

Greater Long Beach Community Resources 2005-2006

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Greater Long Beach Community Resources 2005-2006

On campus:

Student Health Services

Liberal Arts Campus.....Q120.....**ext. 4210**

Pacific Coast Campus...AA101.....**ext. 3992**

Services: Tuberculosis screening, glucose, cholesterol, vision and pregnancy testing, blood pressure checks, first aid treatment, health assessment and counseling, over-the-counter medications community health referrals, and health promotional programs.

The registered nurses in the Health Services Offices at LAC and PCC can confidentially refer students to local community resources for STD and HIV testing. In conjunction with the County Health Department Mobile Clinic, Health Services provides free HIV testing for a limited number of students in the fall and spring semesters. *Fee: Free.*

Students must present a College Service Card or registration receipt.

AIDS/HIV/STD

Off campus:

Being Alive/ Long Beach **(562) 436-9722**

500 E. 4th St.

Long Beach, CA 90802

Info & referral, education and services to all people infected or affected by HIV/AIDS. Services include edu, food bank, medical updates, support groups, treatment advocacy, mental health services, transportation counseling, social, cultural & athletic activities.

Non-profit. Serves Long Beach. M-F 10-6, bilingual Spanish.

C.A.R.E. Program and Clinics..... **(562) 624-4900**

411 E. 10th St

Long Beach, CA 90813

C.A.R.E. (Comprehensive AIDS Resource and Education) provides a variety of services including: Outpatient medical care, dental services, RN case management and social model case management programs, dedicated family services program and family food bank, nutrition counseling and supplements, anonymous counseling and testing, community education and seminars.

Non-profit, sliding fee scale for medical and dental. Office hours M-F 8:30a-4:30p. Admission requirement HIV diagnosis. Serves Long Beach, South Bay areas.

CDC National AIDS Hotline..... **(800) 342-2437**

English (800) 342-2437, (888) 282-7681 FAX

(800) 243-7889 TTY (answered M-F 10-10 EST)

Spanish (800) 344-7432

24 hour hotline for AIDS information, nationwide referral and free literature to anyone in USA.

Non-profit, FREE

Gay & Lesbian Community Center/greater Long Beach (562) 434-4455

2017 E. 4th St.

Long Beach, CA 90814

Services: Assistance to persons who are HIV positive.

Fee: Free

Long Beach Dept. of Health & Human Services.....(562) 570-4000

2525 Grand Avenue; Long Beach 90815

Services: Confidential and anonymous blood tests for AIDS/HIV, testing for sexually transmitted diseases, and HIV positive early intervention program.

Fee: \$10 donation for blood tests; intervention programs based on sliding scale.

National Herpes Hotline (919) 361-8488

Info and referral for prevention and treatment of herpes.

Non-Profit, M-F 9-7 EST.

Long Beach Comprehensive Health Center / LA County Health Services..... (562) 599-2153

1333 Chestnut Ave.

(562) 599-8635

Long Beach, CA 90813

Comprehensive primary health care provided by family MD, internal medicine MD, pediatricians, and nurse practitioners. Lab, X-ray, social services, dental, HIV early intervention, and some specialty services on site.

Govt. program. Payment: sliding scale or \$30/visit, appointment required. Serves LA County.

ALCOHOL/ DRUG/TOBACCO/ADDICTIONS

US Department of Health Services1-800- RELAPSE

24 hour hotline for information and referral to substance abuse programs.

Govt. program, FREE. Bilingual Spanish, serves USA.

Alcohol and Drug Helpline (800) 821-4357

24 hour general information and referral to AA groups and treatment programs referrals for any drug or alcohol issue.

Private program.

AL-ANON/ALATEEN.....(818) 760-7122

Services: Referral line for self-help information for children and teens. **(888) 684-6444**

Alcoholics Anonymous.....(562) 989-7697

3450 E. Spring Street # 9; Long Beach 90806

Services: 12-step program for recovering alcoholics.

Fee: Free

Assessment Center (800) 824-6423

Edgemont Hospital

3440 Wilshire Blvd. # 850

Los Angeles, CA 90010

Privately operated 24 hour hotline. FREE assessments, evaluations, referrals, and interventions for substance abuse or psychiatric needs.

For-profit, serves So Cal.

Be Sober Hotline (800) 237-6237
(crisis line) (800) 345-2747

Uni-health

24 hour chemical dependency and mental health referral.

Non-Profit, serves CA

California Department of Alcohol and Drug Programs (800) 879-2772

Resource center.

Clearinghouse and library for information regarding alcohol and drug issues. Treatment referral.

M-F 8-5, bilingual Spanish, serves CA

California Smokers Helpline (800) 662-8887

UCSD

(800) NO-BUTTS

(8300-1099 FAX

(800) 838-8917 Cantonese and Mandarin

(800) 556-5564 Korean

(800) 45NO-FUME Spanish

(800) 778-8440 Vietnamese

(800) 933-4TDD TDD

(800) 844-CHEW for tobacco chewers

Materials and/or telephone counseling to help people stop using tobacco. Specialized services for teens and pregnant women.

Govt. program FREE. M-F 9-9, Sat 9-1; 24 hour voicemail, serves CA.

COCAINE ANONYMOUS.....(562) 866-0464**CSAT Hotline** (800) 729-6686

Center/Substance Treatment (CSAT) answers questions about drug abuse & AIDS as it relates to IV drug users.

Govt. program, 24 hours; bilingual Spanish, serves USA.

Drug & Alcohol Abuse INFO/Referral (800) 729-6686

National Institute on Drug & Alcohol Abuse.

24 hour referral to alcohol and drug prevention & treatment programs and services.

Free, 24 hour; bilingual Spanish; serves USA

DRUGHELP.ORG (website) (800) DRUGHELP

Phoenix House

(800) 378-4357

Provides information on specific drugs and treatment options; referrals to treatment programs, self help groups, family support groups, and crisis centers nationwide.

Non-profit program of American Council for Drug Education. Serves USA.

Flossie Lewis Recovery Center.....(562) 435-7350351 East 6th Street; Long Beach 90802

Services: Residential home for pregnant women and new mothers with substance abuse and/or problems with children.

Fee: Sliding scale

Gamblers Anonymous (714) 527- 2251

Recording will refer callers to local contacts. Several meetings every week.

Non-profit, M-F 8am-6pm. Serves LA & Orange Counties.

LA Addiction Research Consortium (800) 991-3784

Drug addiction research program that provides FREE outpatient and inpatient treatment and research. Goal is to develop new treatments for opiate, cocaine, tobacco, alcohol, and other drug dependencies. All research studies are provided at no cost.

Non-profit, M-F 8am-5pm serves So Cal. MUST BE 21 OR OLDER.

LA County Alcohol/Drug Information(800) 427-8700

Long Beach City Alcoholism and Drug Abuse Rehab Center... (562) 570-4100

2525 Grand Avenue; Long Beach 90815

(562)-570-4400

Services: Outpatient facility for individual and group counseling and random urinalysis.

Fee: Sliding scale

Long Beach Rescue Mission (562) 591-1292

1335 Pacific Ave.

Long Beach, CA 90813

Emergency food, shelter, alcohol and drug recovery program and support services for men, women, and women with children.

Mission hours 7 days, 6:30a-7:30p

NARCOTICS ANONYMOUS.....(310) 372-9666

National Council on Alcohol/Drug Dependency (800) 622-2255

“Hopeline”

Referrals to offices through out US. Recorded message asks for zip codes and provides phone number for that area. Written material on adolescent or adult drug and alcohol addiction issues.

