

Health Resources Book 2009-2010



El Monte Union High School District
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EL MONTE UNION HIGH SCHOOL DISTRICT

SUMMER, 2009

COMMUNITY COUNSELING SERVICES AND HEALTH RESOURCES

A handbook for Assistant Principals for Student Services, Counselors, Coordinators of Child Welfare and Attendance, Adult School Counselors, and District Psychologists.

Prepared by the District Instruction Office

Elizabeth Alonso, Director of Research & Curriculum

This information is listed for your use and does not represent an endorsement or recommendation from the El Monte Union High School District.

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(Revised June 2009)

TABLE OF CONTENTS

211 of L.A. Countyi

Hotlines.....1

San Gabriel Valley Parent Support Groups.....5

AAA Counseling and Hypnosis Center..... 6

Action: A Parent and Teen Support Program..... 6

Aegis.....7

Affiliated Comprehensive Medical Group.....7

AIDS Service Center.....8

Alcohol and Drug Program (Spirit Family Services).....8

Alcoholics Anonymous (AA).....9

Altamed Health Services.....9

American Cancer Society..... 10

American Diabetes Association, Los Angeles Chapter.....10

American Heart Association, of the East Los Angeles Office.....11

American Lung Association of Los Angeles County..... 11

American Red Cross..... 12

Anderson and Anderson.....12

Arcadia Mental Health Clinic.....	13
Arcadia Presbyterian Church.....	13
Arthritis Foundation, Southern California Chapter.....	14
Asian American Drug Abuse Program.....	14
Asian Pacific American Legal Center.....	15
Asian Pacific Family Center.....	15
Asian Youth Center.....	16
Aurora Charter Oak Hospital.....	16
Battered Women & Rape Crisis Line for Peace Over Violence.....	17
Because I Love You.....	17
BHC Alhambra Hospital.....	18
Boys & Girls Club of Whittier	18
Boys & Girls Town National Hotline.....	19
B.R.I.D.G.E.S.....	19
California Hispanic Commission on Alcohol and Drug Abuse.....	20
California Missing Children Hotline.....	20
California Youth Crisis Line.....	21
Catholic Charities of Los Angeles.....	21

Center for Disease Control (CDC) National AIDS Clearing House.....	22
Center for Disease Control (CDC) National HIV & AIDS.....	22
Center for the Pacific-Asian Families, Inc. (CPAF).....	23
Chicana Service Action Center (CSAC).....	23
Child Help USA National Abuse Hotline.....	24
Children’s Bureau of Southern California.....	24
CHOICES	25
Citrus Counseling Center	25
Citrus Valley Medical Center Queen of the Valley Campus.....	26
City of El Monte Community Services – Transportation Services.....	26
City of Hope National Medical Center.....	27
Clinica Medica San Miguel.....	27
Cocaine Anonymous.....	28
Co-Anon	28
College Hospital	29
Community Ambulatory Care Center (CACC) Medical Group.....	29
Comprehensive Doctor’s Medical Group.....	30
Crown City Medical Group.....	30

Door of Hope.....	31
Dr. Hernandez Optometry	31
East Los Angeles Sexual Assault and Battery Hotline	32
East San Gabriel Valley Coalition	32
East Valley Community Health Center, Inc.....	33
Eastside Family Counseling Center.....	33
El Monte Police Department	34
El Monte Police Department-Community Relations	34
El Monte/South El Monte Emergency Resource Association.....	35
ENKI Youth and Family Services	35
Families Anonymous.....	36
Family Planning Associates (FPA) Medical Group.....	36
Ferandell Villarino Associates.....	37
Flair Park Medical Clinic.....	37
Foothill Family Service	38
Garfield Medical Center	38
Garvey Optometry.....	39
Glendale Memorial	39

Good Shepherd Shelter of Los Angeles.....	40
Goodwill Industries of Southern California.....	40
Greater El Monte Community Hospital.....	41
Hacienda La Puente Adult Education (Willow Campus).....	41
Haven House, Inc.....	42
High Road Program Inc.	42
Homes for Life Foundation.	43
House of Ruth, Inc	43
Housing Rights Center.	44
Impact Drug & Alcohol Treatment Center.....	44
Ingleside Campus/City of Angeles Medical Center.....	45
International Dyslexia Association.....	45
La Casa Community Center.....	46
La Cresenta, Cañada YMCA.....	46
Li'l Toots Preschool.....	47
Lincoln Training Center.....	47
Looking Glass Counseling Center.....	48
Los Angeles Child Guidance Clinic.....	48

Los Angeles County Department of Child Services & Child Abuse.....	49
Los Angeles Free Clinic.....	49
Marez and Associates.....	50
Masonic Homes of Covina.....	50
Maryvale.....	51
Methodist Hospital of Southern California.....	51
Mid-Valley Recovery Services, Inc.....	52
Muscular Dystrophy Association, Los Angeles Chapter.....	52
Myasthenia Gravis Foundation of California Chapter, The.....	53
Narcotics Anonymous.....	53
National Abortion Federation	54
National Council on Alcoholism & Drug Dependency.....	54
National Runaway Switchboard.....	55
Northeast Food Stamps Center, Inc	55
Options-The Family Center	56
Our Savior Center/Cleaver Family Wellness Center	56
Pacific Clinic East (Day Treatment).....	57
Pacific Clinic East (Outpatient).....	57

Parents, Families, and Friends of Lesbians and Gays (PFLAG).....	58
Pasadena’s Council on Alcoholism & Drug Dependency.....	58
Pasadena Mental Health Center.....	59
Pasadena Family YMCA.....	59
Pediatric & Family Medical Center.....	60
Planned Parenthood.....	60
Planned Parenthood, Pasadena.....	61
Pomona Valley Hospital Medical Center.....	61
Pregnancy Help Center of San Gabriel Valley.....	62
Project Achieve.....	62
Salvation Army Adult Rehabilitation Center.....	63
Salvation Army Family Services Department.....	63
San Gabriel Valley Access Center (SGVC).....	64
San Gabriel Valley Dental Society.....	64
San Gabriel Valley Medical Center.....	65
San Gabriel Valley Service Center.....	65
San Gabriel Valley Training Center.....	66
Santa Anita Family Service (Covina).	66

Santa Anita Family Service (Monrovia).....	67
SHARE! Self-Help and Recovery Exchange.....	67
Sickle Cell Disease Foundation of California.....	68
Social Security Administration.....	68
South El Monte Senior Center.....	69
Southern California Alcohol and Drug Program.....	69
SPIRITT Family Services.....	70
Su Casa Family Crisis and Support Center.....	70
Suicide Prevention Center.....	71
Teenage Health Center.....	71
T.H.E. Clinic.....	72
The National Council on Alcoholism and Drug Dependence.....	72
Trinity El Monte	73
Twin Palms Community Recovery Center	73
Urgent Care Center.....	74
U.S. Veterans Initiative.....	74
Valley Care Olive View/UCLA Medical Center.....	75
Valley Light Industries, Inc.....	75

Vista Del Mar Child and Family Services.....	76
West Area Opportunity Center.....	76
WINGS Shelter for Battered Women	77
Women's and Children's Crisis Shelter, Inc. (WCCS).....	77
Women and Children Shelter.....	78
YMCA of San Gabriel Valley.....	78
YMCA, West San Gabriel Valley.....	79
Youth Alcohol and Drug Program of Southern California.....	79
Youth for Christ	80
YWCA of San Gabriel Valley.....	80
Index	81

211 OF L.A. COUNTY LINE

WHAT IS 211 OF L.A. COUNTY LINE?

211 OF L.A. COUNTY LINE

- is a telephone information and referral service linking residents of Los Angeles County with human service agencies and organizations.
- is a round-the-clock service, operating 7 days a week, 24 hours a day.
- is toll free, with 8 local area telephone numbers within the County.
- is a multilingual service.
- is a FREE...CONFIDENTIAL...COMMUNITY SERVICE, operated by the Information and Referral Federation of Los Angeles County with funding from the Department of Public Social Services of Los Angeles County and the United Way.

WHAT DOES INFO LINE DO?

INFO LINE

- provides information on direct services and resources in Los Angeles County.
- links people in need of services with appropriate agencies in their local communities whenever possible.
- provides follow-up to see that referred services are provided and to make certain that needs are met.
- helps eliminate frustration, time-consuming searches for information and for help when it is needed.

WHAT IS THE SCOPE OF INFO LINE SERVICE?

Skilled information specialists at INFO LINE...receive calls...answer questions...provide information...and refer people...to services and resources in such areas as:

Child Care	Education	Family Problems
Financial Aid	Handicapped	Health
Housing	Legal Help	Mental Health
Nutrition	Personal Problems	Recreation
Rehabilitation	Transportation	Youth & Elderly

WHAT ARE INFO LINE'S TOLL FREE NUMBERS?

From:

Los Angeles Area	(323) 686-0950
West Los Angeles Area	(310) 551-2929
San Gabriel Valley Area	(626) 350-6833
South Bay/Long Beach	(310) 603-8962
San Fernando Valley Area	(818) 501-4447
Airport Area	(310) 671-7464
Burbank/Glendale Area	(818) 956-1100
Other L.A. County	(800) 339-6993
TDD Area	(800) 660-4026

INFORMATION AND REFERRAL FEDERATION OF LOS ANGELES COUNTY
526 W. Las Tunas Dr., San Gabriel, CA 91776 (626) 350-1841
www.infoline-la.org

HOTLINES

(*see inside for more information)

1. 211 of L. A. County (626) 350-6833
2. Domestic Violence Shelters & Crisis Numbers 1-800-548-2722
3. Los Angeles Domestic Violence Council 1-800-799-7233
4. Alcoholics Anonymous (AA) (323) 936-4343
(626) 914-1861
(909) 624-2712
5. Alcoholicos Anonimos en Español (323) 735-2089
6. Asian Pacific Women's Center (213) 250-2977
(213) 250-2949 – Fax
7. Aurora Charter Oak Hospital (800) 654-2673
24-hours information & referral crisis line
8. Battered Women and Children Hotline (818) 887-6589
24-hours, domestic violence shelter and referrals
9. *Battered Women & Rape Crisis Line for the (626) 793-3385
Los Angeles Commission on the Assault of Women (213) 626-3393
24-hours, referrals and support groups (310) 392-8381
10. *BHC Alhambra Hospital (800) 235-5570
24-hours, crisis intervention
11. *Boys & Girls Town National Hotline (800) 448-3000
24-hours, information on shelters for runaway
12. Break the Cycle (888) 988-TEEN (8336)
Legal service for domestic violence (310) 286-3386 – Fax
13. *California Missing Children Hotline (800) 222-3463
24-hours, relays info to law enforcement agencies
14. *California Youth Crisis Line (800) 843-5200
24-hours, crises hotline for youth
15. *Center for Disease Control (CDC) National (800) CDC-INFO = (800) 232-4636
HIV & AIDS (800) 344-7432
En Español (800) 243-7889 (TDD)
24-hours, referrals

- | | | |
|-----|---|--|
| 16. | *Center for the Pacific-Asian Families, Inc. (CPAF)
24-hours, shelter and counseling | (800) 339-3940 |
| 17. | *Chicana Services Action Center, East LA Shelter | (800) 548-2722 – Hotline
(323) 268-7564 – Shelter
(323) 937-1312 |
| 18. | *Child Help USA National Abuse Hotline
Hearing Impaired (TDD)
24-hours, crisis intervention | (800) 4-A-CHILD (4453)
(800) 2-A-CHILD (4453) |
| 19. | *Cocaine Anonymous
24-hours, referrals | (626) 447-2887 |
| 20. | *College Hospital
24-hours, crisis intervention | (800) 352-3301 |
| 21. | Domestic Violence Hotline
24-hours, shelter | (800) 978-3600
(818) 887-6589 |
| 22. | Domestic Violence Project
Assist in court with preparation of restraining order
paperwork and advice. | (213) 624-3665 |
| 23. | *East Los Angeles Sexual Assault and Battery Hotline
24-hours, referrals | (800) 585-6231 |
| 24. | East Los Angeles Women’s Center
Counseling for domestic violence and sexual assault | (323) 526-5819
(323) 526-5822 – Fax |
| 25. | El Centro de Ayuda Corporation | (323) 265-9228
(323) 265-7166 – Fax |
| 26. | *Families Anonymous
For families of drug users | (800) 736-9805 |
| 27. | Foothill Family Service | (866) 304-4337 |
| 28. | Glendale YWCA
Referrals for domestic violence | (818) 242-1106
(818) 242-4155 – Business
(818) 240-6036 – Fax |
| 29. | *Haven House, Inc.
24-hours, shelter and referrals | (323) 681-2626 |

30. *House of Ruth, Inc. (909) 988-5559
24-hours, shelter and counseling
31. Jenesse Center (800) 479-7328 – Hotline
24-hours hotline for domestic violence (323) 299-9496 – Business
32. LACAAW – West San Gabriel Valley (626) 584-6191
(626) 793-3385 – 24 hr. Hotline
(Spanish and English)
(626) 584-6193 – Fax
33. *Looking Glass Counseling Center (818) 884-6900
24-hours, substance abuse, crisis counseling, and referral
34. Los Angeles Commission on Assault Against Women (310) 392-8381
24-hours, 7 days a week support and referral for
battered women and children to shelters.
35. *Los Angeles County Department of Child Services (800) 540-4000
& Child Abuse
24-hours, to report and referral abused children
Hearing Impaired (TDD) (800) 272-6699
36. Los Angeles County Department of Mental Health (800) 854-7771
24-hours, referrals
37. Los Angeles County University of Southern (323) 226-2622
California Medical Center
24-hours, emergencies
38. Los Angeles Gay & Lesbian Centers STOP (323) 860-5806
Domestic Violence/Partner Abuse (323) 993-7645 – Business
(323) 993-7699 - Fax
39. Marijuana Anonymous (323) 964-2370
40. *Narcotics Anonymous (800) 863-2962
24-hours, counseling
41. *National Abortion Federation (800) 772-9100
Information and referral on clinics in requested areas
42. *National Runaway Switchboard (800) Runaway
24-hours, runaway and suicide hotline (800) 786-2929
43. Overeaters Anonymous, San Fernando Valley (818) 342-2222
Compulsive eating support group.

