-of-hearing persons: assistance with documents, written drivers' test preparation, independent living skills, interpreter and other referrals. Sign language interpreter. FEE: No charge. HRS: Monday-Friday 8:30 AM-5 PM, closed 12-1 PM.

PRESCHOOL PROGRAM

Long Beach Unified School District

www.lbschools.net/Main_Offices/School_Support_Services/Special_Education/pre-school.cfm

2350 Ximeno Ave. Long Beach, CA 90815

PH: (562) 498-2431

Assessment and intervention services for ages 3-5 who require special education services due to an established medical condition; congenital syndrome which may adversely impact development; or delays in one or more areas such as communication, motor, social/emotional, visual and/or cognitive development. LBUSD offers a continuum of special education placement options and related services throughout the school district. Spanish spoken. FEE: No charge.

SPECIAL OLYMPICS LONG BEACH

3520 Monogram Ave., Long Beach, CA 90808

PH: (562) 502-1100

Sports training and competition for those with intellectual disabilities. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-6 PM.

SPEECH, LANGUAGE AND HEARING CLINIC

California State University, Long Beach

www.csulb.edu/colleges/chhs/departments/communicative-disorders/services

1250 Bellflower Blvd., Long Beach, CA 90840

PH: (562) 985-4583

Autism clinic, comprehensive diagnostic and therapeutic services for those with communicative disorders. Interpreters available. Call/visit the website for more information.

TEAM OF ADVOCATES FOR SPECIAL KIDS (TASK)

www.taskca.org

100 W. Cerritos Ave., Anaheim, CA 92805

PH: (866) 828-8275

Information and training for parents of youth 0-21 with special needs. Spanish spoken. FEE: No charge for phone consultation, \$30 membership fee, training fees vary. HRS: Monday-Friday 8 AM-4 PM.

TRANSITION AGE YOUTH (TAY) ACADEMY

Mental Health America of Los Angeles

2025 E. 7th St., Long Beach, CA 90814

PH: (562) 284-0108

Comprehensive rehabilitative services for ages 18-25 with an Axis I mental health diagnosis: counseling; medication evaluation/support; independent living skills training; referrals to supported employment, education and housing. Spanish spoken. FEE: Medi-Cal, sliding scale, no one turned away for lack of funds. HRS: Monday-Friday 9 AM-5 PM.

THE WELLNESS CENTER

Mental Health America of Los Angeles

830 Atlantic Ave., Long Beach, CA 90813

PH: (562) 285-0149

Programs to promote wellness, healing and recovery for adults with an Axis I mental health diagnosis: counseling, medication evaluation/support, self-help meetings, social/recreational opportunities and more. Call for a phone screening to determine eligibility. Spanish spoken. FEE: Medi-Cal, some services are low-cost/no charge.

XTREME MEDICAL, INC.

www.xtrememedical.com

5580 Imperial Highway South Gate, CA 90280

PH: (562) 803-9444

Urological supplies, rehabilitation equipment, wheelchairs and other disability-related products. Spanish spoken. FEE: private insurance. HRS: Monday-Friday 8:30 AM – 4:30 PM..

DOMESTIC VIOLENCE

1736 FAMILY CRISIS CENTER

www.1736familycrisiscenter.org

24-Hour Hotline: (562) 388-7652

Comprehensive services for women and their children who are victims of domestic violence.

INTERVAL HOUSE CRISIS SHELTER

www.intervalhouse.org

24-Hour Hotline: (562) 594-4555

Outreach Office: (562) 594-9492

Additional Hotline: (714) 891-8121

Comprehensive services for women and their children who are victims of domestic violence, rental assistance, and volunteer/internship opportunities. Interpreters available. FEE: Sliding scale, no one turned away for lack of funds.

Second Generation Teen Dating Violence Program

6615 E. Pacific Coast Highway, Suite 170, Long Beach, CA 90803

PH: (562) 594-4555

Counseling and other activities for youth who are victims of domestic violence. FEE: No charge.

HRS: By appointment.

RAINBOW SERVICES

www.rainbowservicesdv.org

24-Hour Hotline: (310) 547-9343

Comprehensive services for women and their children who are victims of domestic violence. Spanish spoken. FEE: No charge.

SU CASA FAMILY CRISIS AND SUPPORT CENTER

www.sucasadv.org

24-Hour Hotline: (562) 402-4888

Outreach Office: (562) 421-6537

Comprehensive services for women and their children who are victims of domestic violence.

Spanish spoken. FEE: No charge.

WOMENSHELTER OF LONG BEACH

www.womenshelterlb.com

24-Hour Hotline: (562) 437-4663

Comprehensive services for men, women and their children who are victims of domestic violence.

FEE: No charge.

Domestic Violence Resource Center

930 Pacific Ave., Long Beach, CA 90813

PH: (562) 437-7233

Parenting classes, domestic violence counseling and other services for non-sheltered victims of domestic violence and their families, 40-hour certification training for domestic violence counseling.

HRS: Monday-Friday 8 AM-5 PM.

EMPLOYMENT TRAINING AND PLACEMENT

CENTRO CHA, INC.

www.centrocha.org

1900 Atlantic Ave., 2nd floor, Long Beach, CA 90806

PH: (562) 570-4722

Programs for Latinos ages 18-24 who are out of/in school: career development, paid job training/internships, college/financial aid guidance and more. Spanish spoken. FEE: No charge.

HRS: Monday-Thursday 8:30 AM-6 PM.

CONSERVATION CORPS OF LONG BEACH

www.cclb-corps.org

340 Nieto Ave., Long Beach, CA 90814

PH: (562) 986-1249

Charter school for California residents ages 18-23: career training/placement, instruction in reading/writing, high school diploma/ GED preparation. Spanish spoken. FEE: No charge.

HRS: Monday-Friday 7 AM-4:30 PM, Wednesday 7 AM-1 PM.

DEPARTMENT OF REHABILITATION**State of California**

www.dor.ca.gov

4300 Long Beach Blvd., Suite 200, Long Beach, CA 90807

PH: (562) 422-8325

TTY: (562) 422-9276

Walk-in/phone assistance for ages 16+ with proof of disability: vocational rehabilitation, counseling, job placement and more. Spanish and Khmer spoken, sign language interpreter. FEE:

No charge. HRS: Monday-Friday 8 AM-5 PM.

DISABILITY BENEFITS 101

www.disabilitybenefits101.org

Website helps workers, job seekers and providers understand the connections between work and benefits for those with disabilities.

EXPLORERS

Long Beach Police Department City of Long Beach

www.longbeach.gov/police/join/youth_programs/police_explorer_program.asp

1957 Pacific Ave., Long Beach, CA 90806

PH: (562) 570-8597 or (562) 570-8597

Long Beach residents ages 14-20, who are willing to commit 8 hours of service per month, can receive training/participation in activities with police officers: riding along with officers, working at the information desk, assisting with evidence searches, providing traffic direction, working with Vice.

HIGH SCHOOL CAREER CENTERS

Long Beach Unified School District

Avalon School(310) 510-0790 Ext. 159

Cabrillo High School(562) 951-7771

Jordan High School(562) 423-1471 Ext. 2255

Lakewood High School(562) 425-1281 Ext. 3198

Millikan High School(562) 425-7441 Ext. 4806

Polytechnic High School(562) 591-0581 Ext. 5140

Renaissance High School(562) 901-0168 Ext. 7238

Wilson High School(562) 433-0481 Ext. 6914

Career and educational support for LBUSD high school students: SAT/ACT registration packets; college/university resources, financial aid/scholarship application assistance; vocational information, assessment and skill building; ROP registration; military recruitment and more.

LONG BEACH JOB CORPS CENTER

longbeach.jobcorps.gov

1903 Santa Fe Ave., Long Beach, CA 90810

Male/Female Admissions: (562) 983-1777

Residential/non-residential education and vocational training/placement program for ages 16-24 who meet low-income and other requirements: room, meals, medical/dental care, spending money, childcare, GED/high school diploma preparation classes, driver's education, transition services and more. FEE: No charge. HRS: Monday-Friday 8 AM-4 PM.

LONG BEACH SEARCH AND RESCUE

Long Beach Police Motor Patrol/Long Beach Firefighters' Associations City of Long Beach

www.longbeach.gov/police/join/youth_programs/long_beach_search_and_rescue.asp

2247 Argonne Ave., Long Beach, CA 90815

PH: (562) 244-9985

Opportunities for ages 15-18 to serve the public during emergency situations and explore careers in law enforcement, fire protection and emergency medical services. Applicants must have no serious police record; maintain a C average in school; successfully complete an oral interview, physical agility test, 15-week recruitment academy and be willing to serve the community.

PACIFIC GATEWAY WORKFORCE INVESTMENT NETWORK

City of Long Beach

www.longbeach.gov/cd/workforce/

Career Transition Center Center for Working Families

3447 Atlantic Ave., Long Beach, CA 90807 1900 Atlantic Ave., Long Beach, CA 90807

PH: (562) 570-WORK PH: (562) 570-4700

TTY: (562) 570-4629 TTY: (562) 570-4629

Youth Opportunity Center

3447 Atlantic Ave., Long Beach, CA 90807

PH: (562) 570-4700

TTY: (562) 570-4629

Workforce development services for residents and businesses in Long Beach and Signal Hill. Network partners share resources, simplify access to services and assist with career development/transition: assistance with job search/training; internships; career counseling; youth, veterans and disabled services; access to photocopier, fax, internet and more. Spanish and Khmer spoken. FEE: No charge. HRS: Monday-Thursday 9:00 AM – 6:00 PM, Friday 8:00-5:00.

EXPECTANT AND PARENTING TEENS

ALTAMED YOUTH SERVICES

www.altamed.org
711 E. Wardlow Rd., Suite 203, Long Beach, CA 90807
PH: (562) 595-8040

Cal-Learn Program

Case management and support for expectant/parenting CalWORKs participants. Qualifying teens may receive subsidies for childcare, transportation and certain educational expenses, along with financial rewards for good school performance.

The Adolescent Family Life Program

Case management and support services for expectant/parenting teens (including fathers) under age 18 and not eligible for the Cal-Learn program: parenting classes, assistance with government benefits/school enrollment, emergency transportation, food and clothing. Spanish spoken. FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

CAL-LEARN

<http://dpss.lacounty.gov/dpss/calworks/callearn.cfm>
PH: (562) 595-8040

Mandatory program for CalWORKs participants under age 19 who are pregnant/parenting and have not completed high school. If benefits are lost and then reinstated, participants can re-enroll. Those who turn 19 in the program may volunteer to remain until they receive a high school diploma/equivalent, or turn 20. Altamed Youth Services provides services in the Greater Long Beach area. Qualifying teens may receive case management, subsidies for childcare, transportation and certain educational expenses, along with financial rewards for good school performance.

CHILD SUPPORT SERVICES DEPARTMENT

Los Angeles County

<http://cssd.lacounty.gov/wps/portal/cssd>
PH: (866) 901-3212

Assistance with child support issues: locating parents, establishing paternity, obtaining court orders for child support, collecting and distributing support. FEE: No charge.

LONG BEACH-WILMINGTON BEST BABIES COLLABORATIVE

City of Long Beach

2525 Grand Ave., Room 1250, Long Beach, CA 90815
PH: (562) 570-4060

Coordinated service delivery for pregnant and parenting women/teens in zip codes 90802, 90805, 90806, 90813: case management, home visitation and more. Spanish spoken. FEE: No charge.

HRS: Monday-Friday 8 AM-5 PM.

NURSE-FAMILY PARTNERSHIP

City of Long Beach

2525 Grand Ave., Room 250, Long Beach, CA 90815
PH: (562) 570-4281
FX: (562) 570-4099

Registered nurses provide home visitation services to first-time mothers, less than 28 weeks pregnant at intake and living in Long Beach. Services: assessment, case management, health education, counseling and more. Spanish spoken. FEE: No charge.

**PACIFIC ASIAN COUNSELING SERVICES (PACS)
PARTNERSHIP FOR FAMILIES**

www.pacsla.org

3530 Atlantic Ave., Suite 210, Long Beach, CA 90807

PH: (562) 424-1886

In-home case management for pregnant women and their families. Spanish spoken. FEE: No charge. HRS: Monday – Friday 9:00 AM – 6:00 PM.

**FAMILY PLANNING CLINIC
City of Long Beach**

2525 Grand Ave., Room 115, Long Beach CA 90815

PH: (562) 570-4315

Complete care for the mother-to-be: Medi-Cal/AIM enrollment assistance; breastfeeding and parenting. Spanish spoken, interpreters available. HRS: Monday-Friday 7:30 AM – 4:30 PM.

