

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

Subject	Company/Organization	Phone	Details of Services Provided	Cost
LACo.Referral Database	2-1-1 Los Angeles	2-1-1 www.healthycity.org	Referrals to wide range of services.	Toll free number.
Child Abuse	Dept. Children Family Services (DCFS)	1-800-540-4000	To report child abuse	No cost.
Counseling	BCHD Children's Program Boys & Girls Club LA Harbor-Family Resource Center Exodus Recovery Inc. (Redondo Bch) Friends of the Family The Gathering Place Jewish Family Svcs - South Bay Project Touch 1736 Family Crisis Ctr. Richstone Family Center SB Center for Counseling SB Youth Children's Health Ctr (SBYP) Torrance/So. Bay YMCA	310-318-7939 310-833-6019 310-792-5454 310-798-3260 310-374-6323 310-373-0321 310-379-5206 310-792-5900 310-970-1921 310-414-2090 310-316-0183 310-325-5885x2704	Children thru age 12 & their families Indiv, family, group counseling, parenting classes, parent support groups, home visits, info & referrals, crisis support, preventative ed, healthy families app, sight for students ref apps, bilingual eng/sp counselors. Meds, rehab, therapy, case mgmt, housing, other srvcs. Individuals, family, and group counseling Bereavement counseling, groups Individuals, couples, families, children & groups Youth counseling/socialization groups All ages. Counseling for children, adolescent, adults, home visitation Individuals, couples, families, children & groups Individuals, couples, families, children & groups Individuals, couples, families, children & groups	Co-pay Free – income based. Sliding scale Medi-Cal Sliding scale No Cost Sliding Scale & Ins. Sliding scale. SI/Scale & Ins. Sliding scale/no cost Sliding Scale No cost/donation Sliding scale
Cutting/Self-Mutilation	Self Abuse Finally Ends (S.A.F.E)	1-800-DON'T CUT	Education, therapist referrals.	No cost
Divorce Care & Support	St. Andrews Presbyterian Church Bread of Life Church Journey of Faith Church Hope Chapel Hermosa Beach	310-540-5252x241 310-325-7777x225 310-372-4641 310-374-4673	1 st & 3 rd Tues. 6-8pm 9/16/09-3/16/10; Childcare Y; Scholarships Y. Workbook incl. 2 nd & 4 th Sat. 10a-12p; 12/12/09-6/12/10; Childcare N; Scholarships Y. Workbook incl. Will begin mid 2010 – Call to inquire. Mondays, 7pm-9pm; Childcare ; Scholarships Workbook incl.	\$12.00 \$13.00 TBA TBA
Domestic Violence	CAVA 1736 Family Crisis Ctr. Domestic Abuse Hotline Rainbow Services Hotline & Outreach	310-937-1977 310-370-5902 800-978-3600 310-547-9343	Info & referrals: shelter; counseling & legal Shelter svcs for victims of domestic violence Ref to services in area (24 hours hotline) 24 hr DV services & emergency shelter	No cost No cost Toll-free ATP Donation Sliding Scale
LGBT – Domestic Violence	SB Youth Project LA Gay & Lesbian Center	310-372-7724 323-860-5806	Support groups & indiv counseling Support groups, indiv counseling, referrals, legal, family, youth svcs. LGBT sensitive.	
Eating Disorders	Nat'l Assn Anorexia Nervosa & Associated Eating Disorders – ANAD	630-577-1330	Hotline 9am-5pm (CST), referrals, local chapters, newsletter, education.	No cost
Elder Abuse/Older Adult Services	LA County Elder Abuse Forensic Ctr. (Adult Protective Services) LA County Community & Senior Svcs. H.E.L.P. (Old Torrance)	1-877-477-3646 1-888-202-4248 310-533-1996	To report elder abuse; Multi-agency team, case review, extensive resource list. To report elder abuse; general info & toll free. Classes, free publications, referrals	No cost No cost No cost
Gender Identity	So Cal Transgender Counseling	310-281-9658	Gender identity concerns/counseling for individuals, partners, & families	Call about cost
HIV/AIDS Counseling	Curtis Tucker Health Ctr. SB Family Healthcare Ctr. SB Med. Ctr. (Planned Parenthood) Torrance Health Ctr.-LA County	310-419-5333 310-802-6170 310-376-3000 1-800-576-5544 310-354-2300	MMF 8:30a-10:30a; M-12p-3:30p; T 10a-12:30p & 2-5:30p; Th 12p-3:30p Counseling for HIV/AIDS infected and affected STD/HIV/AIDS testing & counseling; referrals (in Lawndale) Walk-in M: 2-5p; Fri 12p-3p; Except 3 rd Fri.	No cost No cost Ability to pay No cost
LGBTQI	Parents, Family & Friends of Lesbian & Gays (PFLAG) of So. Bay/RPV Gay Straight Alliance Network LA Gay & Lesbian Ctr. The Trevor Project	310-831-2967 213-482-4021 323-860-5806 1-800-4-U-TREVOR	Local chapter. Education, advocacy, referrals; Meet 3 rd Mon 7pm. Nat'l & local chapters. Education, advocacy, referrals LGBT sensitive mental health & youth services Resources & referrals	No cost No cost Ability to pay No cost