- 44. *Pasadena Mental Health Center (626) 798-0907
Counseling and referral
- 45. *Su Casa Family Crisis and Support Center (562) 402-4888
24-hours, counseling
- 46. *Suicide Prevention Center (310) 391-1253
24-hours, counseling and referrals (877) 727-4747 (LA County)
- 47. Teen Line (310) 855-HOPE = (310) 855-4673
- 48. *Trinity-El Monte (626) 444-7554
24-hours, shelter
- 49. *Valley Care Olive View/UCLA Medical Center (818) 364-1555
24-hours, emergencies
- 50. *WINGS Shelter for Battered Women (626) 967-0658
24-hours, shelter for battered women and children
- 51. *Women's and Children's Crisis Shelter, Inc. (WCCS) (562) 945-3939
24-hours, shelter for battered women with children
- 52. *Women and Children Shelter (562) 437-4663
24-hours, counseling
- 53. Youth Crisis Line (800) 843-5200
24-hours, information and referrals for 12-24 year olds
- 54. YWCA – WINGS (626) 967 0658 – Hotline
Domestic Violence support groups and referrals (626) 960-2995 – Business Line

SAN GABRIEL VALLEY PARENT SUPPORT GROUPS

(*see inside for more information)

1. *International Dyslexia Association (818) 506-8866
2. Learning Disabilities Association (626) 355-0240
3. Tourette's Syndrome Support Group (626) 445-3986
Loretta Staebler

NAME: AAA Counseling and Hypnosis Center

ADDRESS: 1000 S. Fremont Ave., Suite 1111, Alhambra, CA 91803

PHONE: (626) 308-9784

SERVICES: Alcohol and drug dependency treatment. Adolescent problems, anxiety, counseling, depression, diagnose problems, eating disorders, family problems, fatigue, fears, headaches, hypnosis, marital, obesity, pain, psychotherapy, sleep and smoking problems.

FEES: Varies. Accepts most insurance.

AREA: Southern California

HOURS: 9:00 a.m. to 8:00 p.m. Monday thru Friday

CONTACT: Staff member



NAME: Action: A Parent and Teen Support Program

ADDRESS: 30035 Bouquet Canyon, Suite 134, Saugus, CA 91350
(Main office)

PHONE: (800) 282-5660

SERVICES: Offers hope to parents, teaches limit setting and encourages positive peer support among teenagers.

FEES: Varies. Accepts most insurance.

AREA: Southern California

HOURS: 24-hours (Hotline)

CONTACT: Counselor

NAME: Aegis
ADDRESS: 11041 E. Valley Blvd., El Monte, CA 91731
PHONE: (626) 442-4177
SERVICES: Alcohol and drug abuse counseling, drug rehabilitation. 18 years of age or older. Everyone is welcome.
FEES: Varies, sliding scale
AREA: Southern California
HOURS: 5:00 a.m. to 1:30 p.m. Monday thru Friday
Appointment is needed to see the doctor.
CONTACT: Staff member

NAME: Affiliated Comprehensive Medical Group
ADDRESS: 150 N. Santa Anita Ave., Suite 735, Arcadia, CA 91006
PHONE: (626) 462-5810
SERVICES: Complete counseling for all people who have any kind of alcohol, drug, stress and/or mental problems. Outpatient services are also available.
FEES: Varies. Accepts insurance. Medication with doctor \$250, follow-up \$100)
AREA: San Gabriel Valley
HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Thursday
8:30 a.m. to 4:00 p.m. Friday
CONTACT: Staff member



NAME: AIDS Service Center
ADDRESS: 909 S. Fair Oaks Ave., Pasadena, CA 91105
PHONE: (626) 441-8495
SERVICES: Adolescent support groups, case management, home care, support group, prevention and volunteer programs. Education classes on AIDS and HIV. One-on-one counseling. AIDS testing on Monday and Thursday evenings. Bilingual staff is available to clients.
FEES: Free
AREA: San Gabriel Valley
HOURS: 8:00 a.m. to 7:30 p.m. Monday thru Thursday
8:00 a.m. to 4:30 p.m. Friday
CONTACT: Staff member



NAME: Alcohol and Drug Program (Spirit Family Services)
ADDRESS: 2000 Tyler Ave., South El Monte, CA 91733
PHONE: (626) 442-4788
SERVICES: Domestic violence education, drug and alcohol recovery services, drug outpatient program, family counseling, parent education and anger management.
FEES: Varies (Parenting classes - \$75.00, 7-week course)
AREA: No restrictions
HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Irene Salazar, Program Manager

NAME: Alcoholics Anonymous (AA)

ADDRESS: 4311 Wilshire Blvd., Suite 104, Los Angeles, CA 90010
(Main office)

PHONE: (323) 936-4343 (Main office) 24-hours

SERVICES: Social gathering to help live a sober life for people who have heavy drinking problems and have a desire to stop drinking. No age limitation. Everyone welcome anytime. Meetings vary during the day.

FEES: Voluntary donations

AREA: Southern California

HOURS: 8:00 a.m. to 7:30 p.m. Monday thru Saturday
9:00 a.m. to 4:30 p.m. Holidays
Call for convenient meeting places and times.

CONTACT: Staff member



NAME: Altamed Health Services

ADDRESS: 10418 E. Valley Blvd., El Monte, CA 91731 (facility)

PHONE: (626) 453-8466 (El Monte)

SERVICES: Medical services such as: dental services, general practice, gynecology examinations, HIV testing, pap smears, pediatrics, pregnancy testing, free TB testing, family planning and immunizations. An adult must accompany minors. Se habla Español.

FEES: Medicare, private insurance, low cost fee for people without insurance

AREA: No restrictions

HOURS: 8:00 a.m. to 5:00 p.m., Monday, Wednesday, Friday
9:00 a.m. to 7:00 p.m. Tuesday and Thursday
8:00 a.m. to 1:00 p.m. Saturdays by appointment

CONTACT: Staff member



NAME: American Cancer Society
ADDRESS: 50 N. Hill Ave., Suite 200 (2nd floor), Pasadena, CA 91106
PHONE: (626) 795-7774
SERVICES: Basic information on cancer. Referrals, support group, and materials such as brochures and posters. Offers transportation to cancer patients.
FEES: Most programs are free unless cost recovery order is large.
AREA: San Gabriel Valley
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff Member

NAME: American Diabetes Association, Los Angeles Chapter
ADDRESS: 5200 W. Century Blvd., Suite 480, Los Angeles, CA 90045
PHONE: (323) 966-2890
(310) 410-9372 FAX
(800) DIABETES = (800) 342-2383 (General info)
SERVICES: Programs on insulin dependent diabetes mellitus are offered to school personnel by many ADASC approved clinics and hospitals for all grade levels. Many are free of charge. Educational materials and special health education programs are also offered.
FEES: Varies
AREA: Los Angeles County
HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff Member



NAME: American Heart Association of The East Los Angeles Office

ADDRESS: 816 So. Figueroa St., Los Angeles, CA 90017

PHONE: (213) 291-7000 (Main office)
(877) 242-4277 (CPR classes)

SERVICES: Speakers on cardiovascular disease and prevention. Educational materials such as audiovisuals, brochures and posters are available.

FEES: Voluntary donations

AREA: Los Angeles County

HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday

CONTACT: Staff member



NAME: American Lung Association of Los Angeles County

ADDRESS: 1570 E. 17th Street, Santa Ana, CA 92705

PHONE: (714) 835-5864
(714) 835-0169 FAX

SERVICES: Educational materials, referrals for tuberculosis testing and special health education programs, children with asthma.

FEES: Varies

AREA: Los Angeles County

HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday

CONTACT: Staff member



NAME: American Red Cross

ADDRESS: 430 Madeline Drive, Pasadena, CA 91105

PHONE: (626) 799-0841

SERVICES: Disaster services. Shelter, clothing, food, etc. provided after a natural disaster based upon clients need. Service to Military - emergency communication between service members and their families. First Aid/CPR training and Aquatic training are fee-based and available at many locations throughout the chapter's jurisdiction.

FEES: Varies – Disaster Services and Military Services are free. First Aid/CPR and Aquatic classes are fee-based.

AREA: The Greater San Gabriel Valley and Pomona Valley

HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Thursday
8:00 a.m. to 1:30 Friday
Disaster and Military Services are available 24-hours a day, 7 days a week.

CONTACT: Staff Member



Together, we can save a life

NAME: Anderson and Anderson

ADDRESS: 12301 Wilshire Blvd., Suite 418, Los Angeles, CA 90025

PHONE: (310) 207-3591

SERVICES: Anger management and Domestic Violence Counseling

FEES: Varies

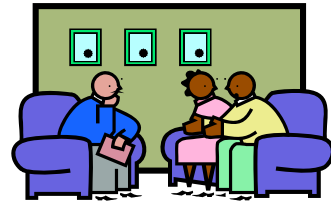
AREA: Los Angeles County and Lawndale

HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday

CONTACT: Staff Member

NAME: Arcadia Mental Health
ADDRESS: 330 E. Live Oak Ave., Arcadia, CA 91006
PHONE: (626) 821-5858
SERVICES: Adult psychiatric clinic. Crisis and emergency situations accepted. Referrals offered. Bilingual staff is available (Spanish and Chinese). For people 18 years of age and older.
FEES: Sliding scale, Medicare, Medi-Cal
AREA: San Gabriel Valley
HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Evaluation Team

NAME: Arcadia Presbyterian Church
ADDRESS: 121 Alice St., Arcadia, CA 91006
PHONE: (626) 445-7470
(626) 445-1078 (Counseling)
SERVICES: Counseling meetings for people with alcohol and drug problems.
FEES: Sliding scale
AREA: San Gabriel Valley
HOURS: 9:00 a.m. to 5:00 p.m. (closed 12:00-1:00 p.m.) Monday thru Friday
Counseling appointment is needed. Evening appointments available.
CONTACT: Staff member



NAME: Arthritis Foundation, Southern California Chapter
ADDRESS: 800 W. 6th St. Suite 1250, Los Angeles, CA 90017
PHONE: (323) 954-5750
SERVICES: Speakers and educational materials such as audiovisuals, books and brochures on arthritis. Doctor referrals, exercise class, Spanish program and support groups also available.
FEES: Varies
AREA: Southern California
HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Thursday
8:30 a.m. to 4:30 p.m. Friday
CONTACT: Information specialist



NAME: Asian American Drug Abuse Program
ADDRESS: 5318 S. Crenshaw Blvd., Los Angeles, CA 90043 (Residency)
2900 S. Crenshaw Blvd., Los Angeles, CA 90016 (Corporate office)
PHONE: (323) 293-6284
SERVICES: Family, group and individual counseling for drug and alcohol abuse. Prevention and education programs are available to the community.
FEES: Sliding scale
AREA: Los Angeles County
HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday
CONTACT: Mike Watanabe, Director

NAME: Asian Pacific American Legal Center
ADDRESS: 1145 Wilshire Blvd., Los Angeles, CA 90017
PHONE: (213) 977-7500
WEBSITE: www.apalc.org
SERVICES: Family law, domestic violence, government benefits, immigrant welfare, elder law, housing rights, consumer and debtor relief, garment worker rights, anti-discrimination county-wide. Multi-lingual.
FEES: Varies
AREA: Los Angeles County
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member



NAME: Asian Pacific Family Center
ADDRESS: 9353 E. Valley Blvd., Rosemead, CA 91770
PHONE: (626) 287-2988
(626) 287-1937 FAX
(626) 287-0168 FAX (Front office)
SERVICES: Offers counseling to people who are experiencing difficulties with adjustment problems with job and local communities, child identification, communication between teenagers with parents and teachers, coping with daily activities, coping with elderly parents such as grandmother and grandfather, disciplining, finding life meaningless, insomnia, nervousness, gang and runaways. Bilingual counselors are available in Cambodian, Cantonese, Japanese, Korean, Mandarin and Vietnamese.
FEES: Sliding scale, Medicare, Medi-Cal, Healthy Family
AREA: Greater San Gabriel Valley
HOURS: 9:00 a.m. to 5:00 p.m. Monday, Wednesday, & Friday
9:00 a.m. to 8:00 p.m. Tuesday & Thursday
9:00 a.m. to 1:00 p.m. Saturday
Appointment is needed.
CONTACT: Staff member

NAME: Asian Youth Center

ADDRESS: 100 W. Clary Ave., San Gabriel, CA 91776 (Main office)
232 W. Clary Ave., San Gabriel, CA 91776 (Children Annex building)

PHONE: (626) 309-0622 (Main office)
(626) 309-0717 FAX (Main office)
(626) 309-0425 (Children Annex building)
(626) 309-0362 FAX (Children Annex building)

WEBSITE: www.asianyouthcenter.org

SERVICES: Friday night club, gang & delinquency prevention, recreational activities, tobacco education and cessation, tutorial and homework assistance and youth referrals. Van service is available to participating youth and families. AIDS and HIV education programs. After school also available.