**PUBLIC HEALTH NURSING
City of Long Beach**

2525 Grand Ave., Room 250, Long Beach, CA 90815

PH: (562) 570-4210

TTY: (562) 570-4230

Registered nurses provide assessment, case management, health education, counseling and advocacy in the home and community. Spanish spoken. FEE: No charge.

**SAFELY SURRENDERED BABY HOTLINE
Los Angeles County**

www.babysafela.org

24-Hour Hotline: (877) 222-9723

Safe haven hotline/website to access nearest location to safely surrender babies, legal information, training materials and more. Interpreters available.

**TLC SUPPORT GROUP
St. Mary Medical Center**

John Parr Health Center, 1030 Linden Ave., Long Beach, CA 90813

Administration: (562) 598-4352 and (562) 429-1782

Support group and activities for pregnant/parenting teens: special speakers, crafts, parties, snacks, free childcare, 3-week classes in childbirth preparation. Call for schedule. FEE: No charge.

**UNITED CAMBODIAN COMMUNITY
PROUD PARENTING PROGRAM**

2201 E. Anaheim St., Suite 200, Long Beach, CA 90804

PH: (562) 433-2490

Support program for expectant parents and caregivers of children age 0-8 years that focuses on important parenting skills and issues that include self-care, personal empowerment, child development, and discipline. Spanish and Khmer spoken. FEE: No charge. HRS: Tuesday 6:00 – 8:00 PM and Wednesday 4:00-6:00 PM.

FAMILY RESOURCE PROGRAMS

CENTRO SHALOM

<http://www.centroshalom.org>

2131 Long Beach Blvd., Long Beach CA 90806

PH: (562) 591-2214

Assistance with food, clothing, applications, immigration, divorce, eviction, child support and custody, restraining orders; self-esteem classes for Spanish speakers Tuesday 9 AM-1 PM; Legal Aid attorneys help with workers' rights issues Tuesday 4-6 PM. Spanish spoken. FEE: No charge. HRS: Monday-Friday 8 AM-3 PM.

DISTRICT PARENT RESOURCE CENTER/MIGRANT PARENT CENTER - STEPHENS**Long Beach Unified School District**

1830 Columbia St., Long Beach, CA 90810

PH: (562) 981-8990

Parent workshops on various topics: parenting, nutrition, content standards, study skills, preparing for college, strategies and tools to assist children in becoming successful, STAR testing, preparation for testing, learning styles, ESL, literacy, computer literacy; childcare for adult education; family literacy; outreach library. Spanish and Tagalog spoken. FEE: No charge to LBUSD students and families. HRS: Monday-Friday 8 AM-4:30 PM.

EXCHANGE CLUB FAMILY SUPPORT CENTER

www.downeyfamilysupport.com/parent1.htm

8320 Iowa St. Downey, CA 90241

PH: (562) 904-9590

Parenting classes; Parent Aide Program provides trained, supervised staff for weekly in-home visits to assist parents of children ages 0-12, who are struggling with parenting issues. Call to determine eligibility. Spanish spoken. FEE: No charge.

FAMILY SUPPORT PROGRAM**Personal Involvement Center**

2438 Vermont Ave., Suite 302, Harbor City, CA 90710

PH: (310) 517-8675

In-home case management program to assist families mobilize formal and informal resources. Phone intake to determine needs. Spanish spoken. FEE: No charge.

FOSTER AND KINSHIP CARE EDUCATION PROGRAM**Long Beach City College**

fostercare.lbcc.edu

1305 E. Pacific Coast Highway, Building 00, Long Beach, CA 90806

PH: (562) 938-3014

Classes for foster parents, relative caregivers and foster youth: Independent Living Program (ILP) trains and supports foster youth ages 16-21 for independent living, Partnering for Safety and Permanence-Model Approaches to Partnerships in Parenting (PS-MAPP) provides mandatory training for all LA County DCFS foster parents, Kinship Education Preparation Support (KEPS) orientation provides relative caregivers with information on DCFS involvement. Website offers online workshop registration, schedules, resource links and more.

FRIENDS OUTSIDE

www.friendsoutsidela.org

1900 Atlantic Ave. Suite 200 Long Beach, CA 90806

PH: (562) 626-795-7607

Resources to assist inmates and their families: information, referrals, transportation for youth to visit their mothers at Chowchilla prison, family support group. FEE: No charge. HRS: Monday, Wednesday, Friday 8 AM- 4:30 PM. Contact for more information.

HOME VISITATION PROGRAM**Richstone Family Center**

www.richstonefamily.org

13634 Cordary Ave., Hawthorne, CA 90250

English/Spanish: (310) 970-1921

Agency based therapy, parent education and case management for zip codes 90801, 90802, 90803. Spanish spoken. FEE: No charge. HRS: By appointment only.

KINSHIP RESOURCE CENTER SOUTH**Department of Children and Family Services****Los Angeles County**

421 S. Glendora Ave. Suite 100 West Covina, CA 91790

PH: (626) 430-3200

Support for relative caregiver families who have exited the child welfare system through legal guardianship, Kin-GAP or adoption. HRS: Monday-Friday 8 AM-5 PM.

LONG BEACH FAMILY RESOURCE CENTER**Miller Children's Hospital**

2801 Atlantic Ave., Long Beach 90806

24-Hour: (562) 933-8048

A warmline/walk-in center provides information on child development, disabilities, medical issues and more. Spanish spoken. FEE: No charge.

NEIGHBORHOOD RESOURCE CENTER**City of Long Beach**

www.longbeach.gov/cd/neighborhood_services/resource_center/

425 Atlantic Ave., Long Beach, CA 90802

PH: (562) 570-1010

Assistance with neighborhood improvement projects through resource library, access to computers, internet, fax and more. HRS: Monday-Thursday 10 AM-7 PM, Friday 8 AM-5 PM.

PROGRAM ASSISTANCE FOR LANGUAGE MINORITY STUDENTS (PALMS)**Long Beach Unified School District**

1515 Hughes Way, 3rd Floor, Long Beach CA 90810

PH: (562) 997-8031

Support to LBUSD English learners, families and schools: translations, school adjustment and transition support for new immigrants. Interpreters available. FEE: No charge to LBUSD staff, students and families. HRS: Monday-Friday 8 AM-4:30 PM.

UNITED CAMBODIAN COMMUNITY

2201 E. Anaheim St., Suite 200, Long Beach, CA 90804

PH: (562) 433-2490

Community engagement, health and youth development programs for all ethnicities: Health Education, mental health, stigma reduction, health care education, parenting programs, youth sports and recreation, life skills, community forums, advocacy activities, citizenship assistance, and ESL classes. Khmer spoken. FEE: No charge. HRS: Monday-Friday 9 AM-6 PM.

GANG PREVENTION AND INTERVENTION

ANGER MANAGEMENT FOR TEENS**City of Carson**

ci.carson.ca.us/content/department/pub_service/youthsvsprogs.asp

PH: (310) 952-1700

Six-week anger management program for ages 12-17. Advanced registration required. Call/visit the website for details. FEE: \$30 for Carson residents, \$46 for non-residents. OFC HRS: Monday-Thursday 7 AM-6 PM.

CENTRO CHA, INC.

www.centrocha.org

1900 Atlantic Ave. 2nd Floor Long Beach, CA 90806

PH: (562) 570-4722

Individual and group counseling to address violence and gang prevention, court/probation advocacy, leadership training and more for ages 16-24. Spanish spoken. FEE: None HRS: 8:30 AM – 6:00 PM

ERASE THE PAST**Long Beach Police Department (LBPD)****City of Long Beach**

333 W. Broadway, Long Beach, CA 90802

Cell: (562) 818-9950

Free tattoo removal for ages 14-29, to assist in breaking gang ties by removing visible tattoos from the face, neck and arms. Must live in Long Beach or pre-approved surrounding areas; perform 5 hours of volunteer service at pre-approved sites prior to each treatment (4-10 treatments needed to completely remove a tattoo); attend school, work or be actively seeking employment; attend all scheduled appointments. Applicants will be screened by LBPD to ensure they are not currently involved in gang activity and do not have a pending criminal case.

HELPLINE YOUTH COUNSELING**LONG BEACH COUNSELING OFFICE**

www.hycinc.org

1133 Rhea St., Long Beach, CA 90806

PH: (562) 562-864-3722

Individual and family counseling, , anger management classes for teens. FEE: Sliding scale for counseling, \$20 intake for anger management/teen project classes, \$10 per class for anger management/teen project, \$25 textbook and \$10 per class for parent project. Call for more information.

LONG BEACH VOLUNTEER CENTER

www.volctr-sobay.org

1407 E. 4th St., Long Beach, CA 90804

PH: (562) 590-8844

Provides access to hundreds of volunteer opportunities for adults/youth: Interviews clients to determine interests, skills and ability to perform available tasks; court-approved to connect individuals to court-ordered community service; offers technical support to organizations interested in developing volunteer programs. Parents can enroll their children during school hours. Spanish spoken. FEE: Credit cards/cash, charge for court-ordered service varies according to the number of hours, no charge to link students to service learning opportunities. HRS: Monday-Friday 8:30 – 4:30

PROBATION DEPARTMENT, LONG BEACH AREA OFFICE**Los Angeles County**

415 W. Ocean Blvd., Suite 100, Long Beach, CA 90802

PH: (562) 491-5807

Assistance with probation-related issues and youth exhibiting predelinquent behavior. The department requests that parents/guardians, rather than other adults, call to speak with the juvenile officer of the day when seeking help for their children. HRS: Monday-Friday 8 AM-5:00 PM.

PROVIDENCE COMMUNITY SERVICES

www.provcorp.com/Locations/California.asp

21520 South Pioneer Blvd., Suite 110, Hawaiian Gardens, CA 90716

PH: (562) 865-3644

Outpatient counseling program for probationers in the LBUSD attendance area: individual and family counseling, groups for substance abuse and anger management, school/home based services upon request. Spanish spoken. FEE: Medi-Cal. HRS: Monday-Friday 9 AM-5:30 PM.

SHORTSTOP

Long Beach Bar Foundation

www.4lbbf.org

3515 Linden Ave., Long Beach, CA 90807

PH: (562) 981-7525

Juvenile crime prevention/diversion program for ages 10-17 with a first-time offense such as shoplifting, truancy, loitering, fighting or pre-delinquent behavior at home or school. Juveniles and their parents must attend two sessions held in a Long Beach courtroom and adjacent holding cell. Attorney instructors and prisoners provide information about legal rights/responsibilities, the importance of good decision-making and planning for the future. Paperwork is available in Spanish. FEE: \$125.

SUNBURST YOUTH CHALLENGE ACADEMY

California National Guard

<http://www.ngycp.org/site/state/ca2>

4022 Saratoga Ave. Los Alamitos, CA 90720

PH: (877) 463-1921

A community high school structured as a military style academy. Enrollment is voluntary. Prospective cadets must be a CA/US legal resident ages 16-18; a drop out/at risk for dropping out of high school; drug free (students will be drug tested); no felony convictions, awaiting trial or currently in trial proceedings; physically, mentally and emotionally capable of completing the program. Call/visit the website for more information. FEE: No charge.

HEALTH AND DENTAL CARE

HOTLINES

- 211 LA County211
 - Health and Nutrition Hotline.....(877) 597-4777
 - Immunization Shotline(562) 570-SHOT
-

AMERICAN CANCER SOCIETY

www.cancer.org

936 Pine Ave., Long Beach, CA 90813

PH: (800) 227-2345

Information, referrals, transportation to cancer treatments, financial assistance, support groups. Interpreters available. FEE: No charge.

ASSISTANCE LEAGUE OF LONG BEACH ORTHODONTIC CENTER

www.allb.org

6220 Spring St., Long Beach, CA 90815

PH: (562) 985-1165

Quality orthodontic care for low-income youth ages 11-16 who live in the LBUSD attendance area. FEE: Sliding scale. HRS: By appointment.

BELLFLOWER HEALTH CENTER

Los Angeles County

10005 E. Flower St., Bellflower, CA 90706

PH: (562) 804-8112

Health services for Lakewood and surrounding communities. Spanish spoken.

HRS: Monday-Friday 8 AM-4:30 PM by appointment.

