SOUTH BAY & LA COUNTY - COMMUNITY SERVICES - LOW TO NO COST PROGRAMS & SERVICES

Subject	Company/Organization	Phone	Details of Services Provided	Cost
LACo.Referral	2-1-1 Los Angeles	2-1-1	Referrals to wide range of services.	Toll free number.
Database	_	www.healthycity.org	-	
Child Abuse	Dept. Children Family Services (DCFS)	1-800-540-4000	To report child abuse	No cost.
Counseling	BCHD Children's Program	310-318-7939	Children thru age 12 & their families	Co-pay
	Boys & Girls Club LA Harbor-Family	310-833-6019	Indiv, family, group counseling, parenting classes, parent support	Free – income
	Resource Center		groups, home visits, info & referrals, crisis support, preventative ed,	based. Sliding
			healthy families app, sight for students ref apps, bilingual eng/sp	scale
			counselors.	
	Exodus Recovery Inc. (Redondo Bch)	310-792-5454	Meds, rehab, therapy, case mgmt, housing, other srvcs.	Medi-Cal
	Friends of the Family	310-798-3260	Individuals, family, and group counseling	Sliding scale
	The Gathering Place	310-374-6323	Bereavement counseling, groups	No Cost
	Jewish Family Svcs - South Bay	310-373-0321	Individuals, couples, families, children & groups	Sliding Scale & Ins.
	Project Touch	310-379-5206	Youth counseling/socialization groups	Sliding scale.
	1736 Family Crisis Ctr.	310-792-5900	All ages.	SI/Scale & Ins.
	Richstone Family Center	310-970-1921	Counseling for children, adolescent, adults, home visitation	Sliding scale/no cost
	SB Center for Counseling	310-414-2090	Individuals, couples, families, children & groups	Sliding Scale
	SB Youth Children's Health Ctr (SBYP)	310-316-0183	Individuals, couples, families, children & groups	No cost/donation
Cutting/Self-	Torrance/So. Bay YMCA Self Abuse Finally Ends (S.A.F.E)	310-325-5885x2704 1-800-DON'T CUT	Individuals, couples, families, children & groups	Sliding scale
Mutilation	Sell Abuse Finally Ends (S.A.F.E)	1-800-DOM.1 CO.1	Education, therapist referrals.	No cost
Divorce Care &	St. Andrews Presbyterian Church	310-540-5252x241	1 st & 3 rd Tues. 6-8pm 9/16/09-3/16/10; Childcare Y; Scholarships Y. Workbook incl.	\$12.00
Support	Bread of Life Church	310-340-3252x241 310-325-7777x225	2 rd & 4 th Sat. 10a-12p; 12/12/09-6/12/10; Childcare N; Scholarships Y. Workbook incl.	\$12.00
Зиррогі	Journey of Faith Church	310-323-77778223	Will begin mid 2010 – Call to inquire.	TBA
	Hope Chapel Hermosa Beach	310-374-4673	Mondays, 7pm-9pm; Childcare; Scholarships Workbook incl.	TBA