Nonprofit, 7 days/24 hours. Serves USA

NICOTINE ANONYMOUS.....(800) 642-0666

OSAM Clinic (310) 222-3733

LAC-Harbor/UCLA Medical Center

1000 W Carson St.

Torrance, CA 90590

Substance Abusing Mothers (SAM) is a special program for pregnant women who are alcohol or drug users. The goal of the program is to provide a drug and alcohol treatment program and to promote the delivery of a drug and alcohol free baby. Diet counseling, medication, parenting classes, regular exams and case management. ISAM is the follow up program for children exposed to drugs and provides complete pediatric care, immunizations, exams, case management, developmental testing, etc. for all substance exposed children from birth – school age.

Govt. nonprofit, accepts Medical or sliding fee scale.

Office M-F 6a-4p

SAM clinic Tues 12:30-4:30p

ISAM clinic F 9a-12p

Serves LA County and nearby.

PACIFIC AVENUE RESOURCE CENTER (PARC).....(562) 599-2656

Substance Abuse Foundation

1430 Pacific Ave
Long Beach, Ca 90814

Sexaholics Anonymous (S.A.)..... **LA County (213) 480-1096**

(615) 370-6062 (national number)

(714) 647-1613 (Orange County)

12 step recovery program for those who want to stop sexually self-destructive thoughts and destructive behaviors. National number provides local numbers and literature.

Nonprofit, serves USA.

Smart Recovery **(909) 275-8275**

www.smartrecovery.org

Weekly self-help groups emphasize each person's ability to change and recover from chemical, food, or other addictions by refuting irrational thinking. Program teaches members how to defeat their addictive thinking and remain abstinent through the use of Addictive Voice recognition Technique (AVRT). Open to anyone wanting to work on their addictive behavior. Groups in LA, Orange, and other counties; website offers online meeting information.

Free (donation requested), 24 hour hotline. Serves So Cal.

CHILD ABUSE PREVENTION/TREATMENT

California Youth Crisis Line **(800) 843-5200**

Statewide 24hour crisis intervention counseling for youth on a wide range of mental health, drug & alcohol, health, peer, and family/relationship issues. Youth to parent message service, phone connections to service providers & families. Office phone (916) 340-0505.

Free, funded by donations. Office hours 24/7, bilingual Spanish. Serves California.

Child Abuse Hotline..... **(800) 540-4000**

LA County Department of Children & Family Services

3075 Wilshire Blvd, 5th floor

Los Angeles, CA 90005

Hotline answered 24/7. Accepts reports of child abuse and offers crises counseling and refers callers to local agencies for further information and services.

Govt. service. Bilingual Spanish. Serves LA County.

Child Sexual Abuse Crisis Center **(310) 222-3567**

Harbor-UCLA Medical center

100 Carson St, Bldg N-26

Torrance, CA 90509

Offers forensic (criminal) evaluation for child sexual abuse and expert medical exam, forensic interviews of children ages birth through 17 years, in cases of suspected child sexual abuse, physical abuse, severe neglect, and child witness to homicide.

Govt. service. Office hours M-F 8a-5p. Multilingual, Spanish and 22 others. Most services at no cost to child's family. Serves LA County. LOCAL LAW ENFORCEMENT AGENCY SHOULD BE CONTACTED AFTER HOURS.

For the Child.....(562) 422-8472

4565 California Avenue; Long Beach 90807

Services: Counseling for families, adults and children dealing with child abuse.

*Fee: Sliding scale for victims of crime. Medi-cal and grants.***Harbor UCLA Child Abuse Crisis.....(310) 222-3567**

1000 W. Carson Street; Torrance 90807

Services: Sexual abuse exams and psychiatric evaluation for children only.

*Fee: Free***Los Angeles County Department of Children's Services.....(323) 497-3306**

4060 Watson Plaza Drive; Lakewood 90712

(800) 540-4000

Services: Investigation and assessment of alleged cases of child abuse, neglect and exploitation.

Miller Children's Abuse and Violence Intervention Center..... (562) 933-0590

2865 Atlantic Ave., Ste 110

Long Beach, CA 90806

Coordinated services for children and families traumatized by child abuse, domestic violence and violence in the community: medical and forensic (criminal) exams for abuse victims; crisis intervention, family and group counseling; parenting classes; school based; community education, advocacy and consultation. Call for initial phone screening to determine appropriateness of referral.

Services free, small charge for parenting classes. Office hours M-F 8a-5p, evening hours by appointment.

Bilingual Spanish.

Parent Help USA(949) 650-3461

Parenting education/child abuse prevention

3848 Campus Dr.

Newport Beach, CA 92660

Child abuse prevention, family services, non-violence parenting classes for prevention of child abuse (weekly classes), parent aide, home visitors program, food boxes, crisis counseling, motel family outreach, volunteer organization.

Free services, admission requirements: self referrals, court referrals. Office hours by appointment. Serves USA.

Project Cuddle, Inc.(714) 432-9681

P.O. Box 326

Costa Mesa, CA 92626

(714) 433-6815 FAX

24 hour hotline for pregnant women or women with children they are contemplating abandoning. Support and education for those caring for drug exposed babies and children (birthparents or others). Speakers and lectures for teens on drugs during pregnancy.

Free, office hours M-F 9a-5p. Serves USA.

CHILD CARE

On campus

Campus Child Care Center

Pacific Coast Campus.....**ext. 3079/3082**

Liberal Arts Campus.....**ext. 4253**

Services: Provides child care for children between ages 2 and 5 (pre-kindergarten). The centers are open 7 a.m. – 10 p.m. Monday through Thursday and close at 5 p.m. on Friday. Child care is only available on Saturdays when there is student demand.

Summer hours are 7 a.m. – 5 p.m. Monday through Thursday. CalWORKS students may use child care services during CalWORKS related job hours.

Fee: \$20, non-refundable registration fee for fall and spring. \$10 non-refundable registration fee for summer. Hourly rate varies, call for information.

Off campus

Boys' and Girls' Club.....(562) 595-5945

700 E. Del Amo; Long Beach 90807

Services: After school and evening programs, including child care for children ages 7-17
Early bird summer program.

Fee: \$10 per year

Children's Home Society.....(310) 816-3690

4001 Via Oro Avenue, Suite 100, Long Beach 90810

Services: Referral service for licensed child care, family daycare and preschools.

Respite care (time out for a few hours) referral available.

Fee: Free

Headstart.....(562) 427-0833

2898 Orange Avenue; Signal Hill 90712

Services: Federally sponsored preschool program for low-income children ages 3 yrs. 9 mos. – 4 yrs. 9 mos. Handicapped children accepted; 12 locations throughout Long Beach area. Languages spoken other than English: Spanish.

Fee: Free

Info Line/ Los Angeles(800) 339-6993

P.O. Box 726

San Gabriel, CA 91778

Free 24 hour multilingual information line. Information and referrals on a large number of services, including child care, in LA County.

Govt. program & United Way. Office hours M-F 8a-4:30p. Bilingual Spanish 24 hours, 140 other languages during business hours. Serves LA County.

Long Beach Community Improvement League.....(562) 426-8897

2222 Olive Avenue; Long Beach 90806

Services: Provides child care for ages 2.5 – and extended day care for children ages 5-14.

Fee: Sliding scale, according to state eligibility.

