

JOURNEY

OF FAITH



Community Care Assistance
Resource List

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EMERGENCY HOTLINES

EMERGENCY RESOURCES

CHILD ABUSE HOTLINE

800.854.4000

Dept. of Children and Family Services
(DCFS) Hotline to report child abuse or
obtain references and/or consultation.

CRISIS CHATLINE

crisischat.org

An online chat service that provides
emotional support and crisis intervention.

DOMESTIC ABUSE HOTLINE

800.978.3600

Referrals to services in the area.

HUMAN TRAFFICKING HOTLINE

888.373.7888

Connect victims and survivors of sex and
labor trafficking with services and support.
Call with tips about potential situations to
report to authorities. English and Spanish.

NATIONAL COUNCIL ON ALCOHOL AND DRUG DEPENDENCE (NCADD)

310.3281460

For male perpetrators of domestic violence;
treatment and support groups for fathers.

NATIONAL SUICIDE PREVENTION LIFELINE

800.273.8255 | suicidepreventionlifeline.org

24-hour suicide prevention hotline available
to anyone feeling hopeless or in despair.

RAPE, ABUSE, & INCEST NATIONAL NETWORK (RAINN)

800.656.HOPE (4673) | onlinerainn.org

The nation's largest anti-sexual violence
organization.

RAINBOW SERVICES HOTLINE AND OUTREACH

310.547.9343

24-hour domestic violence services;
emergency shelter.

RUNAWAY HOTLINE

800.RUNAWAY

Confidential services if thinking about
running away or already have; support for
families.

TEEN LINE

teenlineonline.org

Support for distressed youths in the form of
texting, email, and message boards.

THE TREVOR PROJECT

thetrevorproject.org

Crisis and suicide intervention for LGBTQ
Youth.

211 LA

2.1.1 | 211la.org

Guide to services, resources, and information
for all types of health, human and social
needs in Los Angeles County



CARE RESOURCES

ADOPTION & PREGNANCY SUPPORT

GOD'S COVENANT HOUSE FOR YOUNG WOMEN

800.388.3888 | www.covenanthouse.org
Assistance for young pregnant women age.

PARENT EDUCATION NETWORK

310.376.6211
Referrals to South Bay parent education classes and groups.

SOUTH BAY FAMILY HEALTH CARE

310.802.6170
Prenatal care and family planning.

TORRANCE PREGNANCY HELP CENTER

310.787.4357
For women and men: accurate and up-to-date information to make informed decisions about pregnancy and sexual health.

RENT PAYMENT ASSISTANCE

CATHOLIC CHARITIES

310.672.2208 | Catholiccharitiesla.org
10217 S. Inglewood Ave. Inglewood, CA. 90304
Serves low-income families and individuals with basic needs: food, clothing, utility bills, and transportation.

HOUSING & URBAN DEVELOPMENT (HUD)

Needhelppayingbills.com
California state programs providing assistance and financial aid to low-income households including rent.

BILL PAYMENT ASSISTANCE

CA ALTERNATE RATES FOR ENERGY (CARE)

626.291.2200 | apacenter.com
Offers discount to monthly electric and gas bills for eligible households; also offers various immigration services.

LOW-INCOME HOUSING ENERGY ASSISTANCE PROGRAM (LIHEAP)

866.675.6623 | csd.ca.gov
Assists low-income households with emergency energy needs such as bills, disconnect notices, and other services.

CONSUMER ENERGY CENTER

800.555.7794 | Energy.ca.gov
Offers low-income assistance through the state of California

THE SALVATION ARMY – SOUTH BAY COMMUNITIES

310.370.4515 | Salvationarmyusa.org
Offers food and utility bill assistance to qualified low-income families.



AFFORDABLE & EMERGENCY HOUSING

1736 FAMILY CRISIS CENTER

310.370.3620 | 310.370.5902 | 1736fcc.org
Shelter and outpatient services for domestic violence survivors, runaway and homeless youth, low-income people, and people in crisis.

