



Guide to Community Resources



Foster Youth Unit
Resource Guide

Foster Youth Unit

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How do I know if my student qualifies for Foster Youth Unit (FYU) Services?

If you answer “**YES**” to any of the following, you can be eligible for Foster Youth services.

- Does the student live with adults other than their parent (s)?
- Is the student a foster child?
- Does the student receive visits from a child protective services social worker?
- Does the student live in a group home?
- Does the student regularly attend court to discuss who they will live with?
- Does the student have an attorney or other court representative who helps determine who they will live with?

Resource Guide updated by:

Social Work Intern Department

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Note: The resources listed in this Resource Guide are not endorsed, recommended, supervised, approved or sponsored by LBUSD. For those referred to programs by the courts, probation and so forth, it is the responsibility of the reader to confirm with the referring agency that the organization chosen is and approved one. The District assumes no liability or responsibility for any loss or injury arising from participation in any program. It merely permits the dissemination of this information because of possible interest by students, families, faculty, and the community-at-large.

Alcohol, Drug and Tobacco Use

AL-ANON AND ALATEEN

www.alanonla.org

PH: (818) 760- 7122

Fax: (818) 760-7440

4936 Lankershim Blvd. North Hollywood, CA 91601

Call and/or visit website for information about the 12-step program, meetings, literature and more. Los Angeles office hours: Monday-Friday 9AM-5PM.

ALCOHOLICS ANONYMOUS

www.hacoaa.org

3450 E. Spring St. #109, Long Beach, CA 90806

English: (562) 989-7697

Spanish: (310) 516-8626

Call/visit the website for more information about the 12-step program, meetings and more.

ATOD-Alcohol, Tobacco and other Drugs Program

<https://web.csulb.edu/divisions/students/atod/about.htm>

California State University Long Beach

The mission of the Alcohol, Tobacco and Other Drugs (ATOD) Program is to educate students about the potential negative consequences of drug and alcohol use and/or abuse. Through innovative programming, peer education, campus outreach, and community collaborations, the ATOD Program serves to create a harm-free environment in which students can achieve their academic goals and acquire skills necessary for life-long success.

CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES

www.dhcs.ca.gov

Find out about the different programs and services offered through DHCS for individuals and stakeholders. Find out how a physician can enroll you in Medi-Cal, how to receive free health screenings, and family planning services.

- Visit the website for more information on all the program offered and to obtain direct contact information.

CALIFORNIA SMOKERS'/TOBACCO CHEWERS' HELPLINE

www.californiasmokershelpline.org

English..... (800) NO-BUTTS or (800) 662-8887

Spanish..... (800) 45-NO-FUME

Korean..... (800) 556-5564

Mandarin and Cantonese..... (800) 838-8917

Tobacco Chewers' Helpline..... (800) 844-CHEW

Vietnamese..... (800) 778-8440

Information/support to help quit smoking and using tobacco: Self-help materials, local referrals, phone counseling, and online support materials. Free Nicotine patches to qualify. Los Angeles County residents 18+. Call the hotline to enroll in the program. Hotline hours are 7AM-9PM., Monday-Friday and 9AM-5PM Saturday and Sunday. Fee: No Charge.

CAMBODIAN ASSOCIATION OF AMERICA

www.cambodianusa.com

Main Branch Office

2390 Pacific Ave., Long Beach, 90806

PH: (562) 988-1863

Parenting classes, domestic violence and outpatient substance abuse, counseling for adults. Spanish and Khmer spoken. Services also provided for family preservation, help with citizenship, and care giving classes.

Fee: No Charge

HRS: Monday-Friday 8:30AM-5:30PM

CENTER FOR DISCOVERY And ADOLESCENT CHANGE

www.centerfordiscovery.com

4281 Katella Ave. Suite 111, Los Alamitos, CA 90720

Phone: (800) 760-3934

Residential treatment of women with eating disorders, teens with eating disorders, teens with mental health disorders, and teens with substance abuse issues. Contact for more information.

CENTRO CHA, INC.

www.centrocha.org

1900 Atlantic Ave. 2nd Floor Long Beach, CA 90806 PH: (562) 570-4722 Outpatient substance abuse treatment, court-ordered drug-testing and more for ages 14-24. Application assistance for Deferred Action for Childhood Arrivals (DACA), naturalization assistance, and CalFresh application assistance. Spanish spoken. FEE: No Charge HRS: Monday through Thursday 8:30 a.m – 6:00 p.m.

FLOSSIE LEWIS RECOVERY CENTER/ BEHAVIORAL HEALTH SERVICES

351 E. 6th St., Long Beach, CA 90802

PH: (562) 435-7350

Residential substance abuse treatment for women ages 18-65. FEE: Sliding scale, indigent beds.

National Council On Alcoholism and Drug Dependence (NCADD)/ Woman to Woman

780 Atlantic Ave. Long Beach, CA 90813

PH: (562) 426-8262

Adult outpatient/residential substance abuse treatment for women and their children, childcare for the outpatient program, Spanish spoken.

SHARE!- Emotional Health Association

www.shareselfhelp.org

PH: (310) 846-5270 Referrals to over 10,000 self-help support groups in LA County. Call/visit the website for details.

SAFE REFUGE

www.asaferefuge.org

PH: (562) 987-5722 or (888) 476-2743

1041 East Redondo Ave. Long Beach, CA 90804

Safe Refuge's holistic approach takes into account all the life challenges our clients may be facing. They provide:

Residential and outpatient drug and alcohol treatment programs, Intensive day treatment, Group counseling, Private, individualized counseling, Housing programs for low-income and homeless individuals and families, as well as people recovering from substance abuse, Job training and employment services

TARZANA TREATMENT CENTERS, INC.

www.tarzanatc.org

Outpatient Facility-

5190 Atlantic Ave., Long Beach, CA 90805

PH: (562) 428-4111 Ext. 7100

Outpatient substance abuse/dual diagnosis services for adults/teens; random drug testing; case management; adult classes in anger management, domestic violence and parenting. Spanish spoken. FEE: Medi-Cal, CARE, private insurance, sliding scale. HRS: Monday-Friday 8:30 AM – 5:00 PM.

Residential Facility-

2101 Magnolia Ave., Long Beach, CA 90806

PH: (562) 218-1868 Ext. 6100

Residential substance abuse treatment for women and their children up to age 5, beds for female teens. FEE: Medi-Cal, CARE, private insurance, sliding scale.

TOBACCO EDUCATION PROGRAM- City of Long Beach

<http://www.longbeach.gov/health/healthy-living/individual/tobacco-education-program/>

Miller Family Health Education Center,
3820 Cherry Ave., Long Beach, CA 90807

PH: (562) 570-7950

Takes reports of smoking violations in Long Beach, provides cessation referrals and cessation materials when available.

TOTAL FAMILY SUPPORT CLINIC

www.totalfamilysupport.org

3501 Atlantic Ave. Long Beach, Ca 90807

PH: (562) 981-1501

Outpatient substance abuse treatment for ages 12+. Parenting groups, anger management, domestic violence, free food distribution, perinatal programs, as well as a Prop 36 program is also available. FEE: Medi-Cal, sliding scale. HRS: Monday-Friday 8 AM-5 PM by appointment.

CHILD ABUSE AND PROTECTION

CHILD PROTECTION HOTLINE (CPH)

Department of Children and Family Services Los Angeles County

lacdcfs.org

PH: (800) 540-4000 TTY: (800) 272-6699

CPH responds to reports of reasonable suspicion of child abuse/neglect and consults with those who are undecided about filing. All school employees are mandated reporters, responsible for immediately reporting suspected child abuse/neglect by phone to CPH and/or a local law enforcement agency. School personnel are not responsible for investigating cases. Within 36 hours of reporting, a written Suspected Child Abuse Report should be submitted online at lacdcfs.org or sent to:

Department of Children and Family Services– 3075 Wilshire Blvd., Fifth Floor, Los Angeles, CA 90010. Small quantities of the Suspected Child Abuse Report Form may be requested by calling CPH. Interpreters available.

Department of Children and Family Service (DCFS)- Service Area 8 Los Angeles County

lacdcfs.org

4060 Watson Plaza Dr., Lakewood, CA 90712

PH: (562) 497-3500

After reports are made to CPH, this branch of DCFS receives the referrals, investigates alleged child abuse/neglect, manages cases and supervises court dependents and foster youth who live in Avalon, Lakewood, Long Beach and Signal Hill. Interpreters available.

**INDEPENDENT LIVING PROGRAM (ILP)- Department of Children and Family Services/ Probation Department
Los Angeles County**

Otho Day, Director
3530 Wilshire Blvd., Suite 400 Los Angeles, CA 90010
(213) 351-0109
Fax: 213-637-0036

dayo@dcfs.lacounty.gov

Program for ages 16-21 who are currently or have been in foster care as a dependent youth through DCFS or ward of the court, in suitable placement, through probation or DCFS placement. Those whose case was terminated after his/her 16th birthday and returned home, live with relatives or were adopted, also qualify. Assistance with life skills training, education, employment and housing.

**KINSHIP RESOURCE CENTER- South
Department of Children and Family Services- Los Angeles County**

421 S. Glendora Ave. Suite 100 West Covina, CA 91790
PH: (626) 430-3200

Support for relative caregiver families who have exited the child welfare system through legal guardianship, Kinship support groups, Kin-GAP or adoption. Spanish spoken. HRS: Monday-Friday 8 AM-5 PM.

**SPECIAL IMMIGRANT STATUS UNIT
Department of Children and Family Service- Los Angeles County**

5835 S. Eastern Ave., City of Commerce, CA 90040
PH: (323) 725-4679

Files special immigrant juvenile status with the United States Citizenship and Immigration Services on behalf of eligible DCFS undocumented, unmarried youth under age 21, who are a court dependent, eligible for long term foster care and deemed unable to return to their country of origin. These youth are then able to obtain a permanent resident „green card%“; receive DCFS Youth Development Services; and live, study and work legally in the United States. Referrals are usually made by DCFS, but can also be submitted by the foster parent, child, attorney, school personnel and others. Interpreters available.

CHILD CARE

CALWORKS Childcare Hotline

Department of Public Social Services (DPSS)- Los Angeles County

PH:(877) 244-5399

<http://www.ladpss.org/dpss/calworks/childcare.cfm> Information/referrals

for CalWORKS participants seeking childcare. If funds are available, DPSS may pay childcare expenses for ages 12 and under, up to age 21 for disabled and special needs care.

CHILD DEVELOPMENT CENTERS

Long Beach Unified School Districts

["Go to Child Development Centers \(CDC\) in the A-Z index at lbschools.net."](#)

Cristabel Rodriguez, Program Coordinator

The Willows, 4400 Ladoga Ave, Lakewood, CA 90713

Office: (562) 422-8210

Preschool Age Care-

Day care for ages 3-5 who meet low-income requirement. Call/visit the website for locations.

Spanish Speaking. FEE: Sliding scale for parents who work or attend school full-time.

HRS: Monday-Friday 6:30 AM-5:30 PM except holidays.

State Preschool-

Three-hour morning or afternoon classes for ages 3-5 who meet low-income requirement.

Call/visit the website for locations. Spanish speaking. FEE: No charge, parent participation component.

Fee Based Preschool-

Day care for ages 3-5. Call/visit the website for locations. FEE: \$825 a month HRS: Monday-

Friday 6:30 AM-5:30 PM except holidays.

School Age Care-

Before and after-school care for grades TK-5. Call/visit the website for locations. Spanish

spoken. FEE: Sliding scale for parents who work or attend school full-time, full cost for Educare

program. HRS: Monday-Friday 6:30 AM-5:30 PM except holidays.

CHILDREN'S HOME SOCIETY OF CALIFORNIA

www.chs-ca.org

249 East Ocean Boulevard, Suite 300

Long Beach, CA 90802

PH: (562) 256-7400

Fax: (562) 256-7470

Comprehensive childcare resource/referral and assistance/placement program, post-adoption services, educational materials and more. Call/visit the website for more information. Spanish, Vietnamese and Khmer spoken.

COMPREHENSIVE CHILD DEVELOPMENT

2565 Pacific Ave., Long Beach, CA 90806

PH: (562) 427-8834

Day care for ages 4 months-5 years, after-school care for grades K-3. Ages 2 1/2 –5 must be potty-trained for placement in a childcare center. Ages 4 months-3 years need not be potty-trained for placement in a licensed family childcare home network. Lowest income families have priority.

Spanish speaking. FEE: Sliding scale. HRS: Monday-Friday 9:00 AM – 3:00PM.

HEAD START Long Beach Unified School District

["Go to Head Start in the A-Z index at lbschools.net."](#)

Administration Office- 1260 E. 33rd St. Signal Hill, CA 90755

PH: (562) 427-0833

Comprehensive child development services for ages 0-5: education, health, nutrition, social services and parent involvement in a center or home-based option. Partial and Full Day services are available. Call/visit the website for more information. Spanish, Khmer, Tagalog and Vietnamese speaking

FEE: No charge to eligible families. HRS: Monday-Friday 7:30 AM-4:30 PM.

KIDS CLUB Long Beach Unified School District

["Go to Kids Club in the A-Z index at lbschools.net."](#)

PH: (562) 427-1022 x 296

Bixby Elementary School(562) 498-5718

Cleveland Elementary School(562) 425-2258

Cubberley K-8 School.....(562) 497-1838

Emerson Elementary School(562) 429-5238

Fremont Elementary School(562) 856-2751

Gant Elementary School.....(562) 493-5197

Henry Elementary School(562) 420-2168

Keller Elementary School(562) 938-8707

Lowell Elementary School.....(562) 434-7968

MacArthur Elementary School.....(562) 496-0438

Prisk Elementary School(562) 493-0818

Students enrolled at the schools listed above can participate in before and after-school care at their own school. Call the sites for enrollment information. FEE: Annual non-refundable registrations fee; hourly fee for services with 12 hour per week minimum per child; additional fee for winter, spring and summer programs. HRS: Monday-Friday 6:30 AM-6:30PM (hrs vary).