Long Beach Unified School District

Child Development Center.....(562) 595-5366

2209 Seabright Avenue; Long Beach 90810

Services: Child care for children ages 2-11 placed in protective environment for low-income parent who lives in Long Beach or is enrolled full-time in college (12 units).

Center also has latch key program for children ages 5-11.

Fee: Sliding scale

Long Beach Day Nursery.....(562) 591-0509

1548 Chestnut Avenue; Long Beach 90813

Services: Full day care for children 18 months to pre-kindergarten whose parents work or attend school.

Fee: Based on income

Trustline(800) 822- 8490

California Child Care Resource/Referral Network

111 New Montgomery St, 7th Floor

San Francisco, CA 90702-0998

(415) 882-0234

Conducts background checks on childcare providers exempt from licensing, babysitters, and nannies.

Govt. service. Office hours M-F 9a-5p. Bilingual Spanish. Serves California.

CHILDREN/ADOLESCENTS

*** Please refer to Long Beach Unified School District Guide To
Community Resources**

COUNSELING / MENTAL HEALTH

On campus

Counseling Office

Liberal Arts Campus, Bldg A.....**ext. 4559**

Pacific Coast Campus, Bldg GG.....**ext. 3922**

Services: Limited psychological counseling related to life issues. Referrals to outside agencies available. *Fee: FREE*

Off campus

Urgent Care

Suicide Hotline.....(877) 727-4747

LA County Mental Health Emergency Assessment (800) 854-7771

Community Hospital of Long Beach..... (800) 407-1992 or
(800) 633-7888

Mental Health Urgent Care Center @ Long Beach.....(562) 790-1860

6060 Paramount Blvd

Long Beach, CA 90805

Services: Crisis Assessment, Medication Assessment, Referrals,
24 hours, 7 days a week

Urgent Care and Follow-up Care

Asian Pacific Counseling and Treatment Center.....(562) 988-8822

1040 E. Wardlow Rd

Long Beach, CA 90807

Mental health services for Asian and Pacific Islander communities: counseling for ages 3-21 and their families, medication evaluation and support, psychological testing and assessment, crisis intervention, case management, school based services upon request, parenting classes, community education.

Accepts private insurance, Medi-Cal, sliding scale. Multi-lingual Khmer, Tagalog, Korean, Chinese, and other Asian languages. Office Hours M, W, F 9a-6p; Tu, Th 9a-5p; Sat by appointment.

Childnet Youth and Family Services..... (562) 490-7600

2931 Redondo Ave

Long Beach, CA 90807

<http://www.childnet.net>

School, home, and agency- aged counseling for ages 0-21 and their families. Provides groups, medication evaluation and support, psychological testing and evaluation, case management.

Accepts Medi-Cal, sliding fee scale. Office Hours M-F 8:30a-5p.

Community Family Guidance..... (562) 924-5526

10929 South St.

Cerritos, CA 90703

Counseling for ages 3-17 and their families; groups, medication evaluation and support.

Accepts Medi-Cal, Healthy Families, AB 3632, sliding-fee scale. Bilingual Spanish. Office Hours: M- Th, 8:30a-9p; F 8:30a-4:30p

Counseling and Psychotherapy Referrals..... (714) 259-7167

National Association of Social Workers/Orange County
 Referral service for all types of counseling by licensed psychotherapists. Call for free phone consult.
 Referrals offered by geographical area, specialty needed and fee required. Individual, child, family, senior,
 and groups. referrals for help with anxiety, depression, anger management, sexual molestation, domestic
 violence, child abuse, alcohol/drug issues, premarital and marital counseling, grief work, men's and
 women's issues. Non-profit, office hours 24 hour voicemail sliding fee scale\$40-120. Accepts insurance,
 Medi-Cal, others. Bilingual available. Serves Orange and nearby LA Counties.

Del Amo Hospital.....(310) 530-1151
(800) 533-5266

23700 Camino del Sol, Torrance, 90505)

Services: crisis stabilization, trauma-based or dissociative disorders,
 PTSD, addictions, eating disorders.

(www.delamohospital.com

Fee: call for info

Depression Awareness..... (800) 421-4211

Call to request up to three free brochures about the general symptoms of depression, student information,
 elderly depression and treatment for all types of depression. Sponsored by the National Institute of Mental
 Health.

Non-profit, 24 hours w/ answering machine. Bilingual Spanish.

LA County Mental Health/Access Center..... (800) 854-7771

LA county department of Mental Health

(562) 651-2549

24 hour mental health hot line for referral to mental health services to Medi-Cal and non- Medi-Cal
 recipients any place in LA County. Outpatient and inpatient programs, 24 hour crisis intervention services.
 Operates year round as crisis line and serves as the Mental Health Hotline during disasters.
 Govt. program. Serves LA County.

Long Beach Mental Health..... (562) 599-9280 (Adults)

1975 Long Beach Blvd

Long Beach, CA 90806

(562) 599-9401 (Asian MH program)

(562) 599-9271 (child and adolescent)

Services vary by program; counseling, crisis intervention, PET, medication evaluation, psych testing, day
 program.

Govt. program. Office hours M, Tu, Th, F 8a-5p; W 8a-7p. Multilingual or translators for Spanish, Khmer,
 Tagalog, Vietnamese, Chinese, Laotian.

Long Beach Psychiatric Center.....(562) 597-7575

Contact: Dr. Nancy Lydick

Services: Individual, family and group therapy related to eating disorders.

Fee: Sliding scale

Recovery, Inc..... (323) 651-2170, (323) 850-5797

Mental health, self help, and support to help reduce nervous symptoms and fears such as depression,
 anxiety, and anger. Over 40 meetings throughout Southern California.

Non-profit, no charge to attend meetings, but a free will offering is collected.

- Suicide Prevention Center**..... (310) 391-1253
 (310) 398-5690 FAX
 24 hour crisis hotline. AAS certified. Crisis counseling and referrals to resources. Also Survivors After Suicide Bereavement support groups to help cope with loss. Prevention speakers for schools and other community outreach.
 Free. Office hours 24/7, serves Southern California.
- Educational Psychology Clinic**..... (562) 985-4991
 CSULB
 1250 Bellflower blvd
 Long Beach, CA 90840
 (562) 985-4534 FAX
 Individual counseling, remediation, and educational testing offered for children ages 7-17. All services are provided by grad students who are supervised by faculty in the College of education. A written report is provided to parents with recommendations based on child's needs, including need for services at clinic. Non-profit. Office Hours M 2p-8p; Tu, Th 10a-8p; W 2:30p-8p. Admission requirement: completed application, no one turned away for lack of funds. Serves Long Beach and nearby.
- Family Services of Long Beach**.....(562) 493-1496
 5500 Atherton Street Suite 416; Long Beach 90815
 Services: On-going support groups and individual counseling for a variety of life issues.
 Open evenings and Saturdays.
Fee: Sliding scale
- For the Child**.....(562) 422-8472
 4565 California Avenue; Long Beach 90807
 (see Child Abuse)
- Veterans Administration Medical Center**.....(562) 826-8000
 5901 East 7th Street; Long Beach 90815
 Services: Psychiatric care for veterans, including homeless veterans.
Fee: Free
- The Village**.....(562) 437-6717
 456 Elm Ave, Long Beach 90802
 Mental health resources

DENTAL CARE

Off campus

- The Children's Dental Health Clinic**.....(562) 933-3141
 2801 Atlantic Avenue; Long Beach 90801
 Services: Provides dental care for children from low-income families.

