# TABLE OF CONTENTS

School Based Mental Health Support ........................................................................................................... 3

Community Counseling Resources ............................................................................................................. 4

Child Abuse/Domestic Violence .................................................................................................................. 8

Child Care/Extended Child Care ................................................................................................................. 11

Clothing .......................................................................................................................................................... 12

Emergency Psychiatric Services .................................................................................................................. 13

Family Planning ........................................................................................................................................... 14

Food Distribution .......................................................................................................................................... 16

Hotlines/Support Groups ............................................................................................................................. 19

Housing/Shelters .......................................................................................................................................... 22

Legal Services .............................................................................................................................................. 24

Medical Needs ............................................................................................................................................ 25

Mentoring/After School Programs ............................................................................................................... 28

Social Services ........................................................................................................................................... 30

Substance Abuse and Prevention ............................................................................................................... 32

Financial Assistance ................................................................................................................................... 34
SCHOOL BASED MENTAL HEALTH SUPPORT

Denise Faigao, District Social Worker  
Email: faigao_d@sgusd.k12.ca.us

Dori Rosental Saporito, Marriage and Family Therapy Counseling Coordinator  
Phone: (626) 282-6952 ext.3422 or ext 3422  
Email: saporito_d@sgusd.k12.ca.us

Kathleen Leon, Lead Nurse  
Phone: (626) 451-5483  
Email: leon_k@sgusd.k12.ca.us

Yvette Raya-Dominguez, Nurse  
Phone: GHS ext – 2307  
Email: raya-dominguez_y@sgusd.k12.ca.us

Hillary Tran, Nurse  
Phone: (626) 451-5484  
Email: tran_h@sgusd.k12.ca.us

Debbie Grimaldi, Student Support Services  
Phone: (626) 451-5482  
Email: Grimaldi_d@sgusd.k12.ca.us

Dane Woolwine, School Community Engagement Team Officer  
Phone: (626) 451-5452 or Email: DW101@sgpd.com

Stacy Gutierrez, Crime Prevention Officer  
Phone: (626) 451-5455 or Email: SG551@sgpd.com

Gilbert Mañaña, San Gabriel Mental Health Evaluation Team (MET) Officer  
Phone: (626) 451-5460 or Email: GM133@sgpd.com
COMMUNITY COUNSELING RESOURCES

ASIAN AMERICAN CHRISTIAN COUNSELING SERVICE
2550 W. Main St. #202
Alhambra, CA 91801
(626) 457-2900
www.aaccs.org
Offers non-denominational counseling and psychotherapy to individuals, couples, children, adolescents and families.
*Accepts sliding scale fee based on family income

ASIAN PACIFIC FAMILY SERVICES
9353 Valley Blvd. #C
Rosemead, CA 91770
(626) 287-2988
Provides prevention/early intervention, parenting and mentoring programs in addition to comprehensive outpatient mental health services to the growing Asian Pacific population.
*Accepts Medi-Cal insurance

ASIAN PACIFIC WOMEN’S CENTER
244 S. San Pedro St. #504
Los Angeles, CA 90017
(213) 250-2977
Provides school-based art therapy groups for at-risk elementary students.

BIENVENIDOS MENTAL HEALTH
255 N. San Gabriel Blvd.
Pasadena, CA 91107
(626) 696-1265
www.bienvenidos.org/
Offers services to children and young adults who present a variety of emotional and behavioral difficulties.
*Accepts Medi-Cal insurance

CALIFORNIA STATE UNIVERSITY, LOS ANGELES
COUNSELING AND ASSESSMENT CLINIC
5151 State University Dr., King Hall C-1067
Los Angeles, CA 90032
(323) 343-4438
Offers counseling opportunities for children, couples and families in both English and Spanish.
*Accepts sliding scale fee based on family income
CHINATOWN SERVICE CENTER
112 N. Chandler Ave. #105
Monterey Park, CA 91754
(626) 293-8733
320 S. Garfield Ave. #202
Alhambra, CA 91801
(213) 808-1720
www.cscla.org
Offers mental health services include individual, family, and anger management counseling; life skills training groups for children and youth, crisis intervention and parent education.
*Accepts Medi-Cal insurance

CHINESE CHRISTIAN HERALD CRUSADES
715 E. Mission Rd.
San Gabriel, CA 91776
(626) 286-2600
www.cchcla.org/en/
Offers counseling and education services to Chinese Americans.
*Accepts sliding scale fee based on family income

DIDI HIRSCH MENTAL HEALTH SERVICES
1540 E. Colorado St.
Glendale, CA 91205
(818) 244-7257
www.didihirsch.org/
Provides individual, group, and family therapy, as well as case management and medication management.
*Accepts Medi-Cal insurance

ENKI YOUTH & FAMILY SERVICES
3208 Rosemead Blvd. Suite 100
El Monte, CA 91731
(626) 961-8971
www.ehrs.com
Provides outpatient services, case management, individual and group therapy, medication evaluation and management.
* Accepts Medi-Cal insurance

Five Acres
760 W. Mountain View St.
Altadena, CA 91001
(626) 798-6793
Provides outpatient services, individual counseling, group counseling and wraparound services.
* Accepts Medi-Cal insurance

The San Gabriel Unified School District neither endorses nor sponsors the non-district organizations represented in this document. Distribution of this material is provided as a community service.
FOOTHILL FAMILY SERVICE
118 S. Oak Knoll Ave.
Pasadena, CA 91101
(626) 993-3000
www.foothillfamily.org/
Foothill Family Service is a community-based agency that seeks to meet the ongoing and emerging needs of children and families in the San Gabriel Valley area.
*Accepts Medi-Cal insurance and sliding scale based on family income

