

# Health Resources Book 2018-2019



El Monte Union High School District  
3537 Johnson Avenue  
El Monte, CA 91731  
(626) 444-9005

**EL MONTE UNION HIGH SCHOOL DISTRICT**

**SUMMER, 2018**

**COMMUNITY COUNSELING SERVICES AND HEALTH RESOURCES**

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

Prepared by the District Instruction Office

Hillary D. Wolfe, Director II of Research and Curriculum/CTE Services

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

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## 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 7 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.

### WHAT DOES INFO LINE DO?

#### INFO LINE & WEBSITE INFO

- 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.
- [www.211la.org](http://www.211la.org)

### 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:

After School Program  
Case Management  
Domestic Violence  
Educational Program  
Food Program

Health Education  
Housing  
Legal Service  
Medical Service  
Mental Health

Parenting Program  
Rehabilitation  
Support Group  
Therapy Services  
Transportation

WHAT ARE INFO LINE TOLL FREE NUMBERS?

Los Angeles County	(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
Burbank/Glendale Area	(818) 956-1100
Outside Los Angeles County	(800) 339-6993
TDD	(626) 572-2481 / (626) 572-2482

INFORMATION AND REFERRAL FEDERATION OF LOS ANGELES COUNTY  
526 West Las Tunas Drive San Gabriel, CA. 91776 (626) 350-1841



(\*See inside for more information)

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## San Gabriel Valley Parent Support Groups

### San Gabriel / Pomona Regional Center (Support Groups by Disability)

- |  |                                  |
|--|----------------------------------|
| 1. AGUA Classic (Autism) Los Angeles County        | (562) 237-1520                   |
| 2. DSFRC (Down syndrome family resources center)   | (626) 384-0599                   |
| 3. Epilepsy & Seizures 24/7 Helpline<br>en Español | (800) 332-1000<br>(866) 748-8008 |

**NAME:** Abacus Guidance Center

**ADDRESS:** 312 N. Allen Street, Pasadena, CA 91106

**PHONE:** (626) 823-7601 Call or Text

**WEBSITE:** [www.abacusguidance.com](http://www.abacusguidance.com)

**SERVICES:** Substance use intensive-outpatient & partial hospitalization treatment, anger management and domestic violence classes. Individual sessions as well as drug testing, nicotine testing and we can also provide classes for students as an alternative to suspension as needed.

**FEES:** Sliding Scale / PPO Insurance

**AREA:** San Gabriel Valley & San Fernando Valley Areas (Los Angeles County)

**HOURS:** 24-hours

**CONTACT:** Angelique Shirvanian / Program Director

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**NAME:** Alcoholics Anonymous Central Office of Los Angeles (AA)

**ADDRESS:** 4311 Wilshire Blvd, Suite #104, Los Angeles, CA 90010

**PHONE:** (323) 936-4343  
(323) 936-8729 Fax

**WEBSITE:** [www.lacoaa.org](http://www.lacoaa.org)

**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:** None

**AREA:** Southern California

**HOURS:** Hours to Purchase Literature:  
9:00 am to 6:30 pm Monday thru Thursday  
9:00 am to 4:30 pm Friday, Saturday, Sunday and Holidays

**CONTACT:** Staff member

**NAME:** Alma Family Services  
**ADDRESS:** 4024 N. Durfee Ave, Wing D, El Monte, CA 91732  
**PHONE:** (626) 279-2530  
**WEBSITE:** [www.almafamilyservices.org](http://www.almafamilyservices.org)



**SERVICES:** Alma Family Services, in collaboration with The Los Angeles County Probation Department and EMUHSD, has partnered to provide support services in a community-based setting as an alternative to incarceration. The services are aimed at reducing referrals to the Juvenile Court, preventing recidivism, addressing behavioral problems, increasing school attendance and promoting positive behavioral and academic performance. Alma utilizes a multidisciplinary system of care that offers comprehensive, developmentally appropriate, and coordinated child and family services oriented to promoting healthy youth development and reducing delinquency and victimization.

**FEES:** Grant  
**AREA:** Los Angeles County  
**HOURS:** 8:00 am to 5:00 pm Monday thru Friday  
**CONTACT:** Diego Rodrigues

**NAME:** Almansor Mental Health Services  
**ADDRESS:** 205 Pasadena Ave, South Pasadena, CA 91030  
**PHONE:** (323) 344-5536  
(323) 344-5537  
(323) 344-5550 Fax



**WEBSITE:** [www.redesignlearning.org/mental-health](http://www.redesignlearning.org/mental-health)  
**SERVICES:** Individual, family, group counseling, case management, crisis intervention and psychotropic medication support services.  
**FEES:** Medi-Cal  
**AREA:** South Pasadena / Commerce  
**HOURS:** 24-Hours 7 days a week  
**CONTACT:** Cynthia Concepcion

**NAME:** Alta Med Medical & Dental Group

**ADDRESS:** 10418 Valley Blvd, Suite B, El Monte, CA 91731

**PHONE:** (888) 499-9303  
(323) 201-3216 Fax

**SERVICES:** Medical services such as dental services (2<sup>nd</sup> floor), general practice, gynecology examination, HIV testing, pap smears, pediatrics, pregnancy testing, 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, and Medi-cal.

**AREA:** No restrictions

**HOURS:** 8:00 am to 9:00 pm Monday, Wednesday & Friday  
9:00 am to 9:00 pm Tuesday & Thursday  
8:00 am to 5:00 pm Saturday

**CONTACT:** Staff member

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**NAME:** American Lung Association in California, Los Angeles

**ADDRESS:** 3325 Wilshire Blvd, Suite 900, Los Angeles, CA 90010

**PHONE:** (213) 384-5864  
(866) 881-7865 Fax

**WEBSITE:** [www.lung.org](http://www.lung.org)

**SERVICES:** Educational materials on asthma, COPD, emphysema, lung cancer, tobacco, air quality, and other topics involving lung health and lung disease. Health & education programs for children with asthma. Lung helpline for any question about lung disease and lung health.

