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Cerritos College

CalWORKs and Re-Entry

Resource Directory

We in the CalWORKs and Re-Entry Department understand that students often have stressful and complicated lives. Problems left unresolved today too often evolve into a dropout statistic tomorrow. By providing this directory of resources found in Cerritos College, social service agencies and community resources, we hope to connect students with solutions that will enable them to proactively resolve obstacles and facilitate the attainment of their educational goals.

Thank you to all community and college resources who contributed information to our Cerritos College Resource Directory.

We would like to extend a special thank you to all who participated in the collaboration of this resource: Stephanie Sotelo, Edith Colin and Kay Badesha.

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11110 Alondra Blvd.
Norwalk, CA 90650
www.cerritos.edu

Cerritos College Campus Map



10/2016

Map subject to change due to construction projects. Updater available at <http://www.cerritos.edu/itmaps>.



Cerritos College Resource Directory

562-860-2451

Admissions and Records

ext. 2211

www.cerritos.edu/admissions-and-records/

The admissions and records office helps new and continuing students apply for graduation, pay for parking and class fees, as well as purchase official transcripts.

Assessment Testing

ext. 2599/2598

www.cerritos.edu/assessment-center/

At Cerritos College, assessment includes, but is not limited to, the collection of information regarding student's study skills. English language proficiency, aptitudes, goals, learning skills, career aspirations, academic performance, and need for special services.

Bookstore

ext. 2462

www.bkstr.com/cerritosstore/home/

You can easily and conveniently purchase books and supplies from the Cerritos College Bookstore directly from your MyCerritos schedule page.

CalWORKs

ext. 2593

www.cerritos.edu/calworks/

The CalWORKs Program at Cerritos College assist students who are cash aid recipients transition off welfare and achieve economic self-sufficiency.

Campus Police

ext. 2325

www.cerritos.edu/police/

For Emergencies call 911

Campus Police helps in emergency and non-emergency situations. Campus police offers safety escorts, emergency trainings, and livescan services.

CARE

ext. 2384

www.cerritos.edu/eops/care/

The program provides child care supplement, study time grants, book vouchers, car repair service, meal tickets, bus tokens, psychological services, workshops, and activities for children and more.

Career Services/Job Placement

ext. 2356

www.cerritos.edu/career-services/

The Job Placement Center is a complete job search and placement assistance service for current Cerritos College students and former students possessing either a degree or a certificate from Cerritos College.

Child Care Development Center

ext. 2583

www.cerritos.edu/child-development-center/

The Cerritos College Child Development Center provides high quality child care and development services to the Cerritos College Community.

Cerritos College

562.860.2451

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Counseling and Guidance

ext. 2231

www.cerritos.edu/counseling/

The Counseling Department is dedicated to assisting students in developing transitional skills to help them achieve success in their academic, career, and life goals in an inclusive environment that embraces the diversity of our students and community.

Community Education

ext. 7891

www.cerritoscommunityed.com

Cerritos College Community Education offers not for credit adult education classes on campus, as well as six week classes you can take from home, train for a new career, improve your job skills, or explore a hobby.

Disabled Student Programs & Services (DSPS)

ext. 2335

www.cerritos.edu/dsps/

Students with limitations due to a disability may receive support services and instruction from Disabled Student Programs and Services. Those students with mobility, visual, hearing, speech, psychological and other health impairments as well as learning and developmental disabilities are served.

EOPS

ext. 2398

www.cerritos.edu/eops/

EOPS offers book vouchers, grants, CARE program, Summer Bridge Program, Achievement in Mathematics, transfer assistance, counseling and guidance classes, early registration assistance, psychological services, supplemental instruction, learning community, California State University and University of California application fee waivers, and nomination for Cal State EOPS Programs.

Financial Aid

ext. 2397

www.cerritos.edu/financial-aid/

www.fafsa.ed.gov

Apply for federal grants by completing a Free Application for Federal Student Aid (FAFSA) application online. The financial aid office assist with completion of a Board of Governors Fee Waiver (BOGFW), inquire about the federal work study program, California Dream Act, Cal Grants, and Financial Aid Scholarships.

Foundation Scholarships

ext. 2526

www.cerritos.edu/foundation/

As a student of Cerritos College, you have access to over 120 privately funded scholarships available to fund your education and help you reach your academic and personal goals.

Library

ext. 2425 or 2426

<http://cert.ent.sirsi.net/client/cerritos>

As a student of Cerritos College, you have access the campus library. The library offers hundreds of books and research guides.

Office of International Student Services (OISS)

ext. 2156

www.cerritos.edu/oiss/

The Office of International Student Services (OISS) fosters the education and development of International Students with F-1 status, to empower them to achieve their academic and professional goals.

Re-Entry Resource Program

ext. 2362

www.cerritos.edu/re-entry-program/

The Re-Entry Resource Program is here to assist and support adult students returning to school after a gap in their education.

Student Activities/Clubs

ext. 2473 or 2475

www.cerritos.edu/activities/

The purpose of the Student Activities Program and the Associated Students of Cerritos College (ASCC) is to complement the academic program of studies and enhance the overall educational experience of students through participation in social, cultural, intellectual, recreational, health and governance programs.

Student Health Services

ext. 2321

www.cerritos.edu/shs/

Student Health Services provides diagnosis and treatment of short-term illness, first-aid care for illness and accidents, hearing and vision tests, immunizations, breast and pelvic exams, sexually transmitted disease screening, contraception, psychological counseling, Stress and Anxiety Reduction Groups, and dietitian services.

Student Success Center

ext. 7891

www.cerritos.edu/sc

The Cerritos College Success Center guides students to the completion of their academic goals by creating an accessible, responsive, learner-centered space for students to become active, independent, and confident learners.

Transfer Center

ext. 2154

www.cerritos.edu/transfer-center/

Utilize the transfer center to inquire about off campus tours, CSU, UC, Private and Out-of-State University transfer requirements, attend transfer workshops, and make counseling appointments.

Veteran Affairs

ext. 3716

www.cerritos.edu/va/

The Veterans Resource Center is an initiative to nurture a welcoming campus culture for veteran students. It is founded on the premise that the challenges faced by veterans may be addressed through a combination of services stressing academics, camaraderie, and wellness.