211 LA

2.1.1 | 211la.org

Guide to services, resources, and information for all types of health, human and social needs in Los Angeles County

AFFORDABLE HOUSING LA COUNTY

877.428.8844 | housing.lacounty.gov
Assists with affordable housing, unique needs, and emergency housing listed by community.

BEACON LIGHT MISSION MEN'S SHELTER

310.830.7063 |
525 Broad Ave, Wilmington, CA 90744
Safe and nurturing environment; food, clothing, temporary shelter and spiritual encouragement.

BELL SHELTER, SALVATION ARMY

323.263.1206 |
5600 Rickenbacker Rd, Bell, CA 90201
Emergency shelter, food and nutrition programs, men's and women's ministries, transitional housing.

LA COUNTY SHELTERS

Lahsa.org/documents
Updated county-posted document list of local shelters, safe parking sites, and interim housing.

COMMUNITY'S CHILD

310.534.4040 | communityschild.org
25520 Woodward Ave | Lomita, CA
Outreach program committed to help women with infants experiencing homelessness in LA County; outreach team assigned to aid move into housing.

DOORS OF HOPE WOMEN'S SHELTER

310.518.3667 | 9116 S Western Ave, Los Angeles, CA 90047
Safe and nurturing environment; food, clothing, temporary shelter, and spiritual encouragement.

EMERGENCY SHELTER HOTLINE

800.548.6047
Available on first-come basis to single adults. Free transportation to and from the shelters.

HARBOR INTERFAITH SERVICES

310.831.9123 | 670 W 9th St, San Pedro, CA 90731
Shelter and services for homeless families, individuals & youth; childcare. HOUSE OF BLESSING 323.304.3818 Home for women: spiritual renewal, rest, develop work ethic, how to maintain housing.

HOUSE OF BLESSING

323.41.0660 | 2641 Raymond Ave, Los Angeles, CA 90007
Home for women: spiritual renewal, rest, develop work ethic, and how to maintain housing.

HOUSE OF YAHWEH

310.675.6412 | 4046 Marine Avenue
Lawndale, CA 90260
Social services, food and shelter programs.



LONG BEACH RESCUE MISSION

562.591.1292 | 1430 Pacific Ave, Long Beach, CA 90813

Meals, emergency shelter, social services, housing programs, case management. Separate men's and women's shelter.

FINANCIAL GUIDANCE**SEED TIME: CHRISTIAN PERSONAL FINANCE** seedtime.com Offers

newsletters, saving tips, courses, and other resources about budgeting and personal finances.

FOOD ASSISTANCE**1ST LUTHERAN CHURCH OF TORRANCE**

310.320.3818 1725 Flower Ave | Torrance, CA 90503

Serving hot meals on Monday nights.

CATHOLIC CHARITIES LOS ANGELES

213.251.3400 | catholiccharitiesla.org
Serves low-income families and individuals with basic needs: food, clothing, utility payments, transportation, rental assistance.

COMMUNITY'S CHILD FOOD BANK

310.538.6831 Held every Tuesday or Friday between 10 am and 3 pm

EVERYTABLE

323.458.6487 | everytable.com
Offering meals to all. Delivered food distribution for seniors. Food available for students.

FIRST BAPTIST CHURCH OF LONG BEACH

1000 Pine Ave., Long Beach, CA 90813
Free food pantry Monday's from 9:30am – 11am

US VETS

562.388.8012

Family services, housing, support for veterans

RON BLUE & CO. FINANCIAL

PLANNING 800.987.2987 | ronblue.com

Offers resources for financial planning including retirement, taxes, estates and trusts

FOOD PANTRY LOCATOR

Lafoodbank.org

For a list of all local food pantries, along with times and contact information.

PROJECT NEEDS—ST. PAUL'S UNITED METHODIST

310.370.4319 | spumc2600@gmail.com
2600 Nelson Ave | Redondo Beach, CA 90278

A home-cooked meal served every Tuesday from 6-7pm. Food pantry and clothing distribution, 1st and 3rd Thursday monthly.

