

CERRITOS COLLEGE RE-ENTRY REFERRAL DIRECTORY

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

Esther Choi
Re-Entry Resource Specialist
Ext. 2362



Career Services

11110 Alondra Boulevard
Norwalk, CA 90650-6298

Phone: (562) 860-2451

Fax : (562) 467-5057

Assessment Testing	Ext. 2364
CalWORKs	Ext. 2356
Career Center	Ext. 2356
Career Counseling	Ext. 2356
Job Placement	Ext. 2367
Re-Entry Resource Center	Ext. 2362

Hours: Monday – Thursday 8:00 a.m. – 7:00 p.m.
Friday 8:00 a.m. – 4:00 p.m.

CAMPUS REFERRALS

Campus Police Ext. 2325

During both daytime and evening hours, report all problems of a serious nature to Campus Police, Ext. 2325. For less serious problems or for information, contact the Office of Judicial Affairs directly at Ext. 2472.

Student Health Services Ext. 2321

Student Health Services offers assistance to students who need personal counseling.

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Cerritos College



CERRITOS COMMUNITY COLLEGE DISTRICT ADMINISTRATION

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President/Superintendent

WILLIAM C. FARMER, JR.

Vice President of Academic Affairs/
Assistant Superintendent

JO ANN HIGDON

Vice President of Business Services/
Assistant Superintendent

DR. STEPHEN B. JOHNSON, Ed.D.

Vice President of Student Services/
Assistant Superintendant

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Student Member

The Cerritos Community College District does not warrant that the services provided by and of the listed agencies is appropriate for the use intended by the client served by such agencies.

This booklet is provided for the convenience of such user and the District does not assume any liability whatsoever in connection with such use.

TITLE IX – In compliance with Title IX, Cerritos College's educational programs and activities are offered to the total community without regards to sex. Questions regarding Title IX policies affecting the educational programs should be directed to the Dean of Academic Affairs at 562/860-2451, extension 2228.

EQUAL OPPORTUNITY POLICY – Cerritos College does not unlawfully discriminate in educational opportunities on the basis of race, religion, color, national origin, age, marital status or handicap and is subject to Title VII of the Civil Rights Act of 1962 as amended, and Section 504 of the Rehabilitation Act of 1973. Questions concerning the application of the Policy may be addressed to the Dean of Academic Affairs at 562/860-2451, extension 2226. Disabled students may contact the Director of Programs for the Disabled at 562/860-2451, extension 2334.

Information is current as of August 2006



After School Programs



Bethel Church Children's Ministry

(562) 866-0791

K.I.C.K. I.T. (Kids in Christ Knowing It's True) This program serves children from age 3 to 6th grade and is designed to teach kids how cool God is. The program also teaches children "life skills" and engages them in vocational activities. The program curriculum also teaches children life skills and provides encouragement to practice at home. This program is held on Wednesday nights from 7 p.m. – 8:30 p.m. The church is located at 10012 Ramona St. Bellflower, 90706.

City of Bellflower Teen Center

(562) 804-6426

This center is for teens in grades 7 thru 12. Activities include Play Station 2 (PS2), pool, ping pong, and monthly dances. Other attractions include a weekly movie night, teen trips, and snack bar daily. Recreation leaders supervise the center at all times. Summer hours are Monday–Saturday, 1:30 p.m. – 9 p.m. In order to participate the students are required to possess valid school identification and be enrolled at a school in the Bellflower Unified School District. Membership is free for one year. The office is located at 16600 Civic Center Drive Bellflower, CA 90706.

Loving to Learn Enrichment Academy

(323) 73-LIGHT

Web Address

<http://lovingtolearn.com>

After School Enrichment Training Center (ASETC) enhances academic and learning skills for at-risk children, parents and adults. ASETC provides individualized tutoring, homework assistance, counseling, and social services. Services are available for pre-K through grade 12 and particularly for children who are victims of parents' incarceration, unemployment, homelessness, illness or child abuse. Hours of operation are Noon to 6 p.m. Monday-Wednesday and Noon – 7 p.m. on Thursdays. There is a \$20 registration fee and an additional \$20 per week for up to eight hours of tutoring. (Free and low cost services are available). The office is located at Esther Mallett International Bible University at 12400 Studebaker Rd. Norwalk, CA 90650.

Mothers at Work Children's Center

(562) 867-4083

The Mothers at Work program is located at the Burns Community Center, provides childcare for children ages 2 – 5 years old. Services include instruction and experience in language development, art, music, and more. An after school child care program is also available for children ages 6 – 12. Call for further information. The office is located at 5510 N. Clark St. Lakewood, CA 90712.

Project APPLE-Bellflower Unified School District

(562) 461-2241

(After School Program Promoting Learning and Enrichment)

Project APPLE is an after school program providing a safe and secure environment where students will benefit from educational enrichment, small group tutoring, homework assistance, and recreational activities. Project APPLE takes place at 6 of the 11 elementary schools and one middle school in the Bellflower Unified School District. Only students enrolled in a designated APPLE School are eligible to enroll. Hours are 3 p.m. - 6 p.m., Monday, Tuesday, Thursday and Friday; and 1:30 p.m. - 6 p.m. on Wednesdays (early release days). This program operates on a regular school calendar schedule, no fees. The office is located at the Alondra Annex of Bellflower Unified School District, 10140 Alondra Blvd., Bellflower, 90706.



ALCOHOLISM AND DRUG ABUSE PROGRAMS

Adult Children of Alcoholics World Service Organization

(310) 534-1815

(Outgoing message only)

info@adultchildren.org

www.adultchildren.org

P.O. Box 3216, Torrance, CA 90510

E-mail Address

Web Address

Mailing Address

ACA is a 12 Step traditional program of recovery for individuals who grew up in an alcoholic or otherwise dysfunctional household. ACO/WSO is the world office, visit ACA website, email, or send a self-addressed, stamped, business-size envelope to the address above for information about the ACA meeting times and places, or ACA literature. Visiting the web site or emailing would be the fastest way of obtaining information.

Al-Anon/Alateen

(818) 760-7122

Information in Spanish

(562) 948-2190

Meeting Information Only

(888) 684-6444

Web Address

www.alanonla.org

A 12 Step support group for families and friends of alcoholics and anyone whose life has been affected by another's drinking. There are groups for pre-teens, teenagers, and adults. Meeting information is available anytime. To speak with an Alcoholics Anonymous representative call Monday thru Friday, 9 a.m.-5 p.m. or send an email. No fees. The office is located at 4936 Lankershim Blvd, North Hollywood, CA 91601.

Alcoholics Anonymous*Web Address***(562) 989-7697***www.hacoaa.org*

Alcoholics Anonymous is a 12 Step, self-help program for those with alcohol problems. This phone number will provide you with information on meetings in your area. Telephone coverage is available 24 hours a day, 7 days a week. The central office is located at 3450 E. Spring St., #109 in Long Beach. Office hours are Monday thru Friday, 9 a.m. – 6 p.m., Saturday, 9 a.m. – 5 p.m.

Angel Step Inn**(562) 949-5358****(562) 941-6855****(562) 944-6144**

A 45-day emergency shelter with counseling and group therapy for battered, substance addicted women and their children. Angel Step Inn aims for six month transitional housing, then independence. No fees. Agency will help client obtain Aid to Families with Dependent Children or General Relief. Call for information Monday thru Friday, 9 a.m. – 5 p.m. Inquiries can be sent to P.O. Box 33306 Los Angeles, CA 90033.

Awakenings/Southern California Alcohol & Drug Program*Residential**TDD**Web Address***(562) 947-3835****(562) 947-4833***www.scadp.org*

The Awakenings program provides an eighteen-bed residential program that includes recovery planning, individual, group counseling, and alcohol and drug prevention education. Referrals are available for 12 Step support groups, social activities and Southern California social services. The outpatient center is homelike and the drop in center is also available for deaf and hearing impaired clients. Acceptable forms of payment include MediCal, Kaiser, Proposition 36, and sliding scale fees. This organization is located at 12322 Clearglen Ave in Whittier and is open Monday thru Friday, 8 a.m. – 5 p.m.

C.I.D.E.R. House Program**(562) 864-7724**

The C.I.D.E.R. House Program is a complete 5-7 day non-medical detoxification site for men. This program is a 90 day full-phase recovery program and includes an extended six-month supportive unit. Participation will also include follow up for up to one year. Please call for an assessment; phone service is available 7 a.m. – 10 p.m. Fees are based on a sliding scale.

Families Anonymous, Inc.*24 Hour Helpline and Message***(310) 815-8010****(800) 736-9805**

Families Anonymous is a fellowship of 12 Step support groups for family members and friends of a loved one with a current, former or suspected use of drugs, alcohol, or related behavior problems. Support groups are available at many locations. Members share their experience, strengths, and hopes with new members. Office hours are from 10 a.m. – 4 p.m., Monday thru Friday. This organization is closed weekends and holidays.

Foley House**(562) 944-7953**

A residential program established to meet the needs of both alcohol and drug addicted women and their children. Programs include alcohol/drug education, discussion groups, counseling sessions, self-help group meetings, and vocational training. Children are accepted from infants to 12 years of age. A grade school is located in the vicinity. A 120-day commitment is required upon admission to the program. Assistance is provided in obtaining welfare benefits. Fees are on a sliding scale. Foley House is located at 10511 Mills Ave in Whittier. Call for phone assessment and interview appointment. Service is available 24 hours a day and seven days a week and is in English only.

Help Line Youth Counseling*Web Address***(562) 864-3722***www.vfnet.com*

Helpline provides counseling and intervention services for youth and families. Services include gang intervention/prevention, substance abuse programs (adolescents), individual, group, and family counseling, domestic violence counseling, child abuse prevention, anger management training (adolescents), and parenting skills training. Assistance is in English and Spanish. Services are available Monday thru Thursday, 9 a.m. – 8 p.m. and Friday 9 a.m. – 5 p.m. Fees are on a sliding scale. Access to some services is through Department of Children and Family Services, other county agencies, youth on probation, GAIN recipients, and referrals from school district personnel, law enforcement, parents, etc. Eligibility varies.

La Casita**(562) 622-2268**

La Casita is a six-month residential treatment program for substance-addicted women and their children. Program is designed to give women tools they need to lead a clean and sober life. These tools include parenting classes, anger management, counseling, Mommy and Me classes, art therapy and Alcoholics/Narcotics Anonymous programs. This program is primarily for women's reunification with their children. Fees are on a sliding scale. La Casita is located at 10603 Downey Ave., Downey. Call between 8a.m. - 5 p.m. to speak to a counselor; however, phone service is available 24-hours/day.

Little House**(562) 925-2777**

A residential recovery home for women ages 18 and older. This is a 6-month program. Classes are offered on topics such as parenting, domestic violence, and many more. The goal of Little House is that by accessing our services women with alcohol and drug problems will gain the skills to lead a more productive life without alcohol and drug use. In addition to the classes mentioned above, our clients attend AA meetings 7 days a week plus many more classes that are offered. A phone screening is done first, before a person is determined eligible for the program. Client must have at least 24 hours of sobriety before entering the facility. Fee is on a sliding scale. Little House is located at 9718 Harvard St. Bellflower, CA 90706. Call Monday thru Friday, 6 a.m. – 10 p.m., Saturday and Sunday from 6 a.m. – 6 p.m. Fees are based on a sliding scale.

Long Beach Alcohol and Drug Rehabilitation**(562) 570-4100**

This organization provides counseling and education about alcohol and drug abuse, support groups, self-help meetings, and drug screen urinalysis tests. Additional services include Community Alcohol and Drug Awareness Certificate, skillful parenting and anger management, Drinking Driver First (AB-541) offender and Second (SB-38) Offender Programs at the Grand Facility only. Service is available in English and Spanish at the Rhea Facility only. The Spanish-speaking pre-natal and post-natal program is located at the Rhea Facility. 16 week and 52 week parenting classes are available as well as Proposition 36 programs. Service is available Monday thru Thursday, 8 a.m. – 9 p.m. and Friday, 8 a.m. – 5 p.m. Fees are based on a sliding scale, however private insurance is accepted. The office is located at 2525 Grand Avenue Long Beach, CA 90815.

