

Metro Los Angeles—Service Planning Area 4 Resource Guide for Families Experiencing Homelessness



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This guide was developed by the **Skid Row Collaborative**, a group of organizations and individuals committed to ensuring and increasing access to resources for families experiencing homelessness in and around the Skid Row neighborhood of Los Angeles. We have reached out to the organizations in this guide to provide extra tips to help with accessing services. Use this guide to navigate through the stressors that homelessness may cause.

Hotlines

GENERAL HOTLINES

Poison Control: 800-222-1222

www.calpoison.org

LA County Help Line: 211 (Community, social, health and government services) www.211la.org

The Wellness Center: 855-201-4815; 213-784-9191

www.thewellnesscenterla.org

Emergencies: 911

HEALTH

Youth Crisis Line: 1-877-720-0007

Rape Treatment Center: 1-310-319-400

STD/AIDS/HIV Hotline: 1-800-758-0880
1-800-367-2437

Healthy Way LA: 1-877-333-4952

Covered California: 1-888-975-1142

Medicare: 1-800-772-1213, 1-800-633-4227

Women Services

Office of Women's Health: 1-800-793-8090

Assaults against Women: 1-310-392-8381

Children's Services

LA Care Healthy Kids Program: 1-888-452-2273

Department of Children and Family Services (DCFS): 1-800-540-4000

California Children's Services (CSC):

1-800-288-4584

Child Health & Disability prevention (CHDP): 1-800-993-2437

Child Abuse Hotline: 1-800-540-4000

Prenatal/Family Planning

Family PACT: 1-800-942-1054

Safely Surrender Baby: 1-877-222-9723

Women, Infants, and Children (WIC):
1-888-942-9675, 1-888-942-2229

Planned Parenthood: 1-800-230-PLAN (7526)

Travel Immunizations

Immunization Program: 1-213-351-7800

LAX Airport Medical Clinic: 1-310-215-6020

EMOTIONAL/MENTAL HEALTH

Mental

24 hours Access Center: 1-800-854-7771

Youth Crisis: 1-877-720-0007

Suicide Prevention Life Line: 1-800-273-8255
Spanish: 1-888-628-9454

Substance/Alcohol Use: 1-800-564-6600
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Mental Health Services & Referrals: 1-800-854-7771

Violence/Trafficking

Rape Crisis Hotline: 1-213-626-3393

Rape Treatment Center: 1-310-319-4000

Domestic Violence: 1-800-978-3600

Child Abuse: 1-800-540-4000

Elder/Adult Abuse: 1-800-992-1660

National Human Trafficking Hotline:
1-888-373-7888

HOUSING/ENVIRONMENT

Home

Environmental Hotline: 1-880-700-9995

Lead Program: 1-800-LA4LEAD(524-5323), 1-323-869-7068

Housing Issues: 1-888-700-9995

Rodent/Insects: 1-626-5450

Emergency Preparedness Program:
1-213-637-3600

Homelessness/Shelters

Community Assessment Service Center (CASC): 1-213-342-3114

Los Angeles County Housing Resource:
1-877-428-8844

Cold Weather Shelter Hotline: 1-800-548-6047

Housing Authority of the County of Los Angeles: 1-800-347-4663

PHYSICAL NEEDS

Food Resources

Environmental Health Food Program:
1-888-700-9995

Transportation

Transit Info: 1-323-466-3876

Dial-a-Ride LA County: 1-800-827-0829

Financial Resources

Employment Development Department (EDD) 1-800-300-5616, Spanish: 1-855-716-3518

Supplemental Security Income: 1-800-772-1213

General Relief: 1-866-213-3777

Socialization/Recreation

County of Los Angeles Department of Parks and Recreation: 1-213-738-2961

Education/Vocational

Los Angeles County Office of Education:
1-562-922-6111

LEGAL

Legal Aid

Neighborhood Legal Services:
Legal Assistance 1-800-433-6251
Health Consumer Center 1-800-896-3203