THE CHILDREN'S CLINIC AT INTERNATIONAL ELEMENTARY SCHOOL

www.thechildrensclinic.org

700 Locust Ave., Long Beach, CA 90813

School: (562) 436-4420

Clinic: (562) 933-0400

Health care for ages 0-18, immunizations, benefits enrollment assistance and more. Spanish spoken. HRS: Monday 1-5 PM, Tuesday - Friday 8-5 PM

**THE CHILDREN'S CLINIC FAMILY HEALTH CENTER
AT CESAR CHAVEZ ELEMENTARY SCHOOL**

www.thechildrensclinic.org

730 West 3rd St., Long Beach, CA 90802

PH: (562) 435-5040

Health care for all ages: well-child visits, acute/chronic care, immunizations, lab testing, medication evaluation/support, benefits enrollment assistance for adults/children and more. Spanish and Khmer spoken. HRS: Monday-Friday 8 AM-5 PM by appointment.

**THE CHILDREN'S CLINIC FAMILY HEALTH CENTER
IN NORTH LONG BEACH AT HAMILTON MIDDLE SCHOOL**

www.thechildrensclinic.org

1060 E. 70th St., Long Beach, CA 90805

PH: (562) 531-7284

Health care for all ages: well-child visits, acute/chronic care, immunizations, lab testing, medication evaluation/support, benefits enrollment assistance for adults/children and more. Spanish spoken. HRS: Monday-Friday 8 AM-5 PM by appointment.

THE CHILDREN'S CLINIC, SERVING CHILDREN AND THEIR FAMILIES

www.thechildrensclinic.org

455 Columbia St., Suite 201, Long Beach, CA 90806

PH: (562) 933-0400

Health care for all ages: well-child visits; acute/chronic care; immunizations; lab testing; medication evaluation/support, benefits enrollment assistance for adults/children and more. Spanish and Khmer spoken. HRS: Monday-Thursday 8 AM-8 PM, Friday 8 AM-5 PM, Children: Saturday 9 AM-12 PM, Adults: by appointment.

THE CHILDREN'S DENTAL HEALTH CLINIC

www.cdhc.org

455 E. Columbia St., Long Beach, CA 90806

PH: (562) 933-3141

Comprehensive dental care for children from low-income families. Interpreters available. Call/visit the website for more information. FEE: Medi-Cal, sliding scale. HRS: Monday-Friday 7 AM-4 PM.

**DENTI-CAL
State of California**

www.denti-cal.ca.gov

PH: (800) 322-6384

TTY: (800) 735-2922

Dental care for Medi-Cal recipients. Call/visit the website for Medi-Cal dentists and more.

**DEPARTMENT OF HEALTH AND HUMAN SERVICES
City of Long Beach**

www.ci.long-beach.ca.us/health/services.htm

2525 Grand Ave., Long Beach CA 90815

PH: (562) 570-4000

TTY: (562) 570-4346

City-operated independent health jurisdiction addressing Long Beach public health and human services needs: STD/HIV testing; family planning; maternal, child and adolescent health programs; epidemiology and lab services; environmental health programs; community safety; health promotion;

HOSPITALS FOR MEDICAL SERVICES

Catalina Island Medical Center.....(310) 510-0700

100 Falls Canyon Rd., Avalon, CA 90704

Community Hospital of Long Beach.....(562) 498-1000

1720 Termino Ave., Long Beach, CA 90804

Harbor/UCLA Medical Center(310) 222-2345

1000 W. Carson St., Torrance, CA 90509

Long Beach Memorial Medical Center - Adult Services.....(562) 933-2000

2801 Atlantic Ave., Long Beach, CA 90806

Miller Children's Hospital(562) 933-2000

2801 Atlantic Ave., Long Beach, CA 90806

Pacific Hospital.....(562) 595-1911

2776 Pacific Ave., Long Beach, CA 90806

St. Mary Medical Center(562) 491-9000

1050 Linden Ave., Long Beach, CA 90813

LONG BEACH COMPREHENSIVE HEALTH CENTER

Los Angeles County

www.ladhs.org

1333 Chestnut Ave., Long Beach, CA 90813

PH: (562) 599-2153

Health and dental care for LA County residents. FEE: Medi-Cal, Healthy Families, sliding scale, \$60 prepayment plan. HRS: Monday-Friday 7:30 AM-4:00 PM, Saturday 7:30 AM-4:30 PM.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

www.pparx.org

PH: (888) 477-2669

Access to more than 475 public and private patient assistance programs to help those without prescription coverage get the medicine they need. Call/visit the website for more information.

**PEDIATRIC ORTHOPEDIC SPECIALTY CENTER (formerly Tichenor
Orthopedic Center)**

Miller Children's Hospital

www.memorialcare.com/miller/services/lowman.cfm

1760 Termino Ave., Suite 308, Long Beach, CA 90804

PH: (562) 933-0249

Orthopedic care for ages 0-18. Spanish spoken. FEE: Medi-Cal, Healthy Families, Healthy Kids with prior authorization, private insurance. HRS: Monday-Friday 8:00 AM-5 PM.

PUBLIC HEALTH NURSING

City of Long Beach

2525 Grand Ave., Room 250, Long Beach, CA 90815

PH: (562) 570-4202

TTY: (562) 570-4230

Registered nurses provide assessment, case management, health education, counseling and advocacy in the home and community. Spanish spoken. FEE: No charge.

TICHEN

OR ORTHOPEDIC CLINIC FOR CHILDREN

www.tichenorclinic.org

1660 Termino Ave., Long Beach, CA 90804

PH: (562) 597-3696

Orthopedic care and physical therapy for ages 0-18, early intervention program for ages 1-3, swim lessons for children with musculoskeletal problems. Interpreters available. FEE: \$5 registration fee, donations accepted. HRS: Monday-Friday 8 AM-7 PM.

THE VASEK POLAK CHILDREN'S CLINIC FAMILY HEALTH AND WELLNESS CENTER

www.thechildrensclinic.org

1057 Pine Ave., Long Beach, CA 90813

PH: (562) 366-5900

Health care for all ages: well-child visits, acute/chronic care, immunizations, lab testing, Asthma Resource Center, benefits enrollment assistance for adults/children and more. Spanish and Khmer spoken, sign language interpreter. HRS: Monday-Friday 8 AM-5 PM.

WESTSIDE NEIGHBORHOOD CLINIC

www.wnclinic.org

2125 Santa Fe Ave., Long Beach, CA 90810

PH: (562) 432-9575

Health care for all ages: well-child visits, acute/chronic care, pediatrics, immunizations, women's services, prenatal care, lab testing, pharmacy, benefits enrollment assistance for adults/children and more. Spanish spoken. FEE: Medi-Cal, other financial arrangements. HRS: Monday-Friday 8 AM-5 PM.

HOUSING AND BASIC NEEDS

HOMELESS INFO LINE:

LONG BEACH MULTI-SERVICE CENTER

City of Long Beach

PH: (562) 733-1147

Current information on shelter availability and other homeless services (see page 47).

211 LA COUNTY

Los Angeles County

www.211LA.org

24-Hour Hotline: 211

Hotline/website for LA County resources. Interpreters available.

BETHUNE TRANSITIONAL CENTER FOR HOMELESS STUDENTS

Long Beach Unified School District

PH: (562) 435-2050

Assists homeless students and families within LBUSD boundaries transition to a traditional school setting by providing school uniforms, supplemental clothing, academic assessments for appropriate classroom placement, transportation, parenting classes and more. Spanish spoken. HRS: Monday-Friday 8 AM-4 PM.

CATHOLIC CHARITIES

123 E. 14th St., Long Beach, CA 90813

PH: (562) 591-1351

Emergency food, clothing and other assistance upon availability. Spanish spoken.
FEE: No charge. Food HRS: Tuesday, Thursday 10 AM-12 PM, 2-4 PM, subject to change.

CENTRO SHALOM

www.centroshalom.com

2131 Long Beach Blvd., Long Beach CA 90806

PH: (562) 591-2214

Assistance with food, clothing, applications, immigration, divorce, eviction, child support and custody, restraining orders; self-esteem classes for Spanish speakers Tuesday 9 AM-1 PM; Legal Aid attorneys help with workers' rights issues Thursday 4-6 PM. Spanish spoken. FEE: No charge. HRS: Monday-Friday 8 AM-3 PM.

CHRISTIAN OUTREACH IN ACTION (COA)

www.coalongbeach.org

515 E. 3rd St., Long Beach, CA 90802

PH: (562) 432-1440

Breakfast: Monday-Friday 7:30 AM; hot meals: Monday-Friday 5 PM; lunch: odd-numbered Saturdays 12 PM; furniture, groceries and clothing: Tuesday, Thursday 9 AM-12 PM walk-in, subject to change. Spanish spoken.

HEALTHY CITY WEBSITE

healthycity.org

Online resource for LA County services and more.

HEARTHSTONE COMMUNITY FOUNDATION

hearthstonecommunity.org

911 Pacific Ave. Suite 2, Long Beach, CA 90813

PH: (562) 435-0419

Low-income housing for eligible families. Rents are approximately 50% below market value. No Section 8 participants are eligible. Call/visit the website for current rental listings.

HOUSING AUTHORITY**City of Long Beach**

www.longbeach.gov/cd/housing

521 E. 4th St., Long Beach, CA 90802

PH: (562) 570-6985

Assistance with Section 8 housing and more. HRS: Monday-Friday 7:30 AM-4:30 PM.

LONG BEACH COMMUNITY ACTION PARTNERSHIP

www.lbcap.org

3012 Long Beach Blvd., Long Beach, CA 90807

PH: (562) 437-0681

Case management, weatherization, refrigerator replacement, heating/cooling system repairs, relamping, financial education, computer and ESL classes for adults. Spanish spoken. FEE: Eligibility is determined by income. HRS: Monday-Friday 9 AM-5 PM by appointment.

LONG BEACH HOUSING DEVELOPMENT COMPANY**City of Long Beach**

www.lbhd.org

110 Pine Ave., Suite 1200, Long Beach, CA 90802

PH: (562) 570-6949

Website offers a list of affordable housing and rental units for families, seniors, disabled and more.

LONG BEACH MULTI-SERVICE CENTER**City of Long Beach**

1301 W. 12th St., Long Beach, CA 90813

PH: (562) 733-1147

Integrated services for the homeless: shelter/housing referrals, on-site medical clinic, telephones, showers, laundry facility, HIV services, case management, childcare, clothing, veterans' affairs services, alcohol/drug treatment and more. Spanish spoken. FEE: No charge. Intake HRS: Monday, Tuesday, Wednesday, Friday 8 AM-2 PM; Thursday 8 AM-12 PM walk in only.

LONG BEACH RESCUE MISSION

www.lbrm.org

1335 Pacific Ave., Long Beach, CA 90813

PH: (562) 591-1292 Ext. 201

Shelter and support services for men, women and women with children: 2-week overnight program, 3-month case management/overnight program, adult residential substance abuse treatment program.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) State of California

www.csd.ca.gov

PH: (866) 675-6623

Home Energy Assistance Program (HEAP) provides one direct payment to a utility company once per year. Energy Crisis Intervention Program (ECIP) assists with energy-related crises.

Weatherization Services offers weather stripping, insulation, caulking, water heater blankets, refrigerator replacement, heating/cooling system repairs, compact fluorescent lighting to make dwellings more energy efficient and safe.

LUTHERAN SOCIAL SERVICES OF SOUTHERN CALIFORNIA

www.lsssc.org

1611 Pine Ave., Long Beach, CA 90813

PH: (562) 599-1321

Food, clothing, ESL and health classes. Spanish spoken. Call/visit the website for more information.

SALVATION ARMY

455 Spring St., Long Beach, CA 90806

PH: (562) 426-7637

Food, bus tokens/taxi vouchers for medical appointments, Lions Club program for eyeglasses, teen fellowship

for ages 14-18 Wednesday 6-8 PM, youth fellowship for ages 6-13 Thursday 6-8 PM. Spanish spoken. FEE: No charge, bring ID for head of household, birth certificates for children, proof of address and income. HRS: Monday, Wednesday, Thursday, Friday 8:30-11:30 AM walk-in.

SCHOOL BREAKFAST AND LUNCH PROGRAM

Nutrition Services Branch

Long Beach Unified School District

[www.lbschools.net /fdsvc/](http://www.lbschools.net/fdsvc/)

PH: (562) 427-7923

Schools and other LBUSD locations provide free or reduced price breakfast, lunch and snacks to students who meet low-income requirement. Call/visit the website to access daily menu, catering services and more.

SUMMER FOOD SERVICE PROGRAM

Long Beach Unified School District/City of Long Beach

LBUSD Nutrition Services Branch: (562) 427-7923

City of Long Beach: (562) 570-3535

From July-August, Monday-Friday, free meals are available to children 18 years or younger (no infant meals) at selected schools, parks and other locations.

