

Social-Emotional Health Resource Guide

MINDFULNESS & MEDITATION

BCHD Mindfulness Drop-In	First Wed. of the month 5:30 – 6 p.m. Beach Cities Health District, 514 N. Prospect Ave., 2nd Floor, Center for Health & Fitness Silver Room, Redondo Beach Free to attend	bluezonesproject@bchd.org (310) 374-3426 ext. 243 bchd.org/mindfulness
Chair Yoga (50+)	Mon./Weds., 9:30 – 10:30 a.m. Perry Park Senior Center, 2308 Rockefeller Ln., Redondo Beach	City of Redondo Beach, Senior and Family Services (310) 318-0650 redondo.org
Mindfulness (CHF)	Mondays, 12:10 – 1 p.m. Fridays, 10 – 10:55 a.m. Beach Cities Health District, 514 N. Prospect Ave., 2nd Floor, Center for Health & Fitness Silver Room, Redondo Beach Free for CHF members	(310) 374-3426 ext. 147 beachcitiesgym.org
InsightLA Redondo Beach Practice Group	Tuesdays, 7:30 - 9 p.m. Beach Cities Health District, 514 N. Prospect Ave., First Floor in the chapel, Redondo Beach Donation-based class	(310) 450-1821 programs@insightla.org southbayinsightla.org
InsightLA South Bay Beach Sit	First Sunday of the month 9 – 10 a.m. At the beach directly west of Herondo St. (190th) and Hermosa Ave. Donation-based class	(310) 450-1821 programs@insightla.org southbayinsightla.org
Mindfulness (55+)	Tuesdays, 10:30 – 11:30 a.m. Joslyn Community Center, 1601 Valley Drive, Manhattan Beach Free to attend	City of Manhattan Beach, Older Adults Program (310) 802-5430 citymb.info
Sun Style Tai Chi (55+)	Fridays, 9 – 10 a.m. Joslyn Community Center, 1601 Valley Dr., Manhattan Beach Free to attend	City of Manhattan Beach, Older Adults Program (310) 802-5430 citymb.info
Tai Chi (CHF)	Tuesdays, 8 – 8:55 a.m. Beach Cities Health District, 514 N. Prospect Ave., 2nd Floor, Center for Health & Fitness Silver Room, Redondo Beach Free for CHF members	(310) 374-3426 ext. 147 beachcitiesgym.org

Classes are subject to change

Last updated February 2020

SUPPORT SERVICES

Breathe & Learn (School Students)		breatheandlearn.com
Center for Discovery - South Bay (Eating Disorders)	(855) 972-7792	southbay.centerfordiscovery.com
Depression and Bipolar Support Alliance	(310) 497-8801 (310) 293-9185	dbsasouthbay.org
Families Connected Parent Chat		southbayfamiliesconnected.org
National Alliance on Mental Illness-South Bay	(310) 533-0705	namisouthbay.com
South Bay LGBT Center	(310) 328-6550	southbaycenter.wixsite.com/southbaylgbtcenter
The Gathering Place (Bereavement)	(310) 543-3437	providence.org/locations/gathering-place
Exodus Recovery, Inc. (24-Hour Urgent Care Center)	(310) 253-9494	exodusrecovery.com

HOTLINES

Community Helpline	(877) 541-2525	chelpline.org/wordpress
DMH Crisis Hotline ACCESS	(800) 854-7771	dmh.lacounty.gov
Infoline (2-1-1)	2-1-1	211la.org
LA Warmline	(855) 952-9276	211la.org
National Suicide Prevention Lifeline	(800) 273-8255	suicidepreventionlifeline.org
Suicide Hopeline - Center for Suicide Awareness	Text to 741741	centerforsuicideawarness.org
National Disaster Distress Helpline	(800) 985-5990 Text to 66746	samhsa.gov
LGBT National Center	(888) 843-4564	glbthotline.org
The Trevor Project (LGBTQ Youth)	(866) 488-7386	thetrevorproject.org

BEHAVIORAL HEALTH OR SUBSTANCE ABUSE SERVICES

Behavioral Health Services, Inc.	Assessment Line: (310) 679-9031	bhs-inc.org
Clear Recovery Center	(877) 799-1985	clearrecoverycenter.com
L.A. County Department of Substance Abuse Prevention and Control	(800) 564-6600	publichealth.lacounty.gov/sapc
Substance Abuse and Mental Health Services Administration	(800) 662-4357	findtreatment.samhsa.gov
Torrance Memorial Thelma McMillen Center for Alcohol & Drug Dependency	(310) 784- 4879 Adult Program (310) 257-5760 Teen Program	thelmamcmillencenter.com
Didi Hirsch Mental Health Services	(888) 807-7250	didihirsch.org

For health-related resources, visit bchd.org/resources or call (310) 374-3426, ext. 256.