

Dear Care1st Provider:

In order to help you locate culturally sensitive and linguistically competent services for your diverse patient population, Care1st has developed a Resource Directory, which includes community organizations that are available to your patients.

We have organized resources by subject matter. I hope this format will help you access information quickly.

If you would like to refer your patient to a community based organization or agency through Care1st, please complete and fax the enclosed CLAS referral form to (323) 889-5407. C&L department will locate a resource for your patient and will let you know where we have referred your patient to within 30 days.

Please document the referral in the patient's chart so we can maintain a closed loop referral process.

Although we do our best to keep all information up-to-date, resource contact information changes frequently. Please call us if any information proves to be incorrect.

Thank You for Your Continuing Support!

Sincerely,



**Jennifer Mazariegos
Cultural & Linguistic Specialist**

CULTURAL & LINGUISTICALLY APPROPRIATE SERVICES REFERRAL REQUEST FORM

Providers: Complete sections A-C and fax to the Cultural & Linguistics Department at (323) 889-5407

A. Patient Information				
Member Name:		Gender	<input type="checkbox"/> Female	<input type="checkbox"/> Male
			<input type="checkbox"/> Other	
Member Address:		City:		
Zip Code:	Phone: ()	DOB:	Language Spoken:	
B. Provider Information				
Requested by:		Date of Request:		
Provider Name:		Phone: ()	Fax: ()	
Finding:				
Comments:				
C. Referral Information				
Service Requested				
<input type="checkbox"/> Social Service	<input type="checkbox"/> Support Group	<input type="checkbox"/> Community Based Organization (CBO)	<input type="checkbox"/> Other:	
Topic				
<input type="checkbox"/> African American	<input type="checkbox"/> Parenting Classes	<input type="checkbox"/> Cultural Transition	<input type="checkbox"/> Stress/Depression	<input type="checkbox"/> Youth/Teen
<input type="checkbox"/> Asian/Pacific Islander	<input type="checkbox"/> ESL Classes	<input type="checkbox"/> HIV/STD	<input type="checkbox"/> Interpreter Services	<input type="checkbox"/> Visually Impaired
<input type="checkbox"/> Hispanic/Latino	<input type="checkbox"/> Sexuality Issues	<input type="checkbox"/> Domestic Violence	<input type="checkbox"/> Employment Service	<input type="checkbox"/> Hard of Hearing
<input type="checkbox"/> Armenian/Russian	<input type="checkbox"/> Adoption/Foster Care	<input type="checkbox"/> Citizenship	<input type="checkbox"/> Immigration/Legal Assistance	
<input type="checkbox"/> Other: _____				
Comments:				
D. Service Information				
Title of Program:		Date:	Time:	
Program Location:				
Address:		City:	Zip Code:	
Program Contact:		Phone: ()		
<input type="checkbox"/> Unable to contact Member		<input type="checkbox"/> Will attend program		
<input type="checkbox"/> Member was contacted on: _____		<input type="checkbox"/> Refused program		
Instructions/Comments:				
E. Follow-Up				
<input type="checkbox"/> Member attended program		<input type="checkbox"/> Member did not attend program		<input type="checkbox"/> Information not available
Comments:				

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Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties



If you need to refer a patient to a community based organization or agency, please fax the enclosed CLAS referral form to (323) 889-5407. Once a referral is received, CLAS Department will monitor member’s attendance to the program. Providers will be informed by fax whether the member attended to the program. Please keep in mind that you need to maintain information provided by Care1st in the member’s chart for reference.

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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ADOPTION/FOSTER CARE

METROPOLITAN LOS ANGELES

CHILDREN'S BUREAU HEADQUARTERS 1910 Magnolia Ave. Los Angeles, CA 90007	(213) 342-0100 www.all4kids.org	Varies	E, Sp
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OAKWOOD FAMILY CENTER 3910 Oakwood Ave. Los Angeles, CA 90004	(323) 953-7356 www.all4kids.org	Varies	E, Sp
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GREATER LOS ANGELES

CARSON FAMILY CENTER 460 East Carson Plaza Drive, Suite 122 Carson, CA 90746	(310) 523-9500 www.all4kids.org	Varies	E, Sp
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ANTELOPE VALLEY

CHILDREN'S BUREAU REGIONAL OFFICE 44404 16th Street West, Suite 208 Lancaster, CA 93534	(661) 951-2191 www.all4kids.org	Varies	E, Sp
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CHILDREN'S BUREAU PALMDALE 1529 East Palmdale Boulevard, Suite 210 Palmdale, CA 93550	(661) 272-9996 www.all4kids.org	Varies	E, Sp
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CHILDREN'S BUREAU SUNRISE CENTER 921 West Avenue J, Suite C Lancaster, CA 93534	(661) 949-0131 www.all4kids.org	Varies	E, Sp
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SAN GABRIEL VALLEY

CHILDREN'S BUREAU REGIONAL OFFICE 14600 Ramona Blvd. Baldwin Park, CA 91706	(626) 337-8811 www.all4kids.org	Varies	E, Sp
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BALDWIN PARK ANNEX 14540 Ramona Boulevard, Suite 210 Baldwin Park, CA 91706	(626) 337-6611 www.all4kids.org	Varies	E, Sp
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Provides Adoption, Foster Care & Child Abuse Prevention

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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Independent Adoption Center 5777 W Century Blvd., # 1450 Los Angeles, CA 90045	(800) 877-6736 www.adoptionhelp.org	Varies	E, Sp
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Provides Open Adoption Placement and Counseling to Birth & Adoptive Families

Kinship Center

LOS ANGELES COUNTY PROGRAM CENTER 127 N. Madison, Suite 207 Pasadena, CA 91101	(626) 744-2975 www.kinshipcenter.org	Varies	E
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ORANGE COUNTY PROGRAM CENTER 18302 Irvine Blvd., Suite 300 Tustin, CA 92780	(714) 957-1004	Varies	E
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Provides Traditional Mental Health Therapies for Youth and Their Families, Early Intervention Program, and Counseling for Adult Adoptees, Parents, Siblings & Birth Families

Los Angeles County Department of Children & Family Services 425 Shatto Places Los Angeles, CA 9002	1-800-697-4444 TTY: 1-800-272-6699 www.dcf.co.la.ca.us	Varies	E
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Provides Foster Care & Adoptions Assistance

African American

Institute of Black Parenting 11222 S. La Cienega Blvd., Suites 233 Inglewood, CA 90304	1-877-367-8858	Free	E, Sp
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Provides Foster Care Placement, Home Study (Domestic), Infant Placement & Post Placement Supervision Prior to Adoption Finalization (Domestic)

Hispanic/Latino

Latino Family Institute



1501 W. Cameron Ave., Suite 240
West Covina, CA 91790

(626) 472-0123

Free

E, Sp

www.lfiservices.org

Provides Adoption, Foster Care, Kinship Care, Training through the Infant Adoption Awareness Training Program (IAATP) & Family Support services

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Program Title	Contact	Cost	Languages
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COMMUNITY WELLNESS

Champions of Caring Connections

4513 E. Compton Blvd.
Compton, CA 90221

(310) 635-9536

Call for Cost

E

www.championsofcaringconnections.org

Provides Advocacy for Homeless & Foster Children & Youth

Child & Family Guidance Center

9650 Zelzah Ave.
Northridge, CA 91325

(818) 993-9311

Call for Cost

E, Sp

www.childguidance.org

Provides Aggression Replacement Therapy, Child Parent Psychotherapy, Crisis Oriented Recovery System, Positive Parenting Program & Trauma Focused Cognitive Behavior Therapy

Children's Defense Fund California

634 S. Spring St., Ste 500C
Los Angeles, CA 90014

(213) 355-8787

Call for Cost

E

www.cdfca.org

Provides Freedom Schools Program, Youth Leadership and Development Training, Cradle to Prison Pipeline Campaign & Children's Health Insurance Outreach Project

City Help

2301 Bellevue Ave.
Los Angeles, CA 90026

(213) 273-7125

Free

E, Sp

www.cityhelp.org

Services include Mobile Medical Clinic, Rehabilitation Centers & Comprehensive Primary Care

Community Health Alliance of Pasadena

837 S. Fair Oaks Ave., Suite 204
Pasadena, CA 91105

(626) 993-1212

Free

E, Sp

www.chapcare.org

Provides Medical, Dental & Behavioral Health Services

Community Health Councils

3731 Stocker St., Ste 201
Los Angeles, CA 90008

(323) 295-9372
www.chc-inc.org

Call for Cost E

Promotes Social Justice and Achieve Equity in Community & Environmental Resources

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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Community Integration Services

10100 Balboa Blvd.
Granada Hills, CA 91344

(818) 772-1155
www.cisadp.org

Call for Cost E, Sp

Promotes Preventive Health, Diversity and Community Membership for People with Aging Challenges & Disabilities

Families in Good Health

411 E. 10th St., Suite 207
Long Beach, CA 90813

(562) 491-9100
www.stmarymedicalcenter.org

Call for Cost E, Sp

Helps the Community Make Informed Choices and to Access Needed Health & Social Resources

JWCH Institute

5650 Jillson Street
Commerce, CA 90040

(213) 484-1186
www.jwchinstitute.org

Call for Cost E

Provides Primary Medical Care, Homeless Health Care, HIV Services & Specialty Care

Maternal & Child Health Access

1111 West Sixth St., Suite 400
Los Angeles

(213) 749-4261
www.mchaccess.org

Call for Cost E, Sp

Assists Individual Women to Achieve Healthy Pregnancies & Obtain Quality Health Care

National Health Foundation

515 S. Figueroa St., #1300
Los Angeles, CA 90071

(213) 538-0700
www.nhfca.org

Call for Cost E, Sp

Provides Systemic Solutions to Gaps in Healthcare Access & Delivery

Salvation Army

CORPS COMMUNITY CENTER



125 W. Beryl St.
Redondo Beach

(310) 318-2827

Free

E, Sp

www.salvationarmyusa.org

4223 Emerald St.
Torrance

(310) 370-4515

Free

E, Sp, Tag

www.salvationarmyusa.org

455 E. Spring Street
Long Beach

(562) 426-7637

Free

E, Sp

www.salvationarmyusa.org

Provides Clinics Services, Day Care, Disaster Services, Emergency Financial Assistance & Emergency Shelter

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Program Title	Contact	Cost	Languages
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Special Services for Groups

605 W. Olympic Blvd., Suite 600
Los Angeles, CA 90015

(213) 553-1800

Call for Cost

E, Sp

www.ssgmain.org

Provides Human Services to Ethnic Minority Communities & Groups

Westside Family Health Center

1711 Ocean Park Blvd.
Santa Monica, CA 90405

(310) 450-2191

Call for Cost

E, Sp

www.wfhcenter.org

Offers Comprehensive Health Care Services for Women, Men & Children

Worksite Wellness LA

5955 S. Western Ave.
Los Angeles, CA 90047

(323) 758-9480

Free

E, Sp

www.worksitewellnessla.org

Provides Access Healthcare Benefits, Managing Diabetes, Healthy Eating, & Stress Management

African American

African American Unity Center

944 W. 53rd St.
Los Angeles, CA 90037

(323) 789-7300

Call for Cost

E

Provides Social Services Support & Information to the African American Community

Black Women for Wellness

Post Office Box 292516
Los Angeles, CA 90029

(323) 290-5955

Free

E

www.bwwla.com

Offers Kitchen Diva's, Metamorphosis, Sister's in motion, Tea & Technology & Sisters @ Eight

California Black Women's Health Project

101 N. La Brea, #610 (310) 412-1828 Call for Cost E
 Inglewood, CA 90301 www.cabwhp.org

Empowers Black Women to Take Personal Responsibility for Their Own Health

Great Beginnings for Black Babies

301 N. Prairie Ave (310) 677-7955 Free E
 Inglewood, CA 90301 www.gbbb.org

Programs includes Healthy Moms & Babies, Fatherhood Initiative & Youth Education after School Program

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Program Title	Contact	Cost	Languages
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African American

Healthy African American Families

4305 Degan Blvd., Suite 105 (323) 292-2002 Free E, Sp
 Los Angeles, CA 90008 www.haaffi.org

Programs include Preterm Delivery, CCHN, Mental Health, Diabetes, Asthma, Kidney Disease, Women's Health, & Male Involvement Project

Los Angeles Urban League

3450 Mount Vernon Drive, (323) 299-9660 Call for Cost E
 Los Angeles, CA 90008 www.laul.org

Provides Job Placement, Career Management, Head Start Preschool & Youth Development

n-Action Family Network

Post Office Box 1715 1-866-299-8817 Free E
 La Mirada, CA 90637 www.n-actionfamilynetwork.org

Provides Intervention, Mentoring, Enrichment Opportunities for Women in Transition Support Groups

National Association for the Advancement of Colored People

Post Office Box 56408 (310) 397-1171 Call for Cost E
 Los Angeles, CA 90056 www.naacp-losangeles.org

Provides Information & Referrals to People Who Believe Their Rights Have Been Violated Serves Ethnic Groups

The African Community Resource Center

3540 Wilshire Blvd., Suite 321
Los Angeles, CA 90010

(213) 381-1088
www.acrcintl.org

Varies

E, Sp, Fa, A, R

Programs include Immigration Services, Counseling, Family Support, African Women Support Group, Food Pantry/Nutrition Planning, Small Business Support, Advocacy & Legal Services

American Indian

American Indian Healing Center

12456 Washington Blvd,
Whittier, CA 90602

(562) 693-4325

Free

E

Offers Chronic Disease Management, Health Maintenance, Health Screenings & Women's Health Care

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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American Indian

Southern California Indian Center

3440 Wilshire Blvd., Suite 904
Los Angeles, CA 90010

(213) 387-5772

Call for Cost

E

www.indiancenter.org

Special Programs include Child and Family Services, Job Training, Senior Programs & Tutoring for Students in Grades K-12

United American Indian Involvement

1125 W. 6th St., Ste 103
Los Angeles, CA 90017

(213) 202-3970

Call for Cost

E

www.uaii.org

Provides Public Health Services and Access to Free & Low Cost Quality Health Care