Fee: Free

Long Beach Comprehensive Clinic..... (562) 599-2153

1333 Chestnut Avenue
Long Beach, CA 90813

Fee: Sliding Scale

Los Angeles Free Clinic..... (323) 653-1990

Dental Services
8405 Beverly Blvd
Los Angeles, CA 90048
(323) 658-6773 FAX

Fillings, extractions, hygiene, and referrals for adults, children's dentistry for children 6 years and older (ext. 524 for children).

Office hours (adults) M-Th 9am until filled; (children) M-F 9a-5p.

Admission requirements: no insurance. Services are free, donations welcome. Serves LA County.

Oral and Maxillofacial Surgery (310) 222-3493

Harbor-UCLA Medical Center
1000 W. Carson St.
Torrance, CA 90509

Oral and Maxillofacial Surgery, dental extractions, facial trauma including fractures of the jaws, TMJ, reconstructive surgery including bone grafts to the jaws, facial bones and skull.

Office hours M, Tu, Th, F 1p-5p; emergency room open 24/7.

Non-profit, sliding fee scale. Translators available.

DOMESTIC VIOLENCE

On campus

Women's Center

Pacific coast Campus, Rm EE162.....**ext. 3987**

Services: Legal advice on domestic violence issues. Referrals to outside shelters and agencies.

Fee: Free

Off campus

Break the Cycle(800) 988-TEEN

P.O. Box 64996
Los Angeles, CA 90064
(310) 286-3366

Preventative education, free legal services, advocacy and support for age 12-22 years on issues of dating and domestic violence.

Admission requirements ages 12-22 years.

Non-profit, Govt. program. Office hours M-F 8:30a-5:30p. Bilingual Spanish. Serves LA County.

Casa de Los Angelitos(310) 325-8208
 Crisis Maternity Shelter
 Home for pregnant women in crisis, 18 years of age and older. TB and STD test, must be drug free. Free counseling, parent and life skills education.
 Non-profit, donations. Program has \$30 move in fee and \$225 per month; fee may be waived by Board.
 Must supply own food. Office Hours M-F 8:30a-5:30p.

Interval House..... .24 hr (562)594-4555
 714-891-8121
 Services: Transitional and emergency shelter for women and children. Counseling provided in English, Spanish, Vietnamese and other languages. Northern Orange County.
Fee: Free

Jenesse Center.....(800) 479-7328
 Los Angeles, CA (323) 299-9469
 Services: Provides temporary shelter for women and children of domestic violence.
Fee: Free

National Domestic Violence Hotline.....(800) 799-7233
 P.O. Box 161810
 Austin, TX 78716-3074
 (800) 787-3224 (email deafhelp@ndvh.org)

Information and referral for victims of domestic violence and those who assist victims. Also provides crisis intervention, resource materials, bilingual advocates and a nationwide database of resources.
 Non-profit, grants. Office Hours M-F 8:30a-5:30p CST; hotline 24/7. 140 languages available. Serves USA.

LA Commission on Assaults Against Women(213) 955-9090
 Crisis Line 24hr stalking hotline (877) 633- 0044
 605 W. Olympic Blvd, Ste 400
 Los Angeles, CA 90015
 (213) 955-9090
 24 hour rape and battering hotline. Crisis intervention to victims of sexual assault and domestic violence. Produces "Survivor" booklet on sexual assault. One-to-one and group counseling; accompaniment and advocacy to hospitals and law enforcement. Teen relationship violence prevention workshops to schools and community groups. Crisis intervention and prevention services for the deaf and disabled. Self-defense classes for women, modified self-defense for persons with disabilities.
 Non-profit, low fee for some services. Office hours: M-F 9a-5p, call for appointment. Bilingual Spanish, ASL available. Serves LA County.

Long Beach Women's Shelter.....24 hr (562) 437-4663
 Services: Shelter and counseling for women and children.
Fee: Free

Sexual Assault Crisis Agency (SACA).....24 hr Rape Hotline (562) 597-2002
 1703 Termino Avenue, Suite 103, Long Beach 90804 (562) 494-1471

Su Casa Family Crisis & Support Center.....(562) 402-4888

Services: Shelter, counseling and referral services for battered women and children.
Fee: Free

EMERGENCY SHELTERS/BASIC NEEDS

Off campus

Catholic Charities Family Shelter for Homeless Families.....(562) 591-1351

123 East 14th Street; Long Beach 90813

Services: Shelter for families with children.

Fee: Free

Info Line/ Los Angeles(800) 339-6993

P.O. Box 726

San Gabriel, CA 91778

(626) 442-6940 FAX

Free 24 hour multilingual information line. Information and referrals on a large number of services, including emergency shelter, in LA County.

Govt. program & United Way. Office hours M-F 8a-4:30p. Bilingual Spanish 24 hours, 140 other languages during business hours. Serves LA County.

Irving Moskowitz Foundation(562) 860-9097

Hawaiian Gardens Foodbank

21411 Norwalk Blvd

Hawaiian Gardens, CA 90716

Emergency food available to anyone in need W 2p-6p, Th 9:30a-1:30p; Bread M-F 8a-10p. Serves Hawaiian Gardens

Long Beach Rescue Mission(562) 591-1292

1335 Pacific Ave.

Long Beach, CA 90813

Emergency food, shelter, alcohol and drug recovery program and support services for men, women, and women with children.

Mission hours 7 days, 6:30a-7:30p

Lydia House.....(562)591-1292

1335 Pacific Avenue; Long Beach 90813

Services: Shelter for battered, unwed, homeless women and women with children.

New Image Emergency Shelter(562) 733-1147

Multi-Service Center

1301 W. 12th St.

Long Beach, CA 90813

Emergency food, seasonal housing (Nov-March), shelter services and referrals; financial rental, utility, transportation assistance, emergency motel and restaurant vouchers; comprehensive case management services; affordable housing assist, out reach and referral and others to homeless and low income families with children, persons living with HIV/AIDS and persons with disabilities.

Non-profit, donations, all services are free. Office hours M, Tu, W, F 8a-5p. Bilingual Spanish. Serves LA County.

Rio Hondo Temporary Home.....(562) 863-880512300 4th Street; Norwalk 90650

Services: Shelter and services provided 3-6 months.

*Fee: Free***Salvation Army(213) 896-9160**

Divisional Headquarters

900 James M. Wood Blvd.

Los Angeles, CA 900015

Referrals to shelter and other social services on a temporary basis.

Non-profit, donations; free services. Office hours M-F 8a-4p. Bilingual Spanish. Serves anyone.

Salvation Army/Family Services(562) 591-2830

Long Beach Family Services Program

2158 Pacific Ave.

Long Beach, CA 90806

Assist low income families, seniors, and disabled individuals with emergency groceries. Referrals. Assist homeless singles with city of Bell shelter referral; intake is at 9:00am. Appointments required for food but not shelter.

Non-profit, donations, services are free. Office hours M-F 8a-12p, 1p-3:30p. Admission requirement ID and proof of income, proof of Long Beach residency, children's birth certificate. Serves Long Beach.

Shalom Service Center(562) 591-2214

Centro Shalom

1902 E Anaheim St

Long Beach, CA 90813

Clothing, emergency food, paralegal services and counseling.

Non-profit. Office hours M-F 9a-4:30p, appointment required. Bilingual Spanish.

Serves LA County.