Los Angeles Center for Alcohol and Drug Abuse**(562) 906-2676**

LACADA provides outpatient drug-free services, one-to-one and group counseling, AIDS prevention program, and early intervention programs. A Family Therapist is available to serve elementary aged children to adults. Programs are also available for DUI, drug diversion and domestic violence. LACADA is located at 11015 Bloomfield Ave in Santa Fe Springs. Call Monday thru Friday, 9 a.m. - 5 p.m.

Phoenix House Women & Children's Services**(562) 941-8042**

Phoenix House of Santa Fe Springs is a short-term 24-hour residential treatment program for female parolees, including court ordered Proposition 36 clients. The program's philosophy of mutual self-help enables substance abusers to overcome their addiction in a structured environment. For more information, please call Monday thru Friday, 9 a.m. – 5 p.m. The Phoenix House is located at 11015 Bloomfield Ave, Santa Fe Springs, 90670.

Positive Steps**(562) 923-7894**

Positive Steps is a non-profit substance abuse program of Southern California Alcohol & Drug Program's, Inc. Positive Steps offers substance abuse residential and out-patient services for HIV-positive men and at-risk women with or without children that encompasses harm-reduction treatment, alcohol/drug education, HIV/AIDS education/risk education, case-management, intensive therapy and other services. Clients that are HIV-positive also receive Mental Health Services, which include needs assessment, culturally-centered services, psychiatric evaluation, individual and group psychotherapy, psycho-education, family and peer groups, medication management, and linkage to outside services as needed. For more information, please call Monday – Friday, 8 a.m. – 4 p.m. Positive steps is located at 11501 Dolan Ave, Downey, 90241

SPIRITT Family Services*Prevention Office***(562) 698-9436***Administration Office***(562) 903-7000**

SPIRITT offers family communication skills, classes, parenting, anger management, alcohol and drug recovery services, domestic violence, child abuse prevention, and family preservation. After-school programs are available for ages 5 through 18 years old. Services are in English and Spanish and are available Monday-Friday, 8:30 a.m. - 5 p.m. Sliding scale fees apply for low-income clients.

Southern California Alcohol and Drug Program**(562) 923-4545**

SCADP provides treatment prevention, education, and information/referral services regarding alcohol and drug addiction as well as, HIV/AIDS. Counseling, mental health services, residential treatment, parenting skills, and court mandated Drinking Driver Education Programs available. Call Monday - Friday, 8 a.m. – 8 p.m. The SCADP Administration office is located at 11500 Paramount Blvd in Downey. Fees are on a sliding scale.

Substance Abuse Foundation of Long Beach**(562) 987-5722****(562) 439-7755***Web Address**www.safeinc.org*

Southern California Alcohol & Drug Programs, Inc. provides services for the prevention and treatment of substance abuse among disadvantaged and underserved populations. Residential and outpatient services are provided based upon a sliding fee scale and no one is refused care for financial reasons. Specialized programs are provided for women and their children, men, Latino families, American Indian women and their children, persons living with HIV/AIDS, battered women and their children, the homeless, the dually-diagnosed, deaf and hard of hearing persons, high risk youth, and persons who are criminally involved. SCADP services include detoxification, residential treatment, DUI education, outpatient counseling, transitional housing, permanent housing case management, and educational/vocational services for recovering substance abusers. Transportation to services may be arranged.



CalWORKs

CalWORKs

(562) 860-2451, Ext. 2356

The CalWORKs Program at Cerritos College exists to assist students who are receiving Temporary Assistance to Needy Families (TANF). The program provides counseling and educational planning, referrals to campus and community-based organizations, up-to-date information regarding Welfare Reform rules and their impact on students, job search assistance, and childcare agency referrals for eligible students. The CalWORKs program also provides payment for childcare during class and work hours. For more information about the CalWORKs Program, or to find out if you are eligible for paid childcare, please call the number listed above and make an appointment with a CalWORKs counselor.



CHILD CARE DEVELOPMENT PROGRAMS

On Campus

Cerritos College Child Development Center

(562) 860-2451, Ext. 2583

The Cerritos College Child Development Center provides high quality child care and development services to the Cerritos College Community. The CDC provides a safe, nurturing environment that promotes physical, social, emotional, and cognitive development of young children while responding to the needs of families and fostering respect of diversity. The CDC is committed to doing this in developmentally appropriate ways, planning curriculum that is appropriate for the age span of the children enrolled in the center and implemented with attention to the specific needs, interests, and developmental issues of the individual children and families who participate in the center. The children of Cerritos College students, faculty, and staff between the ages of 2.9 years through 5 years may enroll in the Center. All children must be toilet trained, have a current physical examination, TB clearance and immunization record. Registration and enrollment is first come-first served and takes place at the beginning of each semester. Also starting in September, the CDC will be offering the Los Angeles Universal Preschool. The CDC will offer a part-time preschool program for 4 year olds. Children who will be 4 by 12/02/06, living in Los Angeles County are eligible to participate in the morning or afternoon program funded by LAUP (verification of age and proof of residence required for enrollment.) Registration and enrollment is first-come, first-served. Please contact the CDC for more information. The CDC operates Monday - Friday, 7:30 a.m. - 5 p.m. and is located at 11110 Alondra Blvd in Norwalk. Call for information regarding fees and registration.

Off Campus

ABC Child Development

(800) 724-6112

This is a Head Start/State Preschool program for 4 - 5 year-old-children. Children with disabilities accepted. Program is free to families that qualify. The office is located at 3200 North Rosemead Blvd, El Monte 91731. Call for more information.

Artesia High School Children's Center

(562) 865-2064

Provides care to children between 2 - 5 years old. Full breakfast, lunch, and afternoon snacks provided. This facility is located at 20650 Norwalk Blvd in Lakewood. The center is open Monday thru Friday, 7 a.m. - 6 p.m. Eligibility criterion is that parent(s) must meet income requirements and reside within ABC Unified School District. This program is State funded and is provided on a sliding scale fee basis.

Bellflower Child Development Center

(562) 461-2227

The Bellflower Unified School District Child Development Program offers many programs to meet the needs of B.U.S.D. families and community. First 5-School Readiness Program offers a 'Mommy & Me" type class for students ages 3-5 and their parent/guardian, 3.5 hours per day M-F. The class is held at the Thomas Jefferson site. The other 3 classes have been taken over by the adult school. They also have a home visitation program to support families with children ages 0-2. These programs are available during the regular school year only. The Head Start/State preschool operates 3.5 hours per day Monday –Friday and serves children ages 3-5 of low-income families in the Bellflower/Lakewood areas. The program is free to qualifying families. This program is available during the regular school year only. Community Day Care/preschool serves children 2-5. This program offers full cost and subsidized cost care from 6:30 a.m. before school until 6 p.m., after school, Monday-Friday. Students must be attending a B.U.S.D. school. Subsidized care is available during the school year. Holiday and extended summer care available for additional fees. Before and After School Care at the Intensive Learning Center. This is a cost for services program serving the students at the Intensive Learning center ages K-6. They offer care from 6:30 a.m. before school until 6:00 p.m. after school. This program is available on site during the school year only. Holiday and extended summer care are available for additional fees. For more information on how to apply for these programs, please call the number listed above. The center is located at 9301 Flower St. Bellflower, CA 90706.

Children's Home Society of California

(562) 256-7400

Information (all services)

(562) 256-7490

Web Address

www.chs-ca.org

The Children's Home Society of California offers childcare and development services, as well as a referral hotline. The referrals are made to licensed childcare facilities in the greater Long Beach Area. An alternative payment program to assist low-income families is available and is based on available funding. Services are available Monday thru Friday, 8:30 a.m.– 5 p.m. Federally and State funded. Free Services. The CHS is located at 330 Golden Shore, Suite 209 in Long Beach.

L.A. County Head Start and Early Head Start

**(877) Pre-K-Kid
(877) 773-5543**

L.A. County Office of Education (LACOE) Head Start and Early Head Start are free early childhood education programs that serve low-income children and their families. Early Head Start serves pregnant women and children from birth to 3 years old. Head Start provides services to children 3-5 years old. Both federally funded programs offer a comprehensive range of integrated services that include health screenings and referrals, mental health, social services, and nutrition. Head Start and early Head Start also address the needs of special populations, including children with disabilities. LACOE's early childhood programs are in addition to those operated by 4 other agencies in Los Angeles County: USC Child Care Center head Start, Center for Community & Family Services Head Start, Options Head Start, Long Beach Unified School District Head Start and Charles Drew Head Start. Call Monday-Friday 8 a.m.-5 p.m. to get information about the program in your area. The office is located at 10100 Pioneer Blvd., Suite 100, Santa Fe Springs, CA 90670.

Options-Child Care Division

**(562) 945-2635
(626) 856-5900**

The Options-Child Care Division is a childcare referral service. Subsidized programs for low-income families are available. Special program for special needs children. Assistance is available in the following languages: English, Spanish, Chinese, Vietnamese, Mandarin, and Cantonese. Services are available Monday, Wednesday, Thursday, and Friday, 8 a.m. – 5 p.m. and Tuesday, 8 am – 7 pm. Free and sliding scale fees. 13100 Brooks Ave., Suite 200 Baldwin Park, CA 91706.



American Civil Liberties Union (ACLU)

(213) 977-9500

Web Address (For legal intake click on, "In the Courts")

www.aclu-sc.org

Email Address (Not for legal intake)

acluinfo@aclu-sc.org

This agency strives to protect the rights afforded by the Constitution of the United States and the Bill of Rights. This organization provides legal representation on civil liberties and civil rights issues. Due to extremely limited resources it generally does not handle individual cases, but instead litigates class action lawsuits or novel issues of constitutional law. Does not handle criminal cases or family law cases, and does not generally take individual employment cases or cases involving factual disputes between the parties. This office handles issues that arise in Southern California including; San Luis Obispo, Ventura, Santa Barbara, Kern, Riverside, Orange, Los Angeles, and San Bernardino counties. For more information you can write to 1616 Beverly Blvd., Los Angeles, CA 90026 or call (213) 977-5253. You must include an address for a response. No walk-ins.

Attorney General of California Public Inquiry Unit

P.O. Box 944255, Sacramento, CA 94244-2550

E-Mail

Web Address

(800) 952-5225

piu@doj.ca.gov

http://www.ag.ca.gov

Following an evaluation of consumer correspondence for actionable violations of California statutory and administrative law, the office investigates consumer complaints against California businesses and may enter into a third party dispute resolution process. Although the office cannot render private legal advice or legal representation, it can confer with members of the public to provide information on viable remedial actions, which may include a referral to the appropriate federal, state or local government agency or a private attorney. Call Monday thru Friday, 9 a.m. – Noon and 1 p.m. – 4 p.m. Assistance is available in English and Spanish.

United States Commission on Civil Rights

Web Address

(213) 894-3437

www.usccr.gov/

Collects and studies information concerning legal developments constituting a denial of equal protection of the laws under the Constitution and voting rights. This organization provides information on civil rights as well as case referrals. The USCCR is located at 300 North Los Angeles Street, Suite 2010 in Los Angeles. Call Monday thru Friday, 9 a.m. – 4 p.m. No fees.



The organizations listed below are resources in your community that offer varied services to families and seniors.

Artesia/ABCUSD Family Resource Center

Web Address

(562) 229-7893**(562) 926-5566 Ext. 23888**

www.abcusd.k12.ca.us

The Artesia/ABCUSD Family Resource Center offers various activities, classes and workshops to the community, and provides information and referrals to healthcare, legal services, and court ordered education programs. Healthy Families and personal assistance is also available. The hours of operation are Monday thru Friday 8 a.m. – 2:00 p.m., Tuesday and Thursday 5:30 p.m. – 8 p.m. The office is located at 16715 S. Jersey Ave., Artesia, CA 90701.

