

# GUIDE TO **COMMUNITY RESOURCES**



LONG BEACH UNIFIED SCHOOL DISTRICT



FIFTH EDITION





## LONG BEACH UNIFIED SCHOOL DISTRICT GUIDE TO COMMUNITY RESOURCES

There is an exciting process taking place throughout the county: Agencies, schools and concerned community members are meeting regularly to discuss ways to work more closely together. The buzzwords are collaborate, integrate and leverage resources. By working in a more unified way, our community can create more powerful programs!

This document was compiled by the Long Beach Unified School District (LBUSD) in response to multiple requests for a community resource guide to help facilitate the process. Along with descriptions of agency services, the reader will find information about a variety of public and private benefits programs and enrollment sites throughout the Greater Long Beach area. Assisting families with benefits enrollment is critical to ensuring successful access to resources, because many agencies require participation in these programs.

There are two ways to look for services in this guide: the *Table of Contents* in the front and the *EZ Reference Guide* in the back. The Table of Contents groups agencies by category: childcare, mentoring, mental health and so forth. Because many agencies provide multiple types of services, they may appear in several categories in this section. However, the description of each agency's services is usually located in only one place in the document. It can be found by looking for page numbers in either the front or back of the book. The *EZ Reference Guide*, located in the back, is an alphabetical index of agencies with page and phone numbers.

When we know about available resources and the benefits required to access programs, we can successfully link people to services. By grouping agencies in categories, we can see what we have and where there are gaps in services. We can also use the information in this guide to become acquainted with providers we don't already know, and engage them in the dialogue necessary to build bridges and fill in gaps.

Putting this resource guide together and keeping it updated is a community effort. Special thanks to those who patiently and enthusiastically provided the information contained herein.

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



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# ALCOHOL, DRUG AND TOBACCO ABUSE

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## **CALIFORNIA ACCESS TO RECOVERY EFFORT (CARE)**

[www.CaliforniaCares4youth.com](http://www.CaliforniaCares4youth.com)

PH: (866) 350-8773

Provides vouchers to LA County residents ages 12-20 for substance abuse treatment and recovery support services: assessment, outpatient and short-term residential treatment, activities that improve participation in treatment and recovery.

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## **AL-ANON and ALATEEN**

[www.alanonla.org](http://www.alanonla.org)

PH: (888) 684-6444

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

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## **ALCOHOL AND DRUG REHABILITATION SERVICES**

### **City of Long Beach**

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

PH: (562) 570-4100

Outpatient substance abuse treatment for ages 14+. FEE: Sliding scale.

HRS: Monday-Thursday 8 AM-8:30 PM, Friday 8 AM-5 PM.

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## **ALCOHOLICS ANONYMOUS**

[www.hacoaa.org](http://www.hacoaa.org)

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

English: (562) 989-7697

Spanish: (310) 516-8626

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

---

## **ATLANTIC RECOVERY SERVICES**

[www.atlanticrecovery.org](http://www.atlanticrecovery.org)

944 Pacific Ave., Long Beach, CA 90813

PH: (562) 436-3533

Outpatient substance abuse services for adults/teens; school-based services; court-ordered drug testing and more. Spanish spoken. HRS: Monday-Friday 8:30 AM-5:30 PM.

---

## **CALIFORNIA SMOKERS'/TOBACCO CHEWERS' HELPLINE**

[www.californiasmokershelpline.org](http://www.californiasmokershelpline.org)

English .....	(800) NO-BUTTS
Spanish .....	(800) 45-NO-FUME
Korean .....	(800) 556-5564
Mandarin and Cantonese .....	(800) 838-8917
Tobacco Chewers' Helpline.....	(800) 844-CHEW
TTY .....	(800) 933-4TDD
Vietnamese .....	(800) 778-8440

Information/support to help quit smoking and using smokeless tobacco: self-help materials, local referrals, phone counseling, online support materials. FEE: No charge.

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**CAMBODIAN ASSOCIATION OF AMERICA**

[www.cambodian.com/caa](http://www.cambodian.com/caa)

**Main Office**

2390 Pacific Ave., Long Beach, 90806  
PH: (562) 988-1863

**Branch Office**

2501 Atlantic Ave., Long Beach 90806  
PH: (562) 424-6105

Parenting classes, domestic violence and outpatient substance abuse counseling for adults.  
Spanish and Khmer spoken. FEE: No charge. HRS: Monday-Friday 8:30 AM-5:30 PM.

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**CENTER FOR DISCOVERY AND ADOLESCENT CHANGE**

[www.centerfordiscovery.com](http://www.centerfordiscovery.com)

4136 Ann Arbor Rd., Lakewood, CA 90712  
PH: (562) 425-7418

Day/residential treatment in Long Beach and Lakewood for males/females: ages 11-19 for eating disorders, ages 11-17 for dual diagnosis services. FEE: \$890 per day, subject to change; private insurance.  
HRS: Monday-Friday 8 AM-4 PM.

---

**CENTRO CHA, INC.**

[www.centrocha.org](http://www.centrocha.org)

727 Pine Ave., Long Beach, CA 90813  
PH: (562) 570-4722

Outpatient substance abuse treatment, court-ordered drug-testing and more for ages 14-24. Spanish spoken.  
FEE: Sliding scale. HRS: Tuesday, Thursday 3:30-5 PM. Call to enroll.

---

**CHOICES RECOVERY SERVICES**

[www.ChoicesofLongBeach.com](http://www.ChoicesofLongBeach.com)

P.O. Box 40119, Long Beach, CA 90804  
PH: (562) 930-0565

Outpatient/residential substance abuse/dual diagnosis services for adults, outpatient treatment for ages 14+.  
Call/visit the website for more information. FEE: Medi-Cal, CARE, sliding scale.

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**FLOSSIE LEWIS RECOVERY CENTER**

351 E. 6th St., Long Beach, CA 90802  
PH: (562) 435-7350

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

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**NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE (NCADD)/  
WOMAN TO WOMAN**

3750 Long Beach Blvd., Long Beach, CA 90807  
PH: (562) 426-8262

Adult outpatient/residential substance abuse treatment for women and their children, childcare for the outpatient program, 12-step meetings, domestic violence services and more. Spanish spoken.

**Positive Choices**

Teen outpatient substance abuse treatment: random drug testing, case management, school-based services and more. Spanish spoken.

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**SHARE!****Emotional Health Association**

www.shareselfhelp.org

PH: (310) 305-8878

Referrals to over 10,000 self-help support groups in LA County. Call/visit the website for details.

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**STUDENTS TALKING ABOUT RESISTING SUBSTANCES (STARS)****City of Long Beach**

PH: (562) 570-4100

Multi-media substance abuse and tobacco prevention workshops for teens and their parents, available for schools and other community locations upon request. FEE: No charge.

---

**SUBSTANCE ABUSE FOUNDATION OF LONG BEACH, INC.**

www.safinc.org

3125 E. 7th St., Long Beach, CA 90804

PH: (562) 439-7755

TTY: (800) 735-2929

Adult outpatient/residential substance abuse treatment; classes in anger management, domestic violence and parenting. Spanish spoken. FEE: Medi-Cal, sliding scale.

HRS: Monday-Friday 8 AM-5 PM.

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**TARZANA TREATMENT CENTERS, INC.**

www.tarzanatc.org

**Outpatient Facility**

5190 Atlantic Ave., Long Beach, CA 90805

PH: (562) 428-4111 Ext. 7100

Outpatient substance abuse/dual diagnosis services for adults/teens; random drug testing; case management; adult classes in anger management, domestic violence and parenting. Spanish spoken. FEE: Medi-Cal, CARE, private insurance, sliding scale. HRS: Monday-Friday 9 AM-8 PM.

**Residential Facility**

2101 Magnolia Ave., Long Beach, CA 90806

PH: (562) 218-1868 Ext. 6100

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

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**TOBACCO EDUCATION PROGRAM (TEP)****City of Long Beach**

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

PH: (562) 570-7950

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

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**TOTAL FAMILY SUPPORT CLINIC**

www.totalfamilysupport.org

2511 Long Beach Blvd., Long Beach, CA 90806

PH: (562) 981-1501

Outpatient substance abuse treatment for ages 12+. FEE: Medi-Cal, sliding scale.

HRS: Monday-Friday 8 AM-6 PM by appointment.



# CHILD ABUSE, PROTECTION AND FOSTER CARE

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## **CHILD PROTECTION HOTLINE (CPH)**

**Department of Children and Family Services**

**Los Angeles County**

lacdcs.org

PH: (800) 540-4000

TTY: (800) 272-6699

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

**Department of Children and Family Services**  
3075 Wilshire Blvd., Fifth Floor, Los Angeles, CA 90010

Small quantities of the Suspected Child Abuse Report Form may be requested by calling CPH. Interpreters available.

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## **DEPARTMENT OF CHILDREN AND FAMILY SERVICES (DCFS) – SERVICE AREA 8**

**Los Angeles County**

lacdcs.org

4060 Watson Plaza Dr., Lakewood, CA 90712

PH: (562) 497-3500

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

---

## **FOSTER AND KINSHIP CARE EDUCATION PROGRAM**

**Long Beach City College**

fostercare.lbcc.edu

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

PH: (562) 938-3014

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

---

## **FOSTER YOUTH SERVICES**

**Department of Education**

**State of California**

PH: (213) 637-3103

Countywide program provides educational/support services for foster youth ages 4-21: facilitates the rapid transfer of records for youth transitioning between school districts, troubleshoots all issues connected with living in out-of-home placement and more.

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

www.ilponline.org

DCFS Transition Coordinator: (562) 497-3755

Probation Transition Coordinator: (213) 351-0100

LA County ILP Ombudsman: (626) 229-3583

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

---

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

9834 Norwalk Blvd., Santa Fe Springs, CA 90670

PH: (562) 777-1751

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

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**PUBLIC HEALTH NURSING FOR FOSTER/PROBATION YOUTH****City of Long Beach**

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

PH: (562) 570-4250

TTY: (562) 570-4230

Registered nurses provide services to foster/probation youth: assessment, case management, health education, counseling and advocacy in the home and community. FEE: No charge.

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

5835 S. Eastern Ave., City of Commerce, CA 90040

PH: (323) 725-4464

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

# CHILDCARE

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## **CHILDCARE INFO LINE:**

### **CHILDREN'S HOME SOCIETY OF CALIFORNIA**

PH: (562) 256-7490

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## **CALWORKS CHILDCARE HOTLINE**

### **Department of Public Social Services (DPSS)**

#### **Los Angeles County**

PH: (877) 244-5399

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

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## **CHILD DEVELOPMENT CENTERS**

### **Long Beach Unified School District**

[www.lbschools.net/Main\\_Offices/Middle\\_K-8\\_Schools/Child\\_Development](http://www.lbschools.net/Main_Offices/Middle_K-8_Schools/Child_Development)

The Willows, 4310 Long Beach Blvd., 2ND Floor, Long Beach, CA 90807

Office: (562) 422-6868

Enrollment Center: (562) 422-3928

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### **Preschool Age Care**

Day care for ages 2-5 who meet low-income requirement. Call/visit the website for locations. Spanish spoken.

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

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

### **State Preschool**

Three-hour morning or afternoon classes for ages 3-5 who meet low-income requirement. Call/visit the website for locations. Spanish spoken. FEE: No charge, parent participation component.

### **School Age Care**

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

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

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

---

## **CHILDREN'S HOME SOCIETY OF CALIFORNIA**

[www.chs-ca.org](http://www.chs-ca.org)

330 Golden Shore, Suite 20, Long Beach, CA 90802

PH: (562) 256-7490

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

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## **COMPREHENSIVE CHILD DEVELOPMENT**

2565 Pacific Ave., Long Beach, CA 90806

PH: (562) 427-8834

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Day care for ages 4 months-5 years, after-school care for grades K-3. Ages 2 ½ -5 must be potty-trained for placement in a childcare center. Ages 4 months-3 years need not be potty-trained for placement in a licensed family childcare home network. Lowest income families have priority. Spanish spoken. FEE: Sliding scale.

HRS: Monday-Friday 6:45 AM-6 PM.

---

**EARLY START PROGRAM****Long Beach Unified School District**

www.lbschools.net/Main\_Offices/School\_Support\_Services/Special\_Education/pre-school.cfm  
2221 Argonne Ave., Room 3, Long Beach, CA 90815  
PH: (562) 986-6870 Ext. 246

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

---

**HEAD START****Long Beach Unified School District**

www.lbschools.net/Main\_Offices/Middle\_K-8\_Schools/headstart.cfm

**Administration Office**

2898 Orange Ave., Signal Hill, CA 90755  
PH: (562) 427-0833

Comprehensive child development services for ages 0-5: education, health, nutrition, social services and parent involvement in a center or home-based option. Call/visit the website for more information. Spanish, Khmer, Tagalog and Vietnamese spoken. FEE: No charge to eligible families. HRS: Monday-Friday 7:30 AM-4:30 PM.

---

**KIDS' CLUB****Long Beach Unified School District**

www.lbschools.net/Main\_Offices/Middle\_K-8\_Schools/Child\_Development  
PH: (562) 627-1022

<b>Bixby Elementary School</b> .....	(562) 498-5718
<b>Cleveland Elementary School</b> .....	(562) 425-2258
<b>Cubberley K-8 School</b> .....	(562) 497-1838
<b>Emerson Elementary School</b> .....	(562) 429-5238
<b>Fremont Elementary School</b> .....	(562) 856-2751
<b>Gant Elementary School</b> .....	(562) 493-5197
<b>Henry Elementary School</b> .....	(562) 420-2168
<b>Keller Elementary School</b> .....	(562) 938-8707
<b>Lowell Elementary School</b> .....	(562) 434-7968
<b>MacArthur Elementary School</b> .....	(562) 496-0438
<b>Prisk Elementary School</b> .....	(562) 493-0818

Students enrolled at the schools listed above can participate in before and after-school care at their own school. Call the sites for enrollment information. FEE: \$70 registration fee for individuals; \$110 registration fee for families; \$4.70 per hour, with a 12 hour-per-week minimum per child; \$30 per day for winter, spring and summer programs. HRS: Monday-Friday 6:30 AM-6:30 PM.

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**LONG BEACH COMMUNITY IMPROVEMENT LEAGUE**

www.lbcil.org  
2222 Olive Ave., Long Beach, CA 90806  
PH: (562) 426-8897

Day care for ages 2 ½ -5, after-school care for ages 5-12. FEE: Eligible families may qualify for subsidized/free programs. HRS: Monday-Friday 6:30 AM-6 PM.



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**LONG BEACH DAY NURSERY**

[www.lbdn.org](http://www.lbdn.org)

**Administration/West Branch**

1548 Chestnut Ave., Long Beach, CA 90813

PH: (562) 591-0509

**East Branch**

3965 Bellflower Blvd., Long Beach, CA 90808

PH: (562) 421-1488

Day care for ages 6 weeks-6 years at the West Branch, ages 18 months-6 years at the East Branch. Call/visit the website for more information. Spanish spoken. FEE: Eligible families may qualify for subsidized program. HRS: Monday-Friday 6:30 AM-6 PM.

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**PRESCHOOL PROGRAM****Long Beach Unified School District**

[www.lbschools.net/Main\\_Offices/School\\_Support\\_Services/Special\\_Education/pre-school.cfm](http://www.lbschools.net/Main_Offices/School_Support_Services/Special_Education/pre-school.cfm)

2221 Argonne Ave., Room 3, Long Beach, CA 90815

PH: (562) 986-6870 Ext. 246

Assessment and intervention services for ages 3-5 who require special education services due to an established medical condition; congenital syndrome which may adversely impact development; or delays in one or more areas such as communication, motor, social/emotional, visual and/or cognitive development. LBUSD offers a continuum of special education placement options and related services throughout the school district. Spanish spoken. FEE: No charge.