Domestic Violence	CAVA	310-937-1977	Info & referrals: shelter; counseling & legal	No cost
Domestic Violence	1736 Family Crisis Ctr.	310-370-5902	Shelter svcs for victims of domestic violence	No cost
	Domestic Abuse Hotline	800-978-3600	Ref to services in area (24 hours hotline)	Toll-free
	Rainbow Services Hotline & Outreach	310-547-9343	24 hr DV services & emergency shelter	ATP
				Donation
LGBT - Domestic	SB Youth Project	310-372-7724	Support groups & indiv counseling	Sliding Scale
Violence	LA Gay & Lesbian Center	323-860-5806	Support groups, indiv counseling, referrals, legal, family, youth srvcs.	
	-		LGBT sensitive.	
Eating Disorders	Nat'l Assn Anorexia Nervosa &	630-577-1330	Hotline 9am-5pm (CST), referrals, local chapters, newsletter, education.	No cost
	Associated Eating Disorders – ANAD			
Elder Abuse/Older	LA County Elder Abuse Forensic Ctr.	1-877-477-3646	To report elder abuse; Multi-agency team, case review, extensive resource list.	No cost
Adult Services	(Adult Protective Services)			
	LA County Community & Senior Svcs.	1-888-202-4248	To report elder abuse; general info & toll free.	No cost
<u> </u>	H.E.L.P. (Old Torrance)	310-533-1996	Classes, free publications, referrals	No cost
Gender Identity	So Cal Transgender Counseling	310-281-9658	Gender identity concerns/counseling for individuals, partners, & families	Call about cost
HIV/AIDS	Curtis Tucker Health Ctr.	310-419-5333	MWF 8:30a-10:30a; M-12p-3:30p; T 10a-12:30p & 2-5:30p; Th 12p-3:30p	No cost
Counseling	SB Family Healthcare Ctr.	310-802-6170	Counseling for HIV/AIDS infected and affected	No seet
	CD Mad Ctm (Diamand Demonts1)	310-376-3000	CTD/HIV/ALDC tooking 0 composition, referreds (in Leasure 1-1-2)	No cost
	SB Med. Ctr. (Planned Parenthood)	1-800-576-5544	STD/HIV/AIDS testing & counseling; referrals (in Lawndale)	Ability to pay
LODTOL	Torrance Health CtrLA County	310-354-2300	Walk-in M: 2-5p; Fri 12p-3p; Except 3 rd Fri.	No cost
LGBTQI	Parents, Family & Friends of Lesbian & Gays	310-831-2967	Local chapter. Education, advocacy, referrals; Meet 3 rd Mon 7pm.	No cost
	(PFLAG) of So. Bay/RPV Gay Straight Alliance Network	212 402 4021	Not/1 9 local chapters Education, advances, referrals	No cost
	LA Gay & Lesbian Ctr.	213-482-4021 323-860-5806	Nat'l & local chapters. Education, advocacy, referrals LGBT sensitive mental health & youth services	Ability to pay
	The Trevor Project	1-800-4-U-TREVOR	Resources & referrals	No cost
0.11		1-800-4-0-1REVOR		No cost