City of... Resources

Each city provides various resources to their residents.

Artesia (562) 865-6262

www.cityofartesia.us/

- Community events
- Transportation
- Utilities

Bellflower (562) 804-1424

www.bellflower.org

- Health and Social Services
- Children and Youth Services
- Fair Housing Services
- Food Distribution
- Health and Counseling Services

Cerritos (562) 860-0311

www.cerritos.us

- Affordable Senior Housing
- Cerritos Library
- Groups/ Clubs/ Sports Community Organizations
- Public Works
- Safer Cerritos

Compton (310) 605-5500

www.comptoncity.org/

- Housing Choice Program
- Family Self Sufficiency Program
- Senior Services
- Youth and Adult Services

Hawaiian Gardens (562) 420-2641

www.hgcity.org/

- Child Care
- Domestic Violence Resources
- Food Bank
- Scholarship Opportunities
- Senior Center and Services

Norwalk (562)929-5700

www.ci.norwalk.ca.us/

- Housing Resources and Assistance
- Job and Education Resources
- Social Services
- Senior Services

Lakewood (562) 866-9771 ext. 2140

(Direct Service Request Line)

www.lakewoodcity.org

- Afterschool Programs
- Senior and Human Services
- Volunteer Opportunities

La Mirada

www.cityoflamirada.org

- Environmental Programs
- Housing
- Transit and Utilities

Long Beach

www.longbeach.gov/residents/onlineresources

- Housing
- Health Clinics
- Rental Assistance

Los Angeles

www.lacity.org

- Education and Personal Development
- Health and Human Services
- Housing
- Volunteer Opportunities

Santa Fe Springs (562)868-0511

www.santafesprings.org/

- Family and Human Services
- Library and Cultural Services

Whittier (562)567-9300

www.cityofwhittier.org/

- Cultural Arts
- Recreation
- Senior Services
- Social Services
- Transit/ Accessibility



Community Resources

These are resources available around the surrounding communities.

Child Care

Children's Home Society of California Information (all services) (562) 256-7400
www.chs-ca.org

The Children's Home Society of California offers childcare and development services, as well as a referral hotline. The referrals are made to licensed childcare facilities in the greater Long Beach Area. An alternative payment program to assist low-income families is available and is based on available funding.

Mexican American Opportunity Foundation (323) 890-9600
www.maof.org

M.A.O.F. offers assistance to the community. We have child care programs, senior programs, and youth programs. We also offer free childcare referrals. Services are available to anyone.

Norwalk-La Mirada Unified School District- Preschool Program
(562) 623-7118 ext.145, 227

14616 Dinard Ave, Norwalk CA, 90650

Services provided: Education, health, mental health, disabilities, social services, parenting.

Hours of operation: 7:30 a.m. - 4:00 p.m.

Civil Rights Agencies

American Civil Liberties Union (ACLU) (213) 977-9500
www.aclu-sc.org

This agency strives to protect the rights afforded by the Constitution of the United States and the Bill of Rights. This organization provides legal representation on civil liberties and civil rights issues. Due to extremely limited resources it generally does not handle individual cases, but instead litigates class action lawsuits or novel issues of constitutional law.

Attorney General of California Public Inquiry Unit (800) 952-5225
P.O. Box 944255, Sacramento, CA 94244-2550
www.ag.ca.gov

Following an evaluation of consumer correspondence for actionable violations of California statutory and administrative law, the office investigates consumer complaints against California businesses and may enter into a third party dispute resolution process. Although the office cannot render private legal advice or legal representation, it can confer with members of the public to provide information on viable remedial actions, which may include a referral to the appropriate federal, state or local government agency or a private attorney.

United States Commission on Civil Rights**(213) 894-3437**

300 N. Los Angeles St., Suite 2010, Los Angeles, CA 90012

www.usccr.gov

Collects and studies information concerning legal developments constituting a denial of equal protection of the laws under the Constitution and voting rights. This organization provides information on civil rights as well as case referrals.

Disabled Services**Easter Seals Living Center****(562) 860-7270**

11110 Artesia Blvd., Cerritos, CA 90703

www.easterseals.com/southencal

The community based living skills service provides individualized programming which includes opportunities to increase competencies in community integration, self-advocacy, personal management, and work-related activities. You must be a Regional Center client, 18 years or older and must fall in the mild to moderate retardation category, and must be able to go to the restroom independently. Easter Seals also provides individualized supported employment services. No fees.

Office of Client's Rights and Advocacy - Los Angeles Regional**(213) 213-8000**

350 S. Bixel St., #290, Los Angeles, CA 90017

www.disabilityrightsca.org

Provides free legal services for people with developmental disabilities.

Southeast Family Resource Center**(562) 461-2986**

PO Box 307 Lakewood, CA 90714

www.southeastfrc.org

This is part of California's Early Start Program-a family resource center that provides parent-to-parent support to families of infants and toddlers from birth to 36 months who are at risk of developmental disabilities and those who have established disabilities. There are no fees.

Team of Advocates for Special Kids**(714) 533-8275**

100 W. Cerritos Ave., Anaheim, CA 92805

www.taskca.org

TASK is a non-profit corporation to which parents of children with disabilities can turn to for assistance and support in seeking and obtaining needed early intervention, educational, medical, or therapeutic support services for their children.

Employment Support Services

Employment Development Department

(800) 300-5616

12715 Pioneer Blvd., Norwalk, CA 90650

www.edd.ca.gov

The Employment Development Department (EDD) provides a comprehensive range of employment and training services in partnership with state and local agencies and organizations. These services, provided statewide through the America's Job Center of California, formerly known as One-Stop Career Centers, system benefit job seekers, laid off workers, youth, individuals currently working, veterans, and people with disabilities.

SELACO WIB

(562) 402-9336

10900 E. 183rd St., #350, Cerritos, CA 90703

(800) 481-6555

www.selacowib.com

Career Center Services, open to the general public, are comprised of job listings, fax and copy machines, computers, telephones, internet access, daily newspapers/classifieds, access to social service programs, veteran's services, computer classes, job search workshops, Labor Market information, printed resource materials and much more.