Legal Aid Foundation of Los Angeles (LAFLA):
1-800-399-4529

Best Tzedek Legal Services: 1-323-648-4704

Tenant Assistance

Housing Rights Center: 1-800-477-5977

Social Security Administration: 1-800-772-1213

Vital Statistics

Birth Certificates: 1-213-240-7812

Death Certificates: 1-213-240-7816


Education



Para Los Niños—The Tina & Rick J. Caruso Early Education Center

845 E. 6th Street, Los Angeles, CA 90021
(213) 250-4800 Ext. 602

- Serves children 6 weeks – 5 years

 **TIP: Priority given on waitlist to homeless families.**

Salvation Army Child Care Center

836 Stanford Ave Los Angeles, CA 90021
(213) 623-9022 X 10

- **HOURS**
 - Mon-Friday: 7:30am – 4:30pm
- **SERVICES**
 - Child care
 - Pre-school education

 **TIP: Contact Maria Rodriguez.**

Hope Street Family Center – Early Head Start

1600 S Hope St, Los Angeles, CA 90015
(213) 742-6040

- **SERVICES**

- Early head start 0-3 yrs old
- Early head start child care partnership 0-4 yrs old



TIP: Call and ask to speak with Alejandra Berrio, Outreach Manager.

Pathways LA-Childcare Assistance Program

3325 Wilshire Blvd, Suite 1100
Pathwaysla.org
(213) 427-2700, info@pathwaysla.org

- **HOURS**

- M,Tu,Th, F 8:00am – 5:00pm
- W 8:00am-7:00pm



TIP: Application can be found on pathwaysla.org

- **Services**

- Free or subsidized childcare assistance for caregivers working or looking for work, participating in educational or training program, or seeking permanent housing

LAUSD Homeless Education Program

121 N. Beaudry Ave., Los Angeles, CA 90012

(213) 202-7581

Lauds.org/spedContactUs

- **HOURS**

- Mon-Friday: 7:00am – 5:00pm

- **SERVICES**

- Access to educational, social, and enrichment programs, which provide training and needed school supplies such as backpacks, transportation assistance, referrals for clothing assistance, and motel vouchers.
- Special Education Division

(213) 241-6701 spedfss@lausd.net



TIP: Call for more information and ask for a Homeless Liaison Worker. Assistance for any family experiencing homelessness.

Ninth Street Elementary (K – 5th grade)

835 Stanford Ave. Los Angeles, CA 90021

(213) 896-2700



TIP: Homeless Liaison: Edith Su, PSW

Para Los Niños Charter Elementary School (TK – 5th grade)

1617 E. 7th Street, Los Angeles, CA 90021
(213) 239-6605



Tip: For enrollment, call and speak with office manager and staff
For support with homeless student liason needs call and speak with Marisela Hernandez, family specialist

School on Wheels

600 E. 7th Street #109, Los Angeles, CA 90021
(213) 896-9200, (805) 641-1678

- **HOURS**

- Mon-Friday: 10am – 7pm

- **SERVICES**

- School services
- Online tutoring for students

experiencing homelessness

- Provide technological resources devices (eligible); kindle, MacBook



TIP: Contact Stephanie Iacobucci

Para Los Niños Charter Middle School (6th-8th Grade)

835 Stanford Avenue, Los Angeles, CA 90021
(213) 896-2640



For enrollment, call and speak with office manager and staff
For support with homeless student liason needs call and speak with Melissa Hernandez, family specialist

Santee Education Complex (9th-12th Grades)

1921 Maple Avenue, Los Angeles, CA 90011
(213) 763-1000



TIP: School Social Worker Ms. Morquin
Ngm0206@lausd.net



Food

Los Angeles Regional Food Bank

1734 East 41st Street, Los Angeles, CA 90058

(323) 234-3030

Visit the LA Food Bank website for a comprehensive list of food banks near you: lafoodbank.org/find-food/pantry-locator/