Armenian/Iranian/Russia

Armenian Relief Society

517 W. Glenoaks Blvd.
Glendale, CA 91202

(818) 500-1343

Free

E, A, Fa, R

www.arswestusa.org

Provides Employment, Immigration, Counseling, English as a Second Language (ESL) Class, Referral, Translation & Advocacy

Asian/Pacific

Asians for Miracle Marrow Matches

244 S. San Pedro St., Ste 503
Los Angeles, CA 90012

1-888-236-4673

Free

E, K, J, Ch, V

www.asianmarrow.org

National Marrow Donor Program, Interpretation, Counseling from Bilingual Psychotherapists & Provide Translated Materials

Asian Pacific Health Care Venture

4216 Fountain Ave.
Los Angeles, CA 90029

(323) 644-3880

Varies

Ch, Kh, T, J

www.aphev.org

Provides Primary Care, Prenatal, Women's Health, Youth, Senior Health & HIV/AIDS

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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Asian/Pacific

Asian Youth Center

100 W. Clary Ave.
San Gabriel, CA 91776

(626) 309-0622

Varies

E, Sp, Ch

www.asianyouthcenter.org

After School & Summer School Programs, Health Education, Asian Youth Center, & Teen Program

Cambodian Association of America

2390 Pacific Ave.
Long Beach, CA 90806

(562) 988-1863

Free

E, Sp, Kh, Tag

www.cambodianusa.com

Provides Counseling, Substance Abuse, Domestic Violence, Family Enrichment Services & Senior Center

Chinatown Service Center

767 N. Hill St., Ste 400
Los Angeles, CA 90012

(213) 808-1700

Free

E, C, M, Sp, V

www.cscla.org

Provides Counseling, Family Health Clinic, Child Development Center, Youth Programs, Community Health Center & Social Services

Chinese American Association of Chino Hills

2545 Chino Hills Parkway, Ste F

(909) 228-3088

Call for Cost

E, Ca & M



Chino Hills, CA 91709

www.caach.org

Provides Health Seminars, Chinese School for Adults & Children & Senior Club

Korean American Family Service Center

3727 W. Sixth St., Suite 509
Los Angeles, CA 90020

(213) 389-6755

Call for Cost

E, K

www.kfamla.org

24-Hour Toll-Free Crisis Hotline: 1-888-979-3800

Programs include Counseling & Life Skills, Family Intervention, Child Care Food Program, Social Services, Outreach & Education & Korean Foster Family Initiative

Korean Resource Center

900 S. Crenshaw Blvd.
Los Angeles, CA 90019

(323) 937-3718

Call for Cost

E, K

www.krcla.org

Offers Legal Counsel, Tax Report, Permanent Resident Ship Renewal, Citizenship, Education & Summer Program for Youth

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Program Title	Contact	Cost	Languages
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Legal Aid Foundation of Los Angeles

1102 Crenshaw Blvd.
Los Angeles, CA 90019

or

1-800-399-4529
(323) 801-7912

Call for Cost

E, Sp
C, M

www.lafla.org

Offers Free Legal Assistance to Low Income Communities. Specializes in Consumer and Family Law & Assistance to Asian/Pacific Islander Communities

Asian/Pacific

Little Tokyo Service Center

231 E. 3rd St., Ste G-106
Los Angeles, CA 90013

(213) 473-3030

Call for Cost

E, J

www.ltsc.org

Serves the Needs of the Elderly, Low Income, Non-English Speaking & Disabled Local Community

Pacific Asian Counseling Services

8616 La Tijera Blvd., Suite 200
Los Angeles, CA 90045

(310) 337-1550

Call for Cost

E, Ch, J, K,
Kh, Sa, Sp, Tag

www.pacsla.org

Provides Quality, Culturally Sensitive, Multilingual Mental Health & Social Services



South Asian Network

18173 S. Pioneer Blvd., Suite I
Artesia, CA 90701

(562) 403-0488

Call for Cost

E

www.southasiannetwork.org

Multilingual Culturally Appropriate Program of Directed Service, Community Education and Advocacy in Immigration, Public Health, Domestic Violence & Hate Crime & Discrimination

Thai Community Development Center

6376 Yucca St., Suite B
Los Angeles, CA 90028

(323) 468-2555

Varies

E, T

www.thaicdc.org

Programs include Affordable Housing Development, Job Search, Small Business Development, Neighborhood Revitalization, Social Enterprises & Services for Youth

Thai Health and Information Services

1654 N. Harvard Blvd.,
Los Angeles, CA 90027

(323) 661-2008

Call for Cost

E, T

www.thaihealth.org

Provides Health Education, Outreach, Job Training & Access to Social Services

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Program Title	Contact	Cost	Languages
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United Cambodian Community

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

(562) 433-2490

Free

E, Kh

www.ucclb.org

Programs include Parenting Classes, ESL, Citizenship Assistance, Translation & Youth Programs

Hispanic/Latino

Bienvenidos Family Services

316 W. Second St., Suite 800
Los Angeles, CA 90012

(213) 785-5906

Call for Cost

E, Sp

www.bienvenidos.org

Provides Food Pantry, Respite Child Care, Parent Training, Peer Support & Individual Programs for Children

Clínica Monseñor Oscar Romero

123 S. Alvarado St.
Los Angeles, CA 90057

(213) 989-7700

Varies

E, Sp

www.clinicaromero.com

Programs include Medical, Dental, Vision, Mental Health & Pharmacy

El Centro de Acción Social



37 E. Del Mar Blvd.
Pasadena, CA 91105

(626) 792-3148

Free

E, Sp

www.elcentropasadena.org

Offers El Centro Youth Leadership Academy, Villa-Parke Senior Network & Cultural Celebrations

Esperanza Community Housing Corporation

3655 South Grand Ave., Ste 280
Los Angeles, CA 90007

(213) 748-7285

Free

E, Sp

www.esperanzacommunityhousing.org

Offers Affordable Housing, Economic Development, Education, Health, Arts & Science Services for Youth

Inner City Struggle

124 North Townsend Ave.
Los Angeles, CA 90063

(323) 780-7605

Call for Cost

E

www.innercitystruggle.org

Promotes Safe, Healthy and Non-Violent Communities to Youth and Families in Boyle Heights & East Los Angeles

La Casa De San Gabriel

203 East Mission Rd.
San Gabriel, CA 91776

(626) 286-2144

Call for Cost

E, Sp

www.lacasacommunitycenter.org

Provides Youth Development, Emergency Assistance, Health and Dental Screenings, Referrals & Resources

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Program Title	Contact	Cost	Languages
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Hispanic/Latino

Latino Resource Organization

610 California Ave.
Venice, CA 90291

(310) 578-6069

Call for Cost

E

www.latinoresource.org

Provides HIV/AIDS Education, Senior Services, Immigration Services, Substance Abuse & Tutoring Programs

Mexican American Legal Defense

634 S. Spring Street,
Los Angeles, CA 90014

(213) 629-2512

Call for Cost

E, Sp

www.maldef.org

Secures the Rights in the Areas of Employment, Education, Immigrants Rights & Political Access

Mexican American Opportunity

401 N. Garfield Ave.
Montebello, CA 90640

(323) 890-9600

Call for Cost

E, Sp

www.maof.org

Provides Resource & Referral Program to Socially & Economically Disadvantaged Children, Youths, Adults & Older Persons

National Association for Hispanic Elderly

234 E. Colorado Blvd., Ste 300 (626) 564-1988 Call for Cost E, Sp
Pasadena, CA 91101 www.anppm.org

Serves the Needs of Hispanic Elderly & Other Low Income Persons

Para Los Niños

500 Lucas Ave. (213) 250-4800 Varies E, Sp
Los Angeles, CA 90017 www.paralosninos.org

Provides Educational Enrichment Programs, Counseling, Childcare, After School Programs, & Case Management to Low Income Families

Jewish

Jewish Family Services of Los Angeles

3580 Wilshire Boulevard, Seventh Floor (323) 761-8800 Call for Cost E, Sp, Fa, R
Los Angeles, CA 90010 www.jfsla.org

Provides Food & Shelter, Counseling Services & Support for Families, Individuals & Seniors

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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National Council of Jewish Women

543 N. Fairfax Ave. (323) 651-2930 Call for Cost E, Sp, R
Los Angeles, CA 90036 www.ncjwla.org

Provides Counseling Services & Support for Women, and Art & Literacy Programs for Youth

COUNSELING SERVICES

Amanecer Community Counseling Service

1200 Wilshire Blvd., #500 (213) 481-7464 Varies E, Sp
Los Angeles, CA 90017 www.ccsa.org

Provides Field Clinical Capable Services, Domestic Violence & Adult Outpatient Care

Barrio Action Group

4970 S. Huntington Drive North, Ste 200 (323) 221-0779 Call for Cost E



Los Angeles, CA 90032

www.barrioaction.org

Provides Counseling Services for Family, Individuals & Youth with Severe Behavioral Problems, Gang Related & Drug Problems

Family Resource Counseling Center

11500 W. Olympic Blvd, Ste 420
Los Angeles, CA 90064

(310) 479-9798

Call for Cost

E

www.frcccla.com

Provides Professional Counseling and Psychological Services for Children, Adolescents & Adults

Helpline Youth Counseling

12440 E. Firestone Blvd., #1000
Norwalk, CA 90650

(562) 864-3722

Call for Cost

E, Sp

www.hycinc.org

Provides Counseling Services for Individual, Group & Family

Asian/Pacific

Asian Pacific Counseling & Treatment Centers

520 S. Lafayette Park Place, #300
Los Angeles, CA 90057

(213) 252-2100

Call for Cost

E, Ca, Sp, Tag

www.apctc.org

Provides Multi-Disciplinary & Culturally Sensitive Approaches to Address Client's Psychological & Social Needs

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title

Contact

Cost

Languages

Indochinese Counseling & Treatment

605 W. Olympic Blvd.,
Los Angeles, CA 90015

(213) 553-1850

Call for Cost

E, T, V

Provides Outpatient Mental Health Services to Southeast Asian Refugees

KHEIR (Korean Health, Education, Information and Research Center)

3727 W. 6th St., Ste 230
Los Angeles, CA 90020

(213) 637-1080

Call for Cost

E, K, Sp

www.kfamla.org

Provides Counseling & Life Skills, Family Intervention & Social Services

Pacific Asian Alcohol & Drug Program



2001 Beverly Blvd., Suite 201
Los Angeles, CA 90057

(213) 413-1622
www.paadp.org

Varies

E, Sp, Tag

Provides Alcohol, Drug Prevention, Treatment & Recovery Services to CAL-Works Program Participants

Special Services for Group

605 W. Olympic Blvd., Ste 600
Los Angeles, CA 90015

(213) 553-1822
www.ssgmain.org

Call for Cost

E, Sp, K, Tag, V

Provides Dental Care, Homeless Outreach Program Integrated Care System & Parents Neighborhood Youth Program

Hispanic/Latino

Casa Cardenas Senior & Family

111 W Beverly Blvd.
Montebello, CA 90640

(323) 721-7578

Call for Cost

E, Sp

Offers Counseling for Families & Seniors Dealing with Family Conflict, Grief, Mental Health Issues, Substance Abuse, Domestic Violence, Caregiver Support, Case Management & Bilingual Bereavement Support Groups

DIABETES

American Diabetes Association

611 Wilshire Blvd., Suite 900
Los Angeles, CA 90017

(323) 966-2890
www.diabetes.org

Call for Cost

E

Provides Information & Other Services to People with Diabetes

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title

Contact

Cost

Languages

CDAPP Sweet Success Resource & Training Center

7835 Trade St., Ste 100
San Diego, CA 92121

(858) 536-5090
www.cdappsweetsuccess.org

Call for Cost

E

Provides Education Resources for Both Health Care Providers & Pregnant Women with Diabetes

Juvenile Diabetes Foundations of Los Angeles

811 Wilshire Blvd., Suite 1600
Los Angeles, CA 90017

(213) 233-9901
www.jdrf.org

Call for Cost

E

Provides Online Support & Information about Prevention & Living with Diabetes

Foundation Fighting Blindness

2800 28th Street, Suite 310 (310) 450-2910 Call for Cost E
 Santa Monica, CA 90405 www.blindness.org

Provides Information on Retinitis Pigmentosa, Macular Degeneration, Usher Syndrome & Stargardt Disease

Greater Los Angeles Agency on Deafness

2222 Laverna Ave. (323) 478-8000 Free E, Sp
 Los Angeles, CA 90041 TTY (323) 550-4226
www.gladinc.org

Services include Health Education, Employment, Public Relations, senior housing & American Sign Language Interpreting Services (LifeSigns)

International Hearing Aid Services

7730 Pacific Blvd. (323) 588-0742 Call for Cost E, Sp
 Huntington Park, CA 90255

Provides Support & Information about Hearing Aids & Assistive Device

Junior Blind of America

5300 Angeles Vista Blvd. 1-800-352-2290 Call for Cost E
 Los Angeles, CA 90043 www.juniorblind.org

Helps Children & Adults Who Are Blind, Visually Disabled Achieve Independence

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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DISABILITY RESOURCES

Ability First

1300 E. Green Street (877) 768-4600 Call for Cost E, Sp
 Pasadena, CA 91106 www.abilityfirst.org

Provides Recreational, Socialization and Employment Programs for Children and Adults with Physical and

Developmental Disabilities

California Protection and Advocacy System

350 South Bixel St., Ste 290
Los Angeles, CA 90017

1-800-776-5746
TTY 1-800-719-5798

Free E, Sp,

www.disabilityrightsca.org

Advocate, Educate, Investigate & Litigate to Advance & Protect the Rights of Californians with Disabilities

Community Actively Living Independent & Free

634 South Spring Street, 2nd Floor
Los Angeles, CA 90014

(213) 627-0477
www.califilc1.wix.com

Call for Cost E

Provides Skills Workshops, Information, Referral, and Housing for Individuals with Disabilities in the Central Los Angeles Area

Community Therapies & Baby Steps

861 Auto Center Drive, Ste D
Palmdale, CA 93551

(661) 945-7878
www.communitytherapies.com

Call for Cost E, Sp

Works with Children and Adults with Various Disabilities in Need of Speech/Language Therapy Services, Early Intervention for Children Birth to Three with Developmental Delays