Southern California Rescue Mission(562) 824-2434

9650 Firestone Blvd.

Downey, CA 90241-5508

Prepared meals, hot showers, clothing, hygiene items, emergency shelter, transitional housing, job training, rehab program, information and referral, community food pantry.

Non-profit. Office hours M-Sat, 8a-5p. Bilingual Spanish. Serves LA County.

Travelers Aid Society/Long Beach(562) 599-45461301 W. 12th St.

Long Beach, CA 90813

Homeless prevention case management for families and individuals via food and shelter vouchers, home reunification, general transportation with tokens, taxi vouchers, and bus passes. Life skills classes for the homeless M-F.

Non-profit, donations, others; services are free. Office hours M-F 8a-5p. Bilingual Spanish. Serves Long Beach and South Bay areas.

WIC Program(562) 570-4242

Long Beach Department of Health/Human Services

2525 Grand Ave

Long Beach, CA 90815

The WIC program (Women, Infants and Children), is a supplemental nutritional program providing nutrition education and vouchers for buying specific foods such as milk, cheese, eggs, cereal, juice, fruit, and infant formula. Program serves pregnant and breastfeeding women, as well as infants up to 5 years old.

Govt. program. Admission Requirement low income Office hours M-F 8a-5:30p. Multi-lingual Spanish, Khmer. Serves Long Beach, other offices throughout LA County.

William J. Burns Community Center(562) 925-7512

5510 Clark Ave

Lakewood, CA 90712

Emergency food M-F 8a-5p by appointment. Also offer baby food, water bill assistance. Community meal sites, information and referrals. Transportation for seniors and disabled.

Non-profit. Office hours M-F 8a-5p. Admission requirements: ID and proof of address, appointment.

Serves Lakewood.

Fee: Free

FINANCIAL ASSISTANCE

On campus

Extended Opportunity Program and Services (EOP&S) and Cooperative Agencies Resources for Education (CARE)

Liberal Arts Campus, A107.....ext. 4273

Pacific Coast Campus, AA120.....ext. 3951

Services: **EOPS** – Book vouchers, educational counseling and planning, tutoring, priority registration for eligible students. **CARE** – financial and educational assistance for single parents receiving AFDC.

Financial Aid

Liberal Arts Campus, A104.....ext. 4257

Pacific Coast Campus, AA133.....ext. 3955

Services: Grants and loans for eligible students. Financial aid counseling and application assistance.

Job Placement

Liberal Arts Campus, L102.....ext. 4355

Pacific Coast Campus, AA124.....ext. 3917

Services: Assistance for students in seeking full and part-time jobs.

Scholarships

Liberal Arts Campus, Bldg I.....ext. 4267

Pacific Coast Campus, AA128.....ext. 3936

Services: Applications for scholarships that are funded by campus and community organizations, local businesses, and private donors.

Veterans' Affairs

Pacific Coast Campus, AA128.....ext. 3929

Services: Process forms for veterans who are eligible for the G.I. Bill.

Off campus

Debtors Anonymous.....(310) 822-7250
 1150 Olympic Blvd. Suite 400; Los Angeles 90064
 Services: Offers a 12-step program for compulsive spenders and debtors.
Fee: Free

Hotline of Southern California.....(562) 596-5548
 P.O.Box 32; Los Alamitos 90720 (714) 894-4242
 Services: Referrals for food, shelter, rent, and utility payments.
Fee: Free

FOOD ASSISTANCE & SERVICES

Off campus

Catholic Charities.....(562) 591-1351
 123 East 14th Street; Long Beach 90813
 Services: Food pantry for needy parents and children with proper documentation.
Fee: Free

Christian Outreach Appeal.....(562) 432-1440
 515 3rd Street; Long Beach 90802
 Services: Food and clothing distribution.
Fee: Free

Lutheran Social Services.....(562) 599-1321
 1611 Pine Avenue; Long Beach 90813
 Services: Emergency food.
Fee: Free

Salvation Army.....(562) 591-2830
 2158 Pacific Avenue; Long Beach 90806
 Services: Assistance with food.
Fee: Free

Women Infant and Children (W.I.C.).....(562) 570-4242
 Services: Food vouchers, nutrition counseling, health care referrals for pregnant women, new mothers, infants and young children.
 Applications for W.I.C. available in the Health Services Office at LAC.

GOVERNMENT ASSISTANCE PROGRAMS

On campus

AmeriCorps.....ext. 3240

Trailer F in the MM Quad at PCC

Services: Financial aid, work study, and support groups available for students interested in Child Development. Designed especially to meet the needs of CalWORKS students.

GAIN/CalWORKS.....ext. 3116
MM112 at PCC

Services: Registration assistance, financial aid, books, supplies and child care for TANF recipients.

Off campus

Long Beach City Housing Authority.....(562) 570-6985
524 E. 4th St., Long Beach

Services: Federally subsidized housing for low-income families.

Social Security & Supplemental Security Income.....(800) 772-1213

GRIEF AND BEREAVEMENT SUPPORT

Off campus

Compassionate Friends.....(310) 474-3407
South Bay / Los Angeles

Services: Support group for bereaved parents.

Fee: Free

Drive-By-Agony.....(310) 537-8018

Services: Grief counseling provided by para-professionals (one-on-one and group).

Victim and violent crime support.

Family/Friends of Murder Victims (909) 798-4803

P.O. Box 11222

San Bernardino, CA 92423-1222

Information, support, and friendship to those who have experienced the murder of a loved one as well as those who are survivors of attempted murder. Southern California chapters in LA, Riverside, and San Bernardino Counties.

Non-profit, services are free. Call for meeting information, bilingual Spanish. Serves California.

Los Angeles Funeral Society, Inc.(626) 683-3545

Funeral Preplanning

P.O. Box 92313

Pasadena, CA 91109-2313

(626) 683-3752 (emergency info)

Information on affordable funeral options, referrals to low cost services in local area, funeral planning information, etc. Assist people in obtaining information and making informed decisions about funeral services.

Non-profit. Office hours M-Th 10a-3p. Bilingual Spanish. Admission requirement: Membership required; \$30 for membership, may be waived if needed. Serves LA County.

Newhope Grief Support for Young Adults.....(562) 429-007

Services: Bereavement support services

Pathway Volunteer Hospice.....(562)531-3031

Services: Bereavement support services.

SIDS Foundation of Southern California(800) 974-3752

Sudden Infant Death Syndrome

Gives support to anyone who has experienced a loss to SIDS.

Non-profit, donations; services are free. Office hours M-F 9a-5p, 800-number is 24/7. Serves LA, Ventura, and Santa Barbara Counties.

St. Mary Medical Center.....(562) 491-9000

Services: Grief and bereavement support group, 3 – 4:30 p.m. Wednesdays.

Tender Loving Care Bereavement Group.....(800) TLC-9887

Services: Home hospice support group.

The Cancer Foundation of Los Alamitos.....(562) 594-9977

Services: Support group for newly widowed on understanding the grief process.

Fee: Free (reservations required).

HEALTH CARE SERVICES

On campus

Health Services

Liberal Arts Campus, Q124.....**ext. 4210**

Pacific Coast Campus, AA101.....**ext. 3992**

Services: Health assessment, first aid, health counseling and referrals. Vision and hearing screening. Blood pressure monitoring. Free pregnancy testing.

Fee: Free. Students must present a College Service Care or registration receipt.

Off campus

American Cancer Society.....(562) 437-0791

936 Pine Avenue; Long Beach 90813

Services: Mammography screening for low-income women under the age of 40.