LONG BEACH COMMUNITY IMPROVEMENT LEAGUE

www.lbcil.org

2222 Olive Ave., Long Beach, CA 90806

PH: (562) 426-8897

Day care for ages 2 1/2 -5, after-school care for ages 5-12. FEE: Eligible families may qualify for subsidized/free programs. HRS: Monday-Friday 6:30 AM-6 PM.

LONG BEACH DAY NURSERY

www.lbdn.org

Administration/West Branch East Branch- 1548 Chestnut Ave., Long Beach, CA 90813 3965

Bellflower Blvd., Long Beach, CA 90808

PH: (562) 591-0509 PH: (562) 421-1488

Day care for ages 6 weeks-6 years at the West Branch, ages 18 months-6 years at the East Branch. Accredited by the National Association for the Education of Young Children (NAEYC). Call/visit the website for more information. Spanish spoken. FEE: Eligible families may qualify for subsidized program. HRS: Monday-Friday 6:30 AM-6 PM.

YMCA OF GREATER LONG BEACH

www.lbymca.org

Corporate Office -

P.O. Box 90995, Long Beach, CA 90809

PH: (562) 279-1700

A variety of community and school programs: preschool and after-school care for children, day and mountain camping, swim lessons, youth sports, teen programs, health and wellness activities. Call/visit the website for program information and branch/school locations.

YOUNG HORIZONS

www.yhcc-lb.com

Main Office-

501 Atlantic Ave., Long Beach, CA 90802

PH: (562) 437-8991

Day care for ages 6 months-5 years whose parents are low-income and work, attend school or are referred by DCFS. Call/visit the website for program information and locations. Spanish, Tagalog, German, Greek, Armenian and Arabic speaking. FEE: CalWORKs, sliding scale. HRS: Monday- Friday 7 AM-6 PM. State Preschool Three and one half hours of morning or afternoon day care for ages 3-4 who meet low-income requirement. Call/visit the website for program information and locations. FEE: No charge.

COMMUNITY SERVICE

LONG BEACH VOLUNTEER CENTER

www.volctr-sobay.org

1407 E. 4th St., Long Beach, CA 90804

PH: (562) 590-8844

Provides access to hundreds of volunteer opportunities for adults/youth: interviews clients to determine interests, skills and ability to perform available tasks; court-approved to connect individuals to court-ordered community service; offers technical support to organizations interested in developing volunteer programs. Parents can enroll their children during school hours. Spanish speaking. FEE: Credit cards/cash, fee for court-ordered service varies according to number of hours required, no charge to link students to service learning opportunities.

HRS: Monday-Friday 8:30 AM – 4:00 PM.

Crisis Support

1736 FAMILY CRISIS CENTER

www.1736familycrisiscenter.org

24-Hour Crisis/Suicide Hotlines:

(213) 745-6434

(213) 222-1237

(310) 370-5902

(310) 379-3620

(562) 388-7652

PSYCHIATRIC MOBILE RESPONSE TEAMS (PMRT) Department of Mental Health (DMH) Los Angeles County

24-Hour Access Center: (800) 854-7771

To request DMH PMRT services, contact the 24-Hour Access Center and specify the current location of the student, rather than where he/she lives. Each Service Area uses a different PMRT:

- Compton uses Service Area 6 PMRT
- Lakewood uses Service Area 7 PMRT Avalon,
- Long Beach, Signal Hill and the South Bay use Service Area 8 PMRT

During daytime hours, Monday-Friday 8 AM-5 PM, each PMRT can also be reached by calling their direct phone number, listed in this section of the resource guide. In-service trainings are available upon request.

MENTAL EVALUATION TEAM (MET) Long Beach Police Department City of Long Beach

Dispatch: (562) 435-6711

Mobile response to dangerous psychiatric situations in Long Beach and Signal Hill. FEE: No charge for evaluation. HRS: Every day 6 AM-11 PM

LONG BEACH CHILD AND ADOLESCENT PROGRAM

Department of Mental Health Los Angeles County

240 East 20th St. Long Beach, CA 90806

PH: (562) 599-9271

Outpatient psychiatric services to children, adolescent and families with children that are experiencing severe emotional and/or behavioral problems. Services include assessment, individual and group therapy, targeted case management, medication management and crisis intervention. Spanish spoken. Services are open to the CalWorks population via referral from the Department of Public Social Services.

HRS: 8:00 AM – 6:00 PM Mon, Tues, and Thurs. 8:00 AM – 7:00 PM Wed, 8:00 AM- 5:00 PM Fri.

FEE: Medi-Cal, Healthy Families, sliding scale.

HOTLINES

211 LA COUNTY.....	211
Child Protection Hotline.....	(800) 540-4000
DMH 24-hour Access Center.....	(800) 854-7771
Disabled Elder/Adult Abuse Hotline.....	(877) 477-3646
Long Beach Child and Adolescent Program.....	(562) 599-9271
Poison Control.....	(800) 876- 4766
Service Area 6 PMRT (Compton).....	(310) 668- 5150
Service Area 7 PMRT (Lakewood).....	(562) 467- 0209
Service Area 8 PMRT (Avalon, Long Beach, Signal Hill, South Bay).....	(310) 534- 1083
Su Casa Hotline.....	(562) 402- 4888
Suicide Prevention and Survivor Hotline.....	(877) 727- 4747
Suicide Prevention Hotline for Gay and Questioning Youth.....	(866) 4UTREVOR
Women Shelter of Long Beach.....	(562) 437- 4663

POLICE DEPARTMENTS

Avalon Sheriff Station.....	(310) 510-0174
Lakewood Sheriff Station.....	(562) 623- 3500
Long Beach Police Department.....	(562) 570-7260
Long Beach Police- East Division.....	(562) 570-5880
Mental Evaluation Team.....	(562) 435-6711
Police/ Fire Emergency.....	911
Signal Hill Police Department.....	(562) 989-7200

AMERICAN RED CROSS, GREATER LONG BEACH CHAPTER

<http://www.redcross.org/ca/long-beach>

3150 E. 29th St., Long Beach, CA 90806

PH: (562) 595-6341

Relief to disaster victims, classes in health and safety, community education. FEE: No charge for disaster services, fee for classes. HRS: Monday-Friday 8 AM-5 PM.

COLLEGE HOSPITAL

<http://chc.la>

10802 College Pl., Cerritos, CA 90703

PH: (562) 924-9581

PMRT and psychiatric hospital services. Parent/guardian involvement is mandatory by phone/in person if a child is to be hospitalized. FEE: No charge for PMRT evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; private insurance; emergency Medi-Cal for undocumented, low-income; no indigent beds.

24-Hour Crisis Help Line:

LA County (800) 352-3301

Orange County (800) 773-8001

DEL AMO HOSPITAL

23700 Camino del Sol, Torrance, CA 90505

PH: (310) 530-1151

PMRT and psychiatric hospital services. Parent/guardian involvement is mandatory by phone/in person if a child is to be hospitalized. FEE: No charge for PMRT evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; private insurance; emergency Medi-Cal for undocumented, low-income; \$800+ per day private pay; no indigent beds.

MENTAL HEALTH URGENT CARE CENTER OF LONG BEACH

6060 Paramount Blvd., Long Beach, CA 90805

PH: (562) 790-1860

Voluntary walk-in/phone assistance for adults in crisis: psychiatric/medication evaluation; no PMRT, 5150 status, emergency medical care or a primary diagnosis of dementia or developmental disabilities. Spanish spoken. FEE: No charge HRS: 8:00 AM – 7:00 PM Mon – Fri.

SERVICE AREA 6 PMRT (Compton)

Department of Mental Health Los Angeles County

24-Hour Access Center: (800) 854-7771

Direct (Monday-Friday 8 AM-5 PM): (310) 668-5150

PMRT for imminent danger evaluation and hospitalization assistance in Compton. FEE: No charge for evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; emergency Medi-Cal for low-income, undocumented; private insurance

may require prior authorization and/or charge full cost.

SERVICE AREA 7 PMRT (*Lakewood*)

Department of Mental Health Los Angeles County

24-Hour Access Center: (800) 854-7771

Direct (Monday-Friday 8 AM-5 PM): (562) 467-0209

PMRT for imminent danger evaluation and hospitalization assistance in Lakewood. FEE: No charge for evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; emergency Medi-Cal for low-income, undocumented; private insurance may require prior authorization and/or charge full cost.

SERVICE AREA 8 PMRT (*Avalon, Long Beach Signal Hill, South Bay*)

Department of Mental Health Los Angeles County

24-Hour Access Center: (800) 854-7771

Direct (Monday-Friday 8 AM-5 PM): (310) 534-1083

PMRT for imminent danger evaluation and hospitalization assistance in Avalon, Long Beach, Signal Hill and the South Bay. FEE: No charge for evaluation. Ambulance and hospital services require appropriate insurance: Medi-Cal; Healthy Families; emergency Medi-Cal for low-income, undocumented; private insurance may require prior authorization and/or charge full cost.

VICTIM WITNESS ASSISTANCE PROGRAM

Los Angeles County

da.co.la.ca.us/vwap

275 Magnolia Av. St. 3195 Long Beach, Ca 90802

PH: (562) 491-6347 or 562-491-6310

Qualifying victims (includes undocumented) may receive financial assistance for losses resulting from a violent crime, when they cannot be reimbursed by other sources. Expenses that may be covered include: funeral, medical, dental, mental health and more. Eligibility is determined by contents of a police or Child Protective Services report. Call/visit the website for more information.

STARVIEW BEHAVIORAL HEALTH URGENT CARE CENTER

3210 Long Beach Blvd. Long Beach, CA 90807

PH: (562) 5486565

Is a Medi-Cal certified and Lanterman-Petris-Short (LPS) certified crisis stabilization unit. They are a 24/7 program that provides rapid access to mental health assessment, crisis intervention, and medication support. Operation of the psychiatric urgent care facility is through partnership with the Los Angeles County Department of Mental Health. Walk-In Center HRS: 8:00 AM – 8:00 PM Mon – Sun.

Disabled Services

Ability First

www.abilityfirst.org

3770 E. Willow St., Long Beach, CA 90815

PH: (562) 426-6161

Socialization, vocational training and recreation programs for developmentally disabled: weekday program for adults with multiple developmental disabilities, after-school recreation for ages 6-22, Adult Vocational Training Center prepares adults for employment. Spanish spoken. FEE: Sliding scale, some services funded by Harbor Regional Center. HRS: Monday-Friday, Adults 8:30 AM- 1:30 PM, Children 1:30-6:30 PM.

Adaptive Recreation- City of Long Beach

4520 E. 23rd St., Long Beach, CA 90815

PH: (562) 570-1685

After school program for ages 5-12, and music therapy for ages 5-12. Adult recreation program with special events for adults with disabilities. FEE: Contact for more information about music therapy and adult recreation program. No charge for after school program.

Alma Family Services

www.almafamilyservices.org

121 Linden Ave., Long Beach, CA 90802

Intake Office: (323) 881-3799

Long Beach Office: (562) 624-8844

Comprehensive outpatient mental health services for individuals and families without/with special needs, including developmental disabilities: individual, family and group counseling; case management; therapeutic behavioral services for children; medication evaluation/support; dual diagnosis program. Spanish spoken. FEE: Medi-Cal. HRS: By appointment.

Autism Society of America

Greater Long Beach/ San Gabriel Valley

www.greaterlongbeach-asa.org

P.O. Box 15247, Long Beach, CA 90815

PH: (562) 665-5496

Information, support and advocacy for families and individuals with autism.

Mailing Address:

Autism Society Greater Long Beach / San Gabriel Valley

8635 Greenleaf Ave. Unit B

Whittier, CA 90602

Braille Institute

www.brailleinstitute.org

Orange County Center

527 N. Dale Ave., Anaheim, CA 92801

Los Angeles Center

741 N. Vermont Ave., Los Angeles, CA 90029

PH: (714) 821-5000 ; PH: (323) 663-1111

Services for the blind/visually impaired of all ages: classes in independent living skills, mobility, computers/internet and braille reading/writing; low vision consultation; library with books-on-tape and tape machines; summer/after-school programs for youth. Spanish spoken. FEE: No charge. HRS: Monday-Friday 8:30 AM–5 PM.

Department of Rehabilitation

State of California

www.dor.ca.gov

4300 Long Beach Blvd., Suite 200, Long Beach, CA 90807

PH: (562) 422-8325 TTY: (562) 422-9276

Walk-in/phone assistance for ages 16+ with proof of disability: vocational rehabilitation, counseling, job placement and more. Spanish and Khmer spoken, sign language interpreter.

FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

DISABILITY BENEFITS 101

www.disabilitybenefits101.org

Website helps workers, job seekers and providers understand the connection between work and benefits for those with disabilities.

DISABLED ADULT/ELDER ABUSE HOTLINE

Adult Protective Services Los Angeles County

css.lacounty.gov

24-Hour Hotline: (877) 477-3646

Employees of secondary schools serving special education students ages 18-22 are mandated reporters, responsible for immediately reporting suspected disabled adult abuse to Adult Protective Services and/or a local law enforcement agency. School personnel are not responsible for investigating cases. All reporting during business hours is now conducted online: <http://apslive.lacss.harmonyis.net/LACSSLiveIntake/>. After hours reporting should still be done through the 24 hour hotline. Written reports should be faxed and mailed to the address below using reporting form SOC 341, which can be downloaded from the internet using any search engine. Forms can also be ordered from the centralized intake unit. Call/visit the website for more information. Interpreters available.

ADULT PROTECTIVE SERVICES

Centralized Intake Unit- Los Angeles County

3333 Wilshire Blvd., 4th Floor, Los Angeles, CA 90010

APS Mandated Reporter Hotline:

M-F, 8:30-5:00 (888) 202-4248

24-Hour Abuse Hotline:

(877) 477-3646

DISABLED RESOURCES CENTER

www.drcinc.org

2750 E. Spring St., Suite 100, Long Beach, CA 90806

PH: (562) 427-1000 TTY: (562) 427-1366

Services to empower people with disabilities: assistance with benefits, housing, list of attendants for in-home supportive services; training in assistive technology and independent living skills; peer support groups, employment services and more. Spanish spoken. FEE: No charge for most services. HRS: Monday-Friday 8 AM-5 PM.