---

**YMCA OF GREATER LONG BEACH**

[www.lbymca.org](http://www.lbymca.org)

**Corporate Office**

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

PH: (562) 279-1700

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

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**YOUNG HORIZONS**

[www.yhcc-lb.com](http://www.yhcc-lb.com)

**Main Office**

501 Atlantic Ave., Long Beach, CA 90802

PH: (562) 437-8991

Day care for ages 6 months-5 years whose parents are low-income and work, attend school or are referred by DCFS. Call/visit the website for program information and locations. Spanish, Tagalog, German, Greek, Armenian and Arabic spoken. FEE: CalWORKs, sliding scale. HRS: Monday-Friday 7 AM-6 PM.

**State Preschool**

Three and one half hours of morning or afternoon day care for ages 3-4 who meet low-income requirement. Call/visit the website for program information and locations. FEE: No charge.



# COMMUNITY SERVICE

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## **COMMUNITY SERVICE/SERVICE LEARNING** **Long Beach Unified School District (LBUSD)**

[www.lbschools.net](http://www.lbschools.net)

All LBUSD high school students must volunteer 40 hours of service learning as part of their high school graduation requirement. Work with non-profit agencies/activities is acceptable. Volunteer hours can begin the day after 8th grade graduation. Summer hours count. Court-ordered community service cannot count toward the graduation requirement.

More information is available on the school district website: [www.lbschools.net](http://www.lbschools.net). At the top right-hand corner, click "S" in the alpha index. Scroll down to "Service Learning" and click again to access the student manual, facts and guidelines, forms, community opportunities and more.

Each high school has a service learning coach to help with questions about agencies/activities not listed on the website. For those just entering high school or to get a service learning log during the summer, call the Health and PE Curriculum Office at (562) 997-0632.

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## **COURT-ORDERED COMMUNITY SERVICE**

Court-ordered community service is an alternative sentencing option that allows individuals to contribute service at various non-profit agencies, in lieu of a fine or other sentence. The number of mandated hours is at the sole discretion of the sentencing judge. Registration is required at a court-approved agency, listed on the court referral, before commencing service. Long Beach Volunteer Center, described below, is one of the main court-approved agencies in the Greater Long Beach area. They can also assist with service learning opportunities.

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## **LONG BEACH VOLUNTEER CENTER**

[www.volctr-sobay.org](http://www.volctr-sobay.org)

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

PH: (562) 590-8844

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

HRS: Monday-Friday 9 AM-12 PM, 1:30-3:30 PM walk-in.



# CRISIS INTERVENTION

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## WHAT IS IMMINENT DANGER?

Welfare and Institutions Codes (WIC) 5150 for adults and 5585 for minors state that suspected mentally disordered persons who pose a danger to themselves or others, or are gravely disabled, may be taken into custody and placed in a county-approved psychiatric facility for 72 hours of evaluation and treatment.

## PSYCHIATRIC EMERGENCIES IN SCHOOL

LA County Department of Mental Health (DMH) psychiatric mobile response teams (PMRT) are available for imminent danger evaluation at all LBUSD schools. Private PMRT services provided by College and Del Amo hospitals are not authorized to work in LBUSD.

However, schools have choices when faced with a potentially dangerous psychiatric situation. They can contact the designated DMH PMRT or their local law enforcement agency. Long Beach and Signal Hill schools have the option of calling the Mental Evaluation Team (MET), Long Beach Police Department's PMRT. All schools can contact the Long Beach Child and Adolescent Program for consultation and support.

An important factor in deciding which PMRT to use is their proposed response time. Depending on the number of available emergency-responders and the number of crises they are dealing with at one time, this may vary.

When calling a PMRT, inquire how long it will take them to get to the location of the youth. If the stated response time is not acceptable, call another agency, and then decide which one may accommodate the needs of the situation more rapidly.

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## PSYCHIATRIC MOBILE RESPONSE TEAMS (PMRT)

**Department of Mental Health (DMH)  
Los Angeles County**

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

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

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

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

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## MENTAL EVALUATION TEAM (MET)

**Long Beach Police Department  
City of Long Beach**

Dispatch: (562) 435-6711

Mobile response to dangerous psychiatric situations in Long Beach and Signal Hill. FEE: No charge for evaluation. HRS: Every day 6 AM-1 AM.

---

**LONG BEACH CHILD AND ADOLESCENT PROGRAM****Department of Mental Health****Los Angeles County**

PH: (562) 599-9271

Provides assistance during psychiatric emergencies over the phone and at the facility. No PMRT services are available. If school personnel are unclear whether a PMRT needs to be called, this agency can provide phone support to help evaluate potential imminent danger.

Students can also be transported to the facility for evaluation and hospitalization assistance Monday- Friday 8 AM-4 PM. LBUSD discourages school personnel from transporting potentially dangerous individuals. However, if the decision is made to transport, notify the agency in advance and inform them of the type of insurance coverage held by the student. Private insurance companies may require prior authorization and/or charge full cost for services. FEE: Medi-Cal, Healthy Families, sliding scale.

**OTHER AGENCIES**

In this section, the reader will find information about other agencies that provide assistance during and after a crisis. Appropriate insurance coverage may be important when deciding which agency to use.

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**HOTLINES**

211 LA County .....	211
Child Protection Hotline .....	(800) 540-4000
DMH 24-Hour Access Center: .....	(800) 854-7771
Disabled Adult/Elder Abuse Hotline .....	(877) 477-3646
Long Beach Child and Adolescent Program .....	(562) 599-9271
Poison Control .....	(800) 876-4766
Service Area 6 PMRT (Compton) .....	(310) 668-5150
Service Area 7 PMRT (Lakewood).....	(562) 467-0209
Service Area 8 PMRT (Avalon, Long Beach, Signal Hill, South Bay) .....	(310) 534-1083
Sexual Assault Crisis Agency Hotline .....	(562) 989-5900
Su Casa Hotline .....	(562) 402-4888
Suicide Prevention and Survivor Hotline .....	(877) 727-4747
Suicide Prevention Hotline for Gay and Questioning Youth .....	(866) 4UTREVOR
Womenshelter of Long Beach .....	(562) 437-4663

**POLICE DEPARTMENTS**

Avalon Sheriff's Station .....	(310) 510-0174
California State University, Dominguez Hills .....	(310) 243-3639
Lakewood Sheriff's Station.....	(562) 866-9061
Long Beach Police Department .....	(562) 435-6711
Mental Evaluation Team (MET) .....	(562) 435-6711
Police/Fire Emergency.....	911
Signal Hill Police Department.....	(562) 989-7200

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**AMERICAN RED CROSS, GREATER LONG BEACH CHAPTER**

www.greaterlongbeachrc.org

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

PH: (562) 595-6341

Relief to disaster victims, classes in health and safety, community education.

FEE: No charge for disaster services, fee for classes. HRS: Monday-Friday 8 AM-5 PM.

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**COLLEGE HOSPITAL**

10802 College Pl., Cerritos, CA 90703  
PH: (562) 924-9581

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

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**DEL AMO HOSPITAL**

23700 Camino del Sol, Torrance, CA 90505  
PH: (310) 530-1151

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

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**MENTAL EVALUATION TEAM (MET)**

**Long Beach Police Department  
City of Long Beach**

Dispatch: (562) 435-6711

Mobile response to dangerous psychiatric situations in Long Beach and Signal Hill. FEE: No charge for evaluation. HRS: Every day 6 AM-1 AM.

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**MENTAL HEALTH URGENT CARE CENTER OF LONG BEACH**

6060 Paramount Blvd., Long Beach, CA 90805  
PH: (562) 790-1860

Voluntary 24-hour emergency walk-in/phone assistance for adults in crisis: psychiatric/medication evaluation; no PMRT, 5150 status, emergency medical care or a primary diagnosis of dementia or developmental disabilities. Spanish spoken. FEE: No charge

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**SERVICE AREA 6 PMRT (Compton)**

**Department of Mental Health  
Los Angeles County**

24-Hour Access Center: (800) 854-7771  
Direct (Monday-Friday 8 AM-5 PM): (310) 668-5150

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

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**SERVICE AREA 7 PMRT (Lakewood)**

**Department of Mental Health  
Los Angeles County**

24-Hour Access Center: (800) 854-7771  
Direct (Monday-Friday 8 AM-5 PM): (562) 467-0209

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

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**SERVICE AREA 8 PMRT (Avalon, Long Beach, Signal Hill, South Bay)****Department of Mental Health****Los Angeles County**

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

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

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

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**SEXUAL ASSAULT CRISIS AGENCY (SACA)**

3711 Long Beach Blvd, Suite 815, Long Beach CA 90807

24-Hour Hotline: (562) 989-5900

Outreach Office: (562) 989-0309

Services for sexual assault survivors: crisis intervention; individual and group counseling for ages 13+; accompaniment to rape exam, police station, court hearings for ages 15+; school and community education on sexual harassment/assault for grades 4+. FEE: No charge. HRS: Monday-Friday 9 AM-5 PM.

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**VICTIM WITNESS ASSISTANCE PROGRAM****Los Angeles County**[da.co.la.ca.us/vwap](http://da.co.la.ca.us/vwap)

Long Beach Courthouse, 415 W. Ocean Blvd., Room 305, Long Beach, CA 90802

PH: (562) 491-6347

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



# DISABLED SERVICES

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## **ABILITY FIRST**

www.abilityfirst.org  
3770 E. Willow St., Long Beach, CA 90815  
PH: (562) 426-6161

Socialization, vocational training and recreation programs for developmentally disabled: weekday program for adults with multiple developmental disabilities, after-school recreation for ages 6-22, Saturday recreation for ages 6-22 with behavioral challenges, Adult Vocational Training Center prepares adults for employment. Spanish spoken. FEE: Sliding scale, some services funded by Harbor Regional Center. HRS: Monday-Friday, Adults 8:30 AM-1:30 PM, Children 1:30-5:30 PM, Saturday 9 AM-3 PM.

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## **ADAPTIVE RECREATION**

### **City of Long Beach**

4520 E. 23rd St., Long Beach, CA 90815  
PH: (562) 570-1685

Recreation and other programs for ages 9+ with disabilities.

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## **ALMA FAMILY SERVICES**

www.almafamilyservices.org  
121 Linden Ave., Long Beach, CA 90802  
Intake Office: (323) 881-3799  
Long Beach Office: (562) 624-8844

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

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## **AUTISM SOCIETY OF AMERICA**

### **Greater Long Beach/San Gabriel Valley Chapters**

www.greaterlongbeach-asa.org  
P.O. Box 15247, Long Beach, CA 90815  
PH: (562) 943-3335

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

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## **BRAILLE INSTITUTE**

www.brailleinstitute.org

### **Orange County Center**

527 N. Dale Ave., Anaheim, CA 92801  
PH: (714) 821-5000

### **Los Angeles Site Center**

741 N. Vermont Ave., Los Angeles, CA 90029  
PH: (323) 663-1111

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

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**DEPARTMENT OF REHABILITATION****State of California**

[www.dor.ca.gov](http://www.dor.ca.gov)

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

PH: (562) 422-8325

TTY: (562) 422-9276

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

HRS: Monday-Friday 8 AM-5 PM.

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**DISABILITY BENEFITS 101**

[www.disabilitybenefits101.org](http://www.disabilitybenefits101.org)

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

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**DISABLED ADULT/ELDER ABUSE HOTLINE****Adult Protective Services****Los Angeles County**

[css.lacounty.gov](http://css.lacounty.gov)

24-Hour Hotline: (877) 477-3646

Employees of secondary schools serving special education students ages 18-22 are mandated reporters, responsible for immediately reporting suspected disabled adult abuse to Adult Protective Services and/or a local law enforcement agency. School personnel are not responsible for investigating cases. Written reports should be faxed and mailed to the address below using reporting form SOC 341, which can be downloaded from the internet using any search engine. Forms can also be ordered from the centralized intake unit. Call/visit the website for more information. Interpreters available.

**Adult Protective Services****Centralized Intake Unit**

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

PH: (213) 738-2669

FX: (213) 738-6485

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**DISABLED RESOURCES CENTER**

[www.drcinc.org](http://www.drcinc.org)

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

PH: (562) 427-1000

TTY: (562) 427-1366

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

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**DISABLED STUDENTS PROGRAMS AND SERVICES****Long Beach City College (LBCC)**

[dsps.lbcc.edu](http://dsps.lbcc.edu)

**Liberal Arts Campus**

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

PH: (562) 938-4558

TTY: (562) 938-4833

**Pacific Coast Campus**

1305 Pacific Coast Highway, Long Beach, 90806

PH: (562) 938-3921

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

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**DISABLED STUDENT SERVICES****California State University, Long Beach (CSULB)**

[www.csulb.edu/divisions/students/dss](http://www.csulb.edu/divisions/students/dss)

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

PH: (562) 985-5401

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

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**EARLY START PROGRAM****Long Beach Unified School District**

[www.lbschools.net/Main\\_Offices/School\\_Support\\_Services/Special\\_Education/pre-school.cfm](http://www.lbschools.net/Main_Offices/School_Support_Services/Special_Education/pre-school.cfm)

2221 Argonne Ave., Room 3, Long Beach, CA 90815

PH: (562) 986-6870 Ext. 246

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

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**EDUCATIONAL PSYCHOLOGY CLINIC****California State University, Long Beach**

[www.ced.csulb.edu/edpac/clinic/](http://www.ced.csulb.edu/edpac/clinic/)

1250 Bellflower Blvd., Long Beach CA 90840

PH: (562) 985-4991

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

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

[www.gladinc.org](http://www.gladinc.org)

2222 Laverna Ave., Los Angeles, CA 90041

PH: (323) 478-8000

TTY: (323) 550-4226

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

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**HARBOR REGIONAL CENTER (HRC)**

www.harborrc.org

21231 Hawthorne Blvd., Torrance, CA 90503

PH: (310) 540-1711

Assistance for California residents with special needs such as mental retardation, cerebral palsy, epilepsy, autism and some neurological handicaps: assessment/diagnosis, lifelong program planning/coordination, purchase of certain services, guardianship/conservatorship assistance. Website offers support directories, training/events schedules, applications and more. Spanish spoken. HRS: Monday-Friday 8:30 AM-5 PM.

**HRC Resource Center**

PH: (310) 543-0691

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

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**JOHN TRACY CLINIC**

www.jtc.org

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

Long Beach Office: (562) 426-2257

Los Angeles Office: (213) 748-5481

TTY: (213) 747-2924

Services for hearing-impaired children under age 6 and their parents: hearing exams for children, classes and support groups for parents, early intervention program for parents and infants. Interpreters available.

FEE: No charge. HRS: Call the Los Angeles or Long Beach Office for Long Beach appointments.

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**LONG BEACH FAMILY RESOURCE CENTER****Miller Children's Hospital**

2801 Atlantic Ave., Long Beach 90806

24-Hour: (562) 933-8048

A warmline/walk-in center provides information on child development, disabilities, medical issues and more. Spanish spoken. FEE: No charge.

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**LONG BEACH SCHOOL FOR ADULTS****OLDER ADULTS/ADULTS WITH DISABILITIES PROGRAM****Long Beach Unified School District**

PH: (562) 595-8893 Ext. 298

Classes for older adults/adults with disabilities in computer literacy, basic life skills and workforce preparation. FEE: No charge.

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**MHA VILLAGE****Mental Health America of Los Angeles**

www.mhavillage.org

456 Elm Ave., Long Beach, CA 90802

PH: (562) 437-6717

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

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**NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)**

www.nami.org  
P.O. Box 91206, Long Beach, CA 90809  
PH: (562) 435-2264

Promotes the welfare and appropriate treatment of those with severe/persistent mental illness. Support group and speakers' bureau meetings at Pacific Hospital. Call for more information.

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**ORANGE COUNTY DEAF EQUAL ACCESS FOUNDATION****Greater Los Angeles Agency on Deafness, Inc.**

www.ocdeaf.org  
6022 Cerritos Ave., Cypress, CA 90630  
PH: (714) 826-9793

Services for deaf/hard-of-hearing persons: assistance with documents, written drivers' test preparation, independent living skills, interpreter and other referrals. Sign language interpreter. FEE: No charge.  
HRS: Monday-Friday 8:30 AM-5 PM, closed 12-1 PM.