Information and services for cancer patients and their families. Cancer prevention and early detection programs.

Fee: Free

Community Health Plan/Manage Care(800) 475-5550

LA County Department of Health services/Unit 4
 1000 S. Fremont St.
 Alhambra, CA 91803
 County sponsored HMO. Clinics and complete health services available at many locations throughout LA County.
 Govt. program. Office hours M-F 8a-5p. Serves LA County.

Community Hospital of Long Beach.....(562) 498-1000

Acute care hospital. In-patient , out-patient and emergency services.
 24/7. Language line.
Fee: Call for info.

The Children's Clinic(562) 436-4420

International Elementary School
 700 Locust St
 Long Beach, CA 90813
 Primary health care for ages birth-18 years.
 Office Hours W, F 1p-5:30p. Bilingual Spanish. Serves LA County.
 Admission requirements Low income. Non-Profit, accepts insurance, Medi-Cal.

The Children's Clinic.....(562)-933-0400

2801 Atlantic Avenue; Long Beach 90806
 Services: Provides comprehensive health care services and education to needy children, adolescents, and adults. Family service referrals. Evening services available.
Fee: Sliding scale

CTIS Pregnancy Risk Info Line(800) 532-3749

200 W. Arbor Dr, MC# 8446
 San Diego, CA 92103-8446
 Confidential information about prescription and over the counter medications, alcohol, tobacco, street drugs, infections and diseases, other concerns (x-rays, hair dyes, domestic violence, etc). Pregnant women, men, and healthcare professionals can call the number regarding exposures during pregnancy.
 Govt. program, services are free. Office hours M-F 8:30a-5:30p. Multi-lingual Spanish, Tagalog. Serves California.

Dial-A- Hearing Screening Test(800) 222-3277

300 S. Chester Rd., Ste 301
 Swarthmore, PA 19081
 Makes referrals to local numbers for a two minute hearing test, answers questions on hearing problems. Referrals to organizations that have information on era related problems, including questions on broken hearing aids.
 Non-profit, services are free. Office hours M-F 9a-5p EST. Serves USA and Canada.

Long Beach Comprehensive Clinic.....(562) 599-2153

1333 Chestnut Avenue
 Long Beach, CA 90813
 Services: Adult Medicine, Family Medicine, Pediatrics, Dental, Eye Clinic, Women's Health Care, Gynecology, Tom Kay HIV Clinic, Mobile Clinic, Family Planning, Urology, Allergy, Same Day Clinic, Laboratory, Pharmacy, Radiology, Social Services
 Fee: \$40 per visit, includes all necessary services. Eligibility is determined by financial screening services.

Long Beach Department of Health and Human Services.....(562) 570-4000

2525 Grand Avenue; Long Beach 90815

Services: Public health services, health education, nutrition program for at-risk mothers.

Languages spoken: English, Spanish, Vietnamese, Cambodian, Lao, Hmong, Chinese, Tagalog.

*Fee: Call for specific fees.***Long Beach Memorial Hospital.....(562) 933-2000**

2801 Atlantic Ave., Long Beach 90801

Acute care hospital. In-patient , out-patient and emergency services.

24/7. Several languages.

*Fee: Call for info***St. Mary Medical Center.....(562) 491-9000**

1050 Linden Ave., Long Beach, 90803

Acute care hospital. In-patient , out-patient and emergency services.

24/7. Several languages.

*Fee: Call for info***Veterans Administration Medical Center.....(562) 826-8000**5901 East 7th Street; Long Beach 90815

Services: Medical and psychiatric care for veterans only, including homeless veterans.

*Fee: Free***Westside Neighborhood Clinic.....(562) 595-5507**1436 West 23rd Street; Long Beach 90801

Services: Low-cost medical care for families without Medi-Cal or other insurance.

*Fee: Sliding scale***PREGNANCY TESTING & COUNSELING***On campus***Student Health Services**Liberal Arts Campus.....**ext. 4210**Pacific Coast Campus.....**ext. 3992**

Services: Free pregnancy testing and referrals for counseling.

*Fee: Free. Students must present a college service card or registration receipt.***Casa de Los Angelitos(310) 325-8208**

Crisis Maternity Shelter

Home for pregnant women in crisis, 18 years of age and older. TB and STD test, must be drug free. Free counseling, parent and life skills education.

Non-profit, donations. Program has \$30 move in fee and \$225 per month; fee may be waived by Board.

Must supply own food. Office Hours M-F 8:30a-5:30p.

Family Planning Associates.....(562) 595-5653

2777 Long Beach Blvd; Long Beach 90806

Services: Birth control and free pregnancy testing. Surgical and non-surgical pregnancy termination.

Fee: Inquire at clinic.

His Nesting Place – Pregnancy Help Center.....(562) 984-5034

359 East Market Street; Long Beach 90805

Services: Free pregnancy testing and counseling. Assistance in medical care and open adoption. Help with housing, clothing and baby furniture.

Fee: Free

Long Beach City Department of Health and Human Services.....(562) 570-4000

2525 Grand Avenue; Long Beach 90815

Services: Public health services, health education, nutrition program for at-risk mothers. Languages spoken: English, Spanish, Vietnamese, Cambodian, Lao, Hmong, Chinese, Tagalog.

Fee: Call for specific fees.

Long Beach Comprehensive Health Center(562) 599-8635

1333 Chestnut Ave

Long Beach, CA 90813

See listing under AIDS/HIV/STD. Family planning clinic Office Hours M-F 8a-7:30p walk-ins, appointments scheduled M-F 8a-4:30p.

**Planned Parenthood/LA Appointments (800) 230-7526
Information (562) 866-0556**

5525 E. Del Amo Blvd

Lakewood, CA 90713

Reproductive health care. Birth Control including pills, Norplant, IUD, condoms, foam, morning after pill, etc. Pregnancy testing and counseling, HIV/STD testing. Office Hours vary. Non-profit, Accepts Medi-Cal, sliding fee scale.

JOB PLACEMENT AND TRAINING

On campus

Cal-WORKS.....ext. 3148

Trailer F in the MM Quad at PCC

Services: Job preparation and job search assistance for CalWORKS recipients.

Job Placement

Liberal Arts Campus, L102.....ext. 4355/4500

Pacific Coast Campus, AA124.....ext. 3900

Services: Daily posting of new jobs. Schedules interviews and appointments with perspective employers.

*Off campus***Long Beach Community Improvement League – JTPA.....(562) 570-3700****Career Transition Center**

3447 Atlantic Avenue; Long Beach 90807

Services: Job training and search for residence in Long Beach.

*Fee: Free***Los Angeles Urban League.....(323)299-9660**

3450 Mount Vernon Drive; Los Angeles 90008

Automotive Training Business Development & Information Technology Center

Services: Provides programs and services in job training, employment, and economic development. Application, testing, and orientation required.

*Fee: Free***LEGAL SERVICES***On campus***Student Affairs**Liberal Arts Campus, E213.....**ext.4552**

Services: Students possessing a College Service Card are entitled to a free 10 minute consultation with an attorney regarding legal issues. Appointments available Wednesday evenings during the fall and spring semesters from 5:30 – 6:30 p.m.

Women's CenterPacific Coast Campus, EE162.....**ext. 3987**

Services: Free legal advice on domestic violence issues.

*Off Campus***Legal Aid Foundation of Los Angeles.....(562) 435-3501**

110 Pine Avenue Suite 420; Long Beach 90802

Services: Legal services and workshops for domestic violence, family law, housing discrimination, government benefits, bankruptcy.

