

ACCESSIBILITY IN THE COMMUNITY

Department of Motor Vehicles

If you need to visit a DMV office and would like to request reasonable accommodations during your visit, you can make an appointment by calling the Telephone Service Center or by using the online appointment service. When you arrive at the DMV office, check-in at the **"Start Here" Appointment/ Persons with Disabilities Only** window in the field office to receive a Queue ticket for DMV services. To find out what accommodations are available for your needs, call the Telephone Service Center.

Website: www.dmv.ca.gov

Telephone Service Center: (800) 777-0133

TTY for Speech and Hearing Impaired: (800) 368-4327

Department of Public Social Services

Do you have a disability that makes it hard for you to apply for benefits or meet program requirements? DPSS can give you extra help. You do not need to give them your medical papers/proof of your condition. They can help you with: getting through lines; reading their documents and forms; filling out their forms; getting documents they need; changes to program rules and work requirements; making appointments; and other reasonable accommodations and modifications.

Ways to request a reasonable modification:

Ask any DPSS employee in your local DPSS Office	Request a modification in writing:
Call the Customer Service Center (866) 613-3777/ TTY: (877) 735-2929 or Call the ADA Hotline (844) 586-5550	DPSS ADA Title II Coordinator 12860 Crossroads Parkway South City of Industry, CA 91746 or adahelp@dpss.lacounty.gov

Superior Court of California, County of Los Angeles

Any court user with a disability can ask for accommodations. The accommodation must be for a court service, program or activity, including going to court to testify, appear in a case or serve on jury duty. The kind of accommodation depends on the needs of the person with the disability. Every county court has at least one ADA coordinator to handle accommodation requests. Please make your request as far in advance as you can by contacting the ADA coordinator or requesting a [MC-410 form](#).

Website: www.lacourt.org/ada/adahome

Email: ADACoordinator@LACourt.org

Phone: (213) 633-5882

Theme Parks, Amusement Parks, Zoos and Aquariums in California Disneyland Resort

All accommodations will be discussed and provided in person upon arrival. Stop by a Guest Relations Main Entrance location to discuss your specific needs. Guest Relations Cast Members will work with you individually to provide assistance. For more information and additional accommodations not listed below, visit disneyland.disney.go.com or call Disability Services (407) 560-2547. You can also read the [Disneyland Park Guide for Guests with Disability](#) or the [Disney California Adventure Park Guide for Guests with Disabilities](#).

Assistive Listening Systems	Amplify sound through headphones or induction loop for Guests with mild to moderate hearing loss. Receivers require a \$25.00 refundable deposit.
Disability Access Service (DAS)	DAS is intended for Guests whose disability prevents them from waiting in a conventional queue environment. Once issued at specified Guest Relations locations, DAS can be used to obtain a return time for an attraction comparable to the current conventional queue wait time. As soon as a Guest finishes one attraction, they can receive a return time for the same or a different attraction.
Electric Conveyance Vehicle (ECV) and Manual Wheelchair Rental	\$12.00 for manual wheelchairs and \$50.00 for ECVs. A refundable deposit of \$20.00 is required. Available for rent on a first-come, first-served basis.
First Aid Center	Nurses are available during normal park operating hours to offer over-the-counter medications, bandages and other quick remedies so you can continue enjoying your visit. If you're unable to walk to a First Aid location, please tell the nearest Cast Member and a nurse may be able to assist you in the parks. First Aid centers can also store medications which require refrigeration. For your safety, special containers can be provided for disposal of hypodermic needles
Handheld Captioning	Uses a wireless handheld receiver to display text in locations where fixed captioning systems are impractical, such as moving attractions. Receivers are available through Guest Relations and require a \$25.00 refundable deposit.
Sign Language Interpretation	Provides Sign Language interpretation for our Guests at specific live theme park shows on a rotating basis. You may pick up a schedule of Sign Language interpreted performances at any Disneyland Resort Guest Relations location or via the website.
Service Animals	Trained service animals must remain on a leash or in a harness at all times.

Knott's Berry Farm

Knott's Berry Farm Guest Service Associates will be happy to answer any questions or concerns you may have. For more detailed information about services for guests with disabilities, please visit the Information Center, located at the Grand Entrance. For more information and additional accommodations not listed below, visit www.knotts.com or call (714) 220-5200. You can also read the [Guest Assistance Guide](#).

Boarding Pass Program	Allows guests with mobility restrictions or Autism Spectrum Disorder (ASD) to access rides at specified times via the exit ramp in order to avoid crowds and waiting in the regular queue lines. Up to three (3) rider companions are allowed. To receive a pass, visit Guest Services.
Hearing Impairments	Hearing assistance devices are available at the Information Center. A \$20.00 refundable deposit is required.
Wheelchair Rentals	Wheelchairs and Electric Convenience Vehicles may be rented from the Wheelchair and Stroller Rental Shop. \$26 for a Wheelchair Rental & \$60 for an Electric Wheelchair Rental. Quantities are limited. Reserved in advance online or by calling (714) 220-5495.

LEGOLAND California

Committed to providing a welcoming, inclusive, and accessible experience for all Guests. For more information and additional accommodations not listed below, visit www.legoland.com, email experience@legoland.com or read the [Disabled Access Guide](#).

Assisted Access Pass	Designed to provide an alternate option to access rides for Guests with physical and cognitive disabilities. The Assisted Access Pass must be authorized by a Resort Model Citizen (employee) prior to use.
Quiet Areas	If a family member with a disability becomes over-stimulated or needs a break area, please speak with one of the Model Citizens where the nearest quiet location is located.
Strollers As Wheelchairs	Guests with disabilities – including those with a cognitive disability – who need to remain in a stroller should visit Guest Services in order to obtain the appropriate identifying tag. The tag will be placed on the stroller to show it is being used as a wheelchair.
Stroller Rental	Strollers can be rented on a first-come, first-served basis at The Marketplace in The Beginning. Single Strollers (\$14.00), Double Strollers (\$17.00), Infant Strollers (\$14.00).
Wheelchair Rental	Wheelchairs and Electric Convenience Vehicles (ECV)* can be rented on a first-come, first-served basis at The Marketplace and in The Beginning. Wheelchair \$15.00; Electric Wheelchair \$50.00

Long Beach Aquarium of the Pacific

For more information and additional accommodations not listed below, visit www.aquariumofpacific.org or call the Guest Support Center at (562) 590-3100, ext. 0.

Audio Tours	Specially designed for guests who are blind are available for checkout for free at the information desk, or you can download them off our mobile app. The tour is very descriptive and touch oriented, and it has been updated with Pacific Visions.
Braille Visitor Guides	Available at the information desk.
Sign Language Interpretation	Available for FREE for tours and programs with 4 days of advance notice. Call (562) 590-3100.
Service Animals	Service animals that accompany guests with disabilities are welcome in most places.
Wheelchair Rental	Wheelchairs are available for check out for FREE at the Information Desk. Behind-the-Scenes tours are wheelchair accessible.

Los Angeles Zoo & Botanical Gardens

For more information and additional accommodations not listed below, visit www.lazoo.org or call (323) 644-4200.

ADA Accommodations	We encourage guests requesting special accommodations to submit a completed ADA Accommodation Request Form . Submit the form by email at lazoo.admissions@lacity.org , by Fax (323) 644-6087 or by mail.
Safari Shuttle	The shuttle will take you to five different locations throughout the Zoo. Guests may disembark at each location and re-embark on a later Shuttle using their ticket. Wheelchair accessible. Tickets may be purchased at any Safari Shuttle station.
Service Animals	Service animals are allowed in many parts of the Zoo.
Wheelchair Rental	Manual and electric wheelchairs are available for rent at the Zoo's International Marketplace. Wheelchairs are available for rent on a first-come, first-served. Manual Wheelchair (\$10.00), Electric Wheelchair (\$30.00). All wheelchairs require a \$25.00 cash deposit.

San Diego Zoo

Upon arrival, feel free to stop in and visit the Guest Services office. For more information and additional accommodations not listed below, visit zoo.sandiegozoo.org or call (619) 231-1515, ext. 4526. You can also read the [Guide for Guests with Disabilities](#).

Access Ambassador	Please call our Access Coordinator, Tuesday through Saturday at (760) 796-5621 to make arrangements for an Access Ambassador. This service is available for guests who are blind or who have low vision.
ADA Shuttle Service	The Zoo offers a free shuttle system, which can accommodate most mobility devices. If you would like to use this service, please contact a staff member at the entrance or during your visit.
Autism Spectrum Sensory Processing	Stress balls, fidgets, sound-limiting head-phones or earplugs, weighted shoulder or lap pads, may be available for check-out during your visit. Visit Guest Services for assistance.
Easy Access Pass	Guests who have difficulty standing in line or have limited mobility may request an “Easy Access Pass” at Guest Services. This pass may be utilized at the Guided Bus Tour and Skyfari. Up to three (3) companions are allowed.
Personal Care Attendant	The Zoo provides free admission for a personal attendant/ caregiver to accompany a guest who requires such help to access the public programs, activities, and facilities of the Zoo.
Service Animals	Please visit an attendant at the Guest Services office at the entrance to the Zoo to check-in your service animal, and receive a service dog bandana.
Sign Language Interpretation	Request that arrangements be made at least one week in advance of your visit. Please call (619) 231-1515, ext. 4526 to arrange for an interpreter.
Wheelchair Rental	Wheelchairs are available for rent on a first-come, first-served basis near the entrance. Call for pricing.

San Diego Safari Park

Upon arrival, feel free to stop in and visit the Park’s Guest Services office. The staff will advise you of accommodation tools the Park has in place that might be beneficial. For more information and additional accommodations not listed below, visit www.sdzsafaripark.org, or call (760) 796-5621. You can also read the [Guide for Guests with Disabilities](#).

Access Ambassador	Please call our Access Coordinator, Tuesday through Saturday at (760) 796-5621 to make arrangements for an Access Ambassador. This service is available for guests who are blind or who have low vision.
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ADA Shuttle Service	For those who require transport. Shuttles are constantly in service with an average 15-minute wait time in between shuttles.
Easy Access Pass	Guests who have difficulty standing in line may request an “Easy Access Pass” at the Safari Tickets/Guest Services booth, Ranger Base, or at the Africa Tram ticket window. This pass may be used at any venue where waiting lines exist. Up to three (3) companions are allowed.
Personal Care Attendant	For your convenience, free passes for attendants may be obtained at any of the ticket windows at the entrance.
Service Animals	Welcome guests with disabilities that choose to bring their trained service animal into the Safari Park. Please download the Service Animal Map, which shows the restricted and sensitive areas for service animals.
Sign Language Interpretation	Request that arrangements be made at least one week in advance of your visit. Please call (760) 796-5621 to arrange for an interpreter.

SeaWorld San Diego

For more information and additional accommodations not listed below, visit seaworld.com , email SWC.GuestRelations@SeaWorld.com or call Guest Services at (619) 222-4732. You can also read the [Accessibility Guide](#).

First Aid Stations	The office is staffed by Registered Nurses and Emergency Medical Technicians. Ambassadors throughout the park will be happy to call for assistance upon request.
Ride Accessibility Program	Matches the individual abilities of the guests to the requirements of each ride.
Service Animals	Service animals must remain on a leash or harness and/or under the control of its handler at all times and be house broken.
Sign Language Interpretation	Free service provided with a minimum of two weeks’ notice. Call (619) 225-3273 or email SWC.ASL@SeaWorld.com for reservations.
Special Access	Enjoy attractions without waiting in queue lines if the guest is not able to do so due to his/her disability. Guests will be placed in a Virtual Queue which equals the estimated wait time at that respective location. Guests have the ability to enjoy other attractions throughout the park during this time and then proceed to the specific attraction at the estimated time.
Wheelchair Rental	Wheelchairs and Electric Convenience Vehicles (ECV’s) may be rented at Stroller Rental. Wheelchairs and ECV’s are rented on a “first-come, first-served” basis. Reservations can be made online or by phone.

Six Flags Magic Mountain

Six Flags' Attraction Access Program is designed to accommodate guests with disabilities or certain other qualifying impairments so they may participate in the enjoyment of our Parks. For more information and additional accommodations not listed below, visit www.sixflags.com/magicmountain or call (611) 255-4100 and press option 6. You can also read the [Safety & Accessibility Guide](#).

American Sign Language	American Sign Language Interpreting will be available if requested at least 7 days in advance of your visit. To arrange for sign language interpreting services, please call the Operations Office at 661-255-4711.
Attraction Access Pass	For guests who are unable to wait in ride lines due to a disability, mobility impairments, or certain qualifying impairments. To receive an Attraction Access Pass, you must have a note from a doctor. Be sure to visit Rider Information Center (Guest Relations). Up to three (3) rider companions are allowed.
Mobility Assistance	Wheelchair rentals are available. The fee for a standard wheelchair is \$25 plus a \$50 deposit, and an Electronically Controlled Vehicle (ECV) is \$45 plus a \$50 deposit. Guests may also use their own wheelchairs or ECV's. Battery recharging is also available at the Ride Information Center
Service Animals	Service animals must be house broken and remain on a leash or harness and under the control of their handler at all times. Owners are responsible for disposing of their animal's waste.

Universal Studios Hollywood

For more information and additional accommodations not listed below, visit www.universalstudioshollywood.com or call (800) 864-8377.

Assistive Listening Devices	Guests who are hard of hearing are provided at Guest Relations free of charge. For guests with mild to moderate hearing loss, amplified handsets are provided at all phone locations.
Service Animals	Service Animals are welcome in all of our restaurant and merchandise locations, attraction queues and most other locations throughout Universal Studios Hollywood.
Sign Language Interpreting	With one-week notice, sign language interpreting services will be made available at no charge. To arrange for interpreting services, call Guest Relations at 1-800-864-8377, option 9.
Wheelchair Rental	Strollers, wheelchairs, and Electric Convenience Vehicles (ECVs) are available for rent just inside the park. The rental fees are: Wheelchairs (\$15) and ECVs (\$60). Plus a \$25.00 refundable deposit fee.

Transportation Security Administration (TSA)

For more information or for helpful videos visit www.tsa.gov/travel.

TSA Cares	A helpline that provides travelers with disabilities, medical conditions and other special circumstances additional assistance during the security screening process. Call (855) 787-2227 (72 hours prior to traveling) with questions about screening policies, procedures and what to expect at the security checkpoint.
Passenger Support Specialists	Travelers requiring special accommodations or concerned about the security screening process at the airport may ask a TSA officer or supervisor for a passenger support specialist who can provide on-the-spot assistance.
TSA Notification Card	A card that helps describe you or your family member's condition, disability or medical device that may affect your screening.
TSA Pre✓®	TSA Pre✓® saves you time and stress. Once approved, you will benefit from: expedited security screening (5 minutes or less); no need to remove shoes, laptops, 3-1-1 liquids, belts or jackets; and more.

AGING & OLDER ADULTS (55+)

Adult Protective Services (APS)

Provides help to older adults (65 years and older) and dependent adults (18-64 who are developmentally, physically or mentally disabled), when these adults are unable to meet their own needs, or are victims of abuse, neglect or exploitation.

Website: www.cdss.ca.gov/inforesources/Adult-Protective-Services

Elder Abuse Hotline: (877) 477-3646

Information: (888) 202-4248

Alzheimer's Association, Southland Chapter

A voluntary health organization that works to provide care and support for all those affected by Alzheimer's and other types of dementia. They offer: a 24/7 helpline staffed by specialists and master's-level clinicians who offer information and referrals; support groups for caregivers and others dealing with Alzheimer's and other types of dementia; online resources; education programs (in English and Spanish); and more.

9606 S. Santa Monica Blvd. Suite 276 Van Nuys, CA 91406	<u>Website:</u> www.alz.org/socal <u>Helpline:</u> (800) 272-3900 <u>Phone:</u> (818) 875-9928
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BenefitsCheckUp, *National Council on Aging*

You can search for benefits or programs that meet your unique individual needs, which include: income assistance; food and nutrition; housing and utilities; tax relief; transportation; and more!

Website: www.benefitscheckup.org

California Health Insurance Counseling and Advocacy Program (HICAP)

HICAP counselors located in your area can help with questions about Original Medicare, Medicare Advantage Plans, Medicare Prescription Drug Plans, Medicare Supplemental (Medigap) Policies and Long-Term Care Insurance. HICAP counselors receive extensive training and are registered with the California Department of Aging. All HICAP counseling appointments are free, private and confidential. For individuals who are homebound, in-home consultation is available. Contact HICAP to schedule an appointment.

Center for Health Care Rights 520 S. Lafayette Park Place, Suite 214 Los Angeles, CA 90057	<u>Website:</u> www.healthcarerights.org <u>Email:</u> srisdon@healthcarerights.org <u>Phone:</u> (213) 383-4519; (800) 824-0780
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California Healthier Living

Their workshops help you learn ways to manage your health, so that you can feel better and live life more fully, every day. Most workshops run for around 2-2 ½ hours once a week for 6-8 weeks, depending on the program. There are 3 types of workshops: (1) Health Self-Management Programs; (2) Falls Prevention & Physical Activity Programs; and (3) Caregiver Support & Memory Programs. Find a workshop near using the information below.

Website: www.cahealthierliving.org

Phone: (818) 408-5219

Community, Senior Citizen & Senior Centers

Offer a wide variety of programs and services including: meal and nutrition programs; information and assistance; health, fitness and wellness programs; transportation services; public benefits counseling; employment assistance; social and recreational activities; and more. Find your local center today!

Los Angeles County	Los Angeles City
Phone: (800) 510-2020 Website: wdacs.lacounty.gov	Phone: (213) 485-7512 Email: RAP.SeniorCitizens@lacity.org Website: www.laparks.org/scc

Eldercare Locator

The Eldercare Locator has been linking those who need assistance with state and local agencies on aging, as well as community-based organizations that serve older adults and their caregivers. Whether help is needed with services such as meals, home care or transportation, or a caregiver needs training and education or a well-deserved break from caregiving responsibilities, the Eldercare Locator is there to point that person in the right direction.

Website: eldercare.acl.gov

Phone: (800) 677-1116

Family Caregiver Support Program (FCSP)

This program provides support to unpaid caregivers caring for elderly relatives, or to older caregivers of younger family members. The purpose of the program is to help minimize the negative emotional, physical, and financial consequences of unpaid family caregiving. Eligible Caregivers are adult family members or another individual who provides unpaid care to an older individual (age 60 or older) or an individual of any age with Alzheimer's disease.

USC/LA Caregiver Center 3715 McClintock Ave. Los Angeles, CA 90089-0191 (213) 740-5904	Wise and Healthy Aging 1527 4th Street Santa Monica, CA 90401 (310) 394-9871
Website: wdacs.lacounty.gov/programs/aaa/fcsp	

Los Angeles Alliance for Community Health & Aging

Offer health programs to help you take small steps and make big life changes. Health programs offered are: Arthritis Foundation Exercise Program, Arthritis Foundation Tai Chi Program, Chronic Disease Self-Management Program, Chronic Pain Self-Management Program, Diabetes Self-Management Program, Fall Prevention Program, and more. You may register for a program online or you may call and email the local program coordinator through the contact information provided in each workshop listing.

Website: www.cahealthierliving.org/cstcounty/los-angeles-2

Email: LAACHA@picf.org

Phone: (818) 837-3775, extension 199

Meals on Wheels America

Meals on Wheels is the community-based program designed specifically to meet the nutritional and social needs of seniors by delivering nutritious meals, friendly visits and safety checks. Look below for a local program near you or visit www.mealsonwheelsamerica.org for more locations.

<p>Culver Palms Meals On Wheels 4427 Overland Ave. Culver City, CA 90230 (310) 559-0666</p>	<p>Culver City Senior Center 4095 Overland Avenue Culver City, CA 90232 (310) 253-6712</p>	<p>City of Inglewood Senior Center 330 Centinela Ave. Inglewood, CA 90302 (310) 412-5338</p>
<p>Meals On Wheels West 1823-A Michigan Ave. Santa Monica, CA 90404 (310) 394-5133</p>	<p>Seinan Senior Citizens Club 3116 W. Jefferson Boulevard Los Angeles, CA 90018 (323) 734-2175</p>	<p>Wise & Healthy Aging 1527 4th Street, 2nd Floor Santa Monica, CA 90401 310-394-8971</p>
<p>Beverly Hills Meals on Wheels PO Box 5031 Beverly Hills, CA 90210 (310) 423-3517</p>	<p>Meals On Wheels of West Los Angeles 343 S. Church Lane Los Angeles, CA 90049 (310) 208-4028</p>	<p>Jewish Family Service of Los Angeles 3580 Wilshire Blvd. Los Angeles, CA 90010 (323) 761-8800</p>
<p>People Coordinate Services of Southern California 1221 South Western Ave. Los Angeles, CA 90006 (323) 735-1231</p>	<p>Project Angel Food 922 Vine St. Los Angeles, CA 90038 (323) 845-1800</p>	<p>City of Gardena Senior Citizens Bureau 1670 W. 162nd Street Gardena, CA 90247 (310) 217-9552</p>

Scan Health Plan, *Independence at Home*

A free community-based service committed to helping aging adults and their caregivers with a full range of programs designed to connect them to the healthcare services they need.

Website: independenceathome.org

Phone: (866) 563-7380

Senior Information and Assistance Program (I&A)

The I&A staff assess individuals' needs and link them to local services or provide referrals to programs in other communities. The I&A program provides accurate and up-to-date information about different support programs and services available within the local community.

Phone: (800) 510-2020

Traditional Legal Assistance Program (TLAP)

Traditional Legal Assistance is provided to individuals 60 years of age and older with economic or social needs. This valuable service is provided by a member of the California State Bar or a non-attorney supervised by a member. Other services include consultation at senior center sites, in-home consultations with individuals confined to the home, and monthly community legal education seminars at selected sites.

Website: wdacs.lacounty.gov

Phone: (800) 510-2020

Local TLAP Provider	
Bet Tzedek Legal Services 3250 Wilshire Blvd., 13th Floor Los Angeles, CA 90010	<u>Website:</u> www.bettzedek.org <u>Phone:</u> (323) 939-0506

WISE and Healthy Aging

Provides services for older adults and their families and caregivers throughout the Los Angeles County. Programs and services provided include: benefits enrollment center; caregiver support; caregiver training academy; financial and legal clinics; Medicare insurance counseling; mental health services; training and education center; information and referral services; and more!

WISE & Healthy Aging Headquarters 1527 4th St., 2nd Floor Santa Monica, CA 90401	<u>Phone:</u> (310) 394-9871 <u>Email:</u> info@wiseandhealthyaging.org <u>Website:</u> www.wiseandhealthyaging.org
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ASSISTIVE TECHNOLOGY

Assistive Technology is any device, gadgets, hardware or software used by a person with a disability to do things for themselves that might otherwise be difficult or impossible to do because of their disability.

Ability Tools

They provide a variety of services for Californians with disabilities of all ages: AT Exchange marketplace; device lending libraries; financial loan program for AT; information and referral; reuse program in affiliation with organizational partners; in-person and webinar trainings; and more.

Website: www.abilitytools.org Phone: (800) 390-2699 TTY: (800) 900-0706

Communities Actively Living Independent & Free (CALIF)

Assists individuals with disabilities in the selection, acquisition or use of assistive technology including the evaluation of AT need, providing guidance and counseling as to where to buy the proper item from the right vendors.

634 South Spring St Los Angeles, CA 90014 (located on 2nd floor)	<u>Phone:</u> (213) 627-0477 <u>TTY:</u> (213) 623-9502 <u>Website:</u> califilc1.wixsite.com/califnew
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Disability Community Resource Center

Assistive Technology (AT) advocates provide information on assistive technology, referrals to qualified AT professionals for evaluations, assessments and training, help in locating vendors, services and funding resources, and much more.

DCRC 12901 Venice Blvd. Los Angeles, CA 90066	<u>Phone:</u> (310) 390-3611 <u>Hours:</u> Mon-Fri, 9AM - 5PM <u>Website:</u> www.dcrc.co
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EmpowerTech

Los Angeles County non-profit organization devoted to bringing the latest in assistive technology to children and adults living with disabilities. Offers: assistive technology exploration sessions in which individuals can try out technology with an AT specialist to find out if it is the right fit for them; assistive technology assessments to help individuals determine what technology is appropriate for them to meet their individual goals; computer training to individuals who are blind or visually impaired; and much more!

9100 S. Sepulveda, Suite 204 Los Angeles, CA 90045	<u>Phone:</u> (310) 338-1597 <u>Email:</u> info@empowertech.org <u>Website:</u> www.empowertech.org
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Team of Advocates for Special Kids (TASK)

The TASK Tech Center is a place for parents, children, adult consumers, and professionals to learn about assistive technology by providing hands-on access to computer hardware, software, and adaptive equipment. The Tech Center has eleven computers, over 1100 software titles, and a multitude of different adaptive equipment such as alternative keyboards, trackball mice, and switches for consumers to use and try. The center offers assistive technology evaluations, tech labs, a software/switch/toy lending library, assistive technology workshops and presentations, assistive technology training and guided labs, after-school tech time for kids, toddlers tech time and a high tech summer program called Camp TECHie. Visit taskca.org

100 W. Cerritos Ave. Anaheim, CA 92805 (714) 533-8275	1000 S. Fremont Ave. Bldg. A-6, Ste. 6050, Unit 35 Alhambra, CA 91803 (626) 300-1043
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Wayfinder Family Services

The assistive technology training program at Wayfinder Family Services offers adults, ages 18 and older, who are blind or visually impaired, instruction on the latest assistive technology devices and software for success in today's job market. Following an initial student assessment, our staff develops a plan individualized to meet each client's goals. Bilingual instruction available in English and Spanish.

5300 Angeles Vista Blvd. Los Angeles, CA 90043	<u>Phone:</u> (323) 295-4555 ext. 271 <u>Website:</u> www.wayfinderfamily.org
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CITIZENSHIP/ IMMIGRATION

African Community Resource Center

Assists African refugees, immigrants and people of African heritage. Current program and services: referrals for emergency shelter, domestic violence, victims of human trafficking; resettlement assistance; counseling; immigration clinic with pro bono immigration lawyers; transportation assistance; food assistance; support groups; and more.

3540 Wilshire Blvd. #321 Los Angeles, CA 90010	Phone: (213) 381-1088 Website: www.acrcintl.org
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American Civil Liberties Union (ACLU) of Southern California

Works on behalf of people in the Southern California region, namely in Los Angeles, Kern, Orange, Riverside, San Bernardino, San Luis Obispo, Santa Barbara and Ventura Counties. Provides the community with resources to help them learn their rights if and when Immigration and Customs Enforcement (ICE) agents appear at your door or work; on your bus or train; pull you over on the road; and other locations.