DISABLED STUDENTS PROGRAMS AND SERVICES

Long Beach City College (LBCC)

dsps.lbcc.edu

Liberal Arts Campus Pacific Coast Campus

4901 E. Carson St., Long Beach, CA 90808

1305 Pacific Coast Highway, Long Beach, 90806

PH: (562) 938-4558

PH: (562) 938-3921 or

(562) 938-3209 TTY: (562) 938-4833

LBCC students with proof of disability may receive services such as priority registration, adaptive computers, counseling, classroom aides, testing accommodations and more. FEE: No charge.

DISABLED STUDENT SERVICES

California State University, Long Beach (CSULB)

www.csulb.edu/divisions/students/dss

Brotman Hall, Room 270, 1250 Bellflower Blvd., Long Beach, CA 90840

PH: (562) 985-5401

CSULB students with proof of disability may receive services such as classroom aides, testing accommodations, books-on-tape, counseling, learning disability assessment, special admission consideration, tutoring and more. FEE: No charge.

BUFFUM TOTAL LEARNING CENTER

Long Beach Unified School District

["Go to Buffum TLC in the A-Z index at lbschools.net."](#)

2350 Ximeno Ave. Long Beach, CA 90815

PH: (562) 498-2431

Early intervention services for ages 0-3 with typical cognitive development and one or more low- incidence disabilities such as orthopedic, hearing and/or visual impairment: assessment, Individualized Family Service Plan (IFSP), parent resource library, support groups and more. Spanish spoken. FEE: No charge.

EDUCATIONAL PSYCHOLOGY CLINIC

California State University, Long Beach

www.ced.csulb.edu/edpac/clinic/

1250 Bellflower Blvd., Long Beach CA 90840

Office: ED2-155

PH: (562) 985-4991

Developmental assessments for ages 3-6 to determine school readiness, psycho-educational assessments and tutoring for ages 6-16, individual, couple and family counseling for all ages. Call/visit the website for more information.

GREATER LOS ANGELES AGENCY ON DEAFNESS (GLAD), INC.

www.gladinc.org

2222 Laverna Ave., Los Angeles, CA 90041

PH: (323) 478-8000 TTY: (323) 550-4226

Services for deaf/hard-of-hearing persons: interpreter referrals, document/phone assistance, sign language classes, health education, job placement and more. Call/visit the website for more information. Spanish spoken, sign language interpreter. FEE: No charge for most services.

HARBOR REGIONAL CENTER (HRC)

www.harborrc.org

Torrance Office:

21231 Hawthorne Blvd., Torrance, CA 90503 PH: (310) 540-1711

Long Beach Office:

1155 E. San Antonio Drive, Long Beach California, 90807 Suite A- Reception

Assistance for California residents with special needs such as mental retardation, cerebral palsy, epilepsy, autism and some neurological handicaps: assessment/diagnosis, lifelong program planning/coordination, purchase of certain services, guardianship/conservatorship assistance.

Website offers support directories, training/events schedules, applications and more. Spanish spoken. HRS: Monday-Friday 8:30 AM-5 PM. HRC Resource Center PH: (310) 543-

0691 Information and support over the phone/in person; extensive lending library of developmental toys, books, videos and newsletters on health and legal issues.

JOHN TRACY CLINIC

www.jtc.org

740 E. Wardlow Rd., Long Beach, CA 90807

Long Beach Office: (562) 426-2257

Los Angeles Office: (213) 748-5481

TTY: (213) 747-2924

Services for hearing-impaired children under age 6 and their parents: hearing exams for children, classes and support groups for parents, early intervention program for parents and infants. Interpreters available. FEE: No charge. HRS: Call the Los Angeles or Long Beach Office for Long Beach appointments.

MHA VILLAGE Mental Health America of Los Angeles

www.mhavillage.org 456 Elm Ave., Long Beach, CA 90802

PH: (562) 437-6717

Services for adults with severe/persistent mental illness: assistance with job training/placement, counseling, medication evaluation/ support, referrals to supported housing, homeless assistance and more. Spanish spoken, sign language interpreter.

ORANGE COUNTY DEAF EQUAL ACCESS FOUNDATION

Greater Los Angeles Agency on Deafness, Inc.

www.ocdeaf.org

6022 Cerritos Ave., Cypress, CA 90630

PH: (714) 826-9793

Services for deaf/hard-of-hearing persons: assistance with documents, written driver's test preparation, independent living skills, interpreter and other referrals. Sign language interpreter.

FEE: No charge. HRS: Monday-Friday 8:30 AM-5 PM, closed 12-1 PM.

SPEECH, LANGUAGE AND HEARING CLINIC

California State University, Long Beach

www.csulb.edu/colleges/chhs/departments/communicative-disorders/services

Department of Speech-Language Pathology

1250 Bellflower Blvd., Long Beach, CA 90840

PH: (562) 985-4583

Autism clinic, comprehensive diagnostic and therapeutic services for those with communicative disorders. Interpreters available. Call/visit the website for more information.

TEAM OF ADVOCATES FOR SPECIAL KIDS (TASK)

www.taskca.org

100 W. Cerritos Ave., Anaheim, CA 92805

PH: (866) 828-8275

Information and training for parents of youth 0-21 with special needs. Spanish spoken. FEE: No charge for phone consultation, \$30 membership fee, training fees vary. HRS: Monday-Friday 8 AM-4 PM.

Domestic Violence

1736 FAMILY CRISIS CENTER

www.1736familycrisiscenter.org

24-Hour Hotline: (562) 388-7652 Comprehensive services for women and their children who are victims of domestic violence.

INTERVAL HOUSE CRISIS SHELTER

www.intervalhouse.org

24-Hour Hotline: (562) 594-4555

Outreach Office: (562) 594-9492

Additional Hotline: (714) 891-8121

Comprehensive services for women and their children who are victims of domestic violence, rental assistance, and volunteer/internship opportunities. Interpreters available. FEE: Sliding scale, no one turned away for lack of funds.

Second Generation Teen Dating Violence Program

6615 E. Pacific Coast Highway, Suite 170, Long Beach, CA 90803

PH: (562) 594-4555

Counseling and other activities for youth who are victims of domestic violence. FEE: No charge. HRS: By appointment.

RAINBOW SERVICES

www.rainbowservicesdv.org

24-Hour Hotline: (310) 547-9343

Comprehensive services for women and their children who are victims of domestic violence.

FEE: No charge.

SU CASA FAMILY CRISIS AND SUPPORT CENTER

www.sucasadv.org

24-Hour Hotline: (562) 402-4888

Outreach Office: (562) 421-6537

Comprehensive services for women and their children who are victims of domestic violence.

FEE: No charge.

WOMEN SHELTER OF LONG BEACH

www.womenshelterlb.com

24-Hour Hotline: (562) 437-4663

Comprehensive services for men, women and their children who are victims of domestic violence. FEE: No charge.

Domestic Violence Resource Center

930 Pacific Ave., Long Beach, CA 90813

PH: (562) 437-7233

Parenting classes, domestic violence counseling and other services for non-sheltered victims of domestic violence and their families, 40-hour certification training for domestic violence counseling. HRS: Monday-Friday 8 AM-5 PM.

Employment Training and Placement

CENTRO CHA, INC.

www.centrocha.org

205 East Anaheim Street Long Beach, Ca. 90813

Phone: (562) 612-4180

Fax: (562) 612-4164

Programs for Latinos ages 18-24 who are out of/in school: career development, paid job training/internships, college/financial aid guidance and more. Spanish spoken. FEE: No charge. HRS: Monday-Thursday 8:30 AM-6 PM.

CONSERVATION CORPS OF LONG BEACH

www.cclb-corps.org

340 Nieto Ave., Long Beach, CA 90814

PH: (562) 986-1249

Charter school for California residents ages 18-23: career training/placement, instruction in reading/writing, high school diploma/ GED preparation. Spanish spoken. FEE: No charge. HRS: Monday-Friday 7 AM-4:30 PM, Wednesday 7 AM-1 PM.

DEPARTMENT OF REHABILITATION

State of California

www.dor.ca.gov

4300 Long Beach Blvd., Suite 200, Long Beach, CA 90807

PH: (562) 422-8325 TTY: (562) 422-9276

Walk-in/phone assistance for ages 16+ with proof of disability: vocational rehabilitation, counseling, job placement and more. Spanish and Khmer spoken, sign language interpreter. FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

HIGH SCHOOL CAREER CENTERS

Long Beach Unified School District

Avalon School.....(310) 510-0790 Ext.159

Cabrillo High School(562) 951-7771
 Jordan High School(562) 423-1471 Ext. 2255
 Lakewood High School.(562) 425-1281 Ext. 3198
 Millikan High School(562) 425-7441 Ext. 4806
 Polytechnic High School(562) 591-0581 Ext. 5140
 Renaissance High School(562) 901-0168 Ext. 7238
 Wilson High School(562) 433-0481 Ext. 6914
 Career and educational support for LBUSD high school students: SAT/ACT registration packets; college/university resources, financial aid/scholarship application assistance; vocational information, assessment and skill building; ROP registration; military recruitment and more.

LONG BEACH JOB CORPS CENTER

longbeach.jobcorps.gov
 1903 Santa Fe Ave., Long Beach, CA 90810
 Male/Female Admissions: (562) 983-1777
 Residential/non-residential education and vocational training/placement program for ages 16-24 who meet low-income and other requirements: room, meals, medical/dental care, spending money, childcare, GED/high school diploma preparation classes, driver’s education, transition services and more. FEE: No charge. HRS: Monday-Friday 8 AM-4 PM.

PACIFIC GATEWAY WORKFORCE INVESTMENT NETWORK

City of Long Beach

<http://www.pacific-gateway.org/hay>
Career Transition Center Center for Working Families
 3447 Atlantic Ave., Long Beach, CA 90807 1900 Atlantic Ave., Long Beach, CA 90807 PH: (562) 570-WORK PH: (562) 570-4700
 TTY: (562) 570-4629 TTY: (562) 570-4629

Youth Opportunity Center

3447 Atlantic Ave., Long Beach, CA 90807
 PH: (562) 570-4700 TTY: (562) 570-4629
 Workforce development services for residents and businesses in Long Beach and Signal Hill. Network partners share resources, simplify access to services and assist with career development/transition: assistance with job search/training; internships; career counseling; youth, veterans and disabled services; access to photocopier, fax, internet and more. Spanish and Khmer spoken. FEE: No charge. HRS: Monday-Thursday 9:00 AM – 6:00 PM, Friday 8:00-5:00.

Expectant and Parenting Teens

ALTAMED YOUTH SERVICES

www.altamed.org

711 E. Wardlow Rd., Suite 203, Long Beach, CA 90807

PH: (562) 595-8040

Cal-Learn Program

Case management and support for expectant/parenting CalWORKs participants. Qualifying teens may receive subsidies for childcare, transportation and certain educational expenses, along with financial rewards for good school performance.

The Adolescent Family Life Program

Case management and support services for expectant/parenting teens (including fathers) under age 18 and not eligible for the Cal-Learn program: parenting classes, assistance with government benefits/school enrollment, emergency transportation, food and clothing. Spanish spoken. FEE: No charge. HRS: Monday-Friday 8 AM-5 PM

CAL-LEARN

<http://dpss.lacounty.gov/dpss/calworks/calearn.cfm>

PH: (562) 595-8040

Mandatory program for CalWORKs participants under age 19 who are pregnant/parenting and have not completed high school. If benefits are lost and then reinstated, participants can re-enroll. Those who turn 19 in the program may volunteer to remain until they receive a high school diploma/equivalent, or turn 20. Altamed Youth Services provides services in the Greater Long Beach area. Qualifying teens may receive case management, subsidies for childcare, transportation and certain educational expenses, along with financial rewards for good school performance.

CHILD SUPPORT SERVICES DEPARTMENT

Los Angeles County

<http://cssd.lacounty.gov/wps/portal/cssd>

PH: (866) 901-3212

Assistance with child support issues: locating parents, establishing paternity, obtaining court orders for child support, collecting and distributing support. FEE: No charge.

PACIFIC ASIAN COUNSELING SERVICES (PACS)

PARTNERSHIP FOR FAMILIES

www.pacsla.org

3530 Atlantic Ave., Suite 210, Long Beach, CA 90807

PH: (562) 424-1886

In-home case management for pregnant women and their families. Spanish spoken. FEE: No charge. HRS: Monday – Friday 9:00 AM – 6:00 PM.

FAMILY PLANNING CLINIC

City of Long Beach

2525 Grand Ave., Room 115, Long Beach CA 90815

PH: (562) 570-4315

Complete care for the mother-to-be: Medi-Cal/AIM enrollment assistance; breastfeeding and parenting. Spanish spoken, interpreters available.

HRS: Monday-Friday 7:30 AM – 4:30 PM.

FPA WOMEN'S HEALTH

<http://www.fpawomenshealth.com>

2777 Long Beach Blvd., Long Beach, CA 90806

PH: (562) 595-5653,

HRS: 8AM-5PM everyday

PUBLIC HEALTH NURSING

City of Long Beach 2525 Grand Ave., Room 250, Long Beach, CA 90815

PH: (562) 570-4210; TTY: (562) 570-4230

Registered nurses provide assessment, case management, health education, counseling and advocacy in the home and community. Spanish spoken. FEE: No charge.

SAFELY SURRENDERED BABY HOTLINE

Los Angeles County

www.babysafela.org

24-Hour Hotline: (877) 222-9723

Safe haven hotline/website to access nearest location to safely surrender babies, legal information, training materials and more. Interpreters available.

TLC SUPPORT GROUP

St. Mary Medical Center – John Parr Health Center,

1030 Linden Ave., Long Beach, CA 90813

Administration: (562) 598-4352 and (562) 429-1782

Support group and activities for pregnant/parenting teens: special speakers, crafts, parties, snacks, free childcare, 3-week classes in childbirth preparation. Call for schedule. FEE: No charge.