**FEES:** Varies

**AREA:** Los Angeles County

**HOURS:** 8:30 am to 5:00 pm Monday thru Friday

**CONTACT:** Staff member



**NAME:** Arcadia Community Church  
**ADDRESS:** 121 Alice Street, Arcadia, CA 91006  
**PHONE:** (626) 445-1078 Counseling  
(626) 445-7470 Main office  
(626) 445-6071 Fax



**SERVICES:** Counseling meetings for people with alcohol and drug problems. Celebrate recovery program for people with hurts, habits & hang-ups.  
**FEES:** Sliding scale  
**AREA:** San Gabriel Valley  
**HOURS:** 9:00 am to 5:00 pm Monday thru Friday  
(Counseling appointment as needed, evening appointments available and closed for the holidays).  
**CONTACT:** Staff member

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**NAME:** Asian Youth Center  
**ADDRESS:** 100 W. Clary Ave, San Gabriel, CA 91776 (Tawa Youth Center)  
232 W. Clary Ave, San Gabriel, CA 91776 (May L. to Educational Center)  
**PHONE:** (626) 309-0622  
(626) 309-0717 Fax  
**WEBSITE:** [www.asianyouthcenter.org](http://www.asianyouthcenter.org)  
**SERVICES:** After-school program, summer program, recreational activities, tutoring and homework assistance. Youth referrals and legal services.  
**FEES:** Sliding scale  
**AREA:** San Gabriel  
**HOURS:** 8:00 am to 5:00 pm Monday thru Friday (Tawa Youth Center location)  
10:00 am to 6:30 pm Monday thru Friday (May L. Educational Center location)  
**CONTACT:** Nicholette Espinosa

**NAME:** Aurora Charter Oak Hospital

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

**PHONE:** (800) 654-2673 Referrals  
(626) 214-2029 Main office  
(626) 608-2645 Fax

**WEBSITE:** [www.charteroakhospital.com](http://www.charteroakhospital.com)

**SERVICES:** Mental health treatment ages 13+. 12-step rehab is for alcohol, drugs ages 18+ and adult outpatient programs. Se habla Español

**FEES:** Varies / Accepts most insurance

**AREA:** El Monte / Covina

**HOURS:** 24-hours Hotline

**CONTACT:** Staff member



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**NAME:** Because I Love You (B.I.L.Y.)

**ADDRESS:** PO Box 2062, Winnetka, CA 91306

**PHONE:** (818) 884-8242

**WEBSITE:** [www.bily.org](http://www.bily.org)

**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 ages 12-21 years old). Se habla Español.

**FEES:** Free of Charge

**AREA:** Los Angeles & Ventura County

**HOURS:** 7:00 pm to 9:30 pm (Tuesday meetings at Birmingham Community Charter High School 17000 Haynes Street Van Nuys, CA 91406 in the Library).

**CONTACT:** Dennis Poncher, Founder / Director

**NAME:** Boys Town National Hotline

**ADDRESS:** 14100 Crawford Street, Boys Town, NE 68010

**PHONE:** (800) 448-3000 Hotline  
(402) 498-1875 Fax

**WEBSITE:** [www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)

**SERVICES:** Provide short-term counseling and crisis intervention to children, teens, parents and families. Experiencing any type of difficulty in their lives. Our counselors can offer referrals to local services in caller's area. The website was created because we realize people today are often more comfortable to contact us over the internet. They can now reach us 4 different ways, by text, email, online chat, or by calling the hotline.

**FEES:** None

**AREA:** Nationwide (United States, Canada, Guam, Puerto Rico and the Virgin Islands)

**HOURS:** 24-hours

**CONTACT:** Deena Fraiser

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**NAME:** Bridges, Inc.

**ADDRESS:** 11143 Bryant Rd, El Monte, CA 91731

**PHONE:** (626) 575-8344

**SERVICES:** Therapy services, psychiatric, medication services, case management/benefit establishment, specialized groups, prevention, early intervention services, evidence based practices and crisis ntervention.

**FEES:** Medi-Cal

**AREA:** El Monte

**CONTACT:** Staff member





**NAME:** California Missing Children Hotline

**ADDRESS:** PO Box 903387, Sacramento, CA 94203

**PHONE:** (800) 222-3463  
(916) 210-3119 Main office  
(916) 227-3270 Fax

**WEBSITE:** [www.oag.ca.gov/missing](http://www.oag.ca.gov/missing)

**SERVICES:** Relays information to law enforcement agencies. Makes posters and publishes bulletins with pictures of missing children.

**FEES:** Free

**AREA:** California / Other States

**HOURS:** 24-hours

**CONTACT:** Staff member



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**NAME:** California Youth Crisis Line

**ADDRESS:** PO Box 161448, Sacramento, CA 95816

**PHONE:** (800) 843-5200  
(916) 514-4464 Main office  
(916) 514-4499 Fax

**WEBSITE:** [calyouth.org](http://calyouth.org)

**SERVICES:** 24-hours crisis hotline for youth (ages 12-24) and family. Chat and text offered and message relay and patch services. Medical family planning agencies. Referrals and information offered.

**FEES:** Free

**AREA:** California

**HOURS:** 24-hours Hotline

**CONTACT:** Logan Shideler, Program Coordinator





**NAME:** Center for Integrated Family & Health Services (CIFHS)

**ADDRESS:** 540 S. Eremland Drive, Covina, CA 91723  
560 S. San Jose Ave, Covina, CA 91723

**PHONE:** (626) 966-1577 (Eremland location)  
(626) 331-4529 Fax  
(626) 967-5103 (San Jose location)  
(626) 967-1339 Fax

**WEBSITE:** [www.cifhs.org](http://www.cifhs.org)

**SERVICES:** Parenting, anger management, domestic violence, drug counseling, sober solutions, teen substance abuse, individual counseling, family counseling, psychiatric medication management.