**Community Agencies for
Caring Connections/Bellflower****(562) 866-9011 Ext. 3248**

Caring Connections provides resources and referral information for community social services, food, clothing, counseling, parent education, medical, dental, vision, and health insurance enrollment etc... This resource is available to families living within the Bellflower Unified School District. Attendance area: Bellflower, Lakewood, and Cerritos. Hours are Monday – Friday 8:30 a.m. – 4 p.m. Summer hours vary. No fees. The office is located at 16703 S. Clark Ave in Bellflower.

City of Cerritos A-Z Guide**(562) 860-0311**

The City of Cerritos provides an alphabetical listing of services that are available in their community. Call the number above to receive the guide. You must be a resident of Cerritos.

City of Lakewood Community Resource Centers*William J. Burns Community Service Center**(562) 925-7512**Palms Community Center**(562) 865-6414**Weingart Senior Center**(562) 630-6141**Weingart Senior Center Case Management**(562) 630-7492***City of La Mirada Community Resource Centers***City Hall (562) 943-0131**Resource Center**(562) 943-7277**Norwalk Social Services Center**(562) 929-5544*

Emergency food assistance, child care program, children's dental program, client advocacy, information and referrals, consumer and landlord/tenant mediation, counseling, employment listings and referrals, self-help support groups, senior citizen nutrition program. Services are available to Norwalk residents only. The center is open Monday thru Thursday, 8 a.m. – 6 p.m., Fridays, 8 a.m. – 5 p.m. Fees vary, mostly none except for childcare, dental, meals on wheels and senior nutrition programs. The Norwalk Social Services Center is located at 11929 Alondra Blvd.

City of Santa Fe Springs Neighborhood Center**(562) 692-0261**

The SFS Neighborhood Center provides information and referrals to local social service agencies, emergency food pantry and utility assistance on a one time basis for Santa Fe Springs residents. SFSNC also offers a Senior Center and nutrition program. The W.I.C. office is open Wednesdays and Thursdays. Non-residents may access our free legal consultations by appointment only. Services are only available to residents of Santa Fe Springs. Hours of operation are Monday thru Friday 8 a.m. – 6 p.m.

City of Whittier Community Service Center**(562) 464-3430****EMERGENCY CLOTHING****Cerritos Valley Help Center****(562) 402-6338**

The CVHC provides help with clothing for residents of Artesia and Cerritos who are unemployed, or are in the Federal Government low-income poverty bracket. This service is available once a month. Proof of residency and income are required. Call for listing of appropriate documentation. Non-residents are eligible only if they can provide proof of membership in one of the churches in Artesia or Cerritos who actively support the Help Center. The center hours are Monday thru Thursday from 9 a.m. – Noon.

Second Tyme Around Shop

(562) 869-0232

This shop provides resale clothing for men, women and children. Profits serve our philanthropic projects including dental care, home projects, Christmas distributions, Books on Wheels, and Meals on Wheels. We are open Monday thru Friday 10 a.m. – 4 p.m. and Saturday, 10 a.m. – 2 p.m. The Assistance League of Downey sponsors the Second Tyme Around Shop. The shop is located at 11026 Downey Ave., Downey, CA 90241.



EMERGENCY FOOD ASSISTANCE



Catholic Charities

(562) 591-1351

Catholic Charities provides emergency food, transportation, clothing, shelter, hygiene items, baby items, information and referral. Hours of assistance are Monday and Wednesdays 8:30 a.m.-12 p.m. and 1 p.m.-4p.m. by appointment only and on Tuesdays and Thursdays from 9 a.m.-12 p.m. and 1 p.m.-4 p.m. To be eligible for this program you must be low income. No fees.

Hawaiian Gardens Food Bank

(562) 860-9097

Call for more information.

City of Norwalk Social Services Center

(562) 929-5544

Emergency food assistance is provided to individuals and families facing crisis situations. Norwalk residents only, photo identification is required. Services are provided in English and Spanish. This facility is open Monday - Thursday, 8 a.m. – 6 p.m. and Friday, 8 a.m. – 5 p.m. No fees with the exception of child care, dental program, and nutrition. The office is located at 11929 Alondra Blvd. Norwalk, CA 90650.

Salvation Army

(562) 426-7637

Food assistance for disabled and low-income families, a 2-3 day food supply over a 60-day period, limited to four times a year. Assistance is provided from 8 a.m. – Noon and 1 p.m. - 4 p.m. This division serves Long Beach, Lakewood, and Signal Hill residents. At time of appointment must provide picture ID for adults, proof of residency, proof of income, and birth certificate for children under 18 years old. The office is located at 455 E. Spring St. Long Beach, CA 90806.

Village Baptist Church

(562) 929-0709

A free hot meal is provided every Tuesday morning from 8:30 a.m. – 10:30 a.m. The Village Baptist Church is located at 12641 E. Foster Road in Norwalk.

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

(888) 942-2229

For income eligibility

The WIC Program is a special Supplemental Nutrition Program providing nutrition education and food checks for purchasing specific foods such as milk, cheese, cereal, juice, and infant formula. The program serves pregnant and breastfeeding women, as well as, infants and children up to 5 years of age. This program requires that you be low income or high risk with medical referral, and bracket. Services are available at locations throughout L.A. County and Orange County. Call for details Monday thru Friday, 7:30 am – 5:30 pm. Some facilities may have extended hours. These services are free.



FAMILY AND YOUTH COUNSELING SERVICES

Casa Youth Shelter

(562) 594-6825

(800) 914-2272

Web Address

www.casayouthshleter.org

Services include emergency shelter for 14 days, referrals, and individual and family counseling. This is a United Way agency that serves ages 12 to 17 and is open 7 days a week/24 hours a day. Services are available on a sliding scale. A toll-free crisis line is also available at the 800 number listed above. The shelter is located at 10911 Reagan St., Los Alamitos, CA 90720.

Children's Home Society of California

(310) 816-3600

Information (all services)

(310) 816-3690

This is a respite childcare program for children at risk of abuse or neglect. Also available is a program for low-income parents. We also provide a childcare referral service. This facility is open Monday thru Friday, 8:30 am – 5 pm and is located at 320 Pine Ave., Suite 700, Long Beach. Services are provided in English and Spanish.

Family Intervention Team

(City of Norwalk-Department of Public Safety)

(562) 929-5685

This team provides early intervention and assistance to parents whose children are displaying adverse and delinquent behavior at an early age. This service is for Norwalk residents with children age 5 to 14 years of age. No fees. The office is located at 10921 Firestone Blvd., Norwalk, CA 90650.

Family Service of Long Beach (Bellflower Branch)

(562) 867-1737

Web Address

www.fslb.org

Family Service of Long Beach provides individual, marital, family and child counseling. Referrals are also available to other support services. The office is located at 16704 Clark Ave., Bellflower, CA 90706.

Help Line Youth Counseling

(562) 864-3722

Web Address

www.vfnet.com

Helpline provides counseling and intervention services for youth and families. Services include gang intervention/prevention, substance abuse programs (adolescents), individual, group, and family counseling, domestic violence counseling, child abuse prevention, anger management training (adolescents), and parenting skills training. Assistance is in English and Spanish. Services are available Monday thru Thursday, 9 a.m. – 8 p.m. and Friday 9 a.m. – 5 p.m. Fees are on a sliding scale. Access to some services is through Department of Children and Family Services, other county agencies, youth on probation, GAIN recipients, and referrals from school district personnel, law enforcement, parents, etc. Eligibility varies. The office is located at 12440 E. Firestone Blvd., Suite 100 Norwalk, CA 90650.

Incest Survivors Anonymous/I.S.A.*E-mail Address**Web Address***(562) 428-5599***isa@lafn.org**http://www.lafn.org/medical/isa/*

This is a 12-Step traditional self-help program for men, women, teen victims of incest and childhood sexual abuse, and their non-offending support people, which give them the tools to evolve from victim to survivor. No professionals or students except as survivors. No perpetrators, pedophiles, or child molesters. For the protection of the survivors, all inquiries are by email, phone, or by mail. Send business size SASE to P.O. Box 17245, Long Beach, CA 90807-7245 for information. No fees.

Jewish Family & Children's Service of Long Beach*Web Address***(562) 427-7916***www.jfcslongbeach.org*

JFCS provides and promotes progressive mental health, case management, and human service programs. Our primary goal is to support individuals and families through life's challenges regardless of age, race, religion, handicap, or sexual orientation. The office is at 3801 E. Willow St., Long Beach. For more information, call Monday – Thursday 8:30 a.m. – 4:00 p.m. JFCS takes Medicare and many insurance plans. Fees are on a sliding scale.

Loving to Learn Clinics and Centers Association*Web Address***(323) 73-LIGHT***www.lovingtolearn.org*

Child, family and community educational crisis intervention training association for motivational enrichment: counseling, education and social service; particularly where children are victims of parent's incarceration, unemployment, illness or homelessness. Services are available to children ages 3 to 18 and their parents, college students and general public. The office is open 7 a.m. - 6 p.m. Monday thru Friday with a \$20.00 registration fee; ask about free and low-cost services.

Los Angeles Regional Family Planning Council**(800) 942-1054**

Provide referrals for family planning services and clinical referrals for contraceptive services, infertility testing, pregnancy testing, and female cancer screening 24-hours/7 days/week. The office is located at 11702 Imperial Hwy., Suite 110 Norwalk, CA 90650,

SPIRITT Family Services*Prevention Office**(562) 698-9436**Administration Office**(562) 903-7000*

Available programs include drug and alcohol prevention, job training, family preservation and support, domestic violence and child abuse prevention and communication skills. Hours are 8:30 a.m. - 4:30 p.m. Fees vary with services provided.

Straight Talk/La Mirada**(562) 943-0195**

Counseling services for families, couples, individuals of all ages who live in La Mirada. Counseling, support groups and classes deal with such problems as sexual abuse, depression, parenting, bereavement, anxiety, and childhood/adolescent concerns. Groups and classes are open to everyone. Fees are on a sliding scale. Proof of income is required. Straight Talk is located in the La Mirada Resource Center, 13712 La Mirada Blvd in La Mirada. Call Monday thru Thursday, 9 a.m. – 9 p.m. for appointments and inquiries.

The Gary Center

Web Address

(562) 691-3263

www.garycenter.org

The Gary Center is a private, non-profit agency, located at 341 Hillcrest in La Habra. Services include counseling in areas of families, couples, individuals in crisis management, family stress, sexual abuse, domestic violence, anger management for adolescents, and drug/alcohol dependency. Other services include emergency shelter information, translation in tenant/landlord situations, and assistance with employment, SSI, welfare documents, and housing matters. A food distribution program is available to La Habra residents only. Counseling and administration hours are Monday thru Thursday 9 a.m. – 8 p.m. The Gary Center also has a dental clinic providing full mouth restoration services to children and adults, which is open Monday thru Saturday, 8 a.m. – 4 p.m. with extended hours on Tuesday 11 a.m-7 p.m. Sliding scale fees are based on availability to pay.

Voices of California, Inc.**(714) 832-9625**

Provides focus groups for female incest or childhood sexual abuse survivors 18 years of age or older. Also provides ongoing therapy by licensed therapist. Seven days a week. The fees are on a sliding scale basis and range from \$10-\$40.

**FINANCIAL ASSISTANCE**

On Campus

CARE**(562) 860-2451, Ext. 2384**

(Cooperative Agencies Resources for Education)

The program provides childcare supplement, study time grants, book vouchers, car repair service, meal tickets, bus tokens, psychological services, workshops, and activities for children and more. Must be receiving cash aid for yourself or your child, on CalWORKs, at least 18 yrs old, single head of household, have at least (1) child under the age of 14, full-time student, and must meet criteria for EOPS. No fees.