Family Resource Program

CENTRO SHALOM

<http://www.centroshalom.org>

2131 Long Beach Blvd., Long Beach CA 90806

PH: (562) 591-2214

Assistance with food, clothing, applications, immigration, divorce, eviction, child support and custody, restraining orders; self-esteem classes for Spanish speakers Tuesday 9 AM-1 PM; Legal Aid attorneys help with workers' rights issues Tuesday 4-6 PM. Spanish spoken. FEE: No charge. HRS: Monday-Friday 8 AM-3 PM.

DISTRICT PARENT RESOURCE CENTER/MIGRANT PARENT CENTER – STEPHENS

Long Beach Unified School District

1830 Columbia St., Long Beach, CA 90810

PH: (562) 981-8990

Parent workshops on various topics: parenting, nutrition, content standards, study skills, preparing for college, strategies and tools to assist children in becoming successful, STAR testing, preparation for testing, learning styles, ESL, literacy, computer literacy; childcare for adult education; family literacy; outreach library. Spanish and Tagalog spoken. FEE: No charge to LBUSD students and families. HRS: Monday-Friday 8 AM-4:30 PM.

EXCHANGE CLUB FAMILY SUPPORT CENTER

www.downeyfamilysupport.com/parent1.htm

8320 Iowa St. Downey, CA 90241

PH: (562) 904-9590

Parenting classes; Parent Aide Program provides trained, supervised staff for weekly in-home visits to assist parents of children ages 0-12, who are struggling with parenting issues. Call to determine eligibility. Spanish spoken. FEE: No charge.

FOSTER AND KINSHIP CARE EDUCATION PROGRAM

Long Beach City College

fostercare.lbcc.edu

1305 E. Pacific Coast Highway, Building 00, Long Beach, CA 90806

PH: (562) 938-3014

Classes for foster parents, relative caregivers and foster youth: Independent Living Program (ILP) trains and supports foster youth ages 16-21 for independent living, Partnering for Safety and Permanence-Model Approaches to Partnerships in Parenting (PS-MAPP) provides mandatory training for all LA County DCFS foster parents, Kinship Education Preparation Support (KEPS) orientation provides relative caregivers with information on DCFS involvement. Website offers online workshop registration, schedules, resource links and more.

FRIENDS OUTSIDE

www.friendsoutsidela.org

1900 Atlantic Ave. Suite 200 Long Beach, CA 90806

PH: (562) 626-795-7607

Resources to assist inmates and their families: information, referrals, transportation for youth to visit their mothers at Chowchilla prison, family support group. FEE: No charge. HRS: Monday, Wednesday, Friday 8 AM- 4:30 PM. Contact for more information.

HOME VISITATION PROGRAM

Richstone Family Center

www.richstonefamily.org

13634 Cordary Ave., Hawthorne, CA 90250 English/Spanish: (310) 970-1921 Agency based therapy, parent education and case management for zip codes 90801, 90802, 90803. Spanish spoken. FEE: No charge. HRS: By appointment only.

KINSHIP RESOURCE CENTER SOUTH

Department of Children and Family Services Los Angeles County

421 S. Glendora Ave. Suite 100 West Covina, CA 91790

PH: (626) 430-3200 Support for relative caregiver families who have exited the child welfare system through legal guardianship, Kin-GAP or adoption. HRS: Monday-Friday 8 AM-5 PM.

LONG BEACH FAMILY RESOURCE CENTER

Miller Children's Hospital

2801 Atlantic Ave., Long Beach 90806 24-Hour: (562) 933-8048 A warm line/walk-in center provides information on child development, disabilities, medical issues and more. Spanish spoken. FEE: No charge

Translation/interpretation Long Beach Unified School District

1515 Hughes Way, 3rd Floor, Long Beach CA 90810

PH: (562) 997-8031

Support to LBUSD English learners, families and schools: translations, school adjustment and transition support for new immigrants. Interpreters available. HRS: Monday-Friday 8 AM

Foster Care

CAMP CONNECT

<http://promises2kids.org/camp-connect/>

Many children placed in foster care are separated from their siblings. Camp connect ensures they have the opportunity to visit and maintain their relationship with each other.

Camp Connect organizes a fun-filled 4-day summer camp in the mountain of Julian. At this special camp, siblings connect through activities such as horseback riding, swimming, music therapy, and zip lining, among other activities.

***Please visit website for more information.**

PH: (858) 278-4400

Child Protection Hotline (CPH)

Department of Children and Family Services- LA County

www.lacdcfs.org

PH: 1(800) 540-4000; TDD: 1(800) 272-6699

- The purpose and mission of the Child Protection Hotline (CPH) is:
- To act as the central point of entry for calls to DCFS regarding the possible abuse and/or neglect of children.
- To receive calls of abuse and neglect involving children and assess the level of endangerment.
- To obtain factual information regarding a specific incident and generate a referral for investigation, if appropriate.
- To document and transmit all referrals of child endangerment to the appropriate office, timely.
- To ensure child safety and protection.

School personnel are not responsible for investigating cases. Within 36 hours of reporting, a written Suspected Child Abuse report should be submitted online at lacdcfs.org or sent to:

Department of Children and Family Services:

3075 Wilshire Blvd., 5th Floor, Los Angeles, CA 90010

Foster Youth Services

California Department of Education

cde.ca.gov

Foster Youth Services Coordinating (FYSC) Programs provide support services to foster children who suffer the traumatic effects of displacement from family and schools and multiple placements in foster care. FYSC Programs have the ability and authority to ensure that health and school records are obtained to establish appropriate

placements and coordinate instruction, counseling, tutoring, mentoring, vocational training, emancipation services, training for independent living, and other related services. FYSC Programs increase the stability of placements for foster children and youth. These services are designed to improve the children's educational performance and personal achievement, directly benefiting them as well as providing long-range cost savings to the state. Must submit a tutoring referral for the student to receive services.

Program Coordinator-Los Angeles

Rachelle Touzard- Los Angeles County Offices of Education

9300 Imperial Highway, Downey, Ca 90242

(562) 922-6234

Touzard_Rachelle@lacoedu

Foster and Kinship Care Program

Long Beach City College

The Foster & Kinship Care Education Program is a statewide program funded by the California Community College Chancellors Office, providing a variety of training programs for foster parents (parent education), and specialized training for relative caregivers, including D-Rate (Severely Emotionally Disturbed), F-Rate (Medically Fragile), Basic and In-service training. KEPS Orientation is offered to support relative care providers with their involvement with child protective services.

Program and Training calendar available online

<http://archive.lbcc.edu/fostercare/>

1305 East Pacific Coast Highway, Long Beach, Ca. 90806

Building: 00

PH: (562) 938-3014; Office Hours: Mon-Fri, 8:30am-2:30pm

Happy Trails Camp

www.happytrailsforkids.org

An exciting and sun-filled overnight summer camp program for children in the Foster Care System. Youths ages 7-17 are invited to spend a week in the great outdoors hiking, canoeing, rock-climbing, dancing, singing silly songs, star gazing and much more!

Mission: Happy Trails for kids is about fun and friendship and developing self-confidence for youth in foster care. Our program provides kids ages 7-18 with enriching outdoor adventures, invaluable mentorship, and opportunities to develop leadership skills and prepare for life after foster care. We believe that fostering continuity and belonging is the first step in combating the challenges of foster care and promoting success.

Gang Prevention & Intervention

CENTRO CHA, INC.

www.centrocha.org

1633 Long Beach Blvd. Long Beach, CA 90813

PH: (562) 612-4180

M-Th: 8:30 AM - 6:00 PM; F: 8:30 AM - 3:00 PM

Employment & community leadership development services upon eligibility for (18-24 y/o). High School Diploma/GD Services (under 18). GED on-site services. College/financial aid assistance. Citizenship application services. Face Forward youth diversion program and workforce development services. FEE: None.

HELPLINE YOUTH COUNSELING

www.hycinc.org

14181 Telegraph Road Whittier, CA 90604

PH: (562) 273-0722 Behavior intervention, mental health counseling, drug and alcohol use services, gang intervention/prevention, family services, community support services. FEE: varies (some take MediCal, others no-cost). Call for more information.

LONG BEACH VOLUNTEER CENTER

www.volcenter.org

1407 E. 4th St., Long Beach, CA 90804

PH: (562) 590-8844

Provides access to hundreds of volunteer opportunities for adults/youth: Interviews clients to determine interests, skills and ability to perform available tasks; court-approved to connect individuals to court-ordered community service; offers technical support to organizations interested in developing volunteer programs. Parents can enroll their children during school hours. Spanish spoken. FEE: Credit cards/cash, charge for court-ordered service varies according to the number of hours, no charge to link students to service learning opportunities. HRS: Monday-Friday 8:30 – 4:00

SHORTSTOP

Long Beach Bar Foundation

www.longbeachbarfoundation.org

3515 Linden Ave., Long Beach, CA 90807

PH: (562) 981-7525

Juvenile crime prevention/diversion program for ages 10-17 with a first-time offense such as shoplifting, truancy, loitering, fighting or pre-delinquent behavior at home or school. Juveniles and their parents must attend two sessions held in a Long Beach courtroom and adjacent holding cell. Attorney instructors and prisoners provide information about legal rights/responsibilities, the importance of good decision-making and planning for the future. Paperwork is available in Spanish. FEE: \$125.

Health & Dental Care

HOTLINES

- 211 LA County211
- Public Health Advisory Info.....(562)570-4499
- Immunization Clinic (562) 570-4315

AMERICAN CANCER SOCIETY

www.cancer.org

444 W. Ocean Blvd , Ste 1070 Long Beach, CA 90802

PH: (562) 437-0791

Information, referrals, transportation to cancer treatments, financial assistance, support groups. Interpreters available. FEE: No charge. HRS: M-F 9AM-5PM

ASSISTANCE LEAGUE OF LONG BEACH ORTHODONTIC CENTER

www.allb.org

6220 Spring St., Long Beach, CA 90815

PH: (562) 627-5650

Quality orthodontic care for low-income youth ages 11-16 who live in the LBUSD attendance area. FEE: Sliding scale. HRS: M-TH: 8AM-5PM (By appointment), F: 8AM-2:30PM.

THE CHILDREN'S CLINIC AT INTERNATIONAL ELEMENTARY SCHOOL

www.thechildrensclinic.org

700 Locust Ave., Long Beach, CA 90813

School: (562) 436-4420

Clinic: (562) 933-0400

Health care for ages 0-18, immunizations, benefits enrollment assistance and more. Spanish spoken. HRS: Monday 1-5 PM, Tuesday - Friday 8-5 PM.

Multiple Children's Clinic locations:

Children's Clinic: 2360 Pacific Ave, Long Beach, CA 90806

Children's Clinic: 455 East Columbia St., Long Beach, CA 90806

Cesar Chavez Elementary: 730 West 3rd St., Long Beach, CA 90802

Hamilton Middle School: 1060 E. 70th St., Long Beach, CA 90805

THE CHILDREN’S DENTAL HEALTH CLINIC

www.cdhc.org

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

PH: (562) 933-3141

Comprehensive dental care for children from low-income families. Interpreters available.

Call/visit the website for more information. FEE: Medi-Cal, sliding scale. HRS: Monday-Friday 7 AM-4 PM.

DENTI-CAL State of California

www.denti-cal.ca.gov

PH: (800) 322-6384 TTY: (800) 735-2922

Dental care for Medi-Cal recipients. Call/visit the website for Medi-Cal dentists and more.

HOSPITALS FOR MEDICAL SERVICES

Catalina Island Medical Center.....(310) 510-0700

100 Falls Canyon Rd., Avalon, CA 90704

Harbor/UCLA Medical Center(310) 222-2345

1000 W. Carson St., Torrance, CA 90509

Long Beach Memorial Medical Center – Emergency Room.....(562) 933-2000

2801 Atlantic Ave., Long Beach, CA 90806

Miller Children’s Hospital(562) 933-2000

2801 Atlantic Ave., Long Beach, CA 90806

Pacific Hospital.....(562) 997-2500

2776 Pacific Ave., Long Beach, CA 90806

St. Mary Medical Center(562) 491-9000

1050 Linden Ave., Long Beach, CA 90813

LONG BEACH COMPREHENSIVE HEALTH CENTER

Los Angeles County

<http://dhs.lacounty.gov/wps/portal/dhs/longbeach>

1333 Chestnut Ave., Long Beach, CA 90813

PH: (562) 753-2300

Health and dental care for LA County residents. FEE: Medi-Cal, Healthy Families, sliding scale, \$60 prepayment plan. HRS: Monday-Friday 8 AM-4:30 PM, Tuesday 11 AM-6:30 PM.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

www.pparx.org

PH: (888) 477-2669

Access to more than 475 public and private patient assistance programs to help those without prescription coverage get the medicine they need. Call/visit the website for more information.

OR ORTHOPEDIC CLINIC FOR CHILDREN

www.tichenorclinic.org

1660 Termino Ave., Long Beach, CA 90804

PH: (562) 597-3696

Orthopedic care and physical therapy for ages 0-18, early intervention program for ages 1-3, swim lessons for children with musculoskeletal problems. Interpreters available. FEE: \$5 registration fee, donations accepted. HRS: Monday-Friday 8 AM-6 PM. Sat 9-2 for SWIM

Housing & Basic Needs

HOMELESS INFO LINE

LONG BEACH MULTI-SERVICE CENTER City of Long Beach

1301 W. 12th St, Long Beach, 90813 PH: (562) 570-4500. Current information on shelter availability and other homeless services.

HRS: M-F 8 AM – 4 PM (Th 8 AM – 2 PM)

211 LA COUNTY

Los Angeles County

www.211LA.org

24-Hour Hotline: 211 Hotline/website for LA County resources. Interpreters available.

BETHUNE TRANSITIONAL CENTER FOR HOMELESS STUDENTS

Long Beach Unified School District

Nancy Izumi, School Social Worker

PH: (562) 435-2050

Assists homeless students and families within LBUSD boundaries transition to a traditional school setting by providing school uniforms, supplemental clothing, academic assessments for appropriate classroom placement, transportation, parenting classes and more. Spanish spoken.