FEES: Sliding scale

AREA: San Gabriel Valley

HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Thursday
9:00 a.m. to 9:00 p.m. Friday
Saturday SAT classes open

CONTACT: Staff Member



NAME: Aurora Charter Oak Hospital

ADDRESS: 1161 E. Covina Blvd., Covina, CA 91724

PHONE: (626) 966-1632
(800) 654-2673 (Hotline)

SERVICES: 12-step treatment program for alcohol, drugs and psychiatric problems. Crisis intervention services. Day or evening outpatient. Free professional and confidential assessment. Se habla Español.

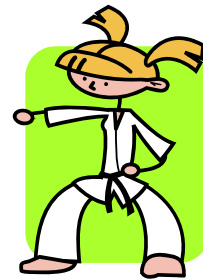
FEES: Varies. Accepts most insurance.

AREA: San Gabriel Valley

HOURS: 24-hours

CONTACT: Needs assessment counselor, or operator

NAME: Battered Women & Rape Crisis Line for Peace over Violence
ADDRESS: 605 W. Olympic Blvd., Suite 400, Los Angeles, CA 90015
PHONE: (213) 955-9090 or (626) 793-3385
(213) 626-3393 or (310) 392-8381 (Hotline)
(213) 955-9095 (TDD)
SERVICES: Ten weeks free counseling and training services for survivors of sexual assault, incest, stalking and domestic violence. Clinical referrals, support groups and volunteer opportunities. Private or individual self-defense classes also available.
FEES: Free
AREA: Southern California
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday
24-hour hotline
CONTACT: Staff member



NAME: Because I Love You
ADDRESS: P.O. Box 2062, Winnetka, CA 91306
PHONE: (310) 659-5289
SERVICES: Parenting problems including children with attitudes, irregular school attendance, physical and verbal abuse, poor grades, runaways and substance abuse. Youth support group meetings (must be at least 13 years old). Also provides referrals to other resources.
WEBSITE: www.bily.org
FEES: Voluntary donations
AREA: Los Angeles & Ventura County
HOURS: 9:00 a.m. to 4:00 p.m. Monday thru Friday
7:00 p.m. to 9:30 p.m. Monday thru Thursday (Meetings)
CONTACT: Dennis Poncher, Founder/Director (818) 882-4881



NAME: BHC Alhambra Hospital

ADDRESS: 4619 N. Rosemead Blvd., Rosemead, CA 91770

PHONE: (626) 286-1191 or (800) 235-5570 (Hotline)

SERVICES: 24-hour crisis intervention and in-house or school programs. Alcohol and drug rehabilitation (Alcoholics and Narcotics Anonymous), eating disorders program, family, group, and individual counseling, outpatient program, recreational activities, referrals and speaking engagements. Problems with mental health and children.

FEES: Varies. Accepts insurance, Medical for ages 20 and under, Medicare, most private insurance and cash.

AREA: Southern California

HOURS: 24-hours

CONTACT: Staff member

NAME: Boys & Girls Club of Whittier

ADDRESS: 7905 Greenleaf Ave., Whittier, CA 90602

PHONE: (562) 945-3787
(562) 945-7152 FAX

SERVICES: An opportunity to develop cooperation, decision making, leadership, self-esteem, sense of usefulness and other qualities which underline mature adulthood programs including education, clubs, outings and recreation. Some provide delinquency prevention services.

FEES: \$15 a year (Membership fee)

AREA: No restrictions

HOURS: 2:30 p.m. to 7:00 p.m. Monday thru Friday (School year)
10:00 a.m. to 6:00 p.m. Monday thru Friday (Summer)
10:00 a.m. to 3:00 p.m. Saturday

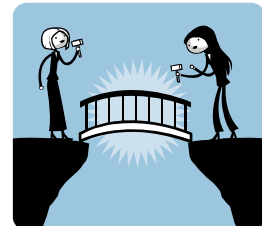
CONTACT: Sid Menzies (562) 698-8630



NAME: Boys & Girls Town National Hotline
ADDRESS: 13940 Gutowski Rd., Boys Town, NE 68010
PHONE: (800) 448-3000 (Hotline)
SERVICES: 24-hour short-term crisis hotline. Talks to kids about problems with family, friends and school. Information on shelter for runaways is available. Bilingual.
FEES: Free
AREA: U.S.
HOURS: 24-hours
CONTACT: Counselor



NAME: B.R.I.D.G.E.S.
ADDRESS: 11927 Elliott Ave., El Monte, CA 91732
PHONE: (626) 350-5304
(626) 350-0756 FAX
SERVICES: Licensed 18-month residential treatment and social rehab programs for adults 18-59 yrs, with chronic mental illness and drug or alcohol abuse history. Assist clients to develop independent living skills and move to lower level of care.
FEES: DMH program requiring SSI or interim funding. MediCal approval.
AREA: San Fernando, Lancaster
HOURS: 8:00 a.m. to 4:30 p.m. Monday thru Friday
CONTACT: Antoinette Nolasco (Intake)



NAME: California Hispanic Commission on Alcohol and Drug Abuse
Latino Family Center

ADDRESS: 5801 E. Beverly Blvd., Los Angeles, CA 90022

PHONE: (323) 722-4529
(323) 722-4450 FAX

SERVICES: After school programs. Hermanos: prevention without drug abuse. Problems between the ages of 13 and 15. Consejos: counseling alcohol and drug abuse. Counseling services for children and adults. Random drug testing. Anger management for adults. Outpatient/inpatient services. Se habla Español.

FEES: Sliding scale

AREA: Los Angeles County

HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday

CONTACT: Staff member

NAME: California Missing Children Hotline

ADDRESS: P.O. Box 903387, Sacramento, CA 94203-3870

PHONE: (800) 222-3463 (Hotline)
(916) 227-3290 (Office)

WEBSITE: www.caag.state.ca.us

SERVICES: Relays information to law enforcement agencies. Makes posters and publishes bulletins with pictures of missing children. Publishes special editions on foul play and kidnappings.

FEES: Free

AREA: California / Other States

HOURS: 24-hours / 7 days a week (Hotline)
7:30 a.m. to 4:30 p.m. 7 days a week (Office)

CONTACT: Staff member



NAME: California Youth Crisis Line
ADDRESS: P.O. Box 161448, Sacramento, CA 95816
PHONE: (800) 843-5200 (Hotline)
WEBSITE: www.calyouth.org
SERVICES: 24-hour crisis hotline for youth (ages 12-24) and family. Message relay and patch-services. Referrals and information offered. Family planning and information is available.
FEES: Free
AREA: California
HOURS: 24-hours (Hotline)
CONTACT: Staff member

NAME: Catholic Charities of Los Angeles
ADDRESS: 4171 N. Tyler Ave., El Monte, CA 91731
PHONE: (626) 575-7652
SERVICES: Food, hotel vouchers (when funding is available), utility assistance (when funding is available), clothing and referrals.
FEES: Free
AREA: El Monte and surrounding areas
HOURS: 9:00 a.m. to 4:00 p.m. Monday thru Friday (Closed 12:00 p.m. to 1:00 p.m.)
CONTACT: Elena Guzman

NAME: Center for Disease Control (CDC) National AIDS Clearing House
ADDRESS: P.O. Box 6003, Rockville, MD 20849-6003
PHONE: (800) 458-5231
E-MAIL: info@cdcnpin.org
SERVICES: AIDS referral and reference materials, business resource services.
Provides information on HIV, AIDS, STDs, and TB.
FEES: Free
AREA: U.S.
HOURS: 9:00 a.m. to 6:00 p.m. (Eastern Time) Monday
thru Friday
CONTACT: Staff member



NAME: Center for Disease Control (CDC) National HIV & AIDS
ADDRESS: No physical address
PHONE: (800) 232-4636 (Information)
SERVICES: Answers questions about risks and prevention. Educational materials sent
out. Classroom Calls Program with speaker. Referrals for AIDS testing.
FEES: Free
AREA: U.S. & U.S. territories
HOURS: 24-hours (English/Spanish Hotline)
CONTACT: Staff member

NAME: Center for the Pacific-Asian Families, Inc. (CPAF)
ADDRESS: 543 N. Fairfax Ave., Room 108, Los Angeles, CA 90036
PHONE: (323) 653-4042 or (323) 653-4045
(800) 339-3940 (hotline) 24-hours
SERVICES: Provides services to women and children who are victims of child abuse, domestic violence and sexual assault. Advocacy through legal, social and medical systems, case management, confidentiality, crisis counseling, emergency shelter and TRO assistance. Operates the only multi-cultural and multi-lingual hotline and shelter in the Los Angeles County focusing on the Pacific-Asian community. Languages available include Asian-Indian, Chinese, Filipino, Korean, Thai, Vietnamese and others as needed. Non-residential services also available.
FEES: Free
AREA: No restrictions
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday
24-hours (Hotline)
CONTACT: Counselor



NAME: Chicana Service Action Center (CSAC)
ADDRESS: 315 W. 9th St., Suite 101, Los Angeles, CA 90015
PHONE: (213) 253-5959 (Corporate office)
(800) 548-2722 (Hotline)
SERVICES: Three to five days of shelter for battered women. Domestic violence, employment, job training programs, and information referral for both males and females. Job search assistants and classroom training. Housing. Counselors are available for everyone 18 years of age or older.
FEES: Free (Non-profit organization)
AREA: Los Angeles County
HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Thursday
8:00 a.m. to 2:30 p.m. Friday
24-hours (Shelter)
CONTACT: Staff member



NAME: Child Help USA National Abuse Hotline
ADDRESS: 15157 N. 78th St., Scottsdale, AZ 85260
PHONE: (800) 4-A-CHILD = (800) 422-4453 (Hotline)
(800) 2-A-CHILD = (800) 222-4453 (TDD, hearing impaired)
SERVICES: Crisis intervention. Information and referrals offered.
FEES: Free
AREA: U.S. & U.S. territories
HOURS: 24-hours
CONTACT: Susan Schmidt



NAME: Children's Bureau of Southern California
ADDRESS: 14600 Ramona Blvd., Baldwin Park, CA 91706
PHONE: (626) 337-8811
SERVICES: Services are offered to families with children 17 years of age and under. Mental health services and parenting Classes offered. Se habla Español.
FEES: Medi-Cal, Healthy Family
AREA: San Gabriel Valley
HOURS: 8:30 a.m. to 7:00 p.m. Monday, Thursday
8:30 a.m. to 9:00 p.m. Tuesday, Wednesday
8:30 a.m. to 4:30 p.m. Friday
CONTACT: Secretary or supervisor / staff member

NAME: CHOICES
ADDRESS: 5151 State University Dr., Los Angeles, CA 90032
PHONE: (323) 343-4689
SERVICES: HIV / STD education. Community education.
FEES: All services are free.
AREA: San Gabriel Valley
HOURS: 9:00 a.m. to 4:00 p.m. Monday thru Thursday
(Closed Fridays)
CONTACT: Aida Feria



NAME: Citrus Counseling Center
ADDRESS: 4960 N. Grand Ave., Covina, CA 91724
PHONE: (626) 967-7585
SERVICES: Domestic violence, individual or anger management counseling. Drug abuse, parenting and child abuse classes. Family counseling. Sexual abuse awareness.
FEES: Sliding scale
AREA: No restriction
HOURS: 9:00 a.m. to 5:30 p.m. Monday thru Friday
CONTACT: Kitty



NAME: Citrus Valley Medical Center Queen of the Valley Campus
ADDRESS: 1115 S. Sunset Ave., West Covina, CA 91790
PHONE: (626) 962-4011
SERVICES: Full service hospital
FEES: Varies, pre-registration fee
AREA: San Gabriel Valley
HOURS: 24-hours
CONTACT Staff member



NAME: City of El Monte Community Services – Transportation Services
ADDRESS: 3629 Cypress Ave., El Monte, CA 91731
PHONE: (626) 580-2217
SERVICES: Provides quality transportation services for the Jack Crippen Senior Center’s Nutrition Program, Youth Sports, special City events, the El Monte’s Commuter Shuttle Program and adult trips and tours. Also provides Dial-A-Ride for senior citizens and individuals with disabilities, subsidized MTA, EZPass and Foothill monthly bus passes. Trolley tokens can be purchased at the Transit Center located at 3650 Center Ave.
FEES: Varies
AREA: El Monte and surrounding areas
HOURS: 8:30 a.m. to 5:30 p.m. Monday thru Thursday
CONTACT: Gwynn Stevens

NAME: City of Hope National Medical Center
ADDRESS: 1500 E. Duarte Rd., Duarte, CA 91010
PHONE: (626) 359-8111
SERVICES: Pioneering treatment programs for blood disease, cancer, leukemia and lung disease. Diabetes and other hereditary and metabolic disorders. Beckman research institute probes genetics, immunology and the basic life process itself.
FEES: Varies
AREA: San Gabriel Valley
HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Friday (Clinic)
24-hours (Hospital)
CONTACT: Referral office

NAME: Clinica Medica San Miguel
ADDRESS: 1437 S. Atlantic Blvd., Los Angeles, CA 90022
PHONE: (323) 268-9900
SERVICES: Birth control, child care, family practice, family planning, feet specialist and orthopedics, gynecology, obstetrics, pediatrics, and physical exams. X-ray and lab available. Walk-in clinic; no appointment necessary. Se habla Español.
FEES: Varies. \$20 consultation fee. Accepts Medi-Cal and Medicare
AREA: Los Angeles County
HOURS: 8:30 a.m. to 6:00 p.m. Monday thru Friday
8:30 a.m. to 2:00 p.m. Saturday
9:00 a.m. to 6:00 p.m. Monday thru Friday (Pediatrics)
(Pediatrics closed on Saturdays)
CONTACT: Staff member



NAME: Cocaine Anonymous
ADDRESS: 114 E. St. Joseph Street, Arcadia, CA 91006
PHONE: (626) 447-2887
WEBSITE: www.sgpvca.org
SERVICES: Helpline. Phone calls to people who need help with drug problems. Referral to meetings and treatment centers.
FEES: Free
AREA: San Gabriel & Pomona Valley
HOURS: 24-hours (Emergencies)
CONTACT: Staff member



NAME: Co-Anon
ADDRESS: Not given
PHONE: (800) 898-9985
SERVICES: 12-step program for family and friends of addicts and alcoholics whether using or not. Counseling for families of cocaine users. The answering machine gives the date, time, and place of meetings. www.co-anon.org
FEES: Free
AREA: Los Angeles
HOURS: 24-hours (Answering machine)
CONTACT: Staff member



NAME: College Hospital

ADDRESS: 10802 College Pl., Cerritos, CA 90703

PHONE: (800) 352-3301 (Hotline)

SERVICES: Free 24-hour evaluation. Adult, adolescent and children's programs. Intervention services for individuals, families and groups. Inpatient services available.