Southeast Regional Occupational Program

(562) 929-2723

Denise Strong Director of Instructional Services

(562) 860-1927 ext:1030

12940 E. Foster Rd., Norwalk, CA 90650

www.southeastrop.org

The Southeast ROP will provide Career and Technical Education: Medical Assisting, Dental Assisting, Surgical Technician, Pharmacy Technician, Medical Billing and Coding, Welding, C.N.A. This will help students with exemplary and rigorous career technical education that will support academic achievement, enhance their economic success and provide business and industry with skilled and responsible employees.

Women at Work

(626) 796-6870

3871 E. Colorado Blvd., 1st floor, Pasadena, CA 91107

www.womenatwork.org

jobs@womenatwork.org

Women at Work provides computer classes, workshops, job search assistance, occupational testing/career assessments, support groups, and counseling. Services are available to all clients who are looking for a job or career change.

Women Helping Women

(949) 631-2333

1800 E. McFadden Ave., #1A, Santa Ana, CA 92705

www.whw.org

Women Helping Women is a non-profit organization that provides comprehensive employment support services to empower disadvantaged men, women and teens in reaching economic self-sufficiency through employment. Professional business apparel, image consulting, and employment search support services are offered. Clients must be low-income and referred by an eligible non-profit, educational, or government agency. Clients should call for an appointment.

Family Services

Catholic Charities

(213) 251-3400

1531 James M. Wood Blvd., Los Angeles, CA 90015
www.catholiccharitiesla.org

Catholic Charities provides emergency food, transportation, clothing, shelter, hygiene items, baby items, information and referral. To be eligible for this program you must be low income. No fees.

Clearpoint Financial Solutions

(877) 877-1995

1651 E. 4th St., Suite 105, Santa Ana, CA 92701
www.clearpoint.org

Credit and budget counseling, reverse mortgage counseling, student loan counseling, bankruptcy counseling, housing counseling and first-time home buyer workshops. Services provided in English and Spanish. Fees vary by type of counseling requested. Please call to schedule an appointment.

Community Agencies for Caring Connections/Bellflower

(562) 866-9011, Ext. 2092

www.caringconnectionsonline.com

Caring Connections provides resources and referral information for community social services, food, clothing, counseling, parent education etc. This service is for families living within Bellflower Unified School District. Attendance area: Bellflower, Lakewood, and Cerritos.

Help Line Youth Counseling

(562) 864-3722

12440 E. Firestone Blvd., Suite 1000 Norwalk, CA 90650
www.hycinc.org

Helpline provides counseling and intervention services for youth and families. Services include strength based counseling, intervention services, education, and prevention working with both youth and family members

Human Services Association

(562) 806-5400

6800 Florence Ave., Bell Gardens, CA 90201
www.hsala.org

The Family & Community Services Department includes: Family Preservation; Parent Resource Centers; Pasitos (a First 5 LA early learning program); Parenting Classes; Domestic Violence Assistance; Child Abuse Prevention & Intervention; and Emergency Assistance. The Senior Services Department addresses the needs of the older population with: Multipurpose Senior Services Program; Care Management; Alzheimer's Day Care Resource Center; Home-Based Care; Telephone Reassurance; Congregate Meals; and Home Delivered Meals. We are one of the largest social services agencies in the southeast area and hold contracts with LA County, the State of California, outside agencies, and private foundations

Jewish Family & Children's Service of Long Beach

(562) 427-7916

3801 E. Willow St., Long Beach, CA 90815
www.jfcslongbeach.org

JFCS provides and promotes progressive mental health, case management, and human service programs. Our primary goal is to support individuals and families through life's challenges regardless of age, race, religion, handicap, or sexual orientation. JFCS takes Medicare and many insurance plans. Fees are on a sliding scale.

Loving to Learn Clinics and Centers Association

(323) 73-LIGHT

3650 S. Western Ave., Los Angeles, CA 90018

www.lovingtolearn.org

Child, family and community educational crisis intervention training association for motivational enrichment: counseling, education and social services; particularly where children are victims of parent's incarceration, unemployed or illness. This program serves children ages 3 – 18 and their parents, college students, and general public. The registration fee for services is \$20.00, however, free and low-cost services are available.

SPIRITT Family Services

(562) 698-9436 or (855) 714-8800

9401 South Painter Ave., Building E Whittier, CA 90605

www.spiritt.org

SPIRITT is dedicated to providing social services to families. Offering family communication skills, classes, parenting, anger management, alcohol and drug recovery services, domestic violence, child abuse prevention, and family preservation.

Straight Talk/La Mirada

(562) 943-0195

13710 La Mirada Blvd., La Mirada, CA 90638

www.straighttalkcounseling.org/LM-counseling

Counseling services for families, couples, individuals of all ages who live in La Mirada. Counseling, support groups and classes deal with such problems as sexual abuse, depression, parenting, bereavement, anxiety, and childhood/adolescent concerns. Groups and classes are open to everyone.

The Gary Center

(562) 691-3263

341 Hillcrest St., La Habra, CA 90631

www.garycenter.org

Services include counseling in areas of families, couples, individuals in crisis management, family stress, sexual abuse, domestic violence, anger management for adolescents, and drug/alcohol dependency. Other services include emergency shelter information, translation in tenant/landlord situations, and assistance with employment, SSI, and welfare documents, and housing matters. A food distribution program is available and the center also has a dental clinic providing full mouth restoration services to children and adults.

Volunteer Income Tax Assistance (VITA)

(800) 829-1040

Internal Revenue Service

The VITA program through the Internal Revenue Service needs volunteers. The IRS will train you for free. The training provides instructions for the preparation of simple income tax returns. To get more information about being a volunteer please call (213) 516-4180 (in the Los Angeles area). All other areas call (800) 829-1040.

Women Infant and Children (W.I.C.)

(888) 942-2229

13926 S. San Antonio Dr., Norwalk, CA 90650

www.womaninfactchildrenoffice.com

The WIC Program is a special Supplemental Nutrition Program providing nutrition education and food checks for purchasing specific foods such as milk, cheese, cereal, juice, and infant formula. The program serves pregnant and breastfeeding women, as well as, infants and children up to 5 years of age.