Community Rehabilitation Services (CRS)

4716 Cesar E. Chavez Ave.
Los Angeles, CA 90022

(213) 266-0453
www.clnet.ucla.edu/community/crs.html

Call for Cost E, Sp

SAN GABRIEL BRANCH
135 N. San Gabriel Blvd.
San Gabriel, CA 91775

(818) 309-7676

Programs include Advocacy, Personal Assistance Services, Housing Assistance, Independent Living Skills, Peer Counseling, Transportation & Job Club Services for People with Disabilities

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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Disabled Resources Center

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

(562) 427-1000
www.drcinc.org

Call for Cost E, Ca, Sp, Tag

Services include Counseling, Peer Support Groups, & Workshops on Topics Related to Disability

**Drew Child Development Corporation**1770 E. 118th Street
Los Angeles, CA 90059

(323) 249-2950

Call for Cost

E, Sp

www.drewcdev.com*Promotes Physical, Social, Emotional and Cognitive Development for Children with Special Needs***Family Focus Resources Center**18111 Nordhoff St., E-109
Northridge, CA 91330

(818) 677-6854

Call for Cost

E

www.csunfamilyfocus.com*Provides Information, Referrals & Support to Children, Youth and Adult with Developmental Disabilities and Special Needs***Family Resource Center Network**1000 S. Fremont Ave., Suite 6050, #35
Alhambra, CA 91803

(626) 300-9171

Call for Cost

E, Sp

www.familyresourcenetworklac.org*Offers Free Information, Training & Support to People with Developmental Disabilities & Their Families***Harbor Regional Center**21231 Hawthorne Blvd.
Torrance, CA 90503

(310) 540-1711

Call for Cost

E, Sp

www.harborrc.org*Provides Diagnosis, Information & Referral, Individual or Family Service Planning & Family Support***Independent Living Center of Southern California**14407 Gilmore St., # 101
Van Nuys, CA 91401

(818) 785-6934

Call for Cost

E

TTY (818) 785-7097

www.ilcsc.org*Assists in Obtaining Emergency Services, Food, Shelter & Benefits***Institute for Families**4650 Sunset Blvd., Mail Stop 111
Los Angeles, CA 90027

(323) 361-4649

Call for Cost

E

www.instituteforfamilies.org*Provides Counseling, Support, Information & Advocacy to Families***Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties***Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese***Program Title****Contact****Cost****Languages****Intercommunity Counseling Center**7702 Washington Ave., 1st Floor
Whittier, CA 90602

(562) 698-1272

Call for Cost

E, Sp

www.iccwhittier.org

Provides Caring, Supportive Mental Health Services at Its Uptown Whittier Location

John Tracy Clinic

806 West Adam Blvd. (213) 748-5481 Call for Cost E
 Los Angeles, CA 90007 www.jtc.org

Provides Individual & Family Counseling, Parent Education & Support Group

740 E. Wardlow Rd. (562) 426-2257 Call for Cost E
 Long Beach, CA 90807 www.jtc.org

Offers Families Living in the Long Beach, Orange County, Inland Empire & South Bay Area Diagnostic Testing & Educational Services for Children between Birth & Five Years of Age

Long Beach Family Resource Center

2801 Atlantic Ave. (562) 933-8050 Call for Cost E, Sp
 Long Beach, CA 90806 www.familyresourcenetworklac.org

Provides Referral, Advocacy, Training & Support Group to Families with Ill or Special Needs

Southern California Resource Services for Independent Living

7830 Quill Dr., Suite D (562) 862-6531 Call for Cost E
 Downey, CA 90242 www.scrs-ilc.org

Empowers Persons with Disabilities to Achieve Their Personalized Goals through Community Education & Individualized Services

South Central Los Angeles Regional

650 W. Adams Blvd., Ste 400 (213) 744-7000 Call for Cost E, Sp
 Los Angeles, CA 90007 www.sclarc.org

Offers Families with Special Needs Comprehensive Support

The Parent's Place Family Resource & Employment Center

1500 S. Hyacinth Ave., Ste B (626) 919-1091 Call for Cost E
 West Covina, CA 91791 www.parentsplacefrc.com

Empowers Families Raising a Child with a Disability through Information/Education, Referrals & Parent-to-Parent Support

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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Westside Center for Independent Living

12901 Venice Blvd.
Los Angeles, CA 90066

1-888-851-9245
www.wcil.org

Call for Cost E, Sp

Assists Persons with Disabilities & Seniors Achieve & Maintain Self-Directed & Community Based Independent Lives

DOMESTIC VIOLENCE

1736 Family Crisis Center

2116 Arlington Ave., Suite 200
Los Angeles, CA 90018

(323) 737-3900

Free

E, Sp

www.1736familycrisiscenter.org

Offers Case Management, Counseling, Job Development & Placement, Legal Help, Life Skills Training, Financial Literacy, Parenting Education, Referrals for Free Medical & Access to Other Services

Domestic Violence Council (DVC)

1-800-978-3600

Free

E, Sp

www.dvcouncil.lacounty.gov

Provides Domestic Violence Council Meeting

East Los Angeles Women's Center

1255 S. Atlantic Blvd.
Los Angeles, CA 90022

(323) 526-5819

Free

E, Sp

www.elawc.org

East Los Angeles Rape & Battering Hotline: 1-800-585-6231

Programs include Sexual Assault, Rape, Battering Program, Domestic Violence Services, Mental Health & Therapeutic Parenting Programs, HIV/AIDS Prevention Services, Testing & Therapeutic Services for HIV+ Women

Injury/Violence Prevention Program

695 S. Vermont Ave., South Tower, 14th Floor
Los Angeles, CA 90005

(213) 351-7888

Free

E, Sp

www.publichealth.lacounty.gov/ivpp/InjTopicsHome.htm

24-Hour Crisis Line: 1-800-978-3600 (LA County only)

Peace over Violence

1015 Wilshire Boulevard, Suite 200
Los Angeles, CA 90017

(213) 955-9090

Free

E, Sp

www.peaceoverviolence.org

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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Peace over Violence 892 N. Fair Oaks Ave., Ste D Pasadena, CA 91103	(626) 584-6191 www.peaceoverviolence.org	Free	E, Sp
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24 HOUR RAPE & BATTERING HOTLINES: (626) 793-3385 & (213) 626-3393

Provides Individual & Group Counseling for Survivors of Sexual Assault, Domestic & Relationship Violence, Stalking & Child Sexual Abuse

YWCA of Glendale 735 E. Lexington Drive Glendale, CA 91206	(818) 242-4155 www.glendaleywca.org	Free	E, Sp, A
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Abuse Hotline: 1-888-999-7511

Programs include a 45-Day Safe-Haven for Women & Children, Services including Meals, Housing, Counseling & Social Services; a Children's Counseling Program, Legal Advocacy, Case Management, Housing Assistance, Employment, Education, Healthcare & childcare

American Indian

United American Indian Involvement 1125 W. 6 th St., Suite 103 Los Angeles, CA 90017	(213) 202-3970 www.uaii.org	Call for Cost	E, Sp
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Provides Therapy & Support to Children, Adolescents, Their Families & Females Victims of Domestic Violence & Sexual Assault

Asian/Pacific

Asian Pacific Women's Center 244 S. San Pedro St Suite 504 Los Angeles, CA 90012	(213) 250-2977 www.apwcla.org	Free	E, Chi, Sp, J, K Tag, V
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Programs include Domestic Violence Transitional Shelter, Children's Empowerment Program, Community Education and Empowerment Program, Community Services, & Ivy Terrace Permanent Housing Program

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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Center for the Pacific Asian Family 543 N. Fairfax Ave., #108 Los Angeles, CA 90036	(323) 966-4590	Free	E, Chi, Sp, J, K Tag, V
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24-Hour Crisis Line: 1-800-339-3940

Offers Emergency Shelters, Programs for Youth include Relationship Violence, Sexual Assault & Violence Prevention Workshops

Hispanic/Latino

Su Casa Ending Domestic Violence 3840 Woodruff Ave., Suite 203 Long Beach, CA 90808	(562) 421-6537 www.sucasadv.org	Free	E, Sp
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24-Hour Crisis Line: (562) 402-4888

Provides Counseling, Advocacy Services, Referral, Emergency Shelter & Transitional Shelter

HEALTH EDUCATION

American Heart Association 816 S. Figueroa St. Los Angeles, CA 90017	(213) 291-7000 www.heart.org	Free	E, Ch, Sp, V
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Provides Educational Programs, Cook-Books & Credible Heart Disease & Stroke Information for Effective Prevention & Treatment

Asthma & Allergy Foundation of America, California Chapter 3435 Wilshire Blvd, Ste 350 Los Angeles, CA 90010	(323) 937-7859	Free	E, Sp
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Provides Support Groups for Parents of Asthma Children, Free Community & Public Education Programs & Educational Brochures on Variety Asthma/Allergy Topics

Asthma Coalition of Los Angeles County Maternal, Child, and Adolescent Health Programs (Department of Public Health of LA County) 600 S. Commonwealth Ave., 8th Floor Los Angeles, CA 90005	(213) 639-6400 www.asthmacoalitionla.org	Free	E
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Increases Access to Health Care; Improves Indoor Air Quality in Homes & Outdoor, & Improves Asthma Management in Schools

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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California Family Health Council

3600 Wilshire Blvd., Suite 600
Los Angeles, CA 90010

(213) 386-5614
www.cfhc.org

Call for Cost E

Programs include Title X, STD Programs, Teen Outreach & Patient Education

Center for Lupus Care

100 N. Hillcrest Blvd., Ste 5
Inglewood, CA 90301

(310) 674-0080
www.center4lupuscare.org

Call for Cost E

Services include Support Group, Seminar, Workshop, Symposium & Psychological Group Counseling

Department of Public Health, County of Los Angeles

3530 Wilshire Blvd., 8th Floor
Los Angeles, CA 90010

(213) 351-7890
www.publichealth.lacounty.gov

Free E

Programs include Physical Activity, Immunizations, Smoking Prevention, Alcohol & Drug Treatment

Department of Health Services

313 N. Figueroa Street,
Los Angeles, CA 90012

www.ladhs.org

Free E

Offers Health Information & Programs throughout Los Angeles County

Los Angeles Intergroup of Overeaters Anonymous

6404 Wilshire Blvd., Suite 710
Los Angeles, CA 90048

(323) 653-7652
www.oalaig.org

Free E

Offers Free Self-Help with 12 Step Recovery Program

VA Greater Los Angeles HealthCare

11301 Wilshire Blvd.
Los Angeles, CA 90073

(310) 478-3711
www.losangeles.va.gov

Call for Cost E

Services include Crisis Prevention, Mental Health, PTSD & Public Health

Asian/Pacific

Herald Christian Health Center



SAN GABRIEL CLINIC
923 S. San Gabriel Blvd.
San Gabriel, CA 91776

(626) 286-8700

Call for Cost

E, Ca, M

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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Asian/Pacific

Herald Christian Health Center

WEST COVINA CLINIC

2707 E. Valley Blvd., Suite 215
West Covina, CA 91792

(626) 667-8500

Call for Cost

E, Ca, M

Services include Medical, Dental, Women's Health Check up, Health Insurance Enrollment & Health Education Workshops

Korean Health Education Information & Research Center

3727 W. 6th St., Suite 210
Los Angeles, CA 90020

(213) 427-4000

Call for Cost

E, K, Sp

www.lakheir.org

Provides Health Education & Information & Referral for Social Services & Health Related Issues

Thai Health and Information Services

1654 N. Harvard Blvd.
Los Angeles, CA 90027

(323) 661-2011

Free

E, T

www.thaihealth.org

Programs include Health & Immunization, Enrollment/Referral Assistance, Seniors & Youth

Hispanic/Latino

El Centro de Amistad

7038 Owensmouth Ave.
Canoga Park, CA 91303

(818) 347-8565

Call for Cost

E, Sp

www.elcentrodeamistad.org

Programs & Services include Adult Outpatient Services, CALWORKS Program, Children's Outpatient Programs, Field Capable Clinical Services, Multidisciplinary Assessment Team, Case Management & Medication Support

South Bay Family Health Care Center

23430 Hawthorne Blvd., Ste 210
Torrance, CA 90505

(310) 802-6177

Call for Cost

E, Sp

www.sbfhc.org

Programs include Adult Medicine, Chronic Disease Management, Women’s Health, Prenatal Care, Pediatric Care, Dental Care, Social Services, Pregnancy Testing, Family Planning, HIV/AIDS Testing & Counseling, & Teen Walk-In Clinic

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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HEARING/VISION DISABLED

American Action Fund for the Blind

18440 Oxnard Street Tarzana, CA 91356	(818) 343-3219 www.actionfund.org	Free	E
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Assist Blind and Deaf-Blind Persons in Securing Reading Matter & Improve the Quality of Life for the Blind & Deaf-Blind

Blind Children's Center

4120 Marathon St. Los Angeles, CA 90029	(323) 664-2153 www.blindchildrenscenter.org	Free	E, Sp
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Family-Centered Organization Serving Children with Visual Impairments

Braille Institute Regional Sight Center

741 North Vermont Ave. Los Angeles, CA 90029	1-800-272-4553 www.brailleinstitute.org/los_angeles/	Free	E
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Provides Talking Book & Braille Library, Low Vision Rehabilitation, & Services for Child, Youth, Teen & Adult

California Relay Services

<i>Free within Your Local Area</i>	711 from any phone 1-888-735-2929 (TTY Users) 1-888-877-5379 (Voice Users) 1-888-877-5381 (Voice Users)	E Sp
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Provides Full Accessibility to People Who Are Deaf, Hard-of-Hearing or Speech Disabled

California Telephone Access Program

1520 W. Cameron Avenue, Suite 160 West Covina, CA 91790	TTY 1-800-806-4474 1-800-806-1191 (Voice Users) 1-800-949-5650 (Voice Users)	E Sp
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1-866-324-8747 (Voice Users)

M

1-866-324-8754 (Voice Users)

Ca

www.ddtp.cpuc.ca.gov

Provides Free Adaptive Phones to All California Residents Who Have Difficulty Hearing, Seeing, Moving, Speaking or Remembering