FEES: Varies. Accepts cash and insurance.

AREA: Los Angeles County

HOURS: 24-hours

CONTACT: Counselor

NAME: Community Ambulatory Care Center (CACC) Medical Group

ADDRESS: 3208 Santa Anita Ave., Suite 200, El Monte, CA 91733

PHONE: (626) 575-8920

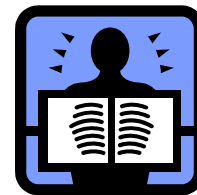
SERVICES: Gastroenterology, general surgery, gynecologist, industrial medicine, internal and family medicine, obstetrician, optometry, orthopedics, pediatrics, physical therapy, podiatry and urology. X-ray and lab also available. Free senior transportation. Se habla Español.

FEES: Varies. Accepts cash, CHD, insurance, and Medi-Cal.

AREA: Los Angeles County

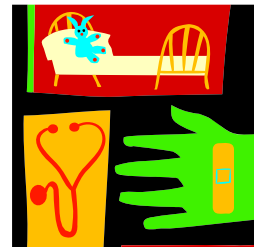
HOURS: 8:30 a.m. to 6:00 p.m. Monday thru Friday
8:30 a.m. to 2:00 p.m. Saturday

CONTACT: Operator



NAME: Comprehensive Doctor's Medical Group, Inc.
ADDRESS: 150 N. Santa Anita, Ave., Suite 735, Arcadia, CA 91006
PHONE: (626) 462-5810
SERVICES: Complete counseling for all people who have any kind of alcohol, drug, stress and/or mental problems. Outpatient services are also available.
FEES: Varies, Insurance.
AREA: San Gabriel Valley
HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member

NAME: Crown City Medical Group
ADDRESS: 3208 Santa Anita Ave., Suite 200, El Monte, CA 91733
PHONE: (626) 575-8920
SERVICES: Internal and family medicine, pediatrics. Lab also available. Se habla Español.
FEES: Varies. Accepts cash, insurance, and MediCal.
AREA: Los Angeles County
HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday
8:30 a.m. to 2:00 p.m. Saturday
CONTACT: Operator



NAME: Door of Hope
ADDRESS: 669 N. Los Robles Ave., Pasadena, CA 91101
PHONE: (626) 304-9130
SERVICES: Transitional Housing Program, 6-12 months. Two-parent and single mother families. Up to four children ages 10 and under.
FEES: Free
AREA: Los Angeles County
HOURS: Phone Inquiries: 9:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member

NAME: Dr. Hernandez Optometry
ADDRESS: 15330 Amar Rd., La Puente, CA 91744
PHONE: (626) 961-0432
SERVICES: Complete eye examinations.
FEES: Varies
AREA: U.S.
HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday
Appointment is needed.
CONTACT: Dr. Hernandez



NAME: East Los Angeles Sexual Assault and Battery Hotline

ADDRESS: 1255 S. Atlantic Blvd., Los Angeles, CA 90022

PHONE: (800) 585-6231 (Rape & battery hotline)
(800) 400-7434 (HIV hotline, 24-hrs)
Office phone: (323) 526-5819

SERVICES: Gives counseling to survivors of battering and sexual assault. Referrals to clinics, hospitals and shelters. Support given all the way to the hospital. Support groups are available. Information on AIDS, protection and referrals. Se habla Español.

FEES: Free

AREA: Los Angeles County

HOURS: 24-hours
Office hours: 9:00 a.m. to 6:00 p.m.

CONTACT: Staff member or Counselor



NAME: East San Gabriel Valley Coalition

ADDRESS: 1345 Turnbull Canyon Rd., Hacienda Heights, CA 97145

PHONE: (626) 333-7204

SERVICES: Sack lunch, bus tokens, hygiene kits and clothing for low income people. Access to free medical/dental referrals, diapers, referral services.

FEES: Free

AREA: East San Gabriel Valley

HOURS: 8:30 a.m. to 1:30 p.m. Monday thru Friday

CONTACT: Colleen Castellano

NAME: East Valley Community Health Center, Inc.
ADDRESS: 420 S. Glendora Ave., West Covina, CA 91790
PHONE: (626) 919-5724
SERVICES: Child abuse, family counseling, family planning, marital, pediatric clinic, prenatal care, primary care services, and teenage workshop. Parent and adolescent communication education program and more.
FEES: Varies. Accepts cash, insurance, MediCal and Medicare.
AREA: Southern California
HOURS: 8:00 a.m. to 7:30 p.m. Monday, Tuesday, Wednesday
10:00 a.m. to 7:00 p.m. Thursday
8:00 a.m. to 5:00 p.m. Friday
8:00 a.m. to 2:00 p.m. Saturday (Teen Clinic)
Appointment is needed.
CONTACT: Staff member

NAME: Eastside Family Counseling Center
ADDRESS: 111 S. Garfield Ave., Suite 101, Montebello, CA 90640
PHONE: (323) 890-0180
SERVICES: Individual, child, and family therapy. Works with DCFS, victims of crime, physical and sexual abuse.
FEES: Free for victims of abuse. Must have paper filed with the state. If not, \$80 for intake and \$60 per individual. Family therapy \$130 for intake and \$85 once a week.
AREA: Los Angeles County
HOURS: 8:00 a.m. to 8:00 p.m. Monday thru Friday
8:00 a.m. to 5:00 p.m. Saturday
CONTACT: Maria, Jennifer, or Yvonne



NAME: El Monte Police Department
ADDRESS: 11333 Valley Blvd., El Monte, CA 91731
PHONE: (626) 580-2110
SERVICES: Abused or neglected children under 18 years of age. Any kind of problems can be taken care of.
FEES: Free
AREA: El Monte
HOURS: 24-hours
CONTACT: Staff member



NAME: El Monte Police Department-Community Relations
ADDRESS: 11402 Asher St., El Monte, CA 91731
PHONE: (626) 580-2186
(626) 350-1404 FAX
SERVICES: Crisis intervention, gang diversion, group and individual counseling, probation, neighborhood watch, and public assistance. Free parenting class for El Monte residents.
FEES: \$20 (Enrollment fee)
AREA: El Monte
HOURS: 8:00 a.m. to 6:00 p.m. Monday - Friday.
6:00 p.m. to 8:00 p.m. Tuesday counseling only
9:00 a.m. to 2:00 p.m. Saturday counseling
CONTACT: Fred Neumeyer

NAME: El Monte/South El Monte Emergency Resource Association

ADDRESS: 2618 Loma Ave., Unit 6, South El Monte, CA 91733

PHONE: (626) 444-7269
(626) 442-7311 FAX


SERVICES: Food, clothing, shelter, and emergency lodging for stranded families, gasoline, medical aid, transportation, and more. Referral for welfare and financial request and other social services are also available. Must qualify for these services.

FEES: Free

AREA: El Monte & South El Monte

HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Friday
Appointment is needed. No walk-ins.

CONTACT: Lilian Rey



NAME: ENKI Youth and Family Services

ADDRESS: 3208 Rosemead Blvd., First Floor, El Monte, CA 91731

PHONE: (626) 227-7001
(866) 227-1302 (Call Center, to schedule intakes)

SERVICES: Child, adolescent, and family therapy, parenting classes in English and Spanish, skill-building groups for children, 0-5 services, case management support. Intensive outpatient services that may include social skills, skill-building, and psychotherapy groups along with individual and family therapy. Medication services are also provided as needed.

FEES: Medi-Cal, Healthy Families, AB3632. May accept those with no insurance and private insurance based on a sliding scale.

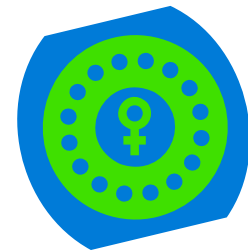
AREA: El Monte, South El Monte, South San Gabriel, Rosemead, Temple City, Pico Rivera, Bassett, Baldwin Park, Whittier

HOURS: 9:00 a.m. to 6:00 p.m. Monday
9:00 a.m. to 7:00 p.m. Tuesday, Wednesday, and Thursday
8:00 a.m. to 5:00 p.m. Friday

CONTACT: Call Center for appointment
Clinic Manager for additional information

NAME: Families Anonymous
ADDRESS: P.O. Box 3475, Culver City, CA 90231
PHONE: (800) 736-9805 (Hotline)
(310) 815-9682 FAX
SERVICES: 12-step program with self-help for families and relatives of drug abusers.
For anyone who wants help and meeting locations.
FEES: Free
AREA: No restrictions
HOURS: 10:00 a.m. to 4:00 p.m. Monday, Wednesday, Friday
CONTACT: Staff member

NAME: Family Planning Associates (FPA) Medical Group
ADDRESS: 1280 N. San Gabriel Blvd., Rosemead, CA 91770
PHONE: (626) 572-8800
SERVICES: Free pregnancy testing with immediate test results. Abortions up to 21.5 weeks, general and local anesthesia. Affordable birth control and female sterilization. Bilingual staff is available.
FEES: Varies. Accepts credit card, insurance and MediCal.
AREA: San Gabriel Valley
HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Friday
Appointment is needed on Sunday
CONTACT: Staff member



NAME: Ferandell Villarino Associates

ADDRESS: 11350 E. Valley Blvd., Suite 201, El Monte, CA 91731

PHONE: (626) 444-6832

SERVICES: Child, family and marital counseling. Specialization in parenting counseling, domestic violence counseling, treatment of child victims, sexual and physical abuse and the non-offending parent. General counseling for a variety of psychological complaints.

FEES: Sliding scale

AREA: San Gabriel Valley

HOURS: 8:00 a.m. to 8:00 p.m. Monday thru Friday. By appointment only. 24-hour (Emergencies)

CONTACT: Gary Ferandell or Irma Villarino de Ferandell

NAME: Flair Park Medical Clinic

ADDRESS: 1730 B S. San Gabriel Blvd., San Gabriel, CA 91776

PHONE: (626) 280-2413

SERVICES: Family medicine and internal medicine.

FEES: Varies. Accepts insurance, MediCal and Medicare.

AREA: Southern California

HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday
9:00 a.m. to 12:30 p.m. Saturday

CONTACT: Dr. Run



NAME: Foothill Family Service

ADDRESS: 11429 Valley Blvd., El Monte, CA 91731
1215 W. West Covina Parkway, Suite 200, West Covina, CA 91790

PHONE: (626) 442-8391 (El Monte)
(626) 338-9200 (West Covina)
(866) 304-4337 (Hotline, appointments)

SERVICES: Therapy for domestic violence, abuse, teen counseling, and more.

FEES: Sliding scale, based on income. Accepts Medi-Cal and insurance.

AREA: Los Angeles County

HOURS: 8:30 a.m. to 9:00 p.m. Monday thru Thursday
8:00 a.m. to 5:00 p.m. Friday

CONTACT: Staff member



NAME: Garfield Medical Center

ADDRESS: 525 N. Garfield Ave., Monterey Park, CA 91754

PHONE: (626) 573-2222

SERVICES: 24-hour emergency care, child health care and family centered maternity. Cardiac care, outpatient surgery, patient education and rehabilitation service.

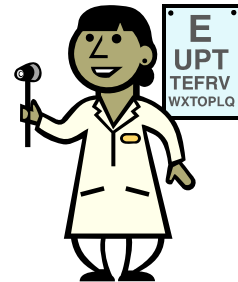
FEES: Varies. Accepts insurance.