Holy Family, Adoption & Foster Care

(800) 464-2367

840 Echo Park Ave., Los Angeles, CA 90026

www.hfservices.ladiocese.org

Holy Family is a state licensed 501(c)(3) agency established in 1949 that provides free counseling and adoption services for women in unplanned pregnancies. Temporary foster care is available. English and Spanish speaking counselors are available. Free, adoption fees are paid by the adoptive parents. Anyone in crisis or unplanned pregnancy is eligible. Services are available Monday thru Saturday, 24 hours a day.

Food and Clothing**Christian Outreach in Action**

(562) 432-1440

515 East 3rd St., Long Beach, CA 90802

www.coalongbeach.org

Every first, third, and fifth Saturday we serve lunch at 11 a.m. Every Tuesday and Thursday we provide a grocery, clothing, and household item distribution from 9 a.m. to 1:45 p.m. Proof of Long Beach residency is needed to receive clothing and household items (only twice a month). Groceries are available to anyone who qualify and there is no limit as long as supplies last. COA also runs a transitional housing program for single women with children and one for single men.

Long Beach Rescue Mission

(562) 591-1292

1430 Pacific Ave., Long Beach, CA 90813

The Long Beach Rescue Mission provides housing, meals, and clothing for homeless and low-income individuals. The Mission runs two facilities: Samaritan House for men 18 and over and Lydia House for women 18 and over and their children. Services are free. Long Beach and surrounding area residents will be served first. Call for an appointment, 24 hours a day.

Salvation Army

(562) 426-7637

455 E. Spring St., Long Beach, CA 90806

www.salvationarmy.org

Food assistance for disabled and low-income families, a 2-3 day food supply over a 60-day period, limited to four times a year. This division serves Long Beach, Lakewood, and Signal Hill residents. At time of appointment must provide picture ID for adults, proof of residency, proof of income, and birth certificate for children under 18 years old.

Second Tyme Around Thrift Shop

(562) 869-0232

11026 Downey Ave., Downey, CA 90241

This shop provides resale clothing for men, women and children. Profits serve our philanthropic projects including dental care, home projects, Christmas distributions, Books on Wheels, and Meals on Wheels.

Health Services

California Healthy Families Program

(800) 880-5305

www.healthyfamilies.ca.gov

California now offers complete health insurance for your children and teenagers at a price you can afford. Services include; dental, eye care, immunizations, prescription medicine, regular check ups, physician/hospital services, low monthly premiums and \$5 co-payments for some services.

The Children's Dental Health Clinic

(562) 933-3141

10005 Flower St., Bellflower, CA 90706

www.memorialcare.org

The Children's Dental Health Clinic provides dental care for children from low-income families on a sliding scale. The clinic accepts MediCal health insurance.

UCLA Dental Clinic

(310) 206-3904

10833 Le Conte Ave., Los Angeles, CA 90095

www.dentistry.ucla.edu/patient-care

The UCLA Dental Clinic provides general dental services performed by junior and senior dental students under an instructor's supervision.

UCLA Faculty Group Dental Practice

(310) 794-5750

100 Medical Plaza, Suite 350 Los Angeles, CA 90095

The UCLA Faculty Group Dental Practice provides general dental services performed by junior and senior dental students under an instructor's supervision

USC Dental Clinic

(213) 740-2800

925 W. 34th St., Los Angeles, CA

Emergency: (213) 740-1576

www.dentistry.usc.edu

The USC Dental Clinic provides general dentistry, specialty and emergency services for people of all ages. Treatment provided by dental students under faculty supervision. Services are provided in English and Spanish.

Child Health and Disability Prevention Program

(800) 993-2437

9320 Telstar Ave., Suite #226 El Monte, CA 91731

www.dhcs.ca.gov

This is a State/Federal program offering free physical exams and immunizations for children under 19 years old. You may qualify even if you aren't eligible for Medi-Cal. Referrals are available to doctors in your area. Services are provided in English and Spanish. For more information please call the number listed above on Mondays. MediCal is accepted or free for eligible babies, children, and teens.

Families in Good Health

(562) 491-9100

411 E. 10th St., #207, Long Beach, CA 90813

www.dignityhealth.org/stmarymedical/community-benefits/families-in-good-health

This organization provides information about how to obtain Medi-Cal, Medicare, or a healthcare program. Service is available in English, Spanish, Cambodian, and Lao. No fees, all you need to show are rent, utility bill, birth certificate, and copy of recent paycheck.

Cerritos College

562.860.2451

Harbor Free Clinic

(310) 732-5887

593 W. 6th St. , San Pedro, CA 90731

www.thehcc.net

The Harbor Free Clinic offers general medical treatment of colds, flu, sore throat, pregnancy testing. Services include birth control, family planning services, pediatric, and prenatal services. Mental Health services are available. Treatment and diagnosis for sexually transmitted diseases is available. No emergency treatment.

Los Angeles Regional Family Planning Council

213-386-5614

3600 Wilshire Blvd. #600, Los Angeles, CA 90010

www.cfhc.org

Provide referrals for family planning services and clinical referrals for contraceptive services, infertility testing, pregnancy testing, and female cancer screening.

Pathways Volunteer Hospice

(562) 531-3031

3701 Michelson St., Lakewood, CA 90712

www.pathwayshospice.org

Pathways Volunteer Hospice is a non-profit volunteer organization dedicated to providing service to the terminally ill and providing compassionate support to grieving families.

Planned Parenthood Los Angeles

(213) 270-4829

400 W. 30th St. , Los Angeles, CA 90007

www.plannedparenthood.org

Provides convenient and affordable access to a comprehensive range of quality reproductive health care and sexual health information, through patient services, education and advocacy.

Russ's Optical Co.

(714) 572-8301

310 E. Orangethorpe Ave., Suite C, Placentia, CA 92870

Russ's Optical Co. provides eye exams, glasses and contact lens dispensing. They offer a 10% discount to currently enrolled students with student identification.