1313 W. 8th Street Los Angeles, CA 90017	Phone: (213) 977-9500 Website: www.aclusocal.org
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Asian Americans Advancing Justice - Los Angeles

Advancing Justice-LA provides legal services and education to individuals, especially those who speak little or no English. Advancing Justice-LA's assistance requires an intake over the phone and assistance may range from advice provided over the phone to representation in court.

1145 Wilshire Blvd. Los Angeles, CA 90017	Phone: (213) 977-7500 Website: www.advancingjustice-la.org
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California Immigrant Guide

In an effort to integrate immigrants, California has developed innovative services that help immigrants become part of the social, economic and civic fabric of our state. This guide features services that help immigrants thrive and succeed in their paths towards integration. Immigrants seeking help with English language learning, workforce skill development, naturalization preparation or legal assistance, can find information on available services throughout the state. The guide will serve as a bridge that can help immigrants fully participate in life in California.

Website: immigrantguide.ca.gov

CARECEN

Provide free or low cost immigration legal services: Citizenship/ Naturalization; Work Permit Renewal; Residency Card Renewal/ Replacement; U-Visa/ VAWA; DACA Renewals; and more.

2845 W. Seventh St. Los Angeles, CA 90005	Phone: (213) 385-7800 ext. 136 Website: www.carecen-la.org
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Centro Cha

Centro CHA provides immigrant integration services to the Greater Long Beach community with application assistance for Naturalization, request for fee waivers, Deferred Action for Childhood Arrivals (DACA), and applications to replace green card for lawful permanent residents. They also provide presentations, consultations, and training to community members and stakeholders about the naturalization process of becoming a United States citizen. If applicants are approved by the United States Citizenship and Immigration Services (USCIS), they do not pay anything for the process. Application assistance services are provided through monthly large-scale workshops, as well as via individual appointments during office hours. Centro CHA also prepares its naturalization applicants for the interview process with USCIS.

1633 Long Beach Blvd. Long Beach, CA 90813	Phone: (562) 612-4180 Website: www.centrocha.org
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CitizenshipWorks

Provides easy-to-use online tools to help low and moderate-income individuals to prepare for the naturalization process and tests.

Website: www.citizenshipworks.org

Coalition for Humane Immigrant Rights (CHIRLA)

CHIRLA is recognized by the Board of Immigration Appeals (BIA) to provide immigration legal services at low-cost to its members and provide community education to help immigrants understand their civil and human rights as well as to educate them about opportunities. For more information about their services and programs call (888) 624-7452 or visit www.chirla.org.

2533 W. 3rd St., Suite 101 Los Angeles, CA 90057 (213) 353-1333	4301 S Central Ave Los Angeles, CA 90011 (323) 846-1807	643 S. Olive Suite #960 Los Angeles, CA 90017
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Find a Person in Detention

Access Immigration and Customs Enforcement's (ICE) online detainee locator at locator.ice.gov or call the Southern California field office at (213) 830-7911.

Immi

Immi helps immigrants in the U.S. understand their legal options and access critical resources from any location. Through immi, users can learn about various forms of relief, access a directory of over 1,000 non-profit legal organizations, stay up to date with changes to immigration law, and make a plan in case of an encounter with ICE.

Website: www.immi.org/en

Immigo

Through Immigo, community members can now learn about immigration law and civil rights, access study materials to prepare and apply for citizenship, and connect to local nonprofit legal service providers.

Click to download: [IOS App](#) or [Android App](#)

Immigration Law Help

A searchable online directory of over 1,000 free or low-cost nonprofit immigration legal services providers in all 50 states.

Website: www.immigrationlawhelp.org

Legal Aid Foundation of Los Angeles

Legal Aid Foundation of Los Angeles' immigration work focuses on adults and minors who have been the survivors of crime, either in the U.S. or in their home countries. They also help with issues around: asylum and refugee status; minors fleeing violence in their home country and coming to the United States without their parents (unaccompanied minors); adjustment of status (green card applications); naturalization (citizenship); family reunification; and deportation defense. LAFLA has several Spanish-speaking attorneys and attorneys fluent in Korean, Khmer, Vietnamese, Mandarin and Farsi. They are able to provide services in those and other languages.

Website: lafla.org/help/services/immigration Phone: (800) 399-4529

Los Angeles County Libraries

All LA County Libraries can assist with locating material on citizenship and immigration. In addition, the County Library proudly hosts the U.S. Pathways for New Americans centers. These centers provide additional materials and handouts to help you in the citizenship and immigration process. There are currently two locations to serve customers of the LA County Library: Huntington Park Library and Rosemead Library.

Huntington Park Library	Rosemead Library
6518 Miles Ave. Huntington Park, CA 90255	8800 Valley Blvd. Rosemead, CA 91770
(323) 583-1461	(626) 573-5220

Los Angeles County Office of Immigrant Affairs

A guide to immigration resources and immigrant rights. Users can access legal resources, learn how to file immigration fraud claims, and learn about their path to citizenship.

Website: oia.lacounty.gov

Path 2 Citizenship

Explore the site to find many different types of information to help you navigate the process of becoming a citizen of the United States. This site also provides information about: community and legal services; citizenship services; citizenship forms; educational materials; news and events; and more!

Website: path2citizenship.lacounty.gov

Phone: 1-800-593-8222

Pilipino Workers Center

Our immigration team at Pilipino Workers Center work closely with Ice out of LA to provide Free Legal Clinics with attorneys of our choosing. We also provide rapid response training, administer assistance for work visas and asylum cases, handle deportation defense cases, and refer clients to free or low-cost legal representation.

153 Glendale Blvd. Los Angeles, CA 90026	Phone: (213) 250-4353 Website: www.pwcsc.org
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¡Protégete!... ¡Ciudadanía Ya!

Eligible legal permanent residents (LPRs) in Los Angeles County can use this site to apply for citizenship, find trustworthy naturalization services, and locate citizenship workshops throughout Los Angeles County.

Website: ciudadaniaya.info/home

United States Department of Justice

A list of lawyers and organizations that provide free legal services.

Website: www.justice.gov/eoir/list-pro-bono-legal-service-providers

United We Dream

The largest immigrant youth-led organization in the nation. They organize and advocate for the dignity and fair treatment of immigrant youth and families, regardless of immigration status. They assist students in applying for or renewing their DACA (Deferred Action for Childhood Arrivals) and educate people on their rights through local events and resource sharing. Their programs include: Deportation Defense; Queer Undocumented Immigrant Project (QUIP); and Education Equity.

Website: unitedwedream.org

Email: info@unitedwedream.org

MigraWatch Hotline: (844) 363-1423

CIVIC ENGAGEMENT

California Senate

Here, you can find everything you need to stay informed and engaged in the legislation being considered in our house – legislative calendars, details on policy committees, helpful resources, live-streamed and archived videos, information on each of the Senators who represent the state’s 40 districts and how to contact us, and more.

Website: www.senate.ca.gov

Find Your House of Representatives

Also referred to as a congressman or congresswoman, each representative is elected to a two-year term serving the people of a specific congressional district. Among other duties, representatives introduce bills and resolutions, offer amendments and serve on committees. Not sure of your congressional district or who your member is? This service will assist you by matching your zip code to your congressional district, with links to your member’s website and contact page.

Website: www.house.gov/representatives/find-your-representative

Register to Vote

U.S. Citizens who are 18 years of age are eligible to vote! Registration-by-mail forms are available throughout LA County, including most County buildings, city halls, fire stations, libraries, state motor vehicle offices, public assistance offices (DPSS, WIC), banks and post offices. For information about requirements and submitting an application, contact your local County Registrar of Voters.

Website: www.lavote.net

Phone: (800) 512-2666, Opt. 2

Selective Service System, *Who Must Register*

Men who have a disability and who live at home must register with Selective Service if they can reasonably leave their homes and move about independently. A friend or relative may help a disabled man fill out the registration form if he can't do it himself. These men with disabilities that would disqualify them from military service still must register with Selective Service.

Website: www.sss.gov/Registration-Info/Who-Registration

Phone: 1-800-655-1825

COMMUNITY INCLUSION

Aquarium of the Pacific

The Aquarium hosts several events throughout the year highlighting people with disabilities and senior citizens. For more information visit www.aquariumofpacific.org.

Abilities Night	A FREE night for anyone with a disability to enjoy the Aquarium
Autism Family Morning	A morning exclusively for families with children or adults with autism. \$7 per person. Under 3 are FREE .
Autism Families Night	An evening where families can go to meet, and enjoy the aquarium in a quiet, autism-friendly environment. The spring edition of Autism Families Night features information booths by autism resource organizations. \$7 per person. Under 3 are FREE .
Festival of Human Abilities	Celebrates the creative talents and abilities of people with disabilities (e.g. blindness, deafness, paraplegia, quadriplegia, cerebral palsy, autism, developmental disabilities). Traditionally held on or near the last weekend of January.
Seniors Day	FREE to people age 50+ on Seniors Day. Special exhibits and presentations for seniors will be featured.

Arts for NexGen LACMA

A **FREE** youth membership for anyone 17 years and younger, created so kids and teens can make the museum a regular part of their lives. NexGen members may visit the museum for free and bring one adult guest for free; NexGen members also receive discounts on studio classes and art camps. Sign up at the museum or fill out the application online and submit it via mail.

<p>Los Angeles County Museum of Art Education Department 5905 Wilshire Blvd. Los Angeles, CA 90036</p>	<p>Phone: (323) 857-6512 Website: www.lacma.org Email: educate@lacma.org</p>
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AYSO VIP (Very Important Player) Program

A program for developmentally disabled children and adults that provides a safe, fun environment to play soccer. Find a location near you for more details and to register.

Website: ayso.org/find-your-region

Best Buddies California

Best Buddies offers various programs that help create opportunities for one-to-one friendships between people with and without intellectual and developmental disabilities (IDD), secures jobs for people with IDD, and leadership development to educate and empower individuals to become leaders, public speakers and advocates.

3731 Stocker Street Suite 212 Los Angeles, CA 90008	Phone: (323) 291-0118 Website: bestbuddies.org/california Email: california@bestbuddies.org
1 World Trade Center 8th Floor Long Beach, CA 90831	Phone: (562) 676-4348 Website: bestbuddies.org/california Email: california@bestbuddies.org

Big Brothers Big Sisters of Greater Los Angeles

Serves all Los Angeles County youth between the ages of 6 to 18 through six mentoring programs: Community-Based, School-Based, High School Bigs, Workplace-Based, Women in Entertainment & College PAC. For information about these programs and how to enroll, contact the Customer Relations Specialist at (213) 213-2479.

3150 N. San Fernando Rd. #C Los Angeles, CA 90065	Website: www.bbbsla.org Email: info@bbbsla.org
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Big Brothers Big Sisters of Ventura County

Big Brothers Big Sisters makes meaningful, mentorship matches between volunteer "Bigs" and children "Littles", ages 6-18. They then provide the necessary training, resources and support necessary for those matches to succeed. BBBS conduct their programs in the following ways: Community-Based and Site-Based. For information about these programs and how to enroll, contact them using the information below.

555 Airport Way #D Camarillo, CA 93012	Phone: (805) 484-2282 Website: www.bbsvc.org
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Builder Bees

Builder Bees is for girls in Pre-K through 12th grade. They welcome all girls who are looking for friends because they struggle in a mainstream social setting, such as girls with autism spectrum disorder, anxiety or sensorimotor challenges; trans and gender nonconforming girls; as well as girls from all religious, ethnic, and socioeconomic backgrounds. Builder Bees offers programs and classes, such as dance and yoga, as well as fun holiday activities.

Website: www.builderbeesla.com

Camp Nugget

Designed to provide positive health-related physical fitness, fundamental motor skills, aquatics, cooperative games, and sport experiences for children with disabilities ages 5 - 12. The program provides a positive, active, and fun experience in a small child/staff (4:1) ratio setting. **Limited full and partial scholarships may be available based on financial need.**

CSULB - Dept. of Kinesiology 1250 Bellflower Blvd. Long Beach, CA 90840	Phone: (562) 985-7969 Website: www.csulb.edu/campnugget Email: campnugget@ymail.com	Cost**: \$400.00
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Catholic Big Brothers Big Sisters

Serves Los Angeles County youth of all beliefs and backgrounds through mentoring programs such as: Community-Based, School-Based, Workplace-Based, Bigs with Badges, and more. For information about these programs and how to enroll, contact them using the information below.

1530 James M. Wood Blvd Los Angeles, CA 90015-0095 <i>(located on the 2nd floor)</i>	Phone: (213) 251-9800 Website: www.catholicbigbrothers.org Email: info@catholicbigbrothers.org
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Easterseals Camp

A week-long fully accessible camp in Big Bear serving children and adults. Activities include dances, swimming, canoeing, archery, hiking, ropes course and more. Partial camperships (financial scholarships) are available.

Website: www.easterseals.com/southernca/our-programs/camping-recreation

Friends of Angels - Autism Family Camp

Provides activities for differently abled children and their typically developing siblings and supportive seminars for parents. This camp takes place from Friday to Sunday. \$70 per person, \$140 for one parent and one child, or \$180 max per immediate family (father, mother and siblings).

Website: www.friendsofangels.org

Jewish Big Brothers Big Sisters of Los Angeles

Offers professionally supported, **FREE**, one-to-one mentoring for Jewish boys and girls age 6 or older. They also offer summer camps, weekend retreats, teen programs, college supports and even college scholarship opportunities! For information about these programs and how to enroll, contact them using the information below.

6505 Wilshire Boulevard	Phone: (323) 761-8675
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Suite 600 Los Angeles, CA 90048	Website: www.jbbbsla.org Email: info@jbbbsla.org
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Joe Patton Academy Camp (Camp JPAC)

With an impressive 3 to 1 adult to student ratio, Camp JPAC is the only **FREE** summer inclusion camp in Los Angeles for special needs children and their siblings. The camp provides hundreds of children and young teens (ages 5 to 16), both typically-developing and developmentally disabled, with a full-day summer enrichment program that includes a STEAM academic program, sports, field trips, and hot lunches and snacks.

Special Needs Network 4401 Crenshaw Blvd. #215 Los Angeles, CA 90043	Phone: (323) 875-3220 Website: snnla.org Email: JPACSNN@icloud.com
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La Brea Tar Pits & Museum

Receive **FREE** museum admission on the first Tuesday of every month (except July and August) as well as every Tuesday in September. **FREE** museum admission daily for CA EBT cardholders, CA Teachers, active or retired military, children 2 and under. Valid with ID. L.A. County residents receive **FREE** museum admission Monday - Friday from 3 - 5 pm with valid ID or utility bill.

5801 Wilshire Blvd. Los Angeles, CA 90036	Phone: (323) 934-7243 Website: tarpits.org
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Little League & Senior League Challenger Division

The Little League Challenger Division is an adaptive baseball program for individuals with physical and intellectual challenges. It accommodates players 4 to 18; or up to age 22 if still enrolled in school. The Senior League Challenger Division accommodates players age 15 and above (no maximum age).

Website: www.littleleague.org/play-little-league/challenger

No Limits for Deaf Children, *Educational Center*

A comprehensive after-school program that serves children with hearing loss from all economic backgrounds in the greater Los Angeles area. They provide the following services: academic tutoring; literacy classes; STEM (Science, Technology, Engineering, Math); music, theatrical arts and public speaking; leadership and mentoring academy for teens; parent education and family support; audiological services; individual auditory, speech and language therapy. For more information or to enroll your child, contact No Limits.

9801 Washington Blvd. Culver City, CA 90232	Phone: (310) 280-0878 Website: www.nolimitsfordeafchildren.org
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Sensory Sensitive Sundays

Chuck E. Cheese's supports families who have children with autism and other special needs by offering a sensory-friendly experience the 1st Sunday of every month at participating locations, opening their stores 2 hours before their normal opening time. Find a location near you.

Website: www.chuckecheese.com/events/sensory-sensitive-sundays

Toy Loan Program

A **FREE** service which allows children to borrow toys from a Toy Loan Center in the same manner in which they borrow books from the public library. The Children borrow toys once a week. You simply fill out a registration card with your name and address. Find a Toy Loan Center near you!

Website: dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/toy-loan/toy-loan-centers

DEAF AND DISABLED TELECOMMUNICATIONS PROGRAM

Provide telephone communications access for all deaf and disabled Californians. For information, visit ddtp.cpuc.ca.gov

California Telephone Access Program (CTAP)

Distributes telecommunications equipment to individuals certified as having difficulty using the telephone. Equipment is available at no charge to eligible consumers. For more information or help in completing an application, call (800) 806-1191, web chat at www.californiaphones.org or email info@CaliforniaPhones.org. Applications are available in English, Spanish, Chinese, Hmong, Vietnamese and Russian.

California Relay Service (CRS)

Provides specially trained operators to relay telephone conversations back and forth between people who are deaf, hard of hearing, or speech disabled and those they wish to communicate with by telephone. **Just dial 7-1-1**. For more information visit ca-relay.com, call (888) 402-4018 or email californiarelay@hamiltonrelay.com.

DENTAL INSURANCE

If you have dental insurance, ask for a list of dentists from your insurance company. You can also ask friends, family, and coworkers about their dental office.

Covered California

All Californians can sign up for dental insurance during the annual open-enrollment period, which begins in the fall. Many others may be eligible to sign up at any time during the year due to a life-changing event such as getting married, having a child or moving.

Website: www.coveredca.com

eHealthinsurance, Inc.

A helpful website that explains how dental insurance works, tools to find a dental plan for you, purchase and enrollment services, and resources.

Website: www.ehealthinsurance.com/dental-insurance

Medi-Cal Dental Program

The Medi-Cal Program currently offers dental services as one of the program's many benefits. Medi-Cal Dental, also known as Denti-Cal, is the program that provides free or low-cost services to eligible children and adults. This website provides information about the Medi-Cal Dental Program, covered services, assistance in finding a Medi-Cal dental provider near you, helpful videos and handouts, and more.

Website: www.denti-cal.ca.gov , smilecalifornia.org Phone: (800) 322-6384

Medicare

Medicare only covers dental services related to certain medical conditions or treatments. It does not cover dentures or most routine care like checkups, cleanings or fillings. Visit the Medicare website or call (800) 633-4227 (have your Medicare number handy when you call).

Website: www.medicare.gov/coverage/dental-services

Persons Without Dental Insurance

Community Health Centers and other community clinics can provide care for you, even if you do not have health insurance. You pay for services based on your income. Dental schools and dental hygiene schools often have clinics that allow dental students to gain experience treating patients while providing care at a reduced cost. For more information visit www.nidcr.nih.gov/health-info/finding-dental-care

California Primary Care Association	www.californiahealthplus.org
Dental Hygiene Schools—American Dental Hygienists' Association	www.adha.org/dental-hygiene-programs

Dental Schools—American Dental Association	www.ada.org/en/coda/find-a-program/search-dental-programs
Federally Qualified Health Center	findahealthcenter.hrsa.gov

DISABILITY RELATED INFORMATION

Asperger's Syndrome

<p>Asperger/ Autism Network www.aane.org/ (617) 393-3824 info@aane.org</p>	<p>Asperger Syndrome & High Functioning Autism Association ahany.org (888) 918-9198</p>
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Attention Deficit/Hyperactivity Disorder (ADHD)

<p>Attention Deficit Disorder Association add.org (800) 939-1019</p>
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Autism Spectrum Disorder

<p>Autism Society of America www.autism-society.org (800) 328-8476</p>	<p>Autism Society of Los Angeles www.autismla.org (562) 804-5556</p>
<p>Autism Speaks www.autismspeaks.org (323) 549-0500 familyservices@autismspeaks.org</p>	<p>UCLA Center for Autism Research and Treatment www.semel.ucla.edu/autism (310) 825-9041 info@autism.ucla.edu</p>

Blind or Visually Impaired

<p>Braille Institute www.brailleinstitute.org (323) 663-1111 la@brailleinstitute.org</p>	<p>California Association of Blind Students nfbcal.org (916) 382-0372</p>	<p>California Council of the Blind ccbnet.org (800) 221-6359 ccofb@ccbnet.org</p>
<p>National Federation of the Blind of California www.nfbcal.org (916) 382-0372 president@nfbcal.org</p>	<p>National Organization of Parents of Blind Children nopbc.org (717) 658-9894</p>	<p>Wayfinder Family Services www.wayfinderfamily.org (323) 295-4555 info@wayfinderfamily.org</p>

Cerebral Palsy

<p>American Academy for Cerebral Palsy and Developmental Medicine www.aacpdm.org (847) 698-1635</p>	<p>Center for Cerebral Palsy at UCLA uclaccp.org (424) 259-6593</p>	<p>United Cerebral Palsy of Los Angeles www.ucpla.org (818) 782-2211 mail@ucpla.org</p>
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Deafness/ Hearing Loss

<p>Alexander Graham Bell Association for the Deaf and Hard of Hearing www.agbell.org info@agbell.org</p>	<p>American Society for Deaf Children deafchildren.org (800) 942-2732 info@deafchildren.org</p>	<p>Association of Late-Deafened Adults alda.org (815) 332-1515 info@alda.org</p>
<p>Greater Los Angeles Agency on Deafness, Inc. (GLAD) gladinc.org (323) 478-8000 info@gladinc.org</p>	<p>Hearing Loss Association of America, LA Chapter hlaa-la.org info@hlaa-la.org</p>	<p>National Association of the Deaf www.nad.org (301) 587-1788</p>
<p>National Cued Speech Association www.cuedspeech.org (800) 459-3529</p>	<p>National Institute on Deafness and Other Communication Disorders www.nidcd.nih.gov/</p>	<p>Signing Exact English Center seecenter.org</p>

Down Syndrome

<p>Club 21 Learning and Resource Center clubtwentyone.org (626) 844-1821 info@clubtwentyone.org</p>	<p>Down Syndrome Association of Los Angeles www.dsala.org (818) 786-0001</p>
<p>National Down Syndrome Congress www.ndscenter.org (800) 232-6372 info@ndscenter.org</p>	<p>National Down Syndrome Society www.ndss.org (800) 221-4602 info@ndss.org</p>

Dual Diagnosis

<p>National Association for Dually Diagnosed thenadd.org (845) 331-4336 info@thenadd.org</p>	<p>Reach Across LA reachacrossla.org (310) 258-4254</p>
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Epilepsy

<p>Citizens United for Research in Epilepsy www.cureepilepsy.org (844) 231-2873</p>	<p>Epilepsy Foundation of Greater Los Angeles www.epilepsy.com/los-angeles (310) 670-2870</p>	<p>National Association of Epilepsy Centers www.naec-epilepsy.org (202) 524-6767 info@naec-epilepsy.org</p>
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Fragile X Syndrome

<p>Fragile X Association of Southern California fraxsocal.org (818) 754-4227 info@fraxsocal.org</p>	<p>National Fragile X Syndrome fragilex.org/learn/ (800) 688-8765 treatment@fragilex.org</p>
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Intellectual Disability

<p>American Association on Intellectual and Developmental Disabilities (202) 387-1968</p>	<p>The Arc www.thearc.org (800) 433-5255</p>
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Learning Disabilities

<p>Learning Disabilities Association of America www.lidaamerica.org (412) 341-1515 info@LDAAmerica.org</p>	<p>National Center for Learning Disabilities www.ncld.org (213) 545-7510</p>
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Prader-Willi Syndrome

<p>Prader-Willi California Foundation pwcf.org (800) 400-9994 info@pwcf.org</p>	<p>Foundation for Prader-Willi Research www.fpwr.org (888) 322-5487</p>
<p>Prader-Willi Syndrome Association www.pwsausa.org (800) 926-4797</p>	<p>National Organization for Rare Disorders rarediseases.org</p>

EMPLOYMENT

Ability Jobs

An employment website for job seekers with disabilities.

Website: www.abilityjobs.com

American Job Centers

American Job Centers (AJC) help people search for jobs, find training, offer free computer access and answer other employment related questions. Find a local AJC near you by calling (877) 872-5627 or visiting www.careeronestop.org.

5446 Sepulveda Boulevard Culver City, CA 90230 (310) 309-6000	110 South La Brea Avenue Inglewood, CA 90301 (310) 680-3700	6109 South Western Ave. Los Angeles, CA 90047 (323) 730-7900
7518 S. Vermont Ave. Los Angeles, CA 90044 (323) 752-2115	1600 W. Imperial Hwy. Los Angeles, CA 90047 (323) 241-5016	16801 S. Western Ave. Gardena, CA 90247 (310) 538-7070

California CareerZone

A website that helps people explore, plan for and pursue careers that reflect their passion, skills, and life goals.

Website: www.cacareerzone.org

Clothes the Deal

Clothes the Deal is a non-profit organization that assists low-income men, women, and at-risk youth by providing them with business attire to empower them to interview with dignity and confidence in their pursuit of securing gainful employment. **Services:** Business Clothes Program; Dress to Impress Workshop; Adaptive Clothing Program

Clothes The Deal 9525 Imperial Highway Downey, CA 90242	Phone: (562) 922-8635 Email: clothesthedeal@gmail.com Website: www.clothesthedeal.org
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Department of Rehabilitation

Provide vocational rehabilitation services (e.g. career education and training; job search and interview skills; career assessment and counseling; transportation; independent living skills; assistive technology) and individually tailored services to help people meet their employment goals. For more information visit www.dor.ca.gov

6125 Washington Blvd. Suite 200 Culver City, CA 90232	5120 Goldleaf Circle, Suite 360 Los Angeles, CA 90056
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(310) 559-6140	(323) 298-2500 (Voice)
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Getting Hired

Employment opportunities for Individuals with disabilities – Bridging the Gap between Job Seekers with Disabilities & Employers Looking to Hire

Website: www.gettinghired.com

Job Accommodation Network (JAN)

Provides free resources and information for job seekers with disabilities who have questions about self-identifying, asking for reasonable accommodations and much more.

Website: askjan.org

My Next Move

A web tool that offers ways to search for occupations; salary and employment outlook information, as well as links to training and employment opportunities.

Website: www.mynextmove.org

RecruitDisability.org

For applicants with disabilities, this website provides job listings, with a good search tool, and a salary comparison tool.

Website: jobs.recruitdisability.org/jobs/search

Roadmap to Careers

A helpful online tool to help students find careers and majors based on their likes and interests. Read about the career journeys of professionals who share your interests.

Website: roadtripnation.com/roadmap

Talent Knows No Limits

They provide resources for career planning, job training, job hunting, and workplace support for people with disabilities.