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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Community Speech and Hearing

18740 Ventura Blvd., Suite 100
Tarzana, CA 91356

(818) 774-0224

Call for Cost

E, Sp

Offers Hearing Aid & Assistive Device

Foundation Fighting Blindness

2800 28th Street, Suite 310
Santa Monica, CA 90405

(310) 450-2910

Call for Cost

E

www.blindness.org

Provides Information on Retinitis Pigmentosa, Macular Degeneration, Usher Syndrome & Stargardt Disease

Greater Los Angeles Agency on Deafness

2222 Laverna Ave.
Los Angeles, CA 90041

(323) 478-8000

Free

E, Sp

TTY (323) 550-4226

www.gladinc.org

Services include Health Education, Employment, Public Relations, senior housing & American Sign Language Interpreting Services (LifeSigns)

International Hearing Aid Services

7730 Pacific Blvd.
Huntington Park, CA 90255

(323) 588-0742

Call for Cost

E, Sp

Provides Support & Information about Hearing Aids & Assistive Device

Junior Blind of America

5300 Angeles Vista Blvd.
Los Angeles, CA 90043

1-800-352-2290

Call for Cost

E

www.juniorblind.org

Helps Children & Adults Who Are Blind, Visually Disabled Achieve Independence



LifeSigns

2222 Laverna Ave.
Los Angeles, CA 90041

1-888-930-7776

Call for Cost

E, Sp

www.lifesignsinc.org

Provides Interpreter Referral, Communication Aids & Video Relay Interpreting

The Center for the Partially Sighted

6101 W. Centinela Ave., Suite 150
Culver City, CA 90230

(310) 988-1970

Call for Cost

E

www.low-vision.org

Help Individuals with Vision Loss Regain the Ability to Undertake the Tasks That Provide Independence

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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The Jules Stein Eye Institute

100 Stein Plaza UCLA
Los Angeles, CA 90095

(310) 825-5000

Call for Cost

E

www.jsei.org

Programs include Care of Patients with Eye Disorders, Research in the Vision Sciences, Education in the Field of Ophthalmology and Outreach to the Community

HIV/AIDS SUPPORT

AIDS Health Care Foundation (AHF)

6255 W. Sunset Blvd., 21st Floor
Los Angeles, CA 90028

(323) 860-5200

Varies

E, Sp

www.aidshealth.org

Programs include HealthCare Centers, Pharmacy, Health Care Plans, Free HIV Testing, Advocacy & Thrift Stores

AIDS Project Los Angeles

611 S. Kingsley Drive
Los Angeles, CA 90005

(213) 201-1600

Free

E, Sp

www.apla.org

Services include Prevention Education, Housing Assistance, Mental Health Counseling, Women's Services, APLA Dental, Home Health, Nutrition Education & Case Management

AIDS Service Center

65, N. Raymond Ave., Suite 20
Pasadena, CA 91103

(626) 441-8495

Free

E, Sp

www.aidsservicecenter.org

Programs & Services include HIV Testing, HIV 101 Education, Community Partnership Professional Development, Housing Services, Supplement Food Card Program, Household Goods Resource & Alliance for Housing & Healing

L.A. Gay & Lesbian Center



MCDONALD/WRIGHT BUILDING
1625 N. Schrader Blvd.
Los Angeles, CA 90028

(323) 993-7400
www.lalgbtcenter.org

Call for Cost E, Sp

Services include Family Violence/STOP Domestic Violence, Health & Medical Services, Mental Health & Counseling.

THE VILLAGE AT ED GOULD PLAZA
1125 N. McCadden Place
Los Angeles, CA 90038

(323) 860-7302
www.lalgbtcenter.org

Call for Cost E, Sp

Services include AIDS/Life Cycle, Cultural Arts & Education, Computer/Internet Center, Learning Curve/Self-Enrichment Courses & Senior Services

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
L.A. Gay & Lesbian Center			
YOUTH CENTER ON HIGHLAND 1220 N. Highland Ave. Los Angeles, CA 90038	(323) 860-2280 www.lalgbtcenter.org	Call for Cost	E, Sp
<i>Services include Clothing, Counseling & Social Services, Emergency Overnight Beds, Employment Assistance, Food, GED Program, HIV & STD Testing & Showers</i>			
THE SPOT 745 N. San Vicente Blvd. West Hollywood, CA 90069	(323) 993-7440 www.lalgbtcenter.org	Call for Cost	E, Sp
<i>Services include HIV/STD Testing & STD Treatment</i>			
HIGHLAND ANNEX 1220 N. Highland Ave. Los Angeles, CA 90038	www.lalgbtcenter.org	Call for Cost	E, Sp
<i>Services include Family Services, Hate Crime Victim Assistance, Legal Services & Youth Services</i>			
The LGBT/Q Center of Long Beach			
2017 E. 4th St. Long Beach, CA 90814	(562) 434-4455 www.centerlb.org	Call for Cost	E
<i>Services include Support Groups, Workshops & Seminars, Youth Services, Legal Assistance, Employment Referrals, Rental and Roommate Referrals, a Hate Crimes Hotline, Mental Health Counseling, Cultural & Social Activities</i>			

African American

Black AIDS Institute

1833 W. 8th Street, Ste 200
Los Angeles, CA 90057

(213) 353-3610

www.blackaids.org

Call for Cost

E, Sp

Offers HIV/AIDS Prevention Programs, Information & Referrals

Asian/Pacific

Asian Pacific AIDS Intervention Team

1730 W. Olympic Blvd., Suite 300
Los Angeles, CA 90015

(213) 375-3830

www.apaitonline.org

Call for Cost

E, Ca, M, J, K
Tag, T, V

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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Asian/Pacific

Asian Pacific AIDS Intervention Team

ORANGE COUNTY OFFICE

12900 Garden Grove Blvd., Ste 220 A
Garden Grove, CA 92843

(714) 636-1349

www.apaitonline.org

Call for Cost

E, Ca, M, J, K
Tag, T, V

Programs & Services include HIV Care Programs, Behavioral Health Services, Substance Abuse Programs, HIV Testing, HIV Education & Counseling Programs & Social Support Groups

Hispanic/Latino

Bienestar Human Services

EL MONTE CENTER

3131 Santa Anita Ave. Suite 109
El Monte, CA 91733

(626) 444-9453

www.bienestar.org

Call for Cost

E, Sp

EAST LOS ANGELES CENTER

5326 E. Beverly Blvd.
Los Angeles, CA 90022

(323) 727-7896

www.bienestar.org

Call for Cost

E, Sp

LONG BEACH CENTER

1464 Cherry Ave.
Long Beach, CA 90813

(562) 438-5800

www.bienestar.org

Call for Cost

E, Sp



POMONA CENTER
180 E. Mission Blvd.
Pomona, CA 91766

(909) 397-7660
www.bienestar.org

Call for Cost E, Sp

Programs & Services include Case Management, Housing Assistance, HIV Treatment Education, Mental Health Counseling, Healthy Relationships, Peer Support, Food Bank & HIV & STI Prevention & Education Programs for Gay & Bisexual men, Transgender Women & Substance Users

El Proyecto del Barrio

8902 Woodman Ave.
Arleta, CA 91331

(818) 830-7133
www.elproyecto.us

Call for Cost E, Sp

Services include Family & Youth Services, HIV Services, Employment & Training Services & Drug Abuse Counseling Services

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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HOMELESS SHELTERS/FOOD

Covenant House California

1325 N. Western Ave.
Hollywood, CA 90027

(323) 461-3131
www.covenanthousecalifornia.org

Free E, Sp

Toll Free Number: 1-800-999-9999

Offers Advocacy, Outreach, Crisis Shelters, Transitional Living Program & Supportive Apartment Program

Downtown Women Center

442 S. San Pedro St.
Los Angeles, CA 90013

(213) 680-0600
www.dwcweb.org

Free E

Services include meals, personalized case management, an on-site medical clinic, health workshops and screenings, computer literacy, government benefits advocacy, support groups, job counseling, and self-expression classes

Food on Foot

HOLLYWOOD FEEDING LOCATION
1625 N. Schrader Blvd.
Los Angeles, CA 90028

(310) 442-0088
www.foodonfoot.org

Free E



Homeless Health Care Los Angeles

2330 Beverly Blvd.
Los Angeles, CA 90057

(213) 744-0724
www.hhcla.org

Free E

Jovenes, Inc

1208 Pleasant Ave.
Los Angeles, CA 90033

(323) 260-8035
www.jovenesinc.org

Free E, Sp

Continuum of Care includes Emergency Shelter, Transitional Housing & Permanent Supportive Housing

Los Angeles Coalition to End Hunger & Homelessness

2500 Wilshire Blvd., Ste 1155
Los Angeles, CA 90057

(213) 251-0041
www.lacehh.org

Free E

Los Angeles Mission

303 East 5th St.
Los Angeles, CA 90013

(213) 629-1227
www.losangelesmission.org

Free E, Sp

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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MLK Community Health Foundation

NEW IMAGE EMERGENCY SHELTER
8720 S. Figueroa St.
Los Angeles, CA 90003

BEYOND SHELTER
7826 S. Broadway St.
Los Angeles, CA 90003

HOPICS (HOMELESS OUTREACH PROGRAM & INTEGRATED CARE SYSTEM)
5175 S. Broadway St., #1
Los Angeles, CA 90037

My Friend's Place

5850 Hollywood Blvd.
Los Angeles, CA 90028

(323) 908-0011
www.myfriendsplace.org

Call for Cost E

Programs include Safe Haven Program, Transformative Education Program & Health & Well Being Program

Rio Hondo Temporary Home



12300 4th St., Building 213
Norwalk, CA 90650

(562) 863-8805

Free

E, Sp

www.riohondohome.org

Shelter First

1002 E 7th St.
Los Angeles, CA 90021

(213) 622-4972

Free

E, Sp

Provides Short Term & Transitional Shelter to Homeless Men, Women & Children

Sunshine Mission for Women

2600 South Hoover St.
Los Angeles, CA 90007

(213) 747-7419

Free

E, Sp

Weingart Center Association

566 S. San Pedro St.
Los Angeles, CA 90013

(213) 627-9000

Free

E, Sp

www.weingart.org

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
Union Rescue Mission 545 S. San Pedro Ave. Los Angeles, CA 90013	(213) 347-6300 www.unionrescuemission.org	Free	E, Sp
<i>Emergency Services include Food, Shelter, Clothing, Personal Hygiene, Clinics, Day Center, Family Community Center, Hospitality Center, Individual Assessment/Counseling, Life Management Classes & Spiritual Encouragement</i>			
U. S. Mission - Hudson House 1154 N. Western Ave. Hollywood, CA 90029	(213) 465-0247	Free	E, Sp
Valley Shelter 7843 Lankershim Blvd. North Hollywood, CA 91605	(818) 982-4091	Free	E, Sp

INTERPRETATION SERVICES

Asian Pacific AIDS Intervention Team

1730 W. Olympic Blvd., Suite 300 (213) 375-3830 Free E, Ca, M, J, K
 Los Angeles, CA 90015 www.apaitonline.org Tag, T, V

ORANGE COUNTY OFFICE

12900 Garden Grove Blvd., Ste 220 A (714) 636-1349 Free E, Ca, M, J, K
 Garden Grove, CA 92843 www.apaitonline.org Tag, T, V

Offers Free Interpretation Services

Pacific Asian Languages Services (PALS for Health)

1730 W. Olympic Blvd., 4th Floor, Ste 3A-200 (213) 553-1818 Free E, Sp, K, Ca, M
 Los Angeles, CA 90015 www.palsforhealth.org J, T, V

LEGAL SERVICES

Bet Tzedek Legal Services

3250 Wilshire Blvd., 13th Floor (323) 939-0506 Call for Cost E, Sp, R
 Los Angeles, CA 90010 www.bettzedek.org

Legal Assistance includes Counseling & Representation at Trials, Administrative Hearings & Appeals

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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Center for Human Rights

256 S. Occidental Blvd. (213) 388-8693 Call for Cost E, Sp
 Los Angeles, CA 90057 www.centerforhumanrights.org

Legal Services to Indigent Immigrants & Refugees in Proceedings before the INS & Other Government Agencies

Coalition for Humane Immigrant Rights

2533 W. 3rd St., Suite 101 (213) 353-1333 Call for Cost E, Sp
 Los Angeles, CA 90057 www.chirla.org

Provides Legal Representation & Support Network for Immigrants & Refugees

Harriett Buhai Center for Family Law

3250 Wilshire Blvd., Suite 710 (213) 388-7515 Free E, Sp
 Los Angeles, CA 90010 www.hbcfl.org

Provides Family Law & Domestic Violence Assistance to Low-Income Families

Los Angeles County Bar Association

1055 West Seventh Street, Suite 2700 (213) 627-2727 Call for Cost E, Sp
 Los Angeles, CA 90017 www.lacba.org

Los Angeles County Bar Association – Public Counsel

601 S. Ardmore Ave. (213) 385-2977 Call for Cost E, Sp
 Los Angeles, CA 90005 www.lacba.org

Assists with Family Law, divorce, paternity, custody, restraining orders, homeownership and tenant defense, and government benefits

Union Rescue Mission

545 S. San Pedro Ave. (213) 347-6300 Free E, Sp
 Los Angeles, CA 90013 www.unionrescuemission.org

Asian/Pacific

Asian Pacific American Legal Center

(213) 977-7500 Call for Cost E, J, Tag
 (800) 520-2356 Ca, M
 (800) 867-3126 Kh

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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Asian/Pacific

Asian Pacific American Legal Center

(800) 867-3640 K
 (800) 914-9583 T
 (800) 267-7395 V
www.apalc.org

Provides Asian and Pacific Islander and Other Communities with Multi-Lingual, Culturally Sensitive Services & Legal Education including Housing, Domestic Violence, Family Law, Immigration, Citizenship, Consumer Fraud or Discrimination

Hispanic/Latino

Central American Resource Center

2845 W. 7th St.
Los Angeles, CA 90005

(213) 385-7800

Call for Cost

E, Sp, K

www.carecen-la.org

Empower Central Americans by Defending Human & Civil Rights, Working for Social & Economic Justice & Promoting Cultural Diversity