St. Francis Center

1835 S. Hope Street, Los Angeles, CA 90015

(213) 747-5347

stfranciscenterla.org; sfcprograms@sfcla.org

○ HOURS

- Meals: Mon.: 7:30am – 8am, Tue.-Fri. 7:30am – 9am, & Sat 8:30 – 10am
- Hygiene: Mon.: 7:30am-2pm, Tues.: 7:30am – 12pm, Fri.: 9:30am – 10:30am, & Sat.: 6am – 8am
- Resources: Mon.: 8am – 8:15am, Tues. – Fri. 9am – 9:15am

○ SERVICES

- Warm meals, sack lunches, 6 days/week
- Shower program: toiletries, underwear, socks & towels
- Resource services: referrals from healthcare, shelter, obtaining IDs, jobs, family well-being resources

 **TIP: Families seeking food fill out form online prior to pick-up**

County of Los Angeles Department of Public Social Services (DPSS)

813 E 4th Pl, Los Angeles, CA 90013

(213) 896-8890 / Participant Help Line: (866) 613-3777

- **HOURS**

- Mon. – Fri.: 8am – 5pm

- **SERVICES**

- CalFresh
- General Relief
- Medi-Cal
- General Relief Opportunities for Work (GROW)



TIP: Visit or call for more information.

Open Door Skid Row Ministries

419 E. 6th St. Los Angeles, CA 90014

(661) 208-2413

- **HOURS**

- Wed.: 6:30 – 7:30pm
- Fri.: 7:00 – 9:00pm
- Sat.: 10:00 – 11:00am

- **SERVICES**

- Food following worship services
- Clothing and blanket distribution



Health Services

Los Angeles Christian Health Centers

Joshua House Clinic: 311 Winston Street, Los Angeles, CA 90013

Pico Aliso Community Clinic: 1625 East 4th Street, Los Angeles, CA 90033


(213) 893-1960

○ **HOURS**

- Joshua House Clinic: Mon-Fri: 7am – 4:30pm
- Pico Aliso Community Clinic: Mon-Fri: 7:30am – 5pm, Sat: 8am – 12pm

○ **SERVICES**

- Medical
- Dental
- Mental health
- Optometry
- Pediatric
- Social services
- Pharmacy
- Enrollment

 **TIP: Call to schedule an appointment. Accepts walk-ins.**

S.E.P.A (School Enrollment Placement and Assessment) Center

1339 Angelina Street Los Angeles, CA 90026
(213) 482-2954

- **HOURS**
 - Monday-Friday 8:00am-4:30pm
- **SERVICES**
(for new and arriving LAUSD students)
- Health services-immunizations, medical referrals, physical exams
- Enrollment in health insurance
- Mental health referrals
- Case management referrals

 **TIP: Last time for walk-in medical services is 2:00pm**

DPH Center for Community Health

522 S. San Pedro Street Los Angeles, CA 90013
(213) 486-4085

- **HOURS**
 - Mon-Fri: 8am – 5pm
- **SERVICES**
- Immunizations
- Tuberculosis screening and treatment
- STD testing and treatment

 **TIP: Call or visit for more information.**

Los Angeles LGBT Center

1625 N. Schrader Boulevard Los Angeles, CA 90028

(323) 993-7400

Transgender Support Services (323)860-7332

- **HOURS**

- Mon-Fri: 9am – 9pm
- Sat.: 9am – 1pm

- **SERVICES**

- Health services
- Social services
- Transgender support services
- Housing
- Culture and education
- Leadership skills



TIP: Call or visit for more information.

***please note this location is outside of the Downtown LA area**

LAC + USC Medical Center

1200 N State St. Los Angeles, CA 90033

(323) 409-1000

For appointments: (323) 226-5112

- **HOURS**

- Emergency and Urgent care: open daily, 24 hours

- **SERVICES**

- Health care services



TIP: Call and schedule an appointment.