Website: tknl.sdsu.edu

FINANCIAL ASSISTANCE PROGRAMS

Department of Public Social Services

CalFresh Program

CalFresh provides monthly food benefits to eligible individuals and households with low-income. Use CalFresh Food to buy fresh fruits and vegetables, whole grains, lean proteins and more. The program issues monthly benefits on an Electronic Benefit Transfer (EBT) card. Food may be purchased at any grocery store or farmers' market that accepts EBT cards. **SSI recipients can apply for food benefits as of 6/1/19.**

Compton County Office 211 E Alondra Blvd. Compton, CA 90220 (866) 613-3777	South Family County Office 17600 S Santa Fe Ave Compton, CA 90221 (310) 258-7400	South Central County Office 10728 S Central Ave Los Angeles, CA 90059 (310) 258-7400
Southwest Family County Office 8300 S Vermont Ave, Los Angeles, California, 90044 (866) 613-3777	Exposition Park County Office 3833 S Vermont Ave Los Angeles, CA 90037 <i>(number not listed)</i>	Metro Family County Office 2615 S Grand Ave, Los Angeles, California, 90007 (866) 613-3777
Metro North County Office 2601 Wilshire Blvd Los Angeles, CA 90057 (866) 613-3777	Rancho Park County Office 11110 W Pico Blvd Los Angeles, CA 90064 (310) 258-7400	Wilshire County Office 2415 W. 6th St. Los Angeles, CA 90057 (310) 258-7400
Southwest Special County Office 1819 Charlie Sifford Dr. Los Angeles, CA 90047 (626) 569-1399	Metro Special County Office 2707 S. Grand Ave. Los Angeles, CA 90007 (866) 613-3777	

All offices are open to the public Monday to Friday, 8:00AM-5:00PM, unless otherwise noted. Interpreter services are available in all languages at all county offices!

Apply Online: www.getcalfresh.org Apply via Phone: (877) 847-3663
 Apply In Person: calfreshfood.org or find a location above

California Work Opportunity and Responsibility to Kids (CalWORKs)

The California Work Opportunity and Responsibility to Kids (CalWORKs) program is a time-limited program that provides financial assistance to eligible needy families with (or expecting) children to help pay for housing, food, utilities, clothing, medical care, and other necessary expenses. Needy families may apply for assistance online or by visiting a local DPSS office.

Apply Online: www.benefitscal.org

Metro North County Office 2601 Wilshire Blvd Los Angeles, CA 90057 (866) 613-3777	Exposition Park County Office 3833 S Vermont Ave Los Angeles, CA 90037 <i>(number not listed)</i>	Metro Family County Office 2615 S Grand Ave, Los Angeles, California, 90007 (866) 613-3777
Compton County Office 211 E Alondra Blvd. Compton, CA 90220 (866) 613-3777	Southwest Family County Office 8300 S Vermont Ave, Los Angeles, California, 90044 (866) 613-3777	South Central County Office 10728 S Central Ave Los Angeles, CA 90059 (310) 258-7400
Rancho Park County Office 11110 W Pico Blvd Los Angeles, CA 90064 (310) 258-7400	South Family County Office 17600 S Santa Fe Ave Compton, CA 90221 (310) 258-7400	
All offices are open to the public Monday to Friday, 8:00AM-5:00PM, unless otherwise noted.		

Cash Assistance Program for Immigrants (CAPI)

CAPI provides cash assistance to certain aged, blind, and disabled legal non-citizens ineligible for Supplemental Social Security Income/State Supplemental Payment (SSI/SSP) due to their immigration status. CAPI participants may be eligible for Medi-Cal, In-Home Supportive Services (IHSS), and/or Food Stamps benefits. You must apply in person at your local county office.

Metro North County Office 2601 Wilshire Blvd. Los Angeles, CA 90057	Phone: (213) 639-5407 Website: www.cdss.ca.gov/CAPI
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In-Home Supportive Services (IHSS) Program

Provides personal care and domestic services to persons who are aged, blind or disabled and who live in their own homes. IHSS is provided to those who otherwise might be placed in an out-of-home care facility but who can safely remain in their own home if IHSS services are received.

2707 S. Grand Ave. Los Angeles, CA 90007	12000 S. Hawthorne Blvd. Hawthorne, CA 90250
Website: www.cdss.ca.gov/In-Home-Supportive-Services Apply by Phone: (888) 944-4477 IHSS Helpline: (888) 822-9622 Apply via Mail: IHSS Applications 2707 S. Grand Ave Los Angeles, CA 90007	

Los Angeles Department of Water & Power

Low Income Discount Program (LIDP)

The Los Angeles Department of Water and Power (LADWP) offers a residential Low Income Discount Program (LIDP) rate for customers within qualifying income levels. This rate reduces the cost of electricity, water, and sewer services for the participants' permanent, primary residence.

Submit Application by Mail:	Submit Application Online:
Los Angeles Department of Water and Power LIDP, Room L63 P.O. Box 515407 Los Angeles, CA 90051-6707	www.ladwp.com/lowincome Phone: (800) 342-5397 TDD: (800) 735-2922

Physician Certified Allowance Discount

Discounts on electric bills are available to customers who provide verification by a state-licensed physician that a full-time member of the household is a paraplegic, hemiplegic, quadriplegic, multiple sclerosis patient, neuromuscular patient, or scleroderma patient being treated for a life-threatening illness. An allowance is also available if a member of the household has a compromised immune system and has a state-licensed physician's certification that an additional heating and/or cooling allowance is medically necessary.

Submit Application by Mail:	
Los Angeles Department of Water and Power Account Services Unit PO Box 51111, Room L-63 Los Angeles, CA 90051-5700	Phone: (800) 342-5397 TDD: 800-432-7397 Website: www.ladwp.com/lowincome

Low-Income Home Energy Assistance Program

For more information on where to apply, visit www.csd.ca.gov or call 1-866-675-6623. You can also visit www.csd.ca.gov/Pages/Assistance-PayingMyEnergyBills to locate your local provider.

Energy Crisis Intervention Program (ECIP)

Provides assistance to low-income households in a crisis situation, such as receiving a utility shut-off notice or other energy-related emergency created by a natural disaster. ECIP Heating and Cooling Services (HCS) provides for the emergency repair or replacement of a home heating and/or cooling system.

Home Energy Assistance Program (HEAP)

Provides one-time financial assistance to help offset an eligible household's energy costs (utility bill).

LIHEAP Weatherization Program

Provides free energy efficiency upgrades to low-income households to lower their monthly utility bills. May include weather-stripping, insulation, caulking, water heater blankets, heating/cooling system repairs, energy-efficient lighting, thermostat repair/replacement and other measures.

Program(s)	Service Areas	Contact	Phone
<ul style="list-style-type: none"> –Utility payment assistance –Weatherization 	Bel Air Culver City El Segundo Gardena Hawthorne Inglewood Lawndale Los Angeles Mar Vista Marina del Rey Pacific Palisades Playa del Rey Santa Monica Venice Westwood	Pacific Asian Consortium in Employment 1055 Wilshire Blvd., Ste. 900E Los Angeles, CA 90017 <u>Monday to Thursday:</u> 8:00AM-3:00PM pacela.org	<u>Utility Assistance:</u> (213) 989-3250 <u>Emergency Services:</u> (213) 989-3250 <u>Weatherization Services:</u> (213) 989-3283
<ul style="list-style-type: none"> –Utility payment assistance –Weatherization –Lead hazard control 	Beverly Hills Beverlywood Malibu	Maravilla Foundation 5729 Union Pacific Ave. Commerce, CA 90022 <u>Monday to Friday:</u> 8:00AM-4:30 pm www.maravilla.org	<u>Utility Assistance/ Emergency Services:</u> (800) 906-4651 <u>Weatherization Services:</u> (323) 869-4547 <u>Lead abatement:</u> (323) 869-4550

Metropolitan Water District of SoCal

Residents living in houses or apartments, townhomes, condominiums or mobile homes are eligible to receive water-saving rebates on equipment such as: high-efficiency toilets and washing machines; weather-based irrigation controllers; rotating sprinkler nozzles; rain barrels and cisterns; soil moisture sensor system; and turf replacement. Apply online to receive a rebate.

Website: www.bewaterwise.com

Phone: (888) 376-3314

Southern California Gas

Find out if you qualify by going online at www.socalgas.com or call 1-877-238-0092. To apply for assistance, please contact the non-profit partner organization in your area to make an appointment. Visit online for a complete listing.

Gas Assistance Fund

If you're having difficulty paying your gas bill during the winter, the Gas Assistance Fund (GAF) may be able to provide you, or someone you know, with a one-time grant for the amount of the gas bill, not to exceed \$100.00.

Non-Profit Partner Organizations	
<p>Salvation Army Inglewood 324 E. Queen Street Inglewood, CA 90301</p> <p>(310) 677-3375 Mon. - Thurs: 9:00AM - 3:00PM</p>	<p>Chinatown Service Center 767 North Hill Street # 400 Los Angeles, CA 90012</p> <p>(213) 808-1700 Tue. : 8:30AM - 11:00AM</p>
<p>Los Angeles Central Salvation Army 916 Francisco Street Los Angeles, CA 90015</p> <p>(213) 896-9178 Mon. - Thurs.: 9:00AM - 4:00PM</p>	<p>Koreatown Youth & Community Center 3727 W. 6th Street, Suite 300 Los Angeles, CA 90020</p> <p>(213) 365-7400 Mon. - Fri.: 9:00AM - 5:30PM</p>
<p>Salvation Army East Los Angeles Temple 140 N. Eastman Avenue Los Angeles, CA 90063</p> <p>(323) 263-7577 Mon. - Fri: 9:00AM - 3:00PM</p>	<p>Salvation Army - Siemon Family Center 7651 South Central Avenue Los Angeles, CA 90001</p> <p>(323) 586-0288 Tue. & Thur.: 9-10:00AM / 5-6:00 pm</p>
<p>West Angeles Community Development 3045 South Crenshaw Blvd Los Angeles, CA 90016</p> <p>(323) 733-8300 Mon. - Fri. 10:00AM - 4:00PM</p>	<p>East Los Angeles Service Center 133 N. Sunol Drive Los Angeles, CA 90063</p> <p>(323) 260-2801 Mon. - Wed.: 1:00PM - 5:00PM</p>
<p>Barrio Action Youth and Family Center 4927 Huntington Drive Los Angeles, CA 90032</p> <p>(323) 221-0779 Tue & Thur.: 11:00AM-1:00PM Wed.: 3:00- 6:00PM</p>	<p>Catholic Charities-Brownson House 1307 Warren Street Los Angeles, CA 90033</p> <p>(323) 251-3512 Tue. : 8:30AM - 11:00AM</p>

Subsidized Housing Assistance Relief for Energy (SHARE)

Need help paying your natural gas bill to obtain or retain section 8/subsidized housing? The SHARE program provides funds* to help you, or someone you know, clear past utility debt and meet the subsidized housing requirements.

<p>APLA Health & Wellness 611 S. Kingsley Drive Los Angeles, CA 90005 (213) 201-1600</p>	<p>St. Annes Social Services 2011 Colorado Avenue Santa Monica, CA (310) 829-4411</p>	<p>East Rancho Dominguez Community Center 15116 S. Atlantic Avenue Compton, CA (310) 603-7401</p>
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Southern California Edison (SCE)

Find out if you qualify for the following programs by going online at www.sce.com or call 1-800-447-6620.

California Alternate Rates for Energy (CARE)

Provides a discount of approximately 30% on monthly electric bills for eligible customers. Apply online at sce.com/careandfera, over the phone at 1-800-798-5723, or mail and return an application.

Energy Savings Assistance Program

Income-qualified SCE customers are eligible for a number of appliance upgrades or energy-saving services: cooling measures; refrigerator replacement; pool pump replacement; weatherization services; and lighting. If you qualify, SCE will cover the costs, including installation, or new energy-efficient appliances. For more information, please call 1-800-736-4777.

Energy Assistance Fund (EAF)

Provides critical support to those when they need it most by providing one-time bill payments of up to \$100 for qualified Southern California households. Contact one of their participating community agencies below to make an appointment for assistance in the application process. Visit online for a complete listing.

<p>Salvation Army Inglewood 324 E. Queen Street Inglewood, CA 90301 (310) 677-3375</p>	<p>Chinatown Service Center 767 North Hill Street # 400 Los Angeles, CA 90012 (213) 808-1700</p>	<p>Los Angeles Central Salvation Army 916 Francisco Street Los Angeles, CA 90015 (213) 896-9178</p>
<p>Koreatown Youth & Community Center 3727 W. 6th Street, # 300 Los Angeles, CA 90020 (213) 365-7400</p>	<p>Salvation Army East Los Angeles Temple 140 N. Eastman Avenue Los Angeles, CA 90063 (323) 263-7577</p>	<p>Salvation Army - Siemon Family Center 7651 South Central Avenue Los Angeles, CA 90001 (323) 586-0288</p>

<p>West Angeles Community Development 3045 South Crenshaw Blvd Los Angeles, CA 90016 (323) 733-8300</p>	<p>East Los Angeles Service Center 133 N. Sunol Drive Los Angeles, CA 90063 (323) 260-2801</p>	<p>Barrio Action Youth and Family Center 4927 Huntington Drive Los Angeles, CA 90032 (323) 221-0779</p>
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Family Electric Rate Assistance (FERA)

Provides a discount of 12% on monthly electric bills for qualified households of 3 or more. Apply online at sce.com/careandfera, over the phone at 1-800-798-5723, or mail and return an application.

Telephone/ Internet Service/ Computer Discounts

California LifeLine Program

Provides discounted home phone and cell phone services to qualified low-income households. You may qualify if you are on certain public assistance programs or based on your household income. Contact a participating service provider in your area: if you qualify, the company can sign you up for service. If you already receive service from the company, they can apply your benefit to your existing account.

General Information: 1-866-272-0349
Application Questions: 1-877-858-7463
Website: www.californialifeline.com
Provider Search: californialifeline.com/en/provider_search

Computers for Classrooms (CFC)

CFC provides guaranteed working computers for Senior Citizens, low-income families and those who cannot afford to buy new ones. Eligibility is based on current participation in public assistance programs (e.g. Section 8 Housing, SNAP, Medi-Cal, National School Lunch Program, SSI) or seniors aged 65 and older. Desktops computers range from \$70 to \$200 in price and Laptop computers range between \$150 to \$250 in price. Comes with Microsoft Office 2010 (Word, Excel, PowerPoint, Outlook), anti-virus, 1-year warranty, and more.

<p>411 Otterson Drive, Suite 100 Chica, CA 95928</p>	<p><u>Phone:</u> (530) 895-4175 <u>Website:</u> www.computersforclassrooms.org</p>
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Cox Connect2Compete

Offers in-home internet for low-income families with school aged children (K-12) who participate in a government assistance program for a cost of \$9.95. Families can stay enrolled in the program for as long as they qualify. Eligible families can start the application process by visiting their website.

Website: cox.com/c2c.

Internet Essentials from Comcast

A program that provides affordable high-speed internet at home for just \$9.95 (plus tax). You may qualify if you are eligible for public assistance programs (housing, SNAP, Medi-Cal, SSI). Once eligible, you also have the option to purchase a laptop or desktop computer at a discounted price (\$149.99 + tax).

Website: www.internetessentials.com

Phone: (855) 846-8376

Internet For All Now

Provides information on low-cost, affordable internet offers in California for \$10-20 per month. Call 24/7 at (844) 841-4636 or visit www.internetforallnow.org. Below are a few select participating internet service providers.

Access	Spectrum Internet Assist	Lifeline
\$10 per month	\$20 per month	\$20 per month
www.att.com	www.spectrum.com	frontier.com
(855) 220-5211	(844) 525-1574	(866) 272-0349

PCs for People

To receive technology and services from *PCs for People*, a potential recipient must be below the 200% poverty level or be currently enrolled in an income-based government assistance program (e.g. SSI, SSDI, Section 8, Head Start, CalFresh). If eligible, you can purchase computers online for a donation ranging from \$0 to \$150.

Website: pcsrefurbished.com/sales/salesHome

Utility User's Tax Exemption

Offer senior and/or disabled citizens an exemption from their utility bills, including (but not limited to) electricity, gas, water, sewer, telephone (including cell phone and long distance), sanitation and cable television. Please contact your city of residence for more information about the eligibility requirements and application process.

Culver City

Submit Application In-Person:	
Finance Department - City Hall 9770 Culver Blvd. Culver City, CA 90232	Phone: (310) 253-5865 Website: www.culvercity.org

Gardena

Submit Application In-Person:	
Revenue and Collections Office 1700 West 162nd Street Gardena, CA 90247 (City Hall, Room 104)	Phone: (310) 217-9521 Website: www.cityofgardena.org

Hawthorne

Submit Application by Mail or In-Person	
Licensing & Code Enforcement's Office 4455 W. 126th Street Hawthorne, CA 90250	Website: www.cityofhawthorne.org

Inglewood

Submit Application In-Person:	
1 Manchester Blvd Inglewood, CA 90301	Phone: (310) 412-5257 Website: www.cityofinglewood.org

Lawndale

Submit Application In-Person:	
Lawndale Finance Dept. 14717 Burin Avenue Lawndale, CA 90260	Phone: (310) 973-3200 Website: www.lawndalecity.org

Los Angeles

Submit Application by Mail:	Submit Application In-Person:
Office of Finance-Utility Tax Exemption Unit P.O. Box 53233 Los Angeles, CA 90053-0233	200 N. Spring Street, Room 101 Los Angeles, CA 90012 (Public entrance on Main Street)
Website: finance.lacity.org/lifeline-utility-users-tax-exemption-seniors-and-disabled	

Los Angeles County

Submit Application by Mail or In-Person	
Los Angeles County Treasurer and Tax Collector Kenneth Hahn Hall Of Administration 500 West Temple Street, Room 462 Los Angeles, Ca 90012	Phone: (213) 893-7984 Email: uut@ttc.lacounty.gov Website: ttc.lacounty.gov

Malibu

Submit Application by Mail or In-Person:	
City of Malibu - Finance Department 23825 Stuart Ranch Road Malibu, CA 90265	Phone: (310) 456-2489 ext. 223 Website: www.malibucity.org

Santa Monica

Submit Application In-Person:	
WISE & Healthy Aging 1527 Fourth St, 2nd Floor Santa Monica, CA 90401	Phone: 310-394-9871 Email: info@wiseandhealthyaging.org Website: finance.smgov.net/fees-taxes/utility-users-tax

FINANCIAL PLANNING

California Achieving a Better Life Experience (ABLE) Program

CalABLE is a new program that allows people with disabilities to establish a tax-advantaged savings account and save up to \$15,000 per year and up to \$100,000 in total without losing vital public benefits, such as Medicaid, Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI).

Website: calable.ca.gov

Phone: (833) 225-2253

Email: CalABLESupport@CalABLE.ca.gov

Special Needs Trust

A special needs trust helps plan for individualized care over your child's lifetime while protecting his or her eligibility for public assistance benefits. The primary objectives of a SNP include: protecting assets left to a special needs beneficiary; provide additional income to facilitate a better quality of life; prevent the loss of government benefits (e.g. SSI, Medi-Cal); and plan for the ultimate future once the primary caregiver is no longer able to take care of the individual with disabilities.

Website: www.dhcs.ca.gov/services/Pages/Special-Needs-Trust

FOOD ASSISTANCE

Food Pantries (By City)

Some pantries have an application process and ask clients for documents supporting income. However, all clients will be served the first time regardless of completion of application and service area. Contact your nearest pantry for more information.

CULVER CITY	
WSFB- St. Augustine S.A.V.E.S. 3820 Jasmine Avenue 90232 Culver City CA	<u>Phone:</u> (310) 838-2702 <u>Hours:</u> Monday, Wednesday, Friday 9:00 AM - 11:45 AM
SANTA MONICA	
WSFB- Ocean Park Community Center 503 Olympic Boulevard 90401 Santa Monica CA	<u>Phone:</u> (310) 450-4050 <u>Hours:</u> Tuesday 1:00 PM - 2:30 PM
WSFB- St. Anne's Social Service 2013 Colorado Avenue 90404 Santa Monica CA	<u>Phone:</u> (310) 829-4411 <u>Hours:</u> Wednesday 4:00 PM - 5:30 PM
Church on Pearl 1520 Pearl St. Santa Monica, CA 90405	<u>Phone:</u> (310) 310-1384 <u>Hours:</u> Wednesday 2:30PM - 5:30PM
Delaware Avenue 7th Day Adventist Church 1845 20th St. Santa Monica, CA 90404	<u>Phone:</u> (310) 450-0919 <u>Hours:</u> Sunday 1:00PM - 2:00PM
VENICE	
Catholic Charities St. Roberts 211 3rd Ave. 90291 Venice CA	<u>Phone:</u> (310) 848-1448 <u>Hours:</u> 1st Saturday & Sunday 10:00 AM - 2:00 PM
WSFB- St. Joseph's Center 204 Hampton Drive 90291 Venice CA	<u>Phone:</u> (310) 396-6468 <u>Hours:</u> M, W, TH: 10:00AM-12:00PM TU, FRI: 1:00PM-3:00PM
The Bible Tabernacle 1761 Washington Way 90291 Venice CA	<u>Phone:</u> (310) 821-6116 <u>Hours:</u> Monday, Tuesday, Friday 9:00 AM - 12:00 PM
LOS ANGELES	
JFS/SOVA 801 N. Kings Road 90069 Los Angeles CA	<u>Phone:</u> (818) 988-7682 <u>Hours:</u> 1st & 3rd Friday 9:00AM - 11:00AM

<p>WSFB- St. Gerard's Social Services 4439 Inglewood Boulevard 90066 Los Angeles CA</p>	<p>Phone: (310) 390-5034 Hours: Tuesday/Thursday, 9AM - 12PM; 1PM - 3PM</p>
<p>Christian Association for Social Services 5814 Venice Blvd. 90019 Los Angeles CA</p>	<p>Phone: (323) 936-9481 Hours: 1st/3rd Friday & Saturday 10:00 AM - 12:00 PM</p>
<p>Unity Fellowship of Christ Church 5149 W. Jefferson Blvd 90016 Los Angeles CA</p>	<p>Phone: (310) 930-5683 Hours: Tuesday 12:30 PM - 4:00 PM</p>
<p>Crenshaw United Methodist Church 3740 Don Felipe Drive 90008 Los Angeles CA</p>	<p>Phone: (323) 292-0141 Hours: 4th Friday 10:00 AM - 1:00 PM</p>
<p>Christ the Good Shepherd Episcopal 3303 W. Vernon Avenue 90008 Los Angeles CA</p>	<p>Phone: (323) 295-4139 Hours: 3rd Saturday 10:00 AM - 12:00 PM</p>
<p>Bethesda Temple Church 4915 Crenshaw Boulevard 90043 Los Angeles CA</p>	<p>Phone: (323) 299-2591 Hours: 4th Saturday 9:00 AM - 11:00 AM</p>
<p>West Angeles Community Corporation 3045 South Crenshaw Boulevard 90016 Los Angeles CA</p>	<p>Phone: (323) 751-3440 Hours: Monday - Thursday 9:00 AM - 1:00 PM</p>
<p>Grace United Methodist Church 4112 W. Slauson Blvd. 90043 Los Angeles CA</p>	<p>Phone: (323) 294-6653 Hours: 3rd Friday 8:00 AM - 11:00 AM</p>
<p>Robbins Memorial Church of God in Christ 3868 W. 54th Street 90043 Los Angeles CA</p>	<p>Phone: (323) 298-8771 Hours: 1st Wednesday 8:00 AM - 9:00 AM</p>
<p>Faith Tabernacle Church of West LA 2147 Purdue Avenue Los Angeles, CA 90025</p>	<p>Phone: (310) 473-3135 Hours: Sunday 12:30 pm - 1:30PM</p>
<p>SOVA West 8846 W. Pico Blvd Los Angeles, CA 90035</p>	<p>Phone: (877) 275-4537 Hours: M, T, W, Th, Su 10:00AM - 1:30PM</p>
INGLEWOOD	
<p>Chapel of Peace Lutheran Church 1009 N. Market Street 90302 Inglewood CA</p>	<p>Phone: (310) 673-2584 Hours: 3rd Saturday 9:00 AM - 12:00 PM</p>

<p>Christ Centered Ministries Church 742 N. La Brea Avenue 90302 Inglewood CA</p>	<p><u>Phone:</u> (310) 676-1499 <u>Hours:</u> 3rd Saturday 10:00 AM - 12:00 PM</p>
<p>First Lutheran Church of Inglewood 600 West Queen Street 90301 Inglewood CA</p>	<p><u>Phone:</u> (310) 674-5103 <u>Hours:</u> Thursday 8:30 AM - 10:30 AM</p>
<p>Inglewood Church of Christ 323 S. Eucalyptus Ave. 90301 Inglewood CA</p>	<p><u>Phone:</u> (310) 674-7690 <u>Hours:</u> 3rd Friday 10:00 AM - 12:00 PM</p>
<p>New Mount Pleasant Missionary Baptist Church 434 S. Grevillea Ave 90301 Inglewood CA</p>	<p><u>Phone:</u> (310) 673-6250 <u>Hours:</u> 3rd & 4th Wednesday 11:00 AM - 2:00 PM</p>
<p>Breath of Life S.D.A. Church 425 S. La Brea 90301 Inglewood CA</p>	<p><u>Phone:</u> (310) 837-8782 <u>Hours:</u> 1st & 3rd Thursday 12:00 PM - 3:00 PM</p>
<p>American Veteran Inc. 318 E. Hillcrest Blvd 90301 Inglewood CA</p>	<p><u>Phone:</u> (909) 534-5953 <u>Hours:</u> Friday, 5:00PM - 10:00PM Sat/Sun, 10:00AM - 2:00PM</p>
<p>Maranatha S.D.A. Community Center 3569 W. Manchester Blvd. 90305 Inglewood CA</p>	<p><u>Phone:</u> (323) 971-3511 <u>Hours:</u> 2nd & 4th Tuesday 10:00 AM - 11:30 AM</p>
<p>Inglewood Southside Christian Church 3947 W. 104th Street 90303 Inglewood CA</p>	<p><u>Phone:</u> (310) 677-0446 <u>Hours:</u> 2nd Saturday 10:00 AM - 1:00 PM</p>
<p>Greater Emmanuel M.B.C. 3727 West 111th Place 90303 Inglewood CA</p>	<p><u>Phone:</u> (310) 677-9916 <u>Hours:</u> Saturday, 9:00AM - 11:00AM Wednesday, 9:00AM - 11:00AM</p>
<p>Food Pantry, LAX 355 E. Beach Ave Inglewood, CA 90302</p>	<p><u>Phone:</u> (310) 677-5597 <u>Hours:</u> Not Listed</p>
HAWTHORNE	
<p>Assembly of God Of Hawthorne 3841 W. 130th St. 90250 Hawthorne CA</p>	<p><u>Phone:</u> (310) 675-4137 <u>Hours:</u> Sunday, 12:00PM - 1:00PM Wednesday, 7:30AM - 9:00AM</p>
<p>New Rock of Ages Baptist Church 12950 S. Prairie Ave 90250 Hawthorne CA</p>	<p><u>Phone:</u> (310) 940-1887 <u>Hours:</u> Wednesday 3:30PM - 4:30PM</p>

Calvary Presbyterian Church 13560 Hawthorne Boulevard 90250 Hawthorne CA	<u>Phone:</u> (310) 676-1144 <u>Hours:</u> 1st Saturday 12:00PM - 1:00PM
St. Joseph Catholic Church 11901 Acacia Ave. 90250 Hawthorne CA	<u>Phone:</u> (310) 679-1139 <u>Hours:</u> 2nd Sunday 9:00AM - 11:00AM
Del Aire Baptist Church 4951 W. 119th Place 90250 Hawthorne CA	<u>Phone:</u> (310) 676-8352 <u>Hours:</u> Call for pantry hours.
Justice Children Deserve 11612 Hawthorne Blvd, Suite 103 90250 Hawthorne CA	<u>Phone:</u> (213) 426-0108 <u>Hours:</u> 2nd & 4th Friday 11:00AM - 2:00PM
GARDENA	
Gardena S.D.A. Church 16113 S. Denker Avenue 90247 Gardena CA	<u>Phone:</u> (310) 324-3992 <u>Hours:</u> 1st & 3rd Saturday 3:00PM - 6:00PM
Lady Bug Ministry 14725 Gramercy Place 90247 Gardena CA	<u>Phone:</u> (323) 751-3748 <u>Hours:</u> Last Tuesday 9:00AM - 10:00AM
Food Net-Asian Service Center 14112 S. Kingsley Drive 90249 Gardena CA	<u>Phone:</u> (310) 217-7300 <u>Hours:</u> Monday - Friday 8:00AM - 4:00PM
Gardena Valley Assembly of God 1473 W. 182nd Street 90248 Gardena CA	<u>Phone:</u> (310) 329-6933 <u>Hours:</u> Sunday 12:30PM - 1:30PM

Sam Simon Foundation - Feeding Families

Distributes nutritious vegan groceries, at no cost, to individuals and families who are struggling to make ends meet.

