

SAN GABRIEL UNIFIED SCHOOL DISTRICT

COMMUNITY
RESOURCE GUIDE

APRIL 2018

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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

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Kathleen Leon, Lead Nurse

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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 Magaña, 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

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

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.

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.

CHILD CARE/EXTENDED CHILD CARE

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

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.catholicharities.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 10-2pm; 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, 9am-12pm

-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

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

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.

PFLAG - SAN GABRIEL VALLEY ASIAN PACIFIC ISLANDERS

Sage Granada Park United Methodist Church

1850 W. Hellman Avenue

Alhambra, CA 91803

www.sangabrielvalleyapiflag.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.

**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.ircs gv.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://lgbtcenter.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

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

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.

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.didihirsch.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