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**PRESCHOOL PROGRAM****Long Beach Unified School District**

www.lbschools.net/Main\_Offices/School\_Support\_Services/Special\_Education/pre-school.cfm  
2221 Argonne Ave., Room 3, Long Beach, CA 90815  
PH: (562) 986-6870 Ext. 246

Assessment and intervention services for ages 3-5 who require special education services due to an established medical condition; congenital syndrome which may adversely impact development; or delays in one or more areas such as communication, motor, social/emotional, visual and/or cognitive development. LBUSD offers a continuum of special education placement options and related services throughout the school district. Spanish spoken. FEE: No charge.

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**SPECIAL OLYMPICS LONG BEACH**

3520 Monogram Ave., Long Beach, CA 90808  
PH: (562) 421-2882

Sports training and competition for those with intellectual disabilities. Spanish spoken. FEE: No charge.  
HRS: Monday-Friday 9 AM-6 PM.

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**SPEECH, LANGUAGE AND HEARING CLINIC****California State University, Long Beach**

www.csulb.edu/colleges/chhs/departments/communicative-disorders/services  
1250 Bellflower Blvd., Long Beach, CA 90840  
PH: (562) 985-4583

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

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**TEAM OF ADVOCATES FOR SPECIAL KIDS (TASK)**

www.taskca.org  
100 W. Cerritos Ave., Anaheim, CA 92805  
PH: (866) 828-8275

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

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**TRANSITION AGE YOUTH (TAY) ACADEMY****Mental Health America of Los Angeles**

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

PH: (562) 284-0108

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

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**THE WELLNESS CENTER****Mental Health America of Los Angeles**

1078 Atlantic Ave., Long Beach, CA 90813

PH: (562) 285-0149

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

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**XTREME MEDICAL, INC.**

[www.xtrememedical.com](http://www.xtrememedical.com)

7700 E. Imperial Highway, Suite A, Downey, CA 90242

PH: (562) 803-9444

Urological supplies, rehabilitation equipment, wheelchairs and other disability-related products. Spanish spoken. FEE: Medi-Cal, private insurance. HRS: Monday-Friday 9 AM-5 PM.

# DOMESTIC VIOLENCE

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## **1736 FAMILY CRISIS CENTER**

www.1736familycrisiscenter.org  
24-Hour Hotline: (562) 388-7652

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

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## **CENTRO CONTRA LA VIOLENCIA**

4429 E. Anaheim St., Long Beach, CA 90804  
PH: (562) 218-2337

Classes for adults in anger management, domestic violence and parenting. Spanish spoken.  
FEE: \$25 intake fee, sliding scale. HRS: By appointment.

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## **INTERVAL HOUSE CRISIS SHELTER**

www.intervalhouse.org  
24-Hour Hotline: (562) 594-4555  
Outreach Office: (562) 594-9492

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

## **Second Generation Teen Dating Violence Program**

6615 E. Pacific Coast Highway, Suite 170, Long Beach, CA 90803  
PH: (562) 594-4555

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

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## **RAINBOW SERVICES**

www.rainbowservicesdv.org  
24-Hour Hotline: (310) 547-9343

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

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## **SU CASA FAMILY CRISIS AND SUPPORT CENTER**

www.sucasadv.org  
24-Hour Hotline: (562) 402-4888  
Outreach Office: (562) 421-8106

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

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**WOMENSHELTER OF LONG BEACH**

[www.womenshelterlb.com](http://www.womenshelterlb.com)

24-Hour Hotline: (562) 437-4663

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

FEE: No charge.

**Domestic Violence Resource Center**

930 Pacific Ave., Long Beach, CA 90813

PH: (562) 437-7233

Parenting classes, domestic violence counseling and other services for non-sheltered victims of domestic violence and their families, 40-hour certification training for domestic violence counseling.

HRS: Monday-Friday 8 AM-5 PM.



# EMPLOYMENT TRAINING AND PLACEMENT

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## **CENTRO CHA, INC.**

www.centrocha.org  
727 Pine Ave., Long Beach, CA 90813  
PH: (562) 570-4722

Programs for Latinos ages 14-21 who are out of/in school: career development, paid job training/internships, college/financial aid guidance and more. Spanish spoken. FEE: No charge.  
HRS: Monday-Thursday 8:30 AM-6 PM.

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## **CONSERVATION CORPS OF LONG BEACH**

www.cclb-corps.org  
340 Nieto Ave., Long Beach, CA 90814  
PH: (562) 986-1249

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

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## **DEPARTMENT OF REHABILITATION**

### **State of California**

www.dor.ca.gov  
4300 Long Beach Blvd., Suite 200, Long Beach, CA 90807  
PH: (562) 422-8325  
TTY: (562) 422-9276

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

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## **DISABILITY BENEFITS 101**

www.disabilitybenefits101.org

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

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## **EXPLORERS**

### **Long Beach Police Department City of Long Beach**

www.longbeach.gov/police/join/youth\_programs/police\_explorer\_program.asp  
1957 Pacific Ave., Long Beach, CA 90806  
PH: (562) 570-3465 or (562) 570-8597

Long Beach residents ages 14-20, who are willing to commit 8 hours of service per month, can receive training/participation in activities with police officers: riding along with officers, working at the information desk, assisting with evidence searches, providing traffic direction, working with Vice.

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**HIGH SCHOOL CAREER CENTERS**  
**Long Beach Unified School District**

<b>Avalon School</b> .....	(310) 510-0790 Ext. 159
<b>Cabrillo High School</b> .....	(562) 951-7771
<b>Jordan High School</b> .....	(562) 423-1471 Ext. 2255
<b>Lakewood High School</b> .....	(562) 425-1281 Ext. 3198
<b>Millikan High School</b> .....	(562) 425-7441 Ext. 4806
<b>PAAL</b> .....	(562) 591-1381
<b>Polytechnic High School</b> .....	(562) 591-0581 Ext. 5140
<b>Reid Continuation High School</b> .....	(562) 432-0227
<b>Renaissance High School</b> .....	(562) 901-0168 Ext. 7238
<b>Wilson High School</b> .....	(562) 433-0481 Ext. 6914

Career and educational support for LBUSD high school students: SAT/ACT registration packets; college/university resources, financial aid/scholarship application assistance; vocational information, assessment and skill building; ROP registration; military recruitment and more.

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**LONG BEACH JOB CORPS CENTER**

longbeach.jobcorps.gov  
1903 Santa Fe Ave., Long Beach, CA 90810  
Male Admissions: (562) 983-1777 Ext. 2317 or Ext. 2330  
Female Admissions: (562) 983-1777 Ext. 2318

Residential/non-residential education and vocational training/placement program for ages 16-24 who meet low-income and other requirements: room, meals, medical/dental care, spending money, childcare, GED/high school diploma preparation classes, driver's education, transition services and more. FEE: No charge.  
OFC HRS: Monday-Friday 8 AM-4 PM.

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**LONG BEACH SEARCH AND RESCUE**

**Long Beach Police Motor Patrol/Long Beach Firefighters' Associations**  
**City of Long Beach**

www.longbeach.gov/police/join/youth\_programs/long\_beach\_search\_and\_rescue.asp  
2247 Argonne Ave., Long Beach, CA 90815  
PH: (562) 494-0908

Opportunities for ages 15-18 to serve the public during emergency situations and explore careers in law enforcement, fire protection and emergency medical services. Applicants must have no serious police record; maintain a C average in school; successfully complete an oral interview, physical agility test, 15-week recruitment academy and be willing to serve the community.

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**PACIFIC GATEWAY WORKFORCE INVESTMENT NETWORK****City of Long Beach**

[www.longbeach.gov/cd/workforce/](http://www.longbeach.gov/cd/workforce/)

**Career Transition Center**

3447 Atlantic Ave., Long Beach, CA 90807

PH: (562) 570-WORK

TTY: (562) 570-4629

**Center for Working Families**

1900 Atlantic Ave., Long Beach, CA 90807

PH: (562) 570-4795

TTY: (562) 570-4629

**Youth Opportunity Center**

3447 Atlantic Ave., Long Beach, CA 90807

PH: (562) 570-4700

TTY: (562) 570-4629

Workforce development services for residents and businesses in Long Beach and Signal Hill. Network partners share resources, simplify access to services and assist with career development/transition: assistance with job search/training; internships; career counseling; youth, veterans and disabled services; access to photocopier, fax, internet and more. Spanish and Khmer spoken. FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

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**REGIONAL OCCUPATIONAL PROGRAM (ROP)****Long Beach Unified School District**

[www.lbschools.net/rop](http://www.lbschools.net/rop)

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

PH: (562) 426-6846

High quality job training courses to prepare adults and high school students ages 16+ for employment, advanced training and higher education. Adults should call for enrollment information. High school students should contact their school counselor for referral. FEE: No charge to LBUSD students, adult fees vary.

HRS: Monday-Thursday 7:30 AM-4:30 PM, Friday 7:30 AM-4 PM.



# EXPECTANT AND PARENTING TEENS

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## **ALTAMED YOUTH SERVICES**

www.altamed.org  
711 E. Wardlow Rd., Suite 203, Long Beach, CA 90807  
PH: (562) 595-8040

### **Cal-Learn Program**

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

### **The Adolescent Family Life Program**

Case management and support services for expectant/parenting teens (including fathers) under age 19 and not eligible for the Cal-Learn program: parenting classes, assistance with government benefits/school enrollment, emergency transportation, food and clothing. Spanish spoken. FEE: No charge.  
HRS: Monday-Friday 8 AM-5 PM.

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## **CAL-LEARN**

www.ladpss.org/dpss/calworks/callearn.cfm  
PH: (800) 511-2070

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

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## **CAL-SAFE PROGRAM**

**c/o Renaissance High School  
Long Beach Unified School District**  
235 E. 8th St., Long Beach, CA 90813  
PH: (562) 997-8000 Ext. 7183

Support services and continuous school enrollment for expectant/parenting teens 18 and under, who live in LBUSD boundaries. Students complete a comprehensive academic curriculum leading to a high school diploma, along with education/training in childbirth preparation, parenting, nutrition, independent living skills and career development. Enrolled students also receive on-campus childcare, a monthly bus pass, after-school Lamaze classes and more. Support services are available at all LBUSD high schools for students who chose to remain at their home school. FEE: No charge. HRS: Monday-Friday 7:50 AM-2:50 PM.

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## **CHILD SUPPORT SERVICES DEPARTMENT**

**Los Angeles County**  
childsupport.co.la.ca.us  
PH: (323) 890-9800  
TTY: (323) 725-3907

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

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**LONG BEACH-WILMINGTON BEST BABIES COLLABORATIVE****City of Long Beach**

2525 Grand Ave., Room 104, Long Beach, CA 90815  
PH: (562) 570-4060

Coordinated service delivery for pregnant and parenting women/teens in zip codes 90802, 90805, 90806, 90813: case management, home visitation and more. Spanish spoken. FEE: No charge.  
HRS: Monday-Friday 8 AM-5 PM.

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**MATERNAL AND CHILD HEALTH ACCESS AND OUTREACH****City of Long Beach**

2525 Grand Ave., Room 104, Long Beach CA 90815  
PH: (800) 832-2307 or (562) 570-4171

Walk-in clinic assists pregnant women/teens verify pregnancy, make appointments to start prenatal care, enroll in Medi-Cal, AIM and WIC programs. Spanish and Khmer spoken. FEE: Services are low cost/no charge.  
HRS: Monday-Friday 8-11 AM, 1-4 PM

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**NURSE-FAMILY PARTNERSHIP****City of Long Beach**

2525 Grand Ave., Room 250, Long Beach, CA 90815  
PH: (562) 570-4281  
FX: (562) 570-4099

Registered nurses provide home visitation services to first-time mothers, less than 28 weeks pregnant at intake and living in zip codes 90802, 90805, 90806, 90813: assessment, case management, health education, counseling and more. Spanish spoken. FEE: No charge.

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**PACIFIC ASIAN COUNSELING SERVICES (PACS)  
PARTNERSHIP FOR FAMILIES**

[www.pacsla.org](http://www.pacsla.org)  
3530 Atlantic Ave., Suite 210, Long Beach, CA 90807  
PH: (562) 424-1886

In-home case management for pregnant women and their families. Spanish spoken. FEE: No charge.  
HRS: By appointment.

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**PRENATAL/FAMILY PLANNING CLINIC****City of Long Beach**

2525 Grand Ave., Room 115, Long Beach CA 90815  
PH: (562) 570-4217

Complete care for the mother-to-be: Medi-Cal/AIM enrollment assistance; prenatal exams; nutritional counseling/supplies; childbirth preparation; classes in nutrition, fetal development, infant care, breastfeeding and parenting. Spanish spoken, interpreters available. HRS: Monday-Friday 8 AM-5 PM.

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**PUBLIC HEALTH NURSING****City of Long Beach**

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

PH: (562) 570-4202

TTY: (562) 570-4230

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

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**PUBLIC HEALTH NURSING FOR FOSTER/PROBATION YOUTH****City of Long Beach**

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

PH: (562) 570-4250

TTY: (562) 570-4230

Registered nurses provide services to foster/probation youth: assessment, case management, health education, counseling and advocacy in the home and community. FEE: No charge.

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**ROLE OF MEN ACADEMY****City of Long Beach**

1133 Rhea St., Long Beach, CA 90806

PH: (562) 570-7966 or (562) 570-4441

Program for non-custodial fathers ages 16+ of children ages 0-5: classes in prenatal health, parenting, family relationships, fathers' legal rights/responsibilities.

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**SAFELY SURRENDERED BABY HOTLINE****Los Angeles County**

[www.babysafela.org](http://www.babysafela.org)

24-Hour Hotline: (877) 222-9723

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

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**TLC SUPPORT GROUP****St. Mary Medical Center**

John Parr Health Center, 1030 Linden Ave., Long Beach, CA 90813

Administration: (562) 424-0775

Information: (714) 534-6621

Support group and activities for pregnant/parenting teens: special speakers, crafts, parties, snacks, free childcare, 4-week classes in childbirth preparation. Call for schedule. FEE: No charge.

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**UNITED CAMBODIAN COMMUNITY****PROUD PARENTING PROGRAM**

2201 E. Anaheim St., Suite 200, Long Beach, CA 90804

PH: (562) 433-2490

Support program for expectant and parenting males/females (all ethnicities) ages 14-24+ to break the cycle of inter-generational violence, increase parenting skills and strengthen participant-child relationships; childcare during program hours. Spanish spoken. FEE: No charge. HRS: Thursday 5:30-7 PM.





# FAMILY RESOURCE PROGRAMS

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## **CENTRO SHALOM**

www.centroshalom.com

2131 Long Beach Blvd., Long Beach CA 90806

PH: (562) 591-2214

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

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## **DISTRICT PARENT RESOURCE CENTER – BUTLER**

### **Long Beach Unified School District**

1400 E. 20th St., Long Beach, CA 90806

PH: (562) 218-1244

Parent workshops on various topics: family literacy, standards and assessments, dealing with challenging behaviors, family fitness and nutrition, motivating your child and more; outreach library. Spanish spoken. FEE: No charge to LBUSD students and families. HRS: Monday-Friday 9 AM-5 PM.

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## **DISTRICT PARENT RESOURCE CENTER – JEFFERSON**

### **Long Beach Unified School District**

735 Miramar Ave., Long Beach, CA 90804

PH: (562) 433-1550

Parent workshops on various topics: English as a Second Language (ESL), self-esteem, successful parenting, dealing with challenging behaviors, standards and assessments, motivating your child, learning styles, preparing for middle school and more; outreach library; Native American academic support. Spanish spoken. FEE: No charge to LBUSD students and families.

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## **DISTRICT PARENT RESOURCE CENTER – MACARTHUR**

### **Long Beach Unified School District**

6011 Centralia St., Room B4, Lakewood, CA 90713

PH: (562) 429-6020

Parent workshops on various topics: the IEP process, dealing with challenging behaviors, computer literacy, motivating your child, learning styles, preparing for middle school, grandparents as parents and more; outreach library. Special education staff is available to address questions/concerns about LBUSD programs and services for students with special needs. FEE: No charge to LBUSD students and families.