Health Insurance Premium Payment Program (HIPP)

(800) 644-7730

www.dhcs.ca.gov/services/Pages/TPLRD_CAU_cont.aspx

The Health Insurance Premium Payment (HIPP) program defers medical costs from Medi-Cal by reimbursing certain Medi-Cal beneficiaries' private or employer-related health insurance premiums when it is cost effective.

Claris Health Pregnancy Clinic

(310) 268-8400

11500 W. Olympic Blvd., #570, Los Angeles, CA 90064

www.clarispregnancy.org

The Westside Pregnancy Clinic is a non-profit medical clinic offering pregnancy tests, ultrasound, confidential counseling, early pre-natal care, support groups, and more. The center also offers material and emotional assistance throughout pregnancy and for two years after a child is born.

Hotlines

211 Los Angeles County

211

www.211la.org

211 provides free information about all types of human services including adult services, counseling, legal assistance, financial assistance, training, services for people with disabilities and other social services. Its services are free and confidential 24 hours a day/7 days a week. Services are provided in English, Spanish and 160 other languages. It also provides services for the deaf and hearing impaired.

Alcoholics Anonymous Hotline

(323) 936-4343

www.laaoaa.org

This hotline provides referrals and information to 12-Step A.A. meetings. The meetings consist of counseling and networking with former alcoholics. Service is available 24 hours a day.

California HIV/AIDS Hotline

(800) 232-4636 M-F 9am-4pm
After hours: (800) 628-9240

This is a toll free, anonymous and confidential hotline providing HIV/AIDS/STD referrals, information, and support.

California HIV/AIDS Hotline

(800) 367-2437

cdcpin.org/ca/

This is a toll free, anonymous and confidential hotline providing HIV/AIDS/STD referrals, information, and support.

College Hospital 24-Hour Crisis Help Line

L.A. (800) 352-3301
O.C. (800) 773-8001

www.collegehospitals.com

Trained intake specialists will triage emergency mental health problems and recommend an appropriate source of help in the community.

Emergency Contraception Hotline

(888) 668-2528

Addresses this lack of awareness by providing accurate, accessible information about emergency contraceptive methods; and by matching callers with health care providers in their area who can provide a prescription.

Health Line

(800) 427-8700

The Health Line provides referrals to all county health care facilities and health services.

Hotline of Southern California

L.A. (562) 596-5548
O.C. (714) 894-4242

www.hotlineofsocal.org

Email: hotlinesc@earthlink.net

We provide crisis counseling for those who are suicidal, need help with domestic violence, substance abuse, bereavement, rape, child abuse, latch-key issues and more. We provide referrals for shelter, food, and clothing, including financial assistance, medical and psychological help.

L.A. County Department of Mental Health

(800) 854-7771

www.dmh.lacounty.gov

This is a service for disaster victims to receive, over the telephone, the following mental health services: screening, assessment, referral and crisis counseling.

Mental Health Crisis Hotline

(800) 854-7771

www.psychotherapist.net

This hotline provides mental health information, referrals, and crisis intervention counseling. Phone hours are available 24 hours a day/7 days a week, services are offered in a multilingual environment.

National Suicide Prevention Lifeline

(800) 273-8255

www.suicidepreventionlifeline.org**Norwalk Information Connection**

(562) 484-9660

www.ci.norwalk.ca.us

This information line a 24-hour a day automated service providing you with recorded information about community programs, services, and resources.

Project Return: The Next Step

(888) 448-9777

100 W. Broadway, Suite 5010, Long Beach, CA 90802

www.mhala.org/project-return.htm

The Friendship Line is a non-crisis “warm-line” and was developed for people who are coping with mental illness. It offers peer-to-peer support and information about mental health resources, with the capability to make a connection to crisis lines. The Friendship Line is open for calls from 6pm - 10pm weekday evenings, plus daytime hours on weekends and holidays.

Sexual Assault Hotline

(800) 656-4673

www.rainn.org

This is a free 24-hour hotline that provides information on support groups, one-on-one counseling, accompaniment to the hospital for reporting and to court. Information is available on prevention education programs and volunteer programs. These services are free.

Suicide Prevention Center

(877) 727-4747

www.didiirsch.org/spc

This 24 hour suicide crisis line provides direct, confidential, telephone counseling to individuals contemplating, threatening or attempting suicide, as well as, concerned friends or family members. Each caller receives immediate and focused crisis intervention assistance from a team of highly trained volunteers, consultants, and professional staff.

Legal Services

Center for Human Rights and Constitutional Law

(213) 388-8693

256 Occidental Blvd., Los Angeles, CA 90057

<http://centerforhumanrights.org>

Provides direct legal services to indigent immigrants and refugees and handles class action suits dealing with immigration and civil law. This organization also operates a shelter for immigrant children and a transitional living center for children prior to adoption. Services are provided in Spanish and English. There is no charge for services.

Community Legal Services (Legal Aid)

(562) 864-9935

11834 E. Firestone Blvd., Norwalk, CA 90650

(800) 834-5001

<http://www.legal-aid.com>

Provides free and low cost legal services in several areas of civil law (no criminal law assistance) such as family problems, housing, lawsuits, employment, education, restraining orders, civil harassments and abuse to low-income residents of Artesia, Bell, Bell Gardens, Bellflower, Cerritos, Downey, Hawaiian Gardens, Norwalk and Paramount.

Department of Fair Employment and Housing

(800) 884-1684

320 W. 4th St., 10th Floor, Los Angeles, CA 90013

www.dfeh.ca.gov

Receives and investigates complaints regarding discrimination in employment, housing, public accommodations, and hate violence cases. No fees.

Lawyer Referral Service of the Southeast District Bar Association

(562) 868-6787

12749 Norwalk Blvd., #107, Norwalk, CA 90650

www.sedba.org

This is a referral service to attorneys pertaining to all types of legal matters. There will be a fee for a consultation excluding worker's compensation, personal injury, criminal, and social security cases. Attorney fees will be quoted during consultation. Bilingual staff is available.

Legal Aid Foundation of Long Beach

(562) 435-3501

601 Pacific Ave., Long Beach, CA 90802

www.lafla.org

The Legal Aid Foundation offers assistance with legal problems such as housing, government benefits, family law, and domestic violence. Services for low-income families are sliding scale or free.