AREA: Southern California

HOURS: 24-hours

CONTACT: Staff member

NAME: Garvey Optometry – Dr. Taylor Lam
ADDRESS: 10012 Garvey Ave., Suite 12, El Monte, CA 91733
PHONE: (626) 401-0324
(626) 401-9224 FAX
SERVICES: Computer-assisted eye exams, diagnosis and treatment of ocular disease and injury for all ages. Complete contact lens services.
FEES: Varies. Accepts insurance, cash, credit cards, Medical and Healthy Family.
AREA: El Monte
HOURS: 9:30 a.m. to 6:00 p.m. Monday thru Friday
9:00 a.m. to 5:00 p.m. Saturday
Closed Thursdays and Sundays.
CONTACT: Staff member



NAME: Glendale Memorial
ADDRESS: 1420 S. Central Ave., Glendale, CA 91204
PHONE: (818) 502-1900
SERVICES: Home evaluations and on-site evaluations for geriatric only. Licensed Psychiatric Professionals (i.e., RNs, LCSWs, PHDs, & MDs) and in-service training provided.
FEES: Accepts Medicare and private insurance.
AREA: Los Angeles County
HOURS: 24-hours
CONTACT: Staff member




NAME: Good Shepherd Shelter of Los Angeles
ADDRESS: Not listed
PHONE: (323) 737-6111 (Hotline)
SERVICES: Referrals by emergency shelters only. Shelter for battered women and children. Mothers who have children are also accepted (mothers have to have at least 2 children; children need to be under the age of 12). Learning centers for children and mothers.
FEES: Free
AREA: No restrictions
HOURS: 9:00 a.m. to 4:00 p.m. Monday thru Friday
24-hours (Shelter)
CONTACT: Staff member

NAME: Goodwill Industries of Southern California
ADDRESS: 342 N. San Fernando Rd., Los Angeles, CA 90031
PHONE: (323) 223-1211
SERVICES: Self-directed center. Counseling related to vocational rehabilitation training and placement. Any emotional and physical problems.
FEES: Free
AREA: Los Angeles County
HOURS: 8:00 a.m. to 5:00 p.m. Monday, Wednesday, Friday
8:00 a.m. to 7:00 p.m. Tuesday, Thursday
CONTACT: Staff member



NAME: Greater El Monte Community Hospital
ADDRESS: 1701 Santa Anita Ave., South El Monte, CA 91733
PHONE: (626) 579-7777
(626) 579-6851 FAX (Human Resources)
SERVICES: All kinds of medical services for all ages. General services, emergency services, etc. 24-hour emergency, same day surgery, 24-hour x-ray and lab. Parent or guardian must accompany minors.
FEES: \$200 (standard fee for emergency and walk-in emergency). Accepts insurance, MediCal and Medicare. If no insurance, deposit of \$200 and payment set up.
AREA: San Gabriel Valley
HOURS: 24-hours
CONTACT: Operator



NAME: Hacienda La Puente Adult Education (Willow Campus)
ADDRESS: 14101 E. Nelson Ave., La Puente, CA 91746
PHONE: (626) 934-2800 or
(626) 934-2812 or (626) 934-2810 (counseling office)
SERVICES: Free career counseling. Career training programs, job preparations, placement rehabilitation services and many vocational classes. Must be 18 years of age or older.
FEES: Varies depending on the classes
AREA: No restrictions
HOURS: 8:00 a.m. to 7:00 p.m. Monday thru Thursday
8:00 a.m. to 4:00 p.m. Friday
CONTACT: Staff member

NAME: Haven House, Inc.
ADDRESS: P.O. Box 50007, Pasadena, CA 91115-0007
PHONE: (323) 681-2626 (hotline)
(626) 564-8880
SERVICES: 45-day emergency stay shelter for battered women. Women with children are also accepted. Women must be 18 years of age or older. Se habla Español.
FEES: \$1.50 per day (women), \$.50 per day (children)
AREA: No restrictions
HOURS: 24-hours
CONTACT: Lisa



NAME: High Road Program Inc.
ADDRESS: 700 S. Arroyo Parkway, Pasadena, CA 91105
PHONE: (626) 793-6159
SERVICES: Court order for DUI, 1st, 2nd, 3rd or multiple offenders. Domestic violence for men only. Anger management.
FEES: Varies
AREA: Los Angeles County
HOURS: 9:00 a.m. to 9:00 p.m. Monday thru Thursday
8:00 a.m. to 4:00 p.m. Friday and Saturday
CONTACT: Staff members



NAME: Homes for Life Foundation
ADDRESS: 8939 S. Sepulveda Blvd., Suite 460, Los Angeles, CA 90045
PHONE: (310) 337-7417
SERVICES: Non-profit housing corporation providing permanent, service enriched housing for single adult men and women with chronic mental illness. Case management, resident services coordinator.
FEES: Varies
AREA: Los Angeles County
HOURS: 9:00 a.m. to 5:30 p.m. Monday thru Friday
CONTACT: Carol Liess

NAME: House of Ruth, Inc.
ADDRESS: P.O. Box 459, Claremont, CA 91711
PHONE: (909) 623-4364 (office)
(909) 988-5559 (hotline)
SERVICES: Shelter for battered women and children with food, clothing and housing. Advocacy, individual counseling, referrals and support groups. Housing and clothing is also available. No males over 12 years of age for shelter.
FEES: Free but have to do chores
AREA: Los Angeles & San Bernardino County
No restrictions (shelter)
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday (business)
24-hours (hotline and shelter)
CONTACT: Staff member



NAME: Housing Rights Center

ADDRESS: 520 S. Virgil Ave., Suite 400, Los Angeles, CA 90020
1020 N. Fair Oaks Ave., Pasadena, CA 91103

PHONE: (213) 387-8400 or (800) 477-5977 (Los Angeles)
(626) 791-0211 (Pasadena)

SERVICES: Landlord/Tenant Counseling and Housing Discrimination Complaint Investigation. Languages: English, Spanish, Korean Armenian, Russian, Mandarin and Cantonese

FEES: Free

AREA: Los Angeles County

HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday

CONTACT: Staff member



NAME: Impact Drug & Alcohol Treatment Center

ADDRESS: 1680 N. Fair Oaks Ave., Pasadena, CA 91103

PHONE: (323) 681-2575 or (626) 798-0884

SERVICES: Drug and narcotic abuse, group and individual counseling, Alcoholics and Narcotics Anonymous, rehabilitation program and more. Approximately 6 to 9 month stay in this residential facility. Must be 18 years of age or older to be accepted.

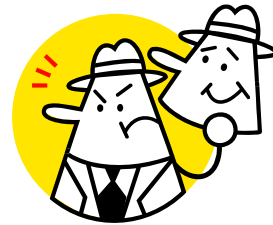
FEES: Sliding scale, accepts most insurance.

AREA: Los Angeles County

HOURS: 8:30 a.m. to 4:30 p.m. Monday thru Friday
24-hours

CONTACT: Intake department

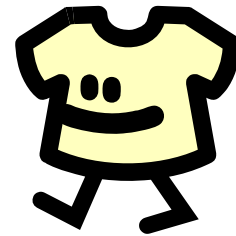
NAME: Ingleside Campus/City of Angels Medical Center
ADDRESS: 7500 E. Hellman Ave., Rosemead, CA 91770
PHONE: (626) 288-1160
SERVICES: Mental health, crisis intervention, drug abuse, group and individual counseling, in/outpatient programs, inpatient treatments for adults. Psychiatric and emotional illness. Transportation.
FEES: Accepts most insurance (Medicare for outpatient programs)
AREA: Southern California
HOURS: 24-hours
CONTACT: Staff member



NAME: International Dyslexia Association
ADDRESS: 4379 Tujunga Ave., Studio City, CA 91604
PHONE: (818) 506-8866
SERVICES: Adult support group, literacy program and referrals offered.
FEES: \$20 (membership fee)
AREA: Southern California
HOURS: 10:00 a.m. to 2:00 p.m. Monday & Thursday
CONTACT: Staff member



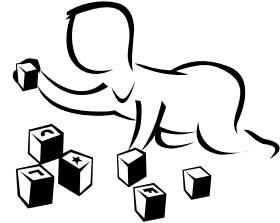
NAME: La Casa Community Center
ADDRESS: 203 E. Mission Rd., San Gabriel, CA 91776
PHONE: (626) 286-2144
SERVICES: Alcoholics Anonymous, Al-Anon, clothing, educational programs, emergency food, job counseling, parenting class in Spanish, pre-school for ages 4 and under and referrals. Individual counseling for violent and sexual abuse on women and female children. Se habla Español. Translation available.
FEES: Sliding scale for pre-school, rest of programs free
AREA: West San Gabriel Valley
HOURS: 8:00 a.m. to 4:00 p.m. Monday thru Thursday
8:00 a.m. to 1:00 p.m. Friday
CONTACT: Cheryl Prentice (Executive Director)
Alex Chazelas



NAME: La Crescenta, Cañada YMCA
ADDRESS: 1930 Foothill Blvd., La Cañada, CA 91011
PHONE: (818) 790-0123
SERVICES: Activities such as ballet, gymnastics, swimming, basketball, indoor soccer, weight training, etc. Camp, childcare, counseling, outreach program, strength training, youth and government program, youth lounge and more.
FEES: Varies
AREA: No restrictions
HOURS: 5:30 a.m. to 10:00 p.m. Monday thru Friday
7:00 a.m. to 7:00 p.m. Saturday
11:00 a.m. to 5:00 p.m. Sunday
CONTACT: Staff member



NAME: Li'l Toots Preschool
ADDRESS: 3527 Lexington Ave., El Monte, CA 91731
PHONE: (626) 442-7902
SERVICES: Day care center for children. Educational classes with 2 snacks and lunch. Extra fee for breakfast.
FEES: Fees based on program
AREA: Southern California
HOURS: 6:30 a.m. to 6:00 p.m. Monday thru Friday
CONTACT: Carol Arciniega, Director



NAME: Lincoln Training Center
ADDRESS: 2643 N. Loma Ave., South El Monte, CA 91733
PHONE: (626) 442-0621
SERVICES: Developmental workshops for the handicapped, individual training, job training programs and referrals. Must be 18 years of age. Bilingual and sign language staff is available.
FEES: Free
AREA: San Gabriel Valley
HOURS: 7:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Kim Neal (Human Resources Director)



NAME: Looking Glass Counseling Center
ADDRESS: 19318 Ventura Blvd., Suite 206, Tarzana, CA 91356
PHONE: (818) 884-6900 (hotline)
SERVICES: Counseling for individuals who abuse drugs. Licensed therapists.
FEES: Sliding scale
AREA: Los Angeles County
HOURS: 24-hours
CONTACT: Staff member

NAME: Los Angeles Child Guidance Clinic
ADDRESS: 3787 S. Vermont Ave., Los Angeles, CA 90007
PHONE: (323) 766-2345
SERVICES: Outpatient and early intervention program, after-school program, latency and schooling. Se habla Español.
FEES: Sliding scale
AREA: Los Angeles County
HOURS: 8:00 a.m. to 8:00 p.m. Monday thru Thursday
8:00 a.m. to 6:00 p.m. Friday
8:00 a.m. to 12:00 p.m. Monday thru Friday (walk-in clinic)
CONTACT: Receptionist



NAME: Los Angeles County Department of Child Services & Child Abuse
ADDRESS: 564 S. Mateo St., Los Angeles, CA 90013
PHONE: (800) 540-4000 (Hotline)
(800) 272-6699 (TDD)
SERVICES: To report neglected and abused children. Referrals offered.
FEES: Free
AREA: Los Angeles County
HOURS: 24-hours
CONTACT: Staff member

NAME: Los Angeles Free Clinic
ADDRESS: 8405 Beverly Blvd., Los Angeles, CA 90048
5205 Melrose Ave., Los Angeles, CA 90038
6043 Hollywood Blvd., Los Angeles, CA 90028
PHONE: (323) 653-1990 (Appointments)
(323) 653-8622 (Information)
(323) 658-6773 FAX
SERVICES: Counseling, dental and medical examination and legal services. Must be at least 12 years of age.
FEES: Voluntary donations
AREA: Southern California
HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Friday
Same day appointment
CONTACT: Staff member



NAME: Marez and Associates
ADDRESS: 1323 West Covina Parkway, Suite D, West Covina, CA 91790
PHONE: (626) 338-5175
SERVICES: Domestic violence, anger management, parenting, group, individual, and family counseling. Goal setting.
FEES: Varies; flexible based on income
AREA: San Gabriel Valley
HOURS: Call for hours, by appointment only.
CONTACT: Staff member

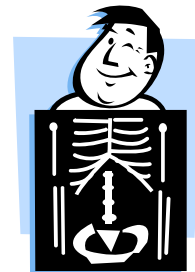


NAME: Masonic Homes of Covina
ADDRESS: 1650 E. Old Badillo Street, Covina, CA 91724
PHONE: (626) 251-2227
SERVICES: Child services such as runaway, neglect, abuse and more.
FEES: Sliding scale based on income
AREA: Los Angeles County.
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member



NAME: Maryvale
ADDRESS: 7600 E. Graves Ave.
P.O. Box 1039, Rosemead CA 91770
PHONE: (626) 280-6510
SERVICES: Treatment for women from ages 6-18 who have been neglected or abused,
or had inadequate parenting.
FEES: State fee
AREA: Los Angeles County
HOURS: 8:30 a.m. to 5:30 p.m. Monday thru Friday
CONTACT: Staff member

NAME: Methodist Hospital of Southern California
ADDRESS: 300 W. Huntington Dr., Arcadia, CA 91007
PHONE: (626) 445-4441
(626) 574-3532 FAX
SERVICES: Educational programs, emergency services, free physician referrals,
in/outpatient services, medical and health services, screenings and
rehabilitation services. X-ray and lab available.
FEES: Accepts insurance and MediCal
AREA: No restrictions
HOURS: 24-hours
CONTACT: Staff member



NAME: Mid-Valley Recovery Services, Inc.
ADDRESS: 3430 Cogswell Rd., El Monte, CA 91732
PHONE: (626) 453-3400 (El Monte)
SERVICES: Men and women from 18 to 62 years of age who abuse alcohol and drugs. Social meetings and referrals. Non-medical establishment. Must obtain an interview before starting the program. First come, first serve basis.
FEES: Sliding scale
AREA: San Gabriel Valley
HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday
CONTACT: Program coordinator

NAME: Muscular Dystrophy Association, Los Angeles Chapter
ADDRESS: 3415 S. Sepulveda Blvd., Suite 550, Los Angeles, CA 90034
PHONE: (310) 450-9032
SERVICES: Outpatient clinic, follow-ups and information research on 40 neuromuscular diseases.
FEES: Voluntary contribution (Member)
AREA: Los Angeles County
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member



NAME: The Myasthenia Gravis Foundation of California Chapter
ADDRESS: 5675 Telegraph Rd., Suite 230, Los Angeles, CA 90040
PHONE: (323) 887-0056
SERVICES: Speakers available by advance notice. Support groups available. Call main office for informational brochures and audiovisuals.
FEES: Voluntary contribution
AREA: California
HOURS: 8:30 a.m. to 4:30 p.m. Monday thru Friday
CONTACT: Staff Member