Cerritos College**Financial Aid Scholarships**

Web Address

(562) 860-2451, Ext. 2370

www.cerritos.edu/finaid/scholarship.htm

Cerritos College**Foundation Scholarships**

www.cerritos.edu/ccf/scholar.htm

Complete listing of scholarships that are funded by campus and community organizations, local businesses, and private donors.

EOPS**(562) 860-2451 Ext. 2398**

(Extended Opportunity Programs & Services)

EOPS offers book vouchers, grants, CARE program, Summer Bridge Program, Achievement in Mathematics, transfer assistance, counseling and guidance classes, early registration assistance, psychological services, supplemental instruction, learning community, Cal State University & UC application fee waivers, nomination for Cal State EOP&S Programs. Must be a resident of California, enrolled full-time when accepted, no more than 70 degree applicable units, qualify to receive a Board of Governors grant based on income or Public Assistance, apply for Financial Aid.

*Off Campus***By Design Financial Solutions****(800) 750-2227***Web Address**www.bydesignsolutions.org*

By Design Financial Solutions is a credit and money management service for people in debt or people who would like to prevent themselves from getting into debt. Counselors review spending patterns, discuss needs or problems, and help develop a plan of action that includes areas of unsecured credit, credit reports, and personal finance education. Services are provided in English and Spanish. Counseling is available at a low cost and is accessible by phone, Internet, or in person. Debt management plans available for \$20 a month. The office is located at 5628 East Slauson Ave., Commerce, CA 90040.

**GRIEF AND BEREAVEMENT GROUPS****Pathways Volunteer Hospice****(562) 531-3031***Web Address**www.aboutpathwayshospice.org*

Pathways provides bereavement support services. No fees. Hours are 9 a.m. – 5 p.m. Monday thru Friday. Pathways is located at 3300 South St. Suite 209 Long Beach, CA 90805.

Long Beach Memorial Medical Center**(562) 933-1450**

There is an adult bereavement group that meets on Wednesdays 3-5 p.m. in the Doctor's Conference Room #2 at the Long Beach Memorial Medical Center. There is also an adult bereavement group that meets on Thursdays 5-7 p.m. in the Radiation/Oncology Conference Room at the Long Beach Memorial Medical Center. Both are open groups with no pre-registration required as well as no fees and are facilitated by Rev. Diann Davisson, Chaplain. There is also a perinatal bereavement group that meets on Mondays 7-8:30 p.m. in the Radiation/Oncology Conference Room in the Long Beach Memorial Medical Center. This is also an open group with pre-registration required. The group is facilitated by Sharon Yagerleener, Chaplain. The Center is located at 2801 Atlantic Ave. Long Beach, CA 90806.



HEALTHCARE AND DENTAL

On Campus

Cerritos College Student Health Services

Web Address

(562) 860-2451, Ext. 2321

www.cerritos.edu/health

Student Health Services provides diagnosis and treatment of short-term illness, first-aid care for illness and accidents, hearing and vision tests, immunizations, breast and pelvic exams, sexually transmitted disease screening, contraception, and personal counseling services. There is no charge to see a physician and/or nurse. Nominal fees will be assessed for lab tests, immunizations, medications, and special exam procedures. A fee schedule is posted in Student Health Services. Call for appointment. Summer hours are Monday thru Thursday 8 am - 4 pm. Fall and Spring hours are Monday thru Friday 8a.m – 4 p.m. This facility is closed weekends and holidays.

Off Campus

AIDS Healthcare Foundation Downtown Clinic

24 Hour on-call Nursing

(213) 741-9727

(800) 797-1717

This organization offers a clinic for individuals with HIV/AIDS virus and hospice care for patients with AIDS. The organization has a chain of thrift stores. Anyone accepted regardless of ability to pay. Call for more locations and information. The hours of operation are 8:30 a.m. – 5:30 p.m. The office is located at 1414 S. Grand Ave., Suite 400 Los Angeles, CA 90015.

AIDS Project Los Angeles (APLA)

Web Address

(213) 201-1600

www.apla.org

AIDS Project Los Angeles, one of the largest non-profit AIDS service organizations in the United States, provides bilingual and direct services, prevention education and leadership on HIV/AIDS-related policy and legislation. Founded by four friends in 1982, APLA is a community-based, volunteer-supported organization with local, national, and global reach. Clients must show proof of HIV status including TB clearance (not more than one year) and proof of residency. Hours of operation are from 9 a.m.-5 p.m., but programs may vary and services are provided on a sliding scale. The office is located at 3550 Wilshire Blvd., Suite 300 Los Angeles, CA 90010.

Ameri-West

(562) 465-0139

Offers free Health Programs, including; complete physicals for school, immunizations under the VFC program, pregnancy tests, prenatal care under Medicare program, Family Planning for men and women under Family PACT, Breast Exams under BCEDP, and Mammograms for women over 40 under BCEDP, AIDS test and venereal disease check for men and women under Family PACT. Call for an appointment. The office is located at 11850 E. Firestone Blvd. Norwalk, CA 90650.

Bellflower District Health Center**(562) 804-8112**

This center provides comprehensive health care for low-income families including pediatric, and women's care services. The cost of a family medicine visit is \$50.00, including lab and x-rays at no additional charge. Eligibility is determined by financial screening. MediCal, Medicare, and General Relief are accepted. Support services include on-site pharmacy; social services, health education classes, DPSS eligibility determination and selected specialty clinics. This facility is located at 1005 E. Flower St. Bellflower, 90706. You must have valid identification to access services. Call Monday through Friday, 8 a.m. – 4:30 p.m. for appointment.

California HIV/AIDS Hotline**(800) 367-2437**

This is a toll free, anonymous and confidential hotline providing HIV/AIDS/STD referrals, information, and support. Phone lines are open Monday thru Friday 9 a.m. – 5 p.m.

California Healthy Families Program**(800) 880-5305***English/Spanish**24 Hour Voicemail/Javier Marroquin**(562) 864-4975*

California now offers complete health insurance for your children and teenagers at a price you can afford. Services include; dental, eye care, immunizations, prescription medicine, regular check ups, physician/hospital services, low monthly premiums and \$5 co-payments for some services. Phone hours are between 8 am – 8 pm or you may call and leave Mr. Marroquin a message 24 hours a day for personalized assistance.

Child Health and Disability Prevention Program**(800) 993-2437**

This is a State/Federal program offering free physical exams and immunizations for children under 19 years old. You may qualify even if you aren't eligible for Medi-Cal. Referrals are available to doctors in your area. Services are provided in English and Spanish. For more information please call the number listed above on Mondays. MediCal is accepted or free for eligible babies, children, and teens. The office is located at 9320 Telestar Ave. Suite 226 El Monte, 91731.

County of Los Angeles – Bellflower Health Dept.**(562) 804-8121***Ability to Pay Plan*

This organization provides information on how to obtain low cost medical services. You must be unable to pay the full cost of your medical care. Services adults and children, call for information on how to apply. L.A. County residents only. Services are available in English and Spanish. The office is located at 10005 Flower St. Bellflower, CA 90706.

County of Los Angeles**(800) 378-9919****Department of Health Services***Ability to Pay Plan*

This organization provides information on how to obtain low cost medical services. You must be unable to pay the full cost of your medical care. Services adults and children, call for information on how to apply. These services are only eligible to LA County residents only. Services are available in English and Spanish. The office is located at 313 N. Figueroa St., Los Angeles, CA 90012.

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

This organization provides information about how to obtain Medi-Cal, Medicare, or a healthcare program such as Access for Infants & Mothers (AIM) and California Kids (CAKIDS), and others. Service is available in English, Spanish, Cambodian, and Lao. No fees, all you need to show are rent, utility bill, birth certificate, and copy of recent paycheck. There is no service area limit so call for information on how to apply. The office is located at 411 E. 10th St. Suite 207 Long Beach, CA 90813.

Harbor Free Clinic*English***(310) 547-0202***Spanish***(310) 547-0466***Web Address*www.harborfreeclinic.com

The Harbor Free Clinic offers general medical treatment of colds, flu, sore throat, pregnancy testing. Services include birth control, family planning services, pediatric, and prenatal services. Treatment and diagnosis for sexually transmitted diseases is available. No emergency treatment. The clinic also treats diabetic, asthmatic, and hypertensive patients. Services are Monday and Thursday, 8 a.m. – 5 p.m., Tuesday and Wednesday 8 am – 5:30 pm and closed on Friday and Saturday, 9 a.m. – 1 p.m. Client eligibility is determined by income. Fees are on a donation basis. This clinic is located at 593 6th Street in San Pedro. The Pediatric Unit is located at 731 S. Beacon in San Pedro and the hours are Mondays and Wednesdays 9 a.m.-7 p.m., Tuesdays and Thursdays 9 a.m. to 5 p.m. and is closed on Friday thru Sunday.

Health Insurance Premium Payment Program**(800) 644-7730**

This program provides services to adults and children, call for information on how to apply. Services are provided in both English and Spanish. Inquiries can be sent to P.O. Box 8195 Harrisburg, Pennsylvania.

Health Line L.A.**(213) 250-8055****(800)427-8700**

Health Line L.A. provides referrals to all county health care facilities and health services. Bilingual, English and Spanish, plus access to 144 other language translations. Call Monday thru Friday, 8 a.m. – 5 p.m.

Holy Family, Adoption & Foster Care**(800) 464-2367***Web Address*www.hfs.org

Holy Family is a state licensed 501(c)(3) agency established in 1949 that provides free counseling and adoption services for women in unplanned pregnancies. Temporary foster care is available. English and Spanish speaking counselors are available. Free, adoption fees are paid by the adoptive parents. Anyone in crisis or unplanned pregnancy is eligible. Services are available Monday thru Saturday, 24 hours a day. The office is located at 402-A S. Morengo Ave., Pasadena, CA 91101.

Long Beach Comprehensive Health Center**(562) 599-2153**

This center provides comprehensive health care for low-income families including pediatric, dental, women's care, HIV and walk in services. The cost of service for family medicine is \$50.00 per visit, including lab and x-rays at no additional charge. Eligibility is determined by financial screening. Medi-Cal, Medicare and General Relief are accepted. Support services include on site pharmacy; social services, health education classes, DPSS eligibility determination and selected specialty clinics. This facility is available for non-emergency walk-ins at 7:30 am and is located at 1333 Chestnut Ave. in Long Beach. You must have valid identification to access services. Call Monday thru Friday, 8 a.m. - 4:30 p.m. for appointment.

Los Angeles Free Clinic

*Patient Telephone Line
Administration*

**(323) 653-1990
(323) 653-8622**

Provides free medical care including STD, HIV, and TB testing and counseling, pregnancy testing, family planning services, gynecology, menopause services, integrative medicine including acupuncture and chiropractic, physical exams, PPP Continuity Care; dental care for children, adults, seniors and HIV patients including dentures; and case management services including crisis intervention. For medical services the client must be over the age of 12, for dental services must be age 5 or older. Services are provided in English and Spanish. Not all programs are accepting new patients at this time but referrals will be given. No fee. The office is located at 8405 Beverly Blvd., Los Angeles, CA 90048.

Los Angeles Health and Nutrition

(877) 597-4777

This program serves L.A. County adults and children. Call for information on how to apply. Service is available in English and Spanish.

Low Cost Health Care

(800) 427-8700

This program provides referrals to low cost healthcare to adults and children, call for information on how to apply. Service is available in English and Spanish.

Norwalk Social Services Center

(562) 929-5544

Emergency food assistance, child care program, children's dental program, client advocacy, information and referrals, consumer and landlord/tenant mediation, counseling, employment listings and referrals, self-help support groups, senior citizen nutrition program. The Norwalk Social Services Center serves Norwalk residents only and is open Monday thru Thursday, 8 a.m. – 6 p.m. and Friday, 8 a.m. – 5 p.m. Fees vary – mostly none except for childcare, dental and senior nutrition programs. This facility is located at 11929 Alondra Blvd.

