



## COMMUNITY INFORMATION & LOW COST RESOURCE LIST

SERVICE TYPE	ORGANIZATION/PROVIDER	PHONE	SERVICE NOTE	COST
LA REFERRAL DATABASE	2-1-1 Los Angeles County	2-1-1 / www.211LA.org	Referral service for emergency food, clothing, shelter, etc.	Toll Free
ABUSE HOTLINES	ADULT PROTECTIVE SERVICES (GENERAL) ADULT PROTECTIVE SERVICES (MANDATED REPTS) DEPT. OF CHILDREN & FAMILY SERVICES	(877) 477-3646 (888) 202-4248 (800) 540-4000	To Report Elder Abuse (General Public Hotline) Elder Abuse (Mandated Reporter Hotline) To report Child Abuse	Toll Free
CRISIS HOTLINES	911 EMERGENCY RESPONSE ACCESS (LAC DEPT. OF MENTAL HEALTH) DIDI HIRSCH SUICIDE HOTLINE	9-1-1 (877) 272-4747 (800) 273-8255	Immediate assistance from Fire and Police Depts. Crisis services available to anyone All Ages suicide crisis hotline	Toll Free/Medi-Cal
BEHAVIORAL AND MENTAL HEALTH	ACCESS (LAC DEPT OF MENTAL HEALTH) TELECARE URGENT CARE CENTER (Long Beach) EXODUS URGENT CARE CENTER (Culver City) MANHATTAN BEACH COMMUNITY COUNSELING SOUTH BAY CHILDREN'S HEALTH CENTER DIDI HIRSCH COUNSELING PROGRAMS CONNECTING MENTAL HEALTH AND EDUCATION SB MENTAL HEALTH CENTER (Hawthorne)	(800) 854-7771 (562) 790-1860 (310) 253-9494 (310) 529-4946 (310) 328-0855 (310) 677-7808 (310) 316-1610 (323) 241-6730	MENTAL HEALTH EMERGENCY & NON-EMERGENCY Urgent Psych (Adults Only) Mon – Fri 8:00 AM – 7:00 PM Urgent Psych (Adults Only) Mon – Fri 8:00 AM – 7:00 PM Counseling for individuals, families and groups Counseling for children / Child Guidance All Ages Suicide Crisis Hotline Mental Health, Substance Abuse, counseling Mental Health, Mental Illness, and Substance Abuse	Medi-Cal/Medi-Care Medi-Cal / All Insurances Medi-Cal / Medi-Care Sliding Scale Medi-Cal Co-pay Medi-Cal / Low Cost Medi-Cal
DOMESTIC VIOLENCE	DOMESTIC VIOLENCE SAFETY (abuse) HOTLINE 1736 FAMILY CRISIS CENTER BEHAVIORAL HEALTH SERVICES RAINBOW SERVICES HOTLINE & OUTREACH RBPD DOMESTIC VIOLENCE ADVOCATES MBPD DOMESTIC VIOLENCE ADVOCATES	(800) 978-3600 (310) 370-5902 (310) 679-9126 (310) 547-9343 (310) 379-2477 x2336 (310) 802-5185	Referrals to services in area (24 hour) Shelter services for victims of domestic violence Medical Services and Support Groups Domestic violence services & hot line, emergency shelter 24-hour advocate response, referrals, court assistance 24-hour advocate response, referrals, court assistance	Toll Free Number No Cost Sliding Scale Ability to Pay No Cost No Cost
VACCINATIONS/ IMMUNIZATIONS	CURTIS TUCKER HEALTH CENTER - LA SOUTH BAY FAMILY HEALTH CARE TORRANCE HEALTH CENTER - LA COUNTY	(310) 419-5333 (310) 802-6170 (310) 354-2300	Free Immunizations Confidential HIV testing, case management; STD testing Walk-in Wed 2-5 p.m. First 10 patients. Register at 1:30	No Cost Sliding Scale/No Cost No Cost
PUBLIC HEALTH MEDICAL/DENTAL	HARBOR-UCLA MEDICAL CENTER MLK MULTI-SERVICE AMBULATORY CARE CENTER SOUTH BAY FAMILY HEALTH CARE VASEK POLAK HEALTH CLINIC	(310) 222-2345 Appt (310) 668-5011 (310) 802-6170 (310) 355-0100	Emergency medical & psychiatric; tooth extract by appt. Walk-in urgent care center, specialty clinics & dental Dental for ages 3 to 24 years Primary care, prenatal/pediatric medical, general dental	Co-Pay Ability to Pay Ability to Pay MediCal/HealthyFam/Access