El Rescate Legal Services

1501 West 8th St., Suite 200
Los Angeles, CA 90017

(213) 387-3284

Call for Cost

E, Sp

www.elrescate.org

SENIOR RESOURCES – LOS ANGELES COUNTY

Antelope Valley Senior Center

777 W. Jackman St.
Lancaster

(661) 726-4403

Call for Cost

E

Alicia Broadous-Duncan MSC*

11300 Glenoaks Blvd.
Pacoima, CA 91331

(818) 834-6100

Call for Cost

E, Sp

Altadena Senior Center

560 E. Mariposa St.
Altadena, CA 91001

(626) 798-0505

Call for Cost

E

MSC* = Multipurpose Senior Center

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Arcadia Senior Services

365 Campus Drive
Arcadia

(626) 574-5130

Call for Cost

E

Artesia MSC*

18750 Clarkdale
Artesia

(562) 924-6509

Call for Cost

E

Azusa Senior Center



740 N. Dalton Ave.
Azusa, CA 91702

(626) 812-5204

Call for Cost

E, Sp

Barbara Riley Senior Center

12458 Rives Ave.
Downey

(562) 904-7226

Call for Cost

E

Barlett Senior Center

1318 Cravens Ave.
Torrance

(310) 320-5918

Call for Cost

E

Bell Community Center

6250 Pine Ave.
Bell

(323) 773-1596

Call for Cost

E

Bell Community Center

6250 Pine Ave.
Bell

(323) 773-1596

Call for Cost

E

Bell Gardens MSC*

6800 Florence Ave.
Bell Gardens

(562) 806-5400

Call for Cost

E

Bernardi Senior MSC*

6514 Sylmar Ave.
Van Nuys, CA 91401

(818) 718-1101

Call for Cost

E, Sp

Beverly Hills Roxbury Park Community Center

471 S. Roxbury Drive
Beverly Hills

(310) 285-4761

Call for Cost

E

www.beverlyhills.org

MSC* = Multipurpose Senior Center

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Bradley MSC*

10957 S. Central Ave.
Los Angeles, CA 90059

(323) 923-2753

Call for Cost

E

Burbank Joslyn MSC*

1301 W. Olive Ave.
Burbank

(818) 238-5353

Call for Cost

E

**Carson Senior Social Services**

801 E. Carson St. Carson, CA 90745	(310) 835-0212	Call for Cost	E, Sp
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Cerritos MSC*

12340 South St. Cerritos, CA 90703	(562) 916-8550	Call for Cost	E
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City of Downey Community Senior Services

7810 Quill Dr. Downey, CA 90241	(562) 904-7223	Call for Cost	E
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City of La Puente Senior Center

16001 E. Main St. La Puente, CA 91744	(626) 855-1585	Call for Cost	E, Sp
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Claremont Joslyn Senior Center

660 N. Mountain Ave. Claremont, CA 91711	(909) 399-5488	Call for Cost	E, Sp
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Commerce Senior Citizens Center

2555 Commerce Way Commerce	(323) 887-4430 www.ci.commerce.ca.us	Call for Cost	E
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Covina Joslyn Senior Center

815 N. Barranca Ave. Covina, CA 91723	(626) 966-6378	Call for Cost	E, Ch, Sp
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Culver City Senior Center

4095 Overland Ave. Culver City, CA 90232	(310) 253-6700	Call for Cost	E, C, I
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MSC* = Multipurpose Senior Center**Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties**

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY**Delta Sigma MSC***

2528 West Blvd. Los Angeles	(323) 735-5799	Call for Cost	E
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Duarte Senior Center

1610 Huntington Drive	(626) 357-3513	Call for Cost	E
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Duarte, CA 91010

East Los Angeles Neighborhood Center

133 North Sunol Drive (323) 260-2823 Call for Cost E
Los Angeles

East Valley MSC*

5056 Van Nuys Blvd. (818) 766-5165 Call for Cost E
Sherman Oaks, CA 91603

El Monte Community & Senior Center

3120 N. Tyler Ave. (626) 580-2210 Call for Cost E, Sp
El Monte, CA 91731

El Dorado Senior Center

2800 Studebaker Rd. (562) 570-3227 Call for Cost E
Long Beach, CA 90815

El Segundo Joslyn Senior Center

339 Sheldon St. (310) 524-2705 Call for Cost E
El Segundo, CA 90245

Felicia Mahood Senior MSC*

11338 Santa Monica Blvd. (310) 479-4119 Call for Cost E, Fa, Sp
Los Angeles, CA 90025

Gardena Senior Citizens Day Care Center

14517 Crenshaw Blvd. (310) 217-9550 Call for Cost E
Gardena

George & Helen Thomas MSC*

2475 Washington Blvd. (323) 734-9091 Call for Cost E
Los Angeles

MSC* = Multipurpose Senior Center

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde), (H)m(ong), (I)talian, (J)apanese, (K)mer, (K)orean, (L)ao(tian), (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Glendale Senior Center

201 E. Colorado St, (818) 548-3778 Call for Cost E
Glendale

Glendale Sparr Heights Senior Center

1613 Glencoe Way (818) 548-2187 Call for Cost E
Glendale

Hawthorne Senior Center

3901 El Segundo Blvd. (310) 349-1650 Call for Cost E
Hawthorne

Hollywood MSC*

1360 North St. Andrews Place (323) 957-3900 Call for Cost E, Sp, A, R
Los Angeles

Huntington Senior Care Network

837 S. Fair Oaks Ave., Ste 100 (626) 397-3110 Call for Cost E, Ch, Sp
Huntington Park

Huntington Park Old Timer Foundation

3355 East Gage Ave. (323) 589-7100 Call for Cost E
Huntington Park

Inglewood Senior Center

330 Centinela Ave. (310) 412-5338 Call for Cost E
Inglewood, CA 90302

International Institute of LA MSC*

435 S. Boyle Ave. (323) 264-6210 Call for Cost E
Los Angeles

Interval Senior Services

943 Grand Ave. (626) 858-8382 Call for Cost E
Covina

Irwindale Senior Center

16116 Arrow Hwy. (626) 430-2283 Call for Cost E
Irwindale

MSC* = Multipurpose Senior Center

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Jack Crippen MSC*



3120 N. Tyler Ave.
El Monte

(626) 580-2210

Call for Cost

E

Jaycees Foundation Inc. MSC*

1148 N. Avalon Blvd.
Wilmington

(310) 518-4533

Call for Cost

E

Joslyn Adult Center

210 N. Chapel Ave.
Alhambra, CA 91801

(626) 570-3220

Call for Cost

E, C, M, Sp

Ken Nakaoka MSC*

1670 W. 162 St., Ste B
Gardena

(310) 217-9552

Call for Cost

E

La Fetra Senior Center

333 East Foothill Blvd.
Glendora

(626) 914-0560

Call for Cost

E

La Mirada Older Adult Services

13710 La Mirada Blvd.
La Mirada

(562) 902-3160

Call for Cost

E

La Verne Senior Center

3680 D St.
La Verne

(909) 596-8777

Call for Cost

E

Lawndale Senior Center

14701 South Burin Ave.
Lawndale

(310) 679-3344

Call for Cost

E

Lennox Senior Center

10828 Condon Ave.
Lennox, CA 90304

(310) 412-5439

Call for Cost

E, Sp

Lincoln Heights Senior Center

2323 Workman St.
Los Angeles

(323) 225-9339

Call for Cost

E, Sp

MSC* = Multipurpose Senior Center

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY



Long Beach Senior Center 1150 E. 4 th St. Long Beach, CA 90802	(562) 570-3500	Call for Cost	E
Manhattan Beach Senior Center 1601 N. Valley Drive Manhattan Beach	(310) 802-5447	Call for Cost	E
Monterey Park Langley MSC* 400 West Emerson Ave. Monterey Park	(626) 307-1395	Call for Cost	E
Maywood Senior Citizen Program 4801 E. 58th St. Maywood	(323) 562-7043	Call for Cost	E
Mid-Valley Senior Center 14450 Valerio St. Van Nuys	(818) 786-4282	Call for Cost	E
Northeast Valley MSC* 11300 Glenoaks Blvd. Pacoima, CA 91331	(818) 834-6100	Call for Cost	E, Sp
Norwalk Senior Citizens Center 14040 San Antonio Dr. Norwalk	(562) 929-5580	Call for Cost	E
One Generation MSC* 17400 Victory Blvd. Van Nuys, CA 91406	(818) 705-2345	Call for Cost	E, Sp
Palmdale Senior Center 1002 E. Avenue Q-12 Palmdale	(661) 267-5551	Call for Cost	E
Palomares City Hall Senior Program 499 E. Arrow Hwy, Pomona, CA 91767	(909) 620-2324	Call for Cost	E, Sp

MSC* = Multipurpose Senior Center

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Paramount MSC*

14400 Paramount Blvd. Paramount	(562) 220-2090	Call for Cost	E
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Pasadena Senior Center

85 E. Holy St. Pasadena, CA 91103	(626) 795-4331	Call for Cost	E
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Peninsula Seniors/Palos Verdes

810 Silver Spur Rd., Ste C Rolling Hills Est.	(310) 377-3003	Call for Cost	E
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Peter Schabarum MSC*

1556 Central Ave. South El Monte	(626) 448-0131	Call for Cost	E
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Pico Rivera Senior Center

9200 Mines Ave. Pico Rivera, CA 90660	(562) 948-4844	Call for Cost	E, Sp
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Redondo Beach Senior & Family Services

320 Knob Hill Ave. Redondo Beach	(310) 318-0650	Call for Cost	E
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Robert M. Wilkinson MSC*

8956 Vanalden Ave. Northridge, CA 91324	(818) 756-7741	Call for Cost	E
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Rosemead Community Recreation Center

3936 N. Muscatel Ave. Rosemead, CA 91770	(626) 569-2251	Call for Cost	E, Sp
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San Dimas Senior Center

201 E. Bonita Ave. San Dimas	(909) 394-6290	Call for Cost	E
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San Gabriel Senior Center

324 South Mission Drive San Gabriel	(626) 308-2822	Call for Cost	E
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Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Santa Anita Family Services Senior Center 603 S. Myrtle Ave. Monrovia, CA 91016	(626) 358-1185 (800) 667-3646	Call for Cost	E
Santa Clarita Valley Senior Center 22900 Market St. Santa Clarita, CA 91321	(661) 259-9444	Call for Cost	E, Ch, Sp
Santa Fe Springs MSC* 9255 Pioneer Blvd. Santa Fe Springs	(562) 692-0261	Call for Cost	E
Sierra Madre Senior Center 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024	(626) 355-7135	Call for Cost	E, Ch, Sp
Slauson Park MSC* 5306 S. Compton Ave. Los Angeles	(323) 846-5395	Call for Cost	E
South El Monte Senior Center 1556 Central Ave. South El Monte, CA 91733	(626) 448-0131	Call for Cost	E, Sp
St. Barnabas Senior Center 675 S. Carondelet St. Los Angeles, CA 90057	(213) 388-4444	Call for Cost	E, A, K, Sp Tag
Theresa Lindsay MSC* 429 E. 42 nd Place Los Angeles, CA 90011	(323) 846-1920	Call for Cost	E, Sp
Valley Storefront Jewish Family Services 12821 Victory Blvd. North Hollywood	(818) 984-1380	Call for Cost	E
Walnut Senior Center 21215 La Puente Rd. Walnut	(909) 598-6200	Call for Cost	E

MSC* = Multipurpose Senior Center
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Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Weingart Senior Recreation Center 5220 Olivia Ave. Lakewood, CA 90712	(562) 630-6141	Call for Cost	E, Sp
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West Covina Senior Citizens Center 2501 E. Cortez West Covina, CA 91791	(626) 331-5366	Call for Cost	E, Sp
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West Hollywood Service Center 7377 Santa Monica Blvd. West Hollywood	(323) 851-8202	Call for Cost	E
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Whittier Senior Center 13225 Walnut St. Whittier	(562) 464-3370	Call for Cost	E
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Wilmington MSC* 1371 N. Eubank Ave. Wilmington, CA 90744	(310) 518-4533	Call for Cost	E, Sp
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Wise MSC* 1527 4 th St. Santa Monica	(310) 394-9871	Call for Cost	E
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Armenian/Iranian/Russian

Armenian Senior Center 407 E. Colorado Blvd. Glendale	(818) 241-8690	Call for Cost	E, A
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Asian/Pacific

Asian Pacific Coalition on Aging 1543 W. Olympic Blvd., Suite 200-A1 Los Angeles	(213) 365-6252	Call for cost	E, V, K, Tag
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MSC* = Multipurpose Senior Center

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Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Hispanic/Latino

El Sereno Senior Citizens Center 4818 Klamath Pl. Los Angeles	(323) 222-2040	Call for Cost	E, Sp
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Alzheimer’s & Dementia Resources – Los Angeles County

ADULT DAY SERVICES

Adult Day Services are programs designed to provide stimulation in a safe environment during the day for adults with physical and mental functional impairment, including individuals with Alzheimer’s disease and related disorders. These programs offer an opportunity for social interaction, promote health maintenance, foster independence, provide much-needed respite for family caregivers, or offer family members a safe place for their loved one to stay while they work.