*Fee: Free***Victim Witness Assistance Program.....(562) 491-6310**

Long Beach Courthouse

415 West Ocean Blvd, Rm 305; Long Beach 90802

Services: Assists crime victims through the court process and prompt return of property used in evidence. Provides escorts to court and security for victims and witnesses who fear for their safety. Ensure victim's rights in obtaining restitution and compensation.

REHABILITATION & DISABLED SERVICES

On campus

Disabled Student Program and Services (DSPS)

Liberal Arts Campus, L102.....**ext. 4558/4833**

Pacific Coast Campus, GG100.....**ext. 3921**

Services: Registration assistance, academic and personal counseling, and registration assistance. Note takers, readers, interpreters and tape recorders are provided.

Off campus

Ability First.....**(562) 426-6161**

3770 E. Willow St

Long Beach, Ca. 90815

Braille Institute.....**(323) 663-1111**

Library.....**(800) 808-2555**

Services: Serving the needs of the blind and their families.

Fee: Free

Beachwood Apartments**(562) 432-3961**

Graham Management

505 W. 6th St

Long Beach, CA 90802

Rental housing for the disabled, Section 236.

Admission requirement: low income and disabled. Office Hours M-F 8a-5p. Serves LA County.

Betty Clooney Foundation/Brain Injury**(888) 824-6724**

Foundation for Persons with Brain Injury

4426 Village Rd

Long Beach, CA 90808

(562) 938-9005

Support groups for families and survivors of traumatic brain injury. Call for meeting times. Day activity program W-Th 8a-12p. Vocational services program provides job placements, job coaching and ongoing support. Case management services are free. Information and referral for TBI.

Donations, state contracts, nonprofit. Bilingual Spanish. Admission requirements 18 years or older with documented brain injury, resident of California. Services are free, serves LA County.

California Deaf/Disabled Telephone Program**(800) 806-1191**

California Telephone Access Program

81 March Lane
 Stockton, CA 95207
 (800) 806-4474

(800) 949-5650 (Spanish voice)

(800) 896-7670 (Spanish)

State mandated program for individuals who have medical certification of a hearing, vision, speech, mobility, or cognitive impairment which limits the use of their standard phone equipment and are eligible to receive specialized equipment and/or services at no extra charge to monthly phone bill.

Office Hours M-F 7:45a-6:15p, Sat 8a-6p. Serves California

California State Dept. of Rehabilitation.....(562) 422-8325

4300 Long Beach Blvd; Long Beach 90807

www.drc.inc.org

Services: Rehabilitation services for clients with mental and physical conditions.

Fee: Free

Casa Corozon Apartments (562) 436-3301

Living Opportunities Management Company

408 Elm Ave

Long Beach, CA 90804

25 units for low income persons with physical disabilities. Office Hours M-F 9a-5p. Serves Long Beach and South bay.

Canine Companions for Independence(760) 901-4300

P.O. Box 4568

Oceanside, CA 92052-4568

Organization trains service dogs for people with disabilities.

Nonprofit Admission requirement persons with disabilities. Office Hours M-F 8a-5p Serves USA

Canine Support Teams, Inc.(909) 301-3625

P.O. Box 891767

Temecula, CA 92589-1767

Temecula, CA 92589-1767

Trains assistance dogs for persons with disabilities other than blindness. Service dogs assist with a Varsity of tasks. Social dogs may be placed with individuals in nursing or group homes. Staffed by volunteers (except trainer). Qualified persons receive dogs at no cost, average wait is 2 ½-3 years. Assists the disabled in training their own dog.

Admission requirements: disabled, approval of health care provider, and pass the screening process.

Nonprofit, donations, grants, United Way, sponsors. Office hours vary. Serves California.

Community Housing Management Services(562) 704-0080

1110 Pine Ave, ste 517

Long Beach, Ca 90802

Property Management of Multifamily affordable housing for the elderly, family, emancipated foster youth, and persons with disabilities. Office Hours M-F8:30a-5p. Serves LA and Orange Counties.

Disabled Dealer (800) 588-5099

23941 Nomar St

Woodland Hills, CA 91367

Publishes the "Disabled Dealer Magazine" where individuals buy, sell, and trade adaptive resources or equipment.

Private for profit. Office Hours M-F 9a-5p Serves Calif. and Nev.

Disabled Resource Center.....(562) 427-1000

2750 East Spring St. Suite 100; Long Beach 90806.

Services: Independent living center provides counseling, emergency services for disabled homeless persons, housing search assistance and attendant registry.

Fee: One-time charge of \$10.00 (will be waived for those unable to pay).

Casa Corazon Apartments (562) 436-3301

Living Opportunities Management Company

408 Elm Ave, Long Beach 90804

Disabled Sports USA (949) 460-6969

531 Heather Ave

La Habra, CA 90631

Recreation and socialization including monthly ski weekends at Mammoth Mountain, Dec-May. Serves children and adults with blindness, deafness, cerebral palsy, paraplegia, spina bifida, or any other disability. Donations, yearly dues \$15 (includes monthly newsletter). Serves Southern California.

Dogs for the Deaf, Inc.(541) 826-9220

10175 Wheeler Rd.

Central Point, OR 97502

Organization rescues and trains dogs from shelters to assist and enhance the lives of hearing impaired and deaf individuals. Average wait from being placed on waiting list and qualifying is approx 1 year.

Nonprofit, donations; no charge to recipients. Office Hours M-F 8a-4:30p. Serves USA and Canada.

Guide Dogs for the Blind(310) 455-1095

1776 Old Topanga Canyon Rd

Topanga, CA 90290

Provides highly trained Guide Dogs and training in their use to qualified blind men and women.

Nonprofit, donations; services are free. Office Hours M-F 8a-5p. Serves USA.

Guide Dogs of America(800) 459-4843

An International Guiding Eyes Program

13445 Glenoaks Blvd

Sylmar, CA 91342

(818) 362-5834

Guide Dog program includes training Guide Dogs and providing instruction to legally blind people in the use of a guide dog (28 day training in residence). In home training program.

Non-profit, Services are free. Admission requirements: 16 years old, able to mentally and physically able to complete training. Office Hours M-F 8:30a-12p, 12:30p-4:30p. Serves USA and Canada.

Sea Breeze Manor(562) 494-9086

Brackenhoff Management Group

2067 Alamitos Ave

Long Beach, CA 90806

(Rental housing for the disabled, Section 236. Waiting list 6 mos-3 years. Admission requirement low income and disabled. Office Hours M-F 10a-2p. Bilingual Spanish. Serves LA County.

Seagate Village(562) 218-8966

Living Opportunities Management Company

1450 Locust Ave

Long Beach, CA 90813-5626

47 affordable units for seniors or disabled residents. Accepts Section 8 vouchers. Office Hours M-F 9a-4p.

SENIOR CITIZEN SERVICES

On campus

LBCC Senior Center

Pacific Coast Campus, FF101.....**ext. 3048**

Services: Counseling and registration assistance. Classes, clubs, travel, tours and other activities.

Off campus

Grandparents as Parents (GAP).....**(562) 924-3996**

Services: Support groups for grandparents serving as parents.

Long Beach City Senior Center.....**(562) 570- 3500**

1150 East 4th St; Long Beach 90802

Services: Social services, health care and recreational activities.

Fee: No charge for most services, some activity fees, and health care services provided through Medi-Cal.

