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.

Thanks to Betty Grelling, Mountain View High School, for the idea, format, and original information.

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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

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:

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<th>After School Program</th>
<th>Health Education</th>
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<td>Food Program</td>
<td>Mental Health</td>
<td>Transportation</td>
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</table>
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
HOTLINES
(*See inside for more information)

<table>
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<tr>
<th></th>
<th>Name</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>*211 LA County</td>
<td>(626) 350-1841</td>
</tr>
<tr>
<td>2</td>
<td>*Aurora Charter Oak Hospital</td>
<td>(800) 654-2673</td>
</tr>
<tr>
<td>3</td>
<td>*Boys Town National</td>
<td>(800) 448-3000</td>
</tr>
<tr>
<td>4</td>
<td>*California Missing Children</td>
<td>(800) 222-3463</td>
</tr>
<tr>
<td>5</td>
<td>*California Youth Crisis Youth (ages 12-24)</td>
<td>(800) 843-5200</td>
</tr>
<tr>
<td>6</td>
<td>*Center for the Pacific-Asian Families, Inc. (CPAF)</td>
<td>(800) 339-3940</td>
</tr>
<tr>
<td>7</td>
<td>*Childhelp National Headquarters</td>
<td>(800) 422-4453 (800) 222-4453 TDD</td>
</tr>
<tr>
<td>8</td>
<td>*Domestic Violence Rape Crisis</td>
<td>(626) 793-3385 (213) 626-3393 (310) 392-8381</td>
</tr>
<tr>
<td>9</td>
<td>*East Los Angeles Women’s Center</td>
<td>(800) 585-6231 Rape &amp; Battery (800) 440-7434 HIV (323) 843-0014 Shelter</td>
</tr>
<tr>
<td>10</td>
<td>*Los Angeles County Department of Child Services &amp; Family Service</td>
<td>(800) 540-4000 (800) 272-6699 TDD</td>
</tr>
<tr>
<td>11</td>
<td>*Narcotics Anonymous</td>
<td>(626) 584-6910 (SGVA) (323) 721-5504 (GELA)</td>
</tr>
<tr>
<td>12</td>
<td>*National Abortion Federation</td>
<td>(800) 772-9100</td>
</tr>
<tr>
<td>13</td>
<td>*Su Casa Ending Domestic Violence</td>
<td>(562) 402-4888</td>
</tr>
<tr>
<td>14</td>
<td>*Women’s and Children’s Crises Shelter, Inc.</td>
<td>(562) 945-3939</td>
</tr>
</tbody>
</table>
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 en Español (800) 332-1000 (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
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

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
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
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.

NAME: Alma Family Services
ADDRESS: 4024 N. Durfee Ave, Wing D, El Monte, CA 91732
PHONE: (626) 279-2530
WEBSITE: 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.

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
SERVICES: Individual, family, group counseling, case management, crisis intervention and psychotropic medication support services.

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
SERVICES: Individual, family, group counseling, case management, crisis intervention and psychotropic medication support services.

FEES: Grant
FEES: Medi-Cal
AREA: Los Angeles County
AREA: South Pasadena / Commerce
HOURS: 8:00 am to 5:00 pm Monday thru Friday
HOURS: 24-Hours 7 days a week
CONTACT: Diego Rodrigues
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 (2nd 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

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
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

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
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
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

NAME: Because I Love You (B.I.L.Y.)
ADDRESS: PO Box 2062, Winnetka, CA 91306
PHONE: (818) 884-8242
WEBSITE: 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

**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 intervention.

**FEES:** Medi-Cal

**AREA:** El Monte

**CONTACT:** Staff member
<table>
<thead>
<tr>
<th><strong>NAME:</strong></th>
<th>California Missing Children Hotline</th>
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<tbody>
<tr>
<td><strong>ADDRESS:</strong></td>
<td>PO Box 903387, Sacramento, CA 94203</td>
</tr>
<tr>
<td><strong>PHONE:</strong></td>
<td>(800) 222-3463 (916) 210-3119 Main office (916) 227-3270 Fax</td>
</tr>
<tr>
<td><strong>WEBSITE:</strong></td>
<td><a href="http://www.oag.ca.gov/missing">www.oag.ca.gov/missing</a></td>
</tr>
<tr>
<td><strong>SERVICES:</strong></td>
<td>Relays information to law enforcement agencies. Makes posters and publishes bulletins with pictures of missing children.</td>
</tr>
<tr>
<td><strong>FEES:</strong></td>
<td>Free</td>
</tr>
<tr>
<td><strong>AREA:</strong></td>
<td>California / Other States</td>
</tr>
<tr>
<td><strong>HOURS:</strong></td>
<td>24-hours</td>
</tr>
<tr>
<td><strong>CONTACT:</strong></td>
<td>Staff member</td>
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<table>
<thead>
<tr>
<th><strong>NAME:</strong></th>
<th>California Youth Crisis Line</th>
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<tbody>
<tr>
<td><strong>ADDRESS:</strong></td>
<td>PO Box 161448, Sacramento, CA 95816</td>
</tr>
<tr>
<td><strong>PHONE:</strong></td>
<td>(800) 843-5200 (916) 514-4464 Main office (916) 514-4499 Fax</td>
</tr>
<tr>
<td><strong>WEBSITE:</strong></td>
<td>calyouth.org</td>
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<tr>
<td><strong>SERVICES:</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>FEES:</strong></td>
<td>Free</td>
</tr>
<tr>
<td><strong>AREA:</strong></td>
<td>California</td>
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<tr>
<td><strong>HOURS:</strong></td>
<td>24-hours Hotline</td>
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<tr>
<td><strong>CONTACT:</strong></td>
<td>Logan Shideler, Program Coordinator</td>
</tr>
</tbody>
</table>
NAME: Center for Integrated Family & Health Services (CIFHS)