Website: ssf-feedingfamilies.org

SÜPRMARKT

A low cost organic grocery servicing low income communities in LA. It operates weekly, providing 100% organic produce to make great health and healing available to the communities which need it most. Shop in person or get it delivered. Check the website for upcoming locations.

Website: suprmarkt.la

FREE OR LOW COST CLINICS

Achievable Foundation - Health Center

Provides high quality primary medical, mental health, and other specialty care to individuals with intellectual and developmental disabilities, their families, and other vulnerable populations. Staff are bilingual in English and Spanish.

Achievable Health Center 5901 Green Valley Circle, Suite 405 Culver City, CA 90230	<u>Office Hours:</u> Mon, Wed, Fri: 8:00AM - 5:00PM Tues & Thurs: 8:00AM - 6:00PM
<u>Website:</u> achievable.org	<u>Appointment Line:</u> (424) 266-7474

APLA Health

Provides primary care, dental care, counseling, PrEP and PEP, HIV/STD testing, HIV medical care and support services, vaccinations, etc. Services and hours vary by location.

The David Geffen Center 611 S. Kingsley Dr. Los Angeles, CA 90005	<u>Client Services Hours:</u> Mon, Wed, Fri: 9:00AM - 5:00PM Tues, Thurs: 9:00AM - 3:00PM <u>Appointment Line:</u> (213) 201-1600
Gleicher/Chen Health Center 3743 S. La Brea Ave. Los Angeles, CA 90016	<u>Primary Clinic Hours:</u> Mon, Wed: 8:00AM - 7:00PM Tues, Thurs.: 8:00AM - 5:00PM <u>Appointment Line:</u> (323) 329-9900
APLA Health - Olympic 5901 W. Olympic Blvd., Suite 310 Los Angeles, CA 90036	<u>Health Clinic Hours:</u> Mon, Wed, Thurs, Fri: 8:00AM - 4:00PM Tues: 8:00AM - 7:00PM Saturday: 9:00AM - 12:00PM (2nd/4th Sat.) <u>Appointment Line:</u> (323) 215-1725
<u>Website:</u> aplahealth.org	<u>Email:</u> info@apla.org

Benevolence Health Centers

Provide community access to medical, dental and mental health clinics, including adult day health care centers, case management, youth programs as well as HIV/AIDS prevention and treatment.

<p>BHC Los Angeles 611 East Imperial Hwy, Suite 107 Los Angeles, CA 90059</p>	<p><u>Office Hours:</u> Mon - Fri: 9:00AM - 6:00PM Saturday: 9:00AM - 2:00PM</p>
<p>BHC Alvarado 2065 West 6th Street, Suite 110 Los Angeles, California 90057</p>	<p><u>Office Hours:</u> Mon - Fri: 9:00AM - 6:00PM Saturday: 9:00AM - 2:00PM</p>
<p>BHC Pico 3533 W. Pico Blvd Los Angeles, CA 90019</p>	<p><u>Office Hours:</u> Mon - Fri: 9:00AM - 6:00PM Saturday: 8:00AM - 4:00PM</p>
<p>BHC Crenshaw 3631 Crenshaw Blvd, Ste 109 Los Angeles, CA 90016</p>	<p><u>Office Hours:</u> Mon - Fri: 9:00AM - 6:00PM Saturday: 8:00AM - 4:00PM</p>
<p><u>Website:</u> www.bhchealth.org <u>Main Office:</u> (323) 732-0100</p>	

Central Neighborhood Health Foundation

Provides primary care, preventive care, minor emergencies, and diagnostic services.

<p>Inglewood Clinic 2710 W. Manchester Blvd. Inglewood, CA 90305</p>	<p><u>Office Hours:</u> Mon, Tues, Wed, Fri: 9:00AM - 5:30PM Thursday: 9:00AM - 6:30PM</p>
<p><u>Website:</u> www.cnhfclinics.org <u>Main Office:</u> (323) 732-0100</p>	

Complete Care Community Center

You can call to make an appointment in English or Spanish. Offers same-day appointments on a first come, first served basis. Bilingual and bicultural doctors and nurses.

<p>3831 Hughes Ave Suite 601 Culver City, CA 90232</p>	<p><u>Office Hours:</u> Mon-Fri: 9:00AM - 5:30PM <u>Services:</u> Pediatric Care, Child Health Disability Prevention program</p>
<p>2928 E. Cesar Chavez Ave Los Angeles, CA 90033</p>	<p><u>Office Hours:</u> Mon-Fri: 9:00AM - 5:30 pm; Sat: 9:00AM - 3:00PM <u>Services:</u> Family Medicine, Women's Healthcare, Pediatric Care, Prenatal Care Program, Rheumatology, Oncology, HIV and AIDS Care</p>
<p><u>Website:</u> ccchclinic.com <u>Appointment Line:</u> (310) 730-6362</p>	

Mission City Community Network

Provide, advocate and model quality health care and social services for the uninsured and low-income families. Services: physical and dental examination; general medicine; vision/optometrist; immunizations/ vaccinations; pediatric services; adult health; and more.

<p>Fairfax Clinic 359 N.Fairfax Ave. Los Angeles, CA 90036</p>	<p><u>Office Hours:</u> Mon-Thurs: 8:30AM - 5:30PM</p>
<p>Santa Monica Clinic 5300 Santa Monica Boulevard Los Angeles, Ca 90029</p>	<p><u>Office Hours:</u> Mon-Fri: 8:00AM - 5:00PM</p>
<p>Olympic Clinic 2665 West Olympic Boulevard, Los Angeles, Ca 90006</p>	<p><u>Office Hours:</u> Friday: 8:30AM - 5:00PM By appointment only</p>
<p>Prairie Clinic 301 North Prairie Avenue Inglewood, Ca 90301</p>	<p><u>Office Hours:</u> Mon-Fri: 8:00AM - 5:00PM</p>
<p>Hardy Clinic 501 E. Hardy St. Suite 110 Inglewood, CA 90301</p>	<p><u>Office Hours:</u> Mon-Fri: 8:00AM - 5:00PM Saturday: 8:00AM - 3:00PM</p>
<p><u>Website:</u> mccn.org <u>Appointment Line:</u> (818) 895-3100</p>	

Northeast Community Clinic

Provide comprehensive, quality healthcare in a culturally sensitive and linguistically competent manner to low-income, underserved, and indigent patients in the communities of the Los Angeles region, regardless of financial status.

<p>NCC - Hawthorne 4455 W. 117th St., Suite 300 Hawthorne CA 90250</p>	<p><u>Office Hours:</u> Mon - Fri: 8:00AM - 5:00PM <u>Languages spoken:</u> English, Spanish</p>
<p><u>Website:</u> www.northeastcommunityclinics.com <u>Appointment Line:</u> (310) 645-0444</p>	

Public Health Clinics

Vaccinations at no-cost or low-cost are available at the following public health centers. For additional locations go to vaccinefinder.org or call 211. For more information visit publichealth.lacounty.gov/chs/phcenters.htm.

Central Public Health Center 241 N. Figueroa St. Los Angeles, CA 90012 (213) 288-8204	Hollywood/ Wilshire Public Health Center 5205 Melrose Avenue Los Angeles, CA 90038 (323) 769-7800	Vaccinations: <ul style="list-style-type: none"> ● MMR ● Flu ● Tdap and DTaP ● Varicella ● HPV ● Hep A ● Hep B ● Meningococcal ● Hib ● Pneumococcal ● Polio ● Rotavirus
Martin Luther King Jr. Center for Public Health 11833 S. Wilmington Ave. Los Angeles, CA 90059 (323) 568-8100	Curtis-Tucker Public Health Center 123 W. Manchester Blvd. Inglewood, CA 90301 (310) 419-5325	
Torrance Public Health Center 711 Del Amo Blvd. Torrance, CA 90502 (310) 354-2300		

South Bay Family Health Care Center

Provides a range of services for economically disadvantaged and uninsured populations, such as: adult medicine, chronic disease management, women's health, prenatal care, pediatric care, dental care, family planning, and more.

Gardena Clinic 742 West Gardena Blvd. Gardena, CA 90247 <u>Languages spoken:</u> English, Spanish, Samoan, Malayalam, and Hindi	<u>Office Hours:</u> Mon, Wed, Fri: 8:00AM - 4:30PM Tues, Thurs: 9:00AM - 5:30PM <u>Appointment Line:</u> (310) 802-6170
Inglewood OB/GYN Clinic 323 North Prairie Ave., #210 Inglewood, CA 90301 <u>Languages spoken:</u> English, Spanish, and Vietnamese	<u>Office Hours:</u> Mon, Tues: 8:30AM - 5:00PM Fri: 8:30AM - 3:00PM <u>Appointment Line:</u> (310) 673-2647
Inglewood/ Dr. Claudia Hampton Clinic 1091 South La Brea Ave. Inglewood, CA 90301 <u>Languages spoken:</u> English, Spanish, and Tagalog	<u>Office Hours:</u> Mon - Fri: 8:00AM - 4:30PM <u>Appointment Line:</u> (310) 802-6170
<u>Website:</u> www.sbfhc.org	

To Help Everyone (T.H.E.) Health and Wellness Centers

Provides a wide range of services, including medical health services for men, women, children and teens, as well as public health and preventive education services.

<p>Western Clinic 3834 S. Western Ave Los Angeles, CA 90062</p>	<p><u>Office Hours:</u> Mon-Thurs: 7:00AM - 7:00PM Fri: 7:00AM - 5:00PM; Sat: 9AM -1PM</p>
<p>La Brea Clinic 3721 S La Brea Ave Los Angeles, CA 90016</p>	<p><u>Office Hours:</u> Mon-Fri: 8:00AM - 5:00PM</p>
<p>Lennox Clinic 10223 Firmona Ave Lennox, CA 90304</p>	<p><u>Office Hours:</u> Mon-Fri: 8:00AM - 5:00PM</p>
<p>Hawthorne Clinic 10321 Hawthorne Blvd Inglewood, CA 90304</p>	<p><u>Office Hours:</u> Mon-Fri: 8:00AM - 5:00PM</p>
<p><u>Website:</u> tohelpeveryone.org <u>Appointment Line:</u> (323) 730-1920</p>	

Venice Family Clinic

Services vary by location. You must call to make an appointment/ schedule a visit (no walk-ins).

<p>Frederick R. Weisman Family Center 604 Rose Ave. Venice, CA 90291</p>	<p><u>Office Hours:</u> Mon-Thurs: 8:00AM - 8:00PM Fri: 8:00AM - 5:00PM</p>
<p>Common Ground 622 Rose Ave. Venice, CA 90291</p>	<p><u>Office Hours:</u> Mon-Fri: 9:00AM - 5:00PM</p>
<p>Robert Levine Family Health Center 905 Venice Blvd. Venice, CA 90291</p>	<p><u>Office Hours:</u> Mon-Fri: 8:00AM - 5:00PM</p>
<p>Bill's Clinic at Safe Place for Youth 2469 Lincoln Blvd. Venice, CA 90291</p>	<p><u>Office Hours:</u> Tuesday: 12:00PM - 5:00PM</p>
<p>Simms/Mann Health and Wellness Center 2509 Pico Blvd. Santa Monica, CA 90405</p>	<p><u>Office Hours:</u> Mon-Fri: 8:00AM - 5:00PM</p>
<p>Santa Monica High School 601 Pico Blvd. Santa Monica, CA 90405</p>	<p><u>Office Hours:</u> Tues, Thurs: 8:00AM - 2:00PM</p>

People Concern Annenberg Access Center 503 Olympic Blvd. Santa Monica, CA 90401	<u>Office Hours:</u> Mon-Thurs: 12:00PM - 5:00PM Fri: 8:00AM - 12:00PM
Irma Colen Health Center 4700 Inglewood Blvd., #102 Culver City/Mar Vista, CA 90230	<u>Office Hours:</u> Mon-Fri: 8:00AM - 5:00PM Saturday appointments available
Wellness Center 4700 Inglewood Blvd., #101 Culver City/Mar Vista, CA 90230	<u>Office Hours:</u> Mon - Wed; Fri: 8:00AM - 5:00PM Thurs: 10:00AM - 7:00PM
Children First Early Head Start 111 N. La Brea Ave., #410 Inglewood, CA 90301	<u>Office Hours:</u> Mon-Fri: 8:00AM - 6:00PM
Sandy Segal Youth Health Center 4401 Elenda St. Culver City, CA 90230	<u>Office Hours:</u> Mon & Wed: 8:00AM - 12:00PM
<u>Website:</u> venicefamilyclinic.org	
<u>Appointment Line:</u> (310) 392-8636	

Watts Healthcare

Provides free rideshare transportation service to and from medical appointments for patients. Services vary by location.

Watts Health Center 10300 Compton Avenue Los Angeles, CA 90002	<u>Office Hours:</u> Mon - Fri: 8:00AM - 5:00PM
Crenshaw Community Health Center 3756 Santa Rosalia Drive, Suite 400 Los Angeles, CA 90008	<u>Office Hours:</u> Mon - Fri: 8:30AM - 5:30 pm
Jefferson Crenshaw Health Center 3501 West Jefferson Blvd. Los Angeles, CA 90018	<u>Office Hours:</u> Mon - Thurs: 8:30AM - 4:00 pm
<u>Website:</u> www.wattshealth.org	
<u>Appointment Line:</u> (323) 564-4331	

Westside Family Health Center

Provides health care in an educational and supportive environment that empowers patients to take an assertive role in caring for their well-being through all stages of life.

1711 Ocean Park Blvd. Santa Monica, CA 90405	<u>Office Hours:</u> Mon, Thurs, Fri: 7:30AM - 5:00PM Tues & Wed: 8:30AM - 7:00PM Sat: 8:30AM - 2:00PM
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	<p><u>Services:</u> Family Practice, Reproductive Health Services, Pediatrics, Prenatal, Community Outreach & Education, Childbirth Classes (English & Spanish), Diabetes Education Series, Mammograms</p>
<p>11101 Venice Blvd. West Los Angeles, CA 90034</p>	<p><u>Office Hours:</u> Mon-Fri: 8:00AM - 4:00PM</p> <p><u>Services:</u> Family Practice for men and women</p>
<p><u>Website:</u> www.wfhcenter.org</p>	<p><u>Appointment Line:</u> (310) 450-2191</p>

HEALTH INSURANCE (EDUCATION / ADVOCACY)

California Health Care Options (HCO)

HCO provides educational and informational sessions offered to Medi-Cal eligible persons at some County welfare offices, clinics and hospitals. They provide the tools with which to make an informed decision about managed health care. No appointment is necessary and all services are **FREE**. Please verify the schedule before attending.

Website: dpss.lacounty.gov

Phone: 1-800-430-4263

Center for Health Care Rights

The Center for Health Care Rights (CHCR) is a nonprofit health care advocacy organization dedicated to ensuring access to quality health care through education, counseling, informal advocacy, and legal services. CHCR's direct services empower elderly and disabled consumers and their family members to use Medicare, Medi-Cal, and other health benefits effectively, make informed health care choices, and take appropriate action to resolve their health care problems.

Center for Health Care Rights 520 South Lafayette Park Place, Suite 214 Los Angeles, CA 90057	(213) 383-4519 (800) 824-0780 www.healthcarerights.org
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Health Insurance Counseling & Advocacy Program (HICAP)

Supported by trained volunteers, HICAP provides community education and counseling assistance with Medicare and related health insurance issues through advocacy or legal representation. For individuals who are homebound, in-home consultation is available.

Center for Health Care Rights 520 South Lafayette Park Place, Suite 214 Los Angeles, CA 90057	(213) 383-4519 (800) 824-0780 www.healthcarerights.org
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Health Plan Dashboard

Use the health plan dashboard to view or compare health plan information. The health plan dashboard features health plan contact information, enrollment data, consumer complaints data, and more.

Website: www.dmhc.ca.gov/HealthPlanDashboard

HEALTH INSURANCE (APPLYING)

Child Health Program, Kaiser Permanente

The Child Health Program (CHP) helps pay for health coverage for children up to age 19 who don't have access to other health coverage. Children are eligible if: they are uninsured and live in a Kaiser Permanente service area; are under age 19; meet income guidelines, and don't have access to other public or private health coverage. If eligible, you will be provided financial help in two ways: (1) help paying all of your monthly premiums and (2) you pay no out-of-pocket costs for most covered services at KP facilities. For help enrolling your child, call member services or visit an [Enrollment Assistance Organization](#).

Website: charitablehealth.kaiserpermanente.org/southern-california

Kaiser Permanente Member Services: (800) 464-4000

Covered California

Covered California is the place where individuals and families can get affordable health insurance. With just one application, you'll find out if you qualify for free or low-cost health insurance, including Medi-Cal.

Website: www.coveredca.com

Insure Kids Now

Children and teens qualify for free or low-cost health and dental coverage through Medi-Cal & the Children's Health Insurance Program (CHIP). Learn about coverage options for your family using the online tools below.

Insure Kids Now	www.insurekidsnow.gov or call (877) 543-7669
Find Free or Low-Cost Insurance for Kids & Teens	www.insurekidsnow.gov/coverage
Find a Dentist	www.insurekidsnow.gov/coverage/find-a-dentist

Medicare

Medicare is health insurance for people 65 or older, people under 65 with certain disabilities, and people of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant). If you're automatically enrolled, you'll get your red, white, and blue Medicare card in the mail 3 months before your 65th birthday or your 25th month of disability. If you don't get Medicare automatically, you'll need to apply for Medicare online.

Website: www.medicare.gov ; www.socialsecurity.gov

Phone: (800) 772-1213

TTY: (800) 325-0778

Medi-Cal

Medi-Cal is California's Medicaid program. This is a public health insurance program that provides free or low cost medical services to low-income adults, families with children, seniors, persons with disabilities, pregnant women, children in foster care and former foster youth up to age 26. Apply for Medi-Cal online at www.coveredca.com or in person at a local county office (see below). If you need help applying or have questions, a Certified Enroller can help you via phone at (800) 300-1506.

Local County Offices		
Compton County Office 211 E Alondra Blvd. Compton, CA 90220 (866) 613-3777	South Family County Office 17600 S Santa Fe Ave Compton, CA 90221 (310) 258-7400	South Central County Office 10728 S Central Ave Los Angeles, CA 90059 (310) 258-7400
Southwest Family County Office 8300 S Vermont Ave, Los Angeles, California, 90044 (866) 613-3777	Exposition Park County Office 3833 S Vermont Ave Los Angeles, CA 90037 <i>(number not listed)</i>	Metro Family County Office 2615 S Grand Ave, Los Angeles, California, 90007 (866) 613-3777
Metro North County Office 2601 Wilshire Blvd Los Angeles, CA 90057 (866) 613-3777	Rancho Park County Office 11110 W Pico Blvd Los Angeles, CA 90064 (310) 258-7400	Wilshire County Office 2415 W. 6th St. Los Angeles, CA 90057 (310) 258-7400
Southwest Special County Office 1819 Charlie Sifford Dr. Los Angeles, CA 90047 (626) 569-1399	Metro Special County Office 2707 S. Grand Ave. Los Angeles, CA 90007 (866) 613-3777	
All offices are open to the public Monday to Friday, 8:00AM-5:00PM, unless otherwise noted. Interpreter services are available in all languages at all county offices!		

No-Cost/ Low-Cost Programs in LA County

If you are uninsured and are not eligible for Medi-Cal or a plan through Covered California, you may qualify for limited health services offered by the Los Angeles county. These programs are not insurance plans and do not provide full coverage. Programs include: Ability to Pay (ATP); Pre-Payment Plan; Discount Payment Plan; County Mental Health Services (Short Doyle); Child Delivery Plan; Dialysis, Tuberculosis, Post-Polio Plan; and No Extra Cost Medicines. For more information regarding eligibility requirements, costs, coverage and where to apply, go to dhs.lacounty.gov

TRICARE

TRICARE is the worldwide health care program available to eligible beneficiaries of the seven uniformed services and certain National Guard and reserve members (“beneficiary” refers to individuals who are entitled to benefits based on law).

TRICARE provides benefits for families with special needs. For information regarding eligibility, enrollment, benefit and cost information, and more visit the website or contact your regional contractor.

Website: [tricare.mil/CoveredServices/SpecialNeeds](https://www.tricare.mil/CoveredServices/SpecialNeeds)

HEALTH PROGRAMS

American Glaucoma Society Cares

Dedicated to providing surgical glaucoma care at no cost to uninsured patients who qualify for such care. The program connects such patients with volunteer surgeons who can provide the surgical and postoperative clinical care necessary to prevent disease progression and blindness. To find out if you qualify or for more program information, call (415) 561-8587.

Website: www.americanglaucomasociety.net

Email: ags@aao.org

Breast and Cervical Cancer Treatment Program (BCCTP)

The BCCTP provides cancer treatment and services for eligible low-income California residents who are screened by Cancer Detection Program: Every Woman Counts (CDP:EWC) or Family Planning, Access, Care and Treatment (Family PACT) program and found to be in need of treatment for breast and/or cervical cancer. For information on eligibility requirements, program information and application questions, contact the eligibility specialist.

Website: www.dhcs.ca.gov

Eligibility Specialist: (800) 824-0088

California Children Services (CCS)

Provides diagnostic and treatment services, medical case management, physical and occupational therapy services and adaptive equipment to children under age 21 with CCS-eligible medical conditions. CCS also provides medical therapy services that are delivered at public schools. Some examples of CCS eligible conditions include: cerebral palsy, chronic medical conditions such as cystic fibrosis, heart disease, cancer and uncontrolled seizures. Refer to the website below for additional specific eligible medical conditions that are covered and the eligibility requirements.

9320 Telstar Avenue Suite # 226 El Monte, CA 91731	Phone: 800-288-4584 Email: CHDP@ph.lacounty.gov Website: www.dhcs.ca.gov/services/chdp
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California Vision Project

A non-profit, optometric charity designed to provide low-income, uninsured families and individuals throughout the state of California with free comprehensive eye exams and glasses. To be eligible for an exam, patients must qualify as low-income, must not have had an eye exam in the past two years, must not have any insurance (government or private - this includes Medi Cal and Medicare) that covers vision services, and must submit a \$10 non-refundable administrative fee to accompany their application. Applicants are screened for eligibility, and those who are approved are matched with an optometrist from their area.

Website: www.coavision.org

English: (800) 877-5738

Spanish: (909) 483-7761

Cancer Detection Program: Every Woman Counts

Provides free breast and cervical cancer screening and follow-up services. This includes clinical breast exams, mammograms, and Pap tests, as well as other tests when needed to eligible women in California. Call to see if you qualify!

Website: dhcs.ca.gov/EveryWomanCounts Phone: (800) 511-2300

Child Health and Disability Prevention (CHDP)

The CHDP program helps to prevent or find health problems through regular, no cost, health check-ups which includes: health and developmental history; physical exam; behavioral, vision, hearing and nutrition screenings; referrals to dentists, medical specialists, mental and behavioral health services; and more! Babies, children, youth under the age of 21 with Full Scope Medi-Cal or under the age of 19 with low family income are eligible. To find out more about CHDP services or the application process, please contact your county CHDP office.

9320 Telstar Avenue Suite # 226 El Monte, CA 91731	<u>Phone:</u> (800) 993-2437 <u>Email:</u> CHDP@ph.lacounty.gov <u>Website:</u> www.dhcs.ca.gov/services/chdp
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Community Outreach Flu Vaccination Events

The LA County of Department Health offers flu vaccines at no charge at many different locations. Call 211 for information on the latest fall event schedule.

Website: publichealth.lacounty.gov/chs/phcenters.htm

Early and Periodic Screening, Diagnostic, and Treatment Services

Medi-Cal offers no-cost health care screening, diagnostic and treatment services to prevent, identify, or address health and behavioral health problems. With EPSDT, infants, children, and youth can have regular check-ups as well as other screenings when needed. These services help keep children and youth healthy and meet their developmental needs. Children who qualify will automatically be enrolled by Medi-Cal.

Website: www.medicaid.gov/medicaid/benefits/epsdt

EyeCare America

Provides eye care through volunteer ophthalmologists at no cost to those who qualify. Those who are 65 or older and who have not seen an ophthalmologist in three or more years may be eligible to receive a comprehensive, medical eye exam and up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam. Those who are determined to be at increased risk for glaucoma and have not had an eye exam in 12 months or more may be eligible to receive a free glaucoma eye exam if they are uninsured.

Website: www.aao.org/eyecare-america

Email: eyecareamerica@aao.org

Phone: (877) 887-6327

Family Planning, Access, Care and Treatment (Family PACT)

Ensure that low-income women and men have access to health information, counseling, and family planning services to reduce the likelihood of unintended pregnancy and to maintain optimal reproductive health. To find a Family PACT provider, and to make an appointment to discuss eligibility for program services, find a provider near you.