HRS: Monday- Friday 8 AM-4 PM.

CHRISTIAN OUTREACH IN ACTION (COA)

www.coalongbeach.org

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

PH: (562) 432-1440

Breakfast: Daily 7-8 AM; Lunch: SAT

(& every last SUN of the month) 11:30AM-12:30PM; Dinner: MON-FRI 4:30-5:30PM

Food Bank/Pet Food: TUES/THURS 9 AM-12 PM

Clothing/Household Items Bank: FRI 9 AM-2 PM

Diaper Bank: FRI 10 AM-12 PM (must bring child and documentation for child)
Legal Clinic: TH/FRI 1:30 PM
Subject to change. Spanish spoken.

HEALTHY CITY WEBSITE

www.healthycity.org Online resource for LA County services and more.

HOUSING AUTHORITY

City of Long Beach

www.longbeach.gov/haclb/

521 E. 4th St., Long Beach, CA 90802 PH: (562) 570-6985 Assistance with Section 8 housing and more.

MON/TUES/THURS: 7:30am – 5:00pm

WED: 7:30am – 10:30am (Lobby Access Only for Document Drop-off), 10:30am – 5:00pm

FRI: 7:30am – 4:00pm

LONG BEACH COMMUNITY ACTION PARTNERSHIP

www.lbcap.org

117 W. Victoria St., Long Beach, CA 90805

PH: (562) 216-4600

Case management, weatherization, refrigerator replacement, heating/cooling system repairs, relamping, financial education, computer and ESL classes for adults. Spanish spoken. FEE: Eligibility is determined by income. HRS: Monday-Friday 9 AM-5 PM by appointment.

LONG BEACH COMMUNITY INVESTMENT COMPANY

City of Long Beach

www.lbhd.org

333 West Ocean Blvd. Long Beach, 90802

PH: (562) 570-5237

Website offers a list of affordable housing and rental units for families, seniors, disabled and more.

LBDS- Ph: (562) 570-LBDS (5237), 333 West Ocean Blvd., Long Beach, CA 90802

LONG BEACH RESCUE MISSION

www.lbrm.org

1430 Pacific Ave., Long Beach, CA 90813

PH: (562) 591-1292

Shelter and support services for men, women and women with children: 2-week overnight program, 3-month case management/overnight program, adult residential substance abuse treatment program.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

State of California

<https://www.acf.hhs.gov/ocs/programs/liheap>

PH: (866) 675-6623

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

provides one direct payment to a utility company once per year. Energy Crisis Intervention Program (ECIP) assists with energy-related crises. Weatherization Services offers weather stripping, insulation, caulking, water heater blankets, refrigerator replacement, heating/cooling system repairs, compact fluorescent lighting to make dwellings more energy efficient and safe.

SALVATION ARMY

longbeach.salvationarmy.org

3060 Long Beach Blvd., Long Beach 90807

PH: (562) 426-7637

Food assistance, bus tokens/taxi vouchers for medical appointments, ministry, homeless assistance, older adult classes, senior citizen programs, youth programs, Youth Night 6-17 y/o TUES 5:30-7PM, afterschool tutoring. Spanish spoken. FEE: No charge, bring ID for head of household, birth certificates for children, proof of address and income. HRS: MON-FRI 8AM-3:30 PM walk-in.

SCHOOL BREAKFAST AND LUNCH PROGRAM

[“Go to School Meals in the A-Z index at lbschools.net”](#)

Nutrition Services Branch

Long Beach Unified School District

PH: (562) 427-7923

Schools and other LBUSD locations provide free or reduced price breakfast, lunch and snacks to students who meet low-income requirement. Call/visit the website to access daily menu, catering services and more.

Legal & Immigration Services

ALLIANCE FOR CHILDREN’S RIGHTS

www.kids-alliance.org

3333 Wilshire Blvd., #550, Los Angeles, CA 90010

PH: (213) 368-6010

Legal services for LA County children from low-income families. Spanish spoken. FEE: Charge for filing fees. HRS: Monday-Friday 9 AM-5:00 PM.

BIRTH, DEATH AND MARRIAGE RECORDS SECTION

Registrar-Recorder/County Clerk Los Angeles County

www.lavote.net/

P.O. Box 53120, Los Angeles, CA 90053

PH: (562) 462-2137

Birth, death and marriage certificates for those born in LA County. Call/visit the website for more information.

CALIFORNIA COURTS SELF-HELP CENTER

www.courtinfo.ca.gov/selfhelp

Online self-help center offers assistance and information on many legal issues. Multi-lingual.

CANCER LEGAL RESOURCE CENTER

Disability Rights Legal Center

www.drlcenter.org

PH: (213)726-1031 ; TTY: (213) 736-8310

Legal assistance for those dealing with cancer. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-5 PM.

CHILD SUPPORT SERVICES DEPARTMENT

Los Angeles County

childsupport.co.la.ca.us

PH: (323) 890-9800; TTY: (323) 725-3907

Assistance with child support issues: locating parents, establishing paternity, obtaining court orders for child support, collecting and distributing support. FEE: No charge

COALITION FOR HUMANE IMMIGRANT RIGHTS OF LOS ANGELES (CHIRLA)

www.chirla.org

2533 W. 3rd St., Suite 101, Los Angeles, CA 90057

PH: (888) 624-4752

Information and referrals for immigration, citizenship, domestic violence, workers' rights, consumer fraud, housing, discrimination, hate crimes and more.

LEGAL AID FOUNDATION OF LOS ANGELES

LONG BEACH OFFICE

www.lafla.org

601 Pacific Ave, Long Beach, CA 90802

PH: (562) 435-3501 TTY: (310) 393-7734

Legal assistance for immigration, domestic violence, housing, government benefits, family law, employment and more. Spanish and Vietnamese spoken. FEE: No charge to low-income Long

Beach residents. HRS: Monday-Friday 9 AM-12 PM, 1-5 PM.

LONG BEACH SELF-HELP LEGAL ACCESS CENTER

Long Beach Courthouse,

275 Magnolia Ave, Long Beach, CA 90802

PH: (800) 433-6251

Walk-in access to legal information on divorce, parent rights, child custody/visitation Monday-Friday 8:30 AM-12 PM; evictions, name change and civil harassment restraining orders Monday- Thursday 1:30-4 PM; first 30 people will be served; bring all court papers.

MEXICAN AMERICAN LEGAL DEFENSE AND EDUCATIONAL FUND (MALDEF)

www.maldef.org

634 S. Spring St., 11th floor, Los Angeles, CA 90014 PH: (213) 629-2512 Promotes and protects Hispanic civil rights in the areas of employment, education, immigration and political access.

FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

MENTAL HEALTH ADVOCACY SERVICES

www.mhas-la.org

3255 Wilshire Blvd., Suite 902, Los Angeles, CA 90010

PH: (213) 389-2077

Legal advocacy for those with mental/developmental disabilities in the areas of special education, housing, employment discrimination and government benefits. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-5 PM.

NATIONAL IMMIGRATION LAW CENTER

www.nilc.org

PH: (213) 639-3900

Website provides extensive information on immigration law, employment, benefits, immigrants' rights; no individual legal assistance.

PUBLIC COUNSEL – Children's Rights Project

www.publiccounsel.org

610 S. Ardmore Ave., Los Angeles, CA 90005 PH: (213) 385-2977 Ext. 500 Legal representation for children in the areas of special education, guardianship, adoption and more. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-5:15 PM.

UNITED STATES CITIZENSHIP AND IMMIGRATION SERVICES

www.uscis.gov

PH: (800) 375-5283 TTY: (800) 767-1833

Immigration benefits and services for citizenship, lawful permanent residency, family and employment-related immigration/authorization, inter-country adoptions, asylum and refugee

status, replacement immigration documents, foreign student authorization and more.

VICTIM WITNESS ASSISTANCE PROGRAM

Los Angeles County

da.co.la.ca.us/vwap

Long Beach Courthouse, 275 Magnolia Ave., Long Beach, CA 90802

PH: (562) 491-6347

Qualifying victims (includes undocumented) may receive financial assistance for losses resulting from a violent crime, when they cannot be reimbursed by other sources. Expenses that may be covered include: funeral, medical, dental, mental health and more. Eligibility is determined by contents of a police or Child Protective Services report. Call/visit the website for more information.

Mental Health: Education & Support

AMERICAN RED CROSS, GREATER LONG BEACH

3150 E. 29TH St., Long Beach, CA 90806

PH: (562) 595-6341 Ext. 237

Activities and courses for ages 12-24: youth council, safe kids programs for ages 7-12, holiday projects, leadership development center, youth response corps and more.

AUTISM SOCIETY OF AMERICA

Greater Long Beach/San Gabriel Valley

www.greaterlongbeach-asa.org

P.O. Box 15247, Long Beach, CA 90815

PH: (562) 943-3335,

8635 Greenleaf Ave, Unit B., Whittier, CA 90602

Information and referrals for autism services, free monthly support groups.

CAMBODIAN ASSOCIATION OF AMERICA

Marriage Enrichment Project

PH: (562) 988-1863

Five-session marriage skills workshop for individuals and couples. Khmer, Spanish, Laotian, Vietnamese, Chinese and Samoan spoken. FEE: No charge, \$20 bonus given for program completion. HRS: Call for appointment and locations.

THE CENTER, LONG BEACH

www.centerlb.org

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

(562) 434-4455

Services for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ): information, referrals, social and cultural activities, HIV testing, drop-in hours for ages 17 and under Monday- Friday 2-6 PM, STI Testing Tuesdays and Thursdays 12pm-2:30 PM, 4-6:30 PM, parent/guardian support group meets the last Friday each month 7 PM, art-based workshop on addiction/ recovery Tuesday 1-4 pm, one time \$15 charge, but can attend multiple workshops. FEE: No charge. OFC HRS: Monday-Friday 10 AM-7 PM, Saturday 10 am- 4pm.

EXCHANGE CLUB FAMILY SUPPORT CENTER

www.downeyfamilysupport.com/parent1.htm

1032 Redondo Ave., Suite B, Long Beach, CA 90804

PH: (562) 434-6899

Parent Aide Program provides trained, supervised staff for weekly in-home visits to assist parents of children ages 0-12, who are struggling with parenting issues. Call to determine eligibility. Spanish spoken. FEE: No charge.

FAMILIES IN GOOD HEALTH

St. Mary Medical Center

<http://www.californiamentorfoundation.org/mentoring-programs/8233/families-in-good-health-at-st-mary-medical-center/>

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

PH: (562) 491-9100

Health and social education programs for Southeast Asian and Latino communities, benefits enrollment assistance for children. Spanish, Khmer, Thai and Hmong spoken. FEE: No charge. HRS: Monday-Friday 8 AM-4:30 PM.

FAMILY COUNSELING PROGRAM

Youth Services Division, Long Beach Police Department

City of Long Beach

1957 Pacific Ave., Long Beach, CA 90806

PH: (562) 570-1426

Licensed therapists provide counseling to assist parents in dealing with teens and family issues. Spanish spoken. FEE: No charge. HRS: By appointment.

FAMILY SUPPORT GROUP IN SPANISH

Department of Mental Health, Office of the Family Advocate

Los Angeles County

The Vasek Polak Children's Clinic Family Health and Wellness Center

1057 Pine Ave., Long Beach, CA 90813

PH: (213) 251-6520

Support group for Spanish speakers 18+. Topics include: stress, domestic violence, depression,

panic attacks, mental illness, autism, ADHD, school behavior problems, community resources and more. FEE: No charge. HRS: 1st and 3rd Friday 9-11 AM

GRANDPARENTS AS PARENTS

www.grandparentsasparents.org

P.O. Box 964, Lakewood, CA 90714

PH: (562) 421-7991

Support for those raising other people's children: referrals, support groups, family outings, clothing exchange and more.

HOME VISITATION PROGRAM

Richstone Family Center

www.richstonefamily.org

13634 Cordary Ave., Hawthorne, CA 90250

English: (310) 970-1921 Ext. 224 Spanish: (310) 970-1921 Ext. 134

Family needs assessment, parent education and case management for zip codes 90801, 90802, 90803. Spanish spoken. FEE: No charge. HRS: Monday-Thursday 9 AM-9 PM, Friday 9 AM-6 PM.

PACIFIC ASIAN COUNSELING SERVICES (PACS)

www.pacsla.org

3530 Atlantic Ave., Suite 210, Long Beach, CA 90807

PH: (562) 424-1886

Youth Excelling for Success (YES): homework help and other after-school activities for grades K-12 Monday-Thursday 3-7 PM. Leading Out Loud (LOL): youth leadership program for high school students and recent graduates. Partnerships for Families (PFF): case management for pregnant teens and their families. Jumping Over Barriers (JOBS): employment services for adults/youth. Call/visit the website for more information. FEE: No charge.

PATHWAYS VOLUNTEER HOSPICE

www.pathwayshospice.org

3300 South St., Suite 206, Long Beach, CA 90805

PH: (562) 531-3031

Bereavement services for all ages: individual/family assessment, school/community based support groups, grief education for school staff/students, volunteer training and more. Spanish and Khmer spoken. FEE: No charge. HRS: Monday-Friday 9 AM-5 PM.

SHARE!

Emotional Health Association

www.shareselfhelp.org

PH: (310) 305-8878

Referrals to over 10,000 self-help support groups throughout LA County.

SUPPORT GROUP FOR PARENTS AND CAREGIVERS OF CHILDREN AGES 0- 12

For the Child

4565 California Ave., Long Beach, CA 90807

4001 Long Beach Blvd, Long Beach, CA 90807 562-422-8472 PH: (562) 427-7671 –

Ask for intake coordinator Support group for parents/caregivers (of children 0-12) who have a history of substance abuse, domestic violence or mental health problems. Topics include: the impact of substance abuse and domestic violence on parent-child relationships, managing anger, helping children cooperate, parenting under stress, improving communication, building a child's self-confidence. FEE: No charge. HRS: Group for English speakers - Wednesday 10-11:30 AM, group for Spanish speakers - Tuesday 10-11:30 AM.