SHARED BREAD

310.328.3242 1st United Methodist Church
243 S Broadway | Redondo Beach, CA 90277
Sharing hope with God's people in need of food and friendship, Wednesdays from 6-7pm.

ST. MARGARET'S CNETER, CATHOLIC CHARITIES

310-672-2208 |
sites.google.com/site/smcxmas
10217 S. Inglewood Ave., Inglewood, CA 90304

Free groceries, showers, medical, counseling, and utility bill assistance



HOUSE OF YAHWEH

310.675.1384 | hoy-southbay.org 4046
Marine Ave | Lawndale, CA 90260
Provide food, clothing, shelter, and other
supportive services.

**RIVIERA UNITED METHODIST
CHURCH (REDONDO)**

310.378.9273 | office@rivieraUMC.com
375 Palos Verdes Blvd
Redondo Beach Home-cooked meal for low-
income and homeless on the fifth Saturday
of months containing five Saturdays. Brown
bag sandwich meals, socks and toiletries
available to take after. Entertainment is
provided.

EMPLOYMENT AID**CA EMPLOYMENT DEVELOPMENT
DEPARTMENT**

www.edd.ca.gov/unemployment
Unemployment Insurance (UI) program
pays benefits to workers who have lost their
job and meet the program's eligibility
requirements.

**DEPARTMENT OF SOCIAL
SERVICES, WELFARE OFFICE**

866.613.3777 | dpss.lacounty.gov
Partners with Cal Works and Affordable
Acts of Care

MENTAL HEALTH RESOURCES**MENTAL HEALTH SERVICES****UNION RESCUE MISSION**

213.347.6300 | urm.org/services 545 S San
Pedro St. | Los Angeles, CA 90013 Provides
assistance and linkage to mental health
clinics, referrals, and resources for LA
County residents.

**SOUTH BAY CENTER FOR
COUNSELING - THRIVE LA**

310.414.2090 | info@baycenter.com 540 N
Marine Ave | Wilmington, CA 90744
Affordable supports for individual, family &
group counseling.

**LA DEPARTMENT OF MENTAL
HEALTH ACCESS CENTER**

800.854.7771 Ex. 1
Entry point for mental health services in LA
county: deployment of crisis evaluation
teams, info and referrals, inpatient
psychiatric beds.

EXODUS RECOVERY INC.

Crisis Line 800.286.1182 | 310.792.5454 |
exodusrecovery.com 923 S Catalina Ave |
Redondo Beach, CA 90277 Psychiatric and
chemical dependency treatment services;
brings self-sufficiency and recovery to all
participants



JOURNEYS COUNSELING

714.957.1973 |

journeycounseling.com/locations

Trusted and local Christian therapist team in the south bay

MANHATTAN BEACH COMMUNITY COUNSELING

310.683.3243 | mbcounseling.org

303 S Peck Ave Manhattan Beach, CA

90266 Low-fee services for people seeking help with life's challenges.

DISABILITIES AND SPEICAL NEEDS

CALIFORNIA DEPARTMENT OF EDUCATION

916.327.4014 | cde.ca.gov/schooldirectory

Offers services and resources for children with special needs.

REGIONAL CENTER

213.383.1300 | regionalcenter.org

Provides services and support for individuals with developmental disabilities.

DISABILITY COMMUNITY RESOURCE CENTER (BARTLETT)

310.390.3611 | dcrc.co | 1318 Cravens Ave. Torrance, CA 90501

Supports people with disabilities and seniors to achieve and maintain self-directed, community based independent lives.

SOBER LIVING

BEHAVIORAL HEALTH SERVICES

310.679.9126 | www.bhs-inc.org |

15519 Crenshaw Blvd Gardena, CA. 90249

Substance abuse treatment: residential, detox, outpatient.

SALVATION ARMY ADULT REHAB CENTER

Santa Monica 310.450.7235 | Canoga Park

818.883.6321 | Pasadena 626.795.8075

Adult rehab center, alcohol and drug treatment.