**FEES:** Medi-Cal / Self-pay

**AREA:** No restrictions

**HOURS:** 9:00 am to 8:30 pm Monday & Wednesday / 9:00 am to 7:00 pm Tuesday & Thursday 9:00 am to 7:00 pm / 9:00 am to 5:30 pm Friday (**Eremland Location**)  
  
9:00 am to 9:00 pm Monday-Tuesday-Friday / Wednesday-Thursday 9:00 am to 6:30 pm (**San Jose Location**)

**CONTACT:** Abby Paniagua – Intake Coordinator (**San Jose**)  
Maria Hopper (**Eremland**)

**NAME:** Center for the Pacific-Asian Families, Inc. (CPAF)

**ADDRESS:** 3424 Wilshire Blvd, Suite #1000 Los Angeles, CA 90010

**PHONE:** (800) 339-3940 24-hour Hotline (interpretation available)  
(323) 653-4045 Business line  
(323) 933-9808 Fax

**WEBSITE:** [nurturingchange.org](http://nurturingchange.org) contact form

**SERVICES:** Provides free services for survivors of domestic violence and sexual assault. Specializes in supporting Asian and Pacific Islander families due to culturally, linguistically sensitive services, open to all. Provides safety planning, crisis counseling, case management, emergency and transitional shelter services, DV/SA education, police/legal/medical advocacy and accompaniment, nonviolent parenting support, and referrals. Direct services provide at our public Community Center (Koreatown) and Emergency/Transitional Shelter locations (confidential). Also facilitates trainings and outreach presentations for service providers and general community upon request. Twice a year, CPAF conducts a 65-hour Domestic Violence and Sexual Assault Advocacy State Certification training for incoming staff/interns/volunteers and community partners. Please check our website for training dates and how to register.

**AREA:** No restrictions

**HOURL:** 9:00 am to 5:00 pm Monday thru Friday (Public Community Center)

**CONTACT:** Staff



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**NAME:** Childhelp National Headquarters

**ADDRESS:** 4350 E. Camelback Road, F250 Phoenix, AZ 85018

**PHONE:** (800) 422-4453 Hotline  
(480) 922-8212 Main office  
(800) 222-4453 TDD  
(480) 922-7061 Fax

**WEBSITE:** [www.childhelp.org](http://www.childhelp.org)

**SERVICES:** Crisis intervention, information on referrals.

**FEES:** Free

**AREA:** U.S. & U.S. territories

**HOURS:** 24-hours

**CONTACT:** Michelle Fingerman

**NAME:** Children's Bureau of Southern California

**ADDRESS:** 14600 Ramona Blvd, Baldwin Park, CA 91706

**PHONE:** (626) 337-8811  
(626) 856-5653 Fax

**WEBSITE:** [www.all4kids.org](http://www.all4kids.org)

**SERVICES:** Services are offered to families with children and adolescents 21 years of age and under. Mental health services offered. Se habla Español.

**FEES:** Medi-Cal / Sliding Scale (If funding is still available)

**AREA:** San Gabriel Valley

**HOURS:** 8:30 am to 7:00 pm Monday thru Thursday  
8:30 am to 9:00 pm Tuesday and Wednesday  
8:30 am to 4:30 pm Friday

**CONTACT:** Staff member

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**NAME:** Children's Hospital of Los Angeles / Teenage Health Center

**ADDRESS:** 5000 Sunset Blvd, 4<sup>th</sup> floor Los Angeles, CA 90027

**PHONE:** (323) 361-2153  
(323) 953-8116 Fax

**WEBSITE:** [www.chla.org](http://www.chla.org)

**SERVICES:** By appointment only: Confidential reproductive health service for 12-17 year olds, at no charge, through family pact. Substance abuse prevention and treatment, project nateen for pregnant and parenting teens, behavioral health/mental health and homeless adolescent wellness center (HAWC).

**FEES:** Accepts cash, Insurance and Medi-Cal

**AREA:** Los Angeles

**HOURS:** 9:00 am to 5:30 pm Monday thru Friday

**CONTACT:** Receptionist



**NAME:** Chinatown Service Center

**ADDRESS:** 767 N. Hill St, #400, Los Angeles, CA 90012

**PHONE:** (213) 808-1700

**WEBSITE:** [www.cscla.org](http://www.cscla.org)

**SERVICES:** Individual services for student and parents, group trainings, parent skills training, health education and outreach, screening and/or clinics.

**FEES:** Medi-Cal

**AREA:** Los Angeles / San Gabriel Valley

**HOURS:** 9:00 am to 5:00 pm Monday thru Friday

**CONTACT:** Staff member

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**NAME:** City of El Monte Public Works - Transportation Services

**ADDRESS:** 3990 Arden Drive El Monte, CA 91731

**PHONE:** (626) 580-2217  
(626) 580-2238 Fax

**WEBSITE:** [www.elmonte/publicworks/transportation](http://www.elmonte/publicworks/transportation)



**SERVICES:** Provides local fixed-route transit 7 days a week, quality transportation services for Jack Crippen Senior Center's nutrition program, recreation excursions, special city events, and Commuter Shuttle Services. Also provides Dial-A-Ride for senior citizens and individuals with disabilities, subsidized MTA, EZ Pass and Foothill monthly bus passes. Trolley tokens can be purchased at the Transit Center located at 3650 Center Ave, El Monte, CA 91731

**FEES:** Varies

**AREA:** El Monte and surrounding areas

**HOURS:** 6:00 am to 4:30 pm Monday thru Thursday  
Friday (Closed)

**CONTACT:** Gwynn Stevens

**NAME:** Domestic Violence Rape Crisis Line for (Peace over Violence)

**ADDRESS:** 892 N. Fair Oaks Ave, Suite D, Pasadena, CA 91103

**PHONE:** (626) 793-3385 / (213) 626-3393 / (310) 392-8381 24-hours Hotlines  
(626) 584-6191 Main Office  
(626) 243-7972 Phone video

**WEBSITE:** [www.peaceoverviolence.org](http://www.peaceoverviolence.org)

**SERVICES:** Ten weeks' free group 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, Court order \$20 a session

**AREA:** Metro Los Angeles Area

**HOURS:** 9:00 am to 5:30 pm Monday thru Friday

**CONTACT:** Staff member

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**NAME:** East Los Angeles Women's Center

**ADDRESS:** 1431 S. Atlantic Blvd, Los Angeles, CA 90022

**PHONE:** (800) 585-6231 Rape & Battery Hotline  
(800) 400-7434 24-hours Hotline / HIV  
(323) 843-0014 Hope & Hearth Shelter  
(323) 526-5819 Main office  
(323) 526-5822 Fax

**WEBSITE:** [www.elawc.org](http://www.elawc.org)

**SERVICES:** Provides counseling to survivors of domestic violence and sexual assaults, referrals to legal aid, housing, and food banks. Education and support groups available. AIDS testing, youth empowerment and promotora programs. Emergency 24 hours shelter. All services are free and available in Spanish.