Children's Hospital Los Angeles – The Center for Transyouth Health and Development


5000 Sunset Blvd. 4th floor Los Angeles, CA 90027
(323) 361-2153

- **HOURS**

- Mon-Fri: 9am – 5pm
- Clinic hours: Mon.: 9am – 10:30am, 1pm – 3pm

- **SERVICES**

- Medical services
- Car Seat Program-(323)203-7688
- HIV/STI prevention and treatment
- Mental health
- Case management
- Support services

 **TIP: Call and schedule an appointment or walk-in.**

Cedars-Sinai Medical Center – Coach for Kids and Their Families


9th Street Elementary School: 835 Stanford Ave, Los Angeles, CA 90021
(888) 926-2249

- **HOURS**

- Call Mon-Fri: 8am – 5pm

- **SERVICES**

- Medical, Dental, Mental health
- Case management

 **TIP: Call for more information or to make an appointment.**

St. John's Well Child & Family Center – LA Trade Technical College

400 W. Washington Blvd. MA 107 Los Angeles, CA 90015

(323) 541-1411


wellchild.org

○ HOURS

- Mon., Tue., & Thurs: 8:30am – 7:30pm
- Wed. & Fri.: 8:30am – 5pm
- Sat.: 7am – 3:30pm

○ SERVICES

- STD testing and treatment
- Women's/Men's Health
- Pregnancy services & birth control
- Cancer screening and prevention
- Refer to HOPICS, shelters, transitional living
- Hygiene & snacks available upon request

 **TIP: Call (323) 541-1400 to schedule an appointment. Ask for Sylvia Mendez, Student and Family Coach**

Eisner Heath

1530 S. Olive St. Los Angeles, CA 90015

(213) 747-5542


eisnerhealth.org

○ HOURS

- Mon., Wed., & Th.: 7:30am – 7pm
- Tues., Fri., & Sat.: 7:30am – 4pm

○ SERVICES

- General health
- Pediatrics
- Optometry
- Dermatology
- OB-GYN
- Women's health

 **TIP: Call to make an appointment or visit. Ask for Lorena Prieto, Patient Relations Department.**

Parking validated for 3 hours.




Emergency Housing/Shelter

Union Rescue Mission

545 S. San Pedro St. Los Angeles, CA 90013
(213) 347-6300

- **HOURS**
 - 24 hours a day/7 days a week
- **SERVICES**
 - Emergency shelter
 - Case management

 **TIP: For urgent needs: case managers on site 9-5 Monday-Friday, but intakes taken 24/7. Bring Identification, Social Security card if applicable, birth certificates for children, and marriage license if married.**

PATH Family Solution Center

3323 W Washington Blvd Los Angeles CA 90018
(323) 391-3853

- **HOURS**
 - Mon-Fri: 8:30am-12pm, 1pm-5pm
- **SERVICES**
 - Case management
 - Problem Solving
 - Crisis housing/shelter
 - Referrals

 **TIP: Referrals found at epath.org/FamilyServiceRequest**



Hygiene

Homeless Healthcare Los Angeles – Skid Row Community Refresh Spot

544 Towne Ave. Los Angeles, CA 90013

(213) 207-6889

<https://hhcla.org/refresh-spot.html>

- **HOURS**

- Open 24 hours a day, 7 days a week

- **SERVICES**

- Hygiene services (laundry, restroom, charging station)
- Resources navigation-housing, wound care
- **Harm Reduction Center-512 East 4TH Street**



**TIP: Refer to
website for time and
location availability!**

Shower of Hope

<http://theshowerofhope.org/>

- **SERVICES**

- Mobile shower
- Toilet service

Nearest Locations to Downtown Los Angeles:

Clinica Romero Boyle Heights-2032 Marengo St. Los Angeles CA 90033

Every Friday from 8:30 am to 12:30 pm.

Westlake (10th and Parkview)- 1001 S. Parkview St. Los Angeles, CA 90006

Every Tuesday from 10 am to 1 pm.