Website: www.familypact.org

Phone: (800) 942-1054

Genetically Handicapped Person Program (GHPP)

GHPP offers full medical coverage for adults age 21 and older with cystic fibrosis, sickle cell, hemophilia and other hereditary bleeding conditions. Children may also qualify.

<u>Self-Referral or Referral to GHPP:</u> Call (916) 552-9105	<u>Email:</u> ghppeligibility@dhcs.ca.gov <u>Website:</u> www.dhcs.ca.gov/services/ghpp
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Heal One World

Connects people in need of non-invasive treatments and preventative practices, that are generally not covered by insurance, access to this help on a sliding scale or donation basis. They also hold classes like yoga, meditation, reiki, Zumba to name a few on a free or sliding scale basis that provide self help and self healing techniques.

Website: www.healoneworld.org

Phone: (310) 826-1971

Improving Access, Counseling and Treatment (IMPACT)

Provides high quality FREE prostate cancer treatment to Californian men with little or no health insurance. They also provide FREE short-term individual counseling and nutrition education. Call 1-800-409-8252 to find out if you qualify!

Website: www.california-impact.org

InfantSee

InfantSEE optometrists provide a no-cost comprehensive eye and vision assessments for infants between 6 and 12 months of age regardless of a family's income or access to insurance coverage. To learn more or locate a doctor in your area who can provide free infant assessments, call or visit their website.

Website: www.infantsee.org

Phone: (888) 396-3937

Lions Club International

Provides financial assistance to individuals for eye care through local clubs. On their website, go to "Find a Club" to locate your local club.

Website: www.lionsclubs.org

Phone: (800) 747-4448

Los Angeles County Library - Free Flu Immunization Clinics

LA County Department of Public Health is partnering with LA County Library to provide **free flu vaccines** to people 6 months of age and older, no health insurance required. There are 21 flu shot clinics scheduled in the months of fall.

Website: lacountylibrary.org/free-flu-shots

Mission Cataract USA

Offers free cataract surgery to people of all ages who have no means to pay. To qualify for this free community service, applicants must have: poor vision due to cataracts (uncorrectable with glasses) which interferes with activities of daily living; no Medicare, Medicaid, or third party insurance coverage; and no other means to pay for cataract surgery. For information about participating doctors, please visit the website.

Website: missioncataractusa.org

NeedyMeds

They provide information obtained directly from the drug manufacturers regarding special programs to assist people who can't afford to buy the drugs they need.

Website: www.needymeds.com

Phone: (978) 865-4115

Sight for Students

A Vision Service Plan (VSP) program that provides free eye care services to qualifying students (18 years and younger) whose families' income is at or below 200% of the federal poverty level. Services include an eye exam from one of VSP's participating doctors and glasses, if prescribed.

Website: www.sightforstudents.org

Women, Infants and Children (WIC) Nutrition

WIC helps families get healthy food and a lot more. WIC helps families by providing nutrition education, breastfeeding support, vouchers for healthy foods, and referrals to healthcare and other community services. WIC serves babies and children up to age 5, pregnant women, and new mothers. Dads, grandparents, foster parents of young children, and working families are welcome at WIC too! Find out if you qualify by calling (800) 852-5770 or visit m.wic.ca.gov for more information and locations.

4700 Inglewood Blvd. #103 Culver City, CA 90230	975 N. La Brea Ave Inglewood, CA 90302	1801 S. La Cienega Blvd. Los Angeles, CA 90016
2509 W. Pico Blvd. #247 Santa Monica, CA 90406	1967 W. Slauson Ave #103 Los Angeles, CA 90047	4455 w. 117th St. #501 Hawthorne, CA 90250
4101 S. Figueroa St. Los Angeles, CA 90037	1836 W. Imperial Highway Los Angeles, CA 90047	501 E. Florence Ave Los Angeles, CA 90003

15625 Hawthorne Blvd #A/B Lawndale, CA 90260	250 E. Manchester Ave Los Angeles, CA 90003	700 W. Imperial Hwy Los Angeles, CA 90044
15212 S. Western Ave #D Gardena, CA 90249	277 S. Atlantic Blvd. Los Angeles, CA 90022	3667 Crenshaw Blvd. Los Angeles, CA 90016

HELP SERVICES

211 LA County

Provides free information about human services, including adult services, counseling, legal assistance, financial assistance, training, services for people with disabilities and other social services 24/7.

Website: www.211la.org

Phone: dial 211 or (800) 339-6993

Assistance League of Los Angeles

Provide school clothes and supplies as well as resources for newborns and foster children and their families. Programs include: *Operation School Bell* that provides new school clothes to LAUSD students who are low income; *Foster Children's Resource Center* that provides school uniforms, jeans and tops, sweat suits, jackets and backpacks filled with school supplies and personal care kits; *Hollywood Children's Club* provides new clothing and childcare necessities for new parents living in poverty; and more.

Website: assistanceleaguela.org

Phone: (323) 469-1973

BABY2BABY

Provides children living in poverty, ages 0-12 years, with diapers, clothing and all the basic necessities that every child deserves.

5830 W. Jefferson Blvd. Los Angeles, CA 90016	<u>Phone:</u> (323) 933-2229 <u>Website:</u> baby2baby.org
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Disaster Distress Helpline

A free, confidential, 24/7 helpline and text service that provides crisis counseling and support to people experiencing emotional distress (stress, anxiety, depression-like symptoms) related to natural or human-caused disasters.

Phone: (800) 958-5990 / TTY (800) 846-8517

FamilySource Centers (FSC)

One-stop community centers that offer a host of social, educational, work and family support services, including multi-benefit screening, pre-employment and employment supports, youth education and cultural after-school activities including tutoring and college access activities. Other services include computer literacy, financial counseling and tax preparation, parenting, English as a Second Language (ESL) classes, and food distribution. For more information visit hcidla.lacity.org/family-source-centers

Latino Resource Organization, Inc.	El Nido Family Center 2069 W. Slauson Avenue	The Children's Collective 915 W. Manchester
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610 California Avenue Venice, CA 90291 (310) 578-6069	Los Angeles, CA 90047 (323) 998-0093	Los Angeles, CA 90044 (323)789-4717
1736 Family Crisis Center 2116 Arlington Ave. # 200 Los Angeles, CA 90018 (323) 737-3900	Youth Policy Institute 1075 N. Western Ave. #110 Los Angeles, CA 90029 (323) 836-0055	Bresee Foundation 184 S. Bimini Place Los Angeles, CA 90004 (213) 387-2822

Find A Health Center

Helps you search for health centers near a specific place by typing a city, zip code, or a specific street address into the location box.

Website: findahealthcenter.hrsa.gov

Greater Los Angeles Agency on Deafness (GLAD), Inc.

Ensure equal access of the deaf and hard of hearing community to the same opportunities afforded their hearing counterparts. Services include: information and referrals; communication assistance; IEPs; independent living skills; health education; assists with job information, training, placement and follow-up; affordable housing for low-income senior citizens; and more!

2222 Laverna Avenue Los Angeles, CA 90041 www.gladinc.org	Voice/TTY: (323) 478-8000 Video Phone: (323) 892-2225 Email: info@gladinc.org
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LA County Helps

LACountyHelps is a free and easy way to find out if your family can get help from many different health and human services programs based on your circumstances. Assists residents who want to privately and confidentially check their eligibility for many health and human services and programs. Includes food and nutrition, children and family resources, medical, consumer protection, housing, seniors and people with disabilities, mental health and income support for adults, and other social services.

Website: lacountyhelps.org

Los Angeles Warmline

A confidential overnight telephone support service in English & Spanish for anyone in Southern California who is struggling with loneliness, anxiety, substance use, mental health concerns, or needs information about available mental health services.

Phone: (855) 952-9276

Time: 10:00PM - 6:00AM

Moving Families Forward

Provides free furniture and household items to Los Angeles families in need who are moving from homelessness and temporary living situations into permanent housing. They work in partnership with Los Angeles County shelters to identify families who are ready to move into permanent housing but have little or no personal belongings and are in need of assistance.

Website: moving-families-forward.org

Phone: (818) 749-2525

Email: suzanne@moving-families-forward.org

National Association of Free & Charitable Clinics

1,400 Free & Charitable Clinics across the U.S. provide healthcare to the medically underserved in their community. Find a clinic near you!

Website: www.nafcclinics.org/find-clinic

Poison Control

They help people of all ages, in all types of situations: when children get into household products; when seniors and people of all ages take too much or the wrong medicine; give advice about preventing and treating chemical exposures on the job. Available 24 hours a day, 7 days a week. Call (800) 222-1222, visit poison.org or download the “webPOISONCONTROL” app on your smartphone.

Society of St. Vincent de Paul

Can provide food, clothing, furniture, appliances, transportation, rental assistance, and other financial assistance through local volunteer groups located at Catholic church parishes. Find a parish near you for help.

Website: svdpla.org/get-help

Phone: (888) 552-7872

Email: VincentianServices@svdpla.org

Home Modifications/ Repairs

Don't Move_ Improve!

For existing homeowners, the Neighborhood Housing Services (NHS) of Los Angeles County provides home improvement loans through their Don't Move-Improve! program as well as refinancing assistance. Their Project Specialists will provide project management services as a part of the home rehabilitation process.

Website: nhslacounty.org

Phone: (213) 381-2862

Handyworker Program/ Home Secure Program

The Handyworker Program provides **FREE** minor home repairs and/or improvements to eligible homeowners that address basic health, safety, security, and accessibility issues of owner-occupied, single family homes or condominiums/townhomes. These repairs/improvements assist with preventing accidents in the home, help seniors and people with permanent physical disabilities to remain in their own homes. The Home Secure Program **FREE** installation of home security and safety devices to low-income senior or disabled homeowners and renters in the City of Los Angeles. *Call to find the nearest community partner that can help you with your application or visit the website for more details.*

Website: hcidla.lacity.org/services-low-income-seniors-and-people-disabilities

Phone: (213) 808-8803

TTY: (213) 473-3231

Lead Hazard Remediation Program (LHRP)

Provides grants to City of Los Angeles property owners to make their properties lead-safe and to eliminate health and safety hazards. The LHRP grants are primarily targeted to low-income families with children under the age of six. The program also provides education regarding the dangers of lead-based paint and health and safety hazards. For more information, eligibility requirements, or to apply, contact LHRP.

Website: hcidla.lacity.org/home-safe-lead-paint

Phone: (213) 808-8935

Rebuilding Together Long Beach

Provides free critical home repairs, accessibility modifications and energy-efficient upgrades to older, differently-abled and veteran neighbors in need. To be considered, the home must be in the greater Long Beach area. Any application within Orange County or other areas of LA County *may be considered* depending on resources. Other eligibility requirements apply. [Click here to submit an application.](#)

Website: www.rebuildingtogetherlongbeach.org

Phone: (562) 490-3802

Email: info@rtlb.org

USC National Directory of Home Modification and Repair Resources

Lists home modification and repair programs and businesses from across the country.

Website: homemods.org/national-directory

HOMELESS/ EMERGENCY HOUSING

211 LA County

Individuals and families who are homeless, at risk of homelessness, or have other housing-related needs, or the service providers who work with them can call or contact 211 LA (24/7) for assistance in finding homeless services. Dial 2-1-1 on your phone.

CalWORKs Homeless Assistance Program

The CalWORKs Homeless Assistance (HA) Program was established to help CalWORKs families meet the reasonable costs of securing housing. The CalWORKs HA program serves eligible CalWORKs recipients or apparently eligible CalWORKs applicants, who are homeless or at risk of homelessness.

Expanded Temporary Housing Assistance: CalWORKs applicants who provide a sworn statement of past or present domestic violence and who are fleeing their abuser, are considered homeless, can receive a lump sum payment equal to 16 days of Temporary HA on the day of their application, and be granted Good Cause for not looking for permanent housing.

Temporary Homeless Assistance: provides temporary shelter payments to homeless families while they are looking for permanent housing. An eligible family may receive \$85 per day (for a family of up to four) and \$15 per day for each additional person up to a maximum of \$145 per day. The family must be actively searching for permanent housing, provide verification for the housing search, and provide verification of shelter expenditures.

Permanent Homeless Assistance: helps homeless families secure a permanent residence or provides up to two months back rent when the family has received a pay rent or quit notice. Permanent HA provides a payment to cover security deposit costs including the last month's rent and any legal payment, fee, deposit or charge that is required by a landlord as a condition of assuming occupancy. An amount, in addition to the amount allowable for security deposits, is also available to cover utility deposits (turn-on fees) required for gas, electricity and/or water.

<p>Compton County Office 211 E Alondra Blvd. Compton, CA 90220 (866) 613-3777</p>	<p>South Family County Office 17600 S Santa Fe Ave Compton, CA 90221 (310) 258-7400</p>	<p>South Central County Office 10728 S Central Ave Los Angeles, CA 90059 (310) 258-7400</p>
<p>Southwest Family County Office 8300 S Vermont Ave, Los Angeles, California, 90044 (866) 613-3777</p>	<p>Exposition Park County Office 3833 S Vermont Ave Los Angeles, CA 90037 <i>(number not listed)</i></p>	<p>Metro Family County Office 2615 S Grand Ave, Los Angeles, California, 90007 (866) 613-3777</p>
<p>Metro North County Office 2601 Wilshire Blvd Los Angeles, CA 90057 (866) 613-3777</p>	<p>Rancho Park County Office 11110 W Pico Blvd Los Angeles, CA 90064 (310) 258-7400</p>	<p>Apply Online: www.benefitscal.org Apply In Person: <i>see locations above</i></p>

A Community of Friends

Offer supportive and service-enriched affordable housing for homeless individuals and families living with mental illness in Los Angeles County.

Website: www.acof.org

Phone: (213) 480-0809

Daniel's Place

Are you a young person age 16-28 experiencing homelessness? Go to Daniel's Place. This drop-in center provides a safe, comfortable social environment to assist youth in their path to wellness and recovery. The program provides supportive, clinical, recreational and skill building groups and individual therapy, psychiatric, nursing and case management services, personal coaching for learning, linkage to education and employment, a hot meal, assistance with transportation, a clothing closet, linkage to housing and a safe place to be 7 days a week. Visit danielsplace.org

1619 Santa Monica Blvd. Santa Monica, CA 90404 (310) 392-5855	6762 Lexington Ave. Los Angeles, CA 90038 (323) 380-7591
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Enhanced Emergency Shelter Program

Provides temporary shelter for TAY clients (ages 18-25), meals, toiletries, case management, linkage, mental health services, transportation, assistance with transitional or permanent housing. Length of stay is up to 36 nights.

Website: laoyc.org/location/enhanced-emergency-shelter-program-eesp

Phone: (213) 738-6194

The Good Seed TAY Center

A drop-in center that provides supportive, nurturing and specialized care for homeless young people in California. Through temporary housing, comprehensive services and individual planning and placement, Good Seed creates an environment where youth, ages 16-25, can thrive and grow to achieve their full potential. They have 2 locations: L.A. & Long Beach.

Website: www.goodseedcdc.org

Homeless Outreach Program Integrated Care System (HOPICS)

HOPICS provides an array of services to homeless and low-income households in South Los Angeles. For example: South Central Drop-In Center, an emergency access center for single adults and families who are literally homeless or at-risk of becoming homeless; Home and Family Program, an intensive case management and housing placement services for homeless families with children ages 0-5; Rapid Re-Housing Program, helps individuals experiencing homelessness become stably housed through financial assistance. For more information visit www.hopics.org , email info@hopics.org or visit the HOPICS office locations below.

Broadway Office 5715 S. Broadway Los Angeles, CA 90037 (323) 948-0444	Crocker Office 5849 Crocker Street Los Angeles, CA 90003 (323) 432-4399	Compton Office 3010 East Victoria St. Compton, CA 90221 (424) 403-5800
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House of Ruth

Serves homeless and battered women and their children. Participants include pregnant women, large fatherless families, non-English speaking mothers, and women who are not eligible for emergency human services. For information call (800) 799-7233.

Website: www.losangeleshouseofruth.com

Email: info@losangeleshouseofruth.com

Housing and Disability Advocacy Program

The Housing and Disability Advocacy Program (HDAP) assists disabled individuals who are experiencing homelessness apply for disability benefit programs while also providing housing assistance. Eligible individuals are those who are disabled or likely disabled and who are experiencing homelessness, giving highest priority to chronically homeless and those who rely most heavily on state and county funded services. Contact your local county welfare office to apply/learn more.

Website: www.cdss.ca.gov/inforesources

Email: housing@dss.ca.gov

Los Angeles Family Housing (LAFH)

Connect participants to the right type of housing for them and surround them with services, such as employment support, financial literacy and educational opportunities, that are proven to foster long-term housing stability. For more information call (818) 982-4091 or visit lafh.org.

Individual Solution Center 7843 Lankershim Blvd North Hollywood, CA 91605	<u>Individual:</u> referrals@lafh.org (818) 255-2703	<u>Center Hours:</u> 8:00AM - 6:00PM
Family Solution Center 7817 Lankershim Blvd North Hollywood, CA 91605	<u>Family:</u> referrals@lafh.org (818) 255-2766	<u>Center Hours:</u> 8:00AM - 4:00PM

Los Angeles Homeless Services Authority (LAHSA)

If you are a homeless individual or family or believe you are at significant risk of becoming homeless, please contact the Los Angeles Homeless Services Authority (LAHSA) at (213) 225-6581 or visit LAHSA's website for specific information about city-funded programs that are available to homeless individuals, youth, and families and which you may be eligible to receive services under.

Website: www.lahsa.org/get-help

A Million Drops

A creative hub dedicated to providing direct, individual support to homeless, at-risk young adults in Los Angeles who want to make a difference in their lives and need a helping hand to do so. The center distributes blankets, socks, & toiletries and assist with job search, resume writing, and interview preparation.

Website: amilliondrops.org

My Friend's Place, Safe Haven Program

The Safe Haven Program provides daytime shelter and basic needs services to youth living on the streets. Services include: day shelter; hot meals; showers; hygiene supplies/ toiletries; clothing; internet, telephone and mail services; transportation; clinical and education referrals; daily and emergency services for companion animals; and more. Center is open from Monday-Friday. Times vary.

5850 Hollywood Blvd. Los Angeles, CA 90028	Phone: (323) 908-0011 Website: myfriendsplace.org
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Public Counsel Homeless Prevention Law Project

Serves individuals that are at high risk of becoming chronically homeless. HPLP has provided pro bono representation before administrative agencies to homeless individuals and families to secure food, shelter, clothing, and other vital benefits.

Website: www.publiccounsel.org

Phone: (213) 385-2977

Ruth's Place

A drop-in center that provides showers, a lounge, a game room, laundry, and access to support services for youth and young adults who are homeless and/or at risk of homelessness. **Call (323) 432-2440.**

4775 S. Broadway Los Angeles, CA 90037

The Source

The Source offers a one-stop-shop of resources and services to help homeless Angelenos transition to independent and supported living. Services are also available for eligible low-income residents. All services are free of charge. Services offered may vary by location and include: same day transportation to emergency shelter; free California ID vouchers for the DMV; free cell phones; housing assessment through the Coordinated Entry System; enrollment into Medi-Cal and CalFresh; employment assistance; mental health services; HIV education and resources; child support services; and referrals to expert providers. Visit the website to find a Source location near you.

Website: www.lapl.org/homeless-resources/the-source

Upper Bound House

Provide homeless families with housing and supportive services to suit their specific needs. Their programs are designed to empower homeless parents and their children to obtain housing stability, build healthy relationships, and enjoy emotional and financial well-being. A team of professional staff offers an array of services in housing, employment and evidence-based, trauma-informed care to over 200 families annually. They provide services in Santa Monica, Culver City, Compton and South Los Angeles.

Website: upwardboundhouse.org

Phone: (310) 458-7779

Email: info@upwardboundhouse.org

HOUSING/ INDEPENDENT LIVING

Affordable Apartment Search

An online search tool to find low-rent apartments in California. Simply select a city, county, zip code or name of property, specify the apartment type, and the number of bedrooms to begin your search.

Website: apps.hud.gov/apps/section8/

Affordable Housing Online

If you're searching for a low income apartment, HUD housing, a Section 8 apartment, subsidized housing or income based housing, just enter your location in the search box to find available places near you.

Website: www.affordablehousingonline.com

City of Los Angeles Housing Resource Center

A free, online property-search service that links people with affordable and accessible housing in our communities. It can be accessed online or via toll-free phone.

Website: Housing.LACity.org

Phone: (877) 428-8844

Communities Actively Living Independent & Free (CALIF)

Provides assistance for persons with disabilities with landlord-tenant disputes, applications for Section 8 and other public housing programs; assist consumers with reasonable accommodation requests in public housing. They provide information and referral to various affordable housing programs in the City and County of Los Angeles.

Website: califilc1.wixsite.com/califnew

Community Corporation of Santa Monica

Encourage households interested in their housing to join the Housing Opportunity List. The Housing Opportunity List is a database that holds each applicant's household information, including the number of people and income level. They keep this information on file to match a household to an apartment that meets their needs. If you are interested in their housing, please check their website to find out when they open The Housing Opportunity List for households to join. There are usually 80 to 120 vacancies per year.

Website: www.communitycorp.org

Disability Community Resource Center (DCRC)

DCRC's Housing Specialists works with landlords, project managers, housing developers and others to find available units in and surrounding DCRC's catchment area. For more information visit www.dcrc.co or email judith@dcrc.co

DCRC (Main Office) 12901 Venice Blvd. Los Angeles, CA 90066	WISE & Healthy Aging 1527 4th St. Santa Monica, CA 90401	Bartlett Senior Center 1318 Cravens Ave Torrance, CA 90501
Phone: (310) 390-3611 Office Hours: Mon - Fri: 9:00AM - 5:00PM	Phone: (310) 394-9871 Office Hours: Wed, Fri: 9:00AM - 5:00PM	Phone: (310) 390-3611 Office Hours: Call for assistance

GoSection8

Find a great place to live with the largest affordable housing listing service in the nation - whether you have a section 8 voucher or are just looking for a good deal.

Website: www.gosection8.com

Habitat for Humanity Los Angeles, Homeownership Program

Habitat LA constructs new homes and renovates existing homes alongside Habitat Partner Homebuyers. The homeownership program is designed to assist low-income first-time homebuyers achieve the American dream of homeownership. Habitat homes are sold to partner homebuyers at no profit and financed with affordable loans. In addition to a down payment and monthly mortgage payments, homeowners invest sweat equity hours building their future Habitat home and the homes of other Habitat Homebuyers. Interested applicants must submit an application and meet program eligibility requirements. To learn more visit www.habitatla.org, call the Programs Department at (310) 323-4663 ext. 115 or email home@habitatla.org.

1071 S. La Brea Ave Los Angeles, CA 90019	18600 Crenshaw Blvd. Torrance, CA 90504	8739 Artesia Blvd Bellflower, CA 90706
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Home Ownership Made Easy (H.O.M.E.)

To qualify to live in one of our homes, an applicant/resident must have been diagnosed with a developmental disability. In addition, in order to be eligible for our housing an applicant must meet requirements as per the project tenant selection plan. Rents are calculated to be 30% of a person's total income. Call (310) 988-4000.

5601 W. Slauson Avenue, Suite 180 Culver City, CA 90230	Website: www.homeopeningdoors.org Email: info@homeopeningdoors.org
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HotPads

Helps you search for apartments and homes by your preferences: price range, distance, amenities (inside the home or in the neighborhood), number of bedrooms, bathrooms and more.

Website: hotpads.com

Housing Choice (Section 8) Vouchers

The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants are able to find their own housing, including single-family homes, townhouses and apartments. If you are interested in applying for a voucher, contact your local Public Housing Authority.

Website: www.hud.gov/topics/housing_choice_voucher_program_section_8

Housing and Urban Development (HUD) Resource Locator

This online resource helps people locate nearby: affordable housing opportunities; HUD Office locations; Public Housing Authority/Agencies; homeless resources; affordable elderly and special needs housing; and much more.

Los Angeles Field Office 300 North Los Angeles Street, Suite 4054 Los Angeles, CA 90012	Phone: (213) 894-8000 Email: CA_Webmanager@hud.gov Website: www.hud.gov/california/
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Low Income Purchase Assistance Program

Helps first-time, low income homebuyers purchase homes by providing loans to cover the down payment, acquisition, and closing costs. They provide a loan of up to \$90,000 for down payment, closing costs, and acquisition. To find out if you are eligible or for more information call (213) 808-8800.

Website: hcidla.lacity.org/help-low-income-first-home-buyers

Mobilehome Assistance Center

Are you concerned about possible health or safety issues in your mobilehome park (e.g. unsafe sewer, water, electrical, or gas conditions)? Do you need assistance with the installation, inspection, maintenance, or alteration of manufactured homes, accessory structures, or park grounds? Do you need information on the Mobilehome Residency Law and where to obtain assistance for lease or rent disputes with park management? Do you need assistance with your mobilehome ownership documents? Contact the Center today!

Website: www.hcd.ca.gov/manufactured-mobile-home

Phone: (800) 952-5275 Email: MHassistance@hcd.ca.gov

Neighborhood Housing Services of Los Angeles County

Helps families become lifelong homeowners. Through its programs and services, NHS helps to build stable neighborhoods and knowledgeable, empowered homeowners. A few programs and services include:

Affordable Mortgage Lending: Families interested in purchasing their home can work with an NHS Lending Counselor to find the right affordable loan. Families who complete the FasTrak Homebuyer Education Class can receive guidance in applying for down payment assistance.

Financial Education and Counseling Program: Provides information on the entire process of homeownership including--Assessing Readiness to Buy; Managing Your Money; Understanding Credit; Obtaining a Mortgage Loan; Shopping for a Home; Protecting Your Investment. All sessions are offered in English and Spanish.

Lift Program: Provides eligible homebuyers with \$25,000 in down payment assistance on qualified properties (\$27,500 for veterans and service members, teachers, paraprofessionals, law enforcement officers, firefighters and emergency medical technicians).

3926 Wilshire Boulevard, Suite 200 Los Angeles, CA 90010	Website: nhslacounty.org Phone: (213) 381-2862
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Public Housing Authority/Agency (PHA)

(If you need public housing assistance or want to apply for the Public Housing or Housing Choice Vouchers, visit your local PHA. Visit www.hud.gov or call 1-800-955-2232 for more information and locations.)