NAME: Narcotics Anonymous
ADDRESS: Counseling all over Southern California and the U.S.
PHONE: (800) 863-2962
SERVICES: For men and women for whom drugs have become a major problem and recovering addicts who meet regularly to help each other stay clean. Program stresses complete abstinence from all drugs. Counselors by phone, giving meeting times and places.
FEES: Free
AREA: Southern California
HOURS: 24-hours
CONTACT: Staff member

NAME: National Abortion Federation
ADDRESS: 1755 Massachusetts Ave., Suite 600, North-West Washington D.C., 20036
PHONE: (800) 772-9100 (hotline)
SERVICES: Women who want to know more about abortions. Information and referrals to clinics.
FEES: Free
AREA: U.S. and Canada
HOURS: 7:00 a.m. to 11:00 p.m. Monday thru Friday
9:00 a.m. to 5:00 p.m. Saturday
Closed major holidays
CONTACT: Staff member

NAME: National Council on Alcoholism & Drug Dependency
ADDRESS: 160 E. Holt Ave., Pomona, CA 91767
PHONE: (909) 629-4084
SERVICES: Help for people with alcohol and drug problems. Alcohol and drug testing is offered (\$25 per test).
FEES: Sliding scale
AREA: East San Gabriel & Pomona Valley
HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday
CONTACT: Staff member



NAME: National Runaway Switchboard
ADDRESS: 3080 N. Lincoln Ave., Chicago, IL 60657
PHONE: (800) RUNAWAY (786-2929)
SERVICES: 24-hour crisis intervention for youths and their families.
FEES: Free
AREA: U.S.
HOURS: 24-hours
CONTACT: Staff member

NAME: Northeast Food Stamps Center, Inc.
ADDRESS: 10103 Valley Blvd., El Monte, CA 91731
PHONE: (626) 443-6692 or (310) 518-9441
SERVICES: Authorized welfare center pick-up for cash. Will cash county checks and payroll checks. No age limit on cashing checks as long as they have a picture I.D. Money orders, Money Gram services, utility bill payments.
FEES: Varies
AREA: No restrictions
HOURS: 8:00 a.m. to 8:00 p.m. Monday thru Friday
8:00 a.m. to 6:00 p.m. Saturday
8:00 a.m. to 5:00 p.m. Sunday
CONTACT: Staff member



NAME: Options-The Family Center
ADDRESS: 560 S. San Jose Ave., Covina, CA 91723
PHONE: (626) 967-5103
SERVICES: Family, group and individual counseling. Therapy for children.
FEES: Sliding scale, \$25 to sign up for parenting/adult counseling. Medi-Cal and Healthy Family accepted for children.
AREA: No restrictions
HOURS: 9:00 a.m. to 9:00 p.m. Monday thru Friday
9:00 a.m. to 7:00 p.m. Monday thru Friday (Counseling)
CONTACT: Maria Hopper (Adult) (626) 966-1577
Lily Lira (Children)

NAME: Our Savior Center/Cleaver Family Wellness Center
ADDRESS: 4368 Santa Anita Ave., El Monte, CA 91731
4316 Peck Rd., El Monte, CA 91731 (Kid's Campus)
PHONE: (626) 579-1191 ext. 131 (Food bank)
(626) 579-2190 ext. 100
(626) 329-0860 ext. 1200 (Kid's Campus after-school program)
SERVICES: Computer classes, food distribution, temporary shelter, and youth activities.
FEES: Free, sliding scale
AREA: San Gabriel Valley
HOURS: 8:30 a.m. to 5:00 p.m. Monday, Tuesday, Wednesday, Friday
8:00 a.m. and 1:00 p.m. Walk-ins (6 patients per session)
10:30 a.m. to 7:00 p.m. Thursday (1:45 p.m. Walk-ins)
10:30 a.m. to 1:00 p.m. Tuesday, Thursday, & Saturday (Food bank)
6:00 a.m. to 9:00 a.m. Tuesday, Thursday (Computer classes)
CONTACT: Staff member

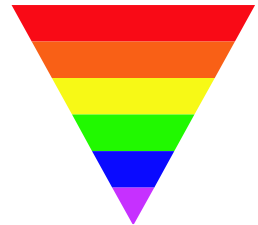


NAME: Pacific Clinic East (Day Treatment)
ADDRESS: 902 S. Myrtle Ave., Monrovia, CA 91016
PHONE: (626) 303-1541
SERVICES: Day treatment program for children emotionally disturbed (for children between 6 and 18 years old). Individual, family and group psychotherapies, recreation and referrals. Free Spanish Parenting Child Abuse and Neglect classes also available for clients. Schedule for assessment. Transportation is available if necessary.
FEES: Medi-Cal
AREA: East San Gabriel Valley
HOURS: 9:00 a.m. to 6:30 p.m. Monday thru Friday
CONTACT: Staff member



NAME: Pacific Clinic East (Outpatient)
ADDRESS: 902 S. Myrtle Ave. (2nd Floor), Monrovia, CA 91016
PHONE: (626) 357-3258
(877) 722-2737 Toll Free message phone available 9:00 a.m. to 5:00 p.m.
SERVICES: Adult, child, family and individual counseling, outpatient services and referrals. Medication is available if necessary. Must call first before intake. (Toll free number) Mental health facility.
FEES: Call toll free number
AREA: San Gabriel Valley
HOURS: 9:00 a.m. to 8:00 p.m. Monday, Wednesday, & Thursday
9:00 a.m. to 6:00 p.m. Tuesday
9:00 a.m. to 5:00 p.m. Friday
CONTACT: Dr. Erin Dorflinger

NAME: Parents, Families and Friends of Lesbians and Gays (PFLAG)
ADDRESS: 9056 Santa Monica Blvd., Suite 302, West Hollywood, CA 90069
WEBSITE: www.pflag.org
PHONE: (202) 467-8180 ext. 250
SERVICES: Counseling for parents and families of gays and lesbians. Educational, individual and group discussions to help verbalize problems and feelings. Also a speaker bureau for outside organizations for schools, faculty and students.
FEES: Voluntary donations
AREA: Los Angeles County
HOURS: 9:00 a.m. to 5:30 p.m. Monday thru Friday
CONTACT: Cesar Hernandez



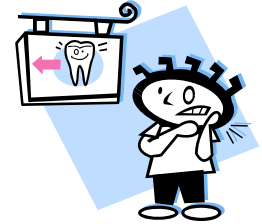
NAME: Pasadena's Council on Alcoholism & Drug Dependency
ADDRESS: 1245 E. Walnut Ave., Suite 117, Pasadena, CA 91106
PHONE: (626) 795-9127
SERVICES: Men and women of all ages who abuse alcohol. Adolescent outpatient treatment program. Alcohol and drug programs, counseling meetings, court referral programs, drug testing, recovery programs and referral agencies. Bilingual staff available upon request.
FEES: Sliding scale
AREA: San Gabriel Valley and surrounding communities
HOURS: 9:00 a.m. to 7:30 p.m. Monday thru Friday
CONTACT: Staff member

NAME: Pasadena Mental Health Center
ADDRESS: 1495 N. Lake Ave., Pasadena, CA 91104
PHONE: (626) 798-0907 (Hotline)
SERVICES: Coping with Kids Program, couples counseling, one-on-one counseling, referrals, training for those who want to become counselors. Bilingual staff is available.
FEES: Sliding scale (\$10.00 - \$120.00) based on gross household income
AREA: San Gabriel Valley
HOURS: 10:00 a.m. to 8:00 p.m. Monday thru Thursday
10:00 a.m. – 5:00 p.m. Friday
CONTACT: Staff member

NAME: Pasadena Family YMCA
ADDRESS: 155 N. Lake Ave., Suite 230A, Pasadena, CA 91101
PHONE: (626) 432-5880
SERVICES: Crafts, day camp, fitness programs, games, outdoor sports, trips and more. After-school day care center for children from grades 1-6 during the school year.
FEES: Varies
AREA: Pasadena & surrounding communities
HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Thursday
9:00 a.m. to 5:00 p.m. Friday
CONTACT: Tricia Francisco



NAME: Pediatric & Family Medical Center
ADDRESS: 1530 S. Olive St., Los Angeles, CA 90015
PHONE: (213) 747-5542
SERVICES: Dentistry, examinations, family planning, general surgical clinic, medical services and plaster clinic. Se habla Español.
FEES: Accepts cash, MediCal and programs
AREA: Los Angeles County
HOURS: 8:00 a.m. to 7:00 p.m. Monday & Wednesday
8:00 a.m. to 4:30 p.m. Tuesday & Thursday thru Saturday
Appointment is needed.
CONTACT: Operator



NAME: Planned Parenthood
ADDRESS: 4786 N. Peck Rd. #B, El Monte, CA 91732
PHONE: (800) 576-5544
SERVICES: Birth control, counseling, educational orientation program, gynecology services, pregnancy testing, STD testing and other services. Parental service and abortions also available. Confidential and no parental consent needed if under age. Bilingual staff is available at your convenience.
FEES: Sliding scale
AREA: No restrictions
HOURS: 8:00 a.m. to 4:00 p.m. Monday thru Friday
8:00 a.m. to 12:00 p.m. Saturday
Appointment is needed.
CONTACT: Staff member



NAME: Planned Parenthood, Pasadena
ADDRESS: 1045 N. Lake Ave., Pasadena, CA 91104
PHONE: (626) 798-0706
SERVICES: Abortions, birth control, counseling, and pregnancy testing. Couples' counseling for abortions is available.
FEES: Sliding scale
AREA: California
HOURS: 8:30 a.m. to 5:00 p.m. Monday and Wednesday
8:00 a.m. to 9:00 p.m. (Closed 3:00 p.m. to 4:30 p.m.) Tuesday
11:00 a.m. to 7:30 p.m. Thursday
7:30 a.m. to 4:00 p.m. Friday
8:00 a.m. to 2:00 p.m. Saturday
CONTACT: Staff member

NAME: Pomona Valley Hospital Medical Center
ADDRESS: 1798 N. Garey Ave., Pomona, CA 91767
PHONE: (909) 865-9500
SERVICES: Full service hospital
FEES: Varies
AREA: San Gabriel & Pomona Valley
HOURS: 24-hours
CONTACT: Switchboard



NAME: Pregnancy Help Center of San Gabriel Valley
ADDRESS: 5626 N. Rosemead Blvd., Temple City, CA 91780
PHONE: (626) 309-0788
(626) 444-HELP = (626) 444-4357 (Hotline)



SERVICES: Adoption services, counseling before and after abortion, housing, financial referrals, free pregnancy testing, medical and referrals. Free ultra sound for those who qualify. Free baby and maternity clothes and equipment offered. Everyone is welcome. Bilingual staff is available in Spanish, Mandarin, and Cantonese.

FEES: Free

AREA: No restrictions

HOURS: 12:00 p.m. to 6:00 p.m. Monday – Thursday (Pregnancy Test)
1:00 p.m. to 3:00 p.m. Tuesday – Thursday (Giving Program)

CONTACT: Jane Chavez (Center Director)

NAME: Project Achieve
ADDRESS: 11411 Valley Blvd., El Monte, CA 91731
PHONE: (626) 444-9000
FAX: (626) 444-9004
SERVICES: Homeless assistance for individuals and families.

FEES: Free

AREA: San Gabriel Valley

HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday

CONTACT: Staff member



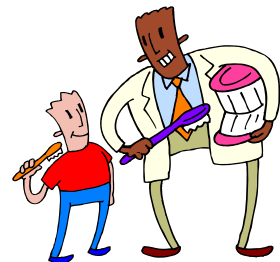
NAME: Salvation Army Adult Rehabilitation Center
ADDRESS: 56 W. Del Mar Blvd., Pasadena, CA 91105
PHONE: (626) 795-8075
SERVICES: Alcohol and drug rehabilitation center. Six-month residential program and Christian 12-step program. Jobs offered upon graduation.
FEES: Free
AREA: No restrictions
HOURS: 7:30 a.m. to 4:00 p.m. Monday thru Friday
7:30 a.m. to 11:00 a.m., Monday thru Friday (intake only)
CONTACT: Staff member



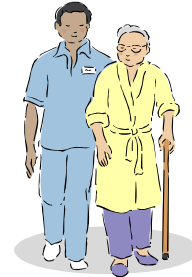
NAME: Salvation Army Family Services Department
ADDRESS: 832 W. James M. Wood Blvd., Los Angeles, CA 90015
PHONE: (213) 438-0933
(213) 438-1617 (Shelter for families with HIV)
SERVICES: Camp and day care for children. Clothes, food, women's services, referrals, and more. Emergency canned food. Shelter for families with HIV. This facility is funded by the community money donations and is a non-profit organization.
FEES: Free
AREA: Southern California
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member

NAME: San Gabriel Valley Access Center (SGVC)
ADDRESS: 11411 Valley Blvd., El Monte, CA 91731
PHONE: (626) 444-9000
SERVICES: Serves as an entry point to homeless services for individuals and families who are chronically and intermittently homeless. Emergency housing placement, substance abuse recovery, information and referrals and mental health services. Outpatient substance abuse recovery and residential treatment. Programs include outpatient, Proposition 36, General Relief, CalWorks, 4 to 6 month residential live-in programs, youth prevention and intervention services, court ordered domestic violence and information and referrals.
FEES: Free to General Relief and CalWorks. All other services are based on a sliding fee scale.
AREA: San Gabriel Valley
HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Thursday
8:30 a.m. to 5:30 p.m. Friday
CONTACT: Staff Member

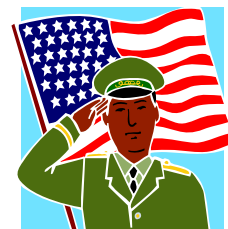
NAME: San Gabriel Valley Dental Society
ADDRESS: 312 E. Las Tunas Dr., San Gabriel, CA 91776
PHONE: (626) 285-1174
SERVICES: Dentists for children, school screening, speakers for schools and referrals.
FEES: Free
AREA: San Gabriel Valley
HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member



NAME: San Gabriel Valley Medical Center
ADDRESS: 438 W. Las Tunas Dr., San Gabriel, CA 91776-1507
PHONE: (626) 289-5454
SERVICES: 24-hour emergency medical services, complete medical and surgical rehabilitation services, free physical referral, outpatient surgery and skilled nursing unit.
FEES: Varies
AREA: San Gabriel Valley
HOURS: 24-hours
CONTACT: Staff member



NAME: San Gabriel Valley Service Center
ADDRESS: 1441 Santa Anita Ave., South El Monte, CA 91731
PHONE: (626) 575-5431
SERVICES: Commodities, consumer affairs, supplies and other services to help veterans and low-income families. Provides ESL (English as a Second Language) classes and beginning computer courses. Charities, fair housing and food given. Toy loans for children.
FEES: Free
AREA: El Monte, South El Monte, & Rosemead
HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Receptionist



NAME: San Gabriel Valley Training Center

ADDRESS: 400 S. Covina Blvd., La Puente, CA 91746

PHONE: (626) 968-8479

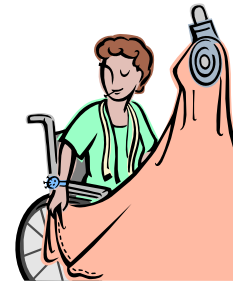
SERVICES: Job training for the handicapped such as: computer operation, electronic technology, food services, ground maintenance, house keeping, janitorial and many more. Also offers work experience, on-the-job training and job placement. People interested must be 18 years of age or older.