Pregnancy Help Center and Helpline

*24 Hour Hotline
Office*

*(310) 787-4357
(310) 320-8976*

The Pregnancy Help Center provides free early pregnancy tests, free first prenatal visit with a doctor, and counseling to pregnant women seeking alternatives to abortion and natural family planning. If necessary, referrals are available to medical, financial, legal and housing services. Help in obtaining Medi-cal and signing up for Healthy Families government insurance program. 24-hour referral and counseling help line. Educational materials are available on pregnancy and abortion including videos and books for loan. Services are provided in English and Spanish. This facility is open Monday thru Saturday, 10 a.m. – 2 p.m. The office is located at 1311 Crenshaw Blvd., Suite A Torrance, CA 90501.

Russ's Optical Co.

(714) 572-8301

Russ's Optical Co. provides eye exams, glasses and contact lens dispensing. We offer a 10% discount to currently enrolled students with student identification. Services are available Monday thru Friday, 10 a.m. – 6 p.m. and Saturday, 10 a.m. – 2 p.m. The office is located at 310 E. Orangethorpe Ave., Suite C Placentia, CA 92870.

The Children's Dental Health Clinic**(562) 933-3141**

The Children's Dental Health Clinic provides dental care for children from low-income families on a sliding scale. The clinic accepts MediCal health insurance. The office is located at 2801 Atlantic Ave. in Long Beach and is open Monday thru Friday 8 a.m.-5 p.m. 8 am – 4:30 pm.

UCLA Dental Clinic**(310) 206-3904**

The UCLA Dental Clinic provides general dental services performed by junior and senior dental students under an instructor's supervision. The fees for services are \$90 for emergency, \$95 for exam with x-rays and follow up visits up are equal to half of private source charges. The payment is required on the day of service and you can make an appointment by calling Monday thru Friday, 8 a.m. – 5 p.m. The UCLA Dental Clinic is located at 10833 Le Conte Ave. in Los Angeles.

USC Dental Clinic**(213) 740-2800***Web Address**www.usc.edu/dental*

The USC Dental Clinic provides general dentistry, specialty and emergency services for people of all ages. Treatment provided by dental students under faculty supervision. Evening clinics are available on Tuesday and Wednesday nights. Services are provided in English and Spanish. Translators may be available to accommodate people who speak other languages. Please call for appointment, Monday thru Friday, 8:30 am – 5 pm. The initial visit fee is \$80 and includes an examination, x-rays, study models, and a comprehensive treatment plan. Emergency visit fees starts at \$62. This includes treatment for pain and infection. Additional charges may be required to treat the problem that caused the emergency. The clinic is located at 925 W. 34th Street Los Angeles, CA 90007.

**HOUSING AGENCIES/RENTAL ASSISTANCE****Housing Authority of the City of Los Angeles****(213) 252-5370***Web Address**www.hacla.org*

The Housing Authority of the City of Los Angeles provides a housing and community environment that promotes self-sufficiency and economic partnerships with all key stake holders in order to enrich the quality of life. The Housing Authority of the City of Los Angeles operates the three major housing programs throughout the City of Los Angeles: Conventional Public Housing, Section 8 Housing Assistance, and Property Management. Note: The waiting list for public housing is generally shorter than the Section 8 waiting list (except for individuals qualifying for Section 8 Special Programs.)

County of Los Angeles Housing Authority

(800) 731-4663
(562) 347-4663

Web Address

www.lacdc.org

As the Housing Authority of the County of Los Angeles, the CDC empowers families by providing clean, safe, and decent affordable housing for low-income families, seniors, and disabled persons. The Housing Authority manages more than 3,600 units of public and other affordable housing at 68 sites throughout Los Angeles County. Also through the Housing Authority, the CDC helps more than 17,000 low-income families and senior citizens find affordable housing with private landlords through the Federal Section 8 program. The office is located at 2 Coral Circle Monterey Park, CA 91755.

City of Norwalk Housing Authority

(562) 929-5588

The City of Norwalk Housing Authority provides rental assistance for low-income, elderly, disabled and families. Eligible families pay a portion of their income towards their monthly rent. The Housing Authority pays a portion of the rent directly to landlord. Eligibility based on family size and income. Limits based on 50% of median income for the area. Call Monday thru Friday, 8 am - 6 pm. The office is closed on alternate Fridays.

Norwalk Dispute Resolution Program

(562) 929-5603

Web Address

www.ci.norwalk.ca.us

The program offers services that allow individuals with disputes to create their own solutions meeting their mutual needs, interests, and values as well as their rights. Trained staff are available to assist a multi-cultural community in a neutral and professional manner through services that are cost-effective, quick, convenient, and empowering thus producing positive results. Call Monday thru Thursday, 8 am – 6 pm and Friday, 8 a.m. – 5 p.m. Ask for tenant/landlord information. The office is located at 11929 Alondra Blvd Norwalk, CA 90650.



**INFORMATION AND HOTLINE
REFERRAL SERVICES**



Alcoholics Anonymous Hotline

(323) 936-4343

Web Address

www.lacoaa.org

This hotline provides referrals and information to 12-Step A.A. meetings. The meetings consist of counseling and networking with former alcoholics. Assistance is available in English and Spanish. If you have a need for printed materials they are available in English, Spanish, French and Japanese. Service is available 24 hours a day/7 days a week. The office is located at 4311 Wilshire Blvd. Suite 104 Los Angeles, CA 90010.

California HIV/AIDS Hotline**(800) 367-2437**

This is a toll free, anonymous and confidential hotline providing HIV/AIDS/STD referrals, information, and support. Phone lines are open Monday, Wednesday, Thursday, Friday 9 a.m. – 8 p.m. and Tuesday, 9 a.m. – 9 p.m.

**Community Agencies for
Caring Connections/Bellflower****(562) 866-9011, Ext. 3248***Web Address**<http://www.vfnet.com>*

Caring Connections provides resources and referral information for community social services, food, clothing, counseling, parent education etc. This service is for families living within Bellflower Unified School District. Attendance area: Bellflower, Lakewood, and Cerritos. Service is available Monday thru Friday 8:30 a.m. – 4 p.m. The summer hours vary, no fees, and we are located at 16703 S. Clark Ave in Bellflower.

**Catholic Charities Long Beach
Community Services****(562) 591-1351**

Provides a comprehensive range of human services that include: case management, emergency food assistance, emergency transportation assistance, emergency shelter, utility assistance, assistance for seniors, clothing, hygiene items, baby items, and information/referrals. In order to receive services you must have a photo identification, proof of income/residency, and social security cards on all household members. Hours of operation are Monday, Tuesday, Wednesday, Friday, 8:30 a.m. – 11 a.m. and 1 p.m. – 3:00 p.m. Closed Thursday and weekends.

College Hospital Help Line**(800) 352-3301***Web Address**www.collegehospitals.com*

Trained intake specialists will triage emergency mental health problems and recommend an appropriate source of help in the community. This helpline is available 24 hours a day. Service is available in English and Spanish.

Emergency Contraceptive Hotline**(800) 584-9911**

24 hour recording provides referrals to local clinics that provide emergency contraception.

Families Anonymous, Inc.**(310) 815-8010**

Support groups for friends and families of former, current, or suspected drug and/or alcohol abusers. This is a 12-Step program similar to Al-Anon.

Health Line**(213) 250-8055***L.A. (800) 427-8700*

The Health Line provides referrals to all county health care facilities and health services. Service is available in English and Spanish, plus access to 144 other language translations. Please call Monday thru Friday, 7 a.m. – 6 p.m.

Hotline of Southern California*Office (562) 594-0960**Hotline L.A.***(562) 596-5548***Hotline O.C.***(714) 894-4242**

We provide crisis counseling for those who are suicidal, need help with domestic violence, substance abuse, bereavement, relationship problems and more. We provide referrals for shelter, food, and clothing, including financial assistance, medical and psychological help. This hotline serves anyone, everyday 8 a.m. to Midnight.

Info Line-Los Angeles*Web Address***(323) 686-0950***www.infoline-la.org*

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

Los Angeles Regional Family Planning Center**(800) 942-1054**

This organization provides family planning and female reproductive health care. Their services include: basic contraceptive services, infertility testing, pregnancy testing, female cancer screening, and clinical referrals. These services are available 24 hours a day/7 days a week.

Mexican American Opportunity Foundation*Web Address***(323) 890-9600***http://www.maof.org*

M.A.O.F. offers assistance to the community. We have child care programs, senior programs, and youth programs. We also offer free childcare referrals. Services are available to anyone. Please call Monday thru Friday 8 a.m. – 5 p.m. and we are located at 401 N. Garfield Ave. in Montebello.

Norwalk Information Connection**(562) 484-9660**

This information line provides recorded information giving numbers for emergency, sheriff's department, County Records Registrar, jobs, and other city services and events. Service is available 24 hours a day/7 days a week. The office is located at 12700 Norwalk Blvd., Norwalk, CA 90651.

L.A. Mental Health Access Center*(Crisis Hotline)***(800) 854-7771**

This is a service for those who need to vent emotions during a major crisis. If needed, referrals to counselors will be made. Service is available 24 hours a day/7 days a week.

**Rape Treatment Center,
Santa Monica-UCLA Medical Center****(310) 319-4503**

The Rape Treatment Center is a 24 hour emergency, medical care and crisis intervention. Information and referrals will be made to individual and group psychotherapy, legal advocacy, and prevention programs. Services are available in English, Spanish, and Farsi. Open 7 days a week. The center is located at 1250 16th St., Santa Monica, CA 90404

Sexual Assault Crisis Agency*24 Hour Hotline***(562) 597-2002****(562) 989-0309**

Crisis counseling and support groups for women, men, and teen victims of rape and sexual assault. SACA provides services for persons who are 14 and older who are survivors of sexual assault and their loved ones. A 24-hour hotline is available. No fees. Hours of service are 8 a.m. – 5 p.m. Monday thru Friday. The address is located at 3711 Long beach Blvd., Suite 815 Long Beach, CA 90807.

Sexual Assault Hotline*Web Address***(800) 656-4673***www.rainn.org*

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

Su Casa Family-Ending Domestic Violence Hotline*Web Address***(562) 402-4888***www.sucasadv.org*

Su Casa is a non-profit agency serving victims/survivors of domestic violence. Through a 24-hour crisis hotline, clients gain access to shelter and non-shelter services including food, clothing, counseling, referrals, advocacy, support groups and legal assistance. All services are provided free of charge to people without regard to race, ethnicity, gender, sexual orientation, religion, and or socio-economic status. Eligibility requirements include being 18 years or legally emancipated, domestic violence victim. No drugs or alcohol. Office hours are Monday thru Friday 8 a.m. – 5 p.m. and a 24 hour hotline.

Suicide Prevention Center**(877) 727-4747****(310) 391-1253**

This 24 hour suicide crisis line provides direct, confidential, telephone counseling to individuals contemplating, threatening or attempting suicide, as well as, concerned friends or family members. Each caller receives immediate and focused crisis intervention assistance from a team of highly trained volunteers, consultants, and professional staff. The Crisis Line makes referrals to over 3,000 community resources.

Westside Pregnancy Resource Center**Web Address****(310) 581-1140****www.wprc.org**

The Westside Pregnancy Resource Center (WPRC) is a non-profit medical clinic offering pregnancy tests, ultrasound, confidential counseling, early pre-natal care, support groups, and more. The center also offers material and emotional assistance throughout pregnancy and for two years after a child is born. Office hours are Monday-Thursday, 10 a.m.-5 p.m. and Friday 10 a.m-3 p.m. The WPRC has a 24-hour helpline and internet counseling. Call for more information. The office is located at 828 Pico Blvd. Suite 7, Santa Monica, CA 90405.

Women Helping Women Services – L.A.**(323) 655-3807**

Women Helping Women Services offers a counseling talk line free of charge. Counselors offer emotional support and practical information on a variety of issues. This organization also offers support groups on topics including: self-esteem, single parenting, domestic violence, and work transitions. Individual counseling is also available on a sliding scale. Services are available in English, French, Spanish, Russian, and Farsi. Talk line hours are Monday, Tuesday, Thursday 10 a.m.-12:30 p.m. and Wednesday evenings from 6 p.m.-8 p.m. No one is turned away for lack of funds.