**FEES:** Free

**AREA:** Los Angeles County

**HOURS:** 9:00 am to 6:00 pm Monday thru Thursday  
9:00 am to 4:30 pm Friday

**CONTACT:** Staff member



**NAME:** El Monte Police Department-Community Relations

**ADDRESS:** 11333 Valley Blvd, El Monte, CA 91731

**PHONE:** (626) 580-2035  
(626) 350-1404 Fax



**SERVICES:** Crime prevention services including juvenile delinquency diversions, counseling and TORCH programs.

**FEES:** None

**AREA:** El Monte

**HOURS:** 24-hours

**CONTACT:** Staff member

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**NAME:** Emergency Resources Association El Monte / South El Monte

**ADDRESS:** 10900 Mulhall Ave, El Monte, CA 91731

**PHONE:** (626) 444-7269  
(626) 442-7311 Fax



**SERVICES:** Food, clothing, shelter (when funding is available), 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 am to 5:00 pm Monday thru Friday (Appointment is needed)

**CONTACT:** Lillian Rey

**NAME:** Enki Health and Research Systems

**ADDRESS:** 3208 Rosemead Blvd, Suite 100 El Monte, CA 91731

**PHONE:** (844) 365-4724 (Call center to schedule intakes)  
(626) 227-7001 Main office  
(626) 227-7002 Fax

**WEBSITE:** [www.ehrs.com](http://www.ehrs.com)



**SERVICES:** Family therapy, parenting classes in English and Spanish, skill-building groups for children, 0-5 services, case management support. Skill-building and psychotherapy groups along with individual and family therapy. Indigent students, who qualify for prevention and early intervention services. Medication services are also provided as needed.

**FEES:** Medi-Cal / Uninsured (Eligibility limitations)

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

**HOURS:** 9:00 am to 6:00 pm Monday  
10:00 am to 7:00 pm Tuesday, Wednesday, & Thursday  
8:00 am to 5:00 pm Friday

**CONTACT:** Dr. Shaw / Daniel Guzman

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**NAME:** Foothill Family

**ADDRESS:** 11429 Valley Blvd, El Monte, CA 91731

**PHONE:** (626) 993-3000 (Intake Department / Main Agency Number)  
(626) 993-3083 Fax

**WEBSITE:** [www.foothillfamily.org](http://www.foothillfamily.org)

**SERVICES:** Individual, family and group therapy for school-aged children available at school, agency and community. Groups include women's domestic violence treatment (for Cal-Works recipients), children's ADHD, social skills, teen LGBTQ. Early intervention and specialized therapy services for children 0-5.

**FEES:** Sliding scale fee for individual adults. Counseling services are available for uninsured EMUHSD students through our contract with EMUHSD. Services for children with Medi-Cal are free.

**AREA:** Los Angeles County

**HOURS:** 8:00 am to 8:00 pm Monday thru Thursday  
8:00 am to 5:00 pm Friday

**CONTACT:** Intake Department



**NAME:** Garfield Medical Center

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

**PHONE:** (626) 573-2222  
(626) 307-1043 Fax

**WEBSITE:** [www.garfieldmedicalcenter.com](http://www.garfieldmedicalcenter.com)

**SERVICES:** 24-hours emergency care, maternity center, neonatal intensive care unit.  
Cardiac care, outpatient surgery, patient education and rehabilitation service.  
Stemi and stroke receiving center.

**FEES:** Varies / Accepts insurance

**AREA:** Southern California, West San Gabriel Valley

**HOURS:** 24-hours

**CONTACT:** Staff member



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**NAME:** Garvey Optometry – Taylor Lam, O.D.

**ADDRESS:** 10012 Garvey Ave, Suite #12 El Monte, CA 91733

**PHONE:** (626) 401-0324  
(626) 401-9224 Fax

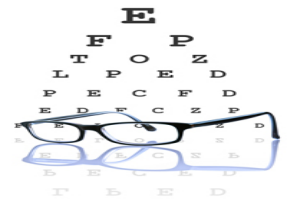
**SERVICES:** Comprehensive eye exam, diagnosis, and treatment of ocular diseases and injuries for all ages. Contact lens exam services.

**FEES:** Varies, Accepts insurance such as Medi-Cal, VSP, Eyemed and Davis Vision.

**AREA:** El Monte

**HOURS:** 9:00 am to 5:00 pm Monday, Tuesday, Wednesday, Friday & Saturday  
(Closed Thursday & Sunday)

**CONTACT:** Staff member



**NAME:** Goodwill Industries of Southern California  
**ADDRESS:** 342 N. San Fernando Rd, Los Angeles, CA 90031  
**PHONE:** (323) 539-2000  
**WEBSITE:** [www.goodwillsocal.org](http://www.goodwillsocal.org)



**SERVICES:** Self-directed center. Counseling related to vocational rehabilitation training and placement. For individuals with disabilities or other vocational challenges.  
**FEES:** Free  
**AREA:** Los Angeles County  
**HOURS:** 8:00 am to 5:00 pm Monday thru Friday  
8:00 am to 7:00 pm Tuesday and Thursday  
9:00 am to 1:00 pm Wednesday 1<sup>st</sup> & 3<sup>rd</sup> Saturday  
**CONTACT:** Staff member

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**NAME:** Greater El Monte Community Hospital  
**ADDRESS:** 1701 Santa Anita Ave, South El Monte, CA 91733  
**PHONE:** (626) 579-7777  
(626) 350-1664 Fax  
**WEBSITE:** [www.greaterelmonte.com](http://www.greaterelmonte.com)  
**SERVICES:** Medical services for all ages. General medical and surgical services, 24-hour emergency services, same day surgery, intensive care unit, maternity care, pediatric services, 24-hour x-ray and lab. Parent or guardian must accompany minors.  
**FEES:** Varies dependent on services rendered. Accepts insurance, Medi-Cal 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) 934-2801  
(626) 934-2986 Fax

**WEBSITE:** [www.hlpae.com](http://www.hlpae.com)

**SERVICES:** Adult school career training programs including trades such as automotive, major appliance repairs, HVAC, culinary welding, computer repair, networking, cosmetology, barbering, business education, health careers including medical assistant, dental assistant, vocational nursing, psychiatric technician, pharmacy technician and C.N.A. (Must be 18 years old) Rehabilitation service, innovative rehabilitation service (IRS) works with adults with disabilities with referrals from regional center to provide career training.