FULLER PSYCHOLOGICAL AND FAMILY SERVICES
180 N. Oakland Ave.
Pasadena, CA 91101
(626) 584-5555
fuller.edu/fuller-psychological-and-family-services/
Offers high quality and affordable mental health services to individuals and families.
*Accepts sliding scale fee based on family income (no insurance is accepted)

HATHAWAY-SYCAMORES CHILD AND FAMILY SERVICES
210 S. De Lacey Ave. Suite #110
Pasadena, CA 91105
(626) 395-7100
www.hathaway-sycamores.org/
Provides a comprehensive continuum of services to children and families across the greater Los Angeles area including the San Gabriel Valley.
*Accepts Medi-Cal insurance

INSTITUTE FOR GIRLS’ DEVELOPMENT
95 N. Marengo Ave., Suite 100
Pasadena, CA 91101
(626) 585-8075 ext. 108
http://www.instituteforgirlsdevelopment.com/
Offers individual, group, and family counseling services.
*Accepts Private Insurance

LA VIE COUNSELING CENTER
650 Sierra Madre Villa Ave #110
Pasadena, CA 91107
(800) 483-9591
www.laviecounseling.org
Offers professional individual, family, and group counseling services.
*Accepts sliding scale fee based on family income

LIVING GRACE CHRISTIAN COUNSELING
715 E. Mission Road
San Gabriel, CA 91776
(626) 281-9280
Offers individual, family, couple and small group counseling services in English, Cantonese, and...
Mandarin.
*Accepts sliding scale fee based on family income

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH**
(800) 854-7771
dmh.lacounty.info
Offers mental health services that include assessments, case management, crisis intervention, medication support, peer support and other rehabilitative services.

**PACIFIC CLINICS**
1020 S. Arroyo Parkway #200
Pasadena, CA 91105
(626) 403-2794
www.pacificclinics.org
Provides mental health and behavioral support for families and individuals of all ages within the San Gabriel Valley area.
*Accepts Medi-Cal insurance

**PROTOTYPES**
2055 E. Colorado Blvd. Suites 100 & 101
Pasadena, CA 91107
(626) 444-0705
www.prototypes.org
Provides comprehensive mental health and substance abuse services for men, women, and children.
*Accepts Medi-Cal insurance

**ROYBAL FAMILY MENTAL HEALTH CENTER**
4701 E. Cesar E Chavez Ave., 2nd Floor
Los Angeles, CA 90022
(323) 267-3400
Offers mental health services, crisis intervention, full service partnership, testing, prevention/early intervention and other services.
*Accepts Medi-Cal and sliding scale fee based on family income

**SANTA ANITA FAMILY SERVICE**
716 N. Citrus Ave. 605 S. Myrtle Ave.
Covina, CA 91723 Monrovia, CA 91016
(626) 966-1755 (626) 359-9358
Offers support services to children, families, veterans, seniors and caregivers as well as prevention and intervention for domestic violence and chemical dependency.
*Accepts sliding scale fee based on family income

**SOULTENDERS** (Arcadia Location)
41 East Foothill Blvd, Suite 102
Arcadia, CA 91006
(626) 701-4249
*Accepts Private Insurance

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CHILD ABUSE/DOMESTIC VIOLENCE

211 LA COUNTY
211LA.org
Dial 211 (available 24 hours) or 800-339-6993
Comprehensive resource and referral service for housing, food, medical, employment, etc.
If you need shelter, call 211 and let them know that you have no place to stay and you have children
with you. They will refer you to some shelters. Also request a referral to the Family
Solutions Center for additional resources. They will provide a case manager to help you.

ASIAN PACIFIC WOMEN’S CENTER
244 S. San Pedro St., # 504
Los Angeles, CA 90012
(213) 250-2977
apwcla.org
DV Hotline: (800)799-7233
Domestic Violence shelter (18-month transitional shelter), counseling, case management.
Multilingual in Asian languages.

CENTER FOR THE PACIFIC ASIAN FAMILY
1102 Crenshaw Blvd.
Los Angeles, CA 90019
(800) 339-3940
www.nurturingchange.org
Domestic violence emergency shelter (6 weeks), transitional program (12 months).
Multilingual in Asian languages, does not need to be Asian to participate in program.
*May or may not take teenage boys (depends on the situation).

DEPARTMENT OF CHILDREN AND FAMILY SERVICES
Child Abuse Reporting Hotline
(800) 540-4000
dcfs.lacounty.gov
To report child abuse or receive help and information regarding child abuse contact the Child
Protection Hotline 24 hours per day, 7 days per week.

EAST LOS ANGELES WOMEN’S CENTER
1431 S. Atlantic Boulevard
Los Angeles, CA 90022
(323) 526-5819
Crisis Hotline: (800) 585-6231
elawc.org
Offers services that include sexual assault, rape and battering program, crisis intervention, domestic
violence support and counseling, mental health and parenting groups, HIV/AIDS prevention.

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HAVEN HILLS
PO Box 260
Canoga Park, CA 91305
Crisis Hotline: (818) 887-6589
www.havenhills.org
Offers emergency crisis shelter for 30 days for battered women and their children with 18 month transitional housing.

HAVEN HOUSE
Jewish Family Service of Los Angeles
3580 Wilshire Blvd. Suite# 700
Los Angeles, CA 90010
Crisis Hotline: (323) 681-2626
jfsla.org/havenhouse
Offers 30 days of emergency shelter with food, clothing and medical assistance. Additionally, individual and group counseling, crisis intervention, domestic violence education, legal and social services advocacy are provided.