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Medical/Dental	<p>BCHD Children's Program Harbor UCLA Med Ctr. MLK-Multi-service ambulatory care ctr</p> <p>So. Bay Children's Ctr.</p> <p>So. Bay Family Health Care Vasek Polak Health Clinic</p> <p>LA Gay & Lesbian Ctr.</p>	<p>310-318-7939 310-222-2345 Appt 310-668-5011 Info 310-668-4321 310-316-1212</p> <p>310-802-6170 310-355-0100</p> <p>323-860-5806</p>	<p>Med/dental needs for children; adult medical Emergency med/psychiatric svcs. Walk-in urgent care center. Specialty out patient clinics</p> <p>Dental ages 3-24 years.</p> <p>Physical exams, women's health care; dental care Primary care & low cost dental</p> <p>LGBT sensitive health care svcs. Referrals.</p>	<p>Co-pay Ability to pay ATP</p> <p>Medi-cal; Healthy Family; Axis Sliding scale Flat rate/Medi-cal rates Sliding scale</p>
Older and/or disabled adults	<p>BCHD Community Care Services Ctr. For Partially Sighted</p> <p>Jewish Family Services-So Bay So. Bay Senior Services Westside Ctr for Independent Living</p>	<p>310-374-3426 x144 310-458-3501</p> <p>310-373-0321 310-325-2141 888-851-9245</p>	<p>Care mgmt, peer counseling & support groups Low vision rehab for all ages</p> <p>Care mgmt, counseling, support groups, conservatorship, meals Info & ref to commty services. Services to max independence for PWD.</p>	<p>Co-pay some svcs Medi-cal/care/sliding scale No cost/fixed/ins No cost No cost/ATP?</p>
Parenting classes	<p>BCHD Jewish Family Services-So Bay NCADD (Nat'l Council Alcohol & Drug Dependency) Parent Education Network Richstone Family Ctr. SB Ctr. for Counseling SB Youth Children's Health Ctr (SBYP)</p>	<p>310-374-3426x212 310-373-0321 310-328-1460 310-374-3426x185 310-970-1921 310-414-2090 310-316-0183</p>	<p>Parenting classes. Parenting classes & groups (Eng/Span/Hebrew) Parenting classes (court approved; Eng/Span) Referrals to parenting classes Parenting classes (Eng/Span) Parenting classes & groups (court approved) Parenting classes & groups</p>	<p>Affordable fees. Sliding scale Sliding scale No cost Sliding scale Sliding scale No cost/donation</p>
Pregnancy & Birth Control	<p>BCHD Children's Program SB Family Healthcare Ctr SB Medical Ctr (Planned Parenthood)</p>	<p>310-318-7939 310-802-6170 1-800-576-5544</p>	<p>Initial prenatal doctor's visit Prenatal care and family planning M/F reproductive health, family planning (in Lawndale)</p>	<p>Co-pay Sliding scale Ability to pay</p>
Psychiatric	<p>Coastal Asian Pac MHC</p> <p>Harbor UCLA Med Ctr. SB Mental Health Clinic Mental Health Urgent Care-LB Mental Health Urgent Care-Culver City</p>	<p>310-217-7312</p> <p>310-222-3151 323-241-6730 562-790-1860 310-253-9494</p>	<p>Psychiatric assessment & services; counseling & groups</p> <p>Psychiatric assessment & services Psychiatric assessment & services Psychiatric crisis center 24/7 Psychiatric crisis center 24/7</p>	<p>Medi-cal/care/Fee/no fee Medicare/Medical & Ability to pay No cost No cost</p>
Emergency/Runaway/Homeless Youth	<p>1736 Family Crisis Center Emergency Shelter Hotline LA Youth Network-Taft House Nat'l Runaway Switchboard (HomeFree) California Youth Crisis Hotline LA Gay & Lesbian Ctr. Bell Shelter (Bell) Harborview House House of Yaweh His House-Salvation Army Lydia House-LB Rescue Mission Rainbow Services Hotline & Outreach Self-help Recovery & Exchange (SHARE) Women & Children Shelter Program (Compton) US Vets-LB</p>	<p>310-379-3620 800-548-6047 323-467-8466 1-800-786-2929 1-800-843-5200 323-860-5806 323-263-1206 310-547-3341 310-675-1384 310-782-8841 562-591-1292 310-547-9343 877-742-7349 310-631-5193 562-388-8012</p>	<p>Shelter services for runaway & homeless youth During winter provides locations & pick up for shelter Case mgmt, counseling, night shelter, residential svcs, referrals Education, reunification, referrals www.runaway.org 12-20 yrs. Emergency / crisis referrals LGBT sensitive shelter services Emergency shelter/VA services/addiction recovery Shelter/partial day treatment, support Shelter/transitional housing & other services Social service asst, referrals Shelter for single women/women w/children DV emergency shelter Housing (w/roommate) w/in LA Co. Emergency/homeless shelter for women/children under 10 Supported housing, emp asst for homeless vets.</p>	<p>No cost Toll free No cost No cost</p> <p>ATP ATP ATP No cost No cost ATP \$500p/m<SSI No cost No cost</p>
Substance Abuse	<p>Behavioral Health Services NCADD (Nat'l Council on Alcohol & Drug Dependency)</p>	<p>310-679-9126 310-328-1460</p>	<p>SAP; residential, detox & outpatient Outpatient Counseling</p>	<p>Free/Sliding Free or SI/Scale</p>

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

DISCLAIMER: This is a referral and resource list only.
Distribution of this list does not imply endorsement of services or providers.