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## **DISTRICT PARENT RESOURCE CENTER – MUIR**

### **Long Beach Unified School District**

3038 Delta Ave., Long Beach, CA 90810

PH: (562) 997-8000 Ext. 7962

Lending library for videos, books and games; Read with Me/Keep on Reading Backpack Programs; monthly family literacy and craft events; computers for research, projects and practice; parent workshops for schools, PTA and other parent gatherings on many topics : parents as homework coaches, self - esteem, taking the stress out of completing a science fair project and more. Spanish spoken. FEE: No charge to LBUSD students and families.

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**DISTRICT PARENT RESOURCE CENTER – STEPHENS****Long Beach Unified School District**

1830 Columbia St., Long Beach, CA 90810

PH: (562) 981-8990

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

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**EXCHANGE CLUB FAMILY SUPPORT CENTER**

[www.downeyfamilysupport.com/parent1.htm](http://www.downeyfamilysupport.com/parent1.htm)

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

PH: (562) 434-6899

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

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**FAMILY SUPPORT PROGRAM****Personal Involvement Center**

2438 Vermont Ave., Suite 302, Harbor City, CA 90710

PH: (310) 517-8675

In-home case management program to assist families mobilize formal and informal resources. Phone intake to determine needs. Spanish spoken. FEE: No charge.

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**FOSTER AND KINSHIP CARE EDUCATION PROGRAM****Long Beach City College**

[fostercare.lbcc.edu](http://fostercare.lbcc.edu)

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

PH: (562) 938-3014

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

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**FRIENDS OUTSIDE**

[www.friendsoutsidela.org](http://www.friendsoutsidela.org)

Goodwill Industries, 800 West Pacific Coast Highway, Long Beach, CA 90806

PH: (562) 436-8703

Resources to assist inmates and their families: information, referrals, transportation for youth to visit their mothers at Chowchilla prison, family support group every 1st and 3rd Saturday 10:30 AM-12 PM. FEE: No charge. HRS: Monday, Wednesday, Friday 8 AM- 4:30 PM.

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**HOME VISITATION PROGRAM****Richstone Family Center**

www.richstonefamily.org

13634 Cordary Ave., Hawthorne, CA 90250

English: (310) 970-1921 Ext. 224

Spanish: (310) 970-1921 Ext. 134

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

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

9834 Norwalk Blvd., Santa Fe Springs, CA 90670

PH: (562) 777-1751

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

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**LONG BEACH FAMILY RESOURCE CENTER****Miller Children's Hospital**

2801 Atlantic Ave., Long Beach 90806

24-Hour: (562) 933-8048

A warmline/walk-in center provides information on child development, disabilities, medical issues and more. Spanish spoken. FEE: No charge.

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**NEIGHBORHOOD RESOURCE CENTER****City of Long Beach**

www.longbeach.gov/cd/neighborhood\_services/resource\_center/

425 Atlantic Ave., Long Beach, CA 90802

PH: (562) 570-1010

Resource library; workshops; access to computers, internet, fax and more. HRS: Monday-Thursday 10 AM-7 PM, Friday 8 AM-5 PM.

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**PROGRAM ASSISTANCE FOR LANGUAGE MINORITY STUDENTS (PALMS)****Long Beach Unified School District**

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

PH: (562) 997-8031

Support to LBUSD English learners, families and schools: translations, school adjustment and transition support for new immigrants. Interpreters available. FEE: No charge to LBUSD staff, students and families.

HRS: Monday-Friday 8 AM-4:40 PM.

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**UNITED CAMBODIAN COMMUNITY**

2201 E. Anaheim St., Suite 200, Long Beach, CA 90804

PH: (562) 433-2490

Community-based empowerment programs for all ethnicities: performing arts for ages 8-18; Proud Parenting Program for pregnant/parenting ages 14-24+ Thursday 5:30-7 PM; assistance for Southeast Asian immigrants and more. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-6 PM.



# **GANG PREVENTION AND INTERVENTION**

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## **ANGER MANAGEMENT FOR TEENS**

### **City of Carson**

[ci.carson.ca.us/content/department/pub\\_service/youthsvsprogs.asp](http://ci.carson.ca.us/content/department/pub_service/youthsvsprogs.asp)

PH: (310) 952-1700 Ext. 1671

Eight-week anger management program for ages 12-17, includes field trip to either Terminal Island Federal Prison or Los Padrinos Juvenile Hall. Parents are required to attend two adult anger management classes concurrent with youth classes. Advanced registration required. Call/visit the website for details. FEE: \$30 for Carson residents, \$35 for non-residents. OFC HRS: Monday-Thursday 7 AM-6 PM.

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## **CENTRO CHA, INC.**

[www.centrocha.org](http://www.centrocha.org)

727 Pine Ave., Long Beach, CA 90813

PH: (562) 570-4722

Individual and group counseling to address violence and gang prevention, court/probation advocacy, leadership training and more for ages 14-24. Spanish spoken. FEE: Sliding scale. HRS: By appointment.

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## **ERASE THE PAST**

### **Long Beach Police Department (LBPD)**

#### **City of Long Beach**

333 W. Broadway, Long Beach, CA 90802

PH: (562) 570-7229

Cell: (562) 818-9950

Free tattoo removal for ages 14-29, to assist in breaking gang ties by removing visible tattoos from the face, neck and arms. Must live in Long Beach or pre-approved surrounding areas; perform 5 hours of volunteer service at pre-approved sites prior to each treatment (4-10 treatments needed to completely remove a tattoo); attend school, work or be actively seeking employment; attend all scheduled appointments. Applicants will be screened by LBPD to ensure they are not currently involved in gang activity and do not have a pending criminal case.

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## **HELPLINE YOUTH COUNSELING**

### **LONG BEACH COUNSELING OFFICE**

[www.helplineyouthcounseling.org](http://www.helplineyouthcounseling.org)

1133 Rhea St., Long Beach, CA 90806

PH: (562) 599-2244

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

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**JUVENILE IMPACT “BOOT CAMP” PROGRAM**  
**Harbor Area, Los Angeles Police Department**  
**City of Los Angeles**

www.harborjip.com  
PH: (310) 548-7600

Twelve-week boot camp for ages 8-17: life skills instruction and military style regimen with police officers. Applicants must pass a physical exam and be cleared for participation. Parents must attend parallel seven-week parenting classes. Activities take place at Gardena High School. Call/visit the website for application and more. Spanish spoken. FEE: \$100 for student classes, \$30 for parent classes, subject to change.  
HRS: Saturday 6:30 AM-3 PM.

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**LONG BEACH VOLUNTEER CENTER**

www.volctr-sobay.org  
1407 E. 4th St., Long Beach, CA 90804  
PH: (562) 590-8844

Provides access to hundreds of volunteer opportunities for adults/youth: Interviews clients to determine interests, skills and ability to perform available tasks; court-approved to connect individuals to court-ordered community service; offers technical support to organizations interested in developing volunteer programs. Parents can enroll their children during school hours. Spanish spoken. FEE: Credit cards/cash, charge for court-ordered service varies according to the number of hours, no charge to link students to service learning opportunities.  
HRS: Monday-Friday 9 AM-12 PM, 1:30-3:30 PM walk-in.

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**PROBATION DEPARTMENT, LONG BEACH AREA OFFICE**  
**Los Angeles County**

415 W. Ocean Blvd., Suite 100, Long Beach, CA 90802  
PH: (562) 491-5807

Assistance with probation-related issues and youth exhibiting predelinquent behavior. The department requests that parents/guardians, rather than other adults, call to speak with the juvenile officer of the day when seeking help for their children. HRS: Monday-Friday 8 AM-4:45 PM.

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**PROVIDENCE COMMUNITY SERVICES**  
**PROBATION PROGRAM**

www.provcorp.com/Locations/California.asp  
21520 South Pioneer Blvd., Suite 110, Hawaiian Gardens, CA 90716  
PH: (562) 865-3644

Outpatient counseling program for probationers in the LBUSD attendance area: individual and family counseling, groups for substance abuse and anger management, school/home based services upon request. Spanish spoken. FEE: Medi-Cal. HRS: Monday-Friday 9 AM-5 PM.

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**SHORTSTOP****Long Beach Bar Foundation**

www.4lbbf.org

3515 Linden Ave., Long Beach, CA 90807

PH: (562) 981-7525

Juvenile crime prevention/diversion program for ages 10-17 with a first-time offense such as shoplifting, truancy, loitering, fighting or pre-delinquent behavior at home or school. Juveniles and their parents must attend two sessions held in a Long Beach courtroom and adjacent holding cell. Attorney instructors and prisoners provide information about legal rights/responsibilities, the importance of good decision-making and planning for the future. Paperwork is available in Spanish. FEE: \$100.

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**SUNBURST YOUTH CHALLENGE ACADEMY****California National Guard**

www.sunburstyouthacademy.org

P.O. Box 2980, Los Alamitos, CA 90720

PH: (562) 795-2299 or (877) 463-1921

A community high school structured as a military style academy. Enrollment is voluntary. Prospective cadets must be a CA/US legal resident ages 16-18; a drop out/at risk for dropping out of high school; drug free (students will be drug tested); no felony convictions, awaiting trial or currently in trial proceedings; physically, mentally and emotionally capable of completing the program. Call/visit the website for more information.

FEE: No charge.

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**TAKE 5 ENRICHMENT PROGRAM****Victory Community Center**

PH: (310) 522-4677 – Ask for Freddie Gomez

Cell: (310) 505-3779

Twelve-week anger management program for ages 14-19. FEE: No charge.

HRS: Monday 5-7 PM. Call for registration and location information.





# HEALTH AND DENTAL CARE

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## HOTLINES

- 211 LA County .....211
  - Health and Nutrition Hotline.....(877) 597-4777
  - Immunization Shotline .....(562) 570-SHOT
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## AMERICAN CANCER SOCIETY

www.cancer.org  
936 Pine Ave., Long Beach, CA 90813  
PH: (800) 227-2345

Information, referrals, transportation to cancer treatments, financial assistance, support groups. Interpreters available. FEE: No charge.

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## ASSISTANCE LEAGUE OF LONG BEACH ORTHODONTIC CENTER

www.allb.org  
6220 Spring St., Long Beach, CA 90815  
PH: (562) 985-1165

Quality orthodontic care for low-income youth ages 11-16 who live in the LBUSD attendance area. Referrals are made by school nurses, the Children's Dental Health Clinic and the local dental community. FEE: Sliding scale. HRS: By appointment.

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## BELLFLOWER HEALTH CENTER Los Angeles County

10005 E. Flower St., Bellflower, CA 90706  
PH: (562) 804-8112

Health services for Lakewood and surrounding communities. Spanish spoken.  
HRS: Monday-Friday 8 AM-4:30 PM by appointment.

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## THE CHILDREN'S CLINIC AT INTERNATIONAL ELEMENTARY SCHOOL

www.thechildrensclinic.org  
700 Locust Ave., Long Beach, CA 90813  
School: (562) 436-4420  
Clinic: (562) 933-0400

Health care for ages 0-18, immunizations, benefits enrollment assistance and more. Spanish spoken.  
HRS: Monday, Friday 1-5 PM by appointment, when school is in session.

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## THE CHILDREN'S CLINIC FAMILY HEALTH CENTER AT CESAR CHAVEZ ELEMENTARY SCHOOL

www.thechildrensclinic.org  
730 West 3rd St., Long Beach, CA 90802  
PH: (562) 435-5040

Health care for all ages: well-child visits, acute/chronic care, immunizations, lab testing, medication evaluation/support, benefits enrollment assistance for adults/children and more. Spanish and Khmer spoken.  
HRS: Monday-Friday 9 AM-3 PM by appointment.

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**THE CHILDREN'S CLINIC FAMILY HEALTH CENTER  
IN NORTH LONG BEACH AT HAMILTON MIDDLE SCHOOL**

www.thechildrensclinic.org  
1060 E. 70th St., Long Beach, CA 90805  
PH: (562) 531-7284

Health care for all ages: well-child visits, acute/chronic care, immunizations, lab testing, medication evaluation/support, benefits enrollment assistance for adults/children and more. Spanish spoken.  
HRS: Monday-Friday 8 AM-5 PM by appointment.

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**THE CHILDREN'S CLINIC, SERVING CHILDREN AND THEIR FAMILIES**

www.thechildrensclinic.org  
455 Columbia St., Suite 201, Long Beach, CA 90806  
PH: (562) 933-0400

Health care for all ages: well-child visits; acute/chronic care; immunizations; lab testing; medication evaluation/support, benefits enrollment assistance for adults/children and more. Spanish and Khmer spoken.  
HRS: Monday-Thursday 8 AM-8 PM, Friday 8 AM-5 PM, Children: Saturday 9 AM-12 PM, Adults: by appointment.

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**THE CHILDREN'S DENTAL HEALTH CLINIC**

www.cdhc.org  
455 E. Columbia St., Long Beach, CA 90806  
PH: (562) 933-3141

Comprehensive dental care for children from low-income families. Interpreters available. Call/visit the website for more information. FEE: Medi-Cal, Healthy Families, sliding scale. HRS: Monday-Friday 7 AM-4 PM.

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**DENTI-CAL**

**State of California**

www.denti-cal.ca.gov  
PH: (800) 322-6384  
TTY: (800) 735-2922

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

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**DEPARTMENT OF HEALTH AND HUMAN SERVICES**

**City of Long Beach**

www.ci.long-beach.ca.us/health/services.htm  
2525 Grand Ave., Long Beach CA 90815  
PH: (562) 570-4000  
TTY: (562) 570-4346

City-operated independent health jurisdiction addressing Long Beach public health and human services needs: STD/HIV testing; family planning; maternal, child and adolescent health programs; epidemiology and lab services; environmental health programs; community safety; health promotion; discount prescription assistance cards and more. Call/visit the website for more information.

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**HOSPITALS FOR MEDICAL SERVICES**

**Catalina Island Medical Center**.....(310) 510-0700  
100 Falls Canyon Rd., Avalon, CA 90704

**Community Hospital of Long Beach**.....(562) 498-1000  
1720 Termino Ave., Long Beach, CA 90804

**Harbor/UCLA Medical Center** .....(310) 222-2345  
1000 W. Carson St., Torrance, CA 90509

**Long Beach Memorial Medical Center – Adult Services**.....(562) 933-2000  
2801 Atlantic Ave., Long Beach, CA 90806

**Miller Children’s Hospital** .....(562) 933-5437  
2801 Atlantic Ave., Long Beach, CA 90806

**Pacific Hospital**.....(562) 595-1911  
2776 Pacific Ave., Long Beach, CA 90806

**St. Mary Medical Center** .....(562) 491-9000  
1050 Linden Ave., Long Beach, CA 90813

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**LONG BEACH COMPREHENSIVE HEALTH CENTER****Los Angeles County**

[www.ladhs.org](http://www.ladhs.org)

1333 Chestnut Ave., Long Beach, CA 90813

PH: (562) 599-2153

Health and dental care for LA County residents. FEE: Medi-Cal, Healthy Families, sliding scale, \$50 prepayment plan. HRS: Monday-Friday 7:30 AM-7:30 PM, Saturday 7:30 AM-4:30 PM.

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**PARTNERSHIP FOR PRESCRIPTION ASSISTANCE**

[www.pparx.org](http://www.pparx.org)

PH: (888) 477-2669

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

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**PEDIATRIC ORTHOPEDIC SPECIALTY CENTER (formerly Tichenor Orthopedic Center)****Miller Children’s Hospital**

[www.memorialcare.com/miller/services/lowman.cfm](http://www.memorialcare.com/miller/services/lowman.cfm)

1760 Termino Ave., Suite 308, Long Beach, CA 90804

PH: (562) 933-0249

Orthopedic care for ages 0-21. Spanish spoken. FEE: Medi-Cal, Healthy Families, Healthy Kids with prior authorization, private insurance. HRS: Monday-Friday 8:30 AM-5 PM.