**FEES:** Varies, academic classes are free

**AREA:** No restrictions

**HOURS:** 8:00 am to 7:00 pm Monday thru Thursday  
8:00 am to 4:00 pm Friday

**CONTACT:** Front office

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**NAME:** House of Ruth, Inc.

**ADDRESS:** PO Box 459 Claremont, CA 91711

**PHONE:** (877) 988-5559 24-hours & Shelter  
(909) 623-4364 Main office  
(909) 629-9581 Fax

**WEBSITE:** [www.houseofruthinc.org](http://www.houseofruthinc.org)

**SERVICES:** Shelter for battered women, men, and children with food, clothing and housing. Advocacy, individual counseling, referrals and support groups. Housing referrals and clothing referrals is also available. Offered in English and Spanish.

**FEES:** Free

**AREA:** Los Angeles & San Bernardino County no restrictions (shelter)

**HOURS:** 9:00 am to 5:00 pm Monday thru Friday

**CONTACT:** Staff member



**NAME:** La Casa de San Gabriel Community Center

**ADDRESS:** 203 E. Mission Rd, San Gabriel, CA 91776

**PHONE:** (626) 286-2144  
(626) 286-4307 Fax



**WEBSITE:** [lacasacommunitycenter.org](http://lacasacommunitycenter.org)

**SERVICES:** Al-Anon, clothing, educational programs, emergency food, parenting class in Spanish for parents that have children in pre-school, pre-school from ages 2.9 months old thru 5 yrs. old and referral. ESL classes in the evening.

**FEES:** Sliding scale for pre-school, rest of programs free

**AREA:** West San Gabriel Valley

**HOURS:** 8:00 am to 4:00 pm Monday thru Thursday  
8:00 am to 1:00 pm Friday  
8:30 am to 12:30 pm (Preschool extended Care until 3:00 pm)

**CONTACT:** Brenda Rincon, Director

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**NAME:** Los Angeles Child Guidance Clinic

**ADDRESS:** 3787 S. Vermont Ave, Los Angeles, CA 90007

**PHONE:** (323) 766-2345

**WEBSITE:** [www.lachild.org](http://www.lachild.org)

**SERVICES:** Outpatient and early intervention program, after-school program, latency and schooling. Se habla Español.

**FEES:** Public Health Insurance

**AREA:** South Los Angeles

**HOURS:** 8:00 a.m. to 6:00 p.m. Monday-Tuesday-Thursday (Walk-in)  
8:00 a.m. to 2:00 p.m. Wednesday-Friday (Walk-in)

**CONTACT:** Staff member

**NAME:** Los Angeles County Department of Children and Family Service

**ADDRESS:** 425 Shatto Place 6<sup>th</sup> Floor, Los Angeles, CA 90020

**PHONE:** (800) 540-4000 (Child Protection Hotline)  
(800) 272-6699 TDD  
(213) 351-5602/(213) 351-5603 (Public Inquiry/Public Information Line)  
(213) 487-4431 Fax

**WEBSITE:** [pinquiries@dcfs.lacounty.gov](mailto:pinquiries@dcfs.lacounty.gov)

**SERVICES:** To report neglected and abused children. Referrals offered.

**FEES:** Free

**AREA:** Los Angeles County

**HOURS:** 24-hours

**CONTACT:** Public inquiry



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**NAME:** Márez & Associates

**ADDRESS:** 1323 W. Covina Parkway Suite D, West Covina, CA 91790

**PHONE:** (626) 338-5175

**WEBSITE:** [www.marezandassociates.com](http://www.marezandassociates.com)

**SERVICES:** Domestic violence, anger management, parenting, group, individual, teen, and family counseling. Goal setting, after group support network. Se habla Español.

**FEES:** Varies / Flexible based on income

**AREA:** San Gabriel Valley

**HOURS:** Call for hours by appointment only

**CONTACT:** Jose Márez

**NAME:** Maryvale

**ADDRESS:** 7600 E. Graves Ave, Rosemead, CA 91770

**PHONE:** (626) 280-6510

**WEBSITE:** [www.maryvale.org](http://www.maryvale.org)

**SERVICES:** Individual counseling, family counseling, therapeutic groups, wrap around services, life skills for teens and adults, information and referrals.

**FEES:** Medi-Cal

**AREA:** Rosemead / Duarte

**HOURS:** 8:30 am to 5:00 pm Monday thru Friday

**Contact:** Jeanette Valdez

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**NAME:** Muscular Dystrophy Association, Metro LA

**ADDRESS:** 6167 Bristol Pkwy Suite 325, Culver City, CA 90230

**PHONE:** (310) 390-6802  
(310) 398-4738 Fax

**WEBSITE:** [www.mda.org](http://www.mda.org)

**SERVICES:** Outpatient clinic, follow-ups and information research on 43+ neuro-muscular diseases, summer camp, support groups, equipment loan program and resource referrals.

**FEES:** None

**AREA:** Los Angeles County

**HOURS:** 9:00 am to 5:00 pm Monday thru Friday

**CONTACT:** Karadee Griffie – Care Coordinator

**NAME:** Narcotics Anonymous (Greater East Los Angeles Area)

**ADDRESS:** Meetings all over Southern California and U.S.

**PHONE:** (626) 584-6910 SGVA Helpline, (323) 721-5504 GELA Helpline  
(888) 622-4672 So. Calif. Region of Narcotics  
(800) 863-2962 Anonymous English Hotline (888) 622-4672 Spanish Hotline

**WEBSITE:** [www.na.org](http://www.na.org)

**SERVICES:** For men and woman of all ages 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. Staff by phone giving meeting times and places.