LEGAL AND IMMIGRATION SERVICES

ALLIANCE FOR CHILDREN'S RIGHTS

www.kids-alliance.org

3333 Wilshire Blvd., #550, Los Angeles, CA 90010

PH: (213) 368-6010

Legal services for LA County children from low-income families. Spanish spoken.

FEE: Charge for filing fees. HRS: Monday-Friday 9 AM-5:30 PM.

ASIAN PACIFIC AMERICAN LEGAL CENTER OF SOUTHERN CALIFORNIA

www.apalc.org

1145 Wilshire Blvd., 2nd Floor, Los Angeles, CA 90017

PH: (213) 977-7500

Legal assistance for low-income immigrants and working families. Interpreters available.

FEE: No charge. HRS: Monday-Friday 8:30 AM-5:30 PM.

BIRTH, DEATH AND MARRIAGE RECORDS SECTION

Registrar-Recorder/County Clerk

Los Angeles County

www.lavote.net/RECORDER/BDM_records.cfm

P.O. Box 53120, Los Angeles, CA 90053

PH: (562) 462-2137

Birth, death and marriage certificates for those born in LA County. Call/visit the website for more information.

CALIFORNIA COURTS SELF-HELP CENTER

www.courtinfo.ca.gov/selfhelp

Online self-help center offers assistance and information on many legal issues. Multi-lingual.

CANCER LEGAL RESOURCE CENTER

Disability Rights Legal Center

www.disabilityrightslegalcenter.org

PH: (866) 843-2572

TTY: (213) 736-8310

Legal assistance for those dealing with cancer. Spanish spoken. FEE: No charge.

HRS: Monday-Friday 9 AM-5 PM.

CHILD SUPPORT SERVICES DEPARTMENT

Los Angeles County

childsupport.co.la.ca.us

PH: (323) 890-9800

TTY: (323) 725-3907

Assistance with child support issues: locating parents, establishing paternity, obtaining court orders for child

support, collecting and distributing support. FEE: No charge.

COALITION FOR HUMANE IMMIGRANT RIGHTS OF LOS ANGELES (CHIRLA)

www.chirla.org

2533 W. 3rd St., Suite 101, Los Angeles, CA 90057

PH: (888) 624-4752

Information and referrals for immigration, citizenship, domestic violence, workers' rights, consumer fraud, housing, discrimination, hate crimes and more.

DISABILITY RIGHTS CALIFORNIA (formerly Protection and Advocacy Inc.)

www.pai-ca.org

3580 Wilshire Blvd., Suite 902, Los Angeles, CA 90010

PH: (800) 776-5746

TTY: (800) 719-5798

Legal assistance to those with disabilities. Interpreters available. FEE: No charge.

HRS: Monday-Friday 9 AM-3 PM.

DISABILITY RIGHTS LEGAL CENTER

www.disabilityrightslegalcenter.org

919 Albany St., Los Angeles, CA 90015

PH: (213) 736-1334

TTY: (213) 736-8310

Legal assistance for all disability issues. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-5 PM.

FAIR HOUSING FOUNDATION

www.fhfla.com

3605 Long Beach Blvd., Suite 302, Long Beach, CA 90807

PH: (562) 989-1206

Legal assistance for unlawful detainers, housing discrimination, landlord/tenant mediation.

FEE: No charge. HRS: Monday-Friday 8 AM- 12:30 PM, 1:30-5 PM.

HOUSING AUTHORITY**City of Long Beach**

www.longbeach.gov/cd/housing

521 E. 4th St., Long Beach, CA 90802

PH: (562) 570-6985

Assistance with Section 8 housing. FEE: No charge. HRS: Monday-Friday 7:30 AM-4:30 PM.

LEGAL AID FOUNDATION OF LOS ANGELES, LONG BEACH OFFICE

www.lafla.org

110 Pine Ave., Suite 420, Long Beach, CA 90802

PH: (562) 435-3501

TTY: (310) 393-7734

Legal assistance for immigration, domestic violence, housing, government benefits, family law, employment and more. Spanish and Vietnamese spoken. FEE: No charge to low-income Long Beach residents. HRS: Monday-Friday 9 AM-12 PM, 1-5 PM.

LONG BEACH SELF-HELP LEGAL ACCESS CENTER

Long Beach Courthouse, 415 W. Ocean Blvd, 5th Floor, Room 505, Long Beach, CA 90802

PH: (800) 433-6251

Walk-in access to legal information on divorce, parent rights, child custody/visitation Monday-Friday 8:30 AM-12 PM; evictions, name change and civil harassment restraining orders Monday-Thursday 1:30-4 PM; first 30 people will be served; bring all court papers.

LOS ANGELES SUPERIOR COURT

www.lasuperiorcourt.org

Website offers comprehensive online services and resources for civil, small claims, juvenile, family, probate, mental health, traffic, criminal cases and more.

MENTAL HEALTH ADVOCACY SERVICES

www.mhas-la.org

3255 Wilshire Blvd., Suite 902, Los Angeles, CA 90010

PH: (213) 389-2077

Legal advocacy for those with mental/developmental disabilities in the areas of special education, housing, employment discrimination and government benefits. Spanish spoken. FEE: No charge.

HRS: Monday-Friday 9 AM-5 PM.

MEXICAN AMERICAN LEGAL DEFENSE AND EDUCATIONAL FUND (MALDEF)

www.maldef.org

634 S. Spring St., 11th floor, Los Angeles, CA 90014

PH: (213) 629-2512

Promotes and protects Hispanic civil rights in the areas of employment, education, immigration and political access. FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

NATIONAL IMMIGRATION LAW CENTER

www.nilc.org

PH: (213) 639-3900

Website provides extensive information on immigration law, employment, benefits, immigrants' rights; no individual legal assistance.

PUBLIC COUNSEL - Children's Rights Project

www.publiccounsel.org

610 S. Ardmore Ave., Los Angeles, CA 90005

PH: (213) 385-2977 Ext. 500

Legal representation for children in the areas of special education, guardianship, adoption and more. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-5:15 PM.

SINGLE PARENTS UNITED 'N KIDS (SPUNK)

www.spunklb.org

2125 Santa Fe Ave., Long Beach, CA 90810

PH: (562) 432-8802

Information about child support, low-cost divorce and paternity. FEE: No charge for phone consultation.

HRS: Monday-Friday 8:30 AM-4 PM.

UNITED STATES CITIZENSHIP AND IMMIGRATION SERVICES

www.uscis.gov

PH: (800) 375-5283

TTY: (800) 767-1833

Immigration benefits and services for citizenship, lawful permanent residency, family and employment-related immigration/authorization, inter-country adoptions, asylum and refugee status, replacement immigration documents, foreign student authorization and more.

VICTIM WITNESS ASSISTANCE PROGRAM**Los Angeles County**

da.co.la.ca.us/vwap

Long Beach Courthouse, 415 W. Ocean Blvd., Room 305, Long Beach, CA 90802

PH: (562) 491-6347

Qualifying victims (includes undocumented) may receive financial assistance for losses resulting from a violent crime, when they cannot be reimbursed by other sources. Expenses that may be

covered include: funeral, medical, dental, mental health and more. Eligibility is determined by contents of a police or Child Protective Services report. Call/visit the website for more information.

MENTAL HEALTH/HEALTH: Education and Support

ADULT BEREAVEMENT GROUP

Long Beach Memorial Medical Center

www.memorialcare.org/long_beach/calendar/calendar.cfm

2801 Atlantic Ave., Long Beach, CA 90806

PH: (562) 933-1450

Adult bereavement group. Go to the information desk for location. FEE: No charge for group, parking fee.

HRS: Wednesday 3-5 PM, Thursday 6-8 PM.

AMERICAN RED CROSS, GREATER LONG BEACH CHAPTER

3150 E. 29TH St., Long Beach, CA 90806

PH: (562) 595-6341 Ext. 237

Activities and courses for ages 12-24: youth council, safe kids programs for ages 7-12, holiday projects, leadership development center, youth response corps and more.

AUTISM SOCIETY OF AMERICA

Greater Long Beach/San Gabriel Valley Chapters

www.greaterlongbeach-asia.org

P.O. Box 15247, Long Beach, CA 90815

PH: (562) 943-3335

Information and referrals for autism services, free monthly support groups.

CAMBODIAN ASSOCIATION OF AMERICA

Marriage Enrichment Project

PH: (562) 988-1863

Five-session marriage skills workshop for individuals and couples. Khmer, Spanish, Laotian, Vietnamese, Chinese and Samoan spoken. FEE: No charge, \$20 bonus given for program completion. HRS: Call for appointment and locations.

CANCER SUPPORT GROUP FOR KIDS, TWEENS AND TEENS

Long Beach Memorial Medical Center

www.memorialcare.org/long_beach/calendar/calendar.cfm

Miller Family Health Education Center, 3820 Cherry Ave., Long Beach, CA 90807

PH: (562) 933-0900

Support groups for ages 7-10, 11-13 and 14-17 who are dealing with a significant person diagnosed with cancer. Groups focus on understanding and coping with the diagnosis. FEE: No charge. HRS: Groups meet once per month. Call for information and screening.

THE CENTER, LONG BEACH

www.centerlb.org

2017 E. 4th St., Long Beach, CA 90814

PH: (562) 434-4455 Ext. 245

Services for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ): information, referrals, social and cultural activities, HIV testing, drop-in hours for ages 17 and under Monday-Friday 2-6 PM, parent/guardian support group meets the last Friday each month 7 PM, art-based workshop on addiction/ recovery Tuesday 4-5 PM. FEE: No charge. OFC HRS: Monday-Friday 11 AM-7 PM.

EXCHANGE CLUB FAMILY SUPPORT CENTER

www.downeyfamilysupport.com/parent1.htm

1032 Redondo Ave., Suite B, Long Beach, CA 90804

PH: (562) 434-6899

Parent Aide Program provides trained, supervised staff for weekly in-home visits to assist parents of children ages 0-12, who are struggling with parenting issues. Call to determine eligibility. Spanish spoken. FEE: No charge.

FAMILIES IN GOOD HEALTH

St. Mary Medical Center

411 E. 10th St., Suite 207, Long Beach CA 90813

PH: (562) 491-9100

Health and social education programs for Southeast Asian and Latino communities, benefits enrollment assistance for children. Spanish, Khmer, Thai and Hmong spoken. FEE: No charge. HRS: Monday-Friday 8 AM-4:30 PM.

FAMILY COUNSELING PROGRAM

Youth Services Division, Long Beach Police Department City of Long Beach

1957 Pacific Ave., Long Beach, CA 90806

PH: (562) 570-1426

Licensed therapists provide counseling to assist parents in dealing with teens and family issues. Spanish spoken. FEE: No charge. HRS: By appointment.

FAMILY SUPPORT GROUP IN SPANISH

Department of Mental Health, Office of the Family Advocate Los Angeles County

The Vasek Polak Children's Clinic Family Health and Wellness Center

1057 Pine Ave., Long Beach, CA 90813

PH: (213) 251-6520

Support group for Spanish speakers 18+. Topics include: stress, domestic violence, depression, panic attacks, mental illness, autism, ADHD, school behavior problems, community resources and more. FEE: No charge.

HRS: 1st and 3rd Friday 9-11 AM

FAMILY SUPPORT PROGRAM

Personal Involvement Center

2438 Vermont Ave., Suite 302, Harbor City, CA 90710

PH: (310) 517-8675

In-home case management program to assist families mobilize formal and informal resources. Phone intake to determine needs. Spanish spoken. FEE: No charge.

GRANDPARENTS AS PARENTS

www.grandparentsasparents.org

P.O. Box 964, Lakewood, CA 90714

PH: (562) 421-7991

Support for those raising other people's children: referrals, support groups, family outings, clothing exchange and more.

HOME VISITATION PROGRAM

Richstone Family Center

www.richstonefamily.org

13634 Cordary Ave., Hawthorne, CA 90250

English: (310) 970-1921 Ext. 224

Spanish: (310) 970-1921 Ext. 134

Family needs assessment, parent education and case management for zip codes 90801, 90802, 90803. Spanish spoken. FEE: No charge. HRS: Monday-Thursday 9 AM-9 PM, Friday 9 AM-6 PM.

LONG BEACH CHAPTER STROKE ASSOCIATION OF SOUTHERN CALIFORNIA

P.O. Box 8340, Long Beach, CA 90808

PH: (562) 537-0556

Assistance to stroke survivors and their families/caregivers: support groups, information, referrals and more. Interpreters available. FEE: No charge.