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**PUBLIC HEALTH NURSING****City of Long Beach**

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

PH: (562) 570-4202

TTY: (562) 570-4230

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

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**PUBLIC HEALTH NURSING FOR FOSTER/PROBATION YOUTH****City of Long Beach**

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

PH: (562) 570-4250

TTY: (562) 570-4230

Registered nurses provide services to foster/probation youth: assessment, case management, health education, counseling and advocacy in the home and community. FEE: No charge.

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**TICHENOR ORTHOPEDIC CLINIC FOR CHILDREN**

[www.tichenorclinic.org](http://www.tichenorclinic.org)

1660 Termino Ave., Long Beach, CA 90804

PH: (562) 597-3696

Orthopedic care and physical therapy for ages 0-18, early intervention program for ages 1-3, swim lessons for children with musculoskeletal problems. Interpreters available. FEE: \$5 registration fee, donations accepted.

HRS: Monday-Thursday 8 AM-4:30 PM, Friday 8 AM-12 PM.

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**THE VASEK POLAK CHILDREN'S CLINIC FAMILY HEALTH AND WELLNESS CENTER**

[www.thechildrensclinic.org](http://www.thechildrensclinic.org)

1057 Pine Ave., Long Beach, CA 90813

PH: (562) 366-5900

Health care for all ages: well-child visits, acute/chronic care, immunizations, lab testing, Asthma Resource Center, benefits enrollment assistance for adults/children and more. Spanish and Khmer spoken, sign language interpreter. HRS: Monday-Friday 8 AM-5 PM.

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**WESTSIDE NEIGHBORHOOD CLINIC**

[www.wnclinic.org](http://www.wnclinic.org)

2125 Santa Fe Ave., Long Beach, CA 90810

PH: (562) 432-9575

Health care for all ages: well-child visits, acute/chronic care, pediatrics, immunizations, women's services, prenatal care, lab testing, pharmacy, benefits enrollment assistance for adults/children and more.

Spanish spoken. FEE: Medi-Cal, Healthy Families, Healthy Kids, sliding scale, other financial arrangements.

HRS: Monday-Friday 8 AM-5 PM.

# HOUSING AND BASIC NEEDS

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## **HOMELESS INFO LINE:**

### **LONG BEACH MULTI-SERVICE CENTER**

#### **City of Long Beach**

PH: (562) 733-1147

Current information on shelter availability and other homeless services (see page 47).

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## **211 LA COUNTY**

### **Los Angeles County**

www.211LA.org

24-Hour Hotline: 211

Hotline/website for LA County resources. Interpreters available.

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## **BETHUNE TRANSITIONAL CENTER FOR HOMELESS STUDENTS**

### **Long Beach Unified School District**

PH: (562) 435-2050

Assists homeless students and families within LBUSD boundaries transition to a traditional school setting by providing school uniforms, supplemental clothing, academic assessments for appropriate classroom placement, transportation, parenting classes and more. Spanish spoken. HRS: Monday- Friday 8 AM-4 PM.

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## **CATHOLIC CHARITIES**

123 E. 14th St., Long Beach, CA 90813

PH: (562) 591-1351

Emergency food, clothing and other assistance upon availability. Spanish spoken.  
FEE: No charge. Food HRS: Tuesday, Thursday 10 AM-12 PM, 2-4 PM, subject to change.

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## **CENTRO SHALOM**

www.centroshalom.com

2131 Long Beach Blvd., Long Beach CA 90806

PH: (562) 591-2214

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

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## **CHRISTIAN OUTREACH IN ACTION (COA)**

www.coalongbeach.org

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

PH: (562) 432-1440

Breakfast: Monday-Friday 7:30 AM; hot meals: Monday-Friday 5 PM; lunch: odd-numbered Saturdays 12 PM; furniture, groceries and clothing: Tuesday, Thursday 9 AM-12 PM walk-in, subject to change. Spanish spoken.

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**FARMERS' MARKETS**

[www.goodveg.org](http://www.goodveg.org)

Thursday: 3-6:30 PM 606 E. 46th St., Long Beach, CA 90807  
Friday: 10 AM-4 PM 499 The Promenade N., Long Beach, CA 90802  
Saturday: 8 AM-12 PM 12600 Park Plaza Dr., Cerritos CA 90703  
Sunday: 9 AM-2 PM 6470 E. Marina Dr., Long Beach, CA 90803

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**HEALTHY CITY WEBSITE**

[healthycity.org](http://healthycity.org)

Online resource for LA County services and more.

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**HEARTHSTONE COMMUNITY FOUNDATION**

[hearthstonecommunity.org](http://hearthstonecommunity.org)

911 Pacific Ave. Suite 2, Long Beach, CA 90813

PH: (562) 435-0419

Low-income housing for eligible families. Rents are approximately 50% below market value. No Section 8 participants are eligible. Call/visit the website for current rental listings.

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**HOUSING AUTHORITY****City of Long Beach**

[www.longbeach.gov/cd/housing](http://www.longbeach.gov/cd/housing)

521 E. 4th St., Long Beach, CA 90802

PH: (562) 570-6985

Assistance with Section 8 housing and more. HRS: Monday-Friday 7:30 AM-4:30 PM.

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**LONG BEACH COMMUNITY ACTION PARTNERSHIP**

[www.lbcap.org](http://www.lbcap.org)

3012 Long Beach Blvd., Long Beach, CA 90807

PH: (562) 437-0681

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

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**LONG BEACH HOUSING DEVELOPMENT COMPANY****City of Long Beach**

[www.lbhd.org](http://www.lbhd.org)

110 Pine Ave., Suite 1200, Long Beach, CA 90802

PH: (562) 570-6949

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

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**LONG BEACH MULTI-SERVICE CENTER****City of Long Beach**

1301 W. 12th St., Long Beach, CA 90813  
PH: (562) 733-1147

Integrated services for the homeless: shelter/housing referrals, on-site medical clinic, telephones, showers, laundry facility, HIV services, case management, childcare, clothing, veterans' affairs services, alcohol/drug treatment and more. Spanish spoken. FEE: No charge. Intake HRS: Monday, Tuesday, Wednesday, Friday 8 AM-2 PM; Thursday 8 AM-12 PM walk in only.

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**LONG BEACH RESCUE MISSION**

[www.lbrm.org](http://www.lbrm.org)

1335 Pacific Ave., Long Beach, CA 90813  
PH: (562) 591-1292 Ext. 201

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

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**LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)****State of California**

[www.csd.ca.gov](http://www.csd.ca.gov)

PH: (866) 675-6623

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

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**LUTHERAN SOCIAL SERVICES OF SOUTHERN CALIFORNIA**

[www.lsssc.org](http://www.lsssc.org)

1611 Pine Ave., Long Beach, CA 90813  
PH: (562) 599-1321

Food, clothing, ESL and health classes. Spanish spoken. Call/visit the website for more information.

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**SALVATION ARMY**

455 Spring St., Long Beach, CA 90806  
PH: (562) 426-7637

Food, bus tokens/taxi vouchers for medical appointments, Lions Club program for eyeglasses, teen fellowship for ages 14-18 Wednesday 6-8 PM, youth fellowship for ages 6-13 Thursday 6-8 PM. Spanish spoken. FEE: No charge, bring ID for head of household, birth certificates for children, proof of address and income. HRS: Monday, Wednesday, Thursday, Friday 8:30-11:30 AM walk-in.

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**SCHOOL BREAKFAST AND LUNCH PROGRAM****Nutrition Services Branch****Long Beach Unified School District**

www.lbschools.net /fdsvc/

PH: (562) 427-7923

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

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**SUMMER FOOD SERVICE PROGRAM****Long Beach Unified School District/City of Long Beach**

LBUSD Nutrition Services Branch: (562) 427-7923

City of Long Beach: (562) 570-3535

From July-August, Monday-Friday, free meals are available to children 18 years or younger (no infant meals) at selected schools, parks and other locations.



# LEGAL AND IMMIGRATION SERVICES

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## **ALLIANCE FOR CHILDREN'S RIGHTS**

www.kids-alliance.org  
3333 Wilshire Blvd., #550, Los Angeles, CA 90010  
PH: (213) 368-6010

Legal services for LA County children from low-income families. Spanish spoken.  
FEE: Charge for filing fees. HRS: Monday-Friday 9 AM-5:30 PM.

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## **ASIAN PACIFIC AMERICAN LEGAL CENTER OF SOUTHERN CALIFORNIA**

www.apalc.org  
1145 Wilshire Blvd., 2nd Floor, Los Angeles, CA 90017  
PH: (213) 977-7500

Legal assistance for low-income immigrants and working families. Interpreters available.  
FEE: No charge. HRS: Monday-Friday 8:30 AM-5:30 PM.

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## **BIRTH, DEATH AND MARRIAGE RECORDS SECTION**

### **Registrar-Recorder/County Clerk**

#### **Los Angeles County**

www.lavote.net/RECORDER/BDM\_records.cfm  
P.O. Box 53120, Los Angeles, CA 90053  
PH: (562) 462-2137

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

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## **CALIFORNIA COURTS SELF-HELP CENTER**

www.courtinfo.ca.gov/selfhelp

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

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## **CANCER LEGAL RESOURCE CENTER**

### **Disability Rights Legal Center**

www.disabilityrightslegalcenter.org  
PH: (866) 843-2572  
TTY: (213) 736-8310

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

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## **CENTRO CHA, INC.**

www.centrocha.org  
727 Pine Ave., Long Beach, CA 90813  
PH: (562) 570-4722

Assistance with voter registration, citizenship packets, passports, exam materials and guidance to qualified residents interested in becoming United States citizens. Spanish spoken. FEE: Varies according to services, \$100 for application completion. HRS: By appointment.

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**CHILD SUPPORT SERVICES DEPARTMENT****Los Angeles County**

childsupport.co.la.ca.us

PH: (323) 890-9800

TTY: (323) 725-3907

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

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**COALITION FOR HUMANE IMMIGRANT RIGHTS OF LOS ANGELES (CHIRLA)**

www.chirla.org

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

PH: (888) 624-4752

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

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**DISABILITY RIGHTS CALIFORNIA (formerly Protection and Advocacy Inc.)**

www.pai-ca.org

3580 Wilshire Blvd., Suite 902, Los Angeles, CA 90010

PH: (800) 776-5746

TTY: (800) 719-5798

Legal assistance to those with disabilities. Interpreters available. FEE: No charge.

HRS: Monday-Friday 9 AM-3 PM.

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**DISABILITY RIGHTS LEGAL CENTER**

www.disabilityrightslegalcenter.org

919 Albany St., Los Angeles, CA 90015

PH: (213) 736-1334

TTY: (213) 736-8310

Legal assistance for all disability issues. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-5 PM.

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**FAIR HOUSING FOUNDATION**

www.fhfla.com

3605 Long Beach Blvd., Suite 302, Long Beach, CA 90807

PH: (562) 989-1206

Legal assistance for unlawful detainers, housing discrimination, landlord/tenant mediation.

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

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**HOUSING AUTHORITY****City of Long Beach**

www.longbeach.gov/cd/housing

521 E. 4th St., Long Beach, CA 90802

PH: (562) 570-6985

Assistance with Section 8 housing. FEE: No charge. HRS: Monday-Friday 7:30 AM-4:30 PM.

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**LEGAL AID FOUNDATION OF LOS ANGELES, LONG BEACH OFFICE**

[www.lafla.org](http://www.lafla.org)

110 Pine Ave., Suite 420, Long Beach, CA 90802

PH: (562) 435-3501

TTY: (310) 393-7734

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

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

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**LONG BEACH SELF-HELP LEGAL ACCESS CENTER**

Long Beach Courthouse, 415 W. Ocean Blvd, 5th Floor, Room 505, Long Beach, CA 90802

PH: (800) 433-6251

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

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**LOS ANGELES SUPERIOR COURT**

[www.lasuperiorcourt.org](http://www.lasuperiorcourt.org)

Website offers comprehensive online services and resources for civil, small claims, juvenile, family, probate, mental health, traffic, criminal cases and more.

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**MENTAL HEALTH ADVOCACY SERVICES**

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

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

PH: (213) 389-2077

Legal advocacy for those with mental/developmental disabilities in the areas of special education, housing, employment discrimination and government benefits. Spanish spoken. FEE: No charge.

HRS: Monday-Friday 9 AM-5 PM.

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**MEXICAN AMERICAN LEGAL DEFENSE AND EDUCATIONAL FUND (MALDEF)**

[www.maldef.org](http://www.maldef.org)

634 S. Spring St., 11th floor, Los Angeles, CA 90014

PH: (213) 629-2512

Promotes and protects Hispanic civil rights in the areas of employment, education, immigration and political access. FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

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**NATIONAL IMMIGRATION LAW CENTER**

[www.nilc.org](http://www.nilc.org)

PH: (213) 639-3900

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

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**PUBLIC COUNSEL - Children's Rights Project**

[www.publiccounsel.org](http://www.publiccounsel.org)

610 S. Ardmore Ave., Los Angeles, CA 90005

PH: (213) 385-2977 Ext. 500

Legal representation for children in the areas of special education, guardianship, adoption and more. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-5:15 PM.

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**SINGLE PARENTS UNITED 'N KIDS (SPUNK)**

[www.spunklb.org](http://www.spunklb.org)

2125 Santa Fe Ave., Long Beach, CA 90810

PH: (562) 432-8802

Information about child support, low-cost divorce and paternity. FEE: No charge for phone consultation.  
HRS: Monday-Friday 8:30 AM-4 PM.

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**UNITED STATES CITIZENSHIP AND IMMIGRATION SERVICES**

[www.uscis.gov](http://www.uscis.gov)

PH: (800) 375-5283

TTY: (800) 767-1833

Immigration benefits and services for citizenship, lawful permanent residency, family and employment-related immigration/authorization, inter-country adoptions, asylum and refugee status, replacement immigration documents, foreign student authorization and more.

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**VICTIM WITNESS ASSISTANCE PROGRAM****Los Angeles County**

[da.co.la.ca.us/vwap](http://da.co.la.ca.us/vwap)

Long Beach Courthouse, 415 W. Ocean Blvd., Room 305, Long Beach, CA 90802

PH: (562) 491-6347

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

# MENTAL HEALTH/HEALTH: Education and Support

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## **ADULT BEREAVEMENT GROUP**

### **Long Beach Memorial Medical Center**

[www.memorialcare.org/long\\_beach/calendar/calendar.cfm](http://www.memorialcare.org/long_beach/calendar/calendar.cfm)

2801 Atlantic Ave., Long Beach, CA 90806

PH: (562) 933-1450

Adult bereavement group. Go to the information desk for location. FEE: No charge for group, parking fee.

HRS: Wednesday 3-5 PM, Thursday 6-8 PM.

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## **AFRICAN AMERICAN INFANT HEALTH PROJECT**

### **City of Long Beach**

[www.ci.long-beach.ca.us/health/mcah/aaihp.asp](http://www.ci.long-beach.ca.us/health/mcah/aaihp.asp)

6301 N. Myrtle Ave., Long Beach, CA 90805

PH: (562) 570-1148

TTY: (562) 570-4346

Health education and support for Long Beach pregnant/parenting African American women ages 18+ with children ages 0-2. FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

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## **AMERICAN RED CROSS, GREATER LONG BEACH CHAPTER**

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

PH: (562) 595-6341 Ext. 237

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

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## **AUTISM SOCIETY OF AMERICA**

### **Greater Long Beach/San Gabriel Valley Chapters**

[www.greaterlongbeach-asa.org](http://www.greaterlongbeach-asa.org)

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

PH: (562) 943-3335

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

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## **CAMBODIAN ASSOCIATION OF AMERICA**

### **Marriage Enrichment Project**

PH: (562) 988-1863

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

HRS: Call for appointment and locations.

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## **CANCER SUPPORT GROUP FOR KIDS, TWEENS AND TEENS**

### **Long Beach Memorial Medical Center**

[www.memorialcare.org/long\\_beach/calendar/calendar.cfm](http://www.memorialcare.org/long_beach/calendar/calendar.cfm)

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

PH: (562) 933-0900

Support groups for ages 7-10, 11-13 and 14-17 who are dealing with a significant person diagnosed with cancer. Groups focus on understanding and coping with the diagnosis. FEE: No charge. HRS: Groups meet once per month. Call for information and screening.