Women in Transition**(562) 463-5878**

This is a walk-in center that provides support groups and parenting groups in Spanish and English. Temporary restraining orders are available for eligible clients. The center is located at 8819 Whittier Blvd., Suite 101, Pico Rivera.



JOB TRAINING/PLACEMENT ASSISTANCE



On Campus

**Cerritos College Community Industry,
Technology, Education Center**

(562) 860-2451, Ext. 2521

Responds to community needs beyond traditional college curriculum. Offers state approved and funded vocational training, state approved classes for maintaining licenses and certifications for real estate agents and brokers, nurses, and other professionals. Short-term certificated programs include: medical billing, massage therapy, holistic health, and advanced make-up.

Cerritos College Job Placement Center

(562) 860-2451 Ext. 2366

E-mail Address
Web Address

job-placement-info@cerritos.edu
www.cerritos.edu/career-services/job-placement/

The Job Placement Center is a complete job search and placement assistance service for current Cerritos College students and former students possessing either a degree or a certificate from Cerritos College. Services that will help you gain marketable skills include resume preparation, interview techniques, job search strategies, internship information, and work-related (interview, getting the job) videos. On-site and website access to multiple job listings from minimum wage to highly paid technical and professional positions, from part-time, temporary to full-time, and summer employment are also available. Job Placement is located in Career Services. Office hours are: Monday thru Thursday 8:00 am to 7 p.m., and Friday 8:00 am to 4:00 p.m.

Off Campus

City of Norwalk Social Services Center

(562) 929-5544

Current entry level job openings for Norwalk and the surrounding areas are posted on the employment bulletin board. The Center is located at 11929 Alondra Blvd. in Norwalk and is open Monday thru Thursday 8 a.m. – 6 p.m. and Friday 8 a.m. – 5 p.m.

Employment Development Department

(562) 929-9146

Web Address

http://www.caljobs.ca.gov

The EDD is a state office for job placement assistance. Client must go in person to 12715 S. Pioneer Blvd., window "C" for placement information. No telephone applications will be taken.

Long Beach Career Transition Center

(800) 892-7200

The Career Transition Center provides a resource center with phones, fax machines, photocopiers, internet access, reference library, and job postings. Additional services include career guidance/counseling, job search assistance, job referrals, Labor Market information, Unemployment Insurance Benefits Information and Filing, skills upgrading, On-the-Job training, adult education/literacy, and Job Club. All services are free and available to the public.

Norwalk-La Mirada Adult School

Norwalk
La Mirada

(562) 868-9858
(714) 670-9279

The Adult School is an extension of the Unified School District and is dedicated to serving community members 18 and over. Classes available include: ESL/Citizenship, adult basic education, high school diploma/GED, homemaking, parenting, and vocational training. Academic counseling is available as well as vocational advisement. Some classes have material fees. Hours are Monday thru Thursday 8:15 a.m. – 9:30 p.m. and Friday thru Saturday 8:15 a.m. – 12:30 p.m. The school is located at 15711 Pioneer Blvd., Norwalk, CA 90604.

SPIRITT Family Services

(562) 903-7000

SPIRITT Family Services provides a variety of services to meet the needs of residents of La Puente, El Monte, Glendora, Whittier and surrounding areas. Hours are 8:30 a.m. – 4:30 p.m. Main office is located at 13135 Barton Road in Whittier.

SELACO WIB

Toll Free

(562) 402-9336
(800) 481-6555

Career Center Services, open to the general public, are comprised of computers, printer, copiers, faxes, phones, Labor Market information, educational and financial aid information and a variety of job search resources. More comprehensive services, for WIA registered job seekers, consist of one-on-one career counseling, job search, placement assistance along with pre-employment and career guidance. If it is determined that the job seeker is unable to obtain employment through this extensive menu of services, the possibility of training becomes an option. All job seekers are invited to attend the ENTER orientation for a comprehensive review of all WIA services offered to initialize the WIA application process. Call for scheduled times. Cerritos & Norwalk Career Center hours are from 8 a.m. – 5 p.m., Monday thru Friday. The office is located at 10900 E. 183rd St., Suite 350 Cerritos, CA 90703.

Southeast Regional Occupational Program

(562) 860-1927, Ext. 113

Regional Occupational Programs are part of California's Department of Public Education. The purpose of ROCP is to provide exemplary career preparation and technical education that contribute to student academic and career success. There are 73 Regional Occupational Centers and Programs in the state of California. More than 306,000 high school students and 154,000 adults were served by ROCP in 2003. ROCP is primarily state-funded and based on average daily attendance (ADA) generated by students. Southeast ROP is a joint effort of the ABC and Norwalk-La Mirada Unified School Districts to provide career and technical preparation for high school students and adults. Southeast ROP serves 9 high schools within the 2 school districts. Classes are offered at high schools and other locations through ABC and Norwalk-La Mirada districts and are open to students 16 years or older. Obtain enrollment information by calling or visiting the office at 20122 Cabrillo Lane in Cerritos, CA 90703.

Women at Work

(626) 796-6870

Women at Work provides computer classes, workshops, job search assistance, support groups, and counseling. Services are available to all clients who are looking for a job or career change. Services are available Monday, Tuesday, Thursday, 10 a.m. – 4 p.m. and Wednesday 10 a.m. – 7:30 p.m. This facility is located at 50 North Hill Ave, Suite 300 in Pasadena.

Women Helping Women*Web Address***(949) 631-2333***www.whw.org*

Women Helping Women provides professional business apparel, image consulting, and employment search support to low-income women seeking self-sufficiency through employment. Clients must be low-income and referred by an eligible non-profit, education, or government agency. Clients should call for an appointment. Services are available six days a week-Monday-Wednesday 9 a.m.-5 p.m., Thursday 9 a.m.-7 p.m., Friday 9 a.m.-1 p.m. and Saturday 9 a.m.-12 p.m. The office is located at 711 W. 17th St., Suite A-10 Costa Mesa, CA 92627.



LEARNING ASSISTANCE PROGRAMS

On Campus
**Cerritos College
Academic Support Center**
*Web Address***(562) 860-2451, Ext. 2404***www.cerritos.edu/asc*

The Academic Support Center is a campus support system designed to provide services and information to students who want to acquire, improve, review, or maintain personal learning skills. This is a place where students can go to develop learning skills that will improve their efficiency and effectiveness in the classroom. Services are free to all registered Cerritos College students. Hours are Monday thru Thursday 9 a.m. – 8 p.m., Friday 9 a.m.-3 p.m., Saturday 9 a.m.-12 p.m.

Off Campus
County of Los Angeles Public Library
*Literacy Program**Web Address***(562) 940-8511***http://www.colapublib.org/services/literacy/*

The County of Los Angeles Public Library Literacy Program assists individuals with reading and writing improvement and teaches adults and families to utilize the public library as a resource for lifelong learning. For adults and families who wish to improve reading and writing skills. Please call for hours and locations. Literacy Centers are located in various Los Angeles County libraries. No fees. The office is located at 7400 E. Imperial Hwy., Downey, CA 90241

Loving to Learn Clinics and Centers Association
*Web Address***(323) 73-LIGHT***www.lovingtolearn.org*

Child, family and community educational crisis intervention training association for motivational enrichment: counseling, education and social services; particularly where children are victims of parent's incarceration, unemployed or illness. This program serves children ages 3 – 18 and their parents, college students, and general public. Business hours are from 7 a.m. - 6 p.m., Monday through Friday. The registration fee for services is \$20.00, however, free and low-cost services are available.



Center for Human Rights and Constitutional Law

(213) 388-8693
(213) 381-2929

Web Address

<http://centerforhumanrights.org/>

The Center for Human Rights and Constitutional Law provides direct legal services to indigent immigrants and refugees and handles class action suits dealing with immigration and civil law. This organization also operates a shelter for immigrant children and a transitional living center for children prior to adoption. You may call for more information Monday thru Friday, 9 a.m. - 5:30 p.m. Services are provided in Spanish and English. There is no charge for services. The office is located at 256 Occidental Blvd., Los Angeles, CA 90057

Community Legal Services (Legal Aid)

(562) 864-9935
(800) 834-5001

Appointment Hotline

Provides free legal services in several areas of civil law (no criminal law assistance) such as family problems, housing, lawsuits, employment, education, restraining orders and civil harassments to low-income residents of Artesia, Bell, Bellflower, Cerritos, Downey, Norwalk or Paramount. The office is located at 11834 E. Firestone Blvd in Norwalk and is open Monday thru Friday, 9 a.m. – 5 p.m. The appointment hotline is available Monday thru Thursday, 9 a.m. – 8 p.m. and Friday, 9 a.m. – 4 p.m. Also provides assistance through domestic violence clinic Monday thru Friday, 9 a.m. - Noon in Room 202 of Norwalk Superior Court. No fee for eligible clients.

Department of Fair Employment and Housing

(800) 884-1684
(714) 558-4266

Registers and investigates complaints regarding discrimination and sexual harassment in the workplace, pregnancy and family leave rights, and discrimination in public housing services or accommodations. Cases will be handled by appointment only, Monday - Friday, 8 a.m. – 5 p.m., no fees. The office is located at 2101 East 4th St. Suite 255B Santa Ana 92705

**Lawyer Referral Service of
the Southeast District Bar Association**

(562) 868-6787
(888) 861-4529

Web Address

www.sedistrictbarassoc.com

This is a referral service to attorneys pertaining to all types of legal matters. There will be a fee for a consultation excluding worker's compensation, personal injury, criminal, and social security cases. Attorney fees will be quoted during consultation. Bilingual staff is available. Hours are Monday thru Friday, 8 a.m. – 5 p.m. The office is located at 12749 Norwalk Blvd. #107, Norwalk, CA 90650.

Legal Aid Foundation of Long Beach

(562) 435-3501

The Legal Aid Foundation offers assistance with legal problems such as housing, government benefits, family law, and domestic violence. Services for low-income families are sliding scale or free. The office is located at 110 Pine Avenue Suite #420 Long Beach, CA 90802.

Legal Aid Foundation of Los Angeles

Web Address

(213) 640-3883

<http://www.lafla.org>

The Legal Aid Foundation of Los Angeles provides civil legal services to low-income individuals in metropolitan Los Angeles. The East L.A. office is located at 5228 Whittier Blvd, Los Angeles, 90022.

Los Angeles County Bar Association

(213) 243-1525

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

Mercury Paralegal Services

Norwalk

Spanish

(562) 868-7744

(562) 929-2180

Mercury offers a variety of services: divorce, legal separation, establish parental rights, child support, custody & visitations, restraining orders, guardianships, income taxes, bankruptcy, D.A. cases, and civil matters. Service is provided in Spanish and English. Payment plans are available and affordable. A \$200 deposit is required. If you mention this ad you will receive a 10% discount on services. Office hours are Monday - Friday, 9 a.m. – 5:30 p.m., evening and Saturday appointments are available. We are located at 13710 Studebaker Rd. #102 Norwalk, 90650, CA.

Office of Client's Rights and Advocacy

(213) 427-8761

Provide free legal services for people with developmental disabilities.



MENTAL HEALTH SERVICES



Long Beach Asian Pacific Mental Health Center

(562) 599-9401

This program provides psychiatric mental health services to Asian-Pacific populations in Long Beach by multi-ethnic, culturally sensitive professional staff. It is located at 1975 Long Beach Blvd in Long Beach. You must call for appointment Monday /Tuesday, Thursday /Friday, 8 a.m. – 5 p.m., Wednesday, 8 a.m. – 7 p.m. Service assistance is provided in the following languages: Cambodian, Laotian, Vietnamese, Chinese and Tagalog. Sliding scale fees, MediCare, MediCal, and other insurance is accepted.