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)

www.nami.org

P.O. Box 91206, Long Beach, CA 90809

PH: (562) 435-2264

Promotes the welfare and appropriate treatment of those with severe/persistent mental illness. Support group and speakers' bureau meetings are held at Pacific Hospital. Call for more information.

PACIFIC ASIAN COUNSELING SERVICES (PACS)

www.pacsla.org

3530 Atlantic Ave., Suite 210, Long Beach, CA 90807

PH: (562) 424-1886

Youth Excelling for Success (YES): homework help and other after-school activities for grades K-12 Monday-Thursday 3-7 PM. Leading Out Loud (LOL): youth leadership program for high school students and recent graduates. Partnerships for Families (PFF): case management for pregnant teens and their families. Jumping Over Barriers (JOBS): employment services for adults/youth. Call/visit the website for more information. FEE: No charge.

**PATHS PROGRAM
City of Long Beach**

www.lbyouth411.com

PH: (562) 570-7925

Program for ages 14-18 to reduce teen pregnancy and promote responsible parenting. Workshop topics include self-esteem, decision-making, communication skills, values clarification, birth control, reproductive anatomy, STDs and more. Available for schools and other locations upon request. FEE: No charge.

PATHWAYS VOLUNTEER HOSPICE

3300 South St., Suite 206, Long Beach, CA 90805

PH: (562) 531-3031

Bereavement services for all ages: individual/family assessment, school/community based support groups, grief education for school staff/students, volunteer training and more. Spanish and Khmer spoken. FEE: No charge. HRS: Monday-Friday 9 AM-5 PM.

**PERINATAL LOSS SUPPORT GROUP
Long Beach Memorial Medical Center**

www.memorialcare.org/long_beach/calendar/calendar.cfm

PH: (562) 933-1454

Support group for those mourning the death of a baby before or after birth. Go to the information desk for location. FEE: No charge for group, parking fee. HRS: 2nd and 4th Monday 7-8:30 PM.

**D GENERATION TEEN DATING VIOLENCE PROGRAM
Interval House**

SECON

6615 E. Pacific Coast Highway, Suite 170, Long Beach, CA 90803

PH: (562) 594-4555

Counseling and other activities for youth who are victims of domestic violence. FEE: No charge.

HRS: By appointment.

SHARE!

Emotional Health Association

www.shareselfhelp.org

PH: (310) 305-8878

Referrals to over 10,000 self-help support groups throughout LA County.

SUPPORT GROUP FOR PARENTS AND CAREGIVERS OF CHILDREN AGES 0-12

For the Child

4565 California Ave., Long Beach, CA 90807

PH: (562) 427-7671 – Ask for intake coordinator

Support group for parents/caregivers (of children 0-12) who have a history of substance abuse, domestic violence or mental health problems. Topics include: the impact of substance abuse and domestic violence on parent-child relationships, managing anger, helping children cooperate, parenting under stress, improving communication, building a child's self-confidence. FEE: No charge. HRS: Group for English speakers - Wednesday 10-11:30 AM, group for Spanish speakers - Tuesday 10-11:30 AM.

TAKE 5 ENRICHMENT PROGRAM

Victory Community Center

PH: (310) 522-4677 – Ask for Freddie Gomez

Cell: (310) 505-3779

Twelve-week anger management program for ages 14-19. FEE: No charge. HRS: Monday 5-7 PM. Call for registration and location information.

UNITED CAMBODIAN COMMUNITY

2201 E. Anaheim St., Suite 200, Long Beach, CA 90804

PH: (562) 433-2490

Community-based empowerment programs for all ethnicities: performing arts for ages 8-18; Proud Parenting Program for pregnant/parenting ages 14-24+ Thursday 5:30-7 PM, assistance to Southeast Asian immigrants and more. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-6 PM.

THE WELLNESS CENTER

Mental Health America of Los Angeles

1078 Atlantic Ave., Long Beach, CA 90813

PH: (562) 285-0149

Programs to promote wellness, healing and recovery for ages 18+ with an Axis I mental health diagnosis: counseling, medication evaluation/support, self-help meetings, social/recreational opportunities and more. Call for a phone screening to determine eligibility. FEE: Medi-Cal, some services are low-cost/no charge.

MENTAL HEALTH: Medi-Cal/Healthy Families

ALMA FAMILY SERVICES

www.almafamilyservices.org

121 Linden Ave., Long Beach, CA 90802

Intake Office: (323) 881-3799

Long Beach Office: (562) 624-8844

Outpatient mental health services for individuals and families without/with special needs, including developmental disabilities: individual, family and group counseling; case management; therapeutic behavioral services for children; medication evaluation/support; dual diagnosis program. Spanish spoken. FEE: Medi-Cal, Healthy Families. HRS: By appointment.

CHILDNET YOUTH AND FAMILY SERVICES

www.childnet.net

5150 East Pacific Coast Highway Long Beach CA 90804

PH: (562) 490-7600

School, home and agency-based mental health services for ages 3-18 and their families: individual, family and group counseling; medication evaluation/support; case management and more.

Spanish spoken. FEE: Medi-Cal. HRS: Monday-Friday 8:30 AM-5 PM.

COMMUNITY FAMILY GUIDANCE

10929 South St., Suite 208 B, Cerritos, CA 90703

PH: (562) 924-5526

Outpatient mental health services for ages 3-17 and their families: individual, family and group counseling; medication evaluation/support. Spanish spoken. FEE: Medi-Cal, Healthy Families.

.HRS: Monday-Thursday 8:30 AM-9 PM, Friday 8:30 AM-4:30 PM.

FAMILY AND YOUTH STARS PROGRAM**Community Family Guidance**

10929 South St., Suite 214 B, Cerritos, CA 90703

PH: (562) 865-6444

Intensive short-term mental health services for ages 2-18 in acute crisis. Must have a history of psychiatric hospitalizations or out-of-home placements and present a high risk for placement failure because of severe emotional/behavioral problems. Services include school, home and agency-based counseling; medication evaluation/support; case management; parent education.

Parent/legal guardian must call to request services. FEE: Medi-Cal, Healthy Families, AB3632.

HRS: Monday-Thursday 8 AM-9 PM, Friday 8 AM-4:30 PM.

FOR THE CHILD

www.forthethechild.org

Administration and Treatment Office Intake and Treatment Office

4565 California Ave., Long Beach, CA 90807 4001 Long Beach Blvd., Long Beach, CA 90807

PH: (562) 422-8472 PH: (562) 427-7671

School, home and agency-based mental health services for ages 2-18 and their families: Individual and family counseling, case management, parenting classes, medication evaluation/support, child abuse and domestic violence treatment programs. Call the intake and treatment office for an intake appointment. Spanish spoken. FEE: Medi-Cal, Healthy Families, sliding scale, no charge for some services. OFC HRS: Monday-Friday 8 AM-5 PM.

FULL SERVICE PARTNERSHIP (FSP): For Adults**Department of Mental Health****Los Angeles County**

dmh.lacounty.info/MHSA/plans/css.html

PH: (562) 435-3037

FX: (562) 256-1603

Comprehensive mental health services for adults diagnosed with a serious mental illness, at risk for/homeless, in frequent contact with psychiatric hospitals or the criminal justice system, living with family members and/or at risk for the above. Services may include help accessing counseling, health care/benefits, substance abuse/ domestic violence treatment, transportation, housing, job placement/training and more. Eligibility determined by phone screening. FEE: Medi-Cal, financial screening for all referrals, those with private insurance will be charged full cost.

FULL SERVICE PARTNERSHIP (FSP): For Children
Department of Mental Health
Los Angeles County

dmh.lacounty.info/MHSA/plans/css.html

PH: (562) 435-3037

FX: (562) 256-1603

Comprehensive mental health services for ages 0-15 and their families who are experiencing significant emotional, psychological and/or behavioral problems. Services may include help accessing health care/benefits, housing, substance abuse/domestic violence treatment, transportation to/from appointments, counseling and more. Eligibility determined by phone screening. FEE: Medi-Cal, financial screening for all referrals, those with private insurance will be charged full cost.

FULL SERVICE PARTNERSHIP (FSP): For Transition Age Youth
Department of Mental Health
Los Angeles County

dmh.lacounty.info/MHSA/plans/css.html

PH: (562) 435-3037

FX: (562) 256-1603

Comprehensive mental health services for ages 16-25 with a serious emotional disturbance; may be struggling with substance abuse; at risk for/homeless; aging out of children's mental health, child welfare or the juvenile justice system; and/or leaving long-term institutional care. Services may include help accessing counseling, health care/benefits, housing, substance abuse treatment, transportation to/from appointments and more. Eligibility determined by phone screening. FEE: Medi-Cal, financial screening for all referrals, those with private insurance will be charged full cost.

THE GUIDANCE CENTER

1307 Pine Ave. Long Beach, CA 90807

PH: (562) 595-1159

School, home and agency-based intensive mental health services up to age 18 with severe emotional problems and their families: individual, group and family counseling, medication evaluation/support, case management, parent education, crisis intervention. Spanish spoken. FEE: Medi-Cal, Healthy Families. HRS: Monday-Thursday 8 AM-7 PM, Friday 8 AM-4:30 PM.

HARBORVIEW COMMUNITY SERVICES

www.sunh.com

850 E. Wardlow Rd., Long Beach, CA 90807

PH: (562) 981-9392

School, home and agency-based mental health services for ages 5-18 and their families: Individual and family counseling; case management; afternoon groups for ages 6-18 on topics such as social skills, anger management, grief and leisure skills. Spanish and Farsi spoken. FEE: Medi-Cal. HRS: Monday-Friday 8 AM-6 PM.

LONG BEACH ASIAN PACIFIC MENTAL HEALTH PROGRAM
Department of Mental Health
Los Angeles County

1975 Long Beach Blvd., Long Beach, CA 90806

PH: (562) 599-9401

Outpatient mental health services for Asian and Pacific Islander communities: crisis intervention; individual, family and group counseling; case management; medication evaluation/support. Khmer, Tagalog, Vietnamese, Chinese and Laotian spoken. FEE: Medi-Cal, Healthy Families, sliding scale, those with private insurance will be charged full cost. HRS: Monday-Friday 8 AM-5 PM, Wednesday 8 AM-7 PM.

LONG BEACH CHILD AND ADOLESCENT PROGRAM

**Department of Mental Health
Los Angeles County**

240 E. 20th St., Long Beach, CA 90806

PH: (562) 599-9271

Outpatient mental health services for ages 0-17 and their families: phone/walk-in crisis intervention, imminent danger assessment and hospitalization assistance; no PMRT available; medication evaluation/support; psychological testing; CalWORKs services. Functional Family Therapy (FFT) for ages 11-17 and their families who have conduct, attendance and/or family problems. Services include 3-6 months of intensive family treatment to reduce/eliminate conflict and improve family functioning. Spanish spoken, interpreters available. FEE: Medi-Cal, Healthy Families, AB3632, sliding scale, those with private insurance will be charged full cost. HRS: Monday, Tuesday and Thursday 8 AM-6 PM; Wednesday 8 AM-7 PM; Friday 8 AM-5 PM.

LONG BEACH MENTAL HEALTH – ADULT SERVICES**Department of Mental Health
Los Angeles County**

1975 Long Beach Blvd., Long Beach, CA 90806

PH: (562) 599-9280

Adult outpatient mental health services for Long Beach residents: walk-in crisis intervention, imminent danger assessment and hospitalization assistance; case management; psychosocial rehabilitation; medication evaluation/support; residential placement assistance; HIV services; activity clubhouse; individual and group counseling; CalWORKs services. Spanish spoken. FEE: Medi-Cal, Healthy Families, sliding scale, those with private insurance will be charged full cost. HRS: Monday-Friday 8 AM-5 PM, Wednesday 8 AM-7 PM, first intake appointment is walk-in only. Call for more information.

MHA VILLAGE**Mental Health America of Los Angeles**

www.mhavillage.org

456 Elm Ave., Long Beach, CA 90802

PH: (562) 437-6717

Services for ages 18+ with severe/persistent mental illness: counseling, medication evaluation/support, referrals to supported housing, education and more. Spanish spoken, sign language interpreter.

PACIFIC ASIAN COUNSELING SERVICES (PACS)

www.pacsla.org

3530 Atlantic Ave., Suite 210, Long Beach, CA 90807

PH: (562) 424-1886

Mental health and social services for all ethnicities, with expertise in Asian and Pacific Islander communities: individual, family and group counseling; medication evaluation/support; school-based services; parenting classes; case management; free youth programs; CalWORKs services. Spanish, Samoan, Mandarin, Cantonese, Taiwanese, Japanese, Khmer, Korean, Tagalog and Vietnamese spoken. FEE: Medi-Cal, Healthy Families, some services are low cost/no charge. HRS: Monday-Friday 9 AM-6 PM.