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**THE CENTER, LONG BEACH**

www.centerlb.org  
2017 E. 4th St., Long Beach, CA 90814  
PH: (562) 434-4455 Ext. 245

Services for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ): information, referrals, social and cultural activities, HIV testing, drop-in hours for ages 17 and under Monday-Friday 2-6 PM, parent/guardian support group meets the last Friday each month 7 PM, art-based workshop on addiction/recovery Tuesday 4-5 PM. FEE: No charge. OFC HRS: Monday-Friday 11 AM-7 PM.

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**CENTRO CHA, INC.**

www.centrocha.org  
727 Pine Ave., Long Beach, CA 90813  
PH: (562) 570-4722

Latina Empowerment Action Program (LEAP) for Hispanic females ages 14-24: pregnancy prevention, STD education, counseling, anger management, life skills training, gang prevention and more. Spanish spoken. FEE: No charge. HRS: By appointment.

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**EXCHANGE CLUB FAMILY SUPPORT CENTER**

www.downeyfamilysupport.com/parent1.htm  
1032 Redondo Ave., Suite B, Long Beach, CA 90804  
PH: (562) 434-6899

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

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**FAMILIES IN GOOD HEALTH****St. Mary Medical Center**

411 E. 10th St., Suite 207, Long Beach CA 90813  
PH: (562) 491-9100

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

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**FAMILY COUNSELING PROGRAM****Youth Services Division, Long Beach Police Department****City of Long Beach**

1957 Pacific Ave., Long Beach, CA 90806  
PH: (562) 570-1426

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

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**FAMILY SUPPORT GROUP IN SPANISH****Department of Mental Health, Office of the Family Advocate  
Los Angeles County**

The Vasek Polak Children's Clinic Family Health and Wellness Center  
1057 Pine Ave., Long Beach, CA 90813  
PH: (213) 251-6520

Support group for Spanish speakers 18+. Topics include: stress, domestic violence, depression, panic attacks, mental illness, autism, ADHD, school behavior problems, community resources and more. FEE: No charge.  
HRS: 1st and 3rd Friday 9-11 AM

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**FAMILY SUPPORT PROGRAM****Personal Involvement Center**

2438 Vermont Ave., Suite 302, Harbor City, CA 90710  
PH: (310) 517-8675

In-home case management program to assist families mobilize formal and informal resources. Phone intake to determine needs. Spanish spoken. FEE: No charge.

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**GRANDPARENTS AS PARENTS**

[www.grandparentsasparents.org](http://www.grandparentsasparents.org)  
P.O. Box 964, Lakewood, CA 90714  
PH: (562) 421-7991

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

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**HOME VISITATION PROGRAM****Richstone Family Center**

[www.richstonefamily.org](http://www.richstonefamily.org)  
13634 Cordary Ave., Hawthorne, CA 90250  
English: (310) 970-1921 Ext. 224  
Spanish: (310) 970-1921 Ext. 134

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

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**LONG BEACH CHAPTER STROKE ASSOCIATION OF SOUTHERN CALIFORNIA**

P.O. Box 8340, Long Beach, CA 90808  
PH: (562) 537-0556

Assistance to stroke survivors and their families/caregivers: support groups, information, referrals and more.  
Interpreters available. FEE: No charge.

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**MILLER CHILDREN'S ABUSE AND VIOLENCE INTERVENTION CENTER**

2865 Atlantic Ave., Suite 110, Long Beach, CA 90806  
PH: (562) 933-0590

Coordinated services for children and families traumatized by child abuse, domestic violence and violence in the community: forensic interviews, crisis intervention, counseling, parenting classes, school-based services, community education, advocacy and consultation. Call for initial phone screening to determine eligibility. Spanish spoken. FEE: No charge for most services, small fee for parenting classes. HRS: Monday-Friday 8 AM-5 PM, evening hours by appointment.

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**NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)**

www.nami.org

P.O. Box 91206, Long Beach, CA 90809

PH: (562) 435-2264

Promotes the welfare and appropriate treatment of those with severe/persistent mental illness. Support group and speakers' bureau meetings are held at Pacific Hospital. Call for more information.

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**PACIFIC ASIAN COUNSELING SERVICES (PACS)**

www.pacsla.org

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

PH: (562) 424-1886

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

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**PATHS PROGRAM****City of Long Beach**

www.lbyouth411.com

PH: (562) 570-7925

Program for ages 14-18 to reduce teen pregnancy and promote responsible parenting. Workshop topics include self-esteem, decision-making, communication skills, values clarification, birth control, reproductive anatomy, STDs and more. Available for schools and other locations upon request. FEE: No charge.

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**PATHWAYS VOLUNTEER HOSPICE**

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

PH: (562) 531-3031

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

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**PERINATAL LOSS SUPPORT GROUP****Long Beach Memorial Medical Center**

www.memorialcare.org/long\_beach/calendar/calendar.cfm

PH: (562) 933-1454

Support group for those mourning the death of a baby before or after birth. Go to the information desk for location. FEE: No charge for group, parking fee. HRS: 2nd and 4th Monday 7-8:30 PM.

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**ROLE OF MEN ACADEMY****City of Long Beach**

1133 Rhea St., Long Beach, CA 90806

PH: (562) 570-7966 or (562) 570-4441

Program for non-custodial fathers ages 16+ of children ages 0-5: classes in prenatal health, parenting, family relationships and fathers' legal rights/responsibilities.



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**SECOND GENERATION TEEN DATING VIOLENCE PROGRAM****Interval House**

6615 E. Pacific Coast Highway, Suite 170, Long Beach, CA 90803  
PH: (562) 594-4555

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

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**SEXUAL ASSAULT CRISIS AGENCY (SACA)**

3711 Long Beach Blvd, Suite 815, Long Beach CA 90807  
24-Hour Hotline: (562) 989-5900  
Outreach Office: (562) 989-0309

Services for sexual assault survivors: crisis intervention; individual and group counseling for ages 13+; accompaniment to rape exam, police station, court hearings for ages 15+; school and community education on sexual harassment/assault for grades 4+. FEE: No charge. HRS: Monday-Friday 9 AM-5 PM.

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**SHARE!**

Emotional Health Association  
[www.shareselfhelp.org](http://www.shareselfhelp.org)  
PH: (310) 305-8878

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

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**SUPPORT GROUP FOR PARENTS AND CAREGIVERS OF CHILDREN AGES 0-12****For the Child**

4565 California Ave., Long Beach, CA 90807  
PH: (562) 427-7671 – Ask for intake coordinator

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

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**TAKE 5 ENRICHMENT PROGRAM****Victory Community Center**

PH: (310) 522-4677 – Ask for Freddie Gomez  
Cell: (310) 505-3779

Twelve-week anger management program for ages 14-19. FEE: No charge. HRS: Monday 5-7 PM. Call for registration and location information.

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**UNITED CAMBODIAN COMMUNITY**

2201 E. Anaheim St., Suite 200, Long Beach, CA 90804  
PH: (562) 433-2490

Community-based empowerment programs for all ethnicities: performing arts for ages 8-18; Proud Parenting Program for pregnant/parenting ages 14-24+ Thursday 5:30-7 PM, assistance to Southeast Asian immigrants and more. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-6 PM.

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**THE WELLNESS CENTER****Mental Health America of Los Angeles**

1078 Atlantic Ave., Long Beach, CA 90813

PH: (562) 285-0149

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

# MENTAL HEALTH: Medi-Cal/Healthy Families

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## ALMA FAMILY SERVICES

www.almafamilyservices.org  
121 Linden Ave., Long Beach, CA 90802  
Intake Office: (323) 881-3799  
Long Beach Office: (562) 624-8844

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

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## CHILDNET YOUTH AND FAMILY SERVICES

www.childnet.net  
2931 Redondo Ave., Long Beach CA 90804  
PH: (562) 490-7600

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

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## COMMUNITY FAMILY GUIDANCE

10929 South St., Suite 208 B, Cerritos, CA 90703  
PH: (562) 924-5526

Outpatient mental health services for ages 3-17 and their families: individual, family and group counseling; medication evaluation/support. Spanish spoken. FEE: Medi-Cal, Healthy Families, AB 3632.  
HRS: Monday-Thursday 8:30 AM-9 PM, Friday 8:30 AM-4:30 PM.

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## FAMILY AND YOUTH STARS PROGRAM

### Community Family Guidance

10929 South St., Suite 214 B, Cerritos, CA 90703  
PH: (562) 865-6444

Intensive short-term mental health services for ages 2-18 in acute crisis. Must have a history of psychiatric hospitalizations or out-of-home placements and present a high risk for placement failure because of severe emotional/behavioral problems. Services include school, home and agency-based counseling; medication evaluation/support; case management; parent education. Parent/legal guardian must call to request services.  
FEE: Medi-Cal, Healthy Families, AB3632. HRS: Monday-Thursday 8 AM-9 PM, Friday 8 AM-4:30 PM.

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## FOR THE CHILD

www.forthethechild.org

### Administration and Treatment Office

4565 California Ave., Long Beach, CA 90807  
PH: (562) 422-8472

### Intake and Treatment Office

4001 Long Beach Blvd., Long Beach, CA 90807  
PH: (562) 427-7671

School, home and agency-based mental health services for ages 2-18 and their families: Individual and family counseling, case management, parenting classes, medication evaluation/support, child abuse and domestic violence treatment programs. Call the intake and treatment office for an intake appointment. Spanish spoken.  
FEE: Medi-Cal, Healthy Families, sliding scale, no charge for some services. OFC HRS: Monday-Friday 8 AM-5 PM.

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**FULL SERVICE PARTNERSHIP (FSP): For Adults****Department of Mental Health****Los Angeles County**

[dmh.lacounty.info/MHSA/plans/css.html](http://dmh.lacounty.info/MHSA/plans/css.html)

PH: (562) 435-3037

FX: (562) 256-1603

Comprehensive mental health services for adults diagnosed with a serious mental illness, at risk for/homeless, in frequent contact with psychiatric hospitals or the criminal justice system, living with family members and/or at risk for the above. Services may include help accessing counseling, health care/benefits, substance abuse/domestic violence treatment, transportation, housing, job placement/training and more. Eligibility determined by phone screening. FEE: Medi-Cal, financial screening for all referrals, those with private insurance will be charged full cost.

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**FULL SERVICE PARTNERSHIP (FSP): For Children****Department of Mental Health****Los Angeles County**

[dmh.lacounty.info/MHSA/plans/css.html](http://dmh.lacounty.info/MHSA/plans/css.html)

PH: (562) 435-3037

FX: (562) 256-1603

Comprehensive mental health services for ages 0-15 and their families who are experiencing significant emotional, psychological and/or behavioral problems. Services may include help accessing health care/benefits, housing, substance abuse/domestic violence treatment, transportation to/from appointments, counseling and more. Eligibility determined by phone screening. FEE: Medi-Cal, financial screening for all referrals, those with private insurance will be charged full cost.

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**FULL SERVICE PARTNERSHIP (FSP): For Transition Age Youth****Department of Mental Health****Los Angeles County**

[dmh.lacounty.info/MHSA/plans/css.html](http://dmh.lacounty.info/MHSA/plans/css.html)

PH: (562) 435-3037

FX: (562) 256-1603

Comprehensive mental health services for ages 16-25 with a serious emotional disturbance; may be struggling with substance abuse; at risk for/homeless; aging out of children's mental health, child welfare or the juvenile justice system; and/or leaving long-term institutional care. Services may include help accessing counseling, health care/benefits, housing, substance abuse treatment, transportation to/from appointments and more. Eligibility determined by phone screening. FEE: Medi-Cal, financial screening for all referrals, those with private insurance will be charged full cost.

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**THE GUIDANCE CENTER****HINCHMAN HOUSE**

3711 Long Beach Blvd. 5th and 6th Floors, Long Beach, CA 90807

Information: (562) 595-1159

Appointments: (562) 485-3085

School, home and agency-based mental health services up to age 18 and their families: Individual, group and family counseling; outpatient dual diagnosis program; medication evaluation/support; parent training; case management, CalWORKs services. Spanish spoken. FEE: Medi-Cal, Healthy Families, AB3632.

HRS: Monday-Thursday 8 AM-8 PM, Friday 8 AM-6 PM.

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**THE GUIDANCE CENTER**  
**NORTH LONG BEACH INTENSIVE SERVICES**

4343 Atlantic Ave., Long Beach, CA 90807  
PH: (562) 427-6860

School, home and agency-based intensive mental health services up to age 18 with severe emotional problems and their families: individual, group and family counseling, medication evaluation/support, case management, parent education, crisis intervention. Spanish spoken. FEE: Medi-Cal, Healthy Families, AB3632.  
HRS: Monday-Thursday 8 AM-7 PM, Friday 8 AM-4:30 PM.

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**HARBORVIEW COMMUNITY SERVICES**

www.sunh.com  
850 E. Wardlow Rd., Long Beach, CA 90807  
PH: (562) 981-9392

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

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**LONG BEACH ASIAN PACIFIC MENTAL HEALTH PROGRAM**

**Department of Mental Health**  
**Los Angeles County**

1975 Long Beach Blvd., Long Beach, CA 90806  
PH: (562) 599-9401

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

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**LONG BEACH CHILD AND ADOLESCENT PROGRAM**

**Department of Mental Health**  
**Los Angeles County**

240 E. 20th St., Long Beach, CA 90806  
PH: (562) 599-9271

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

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**LONG BEACH MENTAL HEALTH – ADULT SERVICES****Department of Mental Health****Los Angeles County**

1975 Long Beach Blvd., Long Beach, CA 90806

PH: (562) 599-9280

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

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**MHA VILLAGE****Mental Health America of Los Angeles**

[www.mhavillage.org](http://www.mhavillage.org)

456 Elm Ave., Long Beach, CA 90802

PH: (562) 437-6717

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

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**PACIFIC ASIAN COUNSELING SERVICES (PACS)**

[www.pacsla.org](http://www.pacsla.org)

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

PH: (562) 424-1886

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

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**PACIFIC RESOURCES PSYCHOLOGICAL GROUP**

[www.prrpg-inc.com](http://www.prrpg-inc.com)

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

PH: (562) 988-1000

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

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**PROVIDENCE COMMUNITY SERVICES**

[www.provcorp.com/Locations/California.asp](http://www.provcorp.com/Locations/California.asp)

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

PH: (562) 865-3644

**Day Treatment Program**

LBUSD students ages 6-13 ½ must have an Axis I mental health diagnosis, live in Lakewood or an area of Long Beach on the border, and be unable to achieve success in an outpatient program. The 3-6 month program includes individual, family and group counseling; transportation to/from the program; case management; medication evaluation/support. FEE: Medi-Cal. HRS: Monday-Friday 9 AM-5 PM.

**Probation Program**

Outpatient mental health services for probationers within the LBUSD attendance area: individual and family counseling, groups for substance abuse and/or anger management, school or home-based services upon request. Spanish spoken.

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**RIO HONDO MENTAL HEALTH****Department of Mental Health****Los Angeles County**

17707 Studebaker Rd., Cerritos, CA 90703

PH: (562) 402-0688

Adult outpatient mental health services for Service Area 7 residents (Lakewood): case management; psychosocial rehabilitation; medication evaluation/support; residential placement assistance; short-term individual or group counseling; CalWORKs services. Spanish spoken. FEE: Medi-Cal, Healthy Families, sliding scale, those with private insurance will be charged full cost. HRS: Monday-Friday 8 AM-5 PM; Walk-In HRS: Monday, Tuesday, Thursday 8 AM.

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**STARVIEW COMMUNITY SERVICES**

[www.starsinc.com](http://www.starsinc.com)

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

PH: (562) 427-6818

School, home and agency-based mental health services for ages 5-18 and their families: individual and family counseling, case management, therapeutic behavioral services for those who meet criteria, medication evaluation/support. FEE: Medi-Cal. HRS: Monday-Friday 8 AM-5 PM.