FEES: Varies

AREA: No restrictions

HOURS: 8:00 a.m. to 4:30 p.m. Monday thru Friday
Appointment is needed.

CONTACT: Counselor



NAME: Santa Anita Family Service, Covina

ADDRESS: 716 N. Citrus Ave., Covina, CA 91723

PHONE: (626) 966-1755

SERVICES: Alcohol and drug abuse, child abuse, family, marital, etc. Group and individual therapy. No age limit. Everyone is welcome for any kind of counseling.

FEES: Sliding scale after \$30 intake fee

AREA: San Gabriel Valley

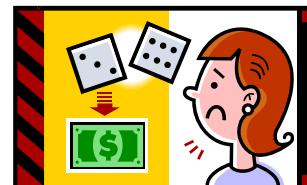
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday
9:00 a.m. to 7:00 p.m. Monday thru Friday (Counseling)
Appointment is needed.

CONTACT: Receptionist

NAME: Santa Anita Family Service, Monrovia
ADDRESS: 605 S. Myrtle Ave., Monrovia, CA 91016
PHONE: (626) 359-9358
SERVICES: Battered women, child abuse, individual, premarital and marital counseling for young people and families. Drug programs available, on your own and court ordered. Se habla Español.
FEES: Sliding scale after \$30 intake fee
AREA: Southern California
HOURS: 9:30 a.m. to 5:00 p.m. Monday thru Friday
9:30 a.m. to 9:00 p.m. Monday thru Thursday (Counseling)
9:30 a.m. to 5:00 p.m. Friday (Counseling)
Must have an appointment.
CONTACT: Staff member



NAME: SHARE! Self-Help and Recovery Exchange
ADDRESS: 5521 Grosvenor Blvd., Los Angeles, CA 90066
PHONE: (310) 305-8878
SERVICES: Referrals to over 10,000 support groups from gambling problems to drug abuse.
FEES: Free
AREA: Los Angeles County
HOURS: 10:00 a.m. to 10:00 p.m. Monday thru Friday
9:00 a.m. to 5:30 p.m. Saturday
Answering service is available.
CONTACT: Staff member



NAME: Sickle Cell Disease Foundation of California

ADDRESS: 6133 Bristol Parkway, Suite 240, Culver City, CA 90230

PHONE: (877) 288-2873

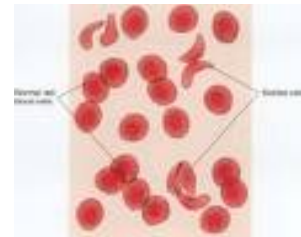
SERVICES: Speakers on sickle cell disease and trait. Consultations, educational materials, in-service training and the psychotherapy and social aspects of sickle cell disease. Special health education programs, too. Free testing for sickle cell disease.

FEES: Free

AREA: Los Angeles County

HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday

CONTACT: Staff member



NAME: Social Security Administration

ADDRESS: 9351 Telstar Ave., El Monte, CA 91731

PHONE: (800) 772-1213
(866) 931-0340

WEBSITE: www.ssa.gov

SERVICES: Distribution of social security cards. Answer any questions concerning social security.

FEES: Free

AREA: U.S.

HOURS: 9:00 a.m. to 4:00 p.m. Monday thru Friday

CONTACT: Receptionist



NAME: South El Monte Senior Center

ADDRESS: 1556 Central Ave., South El Monte, CA 91733
1415 Santa Anita Ave. (South El Monte City Hall), South El Monte, CA 91733

PHONE: (626) 448-0131

SERVICES: Employment services, information and referral, health screening, legal advice and Home Bell services for senior citizens. Must be 60 years of age or older. Recreational, activities and field trips. Free transportation for South El Monte senior residents and free Home Bell services for disabled seniors.

FEES: Sliding scale on some programs

AREA: South El Monte

HOURS: 7:00 a.m. to 5:30 p.m. Monday thru Friday (Office)
8:30 a.m. to 4:00 p.m. Monday thru Friday (Transportation)

CONTACT: George Munoz



NAME: Southern California Alcohol and Drug Program

ADDRESS: 11500 Paramount Blvd., Downey, CA 90241

PHONE: (562) 923-4545

SERVICES: Court, alcohol, and drug diversion, live-in/outpatient programs.


FEES: Sliding scale

AREA: No restrictions

HOURS: 8:00 a.m. to 8:00 p.m. Monday – Friday
9:00 a.m. to 5:00 p.m. Monday – Friday (Administration)

CONTACT: Receptionist

NAME: SPIRITT Family Services
ADDRESS: 2000 S. Tyler Ave., El Monte, CA 91731
PHONE: (626) 442-1400
SERVICES: Domestic violence for both men and women. Anger management classes and drug and alcohol abuse classes. Prop 36 level 1 and level 2. Provides individual counseling for adolescents only. Also provides family counseling classes. Victims of domestic violence for Spanish speaking clients.
FEES: Varies; sliding scale, some programs are free
AREA: Los Angeles County
HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member



NAME: Su Casa Family Crisis and Support Center
ADDRESS: P.O. Box 998, Artesia, CA 90702-0998
PHONE: (562) 402-4888 (Hotline)
(562) 421-8106 (Support group, parenting)
SERVICES: Provides all services in English and Spanish, including in-house and outreach parenting, and public education presentations. Individual counseling, support group. Shelter is accessible to physically challenged people.
FEES: Free
AREA: Southern California
HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday (Office hours)
24-hours (Hotline)
CONTACT: Staff member

NAME: Suicide Prevention Center

ADDRESS: Not given

PHONE: (310) 391-1253 (Hotline)
(877) 727-4747 (Los Angeles County Hotline)

SERVICES: 24-hour suicide crisis line. Any kind of counseling and referrals.

FEES: Free

AREA: No restrictions

HOURS: 24-hours

CONTACT: Staff member



NAME: Teenage Health Center

ADDRESS: 5000 Sunset Blvd. (4th Floor), Los Angeles, CA 90027

PHONE: (323) 361-2153

SERVICES: Medical clinic, psychological counseling, referrals and more.

FEES: Accepts cash, insurance and MediCal

AREA: No restrictions

HOURS: 8:30 a.m. to 4:30 p.m. Monday - Friday
Appointment is needed

CONTACT: Receptionist



NAME: T.H.E. Clinic

ADDRESS: 3834 S. Western Ave., Los Angeles, CA 90062

PHONE: (323) 730-1920
(323) 730-9777 FAX

WEBSITE: www.theclinicinc.org

SERVICES: Asian health project, mammography services, prenatal programs, primary care services, teen programs, V.D. screening for men and women, plus many other services. Bilingual staff is available. Vietnamese, Thai, Japanese, and Filipino.

FEES: Sliding scale

AREA: No restrictions

HOURS: 7:00 a.m. to 7:00 p.m. Monday thru Friday
9:00 a.m. to 12:00 p.m. Saturday
Appointment is needed.

CONTACT: Receptionist



NAME: The National Council on Alcoholism and Drug Dependence of East San Gabriel and Pomona Valley Incorporated

ADDRESS: 4626 N. Grand Ave., Covina, CA 91724

PHONE: (626) 331-5316

SERVICES: Drunk driving convictions, public information referral, teenage counseling rap sessions, drug testing, drug and alcohol awareness, teen anger management and parenting classes.

FEES: Varies depending on program

AREA: San Gabriel & Pomona Valley

HOURS: 8:00 a.m. to 9:00 p.m. Monday thru Thursday
8:00 a.m. to 5:30 p.m. Friday
8:00 a.m. to 12:00 p.m. Saturday

CONTACT: Staff member

NAME: Trinity El Monte
ADDRESS: 4026 N. Peck Rd., El Monte, CA 91731
PHONE: (626) 444-7554 (Hotline)
(626) 444-0539 (Office)
SERVICES: A diagnostic center and shelter for abused and neglected children.
Provides basic nurturing care, therapy and educational services.
FEES: Varies
AREA: Los Angeles County
HOURS: 7:30 a.m. to 5:00 p.m. Monday thru Friday
24-hours (Hotline)
CONTACT: Staff member



NAME: Twin Palms Community Recovery Center
ADDRESS: 3574 Lexington Ave. El Monte CA 91731
PHONE: (626) 443-4008
SERVICES: Programs for DUI, domestic violence and anger management.
FEES: Sliding scale based on income and dependent on programs
AREA: San Gabriel Valley
HOURS: 9:00 a.m. to 9:00 p.m. Monday thru Thursday
9:00 a.m. to 4:00 p.m. Friday
CONTACT: Staff member

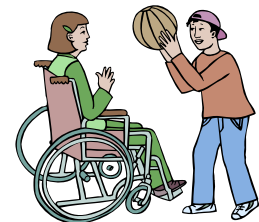
NAME: Urgent Care Center
ADDRESS: 117 E. Live Oak Ave., Suite 101, Arcadia, CA 91006
PHONE: (626) 446-8492
SERVICES: General family practice treatment for non-life threatening emergencies. Minor surgery, internal medicine, chemical lab, diagnostics screening, pulmonary test, work injury and x-ray.
FEES: Varies
AREA: San Gabriel Valley
HOURS: 9:00 a.m. to 6:00 p.m. Monday thru Friday
CONTACT: Staff member



NAME: U.S. Veterans Initiative
ADDRESS: 733 S. Hindry Ave., Inglewood, CA 90301
PHONE: (310) 348-7600
SERVICES: Transitional housing and employment center for homeless male and female Veterans. Residents are required to pay minimal rent and stay clean and sober. Provides a room, meals, access to community facilities, clinical support and support programs. All ages accepted.
FEES: Varies
AREA: Los Angeles County
HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member

NAME: Valley Care Olive View/UCLA Medical Center
ADDRESS: 14445 Olive View Dr., Fillmore, CA 91342
PHONE: (818) 364-1555 (Hotline)
SERVICES: General emergencies, outpatient clinic appointments and walk-in clinic.
FEES: Varies
AREA: Los Angeles County
HOURS: 7:30 a.m. to 7:30 p.m. Monday thru Friday
24-hours (Emergencies)
CONTACT: Staff member

NAME: Valley Light Industries, Inc.
ADDRESS: 5358 N. Irwindale Ave., Unit B, Irwindale, CA 91706
PHONE: (626) 337-6200
SERVICES: Adjustments for the handicapped and developmentally disabled people, experiences and work evaluation. Individual counseling along with group discussions, vocational training and other services to help these particular people be more sociable with the public.
FEES: State fee
AREA: San Gabriel & Pomona Valley
HOURS: 8:00 a.m. to 4:30 p.m. Monday thru Friday
CONTACT: Staff member



NAME: Vista Del Mar Child and Family Services
ADDRESS: 3200 Motor Ave., Los Angeles, CA 90034-3710
PHONE: (310) 836-1223
SERVICES: Residential facility. Placement resources for children up to 18 years of age. Also provides counseling services for young adults up to the ages of 26.
FEES: Varies
AREA: Los Angeles County
HOURS: 8:30 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member



NAME: West Area Opportunity Center
ADDRESS: 11750 W. Pico Blvd., Los Angeles, CA 90064
PHONE: (310) 477-8272
SERVICES: Drug referrals, family and youth programs, family, group and individual counseling. Se habla Español. Everyone is welcome.
FEES: Sliding scale
AREA: West Los Angeles County
HOURS: 8:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Receptionist

NAME: WINGS Shelter for Battered Women
ADDRESS: 943 N. Grand Ave., Covina, CA 91724
PHONE: (626) 967-0658 (Hotline)
(626) 858-5279 (Business office)
SERVICES: Shelter for battered women and children, group and individual counseling, group support, legal referrals and more. Bilingual staff is available.
FEES: Varies
AREA: East San Gabriel Valley
HOURS: 24-hours (Hotline)
CONTACT: Staff member