PACIFIC RESOURCES PSYCHOLOGICAL GROUP

www.prpg-inc.com

4201 Long Beach Blvd., Suite 230, Long Beach, CA 90807

PH: (562) 988-1000

Outpatient mental health services for all ages: individual, couples and family counseling; medication evaluation/support and more. Spanish spoken. FEE: Medi-Cal, private insurance, private pay – \$100 psychological intake, \$85 individual session, \$120 psychiatric intake, \$90 psychiatric session. HRS: By appointment.

PROVIDENCE COMMUNITY SERVICES

www.provcorp.com/Locations/California.asp
21520 South Pioneer Blvd., Suite 110, Hawaiian Gardens, CA 90716
PH: (562) 865-3644

Day Treatment Program

LBUSD students ages 6-13 ½ must have an Axis I mental health diagnosis, live in Lakewood or an area of Long Beach on the border, and be unable to achieve success in an outpatient program. The 3-6 month program includes individual, family and group counseling; transportation to/from the program; case management; medication evaluation/support. FEE: Medi-Cal. HRS: Monday-Friday 9 AM-5 PM.

STARVIEW COMMUNITY SERVICES

www.starsinc.com
100 E. Wardlow Rd., Long Beach, CA 90807
PH: (562) 427-6818

School, home and agency-based mental health services for ages 5-18 and their families: individual and family counseling, case management, therapeutic behavioral services for those who meet criteria, medication evaluation/support. FEE: Medi-Cal. HRS: Monday-Friday 8 AM-5 PM.

TRANSITION AGE YOUTH (TAY) ACADEMY

Mental Health America of Los Angeles

2025 E. 7th St., Long Beach, CA 90814
PH: (562) 284-0108

Comprehensive rehabilitative services for ages 18-25 with an Axis I mental health diagnosis: counseling; medication evaluation/support; independent living skills training; referrals to supported employment, education and housing. Spanish spoken. FEE: Medi-Cal, sliding scale, no one turned away for lack of funds. HRS: Monday-Friday 9 AM-5 PM.

THE WELLNESS CENTER

Mental Health America of Los Angeles

1078 Atlantic Ave., Long Beach, CA 90813
PH: (562) 285-0149

Programs to promote wellness, healing and recovery for ages 18+ with an Axis I mental health diagnosis: counseling, medication evaluation/support, self-help meetings, social/recreational opportunities and more. Call for a phone screening to determine eligibility. FEE: Medi-Cal, some services are low-cost/no charge.

MENTAL HEALTH: Private Pay/Insurance

ANGER MANAGEMENT FOR TEENS

City of Carson

ci.carson.ca.us/content/department/pub_service/youthsvsprogs.asp
PH: (310) 952-1700 Ext. 1671

Eight-week anger management program for ages 12-17, includes field trip to Terminal Island Federal Prison or Los Padrinos Juvenile Hall. Parents must attend two adult anger management classes concurrent with youth classes. Advanced registration is required. Call/visit the website for more information. FEE: \$30 for Carson residents, \$40 for non-residents.

CENTER FOR DISCOVERY AND ADOLESCENT CHANGE

www.centerfordiscovery.com
4136 Ann Arbor Rd., Lakewood, CA 90712
PH: (562) 425-7418 or 800-760-3934

Day/residential treatment programs in Long Beach and Lakewood for males/females: ages 11-19 for eating disorders, ages 11-17 for dual diagnosis services. FEE: varies based on insurance. HRS: Monday-Friday 8 AM-4 PM. 24 Hour Intake Hotline

CENTRO CHA, INC.

www.centrocha.org

1900 Atlantic Ave. 2nd Floor Long Beach, CA 90806

PH: (562) 570-4722

Individual and group counseling, court/probation advocacy, leadership training and more for ages 14-24. Spanish spoken. FEE: Sliding scale. HRS: By appointment.

CENTRO CONTRA LA VIOLENCIA

400 Ocean Gate Blvd. #400 Long Beach, CA 90802

PH: (562) 218-2337

Classes for adults in anger management, domestic violence and parenting. Spanish spoken. FEE: \$25 intake fee, sliding scale.

FAMILY SERVICE OF LONG BEACH

www.familyservicelongbeach.org

Bellflower Counseling Office

16704 Clark Ave., Bellflower, CA 90706

PH: (562) 867-1737

Individual, family and group counseling; school-based services; adult classes in domestic violence, anger management and parenting. Spanish spoken. FEE: Healthy Families, sliding scale, private insurance. HRS: Monday-Friday 9AM-9 PM, Saturday 9 AM-3 PM.

GIRLFRIENDS-LBC, INC.

www.girlfriends-lbc.org

2892 N. Bellflower Blvd. #372 Long Beach, CA 90815

PH: (562) 608-8807

After-school support group for girls ages 11-15: creative activities, field trips, life skills training and more. Call/visit the website for application and more. Spanish spoken. HRS: Tuesday, Wednesday 4-6 PM at El Dorado Park West.

**HELPLINE YOUTH COUNSELING
LONG BEACH COUNSELING OFFICE**

1133 Rhea St., Long Beach, CA 90806

PH: (562) 599-2244

Individual and family counseling, parent project/teen project, anger management classes for teens. FEE: Sliding scale for counseling, \$20 intake for anger management/teen project classes, \$5 per class for anger management/teen project, \$25 textbook and \$5 per class for parent project. Call for more information.

JEWISH FAMILY AND CHILDREN'S SERVICES

www.jfclongbeach.org

3801 E. Willow St., Long Beach, CA 90815

PH: (562) 427-7916

Individual, family and group counseling; school-based services; case management for disabled adults/seniors. FEE: Sliding scale. HRS: Monday-Thursday 8:30 AM-8 PM, Friday 8:30 AM-4 PM.

NEW HOPE GRIEF SUPPORT COMMUNITY

www.newhopegrief.org

3443 San Anselme Long Beach, CA 90808

PH: (562) 429-0075(888) 490-HOPE

Grief support activities for all ages: adult and youth groups, camp for grieving youth and more. Call/visit the website for more information. HRS: Monday-Friday 9 AM-4 PM.

MENTORING

CATHOLIC BIG BROTHERS BIG SISTERS

www.catholicbigbrothers.org

1530 James M. Wood Blvd., Second Floor, Los Angeles, CA 90015

PH: (800) 463-4066

A non denominational mentoring program for boys ages 7-13 and girls ages 7-15. Students are matched with a same-sex mentor and can remain in the program until they turn 18. Mentors and mentees plan at least two outings per month.

EXPLORERS

Long Beach Police Department

City of Long Beach

www.longbeach.gov/police/join/youth_programs/police_explorer_program.asp

1957 Pacific Ave., Long Beach, CA 90806

PH: (562) 570-3465 or (562) 570-8597

Long Beach residents ages 14-20, who are willing to commit eight hours of service per month, can receive training/participation in activities with police officers: riding along with officers, working at the information desk, assisting with evidence searches, providing traffic direction, working with Vice.

LONG BEACH SEARCH AND RESCUE

Long Beach Police Motor Patrol/Long Beach Firefighters' Associations

City of Long Beach

www.longbeach.gov/police/join/youth_programs/long_beach_search_and_rescue.asp

2247 Argonne Ave., Long Beach, CA 90815

PH: (562) 494-0908

Opportunities for ages 15-18 to serve the public during emergency situations and explore careers in law enforcement, fire protection and emergency medical services. Applicants must have no serious police record; maintain a C average in school; successfully complete an oral interview, physical agility test, 15-week recruitment academy and be willing to serve the community.

OPERATION JUMP START

www.operationjumpstart.org

3515 Linden Ave., Long Beach, CA 90807

PH: (562) 988-2131

A mentoring program for grades 8-12: Students must maintain a C average in all classes, have excellent attendance and desire to attain a higher education. Year-round activities include tutoring, college enrollment/scholarship application assistance, cultural/social outings and more.

POWER 4 YOUTH

607 E. 3rd St., Long Beach, CA 90802

PH: (562) 435-2352

After-school academic mentoring beginning in middle school: help with homework, time management, study skills and more. Mentors/mentees meet at supervised Long Beach locations once a week for 1½ hours.

RESCUE YOUTH PROGRAM

District Attorney's Office/Long Beach Fire Department

Los Angeles County

da.co.la.ca.us/cpys/rescue

PH: (213) 974-7401

Mentoring program for middle school students ages 12-14 exhibiting at-risk behaviors such as truancy, discipline problems and poor academic performance, but no criminal activities. Each

mentee is matched with a firefighter mentor at a designated fire station near the student's home. Students and their parent(s) must be motivated to participate in the program for one academic year and are required to attend two-hour weekly visits to the fire station and other events. Activities are designed to promote regular school attendance and teach teamwork, problem-solving and goal development. Incentives include field trips and ride-along opportunities.

PUBLIC AND PRIVATE BENEFITS

ACCESS FOR INFANTS AND MOTHERS (AIM)

www.aim.ca.gov/english/AlMhome.asp

PH: (800) 433-2611

Full medical care during pregnancy and delivery for low-income (includes undocumented) women/teens with an income level too high to qualify for Medi-Cal. Must be pregnant less than 30 weeks and a California resident for at least six continuous months. Private insurance recipients with \$500+ maternity benefits deductible may apply. After birth, babies are eligible for Health Families enrollment.

CALIFORNIA CHILDREN SERVICES (CCS)

www.dhcs.ca.gov/services/ccs

PH: (800) 288-4584

Assistance for California residents (includes undocumented) under age 21 with certain health conditions: medical case management, doctor/hospital care, physical/occupational therapy, lab tests, x-rays, orthopedic appliances, medical equipment, school-based medical therapy. Children must have Medi-Cal/Healthy Families coverage or the family's annual adjusted gross income is \$40,000 or less and out-of-pocket medical expenses exceed 20% of that amount.

CAL-LEARN

www.ladpss.org/dpss/calworks/callearn.cfm

PH: (800) 511-2070

Mandatory program for CalWORKs participants under age 19 who are pregnant/parenting and have not completed high school. If benefits are lost and then reinstated, participants can re-enroll. Those who turn 19 in the program may volunteer to remain until they receive a high school diploma/equivalent, or turn 19 years 9 months. Altamed Youth Services provides services in the Greater Long Beach area. Qualifying teens may receive case management, subsidies for childcare, transportation and certain educational expenses, along with financial rewards for good school performance.

CALWORKS

www.ladpss.org/dpss/calworks/default.cfm

PH: (877) 481-1044

Temporary financial assistance and employment-focused services for low-income families with minor children: Medi-Cal; cash; food stamps; childcare/transportation subsidy; case management; substance abuse, domestic violence and mental health counseling. Able-bodied single parents must participate in 32 hours of work activity per week. Two-parent households must work a total of 35 hours per week. Eligibility is determined by income, family size and immigration status.

CALWORKS CHILDCARE HOTLINE

www.ladpss.org

PH: (877) 244-5399

Information and referrals for CalWORKs participants seeking childcare. If funds are available, DPSS may pay childcare expenses for ages 12 and under, up to age 21 for disabled and special needs care.

CHILD HEALTH AND DISABILITY PREVENTION (CHDP)

www.dhs.ca.gov/pcfh/cms/chdp

PH: (562) 570-7980

Early and periodic screening, diagnosis and referrals for low-income, uninsured (includes undocumented) youth under age 19; Medi-Cal recipients ages 0- 21; and children in Head Start and state preschool programs: health history; measurements; physical exam; review of dental, nutritional and developmental status; hearing and vision screens; tests for anemia, kidney problems, tuberculosis and lead exposure; immunizations and health education; no hospitalization or sick care. FEE: No charge.

DENTI-CAL

www.denti-cal.ca.gov

PH: (800) 322-6384

TTY: (800) 735-2922

Dental care for Medi-Cal recipients: inpatient and outpatient treatment; emergency and diagnostic services such as exams, radiographs, biopsies, dental prophylaxis and more. Call/visit the website for a list of local Medi-Cal dentists and more.

FOOD STAMPS

www.ladpss.org/dpss/food_stamps

PH: (877) 597-4777

Electronic Benefit Transfer (EBT) card to purchase food items. Eligibility is determined by monthly income, family size and immigration status. Non-legal residents with legal resident children may apply for their children.