College Hospital

(562) 924-9581

College Hospital is an acute psychiatric hospital with in-patient and outpatient programs for children, adolescent, adult, and geriatric cases. We provide a variety of programs including; in-patient, day programs and Hispanic programs. The patient is required to have psychiatric problems severe enough to require this level of care. Cash, insurance, MediCal or Medicare is accepted. The hospital is located at 10802 College Place Cerritos, CA 90703.

College Hospital Help Line**(800) 352-3301**

Trained phone counselors will assess emergency mental health problems and recommend an appropriate source of help in your community. This program is available 24 hours a day.

Community Family Guidance Center**(562) 924-5526**

Outpatient mental health and child abuse treatment services. Community Family Guidance Center provides therapy for children and families for a wide variety of emotional and behavioral problems such as anxiety, depression, abuse, and marital problems. Both individual and group therapy are provided. Parenting skills classes are also offered. All services are available to children ages birth to 21 and their caretakers. CalWORKs counseling is also available. The office is located at 10929 South St. Suite 208B in Cerritos. Call Monday thru Thursday 8 a.m. – 9 p.m. and Friday 8 a.m. – 5 p.m.

Mental Health Association of Greater Los Angeles**(562) 285-1330**

Provides educational materials, supports mental health projects and also offers resource services. Referral services offered. The Mental Health Association also provides training, consultation, housing, education, and advocacy programming and services. Services are offered in English and Spanish and the facility is open Monday thru Friday, 9 a.m. – 5 p.m. The office is located at 100 West Broadway Ave. Suite 5010 Long Beach, CA 90802.

**Mental Health Association /
Homeless Assistance Program****(562) 437-6717**

This division of the Mental Health Association provides an outpatient drop-in center where persons can take a shower, utilize the laundry unit, and receive emergency clothes, psychiatric evaluation and medication. Transportation assistance and referrals are provided. All services are provided on an individual basis. Clients are eligible if they are homeless or at-risk of being homeless with a major mental illness. Certain requirements apply. To determine eligibility call Monday, Tuesday, Thursday and Friday from 9 a.m. – 2 p.m. and Wednesdays 10 a.m. – 1 p.m. There is no charge for services. The office is located at 456 Elm Avenue Long Beach, CA 90802.

Project Return: The Next Step**(888) 448-9777**

The Friendship Line is a non-crisis “warmline” and was developed for people who are coping with mental illness. It offers peer-to-peer support and information about mental health resources, with the capability to make a connection to crisis lines. The Friendship Line is open for calls from 6 pm - 10 pm every night including weekends and holidays.

Mental Health Crisis Hotline**(800) 854-7771**

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

Pacific Clinics – El Camino**(562) 949-8455**

Pacific Clinics provides psychiatric services and outpatient behavioral health programs to seriously ill residents and their families of the San Gabriel Valley. The office is located at 11721 E. Telegraph Road, Santa Fe Springs. Monday & Friday, 8 a.m. - 5 p.m., Wednesday, Tuesday, & Thursday, 8 a.m. – 8 p.m. Fees vary. We accept MediCal and Medicare.

Pacific Clinics – Centro Familiar**(562) 942-8256**

This program offers individual/family/group therapy for children, adolescents and their families. Services are offered in English and Spanish. Centro Familiar serves clients that are 0 – 17 years old with emotional difficulties and impairment in home, school, and community functions. The hours of service are flexible and range from 9 a.m. – 8 p.m. This program serves MediCal patients only.

Rio Hondo Mental Health Center**(562) 402-0688**

Services include psychiatric emergency team and crisis intervention and outpatient mental health services to district residents 18 years of age and older. Treatment for acute and serious mental illnesses emphasized. Social Rehabilitation Program available. Services are provided in English, Spanish, and Chinese. Call for an appointment Monday thru Friday, 8 a.m. – 5 p.m. Fees are on a sliding scale, MediCal and Medicare is also accepted. The office is located at 17707 Studebaker Rd., Cerritos CA 90703.

**PARENTING EDUCATION***On Campus***Cerritos College Adult Education and
The Department of Children and Family Services****(562) 467-5098**

This is a confident parenting /survival skills training program for parents. In this class, you will learn the skills of effective praising, effective ignoring, mild social punishment, “time-out” procedures for misbehavior, and setting up special incentive systems. Eleven Saturdays, schedule to be announced, hours are 9 a.m. – 1 p.m. The class is offered at Cerritos College and will be announced at a later date. No fees, including free childcare.

Foster and Kinship Care Education**(562) 860-2451, Ext. 2548**

The Foster and Kinship Care program provides a wide variety of free workshops and classes, all having to do with raising the kids in your care. Some topics addressed are: behavioral issues, raising a medically fragile child, ADHD and other learning disabilities, how to access resources in the community, special education, power struggles, etc. We also offer a lot of support for those individuals who are giving of themselves to a child or children who are not their birth children. These services are offered to those who are foster parents as well as kinship caregivers (those who are raising a child who is a relative).

Bellflower Unified School District

(562) 866-9011, Ext. 3313

Bellflower Adult School

The Bellflower Unified School District along with the Bellflower Adult School offers various parenting education workshops throughout the year in English and Spanish. The objectives for these workshops are to reduce family contacts by encouraging positive communication, build confidence and self-esteem, and encourage children/teens to become responsible for their own actions. All parents are welcome, but parents of students within the BUSD boundaries have priority. Classes are free of charge, or require a small materials fee. Free childcare is available for ages 3 – 12. Certificates of completion are awarded at the end of each program. All classes meet court ordered and children's agencies requirements. These classes are available at 16703 S. Clark Avenue in Bellflower.

For the Child

(562) 422-8472

Web Address

www.forthethechild.org

This program provides treatment for children who are victims of neglect, physical, sexual abuse, or children and teenagers with serious emotional and physical behavioral problems. Therapy is provided for children who have been abused and their non-offending caregivers. The center has programs with individual and group counseling, play therapy, and parenting classes. For the Child is located at 4565 California Ave. Long Beach, CA 90807. For assistance, call Monday thru Friday, 8 a.m. – 5 p.m., no fees.

Exchange Club Family Support Center

(562) 904-9590

Web Address

www.DowneyFamilySupport.com

The Exchange Club provides in-home parenting instruction for families struggling with positive parenting and discipline. Also provide instruction on every day living skills, budgeting, and household management, among other areas. Parenting classes are taught on-site, currently offering three different curriculums. Also provide information for resources and referrals to other community agencies and services. Services are provided to families with children 0 – 12 years old. There is also an appropriateness criterion for in-home services. You may call for an intake Monday thru Friday 8:30 a.m. – 5 p.m. There is no cost for in-home services; however a small fee applies to the parenting classes. The office is located at 8320 Iowa St. Downey, CA 90241.

Grandparents as Parents

(562) 421-7991

This organization educates relatives who are caregivers of their rights and responsibilities through psychological, emotional support groups, guidance and companionship. Information and support for grandparents who are having difficulties raising children under new and unfamiliar guidelines. Support groups are located in Long Beach, and other cities in the Los Angeles County area. Professionals lead these groups.

Help Line Youth Counseling

(562) 864-3722

Web Address

www.vfnet.com

Help Line provides counseling and intervention services for youth and families. Services include gang intervention/prevention, substance abuse programs (adolescents), individual, group, and family counseling, domestic violence counseling, child abuse prevention, anger management training (adolescents), and parenting skills training. Assistance is in English and Spanish. Services are available Monday thru Thursday, 9 a.m. – 8 p.m. and Friday 9 a.m.– 5 p.m. Fees are on a sliding scale. Access to some services is through Department of Children and Family Services, other county agencies, youth on probation, GAIN recipients, and referrals from school district personnel, law enforcement, parents, etc. Eligibility varies.



SERVICES FOR THE DISABLED



Easter Seals Living Center

(562) 860-7270

The community based living skills service provides individualized programming which includes opportunities to increase competencies in community integration, self-advocacy, personal management, and work-related activities. You must be a Regional Center client, 18 years or older and must fall in the mild to moderate retardation category, and must be able to go to the restroom independently. Easter Seals also provides individualized supported employment services. No fees. Services are available Monday thru Friday 8 a.m. – 4 p.m.

Office of Clients' Rights Advocacy

(562) 623-9911

This organization provides free legal services for people with developmental disabilities. The hours for services are Monday thru Friday from 9 a.m. – 5 p.m., there is no cost for services. The office is located at 3580 Wilshire Blvd. Suite 925 Los Angeles, CA 90010.

Salvation Army

(562) 591-2830

Food assistance is provided for disabled and low-income families, a 2-3 day food supply in a 60 day period is available four times a year maximum. Services are provided by appointment only between the hours of 8 a.m. – Noon and 1 p.m. – 4:30 p.m. Only the residents of Long Beach, Lakewood, and Signal Hill are eligible for services. At the time of your appointment you must provide picture identification for adults, proof of residency, income, and birth certificates for children under 18 years old.

Southeast Family Resource Center

(562) 461-2986

This is part of California's Early Start Program-a family resource center that provides parent-to-parent support to families of infants and toddlers from birth to 36 months who are at risk of developmental disabilities and those who have established disabilities. There are no fees. The office is located at 16337 Bellflower, Blvd., Bellflower, CA 90706.

Team of Advocates for Special Kids

(714) 533-8275

TASK is a non-profit corporation to which parents of children with disabilities can turn to for assistance and support in seeking and obtaining needed early intervention, educational, medical, or therapeutic support services for their children. The office is located at 100 W. Cerritos Ave. Anaheim, CA 92805.



PUBLIC ASSISTANCE PROGRAMS

Norwalk CalWORKs District Information Line

(562) 807-7860

The Department of Public Social Services provides assistance to families with dependent children. Services include counseling for obtaining GR, AFDC, food stamps, MediCal, in-home supportive care for the elderly and the handicapped. Services are provided in multiple languages, Monday thru Friday, 7 a.m. – 3 p.m. When applying, bring social security card, driver's license, income and utility receipts, green card, birth certificate, car registration, and savings account information.

Earned Income Tax Credit (EITC)

(800) 829-1040

Web Address

www.irs.com

The EITC is a tax credit for people who work, but don't earn high incomes. If you qualify you could pay less federal tax or no tax-even get a refund. To qualify, you must meet certain rules and file a tax return, even if you don't owe any tax or didn't earn enough money to require filing a return. Some people who are eligible for this important tax break fail to claim the credit. Call the IRS at (800) 829-3676 for the free IRS Publication 596, Earned Income Credit. This publication can also be downloaded from the Internet at the web address listed above.

Employment Development Department

(562) 929-9107

Unemployment Insurance Toll-Free Numbers

English

(800)300-5616

Spanish

(800)326-8937

This is a State of California agency providing unemployment insurance, labor market information, job counseling, employment referrals, and placement. Apply in person, services are provided in English and Spanish. EDD is open Monday thru Friday, 8 a.m. – 5 p.m. The office is located at 12715 S. Pioneer Blvd., Norwalk, CA 90650.

Norwalk Social Services Center

(562) 929-5544

The Norwalk Social Services Center provides emergency food assistance, childcare program, children's dental program, client advocacy, information and referrals, self-help support groups, and senior citizen nutrition program. Services are available to Norwalk residents only. The hours of operation are Monday thru Thursday, 8 a.m. – 6 p.m. and Friday 8 a.m. – 5 p.m. Most services require no fee with the exception of the children's dental program, childcare and senior nutrition program.

Volunteer Income Tax Assistance (VITA) Sites

(800) 829-1040

The Volunteer Income Tax Assistance (VITA) & Tax Counseling for the Elderly (TCE) programs provide help with basic tax returns. Both provide specially trained volunteers to prepare basic tax returns. VITA's objective is to provide free tax help to people who cannot afford paid professional assistance. Volunteers help prepare basic tax returns for taxpayers with special needs, including persons with disabilities, those with low to limited income, and non-English speaking persons. Assistance is available from February 1 – April 15. Call to find a site near you.