CHILD AND FAMILY SERVICES

BOYS AND GIRLS CLUB OF LA

HARBOR 310.833.1322 | bgclaharbor.org

1200 S Cabrillo Ave | San Pedro, CA 90731

Offers programs for children 6-18 years, such as tutoring, homework assistance, organized team sports, and after-school bus pick up.

CA HEALTH & HUMAN SERVICES

AGENCY losangeles.networkofcare.org/mh

Offers health care, mental health, public health, alcohol and drug treatment, income assistance, social services and assistance to people with disabilities.

FIRST 5 CALIFORNIA 916.263.1050 |

first5california.com Offers resources for children's health and education.



NATIONAL ALLIANCE ON MENTAL HEALTH (SOUTH BAY) 310.533.0705 | namisouthbay.com Self-help support and advocacy organization dedicated to improving the lives of families who have relatives with a brain disorder (mental illness). English, Spanish, and Japanese.

SAFE FAMILIES 800.550.CHILD x 1234 safe-families.org Offers support to children and families during difficult life transitions.

SENIOR CITIZEN ASSISTANCE

A CARING HEART FOR SENIORS
714.300.3985 | acaringheartforseniors.com
Resources for elder care including residential care homes, assisted living, and hospice.

A PLACE FOR MOM
877.311.6099 | aplaceformom.com To help families navigate the maze of senior housing options.

CURTIS TUCKER HEALTH CENTER
310.419.5325 | dhs.lacounty.gov/curtisrtucker
123 W Manchester Blvd | Inglewood, CA 90301 Offers patients low-cost adult primary care services.

CENTER FOR THE PARTIALLY SIGHTED 310.458.3501 Low-vision rehab for people of all ages.

H.E.L.P. – Helping Elders Live Productively
310-533-1996 | help4srs.org
1404 Cravens Ave., Torrance, CA 90501
Counseling, education, and referrals for all things pertaining to elder care

TOBERMAN NEIGHBORHOOD CENTER 310.832.1145 | toberman.org 131 N Grand Ave | San Pedro, CA 90731 Drug and gang prevention programs, summer camping, after-school programs, thrift shop, neighborhood and economic development, parenting, comprehensive emergency assistance, and more.

MEALS ON WHEELS FOR TORRANCE/ LOMITA
310-542-3434 | tlmow.org
Delivery service for low-cost nutritious meals, with the only criteria for the service being housebound and unable to cook for themselves.

PALOS VERDES PENINSULA VILLAGE
310-991-3324 | peninsulavillage.net 375 | Via Almar, Room D101 Palos Verdes Estates, CA 90274
Offers regular activities for seniors, with volunteers also helping with handyman assistance, technology, and transportation.

SOUTH BAY SENIOR SERVICES
310.325.2141 | 3246 Sepulveda Blvd. Suite 210 Torrance, CA. 90505 Information and referrals to community services.



SOUTH BAY SENIOR CENTERS THAT OFFER SOCIAL SERVICES AND ACTIVITIES:

Bartlett Senior Citizens Center:
310-320-5918
Carson Multipurpose Senior Center:
310-835-0212 x1479
El Segundo Joslyn Center:
310-524-2705
Hawthorne Senior Center:
310-349-1650
Herma Tillim Senior Citizens Center:
310-329-1889
Ken Nakaoka Multipurpose Senior Center:
310-217-9552
Lawndale Senior Center:
310-973-3270
Manhattan Beach Senior Services:
310-802-5447
North Redondo Senior Citizens – Perry
Park:
310-374-9421

Peninsula Seniors:
310-377-3003
PVE Cares:
310-378-4211
Recreation Center Senior Citizens:
310-618-6396
Redondo Beach Senior Citizens Club:
310-374-9168
Redondo Beach Senior Services:
310-318-0650
Retired & Senior Volunteer Program:
310-320-3322
South Bay Senior Services:
310-325-2141
Walteria Park Senior Citizens:
310-378-3862
Wilmington Multipurpose Senior Center:
310-518-4533