GENERAL RELIEF (GR)

www.ladpss.org

PH: (877) 481-1044

Cash assistance for indigent adults who are ineligible for federal or state programs. Participants with no medical conditions that prevent employment may receive GR for 9 months in a 12-month period, if they comply with program employment and training services. Those unable to work have no time limits for receiving support. Substance abuse treatment is also available.

HEALTHY FAMILIES

www.healthyfamilies.ca.gov

PH: (562) 570-7979

Comprehensive health insurance coverage for uninsured under age 19 with a family income level too high to qualify for no-cost Medi-Cal: hospitalization, doctor visits, medical tests, prescriptions, mental health and substance abuse counseling, vision and dental care. Youth cannot be enrolled in another employer-based insurance plan for three months prior to applying, no retroactive billing. Eligibility is determined by income, family size and immigration status. FEE: Monthly premiums are \$9-\$15 per child, not to exceed \$45 per family, subject to change.

HEALTHY KIDS

www.lacare.org

PH: (562) 570-7979

Comprehensive health insurance coverage for LA County residents under age 19 (includes undocumented) who don't qualify for Medi-Cal/Healthy Families. New enrollment is limited to ages 0-5: inpatient and outpatient health and mental health services, prescriptions, vision and dental care. FEE: Monthly premiums are \$0-\$6 per child, \$5 copayments for some services, subject to change.

IN-HOME SUPPORTIVE SERVICES

www.ladpss.org

PH: (888) 944-4477

Subsidy for certain low-income aged, blind and/or disabled persons to prevent out-of-home placement: in-home/personal care services such as cleaning, cooking, laundry, shopping, accompaniment to the doctor.

KAISER PERMANENTE CHILD HEALTH PLAN

Info.kp.org/childhealthplan/

PH: (562) 570-7979

Comprehensive health insurance coverage for uninsured, low-income (includes undocumented) under age 19 who don't qualify for Medi-Cal/Healthy Families or employer-based coverage: hospitalization, doctor visits, medical tests, vision and dental care, prescriptions, mental health and substance abuse counseling. FEE: Monthly premiums are \$8-\$15 per child, not to exceed \$24-\$45 per family, subject to change.

MEDI-CAL FOR ADULTS (FULL-SCOPE)

www.ladpss.org

PH: (877) 481-1044

Comprehensive health insurance coverage for certain low-income adults who are blind, disabled, 65+, diagnosed with cervical/breast cancer, and/or receiving Supplemental Security Income (SSI). Services include hospitalization, doctor visits, vision and dental care, prescriptions, mental health and substance abuse counseling. Billing is allowed three months retroactive to enrollment date. Eligibility is determined by income, family size and immigration status; low-income, undocumented with cervical/breast cancer also qualify.

MEDI-CAL FOR CHILDREN AND THEIR PARENTS (FULL-SCOPE)

www.ladpss.org

PH: (562) 570-7979 or (877) 481-1044

Comprehensive health insurance coverage for low-income youth up to age 21 who meet criteria. Families may also qualify if enrolled in CalWORKs; SSI; In-Home Supportive Services; foster care; adoption assistance; Entrant/Refugee Cash Assistance programs; or one parent is absent, deceased, unemployed, disabled/incapacitated, as certified by a doctor. Services include hospitalization, doctor visits, vision and dental care, prescriptions, mental health and substance abuse counseling. Billing is allowed three months retroactive to enrollment date. Eligibility is determined by income, family size and immigration status.

MEDI-CAL FOR EMERGENCIES (RESTRICTED)

www.ladpss.org

PH: (562) 570-7979 or (877) 481-1044

Emergency psychiatric, health and pregnancy-related services for low-income California residents (includes undocumented) ages 0-21 and their families, who don't qualify for full-scope Medi-Cal because of immigration status. No doctor's office visits/non-emergency care, except in cases of pregnancy. Billing is allowed three months retroactive to enrollment date. Eligibility is determined by income, family size and immigration status. Adults qualify as long as their children are enrolled in the program.

MEDI-CAL FOR PREGNANCY

www.ladpss.org

PH: (800) 832-2307 or (877) 481-1044

Full prenatal and delivery care for low-income, uninsured (includes undocumented) pregnant women and teens. Billing is allowed three months retroactive to enrollment date. Eligibility is determined by income and family size. Unmarried minors may apply confidentially.

MINOR CONSENT MEDI-CAL

www.ladpss.org

PH: (877) 481-1044

Unmarried youth under age 21 (includes undocumented) living as dependents, can access services without parental consent: treatment for sexually transmitted diseases, substance abuse, family planning, sexual assault, pregnancy-related care and outpatient mental health services. Youth must apply in person at their local DPSS office or other agency/clinic for enrollment and recertification every month, except for mental health services. Mental health treatment requires a letter from the mental health provider stating the need and duration of services. Billing is allowed three months retroactive to enrollment date.

SOCIAL SECURITY ADMINISTRATION

www.socialsecurity.gov

2005 Long Beach Blvd., Long Beach, CA 90806

4957 Paramount Blvd., Lakewood, CA 90712

PH: (800) 772-1213

Assistance with social security cards; benefits for retirement, disability and survivors. Spanish spoken. HRS: Monday-Friday 7 AM-7 PM.

SUPPLEMENTAL SECURITY INCOME (SSI)

www.socialsecurity.gov

PH: (800) 772-1213

Cash assistance and Medi-Cal for low-income blind, disabled and/or adults 65+.

WOMEN, INFANTS AND CHILDREN (WIC) PROGRAM

www.longbeach.gov/health/services/womens_health/wic.asp

PH: (562) 570-4242

Supplemental nutritional program for low-income (includes undocumented) pregnant women, new mothers and children under age 5. Applicants must provide a medical referral attesting to pregnancy or nutritional risk, and proof of income and residence in Long Beach, Signal Hill or Lakewood. Services include supplemental nutritious food, nutrition education/referrals, breastfeeding support, screening and referrals to social services. Call/visit the website for more information. Spanish and Khmer spoken. FEE: No charge.

PUBLIC AND PRIVATE BENEFITS: ENROLLMENT SITES

ENROLLMENT INFORMATION

Medi-Cal/Healthy Families enrollment assistance locations are listed throughout this guide. Because of space

constraints, they are not necessarily included here.

The following documents are required for Medi-Cal/Healthy Families enrollment:

- copy of applicant's birth certificate
- copy of applicant's social security card
- proof of California residency (i.e., phone/utility bill)
- proof of income (i.e., most recent paycheck stub)
- proof of pregnancy, if applicable

DEPARTMENT OF PUBLIC SOCIAL SERVICES (DPSS)

Los Angeles County

www.ladpss.org

Central Help Line: (877) 481-1044

Adult/child enrollment assistance for Medi-Cal, CalWORKs, Cal-Learn, food stamps and refugee programs. Assistance location is determined by the participant's home address. Call/visit the website for more information. HRS: Monday-Friday 8 AM-5 PM walk-in only. Interpreters available.

**MEDI-CAL/HEALTHY FAMILIES OUTREACH COLLABORATIVE
City of Long Beach**

www.longbeach.gov/health/fhec/medical.asp

Benefits enrollment assistance for Medi-Cal, Healthy Families, Healthy Kids, Kaiser Permanente Child Health Plan; referrals to CHDP providers.

Medi-Cal Outreach Program(562) 570-7979

Miller Family Health Education Center, 3820 Cherry Ave., Long Beach, CA 90807

Enrollment assistance for children by appointment. Spanish, Khmer and Vietnamese spoken.

The Children's Clinic at International Elementary School

700 Locust Ave., Long Beach, CA 90813

Medi-Cal(562) 933-0482

Other Insurance Programs.....(562) 933-0511

Enrollment assistance for adults/children by appointment. Spanish spoken.

The Children's Clinic Family Health Center at Cesar Chavez Elementary School

730 W. 3rd St., Long Beach, CA 90802

Medi-Cal(562) 933-0482

Other insurance programs(562) 933-0511

Enrollment assistance for adults/children by appointment. Spanish spoken.

The Children's Clinic Family Health Center in North Long Beach at Hamilton Middle School

1060 E. 70th St., Long Beach, CA 90805

Medi-Cal(562) 933-0482

Other Insurance Programs.....(562) 933-0511

MEDI-CAL/HEALTHY FAMILIES OUTREACH COLLABORATIVE (CONT'D)

The Children's Clinic, Serving Children and Their Families

455 Columbia St., Suite 201, Long Beach, CA 90806

Medi-Cal(562) 933-0482

Other Insurance Programs.....(562) 933-0511

Enrollment assistance for adults/children by appointment. Spanish and Khmer spoken.

Families in Good Health.....(562) 491-9100

411 E. 10th St., Suite 207, Long Beach, CA 90813

Enrollment assistance for children by appointment. Interpreters available.

Guam Communications Network.....(562) 989-5690

4201 Long Beach Blvd., Suite 218, Long Beach, CA 90807

Enrollment assistance for children by appointment. Chamorro spoken.

Maternal and Child Health Access and Outreach.....(800) 832-2307

2525 Grand Ave., Room 104, Long Beach, CA 90815

Enrollment assistance for adults/children by appointment. Spanish and Khmer spoken.

The Vasek Polak Children's Clinic Family Health and Wellness Center

1057 Pine Ave., Long Beach, CA 90813

Medi-Cal(562) 933-0482

Other Insurance Programs.....(562) 366-5915.

Enrollment assistance for adults/children by appointment. Spanish spoken

Westside Neighborhood Clinic(562) 432-9575

2125 Santa Fe Ave., Long Beach, CA 90810

Enrollment assistance for adults/children by appointment. Spanish spoken.

SOCIAL SECURITY ADMINISTRATION

www.socialsecurity.gov

2005 Long Beach Blvd., Long Beach, CA 90806

4957 Paramount Blvd., Lakewood, CA 90712

PH: (800) 772-1213

Assistance with social security cards; benefits for retirement, disability and survivors. Spanish spoken. HRS: Monday-Friday 7AM-7PM

RECREATION

BOYS AND GIRLS CLUBS, LONG BEACH

www.bgclublb.org

Activities for ages 6-18: homework help, computer labs, sports, fitness, cultural enrichment, arts and crafts, leadership development and more. FEE: \$15 per year. HRS: Monday-Friday 12-6 PM.

Administration Office(562) 595-5945

3635 Long Beach Blvd., Long Beach, CA 90807

Eastman/Fairfield Club(562) 428-9188

700 E. Del Amo Blvd., Long Beach, CA 90807

Fairfield/Westside Club(562) 435-1621

1835 W. Willard Ave., Long Beach, CA 90810

John C. Wallace-Petrolane Club(562) 599-2916

1920 Lemon Ave., Long Beach, CA 90806

BOY SCOUTS OF AMERICA, LONG BEACH COUNCIL

www.longbeachbsa.org

401 E. 37th St., Long Beach, CA 90807

PH: (562) 427-0911

School and community-based youth programs for developing leadership, good character and citizenship. FEE: Small membership fee. HRS: Monday-Friday 9 AM-5 PM.

CAMP FIRE USA, LONG BEACH AREA COUNCIL

www.campfirelb.org

7070 E. Carson St., Long Beach, CA 90808

PH: (562) 421-2725

School and community-based youth empowerment programs: summer camps, homework and reading programs, ropes challenge course, leadership training. Call/visit the website for more information. HRS: Monday-Friday 8:30 AM-5 PM, Saturday 9AM-1PM.

CITY OF AVALON RECREATION DEPARTMENT

www.cityofavalon.com

PH: (310) 510-0220 Ext. 400

After-school recreation, sports groups, summer day camp and more. OFC HRS: Monday-Friday 8 AM-5 PM.

DEPARTMENT OF PARKS, RECREATION AND MARINE City of Long Beach

www.longbeach.gov/park/default.asp

2760 Studebaker Rd., Long Beach, CA 90815

PH: (562) 570-3100

After-school activities at 23 parks Monday-Friday 3-6 PM, Saturday 12-4 PM, featuring games, crafts, homework help, movies and more. Call/visit the website for more information.

HRS: Monday-Friday 7:30 AM-4:30 PM.

GIRL SCOUTS COUNCIL OF GREATER LONG BEACH

www.gscglb.org

4040 Bellflower Blvd., Long Beach, CA 90808

PH: (562) 421-8456

Character-building programs for girls. Call/visit the website for more information. FEE: Small registration fee.

RECREATION AND COMMUNITY SERVICES

City of Lakewood

www.lakewoodcity.org

5050 Clark Ave., Lakewood, CA 90712

PH: (562) 866-9771 Ext. 2408

After-school program for ages 8+ at eight city parks and more. HRS: Monday-Thursday 7:30 AM-5:30 PM, alternating Fridays 7:30 AM-5 PM, extended hours during school breaks, open during weekends.