HOUSE OF RUTH
PO Box 459
Claremont, CA 91711
(909) 623-4364
24 hour hotline: (877) 988-5559
houseofruthinc.org
Offers emergency shelter, a transitional housing program and children’s programs.

JENESSE CENTER
3761 Stocker St. #100
Los Angeles, CA 90008
(800) 479-7328
www.jenesse.org
Offers a domestic violence intervention program, emergency 30 day housing and transitional housing (24 months).

LA CASA DE SAN GABRIEL COMMUNITY CENTER
203 East Mission Road
San Gabriel, CA 91776
(626) 286-2144
Partners with Peace Over Violence to provide workshops designed to alleviate domestic violence and sexual assault. Participants learn about community resources, victim’s rights, self defense, effective parenting and techniques for engaging in healthy interpersonal relationships.

NATIONAL DOMESTIC VIOLENCE HOTLINE
(800) 799-7233 Available 24 hours
(800) 787-3224 (TTY for Deaf/Hard of hearing)
PEACE OVER VIOLENCE
829 N. Fair Oaks Ave. Suite D
Pasadena, CA 91103
(626) 584-6191
24 hour hotlines: (626) 793-3385
Peaceoverviolence.org
Offers information and presentations to schools for violence prevention against bullying, sexual abuse, domestic violence, child abuse.

SAFE AT HOME PROGRAM
(877) 322-5227
(916) 651-1304 (TTY/TDD)
www.sos.ca.gov/registries/safe-home/
Offers a free post office box and mail forwarding service to help victims and survivors of domestic violence, stalking or sexual assault to start new lives in peace and to provide added protections to their overall safety plans. Survivors will need to apply at designated agencies and show proof of victimhood (i.e. police report) to qualify.

VICTIM INFORMATION AND NOTIFICATION EVERYDAY PROGRAM (VINE)
(877) 846-3452
vinelink.com
Anonymous computer-based program that offers information and notification regarding if an inmate is still in custody as well as notification of when an inmate is released or transferred.

YWCA DV PROJECT GLENDALE/SUNRISE VILLAGE
735 E. Lexington Dr.
Glendale, CA 91026
(888) 999-7511
www.glendaleywca.org
Emergency 45 day shelter for women and their children. Services are available in English, Spanish and Armenian.

YWCA WINGS DOMESTIC VIOLENCE PROGRAM
943 N. Grand Ave.
Covina, CA 91724
24 hour hotline: (626) 967-0658 English and Spanish
www.ywcasgv.org/wings.php
Offers emergency 45 day shelter, transitional shelter and assists with access to financial support, medical, legal assistance, job development skills, transportation and childcare.

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CHILDCARE/EXTENDED CHILDCARE

ANGELS MONTESSORI PRESCHOOL
150 N. Garfield Ave.
Alhambra, CA 91801
(626) 457-5927
Offers programs for children ages 2 through 6
Fee for service

CHILDTIME LEARNING CENTERS
1418 South Vega St.
Alhambra, CA 91801
(626) 289-3823
Offers child-care, preschool, kindergarten and school-age education services to children
Fee for service

HAPPY DAY SCHOOL
507 N. Chandler Ave.
Monterey Park, CA 91754
(626) 282-2919
Offers services and daycare from preschool through kindergarten age
Fee for service

LA CASA DE SAN GABRIEL COMMUNITY CENTER
203 East Mission Road
San Gabriel, CA 91776
(626) 286-2144
Provides a multicultural learning experience with developmentally appropriate curriculum for 3 and 4 year olds. Includes breakfast and lunch
Tuition on an income-based sliding scale

OPTIONS/HEAD START
1425 Manley Dr,
San Gabriel, CA 91776
(626) 288-4162
Options for Learning is a free to low cost high quality child care and early learning services program for students in grades 1-8. Options offers after school enrichment and provides referrals and resources to parents.

Options Surround Care provides fee based before and after school day care for students kindergarten through 5th grade. It is available at all San Gabriel USD elementary schools.
(626)-284-9935

Options Enrichment Program provides free after school child care and learning support services for students in grades 1-8 on a space available basis. This program is only available at Washington, Roosevelt, McKinley and Jefferson schools. (626) 967-9337

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CLOTHING

FIRST BAPTIST CHURCH OF ALHAMBRA
101 S. Atlantic Blvd.
Alhambra, CA 9181
(626) 570-1511
Free clothing 3rd Saturday of the month 10:00 am - 12:00 pm

LA CASA DE SAN GABRIEL COMMUNITY CENTER
203 East Mission Road
San Gabriel, CA 91776
(626) 286-2144
New and modestly used clothing, shoes, and accessories for families and community members

MAIN STREET ATTRACTION
218 W Main St
Alhambra, CA 91801
(626) 289-5150
Previously owned clothing, prices vary
Open Wednesday thru Sunday 10:00 am - 2:30 pm
Sale every 1st Saturday of the month (50% off)

NORMA’S NOOK
444 E. Washington Blvd.
Pasadena, CA 91104
626-797-2402
www.friendsindeedpas.org
Free professional clothing for women (for housing or job interviews)
Make an appointment to go in
Open on Tuesdays only but can make other arrangements if necessary.
EMERGENCY PSYCHIATRIC SERVICES
FOR LIFE THREATENING EMERGENCIES CALL 911

BHC ALHAMBRA HOSPITAL
4619 N. Rosemead Blvd.
Rosemead, CA 91770
(800) 235-5570
(626) 286-1191

CHARTER OAK HOSPITAL
1161 E. Covina Blvd.
Covina, CA 91724
(800) 654-2673
(626) 966-1632