**FEES:** There are no fee or dues to pay **ONLY** desire to stop using

**AREA:** Southern California

**HOURS:** 24-hours

**CONTACT:** Staff member

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**NAME:** National Abortion Federation

**ADDRESS:** 1090 Vermont Ave, Suite 1000 NW Washington, DC 20005

**PHONE:** (800) 772-9100 24-hours Hotline  
(202) 667-5881 Main office  
(202) 667-5890 Fax

**WEBSITE:** [www.prochoice.org](http://www.prochoice.org)

**SERVICES:** Women who want to know more about abortions. Information and referrals on clinics.

**FEES:** Free

**AREA:** U.S. and Canada

**HOURS:** 7:00 am to 11:00 pm Monday thru Friday  
9:00 am to 9:00 pm Saturday & Sunday

**CONTACT:** Staff member



**NAME:** National Council on Alcoholism & Drug Dependence (NCADD)

**ADDRESS:** 4626 N. Grand Ave, Covina, CA 91724  
656 N. Park Ave, Pomona, CA 91768

**PHONE:** (626) 331-5316 / Covina location  
(626) 332-2219 Fax  
(909) 629-4084 / Pomona location  
(909) 629-4086 Fax

**WEBSITE:** [www.ncadd.org](http://www.ncadd.org)

**SERVICES:** DUI (Covina site only), alcohol & drug awareness, parenting, anger management, individual counseling, family reunification program, domestic violence (Pomona site only) and choices & changes teens.

**FEES:** Medi-Cal accepted for most programs  
Sliding fee scale (May be available if requirements are met)

**AREA:** East San Gabriel & Pomona Valley

**HOURS:** 9:00 am to 6:00 pm Monday thru Friday

**CONTACT:** Staff member



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**NAME:** Olive View / UCLA Medical Center

**ADDRESS:** 14445 Olive View Drive Sylmar, CA 91342

**PHONE:** (747) 210-3000

**WEBSITE:** [www.dhs.lacounty.gov](http://www.dhs.lacounty.gov)

**SERVICES:** General emergencies, outpatient clinic appointments and walk-in clinic.

**FEES:** Varies

**AREA:** Los Angeles County

**HOURS:** 8:00 am to 8:00 pm Monday thru Friday (Urgent Care Hours)  
8:00 am to 4:00 pm Saturday (Urgent Care Hours)  
24-hours (Emergencies)

**CONTACT:** Staff member





**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)

**WEBSITE:** [info@our-center.org](mailto:info@our-center.org) & [info@kcycenter.org](mailto:info@kcycenter.org)

**PHONE:** (626) 579-2190 ext. 127 Food Bank / Temporary Shelter  
(626) 579-2190 ext. 100 Cleaver Family Wellness Clinic  
(626) 329-0860 ext. 1200 Kid's Campus after-school program  
(626) 579-2397 Fax

**SERVICES:** Food distribution, temporary shelter, and youth activities.

**FEES:** Clinic fee \$45.00 Consult. & Labs Additional fee  
For all services picture ID, proof of address,  
(If applicable), proof of children (If applicable), proof of income  
(Additional information may be asked, depending on program)

**AREA:** San Gabriel Valley

**HOURS:** **Cleaver Family Wellness Clinic:**  
8:00 am to 5:00 pm Monday, Tuesday, Wednesday  
8:00 am to 9:00 am walk-ins and 1:00 pm to 2:00 pm (Based on availability)  
10:00 am to 7:00 pm Thursday  
10:00 am to 10:30 am walk-ins and 2:00 pm to 3:00 pm (Based on availability)  
Friday (Closed)  
**Food bank:** 10:00 am to 1:00 pm Tuesday and Thursday  
**Temporary Shelter:** (Must call for appointment)

**CONTACT:** Staff member

**NAME:** Pacific Clinic East (Outpatient)

**ADDRESS:** 902 S. Myrtle Ave, 2<sup>nd</sup> Floor Monrovia, CA 91016

**PHONE:** (877) 722-2737  
(626) 357-3258 Main office  
(626) 301-0868 Fax

**WEBSITE:** [www.pacificclinics.org](http://www.pacificclinics.org)

**SERVICES:** Adult, child, family and individual counseling, outpatient services and referrals. Medication is available if necessary. Must call first before intake. Mental health facility. We provide services for El Monte HS, Mountain View HS, Rosemead HS & So. El Monte HS.

**FEES:** Medi-Cal & Students under 19 yrs. who have NO insurance.

**AREA:** San Gabriel Valley

**HOURS:** 8:00 am to 8:00 pm Monday  
8:00 am to 6:00 pm Tuesday, Wednesday & Thursday  
8:00 am to 4:00 pm Friday

**CONTACT:** Pedro Palomares

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**NAME:** Pasadena's Council on Alcoholism and Drug Dependency (PCADD)

**ADDRESS:** 1245 E. Walnut Street Suite 117, Pasadena, CA 91106

**PHONE:** (626) 795-9127  
(626) 795-0979 Fax

**WEBSITE:** [www.socialmodelrecovery.org](http://www.socialmodelrecovery.org)

**SERVICES:** Men and women of all ages who abuse drugs or alcohol. Adolescent outpatient treatment program available for ages 12 to 17. Onsite testing. Alcohol and drug programs, individual and group counseling, case management, 12 step meetings, court and DCFS referral programs, and mental health. Recovery programs and referral agencies. Not Bi-lingual.

**FEES:** Medi-Cal for Los Angeles County, Most Private Insurance and Sliding scale.

**AREA:** Located in Pasadena Serving San Gabriel Valley and Surrounding Communities.

**HOURS:** 9:00 am to 8:00 pm Monday, Wednesday and Friday  
9:00 am to 9:00 pm Tuesday and Thursday  
8:00 am to 4:30 pm Saturday

**CONTACT:** Pamela Martin/Program Coordinator



**NAME:** Pasadena-Sierra Madre YMCA

**ADDRESS:** 611 E. Sierra Madre Blvd, Sierra Madre, CA 91024

**PHONE:** (626) 432-5880  
(626) 432-6857 Fax

**WEBSITE:** [www.ymcala.org/pasadena](http://www.ymcala.org/pasadena)

**SERVICES:** Crafts, day camp, fitness programs, games, outdoor sports, summer camp, trips, and more. After-school day care center for children from grades 1-5 during the school year. Teen programs for 11-15 yrs.