THE WELLNESS CENTER

Mental Health America of Los Angeles

1078 Atlantic Ave., Long Beach, CA 90813

PH: (562) 285-0149

Programs to promote wellness, healing and recovery for ages 18+ with an Axis I mental health diagnosis: counseling, medication evaluation/support, self-help meetings, social/recreational opportunities and more. Call for a phone screening to determine eligibility. FEE: Medi-Cal, some services are low-cost/no charge.

Mental Health: Medi-Cal/ Healthy Families

ALMA FAMILY SERVICES

www.alfamilyservices.org

121 Linden Ave., Long Beach, CA 90802

Intake Office: (323) 881-3799; Long Beach Office: (562) 624-8844

Outpatient mental health services for individuals and families without/with special needs, including developmental disabilities: individual, family and group counseling; case management; therapeutic behavioral services for children; medication evaluation/support; dual diagnosis program. Spanish spoken. FEE: Medi-Cal, Healthy Families. HRS: By appointment.

CHILDNET YOUTH AND FAMILY SERVICES

www.childnet.net

4155 Outer Traffic Circle, Long Beach CA 90804

PH: (562) 498-5500

School, home and agency-based mental health services for ages 3-18 and their families: individual, family and group counseling; medication evaluation/support; case management and more. Spanish spoken. FEE: Medi-Cal. HRS: Monday-Friday 8:30 AM-5 PM.

FOR THE CHILD

www.forthchild.org

Administration and Treatment Office Intake and Treatment Office:

4565 California Ave., Long Beach, CA 90807

4001 Long Beach Blvd., Long Beach, CA 90807

PH: (562) 422-8472

PH: (562) 427-7671

School, home and agency-based mental health services for ages 2-18 and their families:

Individual and family counseling, case management, parenting classes, medication evaluation/support, child abuse and domestic violence treatment programs. Call the intake and treatment office for an intake appointment. Spanish spoken. FEE: Medi-Cal, Healthy Families, sliding scale, no charge for some services. OFC HRS: Monday-Friday 8 AM-5 PM.

THE GUIDANCE CENTER

1301 Pine Ave. Long Beach, CA 90807

PH: (562) 595-1159

School, home and agency-based intensive mental health services up to age 18 with severe emotional problems and their families: individual, group and family counseling, medication evaluation/support, case management, parent education, crisis intervention. Spanish spoken. FEE: Medi-Cal, Healthy Families. HRS: Monday-Thursday 8 AM-8PM, Friday 8 AM-5 PM.

HARBORVIEW COMMUNITY SERVICES

850 E. Wardlow Rd., Long Beach, CA 90807

PH: (562) 981-9392

School, home and agency-based mental health services for ages 5-18 and their families:

Individual and family counseling; case management; afternoon groups for ages 6-18 on topics such as social skills, anger management, grief and leisure skills. Spanish and Farsi spoken. FEE: Medi-Cal. HRS: Monday-Friday 8 AM-5 PM.

LONG BEACH ASIAN PACIFIC MENTAL HEALTH PROGRAM

Department of Mental Health

Los Angeles County

4510 Pacific Coast Hwy, STE #600, Long Beach, CA 90804

PH: (562) 346-1100

Outpatient mental health services for Asian and Pacific Islander communities: crisis intervention; individual, family and group counseling; case management; medication evaluation/support. Khmer, Tagalog, Vietnamese, Chinese and Laotian spoken. FEE: Medi-Cal, Healthy Families, sliding scale, those with private insurance will be charged full cost. HRS: Monday-Friday 8 AM-5 PM, Wednesday 8 AM-7 PM.

LONG BEACH CHILD AND ADOLESCENT PROGRAM

Department of Mental Health

Los Angeles County

240 E. 20th St., Long Beach, CA 90806

PH: (562) 599-9271

Outpatient mental health services for ages 0-17 and their families: phone/walk-in crisis intervention, imminent danger assessment and hospitalization assistance; no PMRT available; medication evaluation/support; psychological testing; CalWORKs services. Functional Family Therapy (FFT) for ages 11-17 and their families who have conduct, attendance and/or family problems. Services include 3-6 months of intensive family treatment to reduce/eliminate conflict and improve family functioning. Spanish spoken, interpreters available. FEE: Medi-Cal, Healthy Families, AB3632, sliding scale, those with private insurance will be charged full cost. HRS: Monday, Tuesday and Thursday 8 AM-6 PM; Wednesday 8 AM-7 PM; Friday 8 AM-5 PM.

LONG BEACH MENTAL HEALTH – ADULT SERVICES

Department of Mental Health

Los Angeles County

1975 Long Beach Blvd., Long Beach, CA 90806

PH: (562) 599-9280

Adult outpatient mental health services for Long Beach residents: walk-in crisis intervention, imminent danger assessment and hospitalization assistance; case management; psychosocial rehabilitation; medication evaluation/support; residential placement assistance; HIV services; activity clubhouse; individual and group counseling; CalWORKs services. Spanish spoken. FEE: Medi-Cal, Healthy Families, sliding scale, those with private insurance will be charged full cost. HRS: Monday-Friday 8 AM-5 PM, Wednesday 8 AM-7 PM, first intake appointment is walk-in only. Call for more information.

MHA VILLAGE

Mental Health America of Los Angeles

www.mhavillage.org

456 Elm Ave., Long Beach, CA 90802

PH: (562) 437-6717

Services for ages 18+ with severe/persistent mental illness: counseling, medication evaluation/support, referrals to supported housing, education and more. Spanish spoken.

PACIFIC ASIAN COUNSELING SERVICES (PACS)

www.pacsla.org

3530 Atlantic Ave., Suite 210, Long Beach, CA 90807

PH: (562) 424-1886

Mental health and social services for all ethnicities, with expertise in Asian and Pacific Islander communities: individual, family and group counseling; medication evaluation/support; school-based services; parenting classes; case management; free youth programs; CalWORKs services. Spanish, Samoan, Mandarin, Cantonese, Taiwanese, Japanese, Khmer, Korean, Tagalog and Vietnamese spoken. FEE: Medi-Cal, Healthy Families, some services are low cost/no charge. HRS: Monday-Friday 9 AM-6 PM.

PACIFIC PSYCH SOLUTIONS

4201 Long Beach Blvd., Suite 230, Long Beach, CA 90807

PH: (562) 349-1600

Outpatient mental health services for all ages: individual, couples and family counseling; medication evaluation/support and more. Spanish spoken. FEE: Medi-Cal, private insurance, private pay – \$100 psychological intake, \$85 individual session, \$120 psychiatric intake, \$90 psychiatric session. HRS: By appointment.

PATHWAYS

21520 South Pioneer Blvd., Suite 110, Hawaiian Gardens, CA 90716

PH: (562) 865-3644

Day Treatment Program LBUUSD students ages 6-13 1/2 must have an Axis I mental health diagnosis, live in Lakewood or an area of Long Beach on the border, and be unable to achieve success in an outpatient program. The 3-6 month program includes individual, family and group counseling; transportation to/from the program; case management; medication evaluation/support. FEE: Medi-Cal. HRS: Monday-Friday 9 AM-5 PM.

STARVIEW COMMUNITY SERVICES

www.starsinc.com

100 E. Wardlow Rd., Long Beach, CA 90807

PH: (562) 427-6818, Intake department: 1-888-535-3288

School, home and agency-based mental health services for all ages: individual and family counseling, case management, therapeutic behavioral services for those who meet criteria, medication evaluation/support. FEE: Medi-Cal. HRS: Monday-Friday 8 AM-5 PM.

TRANSITION AGE YOUTH (TAY) ACADEMY

Mental Health America of Los Angeles

2025 E. 7th St., Long Beach, CA 90814

PH: (562) 284-0108 Comprehensive rehabilitative services for ages 18-25 with an Axis I mental health diagnosis: counseling; medication evaluation/support; independent living skills training; referrals to supported employment, education and housing. Spanish spoken. FEE: Medi-Cal, sliding scale, no one turned away for lack of funds. HRS: Monday-Friday 9 AM-5 PM.

THE WELLNESS CENTER

Mental Health America of Los Angeles

1078 Atlantic Ave., Long Beach, CA 90813

PH: (562) 285-0149

Programs to promote wellness, healing and recovery for ages 18+ with an Axis I mental health diagnosis: counseling, medication evaluation/support, self-help meetings, social/recreational opportunities and more. Call for a phone screening to determine eligibility. FEE: Medi-Cal, some services are low-cost/no charge.

Mental Health: Private Pay/ Insurance

CENTER FOR DISCOVERY AND ADOLESCENT CHANGE

www.centerfordiscovery.com

4281 Katella Ave., Ste. 111 Los Alamitos, CA 90720

PH: 800.760.3934

Day/residential treatment programs in Long Beach and Lakewood for males/females: ages 11-19 for eating disorders, ages 11-17 for dual diagnosis services. FEE: varies based on insurance. HRS: Monday-Friday 8 AM-4 PM. 24 Hour Intake Hotline

CENTRO CHA, INC.

www.centrocha.org

1633 Long Beach Blvd., Long Beach, CA 90813

PH: (562) 612-4180 Individual and group counseling, court/probation advocacy, leadership training and more for ages 14-24. Spanish spoken. FEE: Sliding scale. HRS: By appointment.

HELPLINE YOUTH COUNSELING

LONG BEACH COUNSELING OFFICE

1133 Rhea St., Long Beach, CA 90806

PH: (562) 599-2244

Individual and family counseling, parent project/teen project, anger management classes for teens. FEE: Sliding scale for counseling, \$20 intake for anger management/teen project classes, \$5 per class for anger management/teen project, \$25 textbook and \$5 per class for parent project. Call for more information.

JEWISH FAMILY AND CHILDREN'S SERVICES

www.jfcslongbeach.org

3801 E. Willow St., Long Beach, CA 90815

PH: (562) 427-7916

Individual, family and group counseling; school-based services in Downey/Los Alamitos only; case management for disabled adults/seniors. FEE: Sliding scale. HRS: Monday-Thursday 8:30 AM-8 PM, Friday 8:30 AM-4 PM.

NEW HOPE GRIEF SUPPORT COMMUNITY

www.newhopegrief.org

3443 San Anseline Long Beach, CA 90808

PH: (562) 429-0075(888) 490-HOPE

Grief support activities for all ages: adult and youth groups, camp for grieving youth and more. Call/visit the website for more information. HRS: Monday-Friday 9 AM-4:30 PM.

Mentoring

CATHOLIC BIG BROTHERS BIG SISTERS

www.catholicbigbrothers.org

1530 James M. Wood Blvd., Second Floor, Los Angeles, CA 90015

PH: (800) 463-4066

A nondenominational mentoring program for boys ages 7-13 and girls ages 7-15. Students are matched with a same-sex mentor and can remain in the program until they turn 18. Mentors and mentees plan at least two outings per month.

OPERATION JUMP START

www.operationjumpstart.org

3515 Linden Ave., Long Beach, CA 90807

PH: (562) 988-2131

A mentoring program for grades 8-10th: Students must maintain a C average in all classes, have excellent attendance and desire to attain a higher education. Year-round activities include tutoring, college enrollment/scholarship application assistance, cultural/social outings and more. College Success Program for high school juniors/seniors.

POWER 4 YOUTH

5199 E. Pacific Coast Highway, #209., Long Beach, CA 90804

PH: (562) 386-2428

After-school academic mentoring beginning in middle school: help with homework, time management, study skills and more. Mentors/mentees meet at supervised Long Beach locations once a week for 1 1/2 hours.

Parenting Classes

CASA Youth Shelter

<http://www.casayouthshelter.org>

Casa Youth Shelter

10911 Reagan Street
Los Alamitos, California 90720
Crisis Hotline: (800) 914-CASA (2272)
Shelter: (562) 594-6825 or (714) 995-8601
Fax: (562) 594-9185

Exchange Club Family Support Center

<http://www.downeyfamilysupport.com/#!/long-beach/c11b9>
1032 Redondo Ave # B, Long Beach, CA 90804
PH: (562) 434-6899

For The Child

<http://forthechild.org>
4565 California Ave.
Long Beach, CA 90807
PH: (562)422-8472

Gymboree: Music and Play

<http://www.gymboreeclasses.com/en/enroll-in-class/?zip=90808&location=new>
4148 Viking Way
Long Beach, CA 90808
PH: (562) 429- 4886
email: longbeachca@gymboreeclasses.com

Parent Education Offices

[Go to "Parent University" in the A-Z index at lbschools.net.](#)
1515 Hughes Way, Long Beach, CA 90810
PH: 562-997-8000

Simplicity Parenting

<http://www.simplicityparentingwithmary.com>
PH: (213) 703-7729
Long Beach, CA

TEAM OF ADVOCATES FOR SPECIAL KIDS (TASK)

www.taskca.org
100 W. Cerritos Ave., Anaheim, CA 92805
PH: (866) 828-8275
FEE: No charge for phone consultation, \$30 membership fee, training fees vary. HRS: Monday-Friday 8 AM-4 PM.

The Family Nest- Bilingual Family Play

<http://thefamilynest.wix.com/bilingual>

824 Redondo Ave, Long Beach 90804

PH: (562) 889-0629

The Pump Station and Nursery

<http://www.pumpstation.com/parenting-classes.html>

Santa Monica:

2415 Wilshire Blvd.

Santa Monica, CA 90403

PH: (310) 998-1981

toll free: (877) 842-7867

Mon, Tue, Thu & Fri: 10am - 6pm

Wednesday: 10am - 9pm

Saturday: 10am - 5pm

Sunday: 10am-3pm

Hollywood:

1248 Vine St.

Hollywood, CA 90038

PH: (323) 469-5300

Mon - Fri: 10am - 6pm

Saturday: 10am - 5pm

Sunday: 10am - 2pm

Together In Birth

<http://www.togetherinbirth.com/#!classes/cecy>

Marisol Garcia

PH: 562-472-5437

togetherinbirth@gmail.com

Serving Long Beach, CA & and its greater surrounding areas.