EXODUS URGENT CARE CENTER
1920 Marengo Street
Los Angeles, CA 90033
(323) 276-6400

LAS ENCINAS HOSPITAL
2900 E. Del Mar Blvd.
Pasadena, CA 91107
(800) 792-2345
(626) 795-9901

LOS ANGELES COUNTY USC MEDICAL CENTER
2051 Marengo St.
Los Angeles, CA 90033
323-409-1000

PSYCHIATRIC MOBILE RESPONSE TEAMS (PMRT) are mobile response teams based in and operated by psychiatric hospitals approved by the Department of Mental Health. PMRT provides 5150 and 5585 evaluations conducted by licensed mental health clinicians. For help with a mental health emergency, call:
ACCESS at (800) 854-7771
TTY for Hearing Impaired (562) 651-25
FAMILY PLANNING

ALTAMED MEDICAL GROUP
10418 Valley Blvd.
El Monte, CA 91731
(888) 499-9303
(626) 453-8466
Provides services such as: pregnancy tests, health education, STD and HIV testing, and parenting classes. Accepts Medi-Cal and sliding scale fee.

EAST LOS ANGELES PREGNANCY CENTER
2342 S. Atlantic Blvd.
Monterey Park, CA 91754
(323) 838-0204
Provides education in areas such as: pregnancy, child development, family planning, and interpersonal and intrapersonal relationships.

FOOTHILL FAMILY SERVICE
EARLY HEAD START PROGRAM
2500 E. Foothill Blvd. Suite 300
Pasadena, CA 91107
(626) 564-1613
www.foothillfamily.org
Provides comprehensive early childhood development services consisting of high quality educational, health, mental health, nutrition, family services and social support to low-income pregnant women and families with children from 0 to 3 years. Accepts Medi-Cal and sliding fee scale.

WOMEN’S PREGNANCY CARE CLINIC
www.pregnancycareclinic.net
445 N. Lake Ave.
Pasadena, CA 91101
(626) 440-9400
Provides services to women, men, teens, parents and all those involved in a circumstance where a pregnancy is unplanned or unwanted.

LA CASA DE SAN GABRIEL COMMUNITY CENTER
203 East Mission Road
San Gabriel, CA 91776
(626) 286-2144
Monthly programs presented by Planned Parenthood help Spanish-speaking parents gain knowledge and confidence in their ability to discuss important issues with their children.
PLANNED PARENTHOOD
ALHAMBRA HEALTH CENTER
330 S. Garfield Ave. #300
Alhambra, CA 91801
(626) 798-0706
Provides services such as: pregnancy tests, birth control services, STD and HIV testing, and patient education.

PREGNANCY HELP CENTER OF SAN GABRIEL VALLEY
5626 N. Rosemead Blvd.
Temple City, CA 91780
(626) 309-0788
Provides services such as: pregnancy tests, baby supplies, and parenting classes.
Accepts Medi-Cal and offers help with qualification of insurance.

WOMEN, INFANTS, AND CHILDREN (WIC) ROSEMEAD
8923 E. Mission Dr
Rosemead, CA 91770
(888) 942-2229
Provides services for low-income pregnant, breastfeeding, and postpartum women, infants and children under age 5. WIC is a short term intervention program designed to influence lifetime nutrition and health behaviors.
FOOD DISTRIBUTION CENTERS

Note: CalFresh is California’s program to provide monthly food benefits to assist low-income households in purchasing the food they need to maintain adequate nutritional levels. Visit www.calfresh.ca.gov or call 1-877-847-3663 to see if you qualify. In addition to grocery stores, CalFresh can also be used at many farmers’ markets. To find local farmers’ markets that accept CalFresh and other EBT payment cards, go to ecologycenter.org/fmfinder

ASIAN YOUTH CENTER
100 W. Clary Ave.
San Gabriel, CA 91776
(626) 309-0622
www.asianyouthcenter.org
-Food distribution is on the 3rd Thursday of the month from 9:00 am - 11:00 am
-Bring ID

CATHOLIC CHARITIES OF LOS ANGELES
4171 N. Tyler Ave.
El Monte, CA 91733
(626) 575-7652
www.catholiccharities.org
- Food distribution is Monday thru Friday from 9:00 am - 1:00 pm
- Can receive food once per month
- Bring ID

CORY’S KITCHEN
El Sereno - Nueva Esperanza
4810 Huntington Drive S
Los Angeles, CA 90032
(323) 972-1330
www.coryskitchen.org
- Food distribution is on Mondays from 4:30 pm - 6:30 pm
- Can receive food once per month for 6 months
- Bring ID, need to let them know where you are living (no proof required)

FIRST BAPTIST CHURCH OF ALHAMBRA
101 S. Atlantic Blvd.
Alhambra, CA 9181
(626) 570-1511
- Thursdays from 1:00 pm - 3:00 pm
- Bring an ID and bags
FRIENDS IN DEED FOOD PANTRY
444 E. Washington Blvd.
Pasadena, CA 91104
626-797-2402
http://www.friendsindeedpas.org
Tuesdays & Wednesdays from 10:00 am - 3:00 pm & Thursdays from 10:00 am - 1:00 pm.
- Registration is from 10:00 am - 12:00 pm
- Bring ID, documentation of address and proof of low income (will work with those that don’t have the info)
- Can get food once per week

GOD PROVIDES NATIVE AMERICAN FOOD BANK
2453 Troy Ave.
South El Monte, CA 91733
(626) 442-4273
www.godprovidesministry.org
- Free lunch all day, no ID required
- $25 for a week’s worth of food, get voucher online or at office
- Food distributed Monday thru Friday 8:00 am - 4:00 pm & Saturday 8:00 am - 2:00 pm

HOLY FAMILY GIVING BANK
1524 Fremont Ave.
South Pasadena, CA 91030
(626) 403-6140
- Free lunch program, Monday thru Friday from 12:00 pm - 2:00 pm
- Food distributed on Monday from 9:00 am - 10:45 am
- Services residents in Alhambra (91801, 91803), El Sereno (90032) & South Pasadena (91030)
- Can receive food once per week
- Need to show a photo ID and a utility bill matching the name of the photo ID

LA CASA DE SAN GABRIEL COMMUNITY CENTER
203 East Mission Road
San Gabriel, CA 91776
(626) 286-2144
Provides canned goods and non-perishable grocery items, as well as household items to families and individuals in need.