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**TRANSITION AGE YOUTH (TAY) ACADEMY****Mental Health America of Los Angeles**

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

PH: (562) 284-0108

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

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**THE WELLNESS CENTER****Mental Health America of Los Angeles**

1078 Atlantic Ave., Long Beach, CA 90813

PH: (562) 285-0149

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



# MENTAL HEALTH: Private Pay/Insurance

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## **ANGER MANAGEMENT FOR TEENS**

### **City of Carson**

[ci.carson.ca.us/content/department/pub\\_service/youthsvsprogs.asp](http://ci.carson.ca.us/content/department/pub_service/youthsvsprogs.asp)

PH: (310) 952-1700 Ext. 1671

Eight-week anger management program for ages 12-17, includes field trip to Terminal Island Federal Prison or Los Padrinos Juvenile Hall. Parents must attend two adult anger management classes concurrent with youth classes. Advanced registration is required. Call/visit the website for more information.

FEE: \$30 for Carson residents, \$35 for non-residents.

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## **CENTER FOR DISCOVERY AND ADOLESCENT CHANGE**

[www.centerfordiscovery.com](http://www.centerfordiscovery.com)

4136 Ann Arbor Rd., Lakewood, CA 90712

PH: (562) 425-7418

Day/residential treatment programs in Long Beach and Lakewood for males/females: ages 11-19 for eating disorders, ages 11-17 for dual diagnosis services. FEE: \$890 per day, subject to change; private insurance.

HRS: Monday-Friday 8 AM-4 PM.

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## **CENTER FOR GROWTH!**

5150 Candlewood St., Suite 12 B, Lakewood, CA 90712

PH: (562) 676-7126 or (310) 710-6269

Individual, family and group counseling; psychological testing; medication evaluation/support.

FEE: Private insurance, sliding scale. HRS: By appointment.

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## **CENTRO CHA, INC.**

[www.centrocha.org](http://www.centrocha.org)

727 Pine Ave., Long Beach, CA 90813

PH: (562) 570-4722

Individual and group counseling, court/probation advocacy, leadership training and more for ages 14-24.

Spanish spoken. FEE: Sliding scale. HRS: By appointment.

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## **CENTRO CONTRA LA VIOLENCIA**

4429 E. Anaheim St., Long Beach, CA 90804

PH: (562) 218-2337

Classes for adults in anger management, domestic violence and parenting. Spanish spoken.

FEE: \$25 intake fee, sliding scale. HRS: By appointment.

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## **EDUCATIONAL PSYCHOLOGY CLINIC**

### **California State University, Long Beach**

[www.ced.csulb.edu/edpac/clinic/](http://www.ced.csulb.edu/edpac/clinic/)

1250 Bellflower Blvd., Long Beach CA 90840

PH: (562) 985-4991

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

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**FAMILY SERVICE OF LONG BEACH**

[www.familyservicecares.org](http://www.familyservicecares.org)

**Administration and East Long Beach Counseling Office**

5500 Atherton St., Suite 416, Long Beach, CA 90815

PH: (562) 493-1496

Individual, family, couples and group counseling; school-based services. Spanish spoken. FEE: Healthy Families, sliding scale, private insurance. HRS: Monday-Friday 9 AM-9 PM, Saturday 9 AM-3 PM.

**Downtown Long Beach Counseling Office**

1043 Pine Ave., Long Beach, CA 90813

PH: (562) 436-9893

Outpatient drug recovery program; adult classes in domestic violence, anger management and parenting. Spanish spoken. FEE: Sliding scale. HRS: By appointment

**Bellflower Counseling Office**

16704 Clark Ave., Bellflower, CA 90706

PH: (562) 867-1737

Individual, family and group counseling; school-based services; adult classes in domestic violence, anger management and parenting. Spanish spoken. FEE: Healthy Families, sliding scale, private insurance. HRS: Monday-Friday 9AM-9 PM, Saturday 9 AM-3 PM.

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**GIRLFRIENDS-LBC, INC.**

[www.girlfriends-lbc.org](http://www.girlfriends-lbc.org)

5615 E. Pageantry St., Long Beach, CA 90808

PH: (562) 608-8807

After-school support group for girls ages 11-15: creative activities, field trips, life skills training and more. Call/visit the website for application and more. Spanish spoken. HRS: Tuesday, Wednesday 4-6 PM at El Dorado Park West.

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**HELPLINE YOUTH COUNSELING  
LONG BEACH COUNSELING OFFICE**

[www.helplineyouthcounseling.org](http://www.helplineyouthcounseling.org)

1133 Rhea St., Long Beach, CA 90806

PH: (562) 599-2244

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

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**JEWISH FAMILY AND CHILDREN'S SERVICES**

[www.jfcslongbeach.org](http://www.jfcslongbeach.org)

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

PH: (562) 427-7916

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

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**NEW HOPE GRIEF SUPPORT COMMUNITY**

[www.newhopegrief.org](http://www.newhopegrief.org)

P.O. Box 8057, Long Beach, CA 90808

PH: (888) 490-HOPE

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



# MENTORING

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## **CATHOLIC BIG BROTHERS BIG SISTERS**

[www.catholicbigbrothers.org](http://www.catholicbigbrothers.org)

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

PH: (800) 463-4066

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

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## **EXPLORERS**

### **Long Beach Police Department**

#### **City of Long Beach**

[www.longbeach.gov/police/join/youth\\_programs/police\\_explorer\\_program.asp](http://www.longbeach.gov/police/join/youth_programs/police_explorer_program.asp)

1957 Pacific Ave., Long Beach, CA 90806

PH: (562) 570-3465 or (562) 570-8597

Long Beach residents ages 14-20, who are willing to commit eight hours of service per month, can receive training/participation in activities with police officers: riding along with officers, working at the information desk, assisting with evidence searches, providing traffic direction, working with Vice.

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## **LONG BEACH SEARCH AND RESCUE**

### **Long Beach Police Motor Patrol/Long Beach Firefighters' Associations**

#### **City of Long Beach**

[www.longbeach.gov/police/join/youth\\_programs/long\\_beach\\_search\\_and\\_rescue.asp](http://www.longbeach.gov/police/join/youth_programs/long_beach_search_and_rescue.asp)

2247 Argonne Ave., Long Beach, CA 90815

PH: (562) 494-0908

Opportunities for ages 15-18 to serve the public during emergency situations and explore careers in law enforcement, fire protection and emergency medical services. Applicants must have no serious police record; maintain a C average in school; successfully complete an oral interview, physical agility test, 15-week recruitment academy and be willing to serve the community.

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## **OPERATION JUMP START**

[www.operationjumpstart.org](http://www.operationjumpstart.org)

3515 Linden Ave., Long Beach, CA 90807

PH: (562) 988-2131

A mentoring program for grades 8-12: Students must maintain a C average in all classes, have excellent attendance and desire to attain a higher education. Year-round activities include tutoring, college enrollment/scholarship application assistance, cultural/social outings and more.

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## **POWER 4 YOUTH**

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

PH: (562) 435-2352

After-school academic mentoring beginning in middle school: help with homework, time management, study skills and more. Mentors/mentees meet at supervised Long Beach locations once a week for 1 ½ hours.

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**RESCUE YOUTH PROGRAM****District Attorney's Office/Long Beach Fire Department****Los Angeles County**

da.co.la.ca.us/cpys/rescue

PH: (213) 974-7401

Mentoring program for middle school students ages 12-14 exhibiting at-risk behaviors such as truancy, discipline problems and poor academic performance, but no criminal activities. Each mentee is matched with a firefighter mentor at a designated fire station near the student's home. Students and their parent(s) must be motivated to participate in the program for one academic year and are required to attend two-hour weekly visits to the fire station and other events. Activities are designed to promote regular school attendance and teach teamwork, problem-solving and goal development. Incentives include field trips and ride-along opportunities.

# PARENTING CLASSES

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The following agencies/programs offer parenting classes. Call for more information.

**Altamed Youth Services**

(562) 595-8040

**Cambodian Association of America**

(562) 988-1863

**Casa Youth Shelter**

(562) 594-6825

**Centro Contra la Violencia**

(562) 218-2337

**Department of Health and Human Services, City of Long Beach**

(562) 570-4000

**District Parent Resource Center – Butler, LBUSD**

(562) 218-1244

**District Parent Resource Center – Jefferson, LBUSD**

(562) 433-1550

**District Parent Resource Center – MacArthur, LBUSD**

(562) 429-6020

**District Parent Resource Center – Muir, LBUSD**

(562) 997-8000 Ext. 7962

**District Parent Resource Center – Stephens, LBUSD**

(562) 981-8990

**Exchange Club Family Support Center**

(562) 434-6899

**Family Service of Long Beach – Bellflower Counseling Office**

(562) 867-1737

**Family Service of Long Beach - Downtown Counseling Office**

(562) 436-9893

**For the Child**

(562) 427-7671

**Foster and Kinship Care Education Program, LBCC**

(562) 938-3014

**Helpline Youth Counseling: Long Beach Counseling Office**

(562) 599-2244

**Long Beach Police Department, City of Long Beach**

(562) 570-1426

**Miller Children’s Abuse and Violence Intervention Center**

(562) 933-0590

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**Pacific Asian Counseling Services (PACS)**

(562) 424-1886

**Parent Education Office, *LBUSD***

(562) 997-8178

**Substance Abuse Foundation**

(562) 439-7755

**Tarzana Treatment Centers, Inc.**

(562) 428-4111 Ext. 7100

**United Cambodian Community**

(562) 433-2490



# **PUBLIC AND PRIVATE BENEFITS**

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## **ACCESS FOR INFANTS AND MOTHERS (AIM)**

[www.aim.ca.gov/english/AIMhome.asp](http://www.aim.ca.gov/english/AIMhome.asp)

PH: (800) 433-2611

Full medical care during pregnancy and delivery for low-income (includes undocumented) women/teens with an income level too high to qualify for Medi-Cal. Must be pregnant less than 30 weeks and a California resident for at least six continuous months. Private insurance recipients with \$500+ maternity benefits deductible may apply. After birth, babies are eligible for Health Families enrollment.

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## **CALIFORNIA CHILDREN SERVICES (CCS)**

[www.dhcs.ca.gov/services/ccs](http://www.dhcs.ca.gov/services/ccs)

PH: (800) 288-4584

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

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## **CAL-LEARN**

[www.ladpss.org/dpss/calworks/callearn.cfm](http://www.ladpss.org/dpss/calworks/callearn.cfm)

PH: (800) 511-2070

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

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## **CALWORKS**

[www.ladpss.org/dpss/calworks/default.cfm](http://www.ladpss.org/dpss/calworks/default.cfm)

PH: (877) 481-1044

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

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## **CALWORKS CHILDCARE HOTLINE**

[www.ladpss.org](http://www.ladpss.org)

PH: (877) 244-5399

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

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**CHILD HEALTH AND DISABILITY PREVENTION (CHDP)**

[www.dhs.ca.gov/pcfh/cms/chdp](http://www.dhs.ca.gov/pcfh/cms/chdp)

PH: (562) 570-7980

Early and periodic screening, diagnosis and referrals for low-income, uninsured (includes undocumented) youth under age 19; Medi-Cal recipients ages 0- 21; and children in Head Start and state preschool programs: health history; measurements; physical exam; review of dental, nutritional and developmental status; hearing and vision screens; tests for anemia, kidney problems, tuberculosis and lead exposure; immunizations and health education; no hospitalization or sick care. FEE: No charge.

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**DENTI-CAL**

[www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)

PH: (800) 322-6384

TTY: (800) 735-2922

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

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**FOOD STAMPS**

[www.ladpss.org/dpss/food\\_stamps](http://www.ladpss.org/dpss/food_stamps)

PH: (877) 597-4777

Electronic Benefit Transfer (EBT) card to purchase food items. Eligibility is determined by monthly income, family size and immigration status. Non-legal residents with legal resident children may apply for their children.

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**GENERAL RELIEF (GR)**

[www.ladpss.org](http://www.ladpss.org)

PH: (877) 481-1044

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

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**HEALTHY FAMILIES**

[www.healthyfamilies.ca.gov](http://www.healthyfamilies.ca.gov)

PH: (562) 570-7979

Comprehensive health insurance coverage for uninsured under age 19 with a family income level too high to qualify for no-cost Medi-Cal: hospitalization, doctor visits, medical tests, prescriptions, mental health and substance abuse counseling, vision and dental care. Youth cannot be enrolled in another employer-based insurance plan for three months prior to applying, no retroactive billing. Eligibility is determined by income, family size and immigration status. FEE: Monthly premiums are \$9-\$15 per child, not to exceed \$45 per family, subject to change.

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**HEALTHY KIDS**

www.lacare.org  
PH: (562) 570-7979

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

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**IN-HOME SUPPORTIVE SERVICES**

www.ladpss.org  
PH: (888) 944-4477

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

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**KAISER PERMANENTE CHILD HEALTH PLAN**

Info.kp.org/childhealthplan/  
PH: (562) 570-7979

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

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**MEDI-CAL FOR ADULTS (FULL-SCOPE)**

www.ladpss.org  
PH: (877) 481-1044

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

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

www.ladpss.org  
PH: (562) 570-7979 or (877) 481-1044

Comprehensive health insurance coverage for low-income youth up to age 21 who meet criteria. Families may also qualify if enrolled in CalWORKs; SSI; In-Home Supportive Services; foster care; adoption assistance; Entrant/Refugee Cash Assistance programs; or one parent is absent, deceased, unemployed, disabled/incapacitated, as certified by a doctor. Services include hospitalization, doctor visits, vision and dental care, prescriptions, mental health and substance abuse counseling. Billing is allowed three months retroactive to enrollment date. Eligibility is determined by income, family size and immigration status.

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**MEDI-CAL FOR EMERGENCIES (RESTRICTED)**

[www.ladpss.org](http://www.ladpss.org)

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

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

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**MEDI-CAL FOR PREGNANCY**

[www.ladpss.org](http://www.ladpss.org)

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

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

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**MINOR CONSENT MEDI-CAL**

[www.ladpss.org](http://www.ladpss.org)

PH: (877) 481-1044

Unmarried youth under age 21 (includes undocumented) living as dependents, can access services without parental consent: treatment for sexually transmitted diseases, substance abuse, family planning, sexual assault, pregnancy-related care and outpatient mental health services. Youth must apply in person at their local DPSS office or other agency/clinic for enrollment and recertification every month, except for mental health services. Mental health treatment requires a letter from the mental health provider stating the need and duration of services. Billing is allowed three months retroactive to enrollment date.

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**SOCIAL SECURITY ADMINISTRATION**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

2005 Long Beach Blvd., Long Beach, CA 90806

4957 Paramount Blvd., Lakewood, CA 90712

PH: (800) 772-1213

Assistance with social security cards; benefits for retirement, disability and survivors. Spanish spoken.

HRS: Monday-Friday 7 AM-7 PM.

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**SUPPLEMENTAL SECURITY INCOME (SSI)**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

PH: (800) 772-1213

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

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**WOMEN, INFANTS AND CHILDREN (WIC) PROGRAM**

[www.longbeach.gov/health/services/womens\\_health/wic.asp](http://www.longbeach.gov/health/services/womens_health/wic.asp)

PH: (562) 570-4242

Supplemental nutritional program for low-income (includes undocumented) pregnant women, new mothers and children under age 5. Applicants must provide a medical referral attesting to pregnancy or nutritional risk, and proof of income and residence in Long Beach, Signal Hill or Lakewood. Services include supplemental nutritious food, nutrition education/referrals, breastfeeding support, screening and referrals to social services. Call/visit the website for more information. Spanish and Khmer spoken. FEE: No charge.

# PUBLIC AND PRIVATE BENEFITS: ENROLLMENT SITES

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## ENROLLMENT INFORMATION

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

The following documents are required for Medi-Cal/Healthy Families enrollment:

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

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## DEPARTMENT OF PUBLIC SOCIAL SERVICES (DPSS)

### Los Angeles County

[www.ladpss.org](http://www.ladpss.org)

Central Help Line: (877) 481-1044

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

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## MEDI-CAL/HEALTHY FAMILIES OUTREACH COLLABORATIVE

### City of Long Beach

[www.longbeach.gov/health/fhec/medical.asp](http://www.longbeach.gov/health/fhec/medical.asp)

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

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

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

Enrollment assistance for children by appointment. Spanish, Khmer and Vietnamese spoken.