Job Placement & Training

Chrysalis

522 S. Main St. Los Angeles, CA 90013


(213) 806-6300

- **HOURS**

- Mon-Thu: 8am – 12pm, 1 – 4pm
- Fri 8am – 12pm

- **SERVICES**

- Support with employment prep, finding jobs
-

 **TIP: Call to get more information about orientation, held Mon.-Thurs. at 8am.**

Work Source Center— LA Central Public Library Portal

630 W 5th St, Los Angeles, CA 90071

213-228-7113

- **SERVICES**

- Access to computers, phone, fax
- Job preparation and placement
- Training services

 **TIP: Call or visit for more information.**

Para Los Ninos-Youth Workforce Services

234 S. Loma Drive Los Angeles CA 90026

3845 Selig Place Los Angeles CA 90031

(213)413-1466

Youth 16-24 years of age

○ **SERVICES**

- Academic, workforce, and post-secondary education training (paid and unpaid)
- Mentoring
- Career counseling
- Case management
- Linkages to enrichment activities such as tutoring, art workshops, SAT prep, and field trips

Pacific Asian Consortium in Employment (PACE)

1055 Wilshire Blvd. Suite 1475 Los Angeles, CA 90017

(213) 353-3982

○ **HOURS**

- Mon-Fri.: 8:30am – 4:45pm
- 1st Sat. of the month: 9am – 12:45pm
- 1st Fri. of the month: Closed



**TIP: Call or visit
for more information.**

○ **SERVICES**

- Assistance finding employment
- Access to computer lab to create resume and cover letters

DPSS CalWORKs/Welfare-to-Work

GAIN Region IV Central County

3833 S. Vermont Ave. Los Angeles, CA 90037

(323) 730-6414

○ SERVICES

- Focuses on barriers to going to work or school
- Substance abuse
- Domestic violence
- Children with mental health issues



TIP: Ask GAIN worker for a referral. Sarah Rio (oversees homeless unit).

DPSS Family Stabilization Program

(323) 730-6178

○ SERVICES

- GAIN program
- Job search
- Mental health
- Domestic violence
- Guidance to Cal-Fresh



TIP: Ask for Mayra Molina, Supervisor.

To be eligible, must be within time limit: 48 months for CalWorks.



Legal & Immigration Assistance

Inner City Law Center

1309 E. Seventh Street, Los Angeles, CA 90021
(213) 891-2880

- **HOURS**

- Mon-Fri: 9am – 5pm

- **SERVICES**

- Legal services for housing and homelessness related issues



TIP: Call or visit office for more information.

Legal Aid Foundation Los Angeles

1550 W. 8th St. Los Angeles, CA 90017
(323) 399-4529

- **HOURS**

- Mon-Fri: 9am – 5pm

- **SERVICES**

- Expungement
- Eviction defense
- Domestic violence/family law
- Immigration services



TIP: Call or visit office for more information and support.

Best Tzedek Legal Services

3550 Wilshire Blvd. 13th Floor, Los Angeles, CA 90010
(323) 939-0506

- **SERVICES**

- Worker's rights
- Wage theft
- Eviction support and tenant rights
- Senior's legal support



TIP: Call for consultation and information.

Los Angeles Center for Law and Justice

5301 Whitter Blvd. 4th Floor, Los Angeles, CA 90022
(323) 980-3500; info@laclj.org

- **HOURS**

- Mon-Fri: 9am – 5pm (no walk-ins, appointment only)

- **SERVICES**

- Free legal support
- Domestic violence support (restraining order, advocacy)
- Immigration
- Teen legal advocacy



TIP: Call or email for appointment and consultation

CHIRLA-Coalition for Humane Immigration Rights

2553 W 3rd Street #101 Los Angeles CA 90057

(213)253-1333

○ HOURS

- Mon-Fri: 9am – 5pm
- Legal consultation by phone (213) 201-2797 Tuesdays 9am-5pm
Consultations appointments made Monday and Wednesday



TIP: In person walk-ins accepted first Saturday starting at 7:30 (capped at 40 people)

○ SERVICES

- Legal consultation
- Removal defense services
- Victim of Crime (VAWA and U Visa) Support
- DACA support services

Mi Centro

553 S. Clarence St. Los Angeles, CA 90033

(323) 286-7224

○ HOURS

- Mon-Fri: 9am – 5pm

○ SERVICES

- Legal and immigration services
- Public policy and community building
- Senior services
- Transgender support services



TIP: Call or visit office for more information.