NATIONAL HUNGER HOTLINE
1-866-3 HUNGRY (1-866-348-6479)
- Provides referrals to food pantries in your area by zip code
OUR SAVIOR CENTER
4368 Santa Anita Ave.
El Monte, CA 91731
(626) 579-2190
www.our-center.org
- Food distribution on Tuesdays and Thursdays from 10:00 am - 1:00 pm
- Can come twice per month (every other week)
- ID not required, but preferred

SAN GABRIEL MISSION
428 S. Mission Dr.
San Gabriel, CA 91776
(626) 457-3035
https://parish.sangabrielmissionchurch.org
Food distribution on Monday-Saturday from 10-2 pm; Fresh produce available on Sundays from 8-10 am.
Can come once a week. Bring photo ID.

SHEPHERD OF THE HILLS UNITED METHODIST CHURCH
333 S. Garfield Ave.
Monterey Park, CA 91754
(626) 573-1240
www.sothumcmp.webs.com
- Food distribution from Monday-Friday, 9 am-12 pm
- Can get food once a month
- Bring photo ID

ST. STEPHEN COMMUNITY OUTREACH CENTER
www.ststephenmpk.org
122 S. Ramona Ave.
Monterey Park, CA 91754
(626) 573-0427
- Food distribution on Saturday, 9-11:30 am for Monterey Park and Alhambra families
- Can get food once a week
- Need a photo ID and a utility bill to get food
- Homeless families (do not need to provide a utility bill) will be provided with instant meals and may return another time during the week.

ST. VINCENT de PAUL - ALL SOULS CATHOLIC CHURCH
1500 W. Main St.
Alhambra, CA 91803
(626) 281-0466
www.allsouls-la.org
- Food distribution on the 3rd Thursday of each month from 4:00 pm - 5:30 pm
- Need proof of Alhambra residency

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HOTLINES/SUPPORT GROUPS

AIDS HOTLINE
1 (800) 367-AIDS
Provides information and referral services regarding HIV/AIDS issues.

AIDS/HIV NIGHTLINE
1 (800) 628-9240
Provides telephone crisis intervention and emotional support to people affected by HIV/AIDS

CANCER SUPPORT
CANCER SUPPORT COMMUNITY
76 E. Del Mar Blvd. #215
Pasadena, CA 91105
(626) 796-1083
www.cscpasadena.org
Provides support to patients, family and friends dealing with cancer.

CAMP KESEM
P.O. Box 452
Culver City, CA 90232
(260) 22-KESEM
www.campkesem.org
Offers summer camp for children 6-16 years old whose parent have been affected by cancer.

CHILD ABUSE HOTLINES
DEPARTMENT OF CHILDREN AND FAMILY SERVICES
1 (800) 540-4000
To report child abuse and to provide help and information regarding child abuse.

NATIONAL CHILD ABUSE HOTLINE
1 (800) 4-A-CHILD

DRUG & ALCOHOL USE TREATMENT
Referrals: 800-564-6600 Web: publichealth.lacounty.gov/sapc/

FOOD
NATIONAL HUNGER HOTLINE
(866) 3-HUNGRY (866-348-6479)
Provides referrals to local food pantries.

MENTAL HEALTH “NAVIGATORS” FOR HELP FINDING SERVICES
Up to age 15: (626) 455-4599
Ages 16-25: (626) 455-4622
Ages 26-59: (626) 471-6535
Ages 60+: (213) 738-2327

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MISSING CHILDREN HOTLINES

NATIONAL CENTER FOR MISSING AND EXPLOITED CHILDREN
1 (800) THE-LOST (800-843-5678)
NATIONAL RUNAWAY SWITCHBOARD
1 (800) RUNAWAY (800-786-2929)

PERINATAL AND POSTPARTUM DEPRESSION HELP HOTLINE:
1-800-773-6667 or 800-PPD-MOMS – 24 hrs/day

RAPE AND BATTERY HOTLINES

EAST LA WOMEN’S CENTER
1 (800) 585-6231 - 24 hrs/day, in Spanish and English

LOS ANGELES RAPE AND BATTERING HOTLINE
West San Gabriel Valley – (626) 793-3385

RAPE, ABUSE, INCEST NATIONAL NETWORK (RAINN)
1 (800) 656-HOPE (4673)

NATIONAL DOMESTIC VIOLENCE HOTLINE
1 (800) 799-SAFE (7233)
1 (800) 787-3224 TDD

SEXUAL ORIENTATION - GAY/LESBIAN/TRANSGENDER/QUEER

LGBT NATIONAL HOTLINE
1-888-843-4564
www.glbthotline.org

LGBT NATIONAL YOUTH TALKLINE
1-800-246-PRIDE (7743)
www.glbthotline.org/transteens

LOS ANGELES LGBT CENTER
(323) 993-7400
https://lalgbtcenter.org
Serving the lesbian, gay, bisexual, and transgender population. Programs include mental health, health clinics, HIV/STD prevention and testing, domestic violence, housing, support groups, youth leadership, legal, and foster youth services

PFLAG PASADENA
301 North Orange Grove Blvd.
Pasadena, CA 91103626-817-3524
www.pflagpasadena.org
PFLAG (Parents, Families and Friends of Lesbians and Gays) is a support group that provides education, advocacy, and dialogue about sexual orientation and gender identity.