Legal Aid Foundation of Los Angeles

(213) 640-3883

5228 Whittier Blvd., Los Angeles, CA 90022

www.lafla.org

The Legal Aid Foundation of Los Angeles provides civil legal services to low-income individuals in metropolitan Los Angeles.

Los Angeles County Bar Association

(213) 243-1525

1055 West 7th St., Los Angeles, CA 90017-2577

www.lacba.org

The Los Angeles County Bar Association provides lawyer referral and information services.

Mercury Paralegal Services

12061 Orange St., Norwalk, CA 90650

(562) 868-7744

(562) 929-2180 *Spanish*

Mercury offers a variety of services: divorce, legal separation, establish parental rights, child support, custody & visitation, restraining orders, guardianships, income taxes, bankruptcy, D.A. cases, and civil matters. Service is provided in Spanish and English. Payment plans are available and affordable. A \$200 deposit is required.

Mental Health Services**College Hospital**

10802 College Place, Cerritos, CA 90703

www.chc.la

(562) 924-9581

College Hospital is an acute psychiatric hospital with inpatient and outpatient programs for children, adolescent, adult, and geriatric cases. We provide a variety of programs including; inpatient, day programs and Hispanic programs. The patient is required to have psychiatric problems severe enough to require this level of care. Cash, insurance, MediCal or Medicare is accepted.

Community Family Guidance Center

10929 South St., Suite 208B, Cerritos, CA 90703

www.cfgcenter.com

(562) 924-5526

Outpatient mental health and child abuse treatment services. Community Family Guidance Center provides therapy for children and families for a wide variety of emotional and behavioral problems such as anxiety, depression, abuse. Both individual and group therapy is provided. Parenting skills classes are also offered. All services are available to children ages 3 to 17 and their caretakers.

For the Child

4565 California Ave., Long Beach, CA 90807

www.forthethechild.org

(562) 422-8472

Child Abuse Program (CAP): child victims of abuse (child sexual abuse/assault, child physical abuse, child pornography, domestic/family violence, bullying, human trafficking, kidnapping, hate crimes, survivor of homicide victim and teen dating violence). Service is provided in English and Spanish. MediCal and Non-Insured (with trauma history only) are accepted. One can self-refer, law enforcement, DCFS, custodial parent or any agency can refer to For the Child.

Helpline Youth Counseling

14181 Telegraph Rd., Whittier CA 90604

www.hycinc.org

(562) 273-0722

HYC is one of the largest youth services providers in Southeast Los Angeles County. It provides educational services including drug and alcohol counseling and education, gang induction prevention and gang intervention, and skill-building such as life skills, conflict resolution, anger management, and parenting

Long Beach Asian Pacific Mental Health Center
4510 E. Pacific Coast Hwy., #600, Long Beach, CA 90804
www.Dmh.LAcounty.gov

(562) 346-1100

This program provides psychiatric mental health services to Asian-Pacific populations in Long Beach by multi-ethnic, culturally sensitive professional staff. Service assistance is provided in the following languages: Cambodian, Laotian, Vietnamese, Chinese and Tagalog. Sliding scale fees, MediCare, MediCal, and other insurance is accepted.

Los Angeles County Department of Mental Health
17707 Studebaker Rd., Cerritos, CA 90703
Dmh.lacounty.gov

(562) 402-0688

Provides mental health evaluations and therapy. Service assistance is provided in English and Spanish. MediCal, MediCare and other insurance is accepted. Must call to schedule an intake appointment.

Mental Health Association of Greater Los Angeles
100 West Broadway Ave., Suite 5010, Long Beach, CA 90802
www.mhavillage.squarespace.com

(562) 285-1330

Provides educational materials, supports mental health projects and also offers resource services. Referral services offered. The Mental Health Association also provides training, consultation, housing, education, and advocacy programming and services.

Mental Health Association /Homeless Assistance Program
456 Elm Ave., Long Beach, CA 90802

(562) 437-6717

This division of the Mental Health Association provides an outpatient drop-in center where persons can take a shower, utilize the laundry unit, and receive emergency clothes, psychiatric evaluation and medication. Transportation assistance and referrals are provided. All services are provided on an individual basis. Clients are eligible if they are homeless or at-risk of being homeless with a major mental illness. Certain requirements apply. There is no charge for services.

National Council of Jewish Women - Los Angeles
543 N. Fairfax Ave., Los Angeles, CA 90036
www.ncjwla.org

(323) 655-3807
(323) 651-2930

Women Helping Women Services offers a counseling talkline free of charge. Counselors offer emotional support and practical information on a variety of issues. This organization also offers support groups on topics including: self-esteem, single parenting, domestic violence, and work transitions. No one is turned away for lack of funds.

Pacific Clinics – El Camino
11721 E. Telegraph Rd., Santa Fe Springs, CA 90670
www.pacificclinics.org

(562) 949-8455
(877) 722-2737

Pacific Clinics provides psychiatric services and outpatient behavioral health programs to seriously ill residents and their families. We accept MediCal and Medicare.

Pacific Clinics – Centro Familiar

(562) 942-8256

This program offers individual/family/group therapy for children, adolescents and their families. Services are offered in English and Spanish. Centro Familiar serves clients that are 0 – 17 years old with emotional difficulties and impairment in home, school, and community functions. This program serves MediCal patients only.

Rio Hondo Mental Health Center

(562) 402-0688

17707 Studebaker Rd., Cerritos, CA 90703

www.lacounty.info

Services include psychiatric emergency team and crisis intervention and outpatient mental health services to district residents 18 years of age and older. Treatment for acute and serious mental illnesses emphasized. Social Rehabilitation Program available. Services are provided in English, Spanish, and Chinese. Fees are on a sliding scale, MediCal and Medicare is also accepted.

The Center Long Beach

(562) 434-4455

2017 E 4th St., Long Beach, CA 90814

www.centerlb.org

Offers assistance and provides education about emotional and physical health, housing, cultural and social activities. You can volunteer as a mentor for LGBTQ youth.