**FEES:** Varies

**AREA:** Pasadena & Surrounding Communities

**HOURS:** 8:00 am to 8:00 pm Monday thru Thursday  
8:00 am to 6:00 pm Friday  
8:00 am to 12:00 pm Saturday

**CONTACT:** Camille Rillorta

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**NAME:** (PFLAG) Pasadena

**ADDRESS:** 301 N. Orange Grove Blvd, Pasadena, CA 91103  
(Mailing address: PFLAG Pasadena PO Box 125, Altadena, CA 91003)

**PHONE:** (626) 817-3524

**WEBSITE:** [www.pflagpasadena.org](http://www.pflagpasadena.org)

**SERVICES:** A group-counseling meeting for LGBTQ individuals and families focusing on coming out issues and relationships.

**FEES:** No fee for attendance, voluntary donations gladly accepted.

**AREA:** Pasadena / San Gabriel Valley

**HOURS:** 7:00 pm to 9:00 pm (Every first Tuesday of the month)

**CONTACT:** Aiden Aizumi



**NAME:** Planned Parenthood Los Angeles – El Monte Health Center

**ADDRESS:** 4786 N. Peck Road Suite #B, El Monte, CA 91732

**PHONE:** (800) 576-5544  
(626) 246-1146 Fax

**WEBSITE:** [www.pp-la.org](http://www.pp-la.org)

**SERVICES:** Birth control and education, screenings for breast, cervical and testicular cancer, testing and treatment for sexually transmitted diseases (STDs) pregnancy testing and counseling, adoption and prenatal care counseling and referrals, medication and surgical abortion, teen-sensitive services. Confidential and no parental consent needed if under age. Bilingual staff is available for your convenience.

**FEES:** Sliding fee scale, low cost to no cost

**AREA:** No restrictions

**HOURS:** 8:00 am to 5:00 pm Monday thru Friday  
8:00 am to 3:30 pm (Walk-in Hours Monday thru Friday)  
8:00 am to 4:00 pm Saturday  
8:00 am to 3:00 pm (Walk-in Hours Saturday)

**CONTACT:** Staff member

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**NAME:** Pregnancy Help Center of San Gabriel Valley, Inc.

**ADDRESS:** 5626 N. Rosemead Blvd, Temple City, CA 91780

**PHONE:** (800) 712-4357  
(626) 309-0788 Main office  
(626) 309-9467 Fax

**WEBSITE:** [www.pregnancyhelpsgv.org](http://www.pregnancyhelpsgv.org)

**SERVICES:** Free pregnancy testing, medical referrals. Free ultra sound for those who qualify. Free counseling before and after an abortion. Adoption referral services. Free Parenting classes, free baby supplies offered. Everyone is welcome. Bilingual staff is available in Spanish & Chinese.

**FEES:** Free

**AREA:** No restrictions

**HOURS:** 12:00 pm to 6:00 pm (Center Services) Monday thru Thursday  
1:00 pm to 4:00 pm (Giving Program) Tuesday, Wednesday & Thursday

**CONTACT:** Jane Chavez-Director



**NAME:** San Gabriel Pomona Valley Cocaine Anonymous

**ADDRESS:** PO Box 661896, Arcadia, CA 91006

**PHONE:** (626) 447-2887 / (909) 620-4324

**SERVICES:** Phone calls help people who need help with drug problems.  
Referral to meeting centers.

**FEES:** Free

**AREA:** San Gabriel & Pomona Valley

**HOURS:** 24-hours

**CONTACT:** Staff member

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**NAME:** San Gabriel Valley Dental Society

**ADDRESS:** 312 E. Las Tunas Drive, San Gabriel, CA 91776

**PHONE:** (626) 285-1174  
(626) 285-4873 Fax

**WEBSITE:** [www.sgvds.org](http://www.sgvds.org)

**SERVICES:** Dental referral services, oral health screenings through school sites,  
community outreach (no treatment performed at location).

**FEES:** Not applicable

**AREA:** San Gabriel Valley

**HOURS:** 8:30 am to 4:30 pm Monday thru Friday

**CONTACT:** Staff member

**NAME:** San Gabriel Valley Service Center

**ADDRESS:** 1441 Santa Anita Ave, S. El Monte, CA 91733

**PHONE:** (626) 575-5431  
(626) 442-2619 Fax

**WEBSITE:** [www.wdacs.lacounty.gov](http://www.wdacs.lacounty.gov)

**SERVICES:** Comprehensive information and referrals, food assistance programs and pantries to low income-families and seniors on different days throughout the week/month. A weekly pantry is available on Wednesday's from 8:30 am to 10:30 am and upon request in emergency. Toy loan and arts and crafts are available for children weekly. Department of Business and Consumer Affairs available on Fridays (8:30 am to 4:30 pm) to assist consumers with a range of issues and older adult case management are Fridays (2:00 pm to 4:00 pm). Community exercise classes such as yoga, Zumba, line dancing, body conditioning, chair yoga, tai chi and meditation are available throughout the week. Utility assistance program is available to help year round with Southern California Edison bills. Citizenship classes and painting classes are also available at the center.

**FEES:** Free

**AREA:** El Monte / So. El Monte / Rosemead

**HOURS:** 8:00 am to 5:00 pm Monday thru Friday

**CONTACT:** Staff member

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**NAME:** Social Security Administration

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

**PHONE:** (800) 772-1213  
(800) 325-0778 TTY

**WEBSITE:** [www.ssa.gov](http://www.ssa.gov)

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

**FEES:** Free

**AREA:** U.S.

**HOURS:** 9:00 am to 3:00 pm Monday, Tuesday, Thursday & Friday  
9:00 am to 12:00 pm Wednesday

**CONTACT:** Staff member





**NAME:** Spiritt Family Services

**ADDRESS:** 2000 Tyler Ave, South El Monte, CA 91733

**PHONE:** (626) 442-1400

**WEBSITE:** [www.spiritt.org](http://www.spiritt.org)

**SERVICES:** Case Management and Linkage to Community Resources, child development education and information, co-parenting center for parents who are separating/divorcing and blended families, group counseling for families, children and couples, individual counseling and treatment, In-Home support services, mental health for children, youth and adults (age 3 to 25), parent education support, referrals to inpatient substance abuse treatment resources, substance abuse education and counseling, summer life skills academy for At-Risk youth, WINDOWS family communication program, anger management, domestic violence support groups for survivors, domestic violence support groups for perpetrators, grandparents as parents and wellness workshops.