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PFLAG - SAN GABRIEL VALLEY ASIAN PACIFIC ISLANDERS
Sage Granada Park United Methodist Church
1850 W. Hellman Avenue
Alhambra, CA 91803
www.sangabrielvalleyapipflag.com
A support group for Asian-Pacific Islander (API) gays, lesbians, bisexuals, and transgenders (LGBT), as well as for their parents, families, and friends.

THE TREvor PROJECT
Trevor Lifeline: (866) 488-7386
www.thetrevorproject.org

SHELTERS AND REFERRALS
211 LOS ANGELES COUNTY
211 or (800) 339-6993
www.211la.org
Provides local resources available for families that are homeless or at-risk of homelessness that reside in Los Angeles County.

SUICIDE PREVENTION HOTLINES

SUICIDE CRISIS HOTLINE USA NATIONAL SUICIDE HOTLINES
Toll Free/24 hours/7 days a week
1 (800) SUICIDE (1-800-784-2433)
1 (800) 273-TALK (1-800-273-8255) – National Suicide Prevention Lifeline

DIDI HIRSCH MENTAL HEALTH SERVICES
24-hour Crisis Line: 1 (877) 7-CRISIS or 1 (877) 727-4747
Individuals whose life may be in immediate risk from self-harm should call:
1 (800) 273 TALK (8255) or 911

CEDARS SINAI MEDICAL CENTER
teenlineonline.org
Teen-To-Teen Hotline
1 (800) TLC-TEEN

TOBACCO USE TREATMENT– SMOKER’S HELPLINE
Free nicotine replacement patches for LA County
• English: 800-NO-BUTTS
• Spanish: 800-45-NO-FUME
• Ask for: Chinese, Vietnamese, Korean
Web: www.nobutts.org/ or Los Angeles County http://www.laquits.com/
Cost: Free
HOUSING/SHELTERS

211 LOS ANGELES COUNTY
www.211la.org
211 or (800) 339-6993
Provides local resources available for families that are homeless or at-risk of homelessness that reside in Los Angeles County.
Call to get a referral to shelters or emergency housing

CITY OF SAN GABRIEL AFFORDABLE HOUSING
http://www.sangabrielcity.com/906/Affordable-Housing
Information on homeownership programs as well as affordable, special-needs, accessible, and emergency housing within the County of Los Angeles.

FAMILY PROMISE OF SAN GABRIEL VALLEY
1005 E. Las Tunas Drive #525
San Gabriel, CA 91776
626-569-0991
www.fpsgv.org
Assists families to stay intact and to regain stable housing and employment within a supportive, volunteer-driven community.

HOUSING AUTHORITY OF THE COUNTY OF LOS ANGELES
700 West Main Street
Alhambra, CA 91801
Telephone: (626) 262-4510  TDD Toll Free: (855) 892-6095
www.hacola.org
Administers Section 8 Housing Choice Voucher and Public Housing programs.

LOS ANGELES COUNTY HOUSING RESOURCE CENTER
http://www.housing.lacounty.gov/
Toll-Free: 1 (877) 428-8844
Housing.lacounty.gov, the Los Angeles County Housing Resource Center, was created to help people list and find affordable, special-needs, accessible, and emergency housing within the County of Los Angeles. This web-based service, supported by a toll-free call center, provides information for the general public as well as for housing professionals seeking vital resources for their clients.

UNION STATION HOMELESS SERVICES
FAMILY SOLUTION CENTER
235 E Holly St, Pasadena, CA 91101
626-240-4550
http://unionstationhs.org
Provides shelter referrals, case management services. To get shelter, must be currently homeless or imminently homeless. Call 211 or case manager can refer directly here. Must have minor children to qualify.

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VOLUNTEERS OF AMERICA HOMELESS SUPPORT SERVICES
FAMILY SOLUTION CENTER
4501 Santa Anita Ave.
El Monte, CA
(626) 442-4357 M-F 8-5pm, call or walk-in
Provides shelter referrals, case management services.
LEGAL SERVICES

LEGAL CLINICS
MENTAL HEALTH ADVOCACY SERVICES, INC. AND FRIENDS IN DEED
First United Methodist Church of Pasadena
500 E. Colorado Blvd.
Pasadena, CA 91101
(626)796-0157 church office

ASIAN YOUTH CENTER
232 West Clary Avenue
San Gabriel, CA 91776.
(626) 309-0622
Provides legal consultation. Chinese language capabilities

IMMIGRATION RESOURCE CENTER OF SAN GABRIEL VALLEY
303 W. Colorado Blvd.
Monrovia, CA 91016
(626) 509-9472
www.ircsgv.org
Provides low cost immigration legal services. By appointment only.
MEDICAL NEEDS
To get health insurance coverage, go to www.coveredca.com

ALHAMBRA HOSPITAL MEDICAL CENTER
100 S. Raymond Ave.
Alhambra, CA 91801
(626) 570-1606
http://www.alhambrahospital.com/
Offers 24-hour Emergency services and medical/surgical services.

ALTAMED MEDICAL AND DENTAL GROUP
10418 Valley Blvd.
El Monte, CA 91731
(626) 453-8466
www.altamed.org
Provides services such as primary health care services, dental services, health education, and drug treatment/prevention programs.