New Americans Center at Central Library

630 W. 5th St. Los Angeles, CA 90071

(213) 228-7390

- **HOURS**

- Dependent on language, please see website

- **SERVICES**

- Immigration and naturalization services
- Citizenship interview tutoring session
- N-400 completion
- Fee waiver assistance
- Green card renewals
- Adjustment of status



**TIP: Schedule online at
lapl.org/newamericans**

Los Angeles County Office of Immigrant Affairs

1-800-593-8222

<https://oia.lacounty.gov/>



Mental Health

****Visit the Department of Mental Health Service Locator website to find the nearest service provider to you: <https://locator.lacounty.gov/dmh> or call Access Line at 800-854-7771**

Para Los Niños Mental Health

849 E 6th Street 90021

213-623-8446 ext 241

- **Hours**

- Mon.-Fri.: 8am – 5pm

- **SERVICES**

- Children, adult, and family therapy
- Case management support
- School services support



TIP: Contact Intake Coordinator Daibelis Yerena (ext. 241) for referral and intake process support.

L.A County DMH Drop-In Center Skid Row Concierge Outreach Team

631 Maple Ave. Los Angeles, CA 90014

213-673-3031

- **HOURS**

- New Client Walk-In M-F
8am-9am & 10am-11am
- Client Office Hours 1pm-5pm

- **SERVICES**

- Children, adult, and family therapy
- Case management support



TIP: Walk-ins accepted

Downtown Mental Health Center

529 S. Maple Ave. Los Angeles, CA 90013

(213) 629-6200

dmh.lacounty.gov

- **HOURS**

- Mon-Fri: 8am – 5pm
- Walk-in Mon-Fri: 8am – 3pm
- Lunch: 12pm – 1pm

- **SERVICES**

- Adult mental health services
- Psychologist
- Support groups



TIP: Call or visit and mention what services you are interested in. Contact the Supervising Officer of the day.

Amanecer Community Counseling Services

1200 Wilshire Blvd, Suite 400 Los Angeles, CA 90017

(213) 481-1347 (intake line)

<https://amanecerla.org/>

- **HOURS**

- Mon-Fri: 8:30am – 5pm
- Adult: 8am – 5:30pm
- Child: 8am – 7:30pm

- **SERVICES**

- Mental health for adults and children
- Therapy
- Case management
- Crisis management



TIP: Call (213) 416-1106 to sign up for services, process within 7 days.


People Concern Ron Beasley Wellness Center
345 S San Pedro Los Angeles CA 90013
(213)537-0822

- **HOURS**

- M-F 8am-3pm
- Coffee every morning at 8am

- **SERVICES**

- Mental health for adults
- Mental health and wellness groups daily

 **TIP: Call or visit to ask about joining closed groups**
Orientations for Mental Health
Services held Mondays 2pm



Other Resources

Domestic Violence

Peace Over Violence

1015 Wilshire Boulevard, Suite 200 Los Angeles, CA
90017

(213) 995-9090, (213) 626-3396

- **HOURS**

- Mon.-Fri.: 9am – 5:30pm

- **SERVICES**

- Domestic Abuse Response Team
- Case Management
- Legal Services
- Domestic/ Sexual Violence Care



TIP: Call, make an appointment, or visit to complete an intake.

Center for Pacific Asian Families

3424 Wilshire Blvd, Suite 1000 Los Angeles CA 90010

1-800-339-3940

24 Hour Multilingual Hotline

- **HOURS**

- Hotline is available 24 hours a day
 - Mon.-Fri.: 9am – 5:30pm

- **SERVICES**

- Crisis and Transitional Housing
- Counseling
- Sexual Assault Response Team
- Domestic/ Sexual Violence Care Coordination



TIP: Call to be connected with supportive services

Jenesse Center, Inc

3761 Stocker St. View Park, CA 90008

(323) 299-9496/Jenesse Hotline 24/7: 800-479-7328

<https://jenesse.org/>

- **HOURS**

- Mon.-Fri.: 9am – 5:30pm

- **SERVICES**

- *Shelters confidential until screening and program acceptance *Eligibility: Victims of Domestic Violence/ Homelessness
- Shelter/Housing (24/7)
- Educational Center
- Legal Services
- Vocational Services
- Mental Health Services
- Case Management