SOUTH BAY & LA COUNTY - COMMUNITY SERVICES - LOW TO NO COST PROGRAMS & SERVICES

Medical/Dental	BCHD Children's Program	310-318-7939	Med/dental needs for children: adult medical	Co-pay
Wedledi/ Bernar	Harbor UCLA Med Ctr.	310-222-2345	Emergency med/psychiatric svcs.	Ability to pay
	MLK-Multi-service ambulatory care ctr	Appt 310-668-5011	Walk-in urgent care center. Specialty out patient clincis	ATP
	-	Info 310-668-4321		
	So. Bay Children's Ctr.	310-316-1212	Dental ages 3-24 years.	Medi-cal;
				Healthy Family;
				Axis
	So. Bay Family Health Care	310-802-6170	Physical exams, women's health care; dental care	Sliding scale
	Vasek Polak Health Clinic	310-355-0100	Primary care & low cost dental	Flat rate/Medi-
	I A Carro O I andrian Otto	202 0/0 500/	LODT complete company Defermed	cal rates
01-1	LA Gay & Lesbian Ctr.	323-860-5806	LGBT sensitive health care srvcs. Referrals.	Sliding scale
Older and/or	BCHD Community Care Services	310-374-3426 x144	Care mgmt, peer counseling & support groups	Co-pay some svcs
disabled adults	Ctr. For Partially Sighted	310-458-3501	Low vision rehab for all ages	Medi-cal/care/sliding
	Jewish Family Services-So Bay	310-373-0321	Care mgmt, counseling, support groups, conservatorship, meals	scale No cost/fixed/ins
	So. Bay Senior Services	310-375-0321	Info & ref to commty services.	No cost
	Westside Ctr for Independent Living	888-851-9245	Services to max independence for PWD.	No cost/ATP?
Parenting classes	BCHD	310-374-3426x212	Parenting classes.	Affordable fees.
rateriting classes	Jewish Family Services-So Bay	310-374-34208212	Parenting classes. Parenting classes & groups (Eng/Span/Hebrew)	Sliding scale
	NCADD (Nat'l Council Alcohol & Drug Dependency)	310-373-0321	Parenting classes (court approved; Eng/Span)	Sliding scale
	Parent Education Network	310-326-1466 310-374-3426x185	Referrals to parenting classes	No cost
	Richstone Family Ctr.	310-970-1921	Parenting classes (Eng/Span)	Sliding scale
	SB Ctr. for Counseling	310-414-2090	Parenting classes & groups (court approved)	Sliding scale
	SB Youth Children's Health Ctr (SBYP)	310-316-0183	Parenting classes & groups	No cost/donation
Pregnancy & Birth	BCHD Children's Program	310-318-7939	Initial prenatal doctor's visit	Co-pay
Control	SB Family Healthcare Ctr	310-802-6170	Prenatal care and family planning	Sliding scale
	SB Medical Ctr (Planned Parenthood)	1-800-576-5544	M/F reproductive health, family planning (in Lawndale)	Ability to pay
Psychiatric	Coastal Asian Pac MHC	310-217-7312	Psychiatric assessment & services; counseling & groups	Medi-cal/care/Fee/no
J				fee
	Harbor UCLA Med Ctr.	310-222-3151	Psychiatric assessment & services	Medicare/Medical
	SB Mental Health Clinic	323-241-6730	Psychiatric assessment & services	& Ability to pay
	Mental Health Urgent Care-LB	562-790-1860	Psychiatric crisis center 24/7	No cost
	Mental Health Urgent Care-Culver City	310-253-9494	Psychiatric crisis center 24/7	No cost
Emergency/	1736 Family Crisis Center	310-379-3620	Shelter services for runaway & homeless youth	No cost
Runaway/Homeless	Emergency Shelter Hotline	800-548-6047	During winter provides locations & pick up for shelter	Toll free
Youth	LA Youth Network-Taft House	323-467-8466	Case mgmt, counseling, night shelter, residential srvcs, referrals	No cost
	Nat'l Runaway Switchboard (Home Free)	1-800-786-2929	Education, reunification, referrals <u>www.runaway.org</u> 12-20 yrs.	No cost
	California Youth Crisis Hotline	1-800-843-5200	Emergency / crisis referrals	
	LA Gay & Lesbian Ctr.	323-860-5806	LGBT sensitive shelter services	4.70
	Bell Shelter (Bell)	323-263-1206	Emergency shelter/VA services/addiction recovery	ATP
	Harborview House	310-547-3341	Shelter/partial day treatment, support	ATP
	House of Yaweh	310-675-1384	Shelter/transitional housing & other services Social service asst, referrals	ATP
	His House-Salvation Army	310-782-8841 562-591-1292		No cost No cost
	Lydia House-LB Rescue Mission Rainbow Services Hotline & Outreach	310-547-9343	Shelter for single women/women w/children DV emergency shelter	ATP
		877-742-7349	Housing (w/roommate) w/in LA Co.	\$500p/m <ssi< td=""></ssi<>
	I Salf haln Daggyany 8, Evahanga (SUADE)		T TRANSPORT CVV/TOOTHURIET VV/III LA CO.	\$5000p/111<331
	Self-help Recovery & Exchange (SHARE) Women & Children Shetter Program (Compton)		Emergency/homeless shelter for women/children under 10	
	Women & Children Shelter Program (Compton)	310-631-5193	Emergency/homeless shelter for women/children under 10	No cost
Substance Abuse	Women & Children Shelter Program (Compton) US Vets-LB	310-631-5193 562-388-8012	Emergency/homeless shelter for women/children under 10 Supported housing, emp asst for homeless vets.	No cost No cost
Substance Abuse	Women & Children Shelter Program (Compton)	310-631-5193	Emergency/homeless shelter for women/children under 10	No cost