A.P. HEALTH CARE VENTURE, EL MONTE/ROSEMEAD HEALTH CENTER
9960 Baldwin Place
El Monte, CA 91731
(626) 774-2988

ARROYO VISTA FAMILY HEALTH CENTER
4837 Huntington Drive N
Los Angeles, CA 90032
(323) 225-0024
M-F: 8:30 AM – 5:30 PM

CHILDREN’S HOSPITAL LOS ANGELES – ARCADIA OUTPATIENT CENTER
468 E. Santa Clara St.
Arcadia, CA 91006
(626) 795-7177
www.chla.org/arcadia-outpatient-center
Provides emergency and non-emergent medical and dental care for infants, children, and adolescents.
*Accepts all insurance

CHINATOWN SERVICE CENTER – COMMUNITY HEALTH CENTER
320 S. Garfield Ave., Suite 118
Alhambra, CA 91801
(213) 808-1700
Provides comprehensive family medical services such as physical examinations, laboratory tests, immunizations, and basic eye examinations. Accepts Medi-Cal, sliding scales fees based on income, and free program screenings for low to no cost health care.
CLEAVER FAMILY WELLNESS CLINIC  
4368 Santa Anita Avenue  
El Monte, CA 91731  
(626) 579-0290

DREAMWEAVER MEDICAL GROUP  
330 West Las Tunas Drive #1  
San Gabriel, CA 91776  
(626) 284-3300

EDWARD ROYBAL COMPREHENSIVE HEALTH CENTER  
245 South Fetterly Avenue  
Los Angeles, CA 90022  
(323) 780-2216

EL MONTE COMPREHENSIVE HEALTH CENTER  
10953 Ramona Blvd  
El Monte, CA 91731  
(626) 579-8463

GARFIELD MEDICAL CENTER  
525 N. Garfield Ave.  
Monterey Park, CA 91754  
(626) 573-2222  
http://www.garfieldmedicalcenter.com  
Provides multi-lingual, multicultural comprehensive healthcare services and 24-hour emergency services.

HERALD CHRISTIAN HEALTH CENTER  
923 S. San Gabriel Blvd.  
San Gabriel, CA 91776  
(626) 286-8700  
www.hchcla.org  
Fee for service.

LOS ANGELES COUNTY/ USC MEDICAL CENTER  
2051 Marengo Street  
Los Angeles, CA 90033  
(323) 409-1000  
http://dhs.lacounty.gov/  
Provides a full spectrum of emergency, inpatient and outpatient services. These services include medical, surgical, emergency/trauma and psychiatric services for adults, adolescents, and children.
LOS ANGELES LGBT CENTER
1625 N. Schrader Blvd.
Los Angeles, CA 90028
(323) 993-7400
https://lalgbtcenter.org
Provides primary health care, specializing in care for lesbian, gay, and transgender individuals. *Accepts Medical, HMO, PPO, Covered California, and sliding scale

MONROVIA HEALTH CENTER
330 West Maple Avenue
Monrovia, CA 91016
(626) 256-1600

MONTEREY PARK HOSPITAL
900 S. Atlantic Blvd.
Monterey Park, CA 91754
(626) 570-9000
http://www.montereyparkhosp.com

SAN GABRIEL VALLEY MEDICAL CENTER
438 W. Las Tunas Dr.
San Gabriel, CA 91776
(626) 289-5454
www.sgvmc.com
Provides 24-hour emergency services. Offers a wide range of medical and surgical services as well as inpatient and outpatient care.

SAN GABRIEL VALLEY DENTAL SOCIETY
312 E. Las Tunas Dr.
San Gabriel, CA 91776
(626) 285-1174

BUDDHIST TZU-CHI MEDICAL CENTER
1000 S. Garfield Ave.
Alhambra, CA 91801
(626) 281-3383
http://www.tzuchimedicalfoundation.org/alhambra
Provides low cost primary health care services.

USC SCHOOL OF DENTISTRY
925 West 34th Street
Los Angeles, CA 90089
(213) 740-2805
http://dentistry.usc.edu/patient-care/services
Provides low cost dental services for individuals on a first come first served basis

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MENTORING/AFTER SCHOOL PROGRAMS

ASIAN YOUTH CENTER
100 W. Clary Ave.
San Gabriel, CA 91776
(626) 309-0622
www.asianyouthcenter.org
After School program and tutoring services offered on a sliding scale

BIG BROTHERS/BIG SISTERS OF GREATER LOS ANGELES
3150 N. San Fernando Rd., Suite C
Los Angeles, CA 90065
(213) 213-2400
www.bbbsla.org
Serves children and youth (aged 6-16) by matching them with carefully screened, professionally supported adult volunteer mentors.

BOY SCOUTS OF AMERICA
3450 E. Sierra Madre Blvd.
Pasadena, CA 91107
www.glaacbsa.org/mission_amigos
(626) 351-8815

BOYS AND GIRLS CLUB OF WEST SAN GABRIEL VALLEY
328 S. Ramona Ave.
Monterey Park, CA 91754
(626) 573-2831
Provides after-school care, homework assistance, sports leagues, social recreation, and computer access to students age 6-17.

CITY OF SAN GABRIEL COMMUNITY SERVICES DEPARTMENT
250 S. Mission Dr.
San Gabriel, CA 91776
(626) 308-2875
http://www.sangabrielcity.com/96/Community-Services
Exciting classes, programs, and events for youth and adults of all ages to enjoy! Physical activity opportunities include team sports, dance, martial arts, and more.