CBEST

1625 W. Olympic Ste. 800 Los Angeles, CA 90015

(213) 529-0979

http://dhs.lacounty.gov/wps/portal/dhs!/ut/p/b0/04_Sj9CPyksy0xPLMnMz0vMAfGjzOLdDAwM3P2dgo0MfH2MDRyDQpxc3T0DDLxdDPULsh0VAbeJmqA!/

- **HOURS**

- Mon.-Fri.: 8am – 4pm

- **SERVICES**

- Screening and assessment to ensure participants meet medical and non-medical requirements for SSI/SSDI
- Coordination of health and mental health records to support the SSI/SSDI application

- **ELIGIBILITY REQUIREMENTS**

- Screening Over 65 years of age; or
- Have a physical or mental health disability; and
- Not currently receiving SSI or SSDI benefits.
- Low income individuals/ families in need of housing



TIP: Office is open for screenings only. Initiate screening process/ application through the phone or by mail. Housing applications require office visit and case management.

Substance use

LACADA—Downtown Outpatient Services

470 East 3rd Street, Suites A & B, Los Angeles, CA 90013

(213) 626-6411


lacada.com

- **HOURS**

- Mon-Thurs: 8am – 9pm
- Fri: 8am – 5pm
- Sat: 8am – 3pm

- **SERVICES**

- Drug & alcohol (In & Out-patient)
- Anger management
- Parenting (12 weeks)
- LGBTQ services

 **TIP: Visit, call, or get referred by a case manager. Best time to call is in the morning.**

The Wellness Center

1200 N. State Street, Los Angeles, CA 90012

213-784-9191

<http://www.thewellnesscenterla.org/>

- **HOURS**

- Mon-Fri.: 8:30am – 5:00pm

- **SERVICES**

- Counseling, therapy, and peer support
- Food access
- Health and fitness classes
- Healthcare enrollment and legal services
- Managing chronic conditions

Women's & Baby Health



WIC


2798 E 1st St, Los Angeles, CA 90033
(888) 942-2229

- **HOURS**

- Mon-Tues: 9:15am – 5:30pm
- Wed: 11am – 7:15pm
- Th: 9:15am – 5:30pm
- Fri: 10am – 5:30pm

- **SERVICES**

- Nutrition education
- Breastfeeding support
- Healthy foods
- Family resources

 **TIP: Take the WIC eligibility assessment and set up an appt. at a WIC local agency**

First 5 LA – Welcome Baby

California Hospital Medical Center
1401 S Grand Ave, Los Angeles, CA 90015
(213) 342-3127

- **HOURS**

- Mon.-Fri.: 8am – 5pm

- **SERVICES**

- Health and parent education
- Support with breastfeeding
- Home safety
- Infant development

 **TIP: Call or visit for assistance.**

Mama's Neighborhood (Department of Health Services)

LAC+USC Medical Center


2051 Marengo Street, Los Angeles, CA 90033

(844) 37-MAMAS

LAC+USC: (323) 409-3000

- **SERVICES**

- Affordable health care
- Prenatal classes
- Breastfeeding consultations
- Individualized care coordination

 **TIP: Call or visit one of the clinics so staff can help determine if you are eligible.**

Recreation, Arts and Enrichment




Terasaki Budokon

249 S Los Angeles Street Los Angeles CA 90012
(213)279-2152

- **SERVICES**

- Afterschool programs 2:30-5:30pm
6-18 years old
- Open gym Monday 9-11, Friday
9-11, 6-8
- Youth Basketball Academies
- Karate, Judo, Aikido, Hula, taiko,
Table tennis


 **TIP: Youth Services
Coordinator Jacklyn Waight
213-473-1689**

Inner City Arts

720 Kohler Street Los Angeles, CA 90021
(213)627-9621; innercityarts.org

- **SERVICES**

- Art institutes for children 4th-12th
grades
- Special arts events

 **TIP: Check website for
most current events and
registration**