### **The Children's Clinic at International Elementary School**

700 Locust Ave., Long Beach, CA 90813

Medi-Cal .....(562) 933-0482

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

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

### **The Children's Clinic Family Health Center at Cesar Chavez Elementary School**

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

Medi-Cal .....(562) 933-0482

Other insurance programs .....(562) 933-0511

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

### **The Children's Clinic Family Health Center in North Long Beach at Hamilton Middle School**

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

Medi-Cal .....(562) 933-0482

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

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

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**MEDI-CAL/HEALTHY FAMILIES OUTREACH COLLABORATIVE (CONT'D)****The Children's Clinic, Serving Children and Their Families**

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

Medi-Cal .....(562) 933-0482

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

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

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

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

Enrollment assistance for children by appointment. Interpreters available.

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

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

Enrollment assistance for children by appointment. Chamorro spoken.

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

2525 Grand Ave., Room 104, Long Beach, CA 90815

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

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

1057 Pine Ave., Long Beach, CA 90813

Medi-Cal .....(562) 933-0482

Other Insurance Programs.....(562) 366-5915.

Enrollment assistance for adults/children by appointment. Spanish spoken

**Westside Neighborhood Clinic** .....(562) 432-9575

2125 Santa Fe Ave., Long Beach, CA 90810

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

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**SOCIAL SECURITY ADMINISTRATION**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

2005 Long Beach Blvd., Long Beach, CA 90806

4957 Paramount Blvd., Lakewood, CA 90712

PH: (800) 772-1213

Assistance with social security cards; benefits for retirement, disability and survivors.

Spanish spoken. HRS: Monday-Friday 7AM-7PM

# RECREATION

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## **BOYS AND GIRLS CLUBS, LONG BEACH**

[www.bgclublb.org](http://www.bgclublb.org)

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

**Administration Office** .....(562) 595-5945  
3635 Long Beach Blvd., Long Beach, CA 90807

**Eastman/Fairfield Club** .....(562) 428-9188  
700 E. Del Amo Blvd., Long Beach, CA 90807

**Fairfield/Westside Club** .....(562) 435-1621  
1835 W. Willard Ave., Long Beach, CA 90810

**John C. Wallace-Petrolane Club** .....(562) 599-2916  
1920 Lemon Ave., Long Beach, CA 90806

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## **BOY SCOUTS OF AMERICA, LONG BEACH COUNCIL**

[www.longbeachbsa.org](http://www.longbeachbsa.org)

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

PH: (562) 427-0911

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

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## **CAMP FIRE USA, LONG BEACH AREA COUNCIL**

[www.campfirelb.org](http://www.campfirelb.org)

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

PH: (562) 421-2725

School and community-based youth empowerment programs: summer camps, homework and reading programs, ropes challenge course, leadership training. Call/visit the website for more information.

HRS: Monday-Friday 8:30 AM-5 PM, Saturday 9AM-1PM.

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## **CITY OF AVALON RECREATION DEPARTMENT**

[www.cityofavalon.com](http://www.cityofavalon.com)

PH: (310) 510-0220 Ext. 400

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

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## **DEPARTMENT OF PARKS, RECREATION AND MARINE**

### **City of Long Beach**

[www.longbeach.gov/park/default.asp](http://www.longbeach.gov/park/default.asp)

2760 Studebaker Rd., Long Beach, CA 90815

PH: (562) 570-3100

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

OFC HRS: Monday-Friday 7:30 AM-4:30 PM.

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**GIRL SCOUTS COUNCIL OF GREATER LONG BEACH**

www.gscglb.org  
4040 Bellflower Blvd., Long Beach, CA 90808  
PH: (562) 421-8456

Character-building programs for girls. Call/visit the website for more information. FEE: Small registration fee.

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**RECREATION AND COMMUNITY SERVICES****City of Lakewood**

www.lakewoodcity.org  
5050 Clark Ave., Lakewood, CA 90712  
PH: (562) 866-9771 Ext. 2408

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

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**TEEN CENTERS****City of Long Beach**

www.longbeach.gov/park/default.asp

**California Recreation Teen Center** .....(562) 570-1605  
1550 Martin Luther King, Jr. Ave., Long Beach, CA 90813

**Cesar Chavez Park – The Zone** .....(562) 570-8890  
401 Golden Ave., Long Beach, CA 90802

**El Dorado Park West – The Ramshack** .....(562) 570-3230  
2800 Studebaker Rd., Long Beach, CA 90815

**Houghton Park Teen Center** .....(562) 570-1640  
6301 Myrtle Ave., Long Beach, CA 90805

**Recreation Park Teen Center – Bruin Den** .....(562) 570-1670  
4900 E. 7th St., Long Beach, CA 90804

**Silverado Teen Center – Jaguar Junktion** .....(562) 570-1675  
1545 W. 31st St., Long Beach, CA 90810

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**YMCA OF GREATER LONG BEACH**

www.lbymca.org

**Corporate Office**

P.O. Box 90995, Long Beach, CA 90809  
PH: (562) 279-1700

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



## **SHELTERS/TRANSITIONAL HOUSING FOR AGES 10-25**

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### **CASA YOUTH SHELTER**

www.casayouthshelter.org  
10911 Reagan St., Los Alamitos, CA 90720  
PH: (562) 594-6825

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

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### **EMERGENCY YOUTH SHELTER**

#### **1736 Family Crisis Center**

www.1736familycrisiscenter.org  
1736 Monterey Blvd., Hermosa Beach, CA 90254  
24-Hour Hotline: (310) 379-3620

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

---

### **ENHANCED EMERGENCY SHELTER PROGRAM**

#### **Department of Mental Health**

#### **Los Angeles County**

PH: (213) 738-6194

Up to one month of temporary shelter for ages 18-25 (includes undocumented) with severe/persistent mental illness; at risk for/homeless; without income, benefits or resources to pay for shelter. No availability for those who are a danger to self, others or gravely disabled; under conservatorship; have an open DCFS, probation or parole case. Telephone intake will determine eligibility. Services include hygiene facilities; hot meals; linkages to permanent housing, employment, benefits, mental health and other services. Four additional confidential shelters for female domestic violence victims. HRS: Monday-Friday 8 AM-5 PM.

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### **TRANSITIONAL HOUSING PLACEMENT- PLUS**

#### **Department of Children and Family Services**

#### **Los Angeles County**

www.ilponline.org  
PH: (213) 351-0239

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

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### **TRANSITIONAL HOUSING PLACEMENT PROGRAM (THPP)**

#### **Department of Children and Family Services**

#### **Los Angeles County**

www.ilponline.org  
PH: (213) 351-0121

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

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

www.ilponline.org

PH: (213) 351-0190

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

# TUTORING, HOMEWORK HELP AND LITERACY

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## **ACADEMIC UPRISE, INC.**

[www.academicuprise.org](http://www.academicuprise.org)  
2501 Cherry Ave., Suite 160, Signal Hill, CA 90755  
PH: (562) 988-5811

California High School Exit Exam (CAHSEE) preparation sessions for grades 9-12. Spanish spoken.  
FEE: No charge. HRS: Saturday 9 AM-12 PM by appointment.

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## **COVENANT PRESBYTERIAN CHURCH**

607 E. 3rd St., Long Beach, CA 90802  
PH: (562) 437-0958 – Ask for Reverend Adele Langworthy

Tutoring for grades 1-8 in literacy and ESL. FEE: No charge. HRS: Monday-Thursday 2:30-7 PM.

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## **EDUCATIONAL PSYCHOLOGY CLINIC**

### **California State University, Long Beach**

[www.ced.csulb.edu/edpac/clinic/](http://www.ced.csulb.edu/edpac/clinic/)  
1250 Bellflower Blvd., Long Beach CA 90840  
PH: (562) 985-4991

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

---

## **HOMEWORK HELPLINE**

### **Long Beach Unified School District**

[www.lbschools.net/oms/helpline.htm](http://www.lbschools.net/oms/helpline.htm)  
PH: (562) 437-2859

Homework help by phone. Spanish spoken. FEE: No charge. HRS: Monday-Thursday 4-6 PM, no summer services.

---

## **KIDS CLUB**

### **Conservation Corps of Long Beach**

2325 E. 3RD St., Long Beach, CA 90814  
PH: (562) 577-1654 or (562) 433-7401

Tutoring and homework help for grades K-8. FEE: No charge. HRS: Monday-Friday 3:30-6:30 PM

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## **LAKEWOOD PUBLIC LIBRARIES**

### **Los Angeles County**

[www.colapublib.org](http://www.colapublib.org)

#### **Angelo Iacoboni Public Library**

4990 Clark Ave., Lakewood, CA 90712  
PH: (562) 866-1777

#### **George Nye Jr. Public Library**

6600 Del Amo Blvd., Lakewood, CA 90713  
PH: (562) 421-8497

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## **LONG BEACH COMMUNITY ACTION PARTNERSHIP**

[www.lbcap.org](http://www.lbcap.org)  
3012 Long Beach Blvd., Long Beach, CA 90807  
PH: (562) 437-0681

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

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**LONG BEACH PUBLIC LIBRARIES****City of Long Beach**

www.lbpl.org

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

**Main Library** .....(562) 570-7500  
101 Pacific Ave., Long Beach, CA 90802

**Alamitos Neighborhood Library** .....(562) 570-1037  
1836 E. 3rd St., Long Beach, CA 90802

**Ruth Bach Neighborhood Library** .....(562) 570-1038  
4055 Bellflower Blvd., Long Beach, CA 90808

**Bay Shore Neighborhood Library** .....(562) 570-1039  
195 Bay Shore Ave., Long Beach, CA 90803

**Brewitt Neighborhood Library** .....(562) 570-1040  
4036 E. Anaheim St., Long Beach, CA 90804

**Burnett Neighborhood Library** .....(562) 570-1041  
560 E. Hill St., Long Beach, CA 90806

**Dana Neighborhood Library** .....(562) 570-1042  
3680 Atlantic Ave., Long Beach, CA 90807

**El Dorado Neighborhood Library** .....(562) 570-3136  
2900 Studebaker Rd., Long Beach, CA 90815

**Bret Harte Neighborhood Library** .....(562) 570-1044  
1595 W. Willow St., Long Beach, CA 90810

**Los Altos Neighborhood Library** .....(562) 570-1045  
5614 Britton Dr., Long Beach, CA 90815

**Mark Twain Neighborhood Library** .....(562) 570-1046  
1401 E. Anaheim St., Long Beach, CA 90813

**North Neighborhood Library** .....(562) 570-1047  
5571 Orange Ave., Long Beach, CA 90805

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**LONG BEACH SCHOOL FOR ADULTS (LBSA)****Long Beach Unified School District**

www.lbschools.net /lbsa

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

PH: (562) 595-8893 Ext. 234

**High School Diploma**.....(562) 595-8893 Ext. 231

A comprehensive educational program for adults and credit-deficient high school students. Applicants under age 18 must have a referral from their high school counselor and be within two months of their 18th birthday or second semester seniors who will not graduate. Concurrent high school/LBSA enrollment is also permitted. Enrolling students must score at least at the ninth grade reading level on the TABE assessment, or they will be referred to the Literacy Center for remediation before beginning to earn high school credits.

Graduation requirements are similar to those of a comprehensive high school. Students must maintain 80% attendance in teacher-directed classes and complete at least 10 credits at LBSA. FEE: \$20 materials fee, no charge for basic education classes, some courses require purchase of textbooks and other supplies. Call/visit the website for more information.

**GED Testing Information Line** .....(562) 595-8893 Ext. 192**GED Distance Learning**.....(562) 595-8893 Ext. 471

Testing is offered in English and Spanish. Pre-registration is required. Students must be at least within two months of their 18th birthday and bring a valid California ID, driver's license, passport or military ID to register and take the test.

**Literacy Center**.....(562) 427-2253

Enhance literacy skills with computers, small group and classroom instruction, CAHSEE preparation. English only.

**LBSA Head Start** .....(562) 427-0833

Adults and their children attend school together during half/full day programs. Breakfast/lunch in AM program and lunch/snack in PM program.

**Outten Learning Center (OLC)**

Students prepare for a high school diploma/GED at their own pace. Students concurrently enrolled in high school are allowed to attend after 3 PM.

**Student Career Center**

Assistance with job training and placement, academic and personal needs.

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**LBSA: COMMUNITY BASED ENGLISH TUTORING PROGRAM (CBET)****Long Beach Unified School District**

1794 Cedar Ave., Long Beach, CA 90813

PH: (562) 218-0493 Ext. 225

Classes in computers, English as a Second Language (ESL) and strategies to help parents tutor their children; baby-sitting during classes; field trips to community services; ESL distance learning materials and more. Call for locations and more information. FEE: No charge.

---

**LBSA: ENGLISH AS A SECOND LANGUAGE (ESL) PROGRAM****Long Beach Unified School District**

www.lbschools.net/lbsa

**Cedar Educational Center** .....(562) 218-0493 Ext. 222  
1794 Cedar Ave., Long Beach, CA 90813

**Willow Educational Center** .....(562) 426-4743 Ext. 201  
3701 E. Willow St., Long Beach, CA 90815

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**LBSA: ESL DISTANCE LEARNING PROGRAM****Long Beach Unified School District**

1794 Cedar Ave., Long Beach, CA 90813

PH: (562) 218-0493 Ext. 226

Videos, DVDs and homework sheets for independent study, individual meetings with the teacher once each week. FEE: No charge. HRS: By appointment.

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**LBSA: FAMILY LITERACY PROGRAM****Long Beach Unified School District**

www.lbschools.net/lbsa/literacy.html

PH: (562) 595-8893 Ext. 264

Parents can attend classes while their children attend school at four locations. FEE: No charge. HRS: Call each location for registration information and more.

**Willow Educational Center** .....(562) 595-8893 Ext. 264  
3701 E. Willow St., Long Beach, CA 90815  
ESL, high school diploma and ROP classes.

**Chavez Elementary School** .....(562) 590-0904  
730 W. Third St., Long Beach, CA 90802  
ESL classes.

**McKinley Elementary School** .....(562) 630-6200  
6822 Paramount Blvd., Long Beach, CA 90805

**Starr King Elementary School** .....(562) 428-1232  
145 E. Artesia Blvd., Long Beach, CA 90805  
ESL classes.

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**LBSA: OLDER ADULTS/ADULTS WITH DISABILITIES PROGRAM****Long Beach Unified School District**

PH: (562) 595-8893 Ext. 298

Classes for older adults/adults with disabilities in computer literacy, basic life skills and workforce preparation. FEE: No charge.

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**LOS ALAMITOS YOUTH CENTER**

10909 Oak St., Los Alamitos, CA 90720

PH: (562) 493-4043

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

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**POWER 4 YOUTH**

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

PH: (562) 435-2352

After-school academic mentoring beginning in middle school: help with homework, time management, study skills and more. Mentors/mentees meet at supervised Long Beach locations once a week for 1 ½ hours.

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**SCHOOL ON WHEELS**

[www.schoolonwheels.org](http://www.schoolonwheels.org)

PH: (800) 923-1100

Assistance to grades K-12 homeless: tutoring, school supplies, backpacks, uniforms, school enrollment and more.

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**SIGNAL HILL PUBLIC LIBRARY****City of Signal Hill**

1770 E. Hill St., Signal Hill, CA 90755

PH: (562) 989-7323

Assistance to grades K-12 with reading and other homework.

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**YOUTH EXCELLING FOR SUCCESS (YES) PROGRAM****Pacific Asian Counseling Services (PACS)**

[www.pacsla.org](http://www.pacsla.org)

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

PH: (562) 424-1886

After-school activities for grades K-12: homework help and more. HRS: Monday-Thursday 3-7 PM.

Call for enrollment. FEE: No charge.





**Long Beach Unified School District  
GUIDE TO COMMUNITY RESOURCES**

**EZ  
REFERENCE  
GUIDE**

**2009-2010**



**Alphabetical Index of Agencies**



# EZ REFERENCE GUIDE

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