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OLDER AND/OR DISABLED ADULTS	BCHD COMMUNITY SERVICES CENTER FOR THE PARTIALLY SIGHTED WESTSIDE CENTER FOR INDEPENDENT LIVING	(310) 374-3426 x156 (323) 344-8105 (888) 851-WCIL (9245)	(Officer of the Day) Care management, peer support, groups Low vision rehabilitation for people of all ages Services to maximize independence of people w/disabilities	Co-Pay for some services MediCal/Care, Sliding scale No Cost
PREGNANCY/ BIRTH CONTROL	SOUTH BAY FAMILY HEALTH CARE PLANNED PARENTHOOD-SOUTH BAY CENTER	(310) 802-6170 (800) 576-5544	Prenatal care and family planning Family planning, screenings, exams, mens health services, pregnancy tests	Sliding Scale Sliding Scale
PARENTING CLASSES	SOUTH BAY ADULT SCHOOL RICHSTONE FAMILY CENTER SOUTH BAY FAMILIES CONNECTED	(310) 376-6211 (310) 970-1921 Website	South Bay parent education classes and pre-school Parenting classes (English and Spanish) Substance use prevention, bullying and general resources for parents: southbayfamiliesconnected.org	Tuition Based Sliding Scale/flat fee Free
SUBSTANCE ABUSE	LA COUNTY DEPT OF SUBSTANCE ABUSE PREVENTION LOS ANGELES BEHAVIORAL HEALTH SERVICES BEHAVIORAL HEALTH SERVICES (BHS) ALCOHOLICS ANONYMOUS NARCOTICS ANONYMOUS	(800) 564-6600 (310) 328-1460 (310) 784-4879 (310) 618-1180 (310) 390-0279	Information for in-patient and out-patient programs in LA Substance abuse treatment, residential, detox, etc. Support line - operators on 6 am - 10 pm 24 hour line for support and information 24 hour line for support and information	Toll Free Number Sliding Scale No Cost No Cost No Cost
SUPPORT GROUPS & CLASSES	SELF-HELP & RECOVERY EXCHANGE (SHARE!) BCHD COMMUNITY SERVICES THE GATHERING PLACE TORRANCE MEMORIAL MEDICAL CENTER PROVIDENCE LITTLE CO OF MARY - TORRANCE CANCER SUPPORT COMMUNITY – REDONDO BEACH	(877) 742-7349 (310) 374-3426 x256 (310) 546-6407 (310) 517-4711 (888) 432-5464 (310) 376-3550	Info and referrals to self-help groups Resource info for community Caregiver Support Groups Bereavement support groups, info and referral Call for information Call for information Cancer Support Groups and Events	No Cost No Cost Donation No or Low Cost/ MediCal No Cost
EMERGENCY SHELTER/ HOMELESSNESS	1736 FAMILY CRISIS CENTER HARBOR INTERFAITH US VETS PEOPLE ASSISTING THE HOMELESS (PATH)	(310) 379-3620 (310) 831-0603 (877) 428-8844 (323) 644-2200	Shelter services for runaway and homeless youth (10-17) Housing resource for homeless / low income families Supported housing, employment assistance for homeless vets Housing, employment, public benefits assistance, etc.	No Cost Sliding Scale No Cost No Cost
MEALS	1st BAPTIST CHURCH OF TORRANCE 1st UNITED METHODIST CHURCH (Redondo) 1st UNITED METHODIST CHURCH (Torrance) HOUSE OF YAWEH (Lawndale) LOVE INC. HELPLINE LA REGIONAL FOOD BANK PROJECT NEEDS-ST. PAUL'S UNITED METHODIST	(310) 328-5030 (310) 372-8445 (310) 328-3242 (310) 675-1384 (310) 831-5683 (323) 234-3030 (310) 370-4319	1st Saturday of the month, hot lunch 11 a.m.-1 p.m. Wednesdays from 6-7 p.m., hot meal 4th Saturday of month, hot lunch 11 a.m. 2 Food programs Monday-Saturday - call for information Referral Service only for crisis situation <a href="http://www.lafoodbank.org">www.lafoodbank.org</a> - zip code search for food banks Tuesday, dinner 6-7 p.m.; 1st & 3rd Thurs., pantry 9-11 a.m.	Free Free Free Free Free Free Free



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RIVIERA UNITED METHODIST CHURCH (Redondo)	(310) 378-9273	5th Saturday of month, hot lunch 11 a.m.-1 p.m.	Free
SOUTH BAY CHRISTIAN CHURCH (Redondo)	(310) 376-8862	Every Sunday, breakfast 8 a.m.	Free
SB COMMUNITY CHURCH OF BRETHREN (Redondo)	(310) 371-0411	Every Thursday, dinner 6:30-7:30 p.m.	Free
ST. ANDREWS EPISCOPAL CHURCH (Torrance)	(310) 328-3781	3rd Sat of the month, hot lunch 11 a.m.-1 p.m.; pantry 11 a.m	Free
ST. ANDREWS PRESBYTERIAN CHURCH (Redondo)	(310) 540-5252	Every Tues/Thurs, sack lunch 12-1 p.m., clothing, pantry	Free
ST. JAMES CATHOLIC CHURCH (Redondo)	(310) 372-5228	Monday/Wednesday/Friday, sack lunch 1-2 p.m.	Free
ST. JOHN'S CHURCH	(310) 676-8804	Every Sunday, sack lunch 12:30 p.m.	Free
ST. LAWRENCE MARTYR CATH CHURCH (Redondo)	(310) 540-0329	Every day, sack lunch, pantry on. Saturday	Free
WALTERIA UNITED METHODIST CHURCH (Torrance)	(310) 375-0622	2nd Saturday of the month, Hot lunch 11 a.m.-1 p.m.	Free
YMCA CONGREGATE MEAL PROGRAMS	(310) 325-5885x2732 (Torrance) (310) 318-0650 (Beach Cities) (310) 505-5253 (Carson)	Daily hot lunch, socialization, advanced reservation required before 11 a.m. the day before the meal	\$2.75 Suggested Donation