GIRL SCOUTS OF GREATER LOS ANGELES
www.girlscoutsla.org
801 S. Grand Ave. #300
Los Angeles, CA 90017
(213) 213-0123

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READING AND WRITING CLINIC AT CALIFORNIA STATE UNIVERSITY, LOS ANGELES
5151 State University Dr.
Los Angeles, CA 90032
(323) 343-4761
Sliding scale fee for each quarter of instruction.

SHEPHERD OF THE HILLS UNITED METHODIST CHURCH
333 S. Garfield Ave.
Monterey Park, CA 91754
(626) 573-1240

UPWARD BOUND STUDY CENTER
603 N. New Ave., Unit E
Monterey Park, CA 91775
(626) 288-5171
SOCIAL SERVICES

DEPARTMENT OF PUBLIC SOCIAL SERVICES OFFICE
3352 Aerojet Ave.
El Monte, CA 91731
(626) 569-1399
955 N. Lake Ave.
Pasadena, CA 91104
(626) 569-1399
4077 N. Mission Rd.
Los Angeles, CA 90032
(866) 613-3777
www.ladpss.org
Programs designed to both alleviate hardship and promote health, personal responsibility, and economic independence. The Department provides the following benefits and services to low income residents of Los Angeles County.

EASTERN LOS ANGELES REGIONAL CENTER
1000 S. Fremont Ave.
Alhambra, CA 91802
(626) 299-4700
www.elarc.org
ELARC is a non-profit organization that is contracted by the California Department of Developmental Services (DDS) to assess, support, and connect individuals with developmental disabilities to the services they require. Case managers, known as Service Coordinators at ELARC, work with the individual and his or her family, to create an Individualized Program Plan in order to facilitate service delivery from various service providers based on the unique goals and needs of the individual.

HEALTH ADVOCATES LLC
21540 Plummer St., Ste. B
Chatsworth, CA 91311
(818) 995-9500
Assists individuals to qualify for Medi-Cal, Social Security (SSI/SSD) and other health insurance benefits.

SOCIAL SECURITY ADMINISTRATION OFFICE
900 S. Garfield Ave.
Alhambra, CA 91801
(800) 772-1213
Obtain social security cards; apply for retirement, disability or Medicare benefits.

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LOS ANGELES COUNTY VITAL RECORDS OFFICE
313 North Figueroa Street, Room Lobby-1
Los Angeles, CA 90012
(213) 240-7812
Obtain birth certificates for all births up until 1 year old occurring in Los Angeles County, except those born in Long Beach or Pasadena. After the child is 1, birth certificates can be obtained at the Los Angeles County Registrar-Recorder/County Clerk (RR/CC).

LOS ANGELES COUNTY REGISTRAR-RECORDER/COUNTY CLERK
4716 E. Cesar Chavez Blvd.
Los Angeles, CA 90022
(800) 201-8999
Obtain certified copies of birth certificates
SUBSTANCE USE AND PREVENTION

AL-ANON FAMILY GROUPS
4936 Lankershim Blvd.
North Hollywood, CA 91601
(818) 760-7122
www.alanonla.org
Offers support for the friends and families of people struggling with alcoholism.

ALCOHOLICS ANONYMOUS
849 E. Route 66 Ste. D
Glendora, CA 91740
(626) 914-1861
www.aasgvco.org
Provides support for men and women that are looking to recover from alcoholism.

ACTION FAMILY COUNSELING
2827 E. Foothill Blvd.
Pasadena, CA 91107
(800) 367-8336
www.actiondrugrehab.com
Provides a variety of counseling services including substance abuse treatment.
*Accepts Medi-Cal and all major insurance.

CIRCLE OF HELP FOUNDATION
1011 Goodrich Blvd.
Los Angeles, CA 90022
(323) 888-9191
Provides substance abuse treatment to adults and adolescents.
*Accepts Medi-Cal insurance

DIDI HIRSCH MENTAL HEALTH SERVICES
1540 E. Colorado St.
Glendale, CA 91205
(818) 244-7257
www.didihirch.org
Provides substance abuse and prevention counseling for both teens and adults.
*Accepts Medi-Cal and sliding scale fees (based on family income)

PROTOTYPES
2555 E. Colorado Blvd. Suite 308
Pasadena, CA 91107
(626) 449-2433
www.prototypes.org
Provides comprehensive mental health and substance abuse services.
*Accepts Medi-Cal insurance
SANTA ANITA FAMILY SERVICE
605 S. Myrtle Ave.
Monrovia, CA 91016
(626) 359-9358
www.santaanitafamilyservice.org
Provides clients with the tools they need to recover successfully and sustain a drug-free lifestyle.
*Accepts Medi-Cal and sliding scale fee

SPIRITT FAMILY SERVICES
2000 S. Tyler Ave.
South El Monte, CA 91733
(626) 442-1400
www.spiritt.org
Offers a full range of substance use prevention and treatment for youth and their families.
*Accepts Medi-Cal and sliding scale fee
FINANCIAL ASSISTANCE

CHINATOWN SERVICE CENTER
112 N. Chandler Ave., Suite 105
Monterey Park, Ca 91754
(626) 293-8733

CHINESE CHRISTIAN HERALD CRUSADES (CCHC)
715 E. Mission Rd.
San Gabriel, CA 91776
(626) 286-2600
www.cchcla.org

DEPARTMENT OF PUBLIC SOCIAL SERVICES (DPSS)
3350 Aerojet Ave.
El Monte, CA 91731
(866) 613-3777
dpss.lacounty.gov

SALVATION ARMY
Pasadena (Tabernacle), Ca: Corps Community Center
960 E. Walnut Street
Pasadena, CA 91106
(626) 773-4400
pasadena.salvationarmy.org