SOUTH BAY & LA COUNTY - COMMUNITY SERVICES - LOW TO NO COST PROGRAMS & SERVICES

	SB Ctr for Counseling	310-414-2090	Group/teen recovery intervention program/TRIP	Sliding
	Thelma McWillen Ctr. For Chem Depend Treat.	310-784-4879	Drug outpatient treatment; groups & testing-teens & adults	Scholarships avail
	AA	310-618-1180	Support line operators 6a-10p	No cost
	Al-Anon/Alateen	1-888-4ALANON	Support group for youth & families. Education & referrals	No cost
	NA	310-372-9666	24 hr hotline for support & info.	No cost
Suicide Prevention	Suicide Prevention Ctr. (Didi Hirsch MHC)	877-727-4747	Trained counselors available 24/7	Toll free
	Self-help & Recovery Exchange (SHARE)	877-742-7349	Info & referrals to self-help groups	No cost
	BCHD Commty Care Services	310-374-3426x144	50+ & caregiver support groups	Co-pay some srvcs.
	St. Francis Episcopal Church	310-375-4617	Al-anon; parents meeting, Thurs. 7:30pm.	No cost
	The Gathering Place	310-374-6323	Bereavement counseling, groups for youth & adults	Free or SI/Scale
Support Groups	Jewish Family Service	310-373-0321	Call for information	Free or SI/Scale
	SB Ctr for Counseling	310-414-2090	Call for information	Donation
	SB Children's Health Ctr.	310-316-0183	316-1212 – Parenting support groups/tutoring	No cost
	SB Youth Project	310-372-7724	Parent support group	No cost
	Pacific Unitarian Church	310-378-9449	Grief & addiction support groups;	No cost
	The Wellness Community	310-376-3550	For individuals w/ cancer & their families	No cost
	RH United Methodist Church	310-377-6771	PFLAG SB/RPV; For parents/friends of LGBTQI children 3 rd Mon @ 7p	No cost
	Rolling Hills Covenant Church	310-832-3140	The Heart Class – Tues @ 7:30p-9p; Open to all in a relationship or	No cost
			not and those who want to become self-aware	
Transgender	LA Gender Center	310-475-8880	Counseling for youth, adults, partners & families. Referrals.	Sliding scale
_	So Cal Transgender Counseling	310-281-9658	Counseling for youth, adults, partners & families. Referrals.	Call about cost
Meals/Food	First Baptist Church of Torrance	310-328-5030	1st Sat each month – lunch 11am-1pm	No cost
	First Lutheran Church of Torrance	310-320-9920x101	Kent-5 th Sat each month – lunch 11am-1pm	No cost
	First United Methodist Church-RB	310-372-8445	Every Wed - hot meal - 6-7p	No cost
	First United Methodist Church-Torr	310-328-3242	4 th Sat each month – lunch 11a-1p; Pantry	No cost
	First United Methodist Church-Gardena	310-327-1103	Every Sat – hot lunch – 11am-ish; Clothing once per month.	No cost
	House of Yaweh-Lawndale	310-675-1384	Two food programs; M-F; Call for info.	No cost
	Project Needs-St. Paul's Utd Methodist	310-370-4319	Tues – dinner – 6-7:30pm; 1 st & 3 rd Thurs – Pantry 9a-11a	No cost
	Riviera Utd Methodist Church-RB	310-378-9273	5 th Sat – hot lunch 11am-1pm	No cost
	SB Christian Church-RB	310-376-8862	Every Sun – breakfast 8am.	No cost
	SB Commty Church of Brethen-RB	310-371-0411	Every Thurs – dinner – 6:30p-7:30p	No cost
	St. Andrews Episcopal – Torrance	310-328-3781	3 rd Sat – hot lunch – 11am-1pm; Pantry 11am.	No cost
	St. Andrews Presbyterian – RB	310-540-5252	Every Tues & Thurs – sack lunch – 12p-1p; Clothing & Pantry.	No cost
	St. James Catholic Church-RB	310-372-5228	MWF – sack lunch – 12:30pm	No cost
	St. John's Church	310-676-8804	Every Sun – sack lunch – 12:30pm	No cost
	St. Lawrence Martyr Catholic – RB	310-540-0329	Every day – sack lunch 10a-7p; Pantry.	No cost
	Walteria Utd Methodist Church-Torr	310-375-0622	2 nd Sat – lunch 11am-1pm;	No cost
	Love Inc Helpline	310-831-5683	Help in a crisis situation	No cost
		310-831-7338		No cost
	LA Regional Food Bank	323-234-3030	<u>www.lafoodbank.org</u> – zip code search for foodbanks.	No cost
				No cost

<u>Due to the state budget crisis, please call to confirm before accessing services</u> as location, cost, level of services available, change WITHOUT prior written notice.

<u>DISCLAIMER: This is a referral and resource list only.</u>

<u>Distribution of this list does not imply endorsement of services or providers.</u>