SHELTERS AND EMERGENCY HOUSING FACILITIES



Angel Step Inn

(562) 949-5358

This is a 45-day emergency shelter and 6-month transitional living center for battered, substance addicted women and their children. Services include counseling and group therapy. Help is available in obtaining General Relief (GR) or Aid for Families with Dependent Children (AFDC). Services are available Monday thru Friday, 9 a.m. – 5 p.m. 24 hour hotline is available. No fees.

The Salvation Army Booth Memorial Center

(323) 225-1586

This is a service for unwed pregnant girls that provides prenatal care for young women 12-18 years old and for their infants up to 14 months. This program also offers counseling, high school education, medical and recreation. No fees. We are located at 2670 Griffin Ave, Los Angeles. Call for services Monday thru Friday, 8:30 a.m. – 5 p.m.

Center for the Pacific Asian Family, Inc.

Emergency Hotline

(323) 653-4042

(800) 339-3940

This is a 24-hour hotline and confidential 30-45 day emergency shelter and 2 year transitional shelter for women and children who are survivors of domestic violence, sexual assault, and child abuse. Services include crisis counseling for adults and children, victim advocacy, medical, temporary restraining orders, legal and criminal justice systems and social services access, information and referrals. Languages: Chinese, Japanese, Korean, Thai, Vietnamese, Tagalog and other Pacific-Asian languages as needed. Call the hotline first. No walk-ins. No fee to victims. Business hours: Monday thru Friday, 8 a.m. – 6 p.m. The office is located at 543 N. Fairfax Ave., Suite 108 Los Angeles, CA 90036.

Christian Outreach Appeal

Web Address

(562) 432-1440

www.coalongbeach.org

Monday thru Friday we serve breakfast from 7:30 a.m. – 8:30 a.m. and dinner from 4:30 p.m.- 5:30 p.m. Monday thru Friday. Every first, third, and fifth Saturday we serve lunch at 11 a.m. Every Tuesday and Thursday we provide a grocery, clothing, and household item distribution from 9 a.m. to 1:45 p.m. Proof of Long Beach residency is needed to receive clothing and household items (only twice a month). Groceries are available to anyone who qualify and there is no limit as long as supplies last. COA also runs a transitional housing program for single women with children and one for single men.

Haven House Inc. Hotline

(323) 681-2626

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

Interval House*24-Hour Hotline***(562) 594-9492****(562) 594-4555 or (714) 891-8121**

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

Long Beach Multi-Service Center**(562) 733-1147**

The Long Beach Multi-Service Center provides referrals to all housing programs in the area. Call for information or walk-in Monday thru Friday 8 a.m. – 5 p.m. and Thursday 8 a.m. – 1 p.m. Services are provided in English and Spanish. No fees are required. This program serves only Long Beach residents.

Long Beach Rescue Mission**(562) 591-1292**

The Long Beach Rescue Mission provides housing, meals, and clothing for homeless and low-income individuals. The Mission runs two facilities: Samaritan House for men 18 and over and Lydia House for women 18 and over and their children. Services are free. Facilities are located at 1335 Pacific Ave., Long Beach. Long Beach and surrounding area residents will be served first. Call for an appointment, 24 hours a day.

Mental Health Association/L.A. County**(562) 285-1330**

The Mental Health Association for LA County provides a drop-in center Monday thru Friday from 9 a.m. – 5 p.m. that provides showers, clean clothes, and assistance in finding housing, financial and medical help for homeless people with mental illnesses. Services are provided in English, Spanish, Japanese, and Chinese. No fees and serves the residents of Long Beach.

Peace and Joy Care Center**(310) 898-3116****Emergency Hotline****(310) 898-3117**

This is a 30-45 day program for women and their children who are victims of domestic violence. We also provide 6 to 18 month domestic violence transitional shelters (3) for women and their children, (1) for single women unaccompanied by children and (1) step down (second step) unit. This agency also provides an extensive outreach program that includes a counseling center, high school and middle school preventive programs, referrals for housing and employment services, crisis shelter life skills programs, parenting and self esteem classes, well developed children's program. Individual and group counseling is mandatory. Community outreach is conducted at 17613 Amantha Ave in Carson and at Compton College. There is a fee for infant care and sliding scale fee for transitional living. Contact us for services Monday thru Friday 9 a.m. – 5 p.m. or call us on our 24 hour hotline. The office is located at 1693 Del Amo Blvd., Carson, CA 90746.

Rio Hondo Temporary Home**(562) 863-8805**

This is a non-profit, private agency serving homeless families. We provide transitional shelter for 18 months including: meals, food boxes (for people in the community), supportive services, medical services and housing assistance. Parents must be at least 18 years old, and we accept children from infancy to 18 years old, both boys and girls. For availability contact a case management staff member from Monday-Friday 9 a.m. – 5 p.m. There are no fees. The office is located at 12300 Fourth St., Bldg. 213, Norwalk, CA 90650.

Su Casa Family Crisis and Support Center

Business

24-Hour Hotline

Web Address

(562) 421-8106

(562) 402-4888

www.sucasadv.org

This is a non-profit agency-serving victims of domestic violence and their children. Through a 24-hour crisis hotline, clients gain access to shelter and non-shelter services including food, clothing, counseling, referrals, advocacy, support groups, and legal assistance. Sheltered clients are emancipated women and their children (up to age fifteen), if any. All victims/survivors (male/female) can receive services through our outreach center. The office hours are Monday thru Friday 8:30 a.m. – 5 p.m. or call the hotline number listed above. There are no fees charged to Su Casa clients.

Women and Children's Crisis Shelter

(562) 945-3939

The Women and Children's Crisis Shelter provides battered women and their children emergency shelter (children boys, birth to 17 years old and girls no age limit). We provide comprehensive supportive services in English and Spanish, which include crisis intervention counseling, legal, housing, and CalWORKs advocacy. School programs are provided on-site for children 2 – 12. To be eligible for services you must be a battered woman in immediate danger. No fees are required and we serve the greater LA area. The shelter is located at 10007 Cole Rd., Whittier, CA 90603.

Women's Shelter of Long Beach

Business

Hotline

(562) 988-1187

(562) 437-4663

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



UTILITIES ASSISTANCE



The Gas Company

Web Address

(800) 427-2200

<http://www.socalgas.com/>

The Gas Company provides a variety of services and programs to assist customers with their gas appliances, paying their bills, making credit arrangements, energy conservation, etc... Referrals to agencies to assist in paying bills are available to Gas Company customers only. Contact us 24-hours a day/7 days a week. Service representatives are available in English, Spanish, Mandarin, Korean, Cantonese, and Vietnamese. Call Monday thru Friday 8 a.m. – 5 p.m.

Low Income Home Energy Assistance Program
(LIHEAP)

(866) 675-6623

Web Address

<http://www.csd.ca.gov/liheap.html>

LIHEAP provides assistance for low-income families who fall within federal Poverty Income guidelines. Assistance is provided on a one-time basis for income eligible households. Call the toll-free number for more information or for an application. Telephone representatives are available to speak in English or Spanish. Inquiries can be sent to P.O. Box 1947 Sacramento, CA 95814. Office hours are Monday-Friday 8 a.m.-4:50 p.m.

Verizon Communications

(800) 483-4000

Web Address

www.verizon.com

Verizon Communications offers "Lifeline Service." This is a basic telephone service at half the usual cost to people who qualify. Call to learn more about the income requirements. To be eligible you cannot be declared a dependent on anyone else's taxes. Services are provided in English, Spanish, Mandarin, Korean and Vietnamese and are offered Monday thru Friday, 7:30 a.m – 6 p.m.

Veterans in Community Service (VICS)

(562) 204-0529

This organization provides free payment of electric or gas bill once a year for low-income families, SSI recipients, and veterans. The maximum that they can assist with is \$150, depending on availability of funding. Applicants must provide proof of income for month applying for assistance, Edison bill, gas bill, California identification, and social security card. Clients must meet Federal HUD and State low income requirements. No fees for services. Call Monday thru Friday, 8 a.m. – 5 p.m.

United Way

(213) 630-2126

The United Way administers a utility assistance program for the elderly, disabled, and low-income population. Eligible families can get a one-time credit of up to \$150 for electricity and \$150 for gas bills per year. This credit is only offered by Southern California Edison Electricity. For more information call Patricia Banuelos at the United Way. The office is located at 523 W. 6th St. Los Angeles, CA 90014.

Los Angeles Department of Water and Power**

(800) 342-5397

Web Address

www.ladwp.com

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

Southern California Edison**

(800) 736-4777

California Alternate Rates for Energy (CARE)

Web Address

www.sce.com

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

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



VOLUNTEER OPPORTUNITIES



City of Bellflower Volunteer Center

(562) 925-9003

Provide volunteer opportunities for general volunteers. Refer court ordered clients to various organizations to work off community service hours. Provide information about local food pantries, other social services within the City of Bellflower. Provide holiday gift baskets for the needy or less fortunate Bellflower residents. Volunteers may be from the City of Bellflower, or surrounding cities. Court ordered clients will be charged a fee, depending if they are Bellflower residents or from another city. The fee will vary according to the amount of hours required. Food baskets during the holiday season are for Bellflower residents only, proper ID is required, and families will be placed on a waiting list. The hours of operation are Monday thru Thursday 9 a.m. – 3 p.m. and Friday, 9 a.m.-2:30 p.m. The Bellflower Volunteer Center is located at 16614 S. Clark Ave. Bellflower 90706, CA.

City of Lakewood Volunteer Center

(562) 925-7512

The City of Lakewood has a variety of volunteer opportunities that are offered throughout the year. Call for the next available volunteer opportunity.

County of Los Angeles Public Library

Literacy Program

(562) 940-8511

The County of Los Angeles Public Library Literacy program assists individuals with reading and writing improvement and teaches adults and families to utilize the public library as a resource for lifelong learning. Volunteers are needed to tutor adult literacy learners one-on-one and to assist with family literacy programs. Minimum six month commitment required. Hours and locations are flexible.

Volunteer Income Tax Assistance (VITA)

(800) 829-1040

Internal Revenue Service

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



WEB SITES FOR PARENTS

John Rosemond's Affirmative Parenting

www.rosemond.com

Daily tips and information on affirmative parenting by the nationally syndicated child behavior columnist.

The California Child Care Resource and Referral Network

www.rrnetwork.org

Information for parents about who to call for free help in finding childcare in California, tips on finding childcare that works best for your family, finding help for child care etc.

Web Sites for Parents

www.tooter4kids.com/classroom/parentsweb.htm

Provides links to the following sites: Family Education Network, Family Fun Magazine, Smart Parent, Parent News for Parent Net, Reading links, Math links, and general links.



WORLD WIDE WEB SITES

Listed below are several web sites that may be helpful to students who need college, career, scholarship and financial aid information as well as other student resources.

Career Information and Job Search

<http://www.ajb.dni.us/>

<http://www.headhunter.net/>

<http://internships.wetfeet.com/home.asp>

<http://www.jobdirect.com/>

<http://www.jobweb.com/map.htm>

<http://www.monster.com/>

<http://www.monstertrak.com>

<http://stats.bls.gov/ocohome.htm>

College Information

www.back2college.com

www.collegeboard.org

www.costeffectivecollege.com

Financial Aid and Scholarship Information

FastWeb - Online scholarship search.

www.fastweb.com

FAFSA Express – Office of Postsecondary Education information on financial aid for students.

www.ed.gov/offices/OPE/express.html

FAFSA Instructions – Information on completing the free application for Federal Student Aid.

www.ed.gov/prog_info/SFA/FAFSA

The Financial Aid Information Page – a free comprehensive, independent and objective guide to student financial aid.

www.finaid.org

Health Science Scholarships

www.grantsnet.org

Scholarships at Cerritos College

www.cerritos.edu/finaid/scholarship.htm

www.cerritos.edu/ccf/scholar.htm

Others:**Acknowledgment:**

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