WEBSITES RELATED TO ADULT DAY SERVICES



- California Association of Adult Day Services www.caads.org
- California Department of Health Care Services www.dhcs.ca.org
- California Department of Social Services, Community Care Licensing www.cclcd.ca.gov

Assisted living facilities

A Place for Mom Provides referrals to RCFEs & nursing facilities	(877) 311-6099	Call for Cost	E, Sp
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Accent on Seniors Provides referrals to RCFEs & nursing facilities statewide	(888) 954-6637 www.accentonseniors.com	Call for Cost	E, R, Sp
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California Registry Provides referrals to RCFEs & nursing facilities statewide	(800) 777-7575 www.calregistry.com	Call for Cost	E
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Concepts for Living

Provides referrals to RCFEs (818) 340-7272 Call for Cost E

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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Alzheimer’s & Dementia Resources – Los Angeles County

Assisted living facilities (CONT’)

Connections

Provides referrals to RCFEs (800) 330-5993 Call for Cost E, Sp

Elderlink Referral Services

Provides referrals to RCFEs (800) 613-5772 Call for Cost E
& nursing facilities

Heartlight

Provides referrals to RCFEs (310) 204-2223 Call for Cost E

Senior Homes

Provides referrals to RCFEs (866) 700-1545 Call for Cost E
& nursing facilities statewide

Senior Placement Hotline

Provides referrals to RCFEs (877) 353-3756 Call for Cost E
& nursing facilities in Los Angeles County

Senior Residential Choices

Provides referrals to RCFEs (800) 584-1855 Call for Cost E
www.sr-choices.com

Southern California Senior Resources

Provides referrals to RCFEs (866) 697-3646 Call for Cost E, Sp

WEBSITES RELATED TO ASSISTED LIVING FACILITIES



CareFinder – an online guide for informed choices when selecting residential care

www.alz.org/carefinder

CareMavens – an online database of professional elder care providers and RCFEs

www.alzla.org/resources

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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Alzheimer’s & Dementia Resources – Los Angeles County

CARE MANAGEMENT

Care management helps older adults and their families determine their needs and find the best available resources to meet those needs.

GREATER LOS ANGELES (ALL AREAS)

Alzheimer’s Association, California			
4221 Wilshire Blvd, Ste 400 Los Angeles, CA 90010	(844) 435-7259 www.alzgia.org	Call for Cost	E, Sp

Offer classes, workshops and educational materials for those with memory loss concerns and their families.

ANTELOPE VALLEY

Antelope Valley Senior Center			
777 W. Jackman St. Lancaster, CA 93534	(661) 726-4400	Call for Cost	E, Sp

LOS ANGELES

Access Healthcare Associates			
9233 West Pico Blvd., Ste 230 Los Angeles, CA 90035	(310) 356-8146	Call for Cost	E

AltaMed PACE			
5425 E. Pomona Blvd. Los Angeles, CA 90022	(323) 728-0411	Call for Cost	E, Sp

API CARE – Asian Pacific Counseling & Treatment Center			
520 Lafayette Park Place, 3rd Fl Los Angeles, CA 90057	(213) 252-2100	Call for Cost	E

Center for Health Care Rights			
520 Lafayette Park Place, Ste 214 Los Angeles, CA 90057	(213) 383-4519	Call for Cost	E

**Center for the Partially Sighted**

6101 W. Centinela Ave., Ste 150 Culver City, CA 90230	(310) 988-1970	Call for Cost	E
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Choice Home Care

16906 Parthenia St., Ste 303 Culver City, CA 90230	(818) 894-4151	Call for Cost	E
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Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County**CARE MANAGEMENT (Cont')****City of South Pasadena Community Services**

1102 Oxley St. South Pasadena, CA 91030	(626) 403-7360	Call for Cost	E, C, Sp
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Didi Hirsch Community Mental Health Center

4760 S. Sepulveda Blvd. Culver City, CA 90230	(310) 390-6612 ext. 896	Call for Cost	E, A, Sp
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Excellent In-Home Care

16601 Ventura Blvd., Ste 506 Encino, CA 91436	(818) 755-4900	Call for Cost	E, Fa
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Gardena Senior Citizen's Bureau

1670 W. 162 nd St. Gardena, CA 90247	(310) 217-9552	Call for Cost	E, J, Sp
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Glendale Adult Recreation Center

201 E. Colorado St. Glendale, CA 91205	(818) 548-3775	Call for Cost	E, A, Sp
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Gus Velasco Neighborhood Center

9255 Pioneer Blvd. Santa Fe Springs, CA 90670	(562) 692-0261	Call for Cost	E
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Houghton Park Community Center

6301 Myrtle Ave. Long Beach, CA 90805	(562) 570-1640	Call for Cost	E, Sp
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Human Services Association

6800 Florence Ave.	(562) 806-5400	Call for Cost	E, Sp
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Bell Gardens, CA 90201

La Fetra Center

333 E. Foothill Blvd.
Glendora, CA 91741

(626) 914-8235

Call for Cost

E

Lawndale Community Center

14700 Burin Ave.
Lawndale, CA 90260

(310) 973-3270

Call for Cost

E, Sp

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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

CARE MANAGEMENT (Cont')

LivHome

5670 Wilshire Blvd., Ste 500
Los Angeles, CA 90036

(323) 933-5885

Call for Cost

E, J, R, Sp

Los Angeles Caregiver Resource Center

732 Mott St., Ste 150
San Fernando, CA 91340

(818) 847-9141

Call for Cost

E, C, M, Sp

ONEgeneration

17400 Victory Blvd.
Van Nuys, CA 91406

(818) 708-6625

Call for Cost

E, Sp

The Caring Connection

10727 Wilshire Oak Ave., Ste 206
Granada Hills, CA 91344

(818) 368-5007

Call for Cost

E, Sp, V

Wise and Healthy Aging

1527 4th St.
Ken Edwards Bldg., 2nd Fl
Santa Monica, CA 90401

(310) 394-9871

Call for Cost

E, Fa, Sp

Your Care Manager

6320 Wilshire Blvd., #820
Los Angeles, CA 90048

(323) 395-7068

Call for Cost

E

Asian/Pacific

Little Tokyo Service Center

231 E. 3rd St., Ste G106 (213) 473-1602 Call for Cost E, Ch, J, Sp
 Los Angeles, CA 90013

Chinatown Service Center

112 N. Chandler Ave., Ste 105 (626) 293-8733 Call for Cost E, C, M
 Monterey Park, CA 91754

Live Oak Park Community Center

10144 Bogue St. (626) 579-0461 Call for Cost E, Ch, J, Sp
 Temple City, CA 91780

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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Program Title	Contact	Cost	Languages
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Alzheimer’s & Dementia Resources – Los Angeles County

CARE MANAGEMENT (Cont’)

Long Beach Asian Pacific Mental Health

4510 E. Pacific Coast Hwy., Ste 600 (562) 346-1100 Call for Cost E, Ch, Kh, K
 Long Beach, CA 90804 J, Tag, V

Jewish

JFS/Senior Outreach Seniors

4311 Wilshire Blvd., Ste 209 (323) 932-0316 Call for Cost E
 Los Angeles, CA 90010

Jewish Family Services Freda Mohr Center

330 N. Fairfax Ave. (323) 937-5930 Call for Cost E, R, Sp
 Los Angeles, CA 90036
 Multipurpose Senior Services Program

Jewish Family Services of Los Angeles

12821 Victory Blvd. (818) 984-1380 Call for Cost E
 North Hollywood, CA 91606

JFS/West Hollywood Comprehensive Service Center

7377 Santa Monica Blvd. (323) 851-8202 Call for Cost E, R
 West Hollywood, CA 90046

Pico-Robertson Family Resource Ctr. Jewish Family Services

8838 W. Pico Blvd. (310) 247-0864 Call for Cost E, Fa

Los Angeles, CA 90035

Diagnostic centers

Diagnostic centers provide complete medical, neurological and psychological examinations to determine the possible causes of changes in memory.

LOS ANGELES

Alzheimer’s Disease Research Center

Memory & Aging Center, USC

1520 San Pablo St., Ste 3000 (213) 740-7777 Call for Cost E
 Los Angeles, CA 90033

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Program Title	Contact	Cost	Languages
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Alzheimer’s & Dementia Resources – Los Angeles County

Diagnostic centers (Cont’)

Geriatric Neurobehavior Center

USC/Rancho Los Amigos National Rehabilitation Center

7601 E. Imperial Hwy., 800 West Annex (562) 401-8130 Call for Cost E
 Downey, CA 90242

Mary S. Easton Center for Alzheimer’s Disease Research at UCLA

UCLA Memory Disorders Clinic at UCLA Medical Center, Westwood

UCLA Neurological Services

300 UCLA Medical Plaza, Ste B200 (310) 794-6039 Call for Cost E
 Los Angeles, CA 90095-6975

Memory Disorders Clinic

At the Sports Concussion Institute

5230 Pacific Concourse Dr., Ste 300 (310) 643-9595 Call for Cost E
 Los Angeles, CA 90045

VA Greater Los Angeles Healthcare System

West Los Angeles Medical Center

Department of Geriatric Psychiatry

11301 Wilshire Blvd., Bldg 401 (310) 478-3711 Call for Cost E
 Los Angeles, CA 90073

SAN FERNANDO VALLEY

Mary S. Easton Center for Alzheimer’s Disease Research at UCLA

Disease Research at UCLA



Memory Disorders Clinic at Olive View-UCLA Medical Center Clinic B 2A-185 Room 8
 14445 Olive View Dr. (818) 212-4597 Call for Cost E
 Sylmar, CA 91342-1437

Family Medicine Center
 801 S. Chevy Chase Dr., Ste 230 (818) 500-5586 Call for Cost E
 Glendale, CA 91205

Northridge Neurological Center
 18433 Roscoe Blvd., Ste 108 (818) 349-2503 Call for Cost E
 Northridge, CA 91325

S+AGE @ Sherman Oaks Hospital
 4911 Van Nuys Blvd., Ste 100 (818) 341-7243 Call for Cost E
 Sherman Oaks, CA 91403

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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Diagnostic centers (Cont')

VA Greater Los Angeles Healthcare System
Sepulveda Ambulatory Care Center
 16111 Plummer St. (818) 891-7711 Call for Cost E
 North Hills, CA 91343

SAN GABRIEL VALLEY

Huntington Memorial Hospital
Geriatric Assessment Clinic
 100 West California Blvd. (626) 397-3127 Call for Cost E
 Pasadena, CA 91105

Persona Neurobehavioral Group
 625 Fair Oaks Ave., Ste 390 (626) 449-2484 Call for Cost E
 South Pasadena, CA 91030

SOUTH BAY/HARBOR

Harbor UCLA Family Health Center
 1403 Lomita Blvd., Ste 200 (310) 534-7600 Call for Cost E
 Harbor City, CA 90710

Driving

California law requires that physicians report people diagnosed with dementia, including Alzheimer's, to the County Health Department. There are driving evaluation programs through area hospitals that assess whether a person can continue to drive safely. These evaluation programs require a physician's referral and are usually offered by appointment only. Fees vary.

Cedars-Sinai Medical Center

444 S. San Vicente Blvd., Ste 103 Los Angeles, CA 90048	(310) 423-9242	Call for Cost	E
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Northridge Hospital

18300 Roscoe Blvd., 4 th Floor, IFL Bldg Northridge, CA 91328	(818) 885-5460	Call for Cost	E
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Rancho Los Amigos Medical Center

7601 E. Imperial Hwy. 900 Building Room 91 Downey, CA 90242	(562) 401-7111	Call for Cost	E
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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Early stage Community services

People are being diagnosed with dementia at earlier stages of the disease.

Gilbert Table Tennis Program

Westside Jewish Community Center

5870 W. Olympic Blvd. Los Angeles, CA 90036	(323) 933-3751	Call for Cost	E
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Leeza's Care Connection at Providence Saint Joseph Medical Center

501 S. Buena Vista St. Burbank, CA 91505	(818) 847-3686 www.leezasplace.org	Call for Cost	E
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OPICA Adult Day Services and Counseling Services

11759 Missouri Ave. Los Angeles, CA 90025	(310) 478-0226	Call for Cost	E
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WISE & Healthy Aging

11759 Missouri Ave. Los Angeles, CA 90025	(310) 394-9871	Call for Cost	E
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Elder abuse

Elder abuse is the mistreatment or neglect of an older adult, either self-inflicted or inflicted by someone else. It can

take the form of physical, sexual, and/or financial abuse. People with dementia are particularly vulnerable to elder abuse. Please contact any of the following agencies if you suspect abuse of an older adult.

Adult Protective Services: Provides assistance and assessments for cases of suspected abuse.

- Los Angeles County (until 5:00 pm) (213) 351-5401
- Los Angeles 24-Hour Line 1-800-992-1660 & 1-877-477-3646
- Outside of California 1-800-677-1116

California Department of Aging (CDA): The CDA administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the State.

- Senior Information Line 1-800-510-2020 www.aging.ca.gov

Center of Excellence on Elder Abuse & Neglect:

- University of California, Irvine School of Medicine (714) 456-6466
www.centeronelderabuse.org

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Program Title	Contact	Cost	Languages
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Alzheimer’s & Dementia Resources – Los Angeles County

Elder abuse (Cont’)

Center of Excellence on Elder Abuse & Neglect:

- Los Angeles County Department Community & Senior Services Phone: 2-1-1 <http://css.lacounty.gov>
- City of Los Angeles Dept. of Aging Phone: 3-1-1 <http://aging.lacity.org>

WISE & Healthy Aging – Long Term Care Ombudsman Program: Provides assistance in dealing with abuse associated with professional long-term care settings such as assisted living facilities, board and care homes and skilled nursing home.

- WISE & Healthy Aging (310) 393-3618 & 1-800-334-9473 www.wiseandhealthyaging.org

Ombudsman:

- University of California, Irvine - Ombudsman Crisis Line (24/7) 1-800-231-4024
www.aging.ca.gov/programs/ombudsman.asp

Health associations

American Heart Association & American Stroke Association

816 S. Figueroa (213) 291-7000 Call for Cost E
 Los Angeles, CA 90017 www.heart.org

American Diabetes Association

5200 W. Century Blvd., Ste 480 (800) DIABETES (342-2383) Call for Cost E
 Los Angeles, CA 90045 www.diabetes.org

The Association for Frontotemporal Degeneration: Provides general information regarding frontotemporal degeneration.

➤ **The Association for Frontotemporal Degeneration 1-866-507-7222**

Lewy Body Dementia Association: Provides general information regarding lewy body dementia.

➤ **Lewy Body Dementia Association www.lbda.org**

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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[Alzheimer's & Dementia Resources – Los Angeles County](#)

Health associations (Cont')

Parkinson's Disease Association: Provides general information regarding Parkinson's disease.

➤ **Parkinson's Disease Association 1-800-223-2732 www.apdaparkinson.org**

Home care

Government-Funded Homecare Programs: A Los Angeles County Program that assists low income seniors by paying for in-home care.

➤ **In-Home Supportive Services (IHSS) 1-888-944-4477**

In-Home Supportive Services (IHSS) Ombudsman: Provides assistance in resolving problems related to IHSS, as well as information about the program.