Culver City 9770 Culver Blvd. Culver City, CA 90232	Phone: (310) 253-5780 Email: tevis.barnes@culvercity.org Website: www.culvercity.org
Hawthorne 4455 W. 126th Street Hawthorne, CA 90250	Phone: (310) 349-1603 Email: hpournamdari@cityofhawthorne.org Website: www.cityofhawthorne.org
Inglewood 1 Manchester Blvd. Suite 750 Inglewood, CA 90301	Phone: (310)412-5221 ext.5332 Email: dlesparza@cityofinglewood.org Website: www.cityofinglewood.org/162/Housing
Los Angeles 2600 Wilshire Blvd. Los Angeles, CA 90057	Phone: (213) 252-2500 Email: douglas.guthrie@hacla.org Website: www.hacla.org
Santa Monica 1901 Main St. 1st Floor, Suite A Santa Monica, CA 90405	Phone: (310) 458-8743 Email: barbara.collins@smgov.net Website: www.santamonica.gov/housing

Register Your Mobilehome California, *Fee and Tax Waiver Program*

You may be able to waive past due fees and taxes if: your mobilehome/ manufactured home was registered with the Housing and Community Development in the past by another owner; your mobilehome/ manufactured home was not previously registered in your name; you have not already participated in this program. For more information, contact the program. English and Spanish speaking staff are available. Other languages are available upon request.

Website: www.RegisterYourMobilehomeCA.org

Phone: (800) 952-8356

Email: feeandtaxwaiver@hcd.ca.gov

SHARE! Collaborative Housing

A public-private partnership providing affordable, permanent supportive housing to disabled people in single-family houses throughout Los Angeles County. People with similar issues live like college roommates, each paying approximately \$600 or less monthly in a fully-furnished house. The Collaborative Housing Homeowner furnishes the house, pays all utilities, does not collect a Security Deposit and does not require a resident to pay for a credit or background check. Residents pay rent from their disability checks or other income directly to the Homeowner.

Website: shareselfhelp.org

Social Serve

An online search tool that helps you find affordable housing in California using information from housing websites across the nation.

Website: www.socialserve.com

Southern California Housing Rights Center

Offer FREE monthly Walk-In Clinics in various cities to educate individuals about basic landlord-tenant rights and responsibilities, preventing housing injustices, and laws that protect against discrimination. They also investigate allegations of housing discrimination and provide free telephone and in-person counseling to both tenants and landlords regarding their rights and responsibilities.

Free Landlord-Tenant Hotline (800) 477-5977	Monday-Friday: 8:30AM-5:00PM
Los Angeles Office 3255 Wilshire Blvd. Suite 1150 Los Angeles, CA 90010	(213) 387-8400 www.hrc-la.org info@housingrightscenter.org

INFANT & CHILDREN: BIRTH TO 5

American Occupational Therapy Association, Inc.

The “Learn About Occupational Therapy for Children & Youth” web page provides parents and caregivers with tip sheets in English and Spanish on topics such as: establishing toileting routines for children; establishing morning routines for children; OT tips for health and success in schools; enjoying Halloween with sensory challenges; and more!

Website: www.aota.org

Assistance League of Los Angeles, Preschool Learning Center

Provides pre-k services free of charge to children from low-income families ages three to five years old.

Website: assistanceleaguela.org/program/pre-school-learning-center

California Child Care Resource & Referral Network

Find information on choosing child care, getting help paying for child care, or other resources.

Website: rnetwork.org

California Children’s Services (CCS)

The CCS program provides diagnostic and treatment services, medical case management, physical and occupational therapy services and adaptive equipment to children under age 21 with CCS-eligible medical conditions. CCS also provides medical therapy services that are delivered at public schools. Some examples of CCS eligible conditions include: cerebral palsy, chronic medical conditions such as cystic fibrosis, heart disease, cancer and uncontrolled seizures.

9320 Telstar Avenue, Suite 226 El Monte, CA 91731	Phone: (800) 288-4584 Website: www.lapublichealth.org/cms/CCS
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California Department of Education, *Child Development*

There are many child care and development programs in California. These programs are for children from birth to age twelve. They offer early learning and after-school services to babies, toddlers, children in preschool, and children in kindergarten through sixth grade. Some programs assist children with disabilities and children of migrant farm workers. Many of the programs were set up to help parents with child care while they work. Child care and development programs can provide care, education, and food for children. They are paid for with state and federal tax money, and in some cases, parent fees. For more information, visit the website below.

Website: www.cde.ca.gov/sp/cd

California Head Start

Gives kids, ages three to five, the learning and social skills they need to be ready to start kindergarten. They also help provide families with the support they need most, including making healthy food choices and ensuring every child is receiving regular medical and dental care. They also help coordinate additional services for children and families, including nutrition, services for children with special needs, and mental health services. Call (877) 773-5543 to find a program near you.

Website: www.prekkid.org

Center for Parent Information & Resources

Provides family-friendly information, materials, videos and webinars on topics such special education laws, early intervention, Individualized Education Plans (IEPs), Individualized Family Service Plans (IFSPs), child care, transitions, and more.

Website: www.parentcenterhub.org

Center on the Social and Emotional Foundations for Early Learning

Provides user-friendly resources for parents of children (ages birth to age 5) to promote social and emotional development as well as prevent challenging behaviors.

Website: csefel.vanderbilt.edu/resources/family

Central Directory of Early Intervention Resources

Helps parents, family members, service providers, and members of the public find resources for infants and toddlers with developmental disabilities or delays and concerns.

Website: www.ceitan-earlystart.org/central-directory

Child Passenger Safety Classes

During each session, the parent/guardian receives important information about how to correctly install a car seat in the vehicle and properly fit the child in the seat. Classes are provided several times each month at different locations and are open to the public. For more information about the CPS program, or to register for a class, please call (213) 808-8962.

Credit for Child and Dependent Care

If you paid someone to care for a child or a dependent so you could work, you may be able to reduce your federal income tax by claiming the Credit for Child and Dependent Care expenses on your tax return. This Credit is available to people who, in order to work or to look for work, have to pay for child care services for dependents under the age of 13. The Credit is also available if you paid for the care of a spouse or a dependent of any age who is physically or mentally incapable of self-care.

Website: www.irs.gov/credits-deductions/individuals/child-and-dependent-care-information

Department of Developmental Services, *California Early Start Program*

California's early intervention program for infants and toddlers with disabilities and their families. Early Start services are available statewide and are provided in a coordinated, family-centered system. All infants and toddlers potentially eligible for a regional center program will be evaluated by the regional center to determine eligibility for Early Start.

DDS, California Early Start <u>Website:</u> dds.ca.gov/services/early-start <u>Email:</u> earlystart@dds.ca.gov <u>Phone:</u> (800) 515-BABY	Westside Regional Center <u>Website:</u> westsiderc.org/intake-eligibility <u>Ages 0-3:</u> (310) 258-4120 <u>Ages 3+:</u> (310) 258-4121
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Early Head Start

From birth to age three, Early Head Start programs give low-income children and their families the opportunity to develop skills for school readiness. Early Head Start is designed to nurture and support your child's physical, social, emotional, and intellectual development. They provide families with resources to support healthy development and learning at home, family health and nutrition, and coordinate services for children with special needs. Call today to find a program near you!

Website: www.prekkid.org

Phone: (877) 773-5543

Early Start Neighborhood

A virtual community for Early Start professionals and partners seeking training, technical assistance and resources on early intervention Part C requirements, implementation, and evidence-based practices.

Website: earlystartneighborhood.ning.com

Family Resource Centers

Families of infants and toddlers can receive parent-to-parent support from Early Start Family Resource Centers. Family Resource Centers (FRC) actively work in partnership with local regional centers and education agencies and help many parents, families and children get information about early intervention services and how to navigate the Early Start system. Family support services are available in many languages and are culturally responsive to the needs of the individual family. For more information or locations, visit www.frcnca.org.

Westside Family Resource and Empowerment Center 5901 Green Valley Circle, Suite 320 Culver City, CA 90230	<u>Phone:</u> (310) 258-4063 <u>Website:</u> wfrec.org <u>Email:</u> westsidedfrec@gmail.com
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Individuals with Disabilities Education Act (IDEA)

The Individuals with Disabilities Education Act is a law that makes available a free appropriate public education to eligible individuals with disabilities throughout the nation and ensures special education and related services to those between the ages of 2 - 21. To learn more about this law, visit the website below.

Website: sites.ed.gov/idea

Infant Development Association of California

Their mission is to foster collaboration between families and professionals working with children, birth to three with special needs. The Infant Development Association of California provides education, leadership and advocacy.

Website: www.idaofcal.org

John Tracy Center

Offers comprehensive services for young children with hearing loss, from birth through 17 years of age, and their parents. For example: audiology services; counseling, support, and resources to parents and their families; and JTC's TALKS Programs (in English & Spanish) help children who are deaf/hard of hearing and their parents explore how to develop spoken language. They also offer an Auditory Verbal Preschool for deaf and hard-of-hearing children, ages 3 through 5 years old. The preschool is offered Monday through Friday, September through May. For preschool-age children (ages 3 to 5) who do not have a hearing loss, they also offer an inclusion-based preschool.

Los Angeles Office 806 West Adams Blvd Los Angeles, CA 90007	Long Beach Office 740 E Wardlow Rd. Long Beach, CA 90807
Website: www.jtc.org	Phone: (213) 748-5481

Learn the Signs. Act Early.

Milestones matter! Track your child's milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists; get tips from CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing.

Website: www.cdc.gov/milestonetracker

Los Angeles County Department of Mental Health, *Children Services*

The Los Angeles County Department of Mental Health is dedicated to enriching the lives of children and their families who are 0 to 15 years old experiencing mental health challenges by providing a wide range of client-centered, family-focused services. Contact DMH for information regarding specific services and programs.

Website: dmh.lacounty.gov/our-services/children

Phone: (800) 854-7771

Milestone Tracker App

A free app to help you track your child's milestones from age 2 months to 5 years with easy-to-use illustrated checklists; get tips from the Center for Disease Control (CDC) for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing. Available on iOS and Android devices in English and Spanish.

Website: www.cdc.gov/ncbddd/actearly/milestones-app

Parents Helping Parents

Provides information: based on disability, diagnosis, or concern, their age and grade in school; concerning educational rights, options to resolve problems and how to navigate the special education process; understanding the networks of care, services and benefits; online videos on various topics; and more!

Website: www.php.com

Preschool Without Walls

A **FREE** program that brings the classroom to children (ages 0-5) and their parents or caregivers in parks, libraries and recreation centers. The program strengthens the 4 domains of child development: physical, social, emotional and cognitive through early literacy, mathematics, colors, songs and more. Presented in English and Spanish.

Website: www.sbccthrivela.org/preschool-wo-walls

Team of Advocates for Special Kids (TASK)

TASK specializes in special education support for people with disabilities from birth to age 26 and their families. They support all disabilities, including mental illness, chronic health and medical conditions, and emotional challenges due to abuse or environmental trauma. In the area of assistive technology (AT), they serve all ages, including adults, and help families explore ways to use AT to promote learning, communication, and independence. Call for a location near you!

Website: www.taskca.org

Email: task@taskca.org

Phone: (866) 828-8275

Wayfinder Family Services, *Early Intervention Program*

Young children in Southern California who are blind, visually impaired or have multiple disabilities increase their visual functioning, sensory awareness, communication and social skills by attending an early intervention program. Wayfinder's early intervention program is for infants, toddlers and children ages birth to 6 years of age. Services are in English and Spanish. For more information concerning services and program details, contact us!

Website: www.wayfinderfamily.org

Phone: (323) 295-4555 ext. 295

Email: LCampana@wayfinderfamily.org

Zero to Three

Provides helpful resources for parents, grandparents and co-parents of infants and toddlers on topics such as child development, challenging behaviors, child care, discipline, school readiness, sleep, health & nutrition, screen time, fatherhood, positive parenting and more.

Website: www.zerotothree.org

LEGAL ADVOCACY/ ASSISTANCE

Bet Tzedek Self-Help Conservatorship Clinic

Bet Tzedek provides basic assistance to any individual who does not have an attorney but wishes to file for conservatorship. They can help you in preparing the necessary documents and processing them with the court. Services are offered at **no cost** and there are **no income eligibility requirements** to their services. You must be a resident of Los Angeles County. Call for dates and times at (323) 939-0506 or visit www.bettzedek.org. Assistance is offered on a first-come, first-served basis.

LA Law Library 301 W. 1st Street Los Angeles, CA 90012	Norwalk Regional Library 12350 Imperial Highway Norwalk, CA 90650
Governor George Deukmejian Courthouse 275 Magnolia Avenue, Room 3101 Long Beach, CA 90802	

California Child Support Services

Has primary responsibility for establishing parentage, establishing court orders of child support, and enforcing orders for child, spousal and family support. Locates parents, modifies court orders, collects and distributes court-ordered support, and works with other counties, states and countries to obtain child support.

Website: childsupport.ca.gov

California Offices of the Family Law Facilitator

The family law facilitator can help you with child support, spousal support, and health insurance issues, regardless of your income. They can: give you educational materials; give you court forms; assist you with court forms; calculate the guideline child support; refer you to the local child support agency (LCSA), family court services, and other community agencies. Please note: the family law facilitator cannot represent you or the other party. For more information, visit www.courts.ca.gov/selfhelp-facilitators.

Stanley Mosk Courthouse 111 North Hill St. Los Angeles, CA 90012 (213) 830-0845 <i>[4th floor, room 426]</i>	Central Civil W. Courthouse 600 S. Commonwealth Ave. Los Angeles, CA 90005 (213) 351-7561 <i>[16th floor, room 1602]</i>	Compton Courthouse 200 West Compton Blvd. Compton, CA 90220 (310) 761-1858 <i>[2nd floor, room 200F]</i>
Gov. GD Courthouse 275 Magnolia Ave. Long Beach, CA 90802 (562) 256-2319 <i>[room 3101]</i>	Torrance Courthouse 825 Maple Avenue Torrance, CA 90503 (310) 787-3696 <i>[3rd floor, room 310]</i>	

Disability Rights Legal Center

Provides disability rights advocacy by providing **FREE** legal assistance to people with disabilities experiencing discrimination in violation of their civil rights. DRLC accepts cases involving: (1) *Discrimination, Mistreatment and/or Harassment* by public or private entities based on disability (e.g. housing, transportation, public places, schools, parks, telecommunications, law enforcement, jails and juvenile halls); (2) Special Education focusing on systemic discrimination and denials of a free, appropriate public education (including due process hearings).

For more information and case acceptance standards, contact the Disability Rights Legal Center. ***DRLC does not accept walk-in clients.***

350 South Grand Avenue Suite 2010 Los Angeles, CA 90071	<u>Phone:</u> (213) 736-1031 <u>Website:</u> www.thedrlc.org <u>Email:</u> DRLC@drlcenter.org
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Learning Rights Law Center

A legal service nonprofit that fights for a child's right to education. Learning Rights assists low-income families by providing **FREE** legal counsel and advice, advocacy, direct representation, education, training and policy work.

1625 W. Olympic Blvd, Suite 500 Los Angeles, CA 90015	<u>Phone:</u> (213) 489-4030 <u>Website:</u> www.learningrights.org
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Legal Aid Foundation of Los Angeles (LAFLA)

Legal Aid Foundation of Los Angeles is a nonprofit law firm that helps people in civil legal matters by providing legal representation and other legal assistance for low-income individuals. They help with: employment and employment barriers; evictions; family law; government benefits; housing; immigration; etc.

LAFLA Offices		
Ron Olson Justice Center 1550 W. 8th Street Los Angeles, CA 90017	(Santa Monica Office) 1640 5th St., Suite 124 Santa Monica, CA 90401	(East Los Angeles Office) 5228 Whittier Blvd. Los Angeles, CA 90022
Website: lafla.org Phone: (800) 399-4529		

The **Self Help Legal Access Centers** are walk-in clinics that offer individuals who are representing themselves legal information, assistance in preparing legal forms, and guidance on a variety of civil matters, including evictions, divorces, child custody/support and paternity actions, and other areas of law. All services are **FREE**.

Self-Help Legal Access Centers	
Inglewood Courthouse 1 E Regent St., Room 107 Inglewood, CA 90301	Mon-Thurs: 9:00AM - 12:00PM 1:30 pm - 4:00PM Friday: 9:00AM - 12:00PM
Torrance Courthouse 825 Maple Ave., Room 160 Torrance, CA 90503	Mon-Thurs: 8:30AM - 12:00PM 1:30 pm - 4:00PM Friday: 8:30AM - 12:00PM
Santa Monica Courthouse 1725 Main St., Room 210 Santa Monica, CA 90401	Mon-Thurs: 8:30AM - 12:00PM 1:30 pm - 4:00PM Friday: 8:30AM - 12:00PM
Website: lafla.org/self-help Phone: (800) 399-4529	

Los Angeles Superior Court, Self-Help Resource Centers

Self-Help Resource Centers are available at these local LA Superior Court locations. They can give you information and help you fill out forms and represent yourself. No appointment is needed. For more locations, visit www.lacourt.org.

Location	Services	Location	Services
111 N. Hill St. Los Angeles, CA 90012 <i>(Room 426)</i>	Divorce, Paternity, Conservatorship, Restraining Order, Guardianship	One Regent St. Inglewood, CA 90301 <i>(Room 107)</i>	Domestic Violence, Landlord/Tenant, Civil Matters
200 W. Compton Blvd. Compton, CA 90220 <i>(Room 200F)</i>	Divorce, Paternity, Landlord/Tenant, Guardianship, Restraining Order, Civil Matters	1725 Main St. Santa Monica, CA 90401 <i>(Room 210)</i>	Domestic Violence, Landlord/ Tenant, Civil Matters
275 Magnolia Ave. Long Beach, CA 90802 <i>(Room 3101)</i>	Divorce, Paternity, Domestic Violence, Landlord/Tenant, Conservatorship, Guardianship	825 Maple Ave Torrance, CA 90803	Divorce, Paternity, Landlord/Tenant, Guardianship, Civil Matters

Mental Health Advocacy Services, Inc. (MHAS)

Provides FREE legal services to people with mental and developmental disabilities. Please call for intake. *Walk-ins are not accepted.*

3255 Wilshire Blvd. Suite 902 Los Angeles, CA 90010	<u>Website:</u> mhas-la.org <u>Phone:</u> (213) 389-2077
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Office of Clients' Rights Advocacy (OCRA)

OCRA is part of Disability Rights California and funded by the Department of Developmental Services. OCRA has a Clients' Right Advocate (CRA) at each regional center. The CRA helps protect regional center consumers rights and can help with issues such as: abuse/neglect; conservatorship and alternatives; guardianship; IHSS; Medi-Cal; mental health; private insurance; regional center services; school services; social security; and much more!

Westside Regional Center		
Debra Marcia <i>Clients' Rights Advocate</i>	Debra.Marcia@disabilityrightsca.org	Office of Clients' Rights Advocacy 5901 Green Valley Circle Suite 150 Culver City, CA 90230
Luisa Delgado <i>Assistant CRA</i>	Luisa.Delgado@disabilityrightsca.org	<u>Phone:</u> (310) 846-4949

Office of Payee Review & Beneficiary Assistance (OPRABA)

A program of Disability Rights California. If you: suspect that a representative payee is misusing or improperly using a beneficiary's funds; have a representative payee and would like to learn how to be your own payee; or if you are a representative payee and you have questions about your duties; **call OPRABA at (800) 776-5746**. They offer reviews of representative payees; educational visits; corrective action plans; training; information and referral to beneficiaries; and more!

Public Counsel

A not-for-profit law firm that delivers legal services, FREE of charge, for low-income individuals. They provide assistance in the following areas: children and youth legal issues; immigration; government benefits; homelessness prevention; women and girls; and more.

Website: www.publiccounsel.org

Phone: (213) 385-2977

Reduced Cost or Free Special Education Attorneys and Advocates

As part of its interagency agreement with the California Department of Education, the Office of Administrative Hearings (OAH) maintains a list of attorneys and a separate list of advocates who self-certify that they are knowledgeable about Special Education and that they offer services either free or at a low cost. OAH considers the primary purpose of these lists is to help parents of children with exceptional needs to locate free or reduced cost representation in preparation for special education due process hearings. It is important that if you choose to use the list that you contact the attorneys and advocates to discuss their fees.

Website: www.dgs.ca.gov/OAH/Case-Types/Special-Education

State Council on Developmental Disabilities (SCDD), *Los Angeles Regional Office*

SCDD is an independent state agency that ensures that people with developmental disabilities and their families receive the services and support they need to live independently and productively, in the least restrictive environment possible. Regional Offices: help connect people to needed services and supports; strive to improve services and supports; and help people become part of their communities.

411 N. Central Ave. Suite 620 Glendale, CA 91203-2020	Website: scdd.ca.gov Email: losangeles@scdd.ca.gov Phone: (818) 543-4631
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StopBullying.Gov

Children with physical, developmental, intellectual, emotional, and sensory disabilities are more likely to be bullied than their peers. Learn what bullying and disability harassment is, its effects, what parents can do, the laws that protect your child, resources available and how to access additional support. Visit www.stopbullying.gov.

LGBTQ+

LGBTQ+ is an abbreviation of initial letters pronounced differently. It stands for: Lesbian, Gay, Bisexual, Transgender, Queer or Questioning. The “+” includes all other communities.

American Civil Liberties Union (ACLU) of Southern California

The ACLU SoCal works to eradicate discrimination based on sexual orientation, gender identity and gender expression. The ACLU SoCal is creating a state where LGBTQ people can live openly and with dignity, where their identities, relationships and families are respected, and where there is fair treatment on the job, in schools, in housing, in public places and in government programs.

1313 West 8th Street Los Angeles, CA 90017	Phone: (213) 977-9500 Website: www.aclusocal.org
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APAIT

Provide free, high quality and culturally sensitive services such as: HIV Care Programs; Behavioral Health Services; Substance Abuse Programs; HIV Testing; HIV Education and Counseling Programs; Social Support Groups; and more.

3055 Wilshire Blvd. Suite #300 Los Angeles, CA 90010	Phone: (213) 375-3830 Website: apaitonline.org
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APLA Health

APLA Health’s mission is to achieve health care equity and promote well-being for the LGBT and other underserved communities and people living with and affected by HIV. APLA provides health care services (PrEP & PEP; HIV & STD testing; HIV Medical Care, etc.), prevention and health promotion, HIV support services, and more. For locations and hours, contact APLA Health.

Website: aplahealth.org

Email: info@apla.org

Main Phone: (213) 201-1600

Asexual Visibility & Education Network (AVEN)

An informational resource for people who are asexual and questioning, their friends and families, academic researchers and the press.

Website: www.asexuality.org

Asian/ Pacific Gays and Friends

A/PGF is a non-profit, social and educational group established for gay Asians and friends who share an interest in Asian cultures and experiences. A/PGF's primary purpose is to provide a supportive environment where the interaction between members is enjoyable, safe and enriching. Visit www.apgf.org for more information.

Bienestar

Focus on identifying and addressing emerging health issues faced by the Latino and LGBTQ populations. Bienestar's education and support programs encompass areas such as: HIV/AIDS treatment and prevention, STIs, mental health services, substance use and harm reduction. All of the services are offered to the community for free.

5326 E. Beverly Blvd. Los Angeles, CA 90022	4955 W. Sunset Blvd. Los Angeles, CA 90027	130 W. Manchester Ave. Los Angeles, CA 90003
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Website: www.bienestar.org Phone: (866) 590-6411 Email: info@bienestar.org

Bi.org

An online resource to better understand your own sexuality, a loved one's or simply to learn about bisexuality.

Website: bi.org

Black AIDS Institute, A Clinic for Us

Specializes in Black men's health, HIV, Hepatitis, STD, prostate cancer, diabetes, family medicine, dental, and mental health. All services and referrals are conducted by certified medical providers. All health services are based on a sliding fee.

A Clinic For Us 4251 Crenshaw Blvd. Los Angeles, CA 90008	<u>Phone:</u> (213) 353-3610 <u>Website:</u> blackaids.org <u>Email:</u> info@BlackAIDS.org
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Brave Trails

Brave Trails was formed to respond to the needs of the large and growing population of LGBTQ youth in the greater Los Angeles area. The camp uses workshops, adventure and artistic programming, service projects, peer connections, and positive role models to create a safe space where youth can thrive.

Website: www.bravetrails.org Phone: (323) 300-4401 Email: info@bravetrails.org

California LGBTQ Health and Human Services Network

A statewide coalition of non-profit providers, community centers, and researchers working collectively to advocate for state level policies and resources that will advance LGBT health. They strive to provide coordinated leadership about LGBT health policy in a proactive, responsive manner that promotes health and wellness as part of the movement for LGBT equality.

Website: californialgbtqhealth.org

Gay & Lesbian Alliance Against Defamation (GLAAD)

GLAAD works through entertainment, news, and digital media to share stories from the LGBTQ community that accelerate acceptance.

Website: www.glaad.org

Gay, Lesbian, and Straight Education Network (GLSEN)

GLSEN (pronounced "glisten") is the leading national education organization focused on ensuring that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment.

Website: www.glsen.org/chapters/losangeles

Gender Spectrum

Helps to create gender sensitive and inclusive environments for all children and teens. They provide professional development training, a national call-in support group, an online community group in English and Spanish called "Lounge" and resources (parenting, education, medical, mental health, legal, social services, faith-based).

Website: www.genderspectrum.org

The Genderbread Person

A teaching tool for breaking the big concept of gender down into bite-sized, digestible pieces.

Website: www.genderbread.org

Human Rights Campaign

As the largest national lesbian, gay, bisexual, transgender and queer civil rights organization, HRC envisions a world where LGBTQ people are ensured of their basic equal rights, and can be open, honest and safe at home, at work and in the community.

Website: www.hrc.org

In the Meantime Men

Supports, empowers and educates black, gay, same gender-loving and bi-sexual men in Los Angeles County. Provides: prevention programs; quarterly social events (Boi Revolution); condoms and safe sex kits free of charge; drop-in social discussion groups; resource linkage and referral services; HIV testings; STI screenings; peer navigation; cultural events; and more.

2146 W. Adams Blvd. Los Angeles, CA 90018	Phone: (323) 733-4868 Website: www.inthimeantimemen.org
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InterACT

An organization that advocates for the rights of intersex youth. Offers an array of resources and informative brochures that cover topics such as: Intersex 101: A Beginner's Guide; Medical Records; What We Wish People Knew; Know Your Rights; and more!

Website: interactadvocates.org

It Gets Better Project

Their mission is to communicate to lesbian, gay, bisexual and transgender youth around the world that it gets better, and to create and inspire the changes needed to make it better for them.

Website: www.itgetsbetter.org

It's Pronounced Metrosexual

An online resource educating on issues of identity, sexuality, gender, privilege, and oppression, but in a fun, approachable way.