Shelters**Angel Step Inn**

(562) 949-5358

11500 Paramount Ave., Downey, CA 90201

www.SouthernCaliforniadrugandalcohol.inc.org

This is a 45-day emergency shelter and 6 month transitional living center for battered, substance addicted women and their children. Services include counseling and group therapy. Help is available in obtaining General Relief (GR) or Aid for families with Dependent Children.

Casa Youth Shelter

(562) 594-6825

10911 Reagan St., Los Alamitos, CA 90720

www.casayouthshelter.org

Services include emergency shelter for 14 days, referrals, and individual and family counseling. This is a United Way agency that serves ages 12 to 17 and is open 7 days a week/24 hours a day. Services are available on a sliding scale.

Center for the Pacific Asian Family, Inc.

(323) 653-4042

1102 Crenshaw Blvd., Los Angeles, CA 90019

This is a 24-hour hotline and confidential 30-45 day emergency shelter and 2 year transitional shelter for women and children who are survivors of domestic violence, sexual assault, and child abuse. Services include crisis counseling for adults and children, victim advocacy, medical, temporary restraining orders, legal and criminal justice systems and social services access, information and referrals. Languages: Chinese, Japanese, Korean, Thai, Vietnamese, Tagalog and other Pacific-Asian languages as needed. Call the hotline first. No walk-ins. No fee to victims.

Elizabeth Ann Seton Residence

(562) 388-7670

2198 San Gabriel Ave., Long Beach CA 90810

Forty-five day emergency shelter service for homeless families, disabled and older adults; case management and family skill classes are on-site.

Haven House Inc.

(323) 681-2626

www.jfsla.org/havenhouse

Haven House is a 45 day emergency shelter for battered women and their children. We provide safe shelter, food, clothing, counseling, advocacy, education, prevention, crisis intervention, and 24-hour hotline. Services are provided 24 hours a day/7 days a week. The cost of services is \$1.50 a day for women and 50 cents a day for each child. Women are never turned away for lack of funds. Inquiries can be sent to P.O. Box 50007 Pasadena, CA 91115

Interval House

(562) 594-9492

www.intervalhouse.org

(562) 594-4555

(714) 891-8121 *24-Hour Hotline*

For over two decades, Interval House has provided comprehensive and award winning services to victims of domestic violence. Our services are available in over 40 languages and include 24-hour crisis hotlines and 24 hour teen hotline; Second Generation teen dating violence program; emergency and transitional housing; children's, elder abuse, legal, medical, educational and prevention programs; emergency response team; individual and group counseling, including parenting and domestic violence education classes; community education, prevention and training; university/internship programs; volunteer opportunities and much more. Over 95% of Interval House staff and advocates have experienced domestic violence and over 95% are ethnically and culturally diverse, speaking 40 different languages. Fees are based on a sliding scale, and no one is turned away if unable to pay. Our mission is to ensure safety for people, who are battered, abused or at-risk, to create public awareness about the epidemic of violence, and to mobilize the community to prevent violence and end this recurring phenomenon in our society.

Peace and Joy Care Center

(310) 898-3116

1675 Del Amo Blvd., Carson, CA 090746

(310) 898-3117 *Emergency Hotline*www.peaceandjoycarecenter.com

This is a 30-45 day program for women and their children who are victims of domestic violence. We also provide 6 to 18 month domestic violence transitional shelters (3) for women and their children, (1) for single women unaccompanied by children and (1) step down (second step) unit. This agency also provides an extensive outreach program that includes a counseling center, high school and middle school preventive programs, referrals for housing and employment services, crisis shelter life skills programs, parenting and self esteem classes, well developed children's program. Individual and group counseling is mandatory. Community outreach is conducted at 17613 Amantha Ave in Carson and at Compton College. There is a fee for infant care and sliding scale fee for transitional living.

Su Casa Family Crisis and Support Center

3840 Woodruff Ave., Long Beach, CA 90808

www.sucasadv.org

(562) 421-6537

(562) 402-4888 *24-Hour Hotline*

This is a non-profit agency-serving victims of domestic violence and their children. Through a 24-hour crisis hotline, clients gain access to shelter and non-shelter services including food, clothing, counseling, referrals, advocacy, support groups, and legal assistance. Sheltered clients are emancipated women and their children (up to age fifteen), if any. All victims/survivors (male/female) can receive services through our There are no fees charged to Su Casa clients.

Women and Children's Crisis Shelter

13203 Hadley St., Suit #103, Whittier, CA 90601

www.wccshope.org

(562) 945-3937

The Women and Children's Crisis Shelter provides battered women and their children emergency shelter (children boys, birth to 17 years old and girls no age limit). We provide comprehensive supportive services in English and Spanish, which include crisis intervention counseling, legal, housing, and CalWORKs advocacy. School programs are provided on-site for children 2 – 12. To be eligible for services you must be a battered woman in immediate danger. No fees are required and we serve the greater LA area.

Women's Shelter of Long Beach

www.womenshelterlb.org

(562) 437-4663

Domestic violence assistance to families in the form of crisis intervention, 30-day emergency shelter, age-appropriate counseling for both women and children, outreach and support group services, aftercare counseling for those leaving shelter, and community education and outreach. Eligibility includes anyone experiencing abuse at the hands of an intimate partner, or any child who has witnessed his/her parent experiencing this abuse. Services are available 24-hours a day/ 7 days a week. No fees.

Substance Abuse and Treatment Programs

Adult Children of Alcoholics World Service Organization

P.O. Box 3216, Torrance, CA 90510

www.adultchildren.org

(310) 534-1815

ACA is a 12 Step traditional program of recovery for individuals who grew up in an alcoholic or otherwise dysfunctional household.

AIDS Healthcare Foundation

1710 N. La Brea Ave., Los Angeles, CA 90046

www.aidshealth.org

(323) 436-8900

This organization offers a clinic for individuals with HIV/AIDS virus and hospice care for patients with AIDS. The organization has a chain of thrift stores. Anyone accepted regardless of ability to pay. Call for more locations and information.