➤ **In-Home Supportive Services (IHSS) Ombudsman 1-888-678-4477**

Financial Assistance for Homecare: Provides interest-free loans of up to \$2,000 for in-home care.

➤ **Jewish Free Loan Association (323) 761-8830 www.jfla.org**

Los Angeles Caregiver Resources Center: Provides limited financial home care assistance for those who qualify.

➤ **Los Angeles Caregiver Resources Center 1-800-540-4442 www.losangelescrc.org**

Hospice care

All Care Hospice

100 W. Broadway Ave., Ste 810 Glendale, CA 91210	(818) 241-9108	Call for Cost	E
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Assisted Home Hospice

8550 Balboa Blvd., Ste 282 Northridge, CA 91325	(818) 830-5003	Call for Cost	E
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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Hospice care (Cont')

Los Angeles Hospice

3807 Wilshire Blvd., Ste 1228 Northridge, CA 90010	(213) 389-4700	Call for Cost	E
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Roze Home Hospice

5455 Wilshire Blvd., Ste 810 Los Angeles, CA 90036	(323) 938-1155	Call for Cost	E
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Silverado Hospice

601 S. Glenoaks Blvd., Ste 201 Los Angeles, CA 91502	1-888-469-1810	Call for Cost	E
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Skirball Hospice



6345 Balboa Blvd., Ste 315
Encino, CA 91316

(818) 774-3040

Call for Cost

E

St. Martin Hospice

1925 W. Temple St., Ste 210
Los Angeles, CA 90026

(213) 413-7871

Call for Cost

E

Trinity Care Hospice

5315 Torrance Blvd., Bldg 1
Torrance, CA 90503

1-800-535-8446

Call for Cost

E

VA Greater Los Angeles Healthcare System

11301 Wilshire Blvd.
Los Angeles, CA 90073

(310) 478-3711

Call for Cost

E

Visiting Nurse Association

3452 W. Foothill Blvd., Ste 130
Pasadena, CA 91107

(626) 568-2588

Call for Cost

E

VITAS Innovative Hospice Care

1343 N. Grand Ave.
Covina, CA 91724

(626) 974-2000

Call for Cost

E

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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Hospice care (Cont')

WEBSITES RELATED TO HOSPICE CARE



- **California Hospice Foundation** www.hospicefoundation.info
- **Hospice Education Institute** www.hospiceworld.org
- **Hospice Foundation of America** www.hospicefoundation.org

Housing resources

The following agencies assist individuals in locating low-income housing and in dealing with tenants' rights.

Alternative Living for the Aging: Provides co-operative housing and free roommate matching service.

➤ **Housing Alternatives for Seniors** (323) 650-7988

City of Los Angeles Housing Department: Rent Stabilization ordinance

➤ **Rent Stabilization Division** 1-866-577-7368

Los Angeles County Housing Resource Center Phone: 2-1-1 www.housing.lacounty.gov

Menorah Housing Foundation: Offers affordable senior housing for those who qualify. (310) 475-6083

U.S. Department of Housing and Urban Development (HUD): Provides information on rental assistance and subsidy programs.

➤ **Office of Public Health** (213) 894-8000

Information & referral

The following are helpful resources for information related to government, social services, healthcare, or Medicare/Medi-Cal-related issues in Los Angeles County.

Alzheimer's Association California South Chapter

4221 Wilshire Blvd., Ste 400 1-800-272-3900 Call for Cost E
Los Angeles, CA 90010

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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Information & referral

Los Angeles Department of Aging

3580 Wilshire Blvd., Ste 300 1-800-510-2020 Call for Cost E, Ch, K, Tag
Los Angeles, CA 90010 www.aging.ca.gov Sp, V

211 Los Angeles County

Phone: 2-1-1 www.infoline-la.org

Provides referrals to government, transportation, health and social services in Los Angeles County 24 hours/day, 7 days/week. Services also in Spanish

Insurance & social security

The services listed below are sponsored by State and Federal government and may assist you in financial planning and determining healthcare options.

CA Department of Insurance Consumer Hotline: Assists with insurance complaints, claims, information and referrals.

CA Dept. of Insurance Consumer Hotline: 1-800-927-HELP (4357) & (213) 897-8921

Center for Healthcare Rights: Provides insurance counseling related to benefit enrollment and general questions.

➤ **Center for Healthcare Rights** 1-855-613-7080 www.cahealtadvocates.org

Department of Public Social Services: Request a printed Med-Cal (aka Medicaid) application.

➤ **Department of Public Social Services** 1-877-597-4777

Health Care Options: Select or make changes to Medi-Cal managed care health plans.

➤ **Health Care Options** 1-800-430-4263

Medi-Cal Managed Care Ombudsman: Provides assistance resolving problems with Medi-Cal managed care plans.

➤ **Medi-Cal Managed Care Ombudsman** 1-888-452-8609

Medi-Cal Telephone Service Center: Select or make changes to Medi-Cal managed care health plans.

➤ **Medi-Cal Telephone Service Center** 1-800-541-5555

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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Insurance & social security (CONT')

Medicare: Provides health benefits determined by age and severe disability.

➤ **Medicare** 1-800-MEDICARE (633-4227)

Social Security: Provides assistance with Social Security matters and Medicare complaints.

➤ **Social Security**



WEBSITES RELATED TO INSURANCE & SOCIAL SECURITY

➤ **Administration on Aging**

www.aoa.gov

➤ **Centers for Medicare & Medicaid Services**

www.cms.gov

➤ **Covered California**

Determine eligibility and apply for Medi-Cal (aka Medicaid) on-line

www.coveredca.com/HICAP

➤ **Free Benefits Checkup**

Determine eligibility for programs

www.benefitscheckup.org

➤ **Government Info for Seniors**

www.usa.gov

➤ **California Dept. of Health Care Services**

Medical Forms

www.dhcs.ca.gov

➤ **U.S. Dept. of Health & Human Services**

www.hhs.gov

Legal assistance & information

Asset protection, advance directives, and conservatorships are very important issues to consider when planning for your future and making plans for care. It is wise to consult with professional attorneys, financial planners, or other specialists to help you with your legal and financial needs.

Bet Tzedek Legal Services: Provides free legal assistance to low-income older adults. Also focus on prevention of elder abuse.

➤ **Bet Tzedek Legal Services**

(323) 939-0506

www.bettzedek.org

California Advocates for Nursing Home Reform (CANHR): Provides consumer counseling, family council organizing, legal support, advocacy support and attorney referral service.

➤ **Consumer Hotline**

1-800-474-1116

www.canhr.org

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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Legal assistance & information (CONT')

Center for Health Care Rights: Provides legal assistance for Medicare & Medi-Cal beneficiaries. (Los Angeles only)

➤ **Center for Health Care Rights**

1-800-824-0780 & (213) 383-4519

H.E.L.P. Health Care & Elder Law Programs: Provides free legal assistance and referrals.

➤ **H.E.L.P.**

(310) 533-1996

Office of the Public Guardian: Provides information on conservatorships and assistance in locating family members of people who have died. Also provides estate management.

➤ **Office of the Public Guardian**

(213) 974-0515

Los Angeles County Bar Association Lawyer Referral & Information Service:

➤ **LA County Bar Association**

(213) 243-1525

Los Angeles Caregiver Resource Center: Provides attorney referrals.

➤ **LA Caregiver Resource Center**

1-800-540-4442

Smart Law: Provides free legal information line

➤ **Smart Law**

(213) 243-1500

WEBSITES RELATED TO LEGAL & FINANCIAL ISSUES



➤ **American Bar Association Commission on Law and Aging**

www.abanet.org/aging

➤ **Bet Tzedek**

www.bettzedek.org

➤ **California State Bar**

www.calbar.ca.gov

➤ **Caring Connections**

www.caringinfo.org

➤ **National Academy of Elder Law Attorneys**

www.Naela.org

➤ **State of California**

www.ca.gov

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Program Title

Contact

Cost

Languages

Alzheimer's & Dementia Resources – Los Angeles County

Local senior centers

These centers often provide care management services and access to the Meals on Wheels Program. To receive a

list of local senior centers, call 1-800-272-3900. The following Agencies on Aging can provide referrals to local senior centers and information about services available to older individuals in their communities.

- **Los Angeles County Area Agency on Aging (213) 738-2600 www.css.lacounty.gov/aaa.aspx**
- **City of Los Angeles Dept. of Aging 1-800-510-2020 & (213) 252-4000 www.aging.lacity.org**

Medication coverage

When purchasing prescription drugs online, patients should exercise caution. The Federal Food and Drug Administration offers pointers on its websites: www.fda.gov

- **American Association of Retired Persons (AARP) 1-800-456-2277 www.aarp.com**
- **Costco 1-800-607-6861 www.costco.com**
- **Partnership for Prescription Assistance 1-877-477-2669 www.pparzx.org**
- **Peoples Prescription Plan 1-800-591-4279 www.peoplesrxcard.com**
- **Prescription Solutions 1-800-788-4863 www.rxsolutions.com**
- **Rx Hope 1-877-267-0517 www.rxhope.com**
- **Veterans Administration 1-877-222-VETS www.va.gov**

The services listed below provide affordable medication to low-income seniors:

- **Novartis Patient Assistance Foundation 1-800-277-2254 www.pharma.us.novartis.com**
- **Pfizer 1-866-776-3700 www.pfizer.com**

Mental health

A variety of services are available to assist caregivers and people with Alzheimer's or other dementias during the stages of the disease process. While many caregivers benefit from support groups, some may find that they need more support. The following agencies offer assistance in the area of counseling to help with feelings of depression, anxiety, anger, and/or frustration. When contacting an agency, please keep in mind that services differ from one place to another. We encourage you to ask questions that will help you determine which services best meet your needs.

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Program Title	Contact	Cost	Languages
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[Alzheimer's & Dementia Resources – Los Angeles County](#)

Mental health (CONT')

Los Angeles County Mental Health Programs:

- **Department of Mental Health** **1-800-854-7771** <http://dmh.lacounty.gov>
Provides referrals & crisis intervention
- **Genesis Program** **(213) 351-7284**
Offers mental health assessments for people over the age of 60
- **Los Angeles Caregiver Resource Center** **1-800-540-4442**
Assists those who care for adults in Los Angeles County who are permanently brain impaired and 18 years or older
- **Department of Mental Health** **1-800-854-7771** <http://dmh.lacounty.gov>
Provides referrals & crisis intervention
- **Genesis Program** **(213) 351-7284**
Offers mental health assessments for people over the age of 60
- **Los Angeles Caregiver Resource Center** **1-800-540-4442**
Assists those who care for adults in Los Angeles County who are permanently brain impaired and 18 years or older
- **AltaMed Senior Health & Activity Center** **1-800-854-7771** <http://dmh.lacounty.gov>
Provides referrals & crisis intervention
- **Asian Pacific Health Care Venture, Inc.** **(323) 644-3880**
Services also in Cantonese, Cambodian, Japanese, Mandarin, Spanish, Thai, and Tagalog
- **Chinatown Service Center** **(213) 808-1700**
Services also in Cantonese, and Mandarin
- **Didi Hirsch Community Mental Health Center** **(310) 390-6612 & (310) 390-8896**
Services also in Spanish
- **East Los Angeles Mental Health Services** **(323) 725-1337**
Services also in Spanish
- **Little Tokyo Service Center** **(213) 473-1602**
Services also in Chinese, Japanese, Korean, and Spanish
- **Mental Health America** **1-888-242-2522 & (213) 413-1130**
- **Tingstad Older Adult Counseling Services** **(213) 740-3493**

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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Mental health (CONT')

- **Women Helping Women Services** (323) 655-3807

Community Mental Health Programs – San Fernando Valley:

- **Alexa Healthcare Services** (310) 806-1165
- **Northridge Hospital Medical Center
Mental Health Services** (818) 885-5484
- **S+AGE @ Sherman Oaks Hospital** (818) 341-7243

Community Mental Health Programs – San Gabriel Valley:

- **Center for Aging Resources** (626) 577-8480

Community Mental Health Programs – San Gabriel Valley (Cont'):

- **Glendale Adventist Medical
Center Psychiatric Institute** (818) 409-8027
- **Las Encinas Hospital-Pasadena** (626) 795-9901
- **Huntington Hospital Senior Care
Center Network-Pasadena** (626) 397-3110
- **Pacific Clinics** (626) 441-4221
Services also in Spanish

Community Mental Health Programs – South Bay/Harbor:

- **Bridges Program** (310) 514-5359
San Pedro Peninsula Hospital
- **Beach Cities Health District** (310) 374-3426
- **Jewish Family Services** (562) 427-7916
- **San Pedro Peninsula Hospital** (310) 514-5359

Program Title	Contact	Cost	Languages
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Alzheimer’s & Dementia Resources – Los Angeles County

Multipurpose Senior Services Program

MSSP is only for individuals who receive Medi-Cal and helps coordinate and manage services to ensure that they get the help needed. These services are specifically designed for frail older adults who are at high risk for placement in nursing home.

AltaMed Health Services Corp. 512 S. Indiana St. Los Angeles, CA 90063	(323) 307-0200	Call for Cost	E, Sp
Huntington Memorial Hospital 837 S. Fair Oaks Ave., Ste 100 Pasadena, CA 91105	(626) 397-3110	Call for Cost	E, Sp
Partners in Care Foundation 732 Mott St., Ste 150 San Fernando, CA 91340	(818) 837-3775	Call for Cost	E, Sp

nutrition

Los Angeles County Health & Nutrition Hotline: Provides information on nutritional programs in Los Angeles County

➤ **Health & Nutrition** **1-877-597-4777**

Los Angeles Regional Food bank Brown Bag Program: Provides food distribution for low income seniors

➤ **Brown Bag Program** **(323) 234-3030**

St. Vincent Meals on Wheels Program: Provides home delivered meals to the elderly. Meals on Wheels programs are often administered through local senior centers.

safety

Alzheimer’s causes changes in the brain that may affect safety. Depending on the stage of the disease, these can include changes in judgment, abstract thinking, sense of time/place, and behavior. Taking measures to ensure safety at all times can help prevent injuries, and it can help people with dementia feel relaxed and less over overwhelmed.