Total Family Support Clinic

<http://www.totalfamilysupport.org>

LONG BEACH OFFICE

3501 Atlantic Ave

Long Beach, CA 90807

PH: (562) 981-1501

Fax: (562) 981-1502

HOURS: Mon-Fri 8am-5pm

Banning/Carson Community Adult School

1527 Lakme Avenue

Wilmington, CA 90744

PH: (310) 830-3940

fax: (310) 830-3923

Registration fee required. Call for more information and to enroll.

Bellflower Unified School District

16703 South Clark Avenue
Bellflower, CA 90806
(562)866-9011 ext. 3313 (English); ext. 3292 (Spanish)

Cambodian Association of America

2501 Atlantic Avenue Long Beach, CA 90745
PH: (562)988-1863
Fax: (562)988-1475
Enrollment fee \$25

Carson Family Resource

340 West 224th Carson, CA 90745
PH: (310) 513-8070
Nancy Jefferson, Program Director
Offering parenting classes and other resources. 12 week module, school-based program, only runs through school year. No fee.

Catholic Healthcare West Services

411 East 10th Street, Suite #207
Long Beach, CA 90813
PH: (562)491-9100
Offering home visitation and child care services. Spanish, Cambodian and Loa available. No fee.

Centro Contra La Violencia

302 West 5th Street, Suite #100-C
San Pedro, CA 90731
PH: (888)323-6876
Offering 12 and 52-week courses. Enrollment fee \$25 and sliding fee scale. Spanish available.

Children's Institute Inc., Long Beach Office

4300 Long Beach Blvd., Ste. 700, Long Beach, CA 90807
PH: (213) 252-5800
Intake based on qualifications to meet funding requirements. Uninsured families only. Call to verify eligibility and availability.

Compton Special Services Center

404 North Alameda
Compton, CA 90221
PH: (310)605-5693
fax: (310)639-5250
Enrollment fee \$20; sliding fee.

Exchange Club Family Support Center

3134 East 7th Street
Long Beach, CA 90804
PH: (562)434-6889
Offering parenting and homemaker skills to high-risk families. Fee required. Spanish available.

Families Uniting Families

525 E. 7th Street., Building B., Long Beach, CA 90813
Main PH: (562) 437-9225
Foster Youth Services: (562) 437-7706
Offers free parenting classes for fathers in the Project Fatherhood Program.

Family Services of Long Beach

1041 Pine Avenue
Long Beach, CA 90813
PH: (562)436-9893
Fax: (562)493-2092
Sliding fee scale; offering courses in English only.

HelpLine Youth Counseling/Outreach Office

1133 Rhea Street
Long Beach, CA 90806
PH: (562)599-2244
fax: (562)864-4596

Joint Efforts

590 West 8th Street
San Pedro, CA 90731
PH: (310)831-2358
Fax: (310)864-4596
Low cost or no cost; based on income.

Long Beach City Alcohol/Drug Program City of Long Beach

Department of Health and Human Services

2525 Grand Avenue, Suite #201, Long Beach, CA 90815 (562)570-4100 ph; (562) 570-4049 fax

6335 Myrtle Avenue, Long Beach, CA 90805 (562)570-4540

2655 Pine Avenue, Long Beach, CA 90806 (562)570-4101

\$75 fee required. Offering 16 week courses. Spanish available.

Long Beach Unified School District

Westside Healthy Start

1830 West Columbia Street Long Beach, CA 90810

Offering free classes in the Fall.

Mahar House Community Center

Catholic Charities

1115 Mahar Avenue

Wilmington, CA 90744

PH: (310)834-7265

Fax: (310)834-8813

Parenting classes require \$55 fee. Also offering ESL classes, summer youth programs and special holiday programs for families.

Miller Children's Hospital Long Beach

Family Resource Center

2801 Atlantic Avenue

Long Beach, CA 90806

(562) 933-8048 ph

(562)933-8430 fax

Offering parenting support groups, workshops, training and resource information.

T.A.S.K.

Parent to Parent Support

100 W. Cerritos Ave

Anaheim, CA 92805

(714) 533-TASK

Offering parent to parent support and information to families of children with special needs.

Torrance Adult School – Griffith Adult Center

2291 Washington Avenue Torrance, CA 90501

PH: (310)972-6500 ext. 8300

Fax: (310)972-6394

Offering parent education classes. Call for enrollment and fee information.

Public and Private Benefits

Medi-cal ACCESS Program (formerly known as AIM)

PH: (800) 433-2611

Full medical care during pregnancy and delivery for low-income (includes undocumented) women/teens with Covered-California or lack access to Medi-cal. Must be pregnant and a California resident for at least six continuous months. Private insurance recipients with \$500+ maternity benefits deductible may apply. After birth, babies are eligible for Medi-cal Access for Infant program.

CALIFORNIA CHILDREN SERVICES (CCS)

PH: (800) 288-4584

Assistance for California residents (includes undocumented) under age 21 with certain health conditions: medical case management, doctor/hospital care, physical/occupational therapy, lab tests, x-rays, orthopedic appliances, medical equipment, school-based medical therapy. Children must have Medi-Cal/Healthy Families coverage or the family's annual adjusted gross income is \$40,000 or less and out-of-pocket medical expenses exceed 20% of that amount.

CAL-LEARN

PH: (800) 511-2070

www.dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/calworks/callearn-program

PH: AltaMed (323) 307-0160

Mandatory program for CalWORKs participants under age 19 who are pregnant/parenting and have not completed high school. If benefits are lost and then reinstated, participants can re-enroll. Those who turn 19 in the program may volunteer to remain until they receive a high school diploma/equivalent, or turn 19 years 9 months. Altamed Youth Services provides services in the Greater Long Beach area. Qualifying teens may receive case management, subsidies for childcare, transportation and certain educational expenses, along with financial rewards for good school performance.

CALWORKS

www.ladpss.org/dpss/calworks/default.cfm

PH: (877) 481-1044

Temporary financial assistance and employment-focused services for low-income families with

minor children: Medi-Cal; cash; food stamps; childcare/transportation subsidy; case management; substance abuse, domestic violence and mental health counseling. Able-bodied single parents must participate in 32 hours of work activity per week. Two-parent households must work a total of 35 hours per week. Eligibility is determined by income, family size and immigration status.

CALWORKS CHILDCARE HOTLINE

www.ladpss.org

www.dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/calworks/child-care

PH: (877) 244-5399

Information and referrals for CalWORKs participants who are moving through their welfare-to-work activities towards employment and are seeking childcare. If funds are available, DPSS may pay childcare expenses for ages 12 and under, up to age 21 for disabled and special needs care.

DENTI-CAL

www.denti-cal.ca.gov

PH: (800) 322-6384 TTY: (800) 735-2922

Dental care for Medi-Cal recipients: inpatient and outpatient treatment; emergency and diagnostic services such as exams, radiographs, biopsies, dental prophylaxis and more. Call/visit the website for a list of local Medi-Cal dentists and more.

GENERAL RELIEF (GR)

www.ladpss.org

PH: (877) 481-1044

www.dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/general-relief

PH: (866) 613-3777

Cash assistance for indigent adults who are ineligible for federal or state programs. Participants with no medical conditions that prevent employment may receive GR for 9 months in a 12-month period, if they comply with program employment and training services. Those unable to work have no time limits for receiving support. Substance abuse treatment is also available.

HEALTHY KIDS

www.lacare.org

PH: (562) 570-7979

PH: (888) 839-9909 TTY 711

Comprehensive health insurance coverage for LA County residents under age 19 (includes undocumented) who don't qualify for Medi-Cal/Healthy Families. New enrollment is limited to ages 0-5: inpatient and outpatient health and mental health services, prescriptions, vision and dental care. FEE: Monthly premiums are \$0-\$6 per child, \$5 copayments for some services, subject to change.

IN-HOME SUPPORTIVE SERVICES

www.ladpss.org

www.dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/in-home-supportive-services

PH: (888) 944-4477

Subsidy for certain low-income aged, blind and/or disabled persons to prevent out-of-home placement: in-home/personal care services such as cleaning, cooking, laundry, shopping, accompaniment to the doctor.

KAISER PERMANENTE CHILD HEALTH PLAN

Info.kp.org/childhealthplan

www.charitablehealth.kaiserpermanente.org

PH: (562) 570-7979

PH: (800) 464-4000

Comprehensive health insurance coverage for uninsured, low-income (includes undocumented) under age 19 who don't qualify for Medi-Cal/Healthy Families or employer-based coverage: hospitalization, doctor visits, medical tests, vision and dental care, prescriptions, mental health and substance abuse counseling. FEE: Monthly premiums are \$8-\$15 per child, not to exceed \$24-\$45 per family, subject to change.

MEDI-CAL FOR ADULTS (FULL-SCOPE)

www.ladpss.org

PH: (877) 481-1044

www.dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/health-care

PH: (866) 613-3777

Comprehensive health insurance coverage for certain low-income adults who are blind, disabled, 65+, diagnosed with cervical/breast cancer, and/or receiving Supplemental Security Income (SSI). Services include hospitalization, doctor visits, vision and dental care, prescriptions, mental health and substance abuse counseling. Billing is allowed three months retroactive to enrollment date. Eligibility is determined by income, family size and immigration status; low-income, undocumented with cervical/breast cancer also qualify.

MEDI-CAL FOR CHILDREN AND THEIR PARENTS (FULL-SCOPE)

www.ladpss.org

PH: (562) 570-7979 or (877) 481-1044

www.dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/health-care/children-and-youth

PH: (866) 613-3777

Comprehensive health insurance coverage for low-income youth up to age 21 who meet criteria. Families may also qualify if enrolled in CalWORKs; SSI; In-Home Supportive Services; foster care;

adoption assistance; Entrant/Refugee Cash Assistance programs; or one parent is absent, deceased, unemployed, disabled/incapacitated, as certified by a doctor. Services include hospitalization, doctor visits, vision and dental care, prescriptions, mental health and substance abuse counseling. Billing is allowed three months retroactive to enrollment date. Eligibility is determined by income, family size and immigration status.

MEDI-CAL FOR EMERGENCIES (RESTRICTED)

www.ladpss.org

PH: (562) 570-7979 or (877) 481-1044

www.dpss.lacounty.gov

PH: (866) 613-3777

Emergency psychiatric, health and pregnancy-related services for low-income California residents (includes undocumented) ages 0-21 and their families, who don't qualify for full-scope Medi-Cal because of immigration status. No doctor's office visits/non-emergency care, except in cases of pregnancy. Billing is allowed three months retroactive to enrollment date. Eligibility is determined by income, family size and immigration status. Adults qualify as long as their children are enrolled in the program.

MEDI-CAL FOR PREGNANCY

www.ladpss.org

PH: (800) 832-2307 or (877) 481-1044

www.dpss.lacounty.gov/wps/portal/dpss/main/programs-and-services/health-care/pregnant

PH: (866) 613-3777

Full prenatal and delivery care for low-income, uninsured (includes undocumented) pregnant women and teens. Billing is allowed three months retroactive to enrollment date. Eligibility is determined by income and family size. Unmarried minors may apply confidentially.

SOCIAL SECURITY ADMINISTRATION

www.socialsecurity.gov

2005 Long Beach Blvd., Long Beach, CA 90806

4957 Paramount Blvd., Lakewood, CA 90712

PH: (800) 772-1213

Assistance with social security cards; benefits for retirement, disability and survivors. Spanish spoken. HRS: Monday-Friday 7 AM-7 PM.

SUPPLEMENTAL SECURITY INCOME (SSI)

www.socialsecurity.gov

PH: (800) 772-1213

Cash assistance and Medi-Cal for low-income **blind, disabled and/or adults 65+**.

Public and Private Benefits: Enrollment Sites

ENROLLMENT INFORMATION

Medi-Cal/Healthy Families enrollment assistance locations are listed throughout this guide. Because of space constraints, they are not necessarily included here. The following documents are required for Medi-Cal/Healthy Families enrollment:

- copy of applicant’s birth certificate
- copy of applicant’s social security card
- proof of California residency (i.e., phone/utility bill)
- proof of income (i.e., most recent paycheck stub)
- proof of pregnancy, if applicable

DEPARTMENT OF PUBLIC SOCIAL SERVICES (DPSS)

www.ladpss.org

Central Help Line: (877) 481-1044

www.dpss.lacounty.gov

Help Line: (866) 613-3777

Adult/child enrollment assistance for Medi-Cal, CalWORKs, Cal-Learn, food stamps and refugee programs. Assistance location is determined by the participant’s home address. Call/visit the website for more information. HRS: Monday-Friday 8 AM-5 PM walk-in only. Interpreters available.

MEDI-CAL/HEALTHY FAMILIES OUTREACH COLLABORATIVE

City of Long Beach

www.longbeach.gov/health/fhec/medical.asp

Information line: (562)570-7979

Benefits enrollment assistance for Medi-Cal, Healthy Families, Healthy Kids, Kaiser Permanente Child Health Plan; referrals to CHDP providers.

Medi-Cal Outreach Program.....(562) 570-7979

Miller Family Health Education Center, 3820 Cherry Ave., Long Beach, CA 90807 Enrollment assistance for children by appointment. Spanish, Khmer and Vietnamese spoken.

The Children’s Clinic at International Elementary School

700 Locust Ave., Long Beach, CA 90813

Medi-Cal(562) 933-0482

Other Insurance Programs.....(562) 933-0511

All services.....(844) 822-4646

Enrollment assistance for adults/children by appointment. Spanish spoken.

The Children’s Clinic Family Health Center at Cesar Chavez Elementary School

730 W. 3rd St., Long Beach, CA 90802

Medi-Cal(562) 933-0482
Other insurance programs(562) 933-0511
All services.....(844) 822-4646
Enrollment assistance for adults/children by appointment. Spanish spoken.