TEEN CENTERS

City of Long Beach

www.longbeach.gov/park/default.asp

California Recreation Teen Center(562) 570-1605

1550 Martin Luther King, Jr. Ave., Long Beach, CA 90813

Cesar Chavez Park – The Zone(562) 570-8890

401 Golden Ave., Long Beach, CA 90802

El Dorado Park West – The Ramshack(562) 570-3230

2800 Studebaker Rd., Long Beach, CA 90815

Houghton Park Teen Center(562) 570-1640

6301 Myrtle Ave., Long Beach, CA 90805

Recreation Park Teen Center – Bruin Den(562) 570-1670

4900 E. 7th St., Long Beach, CA 90804

Silverado Teen Center – Jaguar Junktion(562) 570-1675

1545 W. 31st St., Long Beach, CA 90810

YMCA OF GREATER LONG BEACH

www.lbymca.org

Corporate Office

P.O. Box 90995, Long Beach, CA 90809

PH: (562) 279-1700

Preschool day care and after-school care for children of working parents, teen programs, health/wellness activities, day/mountain camping, swim lessons, youth sports and more. Call/visit the website for branch and school programs and locations

SHELTERS/TRANSITIONAL HOUSING FOR AGES 10-25

CASA YOUTH SHELTER

www.casayouthshelter.org

10911 Reagan St., Los Alamitos, CA 90720

PH: (562) 594-6825

Two-week emergency shelter for ages 12-17 in crisis (includes undocumented): individual and family counseling, anger management and skill-building group, parenting classes. Call/visit the website for more information. FEE: Sliding scale, no one turned away for lack of funds.

EMERGENCY YOUTH SHELTER

1736 Family Crisis Center

www.1736familycrisiscenter.org

1736 Monterey Blvd., Hermosa Beach, CA 90254

24-Hour Hotline: (310) 379-3620

Two-week emergency shelter for ages 10-17 in crisis (includes undocumented): individual and family counseling, anger management and skill-building group. No transportation to LBUSD schools. Whenever safe and possible, the staff works to reunite youth and their families. FEE: No charge.

ENHANCED EMERGENCY SHELTER PROGRAM**Department of Mental Health****Los Angeles County**

PH: (213) 738-6194

Up to one month of temporary shelter for ages 18-25 (includes undocumented) with severe/persistent mental illness; at risk for/homeless; without income, benefits or resources to pay for shelter. No availability for those who are a danger to self, others or gravely disabled; under conservatorship; have an open DCFS, probation or parole case. Telephone intake will determine eligibility. Services include hygiene facilities; hot meals; linkages to permanent housing, employment, benefits, mental health and other services. Four additional confidential shelters for female domestic violence victims. HRS: Monday-Friday 8 AM-5 PM.

TRANSITIONAL HOUSING PLACEMENT- PLUS**Department of Children and Family Services****Los Angeles County**www.ilponline.org

PH: (213) 351-0239

Transitional housing for ages 18-24 who are former foster/suitable placement youth from DCFS/probation and at risk for homelessness: services up to 2 years include food, transportation, educational/employment assistance, life skills training and case management.

TRANSITIONAL HOUSING PLACEMENT PROGRAM (THPP)**Department of Children and Family Services****Los Angeles County**www.ilponline.org

PH: (213) 351-0121

One year program for high school seniors ages 16-18 in DCFS/probation placement, appropriate for apartment living and working toward high school diploma/equivalent: furnished apartment; paid utilities; support services; food, clothing and personal care allowance and more. Application must include approval from youth's probation officer/social worker. Call for more information.

TRANSITIONAL HOUSING PROGRAM FOR HOMELESS YOUTH**Department of Children and Family Services****Los Angeles County**www.ilponline.org

PH: (213) 351-0190

Housing and supportive services for former foster youth ages 18-21 transitioning out of the system, at risk for/homeless, able to share a living space, willing to work and save: paid utilities, case management, food stipend, career guidance, assistance locating permanent housing, transportation, childcare for parenting teens and more.

TUTORING, HOMEWORK HELP AND LITERACY

ACADEMIC UPRISE, INC.www.academicuprise.org

2501 Cherry Ave., Suite 160, Signal Hill, CA 90755

PH: (562) 988-5811

California High School Exit Exam (CAHSEE) preparation sessions for grades 9-12. Spanish spoken. FEE: No charge. HRS: Saturday 9 AM-12 PM by appointment.

COVENANT PRESBYTERIAN CHURCH

607 E. 3rd St., Long Beach, CA 90802

PH: (562) 437-0958 – Ask for Reverend Adele Langworthy

Tutoring for grades 1-8 in literacy and ESL. FEE: No charge. HRS: Monday-Thursday 2:30-7 PM.

EDUCATIONAL PSYCHOLOGY CLINIC
California State University, Long Beach

www.ced.csulb.edu/edpac/clinic/
1250 Bellflower Blvd., Long Beach CA 90840
PH: (562) 985-4991

Developmental assessments for ages 3-6 to determine school readiness, psychoeducational assessments and tutoring for ages 6-17, individual and couples counseling for adults. Call/visit the website for more information.

HOMEWORK HELPLINE

Long Beach Unified School District

www.lbschools.net/oms/helpline.htm
PH: (562) 437-2859

Homework help by phone. Spanish spoken. FEE: No charge. HRS: Monday-Thursday 4-6 PM, no summer services.

KIDS CLUB

Conservation Corps of Long Beach

2325 E. 3RD St., Long Beach, CA 90814
PH: (562) 577-1654 or (562) 433-7401

Tutoring and homework help for grades K-8. FEE: No charge. HRS: Monday-Friday 3:30-6:30 PM

LAKEWOOD PUBLIC LIBRARIES

Los Angeles County

www.colapublib.org

Angelo Iacoboni Public Library George Nye Jr. Public Library

4990 Clark Ave., Lakewood, CA 90712 6600 Del Amo Blvd., Lakewood, CA 90713
PH: (562) 866-1777 PH: (562) 421-8497

LONG BEACH COMMUNITY ACTION PARTNERSHIP

www.lbcap.org

3012 Long Beach Blvd., Long Beach, CA 90807

PH: (562) 437-0681

Adult computer and ESL classes and more. FEE: No charge.

LONG BEACH PUBLIC LIBRARIES

City of Long Beach

www.lbpl.org

All Long Beach Public Libraries maintain Family Learning Centers offering homework help and other special programs to support youth literacy skills. Visit the website for links to homework help, community services and more.

Main Library(562) 570-7500

101 Pacific Ave., Long Beach, CA 90802

Alamitos Neighborhood Library(562) 570-1037

1836 E. 3rd St., Long Beach, CA 90802

Ruth Bach Neighborhood Library(562) 570-1038

4055 Bellflower Blvd., Long Beach, CA 90808

Bay Shore Neighborhood Library(562) 570-1039

195 Bay Shore Ave., Long Beach, CA 90803

Brewitt Neighborhood Library(562) 570-1040

4036 E. Anaheim St., Long Beach, CA 90804

Burnett Neighborhood Library(562) 570-1041

560 E. Hill St., Long Beach, CA 90806

Dana Neighborhood Library(562) 570-1042

3680 Atlantic Ave., Long Beach, CA 90807

El Dorado Neighborhood Library(562) 570-3136

2900 Studebaker Rd., Long Beach, CA 90815

Bret Harte Neighborhood Library(562) 570-1044

1595 W. Willow St., Long Beach, CA 90810

Los Altos Neighborhood Library(562) 570-1045

5614 Britton Dr., Long Beach, CA 90815

Mark Twain Neighborhood Library(562) 570-1046

1401 E. Anaheim St., Long Beach, CA 90813

North Neighborhood Library(562) 570-1047

5571 Orange Ave., Long Beach, CA 90805

LONG BEACH SCHOOL FOR ADULTS (LBSA)

Long Beach Unified School District

[www.lbschools.net /lbsa](http://www.lbschools.net/lbsa)

3701 E. Willow St., Long Beach, CA 90815

PH: (562) 595-8893 Ext. 234

High School Diploma(562) 595-8893 Ext. 231

A comprehensive educational program for adults and credit-deficient high school students.

Applicants under

age 18 must have a referral from their high school counselor and be within two months of their 18th birthday or second semester seniors who will not graduate. Concurrent high school/LBSA enrollment is also permitted. Enrolling students must score at least at the ninth grade reading level on the TABE assessment, or they will be referred to the Literacy Center for remediation before beginning to earn high school credits. Graduation requirements are similar to those of a comprehensive high school. Students must maintain 80% attendance in teacher-directed classes and complete at least 10 credits at LBSA. FEE: \$20 materials fee, no charge for basic education classes, some courses require purchase of textbooks and other supplies. Call/visit the website for more information.

GED Testing Information Line(562) 595-8893 Ext. 192

GED Distance Learning(562) 595-8893 Ext. 471

Testing is offered in English and Spanish. Pre-registration is required. Students must be at least within two months of their 18th birthday and bring a valid California ID, driver's license, passport or military ID to register and take the test.

Literacy Center(562) 427-2253

Enhance literacy skills with computers, small group and classroom instruction, CAHSEE preparation. English only.

LBSA Head Start(562) 427-0833

Adults and their children attend school together during half/full day programs. Breakfast/lunch in AM program and lunch/snack in PM program.

Outten Learning Center (OLC)

Students prepare for a high school diploma/GED at their own pace. Students concurrently enrolled in high school are allowed to attend after 3 PM.

Student Career Center

Assistance with job training and placement, academic and personal needs.

LBSA: COMMUNITY BASED ENGLISH TUTORING PROGRAM (CBET)

Long Beach Unified School District

1794 Cedar Ave., Long Beach, CA 90813

PH: (562) 218-0493 Ext. 225

Classes in computers, English as a Second Language (ESL) and strategies to help parents tutor their children; baby-sitting during classes; field trips to community services; ESL distance learning materials and more. Call for locations and more information. FEE: No charge.

LBSA: ENGLISH AS A SECOND LANGUAGE (ESL) PROGRAM

Long Beach Unified School District

www.lbschools.net/lbsa

Cedar Educational Center(562) 218-0493 Ext. 222

1794 Cedar Ave., Long Beach, CA 90813

Willow Educational Center(562) 426-4743 Ext. 201

3701 E. Willow St., Long Beach, CA 90815

LBSA: ESL DISTANCE LEARNING PROGRAM

Long Beach Unified School District

1794 Cedar Ave., Long Beach, CA 90813

PH: (562) 218-0493 Ext. 226

Videos, DVDs and homework sheets for independent study, individual meetings with the teacher once each week. FEE: No charge. HRS: By appointment.

LBSA: FAMILY LITERACY PROGRAM

Long Beach Unified School District

www.lbschools.net/lbsa/literacy.html

PH: (562) 595-8893 Ext. 264

Parents can attend classes while their children attend school at four locations. FEE: No charge.

HRS: Call each location for registration information and more.

Willow Educational Center(562) 595-8893 Ext. 264

3701 E. Willow St., Long Beach, CA 90815

ESL, high school diploma and ROP classes.

Chavez Elementary School(562) 590-0904

730 W. Third St., Long Beach, CA 90802

ESL classes.

McKinley Elementary School(562) 630-6200

6822 Paramount Blvd., Long Beach, CA 90805

Starr King Elementary School(562) 428-1232

145 E. Artesia Blvd., Long Beach, CA 90805

ESL classes.

LOS ALAMITOS YOUTH CENTER

10909 Oak St., Los Alamitos, CA 90720

PH: (562) 493-4043

After-school homework clinic for ages 8-18. FEE: No charge. HRS: Monday-Friday 2:30-7 PM.

POWER 4 YOUTH

607 E. 3rd St., Long Beach, CA 90802

PH: (562) 435-2352

After-school academic mentoring beginning in middle school: help with homework, time management, study skills and more. Mentors/mentees meet at supervised Long Beach locations once a week for 1½ hours.

SIGNAL HILL PUBLIC LIBRARY

City of Signal Hill

1770 E. Hill St., Signal Hill, CA 90755

PH: (562) 989-7323

Assistance to grades K-12 with reading and other homework.

YOUTH EXCELLING FOR SUCCESS (YES) PROGRAM

Pacific Asian Counseling Services (PACS)

www.pacsla.org

3530 Atlantic Ave., Suite 210, Long Beach, CA 90807

PH: (562) 424-1886

After-school activities for grades K-12: homework help and more. HRS: Monday-Thursday 3-7 PM.

Call for enrollment. FEE: No charge.