HOME MODIFICATION:

Accessible Design and Consulting 6207 W. 83 rd Place Los Angeles, CA 90045	(310) 215-3332 www.accessibleconstruction.com	Call for cost	E
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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Safety (CONT')

Forever Active

18 E. Bellevue Drive
Pasadena, CA 91105

(626) 466-3020
www.foreveractivemed.com

Call for cost E

Stayhome Safe

30 N. Raymond Ave.
Pasadena, CA 91103

(626) 792-0070
www.stayhomesafe.com

Call for cost E

➤ **Active Homes** **1-855-924-7663** www.aginginplacemods.com
Aging in Place Home Modification

➤ **Jewish Family Services Beverly Hills Handyworker Program** **(310) 272-7890**
Free minor home repairs for low-income individuals, seniors and disabled adults living in Beverly Hills.

OTHER SAFETY SERVICES:

➤ **Alzheimer's Association Comfort Zone** **1-877-259-4850** www.alz.org/comfortzone
A web-based service that uses the Internet and a GPS device to track the location of a person with Alzheimer's. Families can set-up safety zones in a Web application and receive alerts. All Comfort Zone plans come with MedicAlert® + Alzheimer's Association Safe Return®. To learn more, call the above listed number.

➤ **MedicAlert® + Alzheimer's Association Safe Return®** **1-800-272-3900**
A 24-hour nationwide emergency response service for individuals who wander or have a medical emergency. We provide 24-hour assistance, no matter when or where the person is reported missing. There is an initial enrollment fee of \$55 and a \$35 annual program fee. Scholarships are available for families in financial need. Contact helpline for information and enrollment.

To report a wandering incident, call 911. Then call 1-800-625-3780

➤ **Lifeline: Cedars-Sinai Medical Center** **(310) 423-5468**
A personal response service that provides 24-hour assistance via a push button device worn by the individual registered in the program.

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Program Title	Contact	Cost	Languages
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Alzheimer's & Dementia Resources – Los Angeles County

Senior services

American Association of Retired Persons (AARP)

200 S. Los Robles Ave., Ste 400 Pasadena, CA 91101	1-866-448-3615 www.aarp.org	Call for Cost	E
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Asian Pacific Health Care Venture

1530 Hillhurst Ave., Ste 200 Los Angeles, CA 90027	(323) 644-3880	Call for Cost	E, C, J, Kh, M, Sp, Tag, T, V
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Beach Cities Health District

514 N. Prospect Ave., 3 rd Floor Redondo Beach, CA 90277	(310) 374-3426	Call for Cost	E
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California Telephone Access Senior Telephone Program

2002 Iowa Ave., Ste 106 Riverside, CA 92507	1-800-806-1191	Call for Cost	E
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Eldercare Locator

514 N. Prospect Ave., 3 rd Floor Redondo Beach, CA 90277	1-800-677-1116	Call for Cost	E
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Los Angeles Department of Aging

3580 Wilshire Blvd., Ste 300 Los Angeles, CA 90010	1-800-510-2020	Call for Cost	E
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Life Long: Sisters Staying Healthy

2239 W. Washington Blvd. Los Angeles, CA 90018	(310) 732-1350	Call for Cost	E
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Lumina Healthcare

5220 Pacific Concourse Dr., Ste 120 Los Angeles, CA 90045	1-888-958-6462 www.luminahealthcare.com	Call for Cost	E
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Provides mobile dental care

Mexican American Opportunity Foundation



972 S. Goodrich Blvd.
City of Commerce, CA 90022

(323) 890-1555

Call for Cost

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Program Title	Contact	Cost	Languages
<u>Alzheimer's & Dementia Resources – Los Angeles County</u>			
Senior services (Cont')			
National Asian Pacific Center on Aging 3727 W. 6 th St., Ste 619 Los Angeles, CA 90020	(213) 365-9005	Call for Cost	E
Oasis-Baldwin Hills Baldwin Hills Crenshaw Plaza, Macy's, 3rd Floor 4005 Crenshaw Blvd. Los Angeles, CA 90008	(323) 291-3414	Call for Cost	E
Oasis-West Los Angeles Westside Pavilion, Macy's, 3rd Floor 10730 W. Pico Blvd. Los Angeles, CA 90064	(310) 446-8053	Call for Cost	E
The Salvation Army Golden Agers Club 1533 4 th St. Santa Monica, CA 90401	(310) 451-1358	Call for Cost	E
UCLA Healthcare 50 Plus 1821 Wilshire Blvd., Ste 600 Santa Monica, CA 90403	1-800-516-5323	Call for Cost	E
UCLA Family Caregiver Support Center 3715 McClintock Ave. Los Angeles, CA 90089	1-855-872-6060	Call for Cost	E
WISE & Healthy Aging 1527 4 th St., 2 nd Floor Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E
American Diabetes Association 5200 W. Century Blvd., Ste 480 Los Angeles, CA 90045	(800) DIABETES (342-2383) www.diabetes.org	Call for Cost	E

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Program Title	Contact	Cost	Languages
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Alzheimer’s & Dementia Resources – Los Angeles County
transportation

The following are transportation services for seniors and/or disabled individuals including people with dementia. It is important to keep in mind that these services may or may not provide additional assistance when needed. Please call ahead to ensure your special needs can be met.

TLC Senior Helpers

6245 Bristol Parkway, Ste 429 Culver City, CA 90203	(310) 338-7247 1-888-TLC-DRVE (852-3783)	Call for cost	E
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- **Access Services** **1-800-827-0829**
Provides transportation for disabled individuals including people with Alzheimer’s.

- **Cityride Dial-a-Ride & Taxi Service** **(323) 666-0895 & (818) 908-1901**

To register for the program call (213) 808-7433

- **Little Tokyo Service Center** **(213) 473-3030**
Provides transportation services to SSI and medical appointments in specific geographic areas in Los Angeles County.

- **Wise & Healthy Aging Senior Services** **(310) 394-9871** www.wiseandhealthy.org
This service provides low-cost, shared ride service and curb-to-curb transportation in the West Los Angeles area.

SENIOR RESOURCES –ORANGE COUNTY

Anaheim Independencies

10841 Garza Anaheim	(714) 821-0460	Call for Cost	E
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Anaheim Senior Center



250 E. Center
Anaheim

(714) 765-4510

Call for Cost

E

Brea Senior Center

500 S. Sievers Ave.
Brea

(714) 990-7750

Call for Cost

E

Buena Park Senior Center

8150 Knott
Buena Park

(714) 236-3870

Call for Cost

E

Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES –ORANGE COUNTY

Costa Mesa Senior Center

695 W. 19th
Costa Mesa

(949) 645-2356

Call for Cost

E

Oasis Senior Center

80 Marguerites
Corona Del Mar

(949) 644-3151

Call for Cost

E

West Anaheim Senior Center

2271 W. Crescent
Anaheim

(714) 765-3415

Call for Cost

E

Asian/Pacific

Abrazar Senior Center

7101 Wyoming
Westminster

(714) 893-3581

Call for Cost

E

Asian American Senior Center

850 N. Birch
Santa Ana

(714) 560-8877

Call for Cost

E, Ca, M, V

Florence Sylvester Senior Center

23721 Moulton Pkwy
Laguna Hills

(949) 380-0155

Call for Cost

E

Huntington Beach Senior Outreach

1718 Orange
Huntington Beach

(714) 960-2478

Call for Cost

E



La Habra Center	101 W. La Habra Blvd. La Habra	(562) 905-9708	Call for Cost	E
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Laguna Beach Senior Center	384 Legion Laguna Beach	(949) 497-2441	Call for Cost	E
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MSC* = Multipurpose Senior Center

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Program Title	Contact	Cost	Languages
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SENIOR RESOURCES –ORANGE COUNTY

Lakeview Senior Center	20 Lake Rd. Irvine	(949) 724-6900	Call for Cost	E
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Los Alamitos Senior Center	10911 Oak St. Los Alamitos	(562) 430-1073	Call for Cost	E
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Midway City Community Center	14900 Park Lane Midway City	(714) 898-0203	Call for Cost	E
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Asian/Pacific

Norman P. Murray Senior Center	24932 Veterans Way Mission Viejo	(949) 470-3062	Call for Cost	E
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North Orange Senior Center	16561 E. Lincoln Orange	(714) 998-4010	Call for Cost	E
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O.C. Korean American	9888 Garden Grove Blvd. Garden Grove	(714) 530-6419	Call for Cost	E, K
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Orange Senior Center				
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170 S. Olive St.
Orange

(714) 538-9633

Call for Cost

E

Placentia Senior Center

143 S. Bradford
Placentia

(714) 986-2332

Call for Cost

E

Rancho Senior Center

3 Sandburg Way
Irvine

(949) 724-6800

Call for Cost

E

MSC* = Multipurpose Senior Center

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Program Title	Contact	Cost	Languages
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SENIOR RESOURCES –ORANGE COUNTY

San Clemente Senior Center

242 Avenida Del Mar
San Clemente

(949) 498-3322

Call for Cost

E

San Juan Capistrano Senior Center

25925 Camino Del Avion
San Juan

(949) 443-6358

Call for Cost

E

Santa Ana Senior Center

424 W. Third St.
Santa Ana

(714) 647-6540

Call for Cost

E

Asian/Pacific

Sea Country Senior Center

24602 Aliso Creek Road
Laguna Niguel

(949) 425-5151

Call for Cost

E

Seal Beach Senior Center

707 Electric
Seal Beach

(562) 799-9660

Call for Cost

E

Southern California Indian Center

10175 Slater

(714) 962-6673

Call for Cost

E

Fountain Valley

St. Anselm's Cross Culture Center			
13091 Galway Garden Grove	(714) 537-0608	Call for Cost	E
Tustin Senior Center			
200 S. C St. Tustin	(714) 573-3340	Call for Cost	E
Vietnamese Community of Orange County			
1618 W. 1 st Santa Ana	(714) 558-6009	Call for Cost	E, V

MSC* = Multipurpose Senior Center

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Program Title	Contact	Cost	Languages
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SENIOR RESOURCES –ORANGE COUNTY

Vietnamese Hope Community Center			
1538 Century Blvd. Santa Ana	(714) 265-1181	Call for Cost	E, V
Westminster Senior Center			
8200 Westminster Westminster	(714) 895-2878	Call for Cost	E
Yorba Linda Community Center			
4501 Casa Loma Yorba Linda	(714) 961-7181	Call for Cost	E

Jewish

Cypress Senior Center			
9031 Grindlay Cypress	(714) 229-2005	Call for Cost	E
Dana Point Senior Center			
34052 Del Obispo, Ste B Dana Point	(949) 496-4252	Call for Cost	E

**Fountain Valley Senior Citizens Club**

16400 Brookhurst Fountain Valley	(714) 593-4446	Call for Cost	E
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Fullerton Senior Center

340 W. Commonwealth Fullerton	(714) 738-6305	Call for Cost	E
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H. Louis Lake Senior Center

11300 Stanford Ave. Garden Grove	(714) 741-5253	Call for Cost	E
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Jewish Community Center

1 Federation Way, #220 Irvine	(949) 435-6460	Call for Cost	E
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Program Title	Contact	Cost	Languages
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TEEN RESOURCES – LA/ORANGE COUNTIES**Big Brothers and Big Sisters of Los Angeles**

6022 Wilshire Blvd., Suite 202 Los Angeles	(213) 481-3611	Call for Cost	E, Sp
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Los Angeles Friends of the Family/Young Moms

14522 Kittredge Ave. Van Nuys	(818) 988-4430	Call for Cost	E
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*Offers Information & Support Program for Young Mothers between the Ages of 15-25 Years
Transportation, Meals, & Childcare Are Provided for Eligible Participants.*

Help Line Youth Counseling

12440 E. Firestone Blvd #1000 Norwalk	(562)864-3722	Call for Cost	E, Sp
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Pregnant Minor Program

6119 Agra Bell Gardens	(323) 887-7946	Call for Cost	E, Sp
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Provides Services to Pregnant Teens Who Want to Continue Their Education

**Project Jade**8650 California Ave.
South Gate

(323) 564-5233

Call for Cost

E, Sp

*Offers Youth Diversion & Delinquency Prevention Program, Providing Family & Group Counseling, Parenting Classes, Tutorial Assistance & Gang Prevention***Reiss Davis Child Study Center**3200 Motor Ave.
Los Angeles

(310) 204-1666

Call for Cost

E

*Provides Short & Long Term Psychotherapy for Children, Adolescents, Parent Guidance, & Special Programs for Divorcing Families, Stepfamilies & for Children with Learning Problems***St. Anne's Outreach**155 N. Occidental Blvd.
Los Angeles

(213)381-2931

www.stannes.org

Free

E, Sp

*Probation or DCFS Has to Refer Teenagers, Ages 12-18. Program Provides Residential Care for Teenagers & Their Baby's Birth-4 Years***Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties***Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages
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TEEN RESOURCES – LA/ORANGE COUNTIES**Star View Community Services**5420 N. Figueroa St.
Los Angeles

(323) 999-2404

www.starsgroup.org

Call for Cost

E

*Outpatient Mental Health Program for Adolescents & Their Families, Foster Families or Group Homes***Teen Parents**235 E. 8th St.
Long Beach

(562) 997-8000

Call for Cost

E

*Provides Education for Pregnant & Parenting Teens***YMCA – Greater Long Beach**15530 Woodruff Ave.
Bellflower

(562) 925-1292

Call for Cost

E

*Provides Teen Leadership & Mentoring***Asian/Pacific**

Korean Town Youth & Community

680 S. Wilton Pl.
Los Angeles

(213) 365-7400
www.kyccla.org

Call for Cost

E, Sp, K

Offers Programs & Services That Are Specifically Directed towards Recently Immigrated Economically-Disadvantaged Youth & Their Families Who Experience Coping & Adjustment Difficulties due to Language & Cultural Barriers

Jewish

Jewish Big Brothers Association

5700 Wilshire Blvd., Suite 1215
Los Angeles

(323) 761-8675

Call for Cost

E, R

Serves Jewish Single Parent Children, 6-18 Years, Pairing Them with Adult Male Role Models Parent & Child Counseling Are Available