The Children’s Clinic Family Health Center in North Long Beach at Hamilton Middle School

1060 E. 70th St., Long Beach, CA 90805

Medi-Cal(562) 933-0482
Other Insurance Programs.....(562) 933-0511
All services.....(844) 822-4646

The Children’s Clinic Family Health Center at Cesar Chavez Elementary School

730 W. 3rd St., Long Beach, CA 90802

Medi-Cal(562) 933-0482
Other insurance programs(562) 933-0511
Enrollment assistance for adults/children by appointment. Spanish spoken.

The Children’s Clinic Family Health Center in North Long Beach at Hamilton Middle School

1060 E. 70th St., Long Beach, CA 90805

Medi-Cal(562) 933-0482
Other Insurance Programs.....(562) 933-0511

MEDI-CAL/HEALTHY FAMILIES OUTREACH COLLABORATIVE (CONT’D)

The Children’s Clinic, Serving Children and Their Families

455 Columbia St., Suite 201, Long Beach, CA 90806

Medi-Cal(562) 933-0482
Other Insurance Programs.....(562) 933-0511
All services.....(844) 822-4646
Enrollment assistance for adults/children by appointment. Spanish and Khmer spoken.

Families in Good Health.....(562) 491-9100

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

1045 Atlantic Ave Suite 705, Long Beach, CA 90813

Enrollment assistance for children by appointment. Interpreter’s available. Programs available for the elderly and teens

Guam Communications Network.....(562) 989-5690

4201 Long Beach Blvd., Suite 218, Long Beach, CA 90807

Enrollment assistance for children by appointment. Chamorro spoken.

Maternal and Child Health Access and Outreach.....(800) 832-2307

Health Access Program(562) 570-7979

2525 Grand Ave., suite 210, Long Beach, CA 90815

Enrollment assistance for adults/children by appointment. Spanish and Khmer spoken.

The Vasek Polak Children’s Clinic Family Health and Wellness Center

1057 Pine Ave., Long Beach, CA 90813

Medi-Cal(562) 933-0482

Other Insurance Programs.....(562) 366-5915.
All services.....(844) 822-4646
Enrollment assistance for adults/children by appointment. Spanish spoken Westside
Neighborhood Clinic(562) 432-9575
All services.....(844) 822-4646
2125 Santa Fe Ave., Long Beach, CA 90810
Enrollment assistance for adults/children by appointment. Spanish spoken.

SOCIAL SECURITY ADMINISTRATION

www.socialsecurity.gov

2005 Long Beach Blvd., Long Beach, CA 90806

4957 Paramount Blvd., Lakewood, CA 90712

PH: (800) 772-1213

Assistance with social security cards; benefits for retirement, disability and survivors. Spanish spoken. HRS: Monday-Friday 7AM-7PM

Recreation

BOYS AND GIRLS CLUBS, LONG BEACH

www.bgclublb.org

Activities for ages 6-18: homework help, computer labs, sports, fitness, cultural enrichment, arts and crafts, leadership development and more. FEE: \$15 per year. Scholarships available. HRS: Monday-Friday 12-6 PM.

Administration Office(562) 595-5945

3635 Long Beach Blvd., Long Beach, CA 90807

Eastman/Fairfield Club(562) 428-9188

700 E. Del Amo Blvd., Long Beach, CA 90807

Fairfield/Westside Club(562) 435-1621

1835 W. Willard Ave., Long Beach, CA 90810

John C. Wallace-Petrolane Club(562) 599-2916

1920 Lemon Ave., Long Beach, CA 90806

BOY SCOUTS OF AMERICA, LONG BEACH COUNCIL

www.longbeachbsa.org

401 E. 37th St., Long Beach, CA 90807

PH: (562) 427-0911

School and community-based youth programs for developing leadership, good character and citizenship. FEE: Small membership fee. HRS: Monday-Friday 9 AM-5 PM.

CAMP FIRE USA, LONG BEACH AREA COUNCIL

www.campfirelb.org

7070 E. Carson St., Long Beach, CA 90808

PH: (562) 421-2725

School and community-based youth empowerment programs: summer camps, homework and reading programs, ropes challenge course, leadership training. Afterschool programs. Call/visit the website for more information. HRS: Monday-Friday 8:30 AM-5 PM, Saturday 9AM-1PM.

CITY OF AVALON RECREATION DEPARTMENT

www.cityofavalon.com

PH: (310) 510-0220 Ext. 400

After-school recreation, sports groups, summer day camp and more. OFC HRS: Monday-Friday 8 AM-5 PM.

DEPARTMENT OF PARKS, RECREATION AND MARINE

City of Long Beach

www.longbeach.gov/park/default.asp

2760 Studebaker Rd., Long Beach, CA 90815

PH: (562) 570-3100

After-school activities at 23 parks Monday-Friday 3-6 PM, Saturday 12-4 PM, featuring games, crafts, homework help, movies and more. Call/visit the website for more information. HRS: Monday-Friday 7:30 AM-4:30 PM.

RECREATION AND COMMUNITY SERVICES

City of Lakewood

www.lakewoodcity.org

5050 Clark Ave., Lakewood, CA 90712

PH: (562) 866-9771 Ext. 2408

After-school program for ages 8+ at eight city parks and more. HRS: Monday-Thursday 7:30 AM-5:30 PM, alternating Fridays 7:30 AM-5 PM, extended hours during school breaks, open during weekends

TEEN CENTERS

City of Long Beach

www.longbeach.gov/park/default.asp

California Recreation Teen Center(562) 570-1605

1550 Martin Luther King, Jr. Ave., Long Beach, CA 90813

Cesar Chavez Park – The Zone(562) 570-8890

401 Golden Ave., Long Beach, CA 90802

El Dorado Park West – The Ramshack(562) 570-3230

2800 Studebaker Rd., Long Beach, CA 90815

Houghton Park Teen Center(562) 570-1640
6301 Myrtle Ave., Long Beach, CA 90805
Recreation Park Teen Center – Bruin Den(562) 570-1670
4900 E. 7th St., Long Beach, CA 90804
Silverado Teen Center – Jaguar Junktion(562) 570-1675
1545 W. 31st St., Long Beach, CA 90810

YMCA OF GREATER LONG BEACH

www.lbymca.org

Corporate Office

P.O. Box 90995, Long Beach, CA 90809

PH: (562) 279-1700

Preschool day care and after-school care for children of working parents, teen programs, health/wellness activities, day/mountain camping, swim lessons, youth sports and more. Call/visit the website for branch and school programs and locations

Shelters/Transitional Housing for Ages 10-25

CASA YOUTH SHELTER

www.casayouthshelter.org

10911 Reagan St., Los Alamitos, CA 90720

PH: (562) 594-6825

Two-week emergency shelter for ages 12-17 in crisis (includes undocumented): individual and family counseling, anger management and skill-building group, parenting classes. Call/visit the website for more information. FEE: Sliding scale, no one turned away for lack of funds.

1736 Family Crisis Center

www.1736familycrisiscenter.org

2116 Arlington Avenue, Suit #200, Los Angeles, CA 90018

24-Hour Crisis Hotlines:

(213) 745-6434

(213) 222-1237

(310) 370-5902

(310) 379-3620

(562) 388-7652

Two-week emergency shelter for ages 10-17 in crisis (includes undocumented): individual and family counseling, anger management and skill-building group. No transportation to LBUSD schools. Whenever safe and possible, the staff works to reunite youth and their families. FEE:

No charge.

TRANSITIONAL HOUSING PLACEMENT- PLUS Department of Children and Family Services Los Angeles County

www.ilponline.org

PH: (213) 351-0239

Transitional housing for ages 18-24 who are former foster/suitable placement youth from DCFS/probation and at risk for homelessness: services up to 2 years include food, transportation, educational/employment assistance, life skills training and case management.

TRANSITIONAL HOUSING PLACEMENT PROGRAM (THPP) Department of Children and Family Services Los Angeles County

www.ilponline.org

PH: (213) 351-0121

One year program for high school seniors ages 16-18 in DCFS/probation placement, appropriate for apartment living and working toward high school diploma/equivalent: furnished apartment; paid utilities; support services; food, clothing and personal care allowance and more. Application must include approval from youth's probation officer/social worker. Call for more information.

TRANSITIONAL HOUSING PROGRAM FOR HOMELESS YOUTH Department of Children and Family Services Los Angeles County

www.ilponline.org

PH: (213) 351-0190

Housing and supportive services for former foster youth ages 18-21 transitioning out of the system, at risk for/homeless, able to share a living space, willing to work and save: paid utilities, case management, food stipend, career guidance, assistance locating permanent housing, transportation, childcare for parenting teens and more.

<h2>Tutoring, Homework Help and Literacy</h2>

COVENANT PRESBYTERIAN CHURCH

607 E. 3rd St., Long Beach, CA 90802

PH: (562) 437-0958 – Ask for Reverend Adele Langworthy Tutoring for grades 1-8 in literacy and ESL. FEE: No charge. HRS: Monday-Thursday 2:30-7 PM.

EDUCATIONAL PSYCHOLOGY CLINIC

California State University, Long Beach

www.ced.csulb.edu/edpac/clinic/

1250 Bellflower Blvd., Long Beach CA 90840

PH: (562) 985-4991

Developmental assessments for ages 3-6 to determine school readiness, psycho-educational assessments and tutoring for ages 6-17, individual and couples counseling for adults. Call/visit the website for more information.

KIDS CLUB

[“Go to Kids Club in the A-Z index at lbschools.net.”](#)

Long Beach Unified School District

4400 Ladoga Ave, Lakewood, CA 90713

PH: (562) 577-1654 or (562) 433-7401

The Kids’ Club program provides quality experiences, companionship, activities, supervision and guidance to school age children. Each of these attributes is so important to a child’s well-being.

LAKESWOOD PUBLIC LIBRARIES

Los Angeles County

www.colapublib.org

Angelo Iacoboni Public Library George Nye Jr. Public Library

4990 Clark Ave., Lakewood, CA 90712

6600 Del Amo Blvd., Lakewood, CA 90713

PH: (562) 866-1777

PH: (562) 421-8497

LONG BEACH COMMUNITY ACTION PARTNERSHIP

www.lbcap.org

117 W. Victoria St., Long Beach, CA 90805

PH: (562) 216-4600

Adult computer and ESL classes and more. FEE: No charge.

City of Long Beach

www.lbpl.org

All Long Beach Public Libraries maintain Family Learning Centers offering homework help and other special programs to support youth literacy skills. Visit the website for links to homework help, community services and more.

Main Library(562) 570-7500

101 Pacific Ave., Long Beach, CA 90802

Alamitos Neighborhood Library(562) 570-1037

1836 E. 3rd St., Long Beach, CA 90802
 Ruth Bach Neighborhood Library(562) 570-1038
 4055 Bellflower Blvd., Long Beach, CA 90808
 Bay Shore Neighborhood Library(562) 570-1039
 195 Bay Shore Ave., Long Beach, CA 90803
 Brewitt Neighborhood Library(562) 570-1040
 4036 E. Anaheim St., Long Beach, CA 90804
 Burnett Neighborhood Library(562) 570-1041
 560 E. Hill St., Long Beach, CA 90806
 Dana Neighborhood Library(562) 570-1042
 3680 Atlantic Ave., Long Beach, CA 90807
 El Dorado Neighborhood Library(562) 570-3136
 2900 Studebaker Rd., Long Beach, CA 90815
 Bret Harte Neighborhood Library(562) 570-1044
 1595 W. Willow St., Long Beach, CA 90810
 Los Altos Neighborhood Library.....(562) 570-1045
 5614 Britton Dr., Long Beach, CA 90815
 Mark Twain Neighborhood Library(562) 570-1046
 1401 E. Anaheim St., Long Beach, CA 90813
 North Neighborhood Library.....(562) 570-1047
 5571 Orange Ave., Long Beach, CA 90805

LONG BEACH SCHOOL FOR ADULTS (LBSA)

Long Beach Unified School District

["Go to Long Beach School for Adults in the A-Z index at lbschools.net."](http://lbschools.net)

3701 E. Willow St., Long Beach, CA 90815

PH: (562) 595-8893

Official transcripts are required for placement in the High School Diploma

Program. Transcripts need to have at least 85 credits posted on them to be considered for this program. Any student with less than 85 credits will be referred to our High School equivalency preparation program (HiSET). All students will be required to take an assessment as a part of the registration process. **A score of 8.6 or higher is needed on the assessment to qualify for this program.** This is an Independent Study Program, all students are required to report for classroom instructional support a **minimum of two sessions per week, a total of at least 4 hours.**

Steps to enroll in High School Diploma

Step 1: Attend an Orientation and Assessment. See the Orientation Schedule by clicking the blue orientation tab on the left side of this page. **Step 2: Fill out registration paper work** and get a student ID number. **Step 3: Complete assessment test** to determine program placement. **Step 4:** Once placement level is determined, you will be placed in the appropriate class or on a waiting list **Step 4:** If you are enrolled **Obtain** your start date for your program. **Step 5:** Attend the orientation for your program. If you do not attend the class orientation you

will be dropped. **All Orientations start on time, NO student will be allowed to enter an orientation after it has begun.**

Enrollment process will take approximately 3 hours to complete.

LOS ALAMITOS YOUTH CENTER

10909 Oak St., Los Alamitos, CA 90720

PH: (562) 493-4043

After-school homework clinic for ages 8-18. FEE: No charge. HRS: Monday-Friday 2:30-7 PM.

POWER 4 YOUTH

607 E. 3rd St., Long Beach, CA 90802

PH: (562) 435-2352

After-school academic mentoring beginning in middle school: help with homework, time management, study skills and more. Mentors/mentees meet at supervised Long Beach locations once a week for 1 1/2 hours.

SIGNAL HILL PUBLIC LIBRARY

City of Signal Hill

1770 E. Hill St., Signal Hill, CA 90755 PH: (562) 989-7323 Assistance to grades K-12 with reading and other homework.

YOUTH EXCELLING FOR SUCCESS (YES) PROGRAM

Pacific Asian Counseling Services (PACS)

www.pacsla.org

3530 Atlantic Ave., Suite 210, Long Beach, CA 90807

PH: (562) 424-1886

After-school activities for grades K-12: homework help and more. HRS: Monday-Thursday 3-7 PM. Call for enrollment. FEE: No charge.