Website: itspronouncedmetrosexual.com

JQ

Celebrate the lives of LGBTQ+ Jews and their allies by transforming Jewish communities, and ensuring inclusion through education, support, and identity-enrichment. Services include: free and confidential JQ Helpline at (855) 574-4577; Teen Jewish Queer Straight Alliance (JQSA); Persian Pride Programming; and JQ's Young Adult Programming.

801 Larrabee St. Suite #10 West Hollywood CA 90069	Phone: (323) 417-2627 Website: jqinternational.org
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Latino Equality Alliance

Promote liberty, equality, and justice for the Latinx lesbian, gay, bisexual, and transgender community. Programs include: Leadership Development; College Access and Success Support for LGBTQA students; Youth Council; and more!

Website: www.latinoequalityalliance.org

Phone: (323) 286-7224.

LGBTQ Center Long Beach

Advances equity for LGBTQ people through culturally responsive advocacy, education, programs, and services. Services include: health (HIV testing, STI screening/testing); mental health counseling; legal and social services; education and resources; and more.

2017 E. 4th Street	Phone: (562) 434-4455
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Long Beach, CA 90814	Website: www.centerlb.org
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LGBT National Help Center

Serve gay, lesbian, bisexual, transgender and questioning people by providing free and confidential peer-support and local resources. All of the services are free and confidential.

Teens / Young Adults	Adults	Seniors
(800) 246-7743	(888) 843-4564	(888) 234-7243
Topics: coming-out issues, gender identity, relationship concerns, parent issues, school problems, HIV/AIDS anxiety and safer-sex information, and lots more!	Topics: coming-out issues, gender identity, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety and safer-sex information, and lots more!	Topics: isolation, relationship concerns, bullying, family concerns, HIV/AIDS and much more.
Website: www.glbtnationalhelpcenter.org		Email: help@LGBT hotline.org

Los Angeles Gender Center

Offer income-based, sliding scale, individual counseling services provided by volunteer, post-graduate, pre-licensed transgender, and non-binary therapists.

11350 Ventura Blvd. Suite 201 Studio City, CA 91604	Website: www.lagendercenter.org Email: staff@lagendercenter.com
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Los Angeles LGBT Center

Provide services for LGBT people: Health (Medical, Sexual Health and Prevention, Mental, Addiction Recovery, Pharmacy); Social Services & Housing (Youth, Transgender, Legal, Senior, Discussion & Support Groups); and more. For more information visit lalgbtcenter.org .

Anita May Rosenstein Campus 1118 N. McCadden Place Los Angeles, CA 90038	McDonald/Wright Building 1625 N. Schrader Boulevard Los Angeles, CA 90028 (323) 993-7400	The Village at Ed Gould Plaza 1125 N. McCadden Place Los Angeles, CA 90038 (323) 993-7400
LA LGBT Center-WeHo 8745 Santa Monica Blvd. West Hollywood, CA 90069 (323) 993-7500	Mi Centro 553 S. Clarence St. Los Angeles, CA 90033	Trans Wellness Center 3055 Wilshire Blvd. #360 Los Angeles, CA 90010 (323) 993-2900

National Black Justice Coalition (NBJC)

A civil rights organization dedicated to the empowerment of Black lesbian, gay, bisexual, transgender, queer and same gender loving (LGBTQ/SGL) people, including people living with HIV/AIDS.

Website: www.nbjc.org

Phone: (202) 319-1552

National Center for Transgender Equality

Learn about the trans community and how to support them, understand their rights, and access helpful resources.

Website: transequality.org

Email: ncte@transequality.org

PFLAG Los Angeles

You may be a parent, family member or friend of someone who is gay, lesbian, bi-sexual, transgender or questioning. You may be an LGBTQ person in the process of coming out and dealing with family, workplace, or social issues related to your sexual identity. Whatever your situation, you'll find support, information, acceptance, and friendship at PFLAG Los Angeles.

Website: pflag.org

Phone: (888) 735-2488

Planned Parenthood

Their health centers provide education, support, and sexual and reproductive health services for lesbian, gay, bisexual, transgender, queer, questioning, and intersex patients. Services include: drop-in center; education; hormone therapy for transgender patients; resources; service referrals; support groups; and more.

Website: www.plannedparenthood.org

Rainbow Alliance of the Deaf

Work to establish and maintain a society of deaf gays and lesbians to encourage and promote the educational, economical, and social welfare; to foster fellowship; to defend their rights; and advance the interests as deaf gay and lesbian citizens concerning social justice.

Website: www.deafrad.org

The Safe Zone Project

A free online resource providing curricula, activities, and other resources for educators facilitating Safe Zone trainings (sexuality, gender, and LGBTQ+ education sessions), and learners who are hoping to explore these concepts on their own.

Website: thesafezoneproject.com

Satrang

Satrang serves the South Asian LGBTQ community by promoting awareness, acceptance, and empowerment through social, educational, and advocacy-related events.

Website: satrang.org

Trans Lifeline

A national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of their community with direct service, material support, advocacy, and education. Their vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid.

Website: www.translifeline.org

Hotline: (877) 565-8860

Transgender Law Center

The largest national trans-led organization advocating self-determination for all people. Their resources include publications, pamphlets, how-to-guides and other materials related to transgender law.

Website: transgenderlawcenter.org

Email: info@transgenderlawcenter.org

The Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. The Trevor Project offers programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text.

Website: www.thetrevorproject.org

Email: info@thetrevorproject.org

Trevor Lifeline: (866) 488-7386

Trevor Text: text "START" to 678678

We Exist

Offers peer-run support groups for LGBTQI2-S transition age youth and their family members/ caregivers. For more information, email WeExist@tarzanatc.org or call their Long Beach Office at (562) 428-4111.

MENTAL HEALTH (Resources)

ACCESS - LA County Hotline

ACCESS operates 24 hours/day, 7 days/week as the entry point for mental health services in Los Angeles County. Services include deployment of crisis evaluation teams, information and referrals, gatekeeping of acute inpatient psychiatric beds, interpreter services and patient transport. **Call 1-800-854-7771.**

Behavioral Health Treatment Facility Locator

Helps you find a facility nearest you in your state. It is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

Website: findtreatment.samhsa.gov

Crenshaw Yoga and Dance

Provides yoga and dance classes, wellness education, and fitness at an affordable price that will encourage the community to learn, maintain, and value a healthy lifestyle.

Website: www.crenshawyogaanddance.org

Phone: (310) 621-8578

Each Mind Matters

Provides information and resources for children & families, young adults, older adults, veterans, and diverse communities.

English Website: www.eachmindmatters.org

Spanish Website: www.sanamente.org

Los Angeles County Department of Mental Health

Provides services to adults and older adults who are functionally disabled by severe and persistent mental illness, including those who are low-income, uninsured, temporarily impaired, or in situational crises. Services to children and youth are focused on those who are emotionally disturbed and diagnosed with a mental disorder. They include wards or dependents of the juvenile court, children in psychiatric inpatient facilities, seriously emotionally disturbed youth in the community, and special education students referred by educational institutions.

Service Locator: locator.lacounty.gov/dmh

Help-line: (800) 854-7771

Los Angeles Police Department, Mental Evaluation Unit

Assist patrol officers with mental health-related calls. Partnered with the Department of Mental Health to create resource guides for the community.

Website: www.lapdonline.org

Los Angeles Warmline

Provides a safe place to talk for those individuals experiencing loneliness, financial problems, relationship problems, substance use issues, and difficulties with employers or therapists. **Call (855) 952-9276.**

Manifesting M.E. Wellness

Provide healing via access to culturally competent, trauma-informed, queer-friendly holistic Mental and Emotional health services for marginalized individuals and communities. Services include health & wellness workshops, healing circles, art therapy, yoga therapy, reiki, health coaching, and hormone wellness counseling.

Website: manifestingmewellness.com

Mental Health American of California

Ensures that people of all ages, sexual orientation, gender, ethnicity, etc. who require mental health services and supports are able to receive the mental health services and other services that they need, and are not denied any other benefits, services, rights, or opportunities based on their need for mental health services.

Website: www.mhac.org

Mental Health Gov

Provides information about mental health services and resources in your area.

Website: www.mentalhealth.gov

National Alliance on Mental Illness, California

A nonprofit dedicated to improving the quality of life for those living with mental illness and their families and friends through support, education, advocacy, and referral services. Find your local NAMI affiliate today by visiting the website below.

Website: namica.org

OK2TALK

This campaign creates a community for teens and young adults struggling with mental health problems and encourages them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.

Website: ok2talk.org

People's Yoga

East LA-based community yoga studio dedicated to strengthening neighborhoods through mind-body practices and community building. They offer accessible, affordable, bilingual (English/Spanish) and family friendly yoga classes for all levels, ages, bodies, sizes, abilities and more.

Website: www.peoplesyoga.org

Phone: (323) 739-4018

The Tree South L.A.

A community space that serves through mindfulness, social justice, and education. Offers yoga, meditation, workshops, yoga teacher training & community outreach programs to the South Los Angeles community, regardless of income. Classes 7 days a week, all by donation.

Website: www.thetreesouthla.org

MENTAL HEALTH (SERVICES)

Airport Marina Counseling Center

Offers individual or group counseling, family or couples therapy, child and adolescent counseling, psychiatric care, consultation and referrals. The fee is \$90 per session. A sliding scale fee based on household income helps those who cannot afford the full fee. Available in Spanish.

7891 La Tijera Blvd. Los Angeles, CA 90045	Website: www.amcshelps.com Phone: (310) 670-1410
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Alcott Center for Mental Health Services

Provides group, individual and family therapy as well as other services.

1433 S. Robertson Blvd. Los Angeles, CA 90035	Website: www.alcottcenter.org Phone: (310) 785-2121
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Amanecer Community Counseling Services

Services include: child clinic, adult clinic, and a domestic abuse program. Serves: low-income, homeless, and at-risk individuals and families from 0-60+ years of age.

1200 Wilshire Blvd. Los Angeles, CA 90017	Website: amanecerla.org Phone: (213) 481-7464
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Antioch University Counseling Center

Provides supportive and empowering psychological services that are individualized to meet the needs of children, adolescents, and adults, including couples and families. Fees are based on a sliding scale. Does not accept Medicare or Medi-Cal payments. Services available in Spanish, Russian, Farsi, Hebrew.

400 Corporate Pointe Culver City, CA 90230	Intake Line: (310) 574-2813, ext. 366 Email: aucc.aula@antioch.edu
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Asian Pacific Counseling and Treatment Centers

Provides services to adults, older adults, adolescents, and children who are dealing with a wide range of mental health and social problems. Most of these individuals come from the following Asian Pacific communities: Cambodian, Chinese, Japanese, Korean, Laotian, Filipino, Thai and Vietnamese. The Centers also provide services to non-Asian individuals and families. For more information visit www.apctc.org.

520 S. Lafayette Park Place, Suite 300 Los Angeles, CA 90057 (213) 252-2100	600 St. Paul Ave, Suite 101 Los Angeles, CA 90017 (213) 483-3000
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Boys & Girls Clubs of Venice

The Iben Family Support Center is an on-site counseling program that aims to strengthen the family unit. Counseling is provided FREE of charge by Airport Marina Counseling Service. Service included on site at BGCV: free individual counseling; free psychiatric evaluation; parent classes; group counseling; and case management.

2232 Lincoln Blvd
Venice, CA 90291

Website: www.bgcv.org
Phone: (310) 390-4477

Child and Adolescent Psychiatry Clinic

The Child and Adolescent Psychiatry (CAP) Clinic at Harbor-UCLA serves children, adolescents, and their families to provide comprehensive mental health services.

1000 W. Carson St.
Torrance, CA 90509

Website: www.harboruclapsych.com
Phone: (310) 222-2345
Email: info@harbor-ucla.org

Didi Hirsch Mental Health Services

Provides FREE mental health, substance use disorder and suicide prevention services to children, adolescents and adults. Contact an office location below for a list of specific services they provide or visit www.didihirsch.org

4760 S. Sepulveda Blvd. Culver City, CA 90230 (310) 390-6612	10277 W. Olympic Blvd Los Angeles, CA 90067 (424) 362-2900	323 N. Prairie Avenue Inglewood, CA 90301 (310) 677-7808
672 S. La Fayette Park Pl. Los Angeles, CA 90057 (213) 381-3626	1328 West Manchester Ave. Los Angeles, CA 90044 (323) 778-9593	

Downtown Mental Health Center

The agency provides mental health services, employment services and welfare to work support services in the Downtown area of Los Angeles. Call (800) 854-777.

529 Maple Ave
Los Angeles, CA 90013

Edelman Westside Mental Health Center

Provides mental health services to adults 18 years old and up. They can help those experiencing homelessness, who may be low-income, or who may not have the ability to pay. Call (310) 966-6500.

11080 W. Olympic Blvd.
4th Floor
Los Angeles, CA 90064

El Nido Family Centers

El Nido Family Centers offers innovative programs and services for children, youth and families. Their comprehensive services include prenatal case management and parenting programs for teen parents, parent education and family development, child abuse prevention and treatment, family counseling, and youth development and gang prevention & intervention programs. Visit www.elnidofamilycenters.org for more info.

2152 West Manchester Avenue Los Angeles, CA 90047 (323) 971-7360
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2069 W. Slauson Ave. Los Angeles, CA 90047 (323) 998-0093

Exceptional Children's Foundation

Provide comprehensive mental health services to children, adolescents, and families who are struggling with a variety of issues, including trauma, depression, anxiety, behavioral problems, and ADHD.

5350 Machado Road Culver City, CA 90230
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<u>Website:</u> www.ecf.net <u>Phone:</u> (310) 737-9393
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Family Services of Santa Monica

Provides individual, couples, family, and group counseling to address a broad range of issues, including behavior problems, anxiety, depression, relationship difficulties, loss and bereavement, substance abuse, sexuality, career changes, life transitions, illness, disability, separation, divorce and parenting. Accepts Medi-Cal. Spanish speaking staff available. For more information call (310) 451-6106.

1533 Euclid St. Santa Monica, CA 90404

Gateways Wellness Center

Assists mentally ill clients who are in their final stages of the recovery process with building links in their community to support physical and mental health, foster independence, and enhance continued recovery. The schedule is as flexible as the client wants it to be. Clients can choose any or all of the activities provided such as counseling, vocational referrals, peer advocacy assistance, and support groups.

433 N. Hoover St. Los Angeles, CA 90004
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<u>Website:</u> www.gatewayshospital.org/wellness-center <u>Phone:</u> (323) 644-2040
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The Help Group, Child and Family Center

A family-focused, child-centered mental health provider offering offering comprehensive services to children and families. Languages: English, Spanish, Farsi, Armenian, Hebrew, Arabic and Russian.

12099 Washington Blvd., Suite 200 Los Angeles, CA 90066	Website: www.thehelpgroup.org Phone: (310) 751-1174
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Jewish Family Services of Los Angeles

Provide counseling and support for adults, children, and families dealing with a wide range of issues. Counseling is available in English, Russian, Hebrew, Farsi, and Spanish. Services are provided on a sliding scale and some insurance is accepted.

3580 Wilshire Blvd. Los Angeles, CA 90010	Website: www.jfsla.org Phone: (877) 275-4537
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Los Angeles Child Guidance Clinic, Walk-In Access Center

No-fee and no appointment necessary. The Walk-In services for children/adolescents ages 0-17, young adults 18-25, and adults (with children in our services) serves as the main entry point for Clinic services; offering mental health screenings, crisis intervention, and community resource linkages. Services are available in English and Spanish. For more information, visit www.lacdc.org.

3787 S. Vermont Avenue Los Angeles, CA 90007	Phone: (323) 766-2345 Email: contact@lacgc.org
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Open Paths Counseling Center

Open Paths offers therapeutic counseling in English and Spanish to members of the community who are unable to afford standard fees for mental health services. Services include individual/marital/child/family therapy, group therapy and parenting education.

5731 W. Slauson Ave, Suite 175 Culver City, CA 90230	Website: openpaths.org Phone: (310) 258-9677
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Pacific Asian Counseling Services (PACS)

PACS provides culturally sensitive and linguistically appropriate mental health services to Medi-Cal eligible children, adults and families who meet medical necessity. Bilingual staff available in Asian, Pacific Islander and Spanish languages. Visit pacsla.org

8616 La Tijera Blvd. Suite 200 Los Angeles, CA 90045 (310) 337-1550	3530 Atlantic Ave. Suite 210 Long Beach, CA 90807 (562) 424-1886
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Pacific Clinics

Serves children, transitional age youth (TAY), families, adults, and older adults. They offer mental health, substance use treatment, and supportive services to Medi-Cal eligible individuals and families.

8616 La Tijera Blvd, # 200 Los Angeles, CA 90045 (213) 639-0299	3881 S. Western Ave. Los Angeles, CA 90062 (323) 290-4348	680 S. Wilton Place Los Angeles, CA 90005 (213) 365-7400
3727 West Sixth, # 411 Los Angeles, CA 90020 (877) 722-2737	520 S. Lafayette Park Place # 300 Los Angeles, CA 90057 (213) 252-2100	Website: www.pacificclinics.org Helpline: (877) 722-2737

Providence, *Saint John's Child & Family Development Center*

Children with developmental disabilities, emotional challenges, encounters with domestic violence, substance or physical abuse receive assistance through one of the many programs and services offered: crisis intervention; brief family therapy; mental health/ psychosocial program for persons with intellectual and developmental disabilities; and more. The costs for services may be met through MediCal, Healthy Families and private payment. A sliding scale payment plan is available to qualified families.

1339 20th Street Santa Monica, CA 90404	Website: www.providence.org/saintjohns Phone: (310) 829-8921
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Southern California Counseling Center

Provides counseling services for individuals, couples, families and children. Fees for a counseling session slide on a scale between \$16 and \$91. Visit www.sccc-la.org for more information.

5615 W. Pico Blvd. Los Angeles, CA 90019	Phone: (323) 937-1344 Email: info@sccc-la.org
10950 S. Central Ave Los Angeles, CA 90059	Phone: (323) 556-2358 Email: watts@sccc-la.org

Tessie Cleveland Community Services Corp.

Provides services for all age groups. Services offered include: therapeutic behavioral services; wrap around; senior wellness; day treatment intensive; and more. For more information call (323) 586 -7333, email info@tccsc.org or visit www.tccsc.org

8019 Compton Ave. Los Angeles, CA 90001	18220 S. Broadway Gardena, CA 90248
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Vista Del Mar

Offers a range of services designed to help children, adolescents, and their families manage all levels of behavior challenges.

3200 Motor Ave. Los Angeles, CA 90034	Website: www.vistadelmar.org Phone: (310) 836-1223
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Wise & Healthy Aging

Provides a variety of mental health services for seniors, including individual, couple, family and group psychotherapy, caregiver support, in-home psychotherapy, peer counseling and referral services.

1527 4th Street Santa Monica, CA 90401	Website: www.wiseandhealthyaging.org Phone: (310) 394-9871, ext. 249
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MILITARY FAMILIES

Babies on the Homefront

Provides military and veteran parents ideas for enhancing everyday moments with their baby or toddler and allows family members to stay connected, no matter where their work takes them. Parents can sort information by their young child's age and specify their situation as At Home, Leaving Soon, Deployed, Home Again, a Veteran, or visiting a hospital. The app also allows quick access to a series of vodcasts on parenting for military and veteran families. The app is available in both English and Spanish for Apple and Android devices.

Website: babiesonthehomefront.org

Exceptional Family Member Program

The Exceptional Family Member Program provides assistance to military families with special medical or educational needs. Information, referral and non-clinical case management are available. Family support providers are available to help you identify and access programs, services and resources on your installation or in your community. [Click here for an online overview.](#)

Website: www.militaryonesource.mil

Military Child Care

A Department of Defense website that helps families in any service branch find and request military operated or military subsidized child care anywhere in the world. The website assists families with children with special needs in their search for care through a process that includes an Inclusion Action Team, or IAT, and Military Service specific IAT protocols. The IAT process supports reasonable accommodation by considering the needs of the child, the child care environment, staffing and training requirements, and the resources of the program. Programs welcome the opportunity to discuss each family's needs throughout their search process. More information is available by contacting the local program.

Website: MilitaryChildCare.com

Military and Veteran Families Support

ZERO TO THREE has developed resources specially designed for military and veteran families and the professionals who serve them. With their years of experience working with military families, they have developed tools for parents to use as they navigate the many transitions that are a part of military-connected life.

Website: www.zerotothree.org/parenting/military-and-veteran-families-support

MilitaryHOMEFRONT's Special Needs/ Exceptional Family Member Program Section

The Department of Defense's official website to help service members and their family members and their family members who have special needs. This site is packed with information on benefits, allowances, eligibility, and military and civilian resources.

Website: www.militaryhomefront.dod.mil/tf/efmp

MilitaryINSTALLATIONS

The official Department of Defense (DoD) source for installation and state resources available to active duty, guard, and reserve service and family members. Access a directory of programs and services to locate contact information, websites, installation overviews, maps and directions to any military installation.

Website: www.militaryinstallations.dod.mil

Plan My Move: planmymove.militaryonesource.mil

Military OneSource

Provides information, referrals, and assistance to the military community. Accessed by telephone or the internet, Military OneSource provides special needs consultations, research, resources, and materials intended to enhance current military services available to families with special needs. Please see below for examples, visit the website or call today!

DoD Special Needs Parent Tool Kit	Provides important information regarding resources and services available to children, birth through age 18, with special needs. The tool kit includes information and sample letters that can help you navigate services, programs and public benefits.
DoD Guide for Adults with Special Needs	Provides information and resources to address a wide range of topics related to the concerns of adults with special needs. The guide also contains helpful information for caregivers.
Education Directory for Children with Special Needs	Provides listings of local and national resources for early intervention and special education services for children with special needs, birth to age 21.
EFMP Online Learning and Videos	Take courses on "Early Intervention Services," "Childhood Development Milestones and Identifying Delays" and more.
The Exceptional Advocate	The newsletter includes information and updates on the EFMP and special needs topics.

Website: www.militaryonesource.mil

Phone: (800) 342-9647

PARENT TRAINING & INFORMATION CENTERS

Chinese Parents Association for the Disabled (CPAD)

Provide culturally and linguistically relevant services to empower monolingual and bilingual Chinese American families/ caretakers with special needs individuals through advocacy, community education, resources and social network support, and to improve the quality of special needs individuals.

Website: www.cpad.org

Phone: (626) 600-6538

Fiesta Educativa

Fiesta's programs include family conferences, an autism education program for parents, and a partnership with a counterpart Chinese American organization that trains parents on special education advocacy. In addition, staff members organize regular "Fiestas Familiares" ("Family Parties") in the homes of families to discuss topics such as special education eligibility and access to Regional Center services.

Website: fiestaeducativa.org

Phone: (323) 221-6696

Korean American Special Education Center (KASEC)

Provides and facilitates comprehensive services for individuals within the Korean American community with developmental disabilities and mental health issues. They hold various parent education seminars and workshops as well as provide sports, music and dance programs.

Website: www.kasecca.org

NAMI Basics

A class for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms, but have not yet been diagnosed. This course is also available in Spanish, *Bases y Fundamentos de NAMI*.

Website: www.nami.org/Find-Support/NAMI-Programs/NAMI-Basics

NAMI Family-to-Family

A class for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. The course is also available in Spanish, *De Familia a Familia de NAMI*.

Website: www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family

NAMI Homefront

A class for families, partners and friends of military service members and veterans experiencing a mental health challenge. The course is designed specifically to help these families understand those challenges and improve the ability of participants to support their service member or veteran.

Website: www.nami.org/Find-Support/NAMI-Programs/NAMI-Homefront

Parent Advocacy Mentor Program (PAM)

This eight week 25-hour intensive training program provides parents and caretakers with the tools necessary to become more effective advocates for children with special needs. They are also taught how to be mentors to other parents with children with disabilities. Designed for both the beginner and advanced advocates, the program focuses on understanding systems of care, accessing regional center services, developing successful IEPs, public speaking, community organizing and coalition building. Classes are **FREE** and held quarterly, on alternate Saturdays. Child care, breakfast, and all reading materials are provided.

Website: snnla.org/programs/advocacy/parent-advocacy-mentor-program-pam

Parent Ambassador Program

Families in Schools (FIS) recognizes the value of strong family-school partnerships in supporting student achievement. FIS also recognizes that parents need and deserve the right tools to have informed conversations with school and educational leaders. The Parent Ambassador Program builds the skills, knowledge, and confidence of parents to advocate for their children, as well as become partners with FIS in improving local educational policies and practices that benefit all students. For more information about the program or to apply, visit www.familiesinschools.org or contact Alison Gonzalez at (213) 484-3845 or agonzalez@familiesinschools.org.

Parent Education Program

Provides online classes and other educational resources to parents, grandparents, caregivers, and all who care for children, toddlers through teens.

Website: pepparent.org

Team of Advocates for Special Kids (TASK)

TASK provides: telephone support and assistance with special education and the IEP process; workshops on special education and transition planning; IEP consultations and document review; assistive technology labs and AAC consultation; programs for transition-age youth; resources and referrals.

Website: taskca.org

Training Individuals for Grassroots Education Reform (TIGER)

TIGER is a hands-on, self-advocacy program designed and taught by the Learning Rights Law Center, to foster the tools of families in need, so that they may successfully advocate within the special education system. Families meet once a month for 11 months and are taught by education advocates, attorneys, and professionals. Each parent receives a free copy of Learning Rights Law Center's Special Education Toolkit along with training, support, and resources necessary to advocate for their children in a non-adversarial and collaborative manner. Check the website so see when applications are open or join the TIGER Training through the e-TIGER Online Training. You can also email Carmen Reynaga at carmen@learningrights.org for more details.

Website: www.learningrights.org/tiger-training

PUBLIC BENEFITS (SEARCH TOOLS)

Benefits.gov

An easy-to-use website to help citizens understand which benefit program they may be eligible for and how to apply. Categories include: Disaster Relief; Family and Children's Services; Financial Assistance; Food and Nutrition; Healthcare and Medical Assistance; Housing and Public Utilities; Immigration and Refugee Assistance; Social Security and more!

Website: www.benefits.gov

Most Commonly Requested Documents (MCRD)

The County of Los Angeles and its partners developed a two-sided information sheet that provides: 1) a list of the most common County administered programs/services and the required documents needed to apply for the programs/services; 2) website information and toll-free telephone numbers to obtain documents needed to apply for the programs/services.

Website: dpss.lacounty.gov

YourBenefitsNow!

A website for Los Angeles County Residents to apply for and to view their benefits online. YourBenefitsNow! supports CalWorks, CalFresh, General Relief and MediCal applications. You can also schedule an in-person appointment for a *NEW* application.