SPECIAL POPULATIONS

On campus

Refugee Assistance Program

Pacific Coast Campus, Trailer F in the MM Quad.....**ext. 3220**

Services: Job preparation, job search assistance, and vocational ESL classes for refugees in the Long Beach area. Services are extended to welfare recipients.

Off campus

African American Infant Health Program.....**(562) 570-4410**

1133 Rhea; Long Beach 90806

Services: Referral and support network for African-Americans of child bearing age.

Fee: Free

- Afrikan Culture Center.....(562) 599-1492**
 1901 Atlantic Blvd; Long Beach 90806
 Services: Lectures, study groups, West African dance and drum workshops, and a Rites of Passage Program.
Fee: Donations
- American Indian Counseling Center.....(562) 402-0677**
 (L.A. County Dept. of Health)
 17707 Studebaker Rd; Cerritos 90701
 Services: Individual and group counseling.
Fee: Private insurance, Medicare, Medi-Cal and sliding scale.
- Cambodian Association of America.....(562) 988-1863**
 2501 Atlantic Ave; Long Beach 90806
 Services: Community employment program, refugee assistance, counseling and transition assistance, drug and alcohol prevention and recovery, and Cambodian Youth Center.
Fee: Free
- Centro Shalom.....(562) 591-2214**
 1902 Anaheim Ave; Long Beach 90804
 Services: Counseling and emergency services for Hispanic community.
Fee: Free
- Gay & Lesbian Community Center.....(562) 434-4455**
Of Greater Long Beach
 2017 East 4th Street; Long Beach 90814
<http://www.centerlb.org>
 Services: Referrals to support groups. Housing and job referrals. Calendar of gay and lesbian events throughout the country. AIDS/HIV counseling and services.
Fee: Inquire about fees and donations.
- Jewish Family Services.....(562) 427-7916**
 3801 East Willow Avenue; Long Beach 90815
 Services: Individual and group counseling for children and adults. Programs for older adults.
Fee: sliding scale
- Long Beach Asian Pacific Mental Health Program.....(562) 599-9401**
 1975 Long Beach Blvd; Long Beach 90813
 Services: County-funded counseling services for Asian children and adults with psychological and behavior problems.
Fee: Private insurance, Medicare, Medi-Cal and sliding scale for uninsured.
- Long Beach Lesbian & Gay Pride, Inc.....(562) 987-9191**

2505 E. 7th Street; Long Beach 90814

<http://www.longbeachpride.com>

Services: Gay and lesbian festival and parade. Services and assistance to the local gay and lesbian community.

Lutheran Social Services.....(562) 599-1321

1611 Pine Avenue; Long Beach 90813

Services: Emergency assistance and referrals. Education and literacy training.

Fee: Free

Mexican American Opportunity Foundation.....(323) 890-9600

401 N. Garfield Avenue; Montebello 90640

Services: Job training, employment services and senior citizens work experience for residents of Whittier, Huntington Park and Los Angeles.

Fee: Free child care services available.

United Cambodian Community Center, Inc.....(562) 433-2490

2338 East Anaheim St. Suite 200; Long Beach 90804

Services: Employment counseling, health education, youth services and sports for all refugees and low-income individuals. Child neglect prevention program.

Fee: Free

SUPPORT GROUPS

Adult Children of Alcoholics.....(310) 320-3931

Support group meetings.

www.info@adultchildren.org

Adults Molested as Children.....(714) 445-4950

250 E. Baker Suite G; Costa Mesa 92626

Support group of Jewish Family Services of Orange County

Alcoholics Anonymous.....(800) 923-8722

Alliance for the Mentally Ill of Long Beach.....(562)435-2264

Family support group

American Lung Association.....(562) 427-3330

5858 Wilshire Blvd Suite 300; Los Angeles 90036

Better Breathers' Club for adults with chronic lung disease. Asthma education classes for children and parents

Autism Society of America.....(562) 425-6850
3424 Bellflower Blvd; Long Beach
Family support group

Breast Cancer Support Group.....(562) 594-9977
Support for breast cancer survivors.

Community Hospital of Long Beach.....(562)498-1000
1720 Termino Avenue; Long Beach
Support Groups: Alzheimer's Caregiver Support, Depression/Anxiety, Adult survivors of Sexual Abuse, Manic Depression, Women's Caregiver Support, Men's Caregiver Support, and Bereavement Group.

Cancer Support Group.....(562) 594-9977
Support for cancer patients and families.

Cerritos Psychological Center.....(562) 860-2210
Groups offered: Women's Support, Anxiety and Panic Attack, Menopause Support, Transition, Recovering Relationship Support, Overcoming Dependency Support, Anger Management, and Grief and Loss Group.

Chronic Fatigue & Immune Dysfunction Syndrome.....(562) 430-0394
Support group for individuals who suffer from chronic fatigue and IDS.

Co-dependence Support Group.....(714) 573-0174 Orange County
www.lacoda.org (323) 340-3762 Los Angeles
12-step support group for persons overcoming co-dependence. The support group helps people develop healthy relationships.

Emotions Anonymous.....(323) 589-3768
12-step program for men and women.

Hydrocephalus Group.....(562) 402-3523
Support group for those affected by hydrocephalus, their family and friends.

Lupus International.....(562)422-9791
Lakewood and San Pedro
Support group for persons with Lupus.

Moderation Management.....(310) 275-5433
Self-help group for beginning problem drinkers. (714) 550-9211

- NAMI (National Assoc. Mental Illness).....(562) 435-2264**
- Norris Cancer Center.....(323) 865-3000**
Support groups for patients with Crohn’s disease and ulcerative colitis.
- Overeaters Anonymous/Eating Disorders.....(714) 953-0900**
Support group for all types of eating disorders.
- P-Flag Support Group.....(562) 403-1234**
Parents, families and friends of lesbians and gays.
- Sexual Assault Crisis Agency.....(562) 494-5046**
Support groups for women and teens who have been sexually assaulted.
- Stroke Association.....(562) 537-0556**
Support group for caregivers and stroke patients.
- Tough Love International.....(909) 600-0876**
Support group for parents troubled by their children’s behavior. (310) 325-8136
- Wellness Community of Redondo Beach.....(310)376-3550**
Provides weekly psycho-socio support groups, workshops and guest lectures for cancer patients, families and friends free of charge.
- YWCA (Harbor City).....(310) 547-0831**
Cancer support groups. Free mammogram for women 40 and over.

TRANSPORTATION

- Medi Van.....(888) 633-4743**
Arranged medical transportation for non emergency treatment.
Fee: Call
- So Cal RideShare.....(800) 266-6883**
Assist commuters with connections from home/work via bus,
MetroLink, Metro Rail, carpools, vanpools
Fee: Call

UTILITY SERVICES

- Catholic Charities.....(562) 591-135**
123 East 14th Street; Long Beach 90813

Services: Free Financial assistance with utility services available during the months of February and March.

So Cal Edison Home Energy Assistance Program.....(888) 675-6623

Services: Financial assistance for qualified low-income families to pay overdue gas and electric bills.

Pacific Bell Lifeline.....(800) 772-3140

Services: Reduce rate services for low-income families who have Pacific Bell telephone service.

Veteran's and Community Services Heat Program.....(562) 699-5827

8644 Norwalk Blvd; Whittier 90806

Services: Financial assistance with one utility bill in a calendar year per household. No final notices, re-connections or past due bills.

Fee: Free