DOMESTIC VIOLENCE ASSISTANCE

RAINBOW SERVICES

310.547.9343 | rainbowservicesdv.org
Confidential shelters, housing, help, therapy
for women & children involved in domestic
violence – 24/7 assistance

1736 FAMILY CRISIS CENTER

310.379.3620 For victims of domestic
violence or human trafficking, homeless
youth, families & veterans, unemployed or
low-income adults & youth. 24/7 assistance

RICHSTONE FAMILY CENTER

310.970.1921 13634 Cordary Ave |
Hawthorne, CA 90250 Treating and
preventing child abuse; educating families;
and preventing violence in families, schools
and communities; home visitation;
counseling for children, adolescents & adult.

VALLEY OASIS SHELTER

661.945.6736
60 day emergency shelter for men, women
and children who are victims of domestic
violence – 24/7 assistance



GRIEF AND RECOVERY

CELEBRATE RECOVERY

grouplocator.crgroups.info | Offers faith-based grief and healing recovery classes, held in local churches

GRIEF SHARE | DIVORCE CARE | SINGLE & PARENTING

churchinitiative.org | Find local groups. Support groups for grief, divorce, or single and parenting. Journey of Faith offers DivorceCare and GriefShare twice yearly.

MISS FOUNDATION

888.455.6477 | missfoundation.org
Organization providing counseling, advocacy, research, and education services to families experiencing the death of a child.

THE GATHERING PLACE

310-543-3437 | providence.org 5315
Torrance Blvd | Torrance, CA 90503 Center for loss, support for those who have suffered the death of a loved one. Bereavement services for adults, teens & children.

THE WELLNESS COMMUNITY-SOUTH BAY CITIES

310-376-3550 | For people with cancer and their families.

MEDICAL CLINICS

BCHD BEACH CITIES HEALTH DISTRICT

310.374.3426 | bchd.org | 514 N Prospect Ave | Redondo Beach, CA 90277
Preventative health agency providing help for nutrition and exercise, social-emotional health, substance use, and cognitive health.

SOUTH BAY CHILDREN'S HEALTH CENTER 310.316.1212 | info@sbchc.com
410 Camino Real | Redondo Beach, CA 90277 Provides dental and mental health to meet the most pressing care needs of low-income children in the South Bay. Ages 6 months - 24 yrs.

HARBOR-UCLA MEDICAL CENTER

310.222.2345 | Emergency medical and psychiatric services.

SOUTH BAY FAMILY HEALTH CARE

310.802.6170 | Primary care, prenatal, pediatric medical care; general dental, HIV/STD testing.

VASEK POLAK HEALTH CLINIC

310.355.0100 | Primary care and low-cost dental care.



SUBSTANCE ABUSE RECOVERY PROGRAMS AND REHABILITATION CENTERS

ALCOHOLICS ANONYMOUS

310.618.1180 | aa.org Support line for people abusing alcohol.

CLEAR BEHAVIORAL HEALTH

866-708-1456 | Manhattan Beach & Redondo Beach

Addiction and mental health support including outpatient and inpatient treatment, group and individual therapy, and medical detox.

CENTERS FOR DISCOVERY

844-537-6450 | centerfordiscovery.com

Inpatient and outpatient treatment, support groups, and individual counseling, for eating disorders

FOUNDATIONS RECOVERY NETWORK

foundationsrecoverynetwork.com
Residential rehab programs.

NARCOTICS ANONYMOUS

310.372.9666 | addictioncenter.com 24-hour line for support and information for those struggling with drug abuse.

OUTPATIENT SUBSTANCE ABUSE TREATMENT

310-679-9126 | thebhs-inc.org | Gardena Outpatient Substance Abuse Treatment is offered at differing levels of intensity depending on the needs of the individual client.

START YOUR RECOVERY

startyourrecovery.org Database of rehabs (inpatient and outpatient) in every state. Use filters to find option specific to your needs.

THELMA MCMILLEN CENTER FOR CHEMICAL DEPENDENCY

310.784.4879 Drug outpatient treatment, groups, and testing for teens & adults.