ADDRESS: 540 S. Eremland Drive, Covina, CA 91723

ADDRESS: 560 S. San Jose Ave, Covina, CA 91723

PHONE: (626) 966-1577 (Eremland location)

PHONE: (626) 967-5103 (San Jose location)

PHONE: (626) 331-4529 Fax

PHONE: (626) 967-1339 Fax

WEBSITE: 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)

HOURS: 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)

CONTACT: 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 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
HOUR: 9:00 am to 5:00 pm Monday thru Friday (Public Community Center)
CONTACT: Staff

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
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
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

NAME: Children’s Hospital of Los Angeles / Teenage Health Center
ADDRESS: 5000 Sunset Blvd, 4th floor Los Angeles, CA 90027
PHONE: (323) 361-2153
(323) 953-8116 Fax
WEBSITE: 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
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

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
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

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

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

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

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
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

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
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

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

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
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 1st & 3rd Saturday
CONTACT: Staff member

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
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

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

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

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  
**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  
**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 6th 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
SERVICES: To report neglected and abused children. Referrals offered.
FEES: Free
AREA: Los Angeles County
HOURS: 24-hours
CONTACT: Public inquiry

NAME: Márez & Associates
ADDRESS: 1323 W. Covina Parkway Suite D, West Covina, CA 91790
PHONE: (626) 338-5175
WEBSITE: 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
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

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
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

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

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

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

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

NAME: Olive View / UCLA Medical Center

ADDRESS: 14445 Olive View Drive Sylmar, CA 91342

PHONE: (747) 210-3000

WEBSITE: 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 & info@kcyccenter.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, 2nd Floor Monrovia, CA 91016

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

WEBSITE: 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

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

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.ymcaloa.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

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
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
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

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
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
<table>
<thead>
<tr>
<th><strong>NAME:</strong></th>
<th>San Gabriel Pomona Valley Cocaine Anonymous</th>
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<tbody>
<tr>
<td><strong>ADDRESS:</strong></td>
<td>PO Box 661896, Arcadia, CA 91006</td>
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<tr>
<td><strong>PHONE:</strong></td>
<td>(626) 447-2887 / (909) 620-4324</td>
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<tr>
<td><strong>SERVICES:</strong></td>
<td>Phone calls help people who need help with drug problems. Referral to meeting centers.</td>
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<tr>
<td><strong>FEES:</strong></td>
<td>Free</td>
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<tr>
<td><strong>AREA:</strong></td>
<td>San Gabriel &amp; Pomona Valley</td>
</tr>
<tr>
<td><strong>HOURS:</strong></td>
<td>24-hours</td>
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<tr>
<td><strong>CONTACT:</strong></td>
<td>Staff member</td>
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<thead>
<tr>
<th><strong>NAME:</strong></th>
<th>San Gabriel Valley Dental Society</th>
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<tbody>
<tr>
<td><strong>ADDRESS:</strong></td>
<td>312 E. Las Tunas Drive, San Gabriel, CA 91776</td>
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<tr>
<td><strong>PHONE:</strong></td>
<td>(626) 285-1174</td>
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<tr>
<td></td>
<td>(626) 285-4873 Fax</td>
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<tr>
<td><strong>WEBSITE:</strong></td>
<td><a href="http://www.sgvds.org">www.sgvds.org</a></td>
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<tr>
<td><strong>SERVICES:</strong></td>
<td>Dental referral services, oral health screenings through school sites, community outreach (no treatment performed at location).</td>
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<tr>
<td><strong>FEES:</strong></td>
<td>Not applicable</td>
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<tr>
<td><strong>AREA:</strong></td>
<td>San Gabriel Valley</td>
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<tr>
<td><strong>HOURS:</strong></td>
<td>8:30 am to 4:30 pm Monday thru Friday</td>
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<tr>
<td><strong>CONTACT:</strong></td>
<td>Staff member</td>
</tr>
</tbody>
</table>
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
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

NAME: Social Security Administration
ADDRESS: 9351 Telstar Ave, El Monte, CA 91731
PHONE: (800) 772-1213
(800) 325-0778 TTY
WEBSITE: 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
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 |
| 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 |

| NAME: Teenage Health Center/Children’s Hospital of Los Angeles |
| ADDRESS: 5000 Sunset Blvd. 4th floor, Los Angeles, CA 90027 |
| PHONE: (323) 361-2153 (323) 953-8116 Fax |
| WEBSITE: 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
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

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
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
SERVICES: Court/DMW 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

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
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

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
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

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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