**FEES:** Medi-Cal

**AREA:** Los Angeles County

**HOURS:** 9:00 am to 5:00 pm Monday-Friday

**CONTACT:** Staff member

**NAME:** Su Casa Ending Domestic Violence

**ADDRESS:** 3840 Woodruff Ave, Suite 203, Long Beach, CA 90808

**PHONE:** (562) 402-4888 24-hours Hotline  
(562) 421-6537 Main office  
(562) 421-8117 Fax

**WEBSITE:** [www.sucasadv.org](http://www.sucasadv.org)

**SERVICES:** Provides all services in English and Spanish, public education presentations. Individual crisis intervention, safety assessment and referrals to shelters and community agencies. Emergency and transitional shelter for domestic violence victims.

**FEES:** Free

**AREA:** Southern California

**HOURS:** 8:00 am to 5:00 pm Monday thru Friday

**CONTACT:** Staff member



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**NAME:** Teenage Health Center/Children's Hospital of Los Angeles

**ADDRESS:** 5000 Sunset Blvd. 4<sup>th</sup> floor, Los Angeles, CA 90027

**PHONE:** (323) 361-2153  
(323) 953-8116 Fax

**WEBSITE:** [www.chla.org](http://www.chla.org)

**SERVICES:** By appointment only: Confidential reproductive health service for 12-17 year olds, at no charge, through family pact. Substance abuse prevention and treatment, project nateen for pregnant and parenting teens, behavioral health/mental health and homeless adolescent wellness center (HAWC).

**FEES:** Accepts cash, insurance and Medi-Cal

**AREA:** Los Angeles

**HOURS:** 9:00 am to 5:30 pm Monday thru Friday

**CONTACT:** Receptionist



**NAME:** The Myasthenia Gravis Foundation of California

**ADDRESS:** 6055 E. Washington Blvd. Suite #350, Los Angeles, CA 90040

**PHONE:** (323) 887-0056  
(323) 887-4915 Fax

**WEBSITE:** [www.myasthenia-ca.org](http://www.myasthenia-ca.org)

**SERVICES:** Speakers available by advance notice. Support groups available. Call main office for informational brochures.

**FEES:** Voluntary contribution

**AREA:** California / Las Vegas, Nevada

**HOURS:** 8:30 am to 4:30 pm Monday thru Friday

**CONTACT:** Staff Member



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**NAME:** The National Council on Alcoholism and Drug Dependence of East San Gabriel and Pomona Valley (NCADD)

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

**PHONE:** (626) 331-5316  
(626) 331-2219 Fax

**WEBSITE:** [www.ncaddesgpv.org](http://www.ncaddesgpv.org)

**SERVICES:** Public information referral, teenage counseling rap sessions, drug testing, teenage anger management and parenting classes, drug and alcohol awareness, adolescent prevention services, community prevention services.

**FEES:** Varies depending on program / Accepts Medi-cal for tx. Services

**AREA:** San Gabriel & Pomona Valley

**HOURS:** 8:00 am to 9:00 pm Monday thru Thursday  
8:00 am to 5:30 pm Friday  
8:30 am to 12:00 pm Saturday

**CONTACT:** Lilia Oñate/Prevention Project Coordinator ext. 3103

**NAME:** Twin Palms Community Recovery Center

**ADDRESS:** 3574 Lexington Ave, El Monte, CA 91731

**PHONE:** (626) 443-4008 Main office  
(626) 443-1059 Fax

**WEBSITE:** [www.twinpalmsrc.org](http://www.twinpalmsrc.org)

**SERVICES:** Court/DMV ordered DUI and domestic violence programs.

**FEES:** Varies per Program

**AREA:** San Gabriel Valley

**HOURS:** 9:00 am to 8:00 pm Monday thru Thursday  
9:00 am to 4:00 pm Friday  
8:00 am to 1:00 pm Saturday

**CONTACT:** Staff member

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**NAME:** Urgent Care Arcadia-Regal Medical Group

**ADDRESS:** 117 E. Live Oak Ave, Suite# 101, Arcadia, CA 91006

**PHONE:** (626) 446-8492 Main office  
(626) 445-2082 Fax

**WEBSITE:** [www.regalmed.com](http://www.regalmed.com)

**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 am to 6:00 pm Monday thru Friday

**CONTACT:** Staff member

**NAME:** Valley Light Industries, Inc.

**ADDRESS:** 5360 Irwindale Ave, Irwindale, CA 91706

**PHONE:** (626) 337-6200 Main office  
(626) 337-0220 Fax

**WEBSITE:** admin@valleylightind.org

**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 am to 4:30 pm Monday thru Friday

**CONTACT:** Staff member

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**NAME:** Women's and Children's Crisis Shelter, Inc. (WCCS)

**ADDRESS:** 13203 Hadley Street #103, Whittier, CA 90601

**PHONE:** (562) 945-3939 24-hours  
(562) 945-3937 Main office  
(562) 945-1037 Fax

**WEBSITE:** www.info@dvshelter.org

**SERVICES:** 45-day emergency shelter for victims of domestic violence and their children. Case management, legal, financial, medical & housing advocacy.

**FEES:** Free

**AREA:** Los Angeles County

**HOURS:** 8:30 am to 5:00 pm Monday thru Friday

**CONTACT:** Hotline

**Women's & Children's**  
Crisis Shelter



**NAME:** WomenShelter of Long Beach

**ADDRESS:** PO Box 17098, Long Beach, CA 90807  
DV Resource Center Address: 4201 Long Beach Blvd, Suite 102,  
Long Beach, CA 90807

**PHONE:** (562) 437-7233 ext. 24 Main office  
(562) 436-4943 Fax

**WEBSITE:** [www.womenshelterlb.org](http://www.womenshelterlb.org)

**SERVICES:** Emergency shelter domestic violence, supportive services, 24-hours crisis hotline, counseling, social services support, legal and health advocacy, community outreach and education.

**FEES:** Free

**AREA:** Los Angeles County

**HOURS:** 24-hours Hotline

**CONTACT:** Staff member

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**-- R --**

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**-- S --**

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