AIDS Project Los Angeles (APLA)

(213) 201-1600

611 S. Kingsley Dr., Los Angeles, CA 90005

www.apla.org

AIDS Project Los Angeles, one of the largest nonprofit AIDS service organizations in the United States, provides bilingual and direct services, prevention education and leadership on HIV/AIDS-related policy and legislation. Founded by four friends in 1982, APLA is a community-based, volunteer-supported organization with local, national, and global reach. Clients must show proof of HIV status including TB clearance (not more than one year) and proof of residency.

Al-Anon/Alateen

(818) 760-7122

4936 Lankershim Blvd., North Hollywood, CA 91601

www.alanonla.org

A 12 Step support group for families and friends of alcoholics and anyone whose life has been affected by another's drinking. There are groups for pre-teens, teenagers, and adults.

Alcoholics Anonymous

(562) 989-7697

3450 E. Spring St., #109, Long Beach, CA

www.hacoaa.org

Alcoholics Anonymous is a 12 Step, self-help program for those with alcohol problems. This phone number will provide you with information on meetings in your area. Telephone coverage is available 24 hours a day, 7 days a week.

Awakenings/Southern California Alcohol & Drug Program

(562) 947-3835

11500 Paramount Blvd., Downey, CA 90241

www.scadpinc.org/awakenings_rsnt_prog**Incest Survivors Anonymous/I.S.A.**

(562) 428-5599

P.O. Box 17245, Long Beach, CA 90807-7245

www.lafn.org/medical/isa/home

This is a 12-Step traditional self-help program for men, women, teen victims of incest and childhood sexual abuse, and their non-offending support people, which gives them the tools to evolve from victim to survivor. For the protection of the survivors, all inquiries are by email, phone, or by mail. No fees

Positive Steps

(562) 804-2700

5230 N. Clark, Lakewood, CA 90712

www.positivestepsinc.com

Positive Steps is a nonprofit men only substance abuse program of Southern California Alcohol & Drug Programs, Inc. Positive Steps offers substance abuse residential and outpatient services for HIV-positive men, alcohol/drug education, education/risk education, case-management, intensive therapy and other services.

Rape Treatment Center, Santa Monica-UCLA Medical Center

(310) 451-0042

1223 Wilshire Blvd., #410, Santa Monica, CA 90403

www.therapefoundation.org

The RTC provides free, expert, comprehensive, and compassionate care for sexual assault victims - children and adults - 24 hours a day, including emergency medical treatment and forensic services; crisis counseling and longer-term psychotherapy; advocacy; accompaniment during police reporting, medical care and court proceedings; information about rights and options to help victims make informed choices; and many other support services.

Safe Refuge

(562) 987-5722

1041 East Redondo Ave., Long Beach, CA 90804

www.asaferefuge.org

Provides services for the prevention and treatment of substance abuse among disadvantaged and under served populations. Residential and outpatient services are also provided.

Southern California Alcohol and Drug Program

(562) 923-4545

11500 Paramount Blvd., Downey, CA 90241

www.scadpinc.org

SCADP provides treatment prevention, education, and information/ referral services regarding alcohol and drug addiction as well as HIV/AIDS. Counseling, mental health services, residential treatment, parenting skills, and court mandated Drinking Driving Education Programs available.

Foley House

(562) 944-7953

10511 Mills Ave., Whittier, CA 90606

www.scadpinc.org/foley_house

A residential program established to meet the needs of women who have alcohol and drug related problems. Programs include alcohol/drug education, discussion groups, counseling sessions, self-help group meetings, and vocational training. Women are accepted with their children from infants to 12 years of age.

La Casita

(562) 622-2268

10603 Downey Ave., Downey, CA 90241

www.scadpinc.org/la_casita_residential

La Casita is a residential treatment program for substance-addicted women and their children. Program is designed to give women tools they need to lead a clean and sober life. Including parenting classes, anger management, counseling, art therapy and Alcoholics/Narcotics Anonymous programs.

Utility Assistance

The Gas Company

www.socalgas.com

(800) 772-5050

(800) 427-2200 *Emergency Line*

The Gas Company provides a variety of services and programs to assist customers with their gas appliances, paying their bills, making credit arrangements, energy conservation, etc... Referrals to agencies to assist in paying bills are available to Gas Company customers only. Contact us 24-hours a day/7 days a week. Service representatives are available in English, Spanish, Mandarin, Korean, Cantonese, and Vietnamese

Low Income Home Energy Assistance Program (LIHEAP)

www.afc.hhs.gov/programs/ocs/programs/liheap

(866) 675-6623

LIHEAP provides assistance for low-income families who fall within federal Poverty Income guidelines. Assistance is provided on a one-time basis for income eligible households. Call the toll-free number for more information or for an application. Telephone representatives are available to speak in English or Spanish. Inquiries can be sent to P.O. Box 1947 Sacramento, CA 95814

Verizon Communications

www.verizon.com

(800) 483-4000

Verizon Communications offers "Lifeline Service." This is a basic telephone service at half the usual cost to people who qualify. Call to learn more about the income requirements. To be eligible you cannot be declared a dependent on anyone else's taxes.

United Way

1150 S. Olive St., Suite T500, Los Angeles, CA 90015

(213) 808-6220

The United Way administers a utility assistance program for the elderly, disabled, and low-income population. Eligible families can get a one-time credit of up to \$150 for electricity and \$150 for gas bills per year. This credit is only offered by Southern California Edison Electricity. For more information call Patricia Banuelos at the United Way.

Los Angeles Department of Water and Power

www.ladwp.com

(800) 342-5397

Los Angeles Department of Water and Power offer their own 15% discounted low-income rate. For more information please call the number listed above.

Southern California Edison

California Alternate Rates for Energy (CARE)

www.sce.com/care

(800) 736-4777

The California Alternate Rates for Energy (CARE) provides a 20 percent or more discount off your electric bill for your permanent primary residence, if you meet qualifications and income guidelines. Must be a SCE customer and meet income guidelines as noted on application.

****Information from IN THE LOOP: Welfare Reform in L.A. County, April 23, 2001, Volume 4.5**

www.humanservicesalliance.org

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11110 Alondra Blvd.
Norwalk, CA 90650
562-860-2451
www.cerritos.edu