Website: www.yourbenefits.laclrs.org

YouTube: [LA County YBN Tutorial](#)

SOCIAL SECURITY ADMINISTRATION

The Social Security Administration manages two programs that provide benefits based on disability or blindness:

Social Security Disability Insurance (SSDI)

Pays benefits to you and certain family members if you worked long enough and paid Social Security taxes. (Your adult child also may qualify for benefits on your earnings record if he or she has a disability that started before the age of 22.)

Supplemental Security Income (SSI)

Makes monthly payments to people with low income and limited resources who are 65 or older, or blind, or disabled. Your child, if younger than age 18, can qualify if they have a medical condition or combination of conditions that meets Social Security's definition of disability for children, and if his or her income and resources fall within the eligibility limits.

You can apply for SSDI benefits or SSI payments over the phone, online or by visiting your local Social Security office.

Local Social Security Offices		Office Hours
1122 W. Washington Blvd. Suite #201 Los Angeles, CA 90015	11500 W. Olympic Blvd. Suite #300 Los Angeles, Ca 90064	Monday 9:00 AM - 4:00 PM Tuesday 9:00 AM - 4:00 PM Wednesday 9:00 AM - 12:00 PM Thursday 9:00 AM - 4:00 PM Friday 9:00 AM - 4:00 PM Saturday Closed Sunday Closed
4000 Wilshire Blvd. Los Angeles, CA 90010	3840 Crenshaw Blvd. Los Angeles, Ca 90008	
1122 Vine St, Los Angeles, CA 90038	12429 S. Avalon Blvd. Los Angeles, Ca 90061	
230 E. Spruce Avenue Inglewood, Ca 90301	20000 Mariner Ave Suite #150 Torrance, CA 90503	
Website: www.socialsecurity.gov/disability		Phone: (800) 772-1213

TRANSPORTATION

Access Los Angeles

Eligibility for Access is based on the person with a disability's ability to use accessible buses and trains in Los Angeles County, not solely based on the disability, age, or medical diagnosis. For more information on these programs, eligibility requirements or to request an application, visit accessla.org or call Access' Customer Service at (800) 827-0829 or TDD at (800) 827-1359.

Access Services: Offers curb-to curb shared ride service from 4am to 12am, daily.

One-Way Fare: **\$2.75** for up to 19.9 miles; **\$3.50** for 20 or more miles; **\$2.00** for trips in Santa Clarita or Antelope Valley. Coupon books are available. Call (800) 883-1295 to make a reservation.

Access to Work (ATW): A pilot program where Access customers can use Access to travel to and from employment or job training. The trips are scheduled to ensure customer gets to work on time. ATW trips have a special one-way fare of **\$2.00**, regardless of distance.

Free Fare Program: As an Access rider, you can ride the following systems for **FREE**: Antelope Valley Transit, Beach Cities Transit, Carson Transit, Culver CityBus, DowneyLINK, El Monte Trolley Company, Foothill Transit, Gardena Municipal Bus Line, Glendale Beeline, Huntington Park COMBI, LADOT DASH & Commuter Express, Long Beach Transit, Montebello Bus Lines, Monterey Park Spirit Bus, Metro Bus and Rail, Metrolink, Norwalk Transit, Palos Verdes Peninsula Transit Authority, Pasadena Transit, Santa Monica's Big Blue Bus, Santa Clarita Transit, Torrance Transit, West Hollywood Transit.

City of Beverly Hills

For additional information visit www.beverlyhills.org

Dial-A-Ride: Shuttle provides **FREE** curb to curb services within the City of Beverly Hills M-F 9:00 am to 4:00 pm for Beverly Hills residents, age 62 or older or individuals with a disability. Please call (310) 275-2791 for more information.

On-Demand Transportation Program: For Beverly Hills residents age 62 or older, and disabled residents with certain medical conditions. Participants may purchase \$24 of fare credits for only **\$6.00**. Participants may travel to and from locations that are within 10 miles of the borders of the City of Beverly Hills. Register at www.beverlyhills.org/SeniorOnDemand or call (310) 981-9318.

Supermarket Shuttle: **FREE** service for Beverly Hills seniors age 62 and older and disabled residents of any age. Operates on Tuesdays, Wednesdays and Fridays from 9:00 AM to 2:00 PM. Serve three markets. Reserve your seat at (310) 275-2791.

Taxi Coupon Program: Allows eligible residents to purchase one (1) **\$6** taxi coupon book per month, valued at \$24. No more than \$12 in taxi coupons may be redeemed per ride. For more information or to register, call (310) 981-9318.

City of Culver City

For more information, fare type and fees or eligibility requirements visit www.culvercity.org

Culver CityBus: Serve the Westside communities of Blair Hills, Century City, Culver City, Mar Vista, Marina del Rey, Palms, Playa Vista, Venice Beach, West Los Angeles, Westchester, and Westwood. For information or assistance, call (310) 253-6500 or email citybus@culvercity.org.

Dial-A-Ride: Shared curb-to-curb transportation service for Culver City residents unable to use fixed-route public transportation services, due to a physician-certified disability. Service runs weekdays, between 8:30 AM and 4:15 PM. Reservations must be made at least one (1) day in advance. Dial-A-Ride is **FREE**, but there is a suggested donation of \$0.50 cents per ride. Call (310) 253-6729 for more information.

Taxi Coupon Program: Allows approved Dial-A-Ride participants to purchase up to \$70-worth of taxi coupons monthly, for just **\$14**. Service is available during the business hours of each participating taxicab company. Call (310) 253-6580.

City of El Segundo

For more information visit elsegundo.org

Dial-A-Ride: Courteous drivers will pick you up at home and transport you to any location in El Segundo. Schedule a ride by contacting Dispatch at (310) 524-2704. Service is available Monday-Friday, 8:30AM-3:00PM.

Doctor Dial-A-Ride: A shuttle service available to all residents of El Segundo that need transportation to and from their various doctor's appointments. Cost is **\$5.00** roundtrip with a valid Rec ID. For more information or to make an appointment, call Joslyn Center staff at (310) 524-2704. Available Thursdays, 8:00AM-4:00PM.

Lunchtime Shuttle: Available Monday - Friday, 11:15am - 2:00pm. Operates on a continuous loop every 15 minutes to 17 corporate and downtown locations. For more information on this **FREE** service, call (310) 524-2704.

City of Gardena

For information on fare costs, eligibility, etc. visit ridegrans.com or call (310) 965-8888.

BMHS School Tripper: A Line 3 bus that can take students all the way to Bishop Montgomery High School in the morning, and offers them a return trip from the school in the afternoon. This service only runs on weekdays when school is in session.

Gardena Special Transit: Offers special curb-to-curb transportation, using a fleet of 100% wheelchair-accessible vans, for elderly and disabled residents of Gardena, Hawthorne, Alondra Park and Del Aire. One-Way Fare Prices: regular (**\$0.75**), legally blind (**FREE**), ID card holders (**\$0.50**). Gardena residents can apply for a Gardena Special Transit ID at the Gardena Senior Citizens Bureau. Call the office at (310) 217-9552. For dispatch service, call (310) 965-8848.

GTrans Bus: Provides public transportation services in the South Bay – including the cities of Gardena, Hawthorne, Compton, Carson, Harbor City, Lawndale and Los Angeles. These services conveniently transport citizens around the area along

established bus routes, from neighborhoods and shopping malls to schools and business centers, seven days a week. Fares: Regular (**\$1**), Senior/Disabled (**\$0.35**), Student K-12 (**\$0.70**), Children under 5 (**FREE**).

City of Hawthorne

For information on fare costs, eligibility, etc. visit www.cityofhawthorne.org/senior-activities or ridegtrans.com.

Dial-A-Ride: for residents 60 years of age or disabled. Tokens may be purchased at the Memorial Center after you have registered in the Senior Center and received your ID Card! Call (310) 965-8848 for reservation pick-up at least 24 hours in advance.

Special Transit: Offers special curb-to-curb transportation, using a fleet of 100% wheelchair-accessible vans, for elderly and disabled residents of Gardena, Hawthorne, Alondra Park and Del Aire. One-Way Fare Prices: regular (**\$0.75**), legally blind (**FREE**), ID card holders (**\$0.75**). Residents can apply by visiting the Hawthorne Memorial Center or calling (310) 349-1640. For dispatch service, call (310) 965-8848.

City of Inglewood

The Inglewood Senior Center offers several transportation opportunities to residents of Inglewood, Lennox and Hawthorne. For more information visit www.cityofinglewood.org or call (310) 412-4378 to make an appointment.

Fame: A transportation taxi program for immediate use only for those clients without any other transportation alternatives. Fame coupons are available for eligible participants at the Inglewood Senior Center from the "Transportation Assessor."

MTA Bus Pass: Discount bus passes are available for **\$10** per month for Inglewood Seniors (62+) and the disabled. Each Bus Pass enables you to ride free anywhere the M.T.A. buses travel in Los Angeles County during that month.

Taxi Coupon Vouchers: In order to qualify for Taxi Coupon Books, a client must either be 60 years or older with demonstrated need or 18 years or older with proof of disability. The dollar amount of taxi coupons used on a one-way trip should not exceed \$15. Contact the Inglewood Senior Center for more information at (310) 412-5338.

City of Lawndale

For more information visit www.lawndalecity.org.

Beach Cities Transit: For eligible Lawndale residents. Service area includes Redondo Beach, Hermosa Beach, Manhattan Beach, El Segundo and LAX. Monthly passes: General (**\$20**), Student K-12 (**\$8**), Senior/Disabled (**\$5**). Download an application at www.beachcitiestransit.org or request one at bct@redondo.org or call (310) 937-6660.

Lawndale Beat: Fixed-route bus routes serving key destinations in Lawndale. Seniors (62+), persons with disabilities, and children under 6 ride **FREE**. All others: one-way (**\$0.75**), Monthly Pass (**\$12**). Operates Monday-Sunday. For trip planning assistance, call (562) 259-9911.

Special Transit Bus: For Lawndale senior residents (60+) who need transportation for medical and dental appointments, shopping, banking, etc. 48 hours notice required in advance. Call (310) 973-3287.

City of Los Angeles

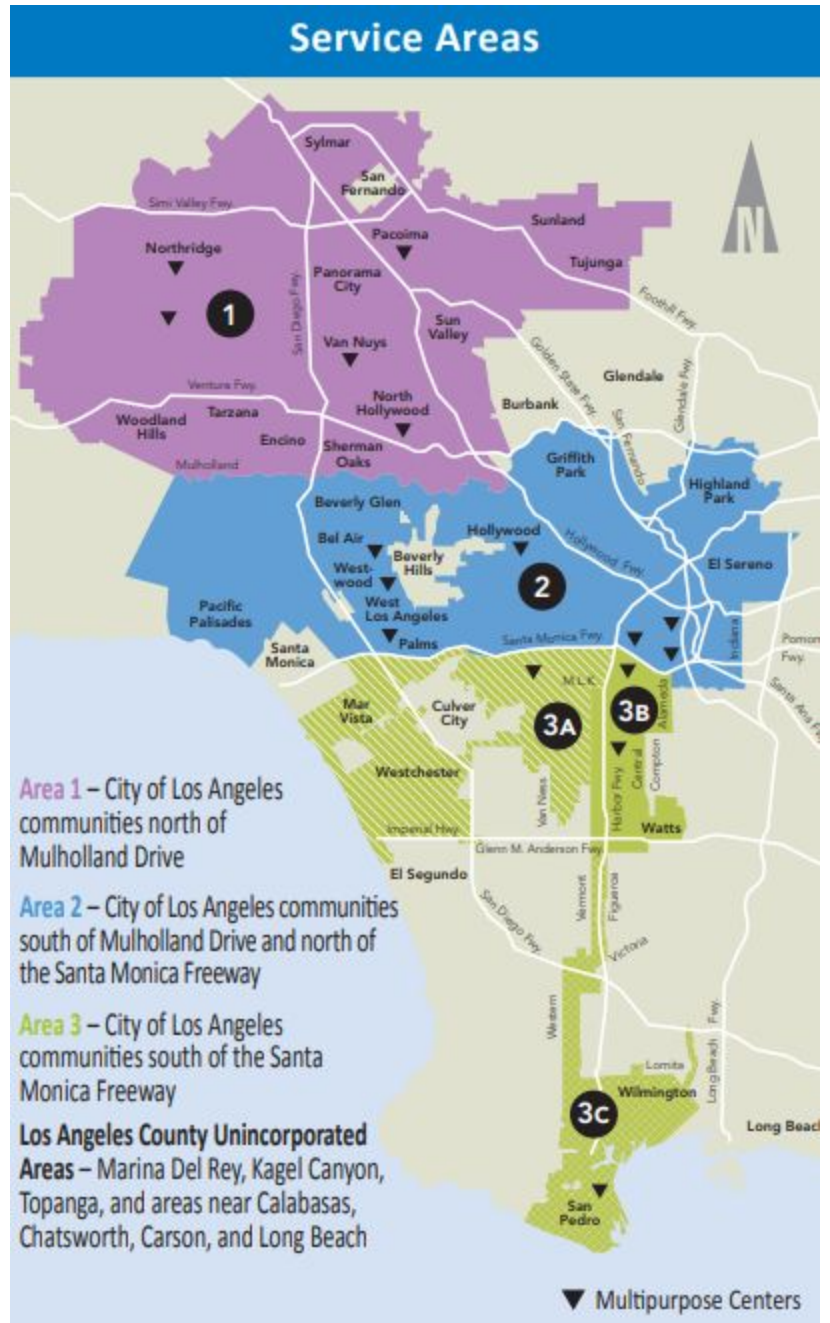
Cityride is a transportation assistance program for individuals age 65 or older and qualified persons with disabilities residing in the City of Los Angeles and select areas of Los Angeles County. Registered members are eligible to purchase fare value, which can be used to pay for trips on Cityride services. For more information, or to apply for the Cityride Program, please visit:

www.ladottransit.com/other/cityride or download the program guide in [English](#) or [Spanish](#).

DASH Bus: As a participant in the Cityride Program all rides on DASH buses are **FREE**. You will need to show the driver a government-issued photo identification and your Cityride Card.

Dial-A-Ride: Provides curb-to-curb, shared rides in lift-equipped vehicles on weekdays, between 6:30am and 4:30pm. One-way trip (1-10mi.) for one person is **\$4** and a one-way, group trip is **\$2**.

Taxicab Service: Cityride participants can book reduced cost, on-demand taxicab service, 24 hours a day, seven days a week. **\$4 to \$20** in fare value per trip. For a list of taxi operators, visit www.taxicabsla.org



City of Malibu

For more information visit www.malibucity.org

Dial-A-Ride: Provides a valuable, low-cost transit service to help Malibu residents age 60 and older get to and from doctor appointments, grocery stores, the Senior Center, and certain healthcare destinations outside the City. The fare is only **\$1 or \$2** for trips inside the City, or **\$4** for trips outside the City. Reservations can be made for trips by calling Ventura Transit Systems at (424) 346-8444. Hours: Monday- Wednesday, 8:00 AM to 5:30 PM; Thursday-Friday, 8:00 AM to 4:00 PM. [Click here](#) to download an application.

City of Marina del Rey

For more information, visit beaches.lacounty.gov or call (424) 526-7900.

Beach Shuttle: **FREE** year-round service to major points of interest such as Playa Vista, Fisherman's Village, Mother's Beach, and Venice Beach Pier. You can also take the shuttle to participate in free special events.

The Free Ride: **FREE** on-demand transportation within the Marina. Available daily, noon-9:00pm. The service area covers the Marina's six hotels and many restaurants, as well as Fisherman's Village, Burton Chace Park, the Waterside shopping center, and Marina Beach. Select shuttles also travel to the Venice Pier and Abbot Kinney Boulevard. Wave down a Free Ride car and hop in, or TEXT (323) 435-5000 with your pick-up location, destination and passenger count. For more information, view visitmarinadelrey.com

City of Redondo Beach

For eligibility requirements, cost of monthly or one-way fares, and other information visit www.redondo.org or call (310) 937-6660.

Beach Cities Transit: For eligible Redondo Beach residents. Service area includes Redondo Beach, Hermosa Beach, Manhattan Beach, El Segundo and LAX. Monthly passes: General (**\$40**), Student K-12 (**\$8**), Senior/Disabled (**\$5**). Download an application at www.beachcitiestransit.org or request one at bct@redondo.org or call (310) 937-6660.

WAVE Dial-A-Ride: For eligible Redondo Beach and Hermosa Beach residents. Service area includes Redondo Beach, Hermosa Beach, or at one of the satellite locations. A curb-to-curb shared-ride transportation for senior (62+) and disabled riders. One-way fares vary by group size. Download an application at www.redondo.org, call (310) 937-6660 or visit the Redondo Beach City Hall.

City of Santa Monica

For fare information and eligibility requirements, visit www.bigbluebus.com.

Big Blue Bus (BBB): Provides local and bus rapid transit service in Santa Monica and adjacent neighborhoods of Los Angeles (including LAX). Senior, Disabled, Medicare rates are applicable for riders who are 62 or older, or riding with a valid ID. College Students may be eligible for reduced rates. Children 4 & under ride for **FREE**.

Blue at Night: A late night, shared, on-demand ride service to/from all three (3) Santa Monica Expo stations (26th Street/Bergamot, 17th Street/SMC, Downtown Santa Monica) for just **\$3** (one-way) every Friday and Saturday, from 8pm to 3am. You can take up to twenty (20) eligible Blue at Night trips on Lyft per month.

Mobility On Demand Every Day (MODE): For Santa Monica senior residents (age 60+) or disabled residents (age 18+). Provides curb-to-curb, on-demand transportation for any purpose, such as: health care, education, for fun, and shopping. MODE also offers transportation for members needing wheelchair and door-through-door assistance with a specially marked wheelchair van. A one-way fare is: **\$0.50** for clients; **\$0.25** for Personal Care Attendants and companions. Available Monday-Sunday. Call WISE & Healthy Aging at (310) 394-9871 or visit bigbluebus.com/mode for more information.

Santa Monica College: SMC college students ride BBB for **FREE** with a valid student I.D. card and Associated Students (AS) sticker.

Commuter Express

Commuter Express makes a limited number of stops, making the travel times as short as possible. Prices range from **\$57-\$140** for a Commuter Express 31-Day Pass.

Website: www.ladottransit.com

Complete Access

An organization that adapts vans and equipment for the disabled and has adapted rental equipment available. They also provide remodeling services to make homes more accessible. Complete Access accepts various private insurance and is awaiting Medicare approval.

Website: complete-access.com

Phone: (310) 474-8800

Department of Motor Vehicles - Permit and Driver's License

Adolescent can take their written permit test once they are 15½ - 17½. The DMV offers the test in various languages, large print, audio version, video version (American Sign Language) and person-to-person (examiner asks the questions). Contact the DMV specialist to request accommodations ahead of time at (800) 777-0133. Once your adolescent has passed a written driving test, holds a provisional instruction permit, and has or will have access to an insured vehicle, WRC may assist with funding for the cost of driver education classes **AFTER** the first 25 hours. Speak to your Service Coordinator for more information.

Website: www.dmv.ca.gov/portal/dmv/detail/dl/disabled_info

Disabled Person (DP) Parking Placards and License Plates

An adult or a minor child may qualify for a Disabled Person placard or Disabled Person license plates if they have an impaired mobility due to having lost the use of one or more lower extremities, or both hands, or have a diagnosed disease that substantially impairs or interferes with mobility, or one who is severely disabled to be unable to move without the aid of an assistive device. They may also qualify if they have specific, documented visual problems, including lower-vision or partial-sightedness. Download the form at dmv.ca.gov or call 1-800-777-0133 to have the form mailed to you. Complete the form and mail it to the address on the form or drop it off at your local DMV office.

GoGoGrandparent

Use Lyft or Uber without a smartphone! Simply register for GoGo online or via phone and you will be ready to schedule a ride. Drivers arrive within 15 minutes and can take you up to 100 miles in any direction. For more information and pricing, contact GoGo.

Website: gogograndparent.com

Phone: (855) 464-6872

HopSkipDrive

Get your kids from home to school or camp, or to extracurricular activities any day of the week. Schedule one-time rides up to 8 hours in advance or by 7pm for morning rides, and make last minute changes without worry. For regular activities like after school practice or classes, schedule a recurring ride with ease.

Website: www.hopskipdrive.com

Phone: (844) 467-7547

Link Lennox

The Link-Lennox shuttles serve the Metro Rail Green Line Hawthorne Boulevard station, other key destinations include Centinela Hospital, County offices, parks, public schools, libraries, shopping centers and other heavy traveled destinations. General fare is **25 cents** per trip. Senior citizens (60 and older), persons with disabilities, and children five years old and younger ride for **FREE**.

Website: dpw.lacounty.gov/transit/TheLinkLennox

Phone: (626) 458-5914

Local Transit Services Directory (RIDEINFO)

A referral service that matches an individual's transportation needs with available accessible transportation. Available Monday-Friday, 8:00AM - 5:00PM.

Website: accessla.org/other_mobility_resources/ride_info

Phone: (800) 431-7881

Los Angeles County Transit Pass Subsidy Program

The County contracts with Metro to sell monthly passes at reduced rates to senior citizens, persons with disabilities, and students (Kindergarten through the 12th grade and College/Vocational students) who live in the unincorporated areas of the County.

Discounted Metro General monthly passes and EZ transit passes are also available to unincorporated County residents who reside in the First, Second, Fourth, and Fifth Supervisorial Districts. Visit LAGoBus.info or call (626) 458-5960 for more information or to view a list of LA County areas that qualify for this program.

Regular	Senior/Disabled	College/ Vocational	Student K-12
\$86*	\$14*	\$32*	\$16*

Based on Metro 30-Day Pass. Prices may change.

Low-Income Fare is Easy (LIFE) Program

Adult riders, Senior/Disabled, K-12 grade students and full time College/Vocational students save on Metro 7-Day, 30-Day or toward fare on participating transit operators with **LIFE** benefits. The following transit operators accept **LIFE** toward fare on their respective systems: Antelope Valley Transit Authority (AVTA); Culver City Bus; Foothill Transit; Gtrans; LA Metro; LADOT Transit; Long Beach Transit; Montebello Bus Lines; Norwalk Transit; Santa Clarita Transit; Santa Monica Big Blue Bus; Torrance Transit.

Call today at (213) 922-2378 or visit the website below to connect with your local agency and begin the application process in-person!

Regular	Senior/Disabled	College/ Vocational	Student K-12
\$76*	\$12*	\$30*	\$14*

Based on Metro 30-Day Pass. Prices may change.

Website: www.metro.net/projects/life

Email: LIFEinfo@metro.net

Lyft

The Lyft app makes it easier for riders with disabilities to get from A to B at the push of a button. With the Lyft app, riders no longer have to prearrange rides through a dispatcher or other, less convenient, ways. Riding with Lyft costs less than a taxi and drivers are always nearby, so you can get picked up, on demand, in minutes.

Website: www.lyft.com/rider

Available on your smartphones App store.

Metropolitan Transportation Authority (MTA)

Metro's Reduced Fare Programs enable eligible applicants to obtain special TAP cards and purchase reduced-rate monthly passes to qualified Senior citizens, Disabled/Medicare, College/Vocational or Students (K-8 and 9-12). Apply in person at your local transit agency or apply online for a Reduced Fare TAP card!

Regular	Senior/Disabled	College/ Vocational	Student K-12
\$100*	\$20*	\$43*	\$24*

Based on Metro 30-Day Pass. Prices may change.

Website: www.metro.net

Metro Reduced Fare Office: (213) 680-0054

Email: reducedfare@metro.net

TAP Customer Service: (866) 827-8646

New Freedom Door Assistance Transportation Program

A same-day service that allows older adults (over the age of 60) and/or disabled adults, to get where they need to go. Those who use this service can travel anywhere within Los Angeles County for reasons such as medical appointments, grocery shopping, social and recreational events, employment opportunities, education, and more **at no cost**. Services are available 7 days per week. Special accommodations, such as wheelchair accessible vans and ramps are available. Applications to this program can be requested by emailing, calling or completing an online application.

Website: newfreedom.lacounty.gov

Phone: (888) 863-7411

On the Move Riders Club

Metro's older adult outreach program. The program provides educational workshops, events, tours, and travel training geared towards older adults, all with the goal of empowering individuals with the knowledge and practice needed to safely and independently access the bus and rail system in LA County. For more information or to get connected with an On the Move Riders Program in your city, please see below.

Website: www.metro.net/onthemove
Email: onthemove@metro.net

Phone: (213) 922-2299

Replace Your Ride

Qualified program applicants could receive up to \$9,500 to replace their own older, high-polluting vehicle with a newer vehicle, upgrade to a hybrid or electric vehicle or get vouchers for car-sharing or public transit passes. This program is available to vehicle owners residing within the South Coast AQMD Jurisdiction who meet the income and vehicle requirements. For more information, visit the website.

Website: www.replaceyourride.com

Phone: (844) 797-2223

RideWith24

A service that connects riders with on-demand rides without the use of a smartphone or app. You can make a simple phone call to request a ride and a ride will be provided to you in less than 10-15 minutes. Riders can request a ride anytime, 24 hours a day, 7 days a week. Rides can also be scheduled in advance. For more information, visit the website or call.

Website: ridewith24.com

Phone: (833) 743-3924

Uber

The Uber app makes it easier for riders with disabilities to travel. With the Uber app, riders no longer have to prearrange rides through a dispatcher or other, less convenient, ways. For more information and prices, visit www.uber.com/ride.

Assist	WAV	Español	UberX
Elderly/ Disabled	Wheelchair-accessible	Spanish-speaking	All to yourself
1-4 people	1-4 people	1-4 people	1-4 people
Uber XL	Comfort	Pool	Additional ride options are available on your Uber app or on the website.
For large groups	Extra leg room	<i>Shared ride</i>	
1-6 people	1-4 people	1-2 people	

Available on your smartphone's App store.

Uber Ride Pass

A Ride Pass monthly subscription provides price protection for consistently lower prices on every eligible route and every UberX and Express Pool rides (no matter the traffic, weather, or time of day) in the Los Angeles metro area. You can purchase a Ride Pass for just **\$24.99*** a month through the Uber App or online.

Website: www.uber.com/us/en/ride/how-it-works/uber-pass

Universal College Student Transit Pass (U-Pass) Program:

This reduced-fare transit pass offers students enrolled in a credit or non-credit class at any U-Pass participating school unlimited rides on Metro's rail/bus lines and other transit agencies (Big Blue Bus, Culver City, Torrance Transit, DASH and Norwalk). To sign up, check the list of participating colleges. If your school is listed, sign up online through your college website or in person at your college campus. Pricing varies depending on your college. Payment to participate is paid directly to your college instead of Big Blue Bus.

Website: www.metro.net/riding/colleges/u-pass-program