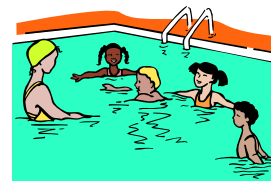
NAME: Women's and Children's Crisis Shelter, Inc. (WCCS)
ADDRESS: 12519 Washington Blvd., Building A, Whittier, CA 90602
PHONE: (562) 945-3937 (Business)
(562) 945-3939 (Hotline)
SERVICES: 30-day shelter for battered women and children. Counseling, legal aid, and welfare.
FEES: Free
AREA: Los Angeles County
HOURS: 8:00 a.m. to 4:30 p.m. Monday thru Friday (Business Hours)
24-hours (Hotline)
CONTACT: Counselor

NAME: Women and Children Shelter
ADDRESS: P.O. Box 32107, Long Beach, CA 90832
PHONE: (562) 437-4663 (Hotline)
(562) 436-4982 FAX
SERVICES: Counseling, group goal setting, social services and children's programs.
Referrals for shelters.
FEES: Free
AREA: Los Angeles County
HOURS: 24-hours (Hotline)
CONTACT: Staff member

NAME: YMCA of San Gabriel Valley
ADDRESS: 412 E. Rowland Ave., Covina, CA 91723
PHONE: (626) 339-6221
(626) 339-9071 (Preschool)
SERVICES: Day care for children of working parents, employment and employability programs, informal education for personal and leadership development, physical fitness, support and counseling for men and youth in crisis and teen development programs.
FEES: Varies
AREA: No restrictions
HOURS: 7:00 a.m. to 8:30 p.m. Monday thru Friday
8:00 a.m. to 2:00 p.m. Saturday
CONTACT: Staff member



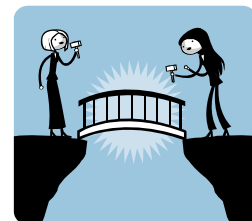
NAME: YMCA, West San Gabriel Valley
ADDRESS: 401 E. Corto St., Alhambra, CA 91801
PHONE: (626) 576-0226
(626) 576-1351 FAX
SERVICES: Recreational programs for adults and youths, youth and adult clubs, shower and locker rooms, swimming pool and a whole lot more. Everyone is welcome.
FEES: Membership is available.
AREA: Los Angeles County
HOURS: 5:30 a.m. to 9:00 p.m. Monday thru Friday
8:00 a.m. to 6:00 p.m. Saturday
8:00 a.m. to 6:00 p.m. Sunday
CONTACT: Staff member



NAME: Youth Alcohol and Drug Program of Southern California
ADDRESS: 8700 Cleta Street, Downey, CA 90241
PHONE: (562) 862-9766
SERVICES: Crisis intervention and counseling for children 12-18 years of age. Referrals offered.
FEES: Sliding scale, MediCal
AREA: No restrictions
HOURS: 9:00 a.m. to 6:00 p.m. Monday – Friday
CONTACT: Receptionist

NAME: Youth for Christ
ADDRESS: P.O. Box 7125, Long Beach, CA 90807
PHONE: (562) 424-0775
SERVICES: Junior high school students through 12th grade. Campus life clubs along with other clubs, child and teen abuse counseling, referrals, youth guidance and a whole lot more. Everyone is welcome.
FEES: Voluntary donations
AREA: San Gabriel, Pomona, & Inland Valley
HOURS: 9:00 a.m. to 4:30 p.m. Monday thru Friday
CONTACT: Staff member

NAME: YWCA of San Gabriel Valley
ADDRESS: 943 N. Grand Ave., Covina, CA 91724
PHONE: (626) 960-2995
211 (Hotline)
SERVICES: Employment and employability programs, informal education for personal and leadership development, physical fitness, support and counseling for women and youth in crisis and teen development programs.
FEES: Free
AREA: San Gabriel Valley
HOURS: 9:00 a.m. to 5:00 p.m. Monday thru Friday
CONTACT: Staff member



INDEX

-- A --

Abortion: 36, 54, 60, 61, 62

Adolescent Support Group: *see Support Group*

Adoption: 62

Adult Programs: 78, 79

After-School Program: 16, 20, 48

AIDS/HIV: 8, 9, 16, 22, 25, 32, 63

Alcoholics Anonymous: 9, 18, 44, 46 *see also Alcohol Rehabilitation and Counseling*

Alcohol Rehabilitation and Counseling: 6, 7, 8, 9, 13, 14, 16, 18, 19, 20, 30, 44, 52, 54, 58, 63, 64, 66, 70, 72

Alcohol Testing: 54

Anger Management: 8, 12, 20, 25, 42, 50, 70, 72, 73

Anti-discrimination: 15

Anxiety: 6

Aquatic Training: 12

Arthritis: 14

Asthma: 11

-- B --

Baby Equipment: 62

Battered Women: 17, 23, 32, 42, 43, 67, 77 *see also Domestic Violence*

Birth Control: 27, 36, 60, 61

Blood Disease: 27

Bus Passes/Tokens: 26, 32

-- C --

CalWorks: 64

Camp: 46, 59, 63

Cancer: 10, 27

Cardiovascular Disease: 11, 38

Case Management: 8, 23, 35, 43

Child Abuse: 23, 24, 25, 33, 34, 37, 40, 49, 50, 51, 57, 66, 67, 73, 77, 80 *see also Domestic Violence*

Child Care: 27, 46, 63

Child Counseling: *see Counseling*

Child Neglect: 34, 49, 50, 51, 57, 73 *see also Child Abuse*

Clothing: 21, 32

Community Education: 25

Computer Classes: 56, 66

Counseling: 6, 7, 8, 12, 13, 14, 15, 17, 18, 20, 23, 25, 28, 30, 32, 33, 34, 35, 37, 38, 40, 41, 43, 44, 45, 46, 48, 49, 50, 56, 57, 59, 60, 61, 62, 66, 67, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80

CPR Classes: 11, 12

Crisis and Emergency: *see Police and Related Services*

Crisis Counseling: *see Counseling*

Crisis Hotline: 16, 19, 21, 24, 71

Crisis Intervention: 16, 18, 24, 29, 34, 45, 55, 79

-- D --

Day Care: 47, 59, 63, 78 *see also Child Care*

Debtor Relief: 15

Delinquency Intervention/Prevention: 16, 18

Dentistry: 9, 49, 60, 64

Depression: 6

Diabetes: 10, 27

Diagnostic Center: 6, 73, 74

Dial-A-Ride: 26

Disabled: 66

Disaster Services: 12

Domestic Violence: 8, 12, 15, 17, 18, 23, 24, 25, 26, 37, 42, 50, 64, 70, 73

Drug Abuse Prevention: 20

Drug Counseling and Rehabilitation: 6, 7, 8, 13, 14, 16, 18, 19, 20, 25, 28, 29, 30, 36, 44, 45, 48, 54, 58, 63, 64, 66, 67, 69, 70, 72, 76

Drug Testing: 20, 54, 72

Drunk Driving: 42, 72, 73

Dyslexia: 45

-- E --

Eating Disorder: 6, 18

Educational Health Program: 7, 10, 11, 14, 60, 68

Educational Information/Material: 10, 11, 14, 68, 73, 80

Educational Programs: 8, 10, 16, 46, 51

Educational Speaker: 11, 14, 18, 23, 58, 64, 68, 70

Emergency Care: 41, 51

Emergency Resources: 35, 46, 75

Emergency Shelter: 23, 35, 40, 42, 43, 77

Employment Opportunity: 66, 69, 78, 80

English as a Second Language (ESL) class: 65

Exercise Class: 14

Eye Examinations: 31, 39

EZPass: 26

-- F --

Family Counseling: *see Counseling*

Family Dysfunction/Problem: 6, 15, 18, 66, 67

Family Medicine: 27, 29, 30, 37, 74

Family Planning: 9, 21, 27, 33, 60

Fatigue: 6

Fears: 6

First Aid Training: 12

Food Distribution: 21, 32, 56, 63, 65, 74

Food Stamp Distribution: 55

Foot Specialist: 27

-- G --

Gambling Problems: 67

Gang Prevention: 16, 34

Garment Worker Rights: 15

Gastroenterology: 29

Gay Counseling: 58

General Relief: 64

Genetics: 27

Geriatrics: 39

Government Benefits: 15

Group Counseling: *see Counseling*

Gynecology and Examinations: 9, 27, 29, 60

-- H --

Handicapped/Physically Challenged: 47, 66, 70, 75

Headaches: 6

Health Clinic: 9, 27, 33, 38, 49, 57, 60, 71, 72, 74, 75

Health Screening: 69

HIV: *see AIDS/HIV*

Home Bell Services: 69

Home Care: 8

Homeless Assistance: 62, 64, 74

Homework Assistance: 16

Hospital: 16, 18, 26, 29, 41, 51, 61, 65

Hotel Vouchers: 21

Hotline: 1-4

Hotline (Multi-Cultural & Multi-Lingual): 23

Housing: 23, 31, 43, 65, 66, 74

Housing Rights: 15, 44

Hygiene Kits: 32

Hypnosis: 6

-- I --

Immigrant Welfare: 15

Immunology: 27

Immunizations: 9

Incest: 17

Industrial Medicine: 29

Inpatient: 20, 29, 45, 51, 69

In-Service Training: 39, 68

Internal Medicine: 29, 30, 37

Intervention, Early: 48, 64

-- L --

Laboratory, Chemical: 74

Laboratory, Medical: 27, 29, 30, 41, 51

Latency: 48

Learning Center: 40

Legal Services: 15, 23, 49, 69, 77

Lesbians Counseling: 58

Leukemia: 27

Literacy Program: 45

Low-Income Families: 65

Lung Disease and Tuberculosis: 9, 11, 22, 27

-- M --

Mammography Services: 72

Marital and Related Services: 33, 37, 66, 67

Maternity Services: 38

Medical Health: *see Health Clinic or Hospital*

Medication: *see Health Clinic or Hospital*

Mental Health: 7, 13, 18, 19, 24, 25, 30, 43, 45, 57, 64

Mentally Disabled: 76

Military Services: 12

Missing People: 20

Money Gram: 55

Money Orders: 55

Muscular Dystrophy: 52

-- N --

Narcotics Anonymous: 18, 44, 53

Neighborhood Watch: 34

-- O --

Obesity: 6

Obstetrics: 9, 27, 29

Ocular Disease/Injury: 39

Optometry: 29, 31, 39

Orthopedics: 27, 29

Outpatient: 7, 8, 16, 18, 20, 30, 35, 38, 45, 48, 51, 52, 57, 64, 65, 69, 75

Outreach: 46

-- P --

Pain: 6

Parent Education: 8, 24, 25, 26, 33, 34, 35, 46, 57, 70, 72

Parenting Problems: *see Family Dysfunction/Problem*

Parent Support Group: *see Support Group*

Patient Education: 38

Pediatrics: 9, 27, 29, 30, 33

Physical Examination: 27

Physical Fitness: 25, 59, 78, 80

Physical Therapy: 29

Podiatry: 29

Police and Related Services: 34

Pregnancy Testing: 9, 36, 60, 61, 62

Pre-marriage Counseling: 67

Prenatal Care: 33, 72

Preschool: 46, 47

Probation: 34

Proposition 36: 64, 70

Public Assistance: 34

Psychiatric Help: 13, 16, 45

Psychiatric Professionals: 39

Psychotherapy: 6, 35

Pulmonary Test: 74

-- R --

Rape Crisis Counseling: *see Counseling*

Recreation/Sports: 16, 18, 46, 59, 69

Referrals: 11, 13, 14, 16, 17, 18, 19, 21, 22, 24, 28, 32, 35, 43, 45, 47, 49, 51, 52, 54, 57, 58, 59, 62, 64, 65, 67, 69, 71, 72, 76, 77, 79, 80

Rehabilitation, Medical: 38, 51, 65

Residential Facility: 19, 74, 76

Runaways: 15, 18, 19, 50, 55

-- S --

Schooling and Related Services: 16, 48, 64

Self Defense Class: 17

Self-Esteem: 18

Senior Citizen Services: 15, 29, 69

Sexual Abuse: 37, 46

Sexual Abuse Awareness: 25

Sexual Assault: 17, 23, 32

Sexually Transmitted Disease: 22, 25, 60, 72

Shelter: 23, 35, 40, 42, 43, 56, 63, 70, 73, 77

Sickle Cell: 68

Skill-building Groups: 35

Sleeping Disorder: 6

Smoking Problems/Cessation: 6, 16

Social Security: 68

Social Services: 35, 78

Stalking: 17

Strength Training: 46

Stress Problems: 7, 30

Support Group/Meetings: 6, 7, 8, 9, 10, 14, 17, 32, 43, 45, 52, 53, 67, 70, 77, 78, 80

Suicide: 71

Surgery: 29, 38, 41, 60, 61, 65, 74

Swimming: 46, 79

-- T --

Teenage Workshop: 33

Teen Programs: 72, 78, 80

Toy Loans: 65

Training Programs: 17, 41, 59, 75

Transportation Services: 16, 26, 30, 45

Tuberculosis (TB) Information: 22

Tuberculosis (TB) Testing: 9, 11

Tutoring: 16

--U—

Ultrasound: 62

Urology: 29

Utility Assistance: 21

Utility Payments: 55

-- V --

Veterans: 65, 74

Vocational Rehabilitation/Training: 40, 41, 75

Volunteer Program: 8, 17

-- W --

Welfare: 15, 35, 55, 77

Work Experience for the Handicapped: *see Handicapped/Physically Challenged*

Work Injury: 74

Work Related Services: 23, 41, 47, 56, 66, 74, 78, 80

-- X --

X-ray: 27, 29, 41, 51, 74

-- Y --

YMCA: 46, 59, 78

Youth Counseling: *see Counseling*

Youth Development: 18, 80

Youth Guidance: 80

Youth Programs: 16, 18, 46, 56, 76, 78, 79, 80

YWCA: 80