

Directory of Cultural & Linguistic Services

Los Angeles &
Orange Counties



GCMG.org



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

Dear Provider:

This resource directory includes community organizations that can provide culturally sensitive and linguistically competent services for your diverse patient population.

Resources are organized by subject matter to help you access information quickly.

Please document the referral in the patient's chart.

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,

Greater Covina Medical Group



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

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Program Title	Contact	Cost	Languages
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ADOPTION/FOSTER CARE

METROPOLITAN LOS ANGELES

Children’s Bureau Headquarters

1910 Magnolia Avenue Los Angeles, CA 90007	(213) 342-0100 www.all4kids.org	Varies	E, Sp
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Oakwood Family Center

3910 Oakwood Avenue Los Angeles, CA 90004	(323) 953-7356 www.all4kids.org	Varies	E, Sp
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GREATER LOS ANGELES

Carson Family Center

460 E. Carson Plaza Drive, Suite 102 Carson, CA 90746	(310) 523-9500 www.all4kids.org	Varies	E, Sp
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ANTELOPE VALLEY

Children’s Bureau Palmdale

1529 E. Palmdale Blvd Suite 200 & 210 Palmdale, CA 93550	(661) 272-9996 www.all4kids.org	Varies	E, Sp
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Children’s Bureau Sunrise Center

912 W. 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 Blvd. 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

KINSHIP CENTER

Los Angeles County Program Center

127 N. Madison Ave Suite 207 Pasadena, CA 91101	(626) 744-2975 www.kinshipcenter.org	Varies	E
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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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Orange County Program Center			
233 S. Quintana Anaheim Hills, CA 92807	(714) 383-9400 www.kinshipcenter.org	Varies	E

Provides Traditional Mental Health Therapies for Youth and Their Families, Early Intervention Program, and Counseling for Adult Adoptees, Parents, Siblings, and Birth Families.

Los Angeles County Department Of Children & Family Services			
5757 Wilshire Blvd Los Angeles, CA 90036	1 (800) 697-4444 TTY: 1 (800) 272-6699 https://dcfs.lacounty.gov	Varies	E
Multiple locations across LA County			

Provides Foster Care, Adoptions Assistance & Resources.

AFRICAN AMERICAN

Institute of Black Parenting			
11222 S. La Cienega Blvd. Inglewood, CA 90304	1 (877) 367-8858 www.kinshipcenter.org	Free	E, Sp

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 www.lfiservices.org	Free	E, Sp

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

COMMUNITY WELLNESS

AV Committee on Aging Life			
1002 E. Avenue Q-12 Palmdale, 93550 CA	(661) 947-3233	Call for Cost	E

Provides Social Services.

Champions of Caring Connections			
4323 E. Rosecrans Ave. Compton, CA 90221	(310) 635-9536 www.championsofcaringconnections.org	Call for Cost	E

Provides Advocacy for Homeless & Foster Children/Youth.

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Child & Family Guidance Center

9650 Zelzah Ave. (213) 993-9311 Call for Cost E, Sp
 Northridge, CA 91325 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 Street (213) 355-8787 Call for Cost E
 Suite 500C
 Los Angeles, CA 90014 www.cdfca.org

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

Community Health Alliance of Pasadena- ChapCare

3160 E. Del Mar Blvd. (626) 398-6300 Free E, Sp
 Suite 100 (626) 486-9729
 Pasadena, CA 91107 www.chapcare.org

Provides Medical, Dental, Behavioral Health, Outreach Services and Substance use Counseling

Community Health Councils

3731 Stocker Street (323) 295-9372 Call for Cost E
 Suite 201
 Los Angeles, CA 90008 www.chc-inc.org

Promotes Social Justice and Achieve Equity in Community & Environmental Resources

Community Integration Services

10100 Balboa Blvd (818) 772-1155 Call for Cost E, Sp
 Granada Hills, CA 91344 www.cisadp.org

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

Dream Center

2301 Bellevue Avenue (213) 273-7000 Free E, Sp
 Los Angeles, CA 90026 www.dreamcenter.org

Services include Outreach Programs, Residential Programs, and Resource Programs to those in need of support.

Families in Good Health

411 E.10th Street (562) 491-9100 Call for Cost E, Sp
 Suite 207 <https://locations.dignityhealth.org/families-in-good-health-long-beach-ca>
 Long Beach, CA 90813

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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JWCH Institute

5650 Jillson Street Commerce, CA 90040	(866) 733-5924 www.jwchinstitute.org	Call for Cost	E
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Provides Primary Medical Care, Homeless Health Care, HIV Services & Specialty Care

Maternal & Child Health Access

1111 West Sixth St. Fourth Floor Los Angeles, CA	(213) 749-4261 (844) 868-0252 www.mchaccess.org	Call for Cost	E, Sp
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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 (866) 643-7284 https://nationalhealthfoundation.org/	Call for Cost	E, Sp
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Provides Systemic Solutions to Gaps in Healthcare Access & Delivery

Salvation Army- Corps Community Centers

125 Beryl Street Redondo Beach	(310) 318-2827 www.salvationarmyusa.org	Free	E, Sp
4223 Emerald St. Torrance	(310) 370-4515 www.salvationarmyusa.org	Free	E, Sp, Tag
455 E. Spring St. Long Beach	(562) 426-7637 www.salvationarmyusa.org	Free	E, Sp

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

Special Services for Groups

905 E. 8 th St. Los Angeles, CA 90021	(213) 553-1800 www.ssgmain.org	Call for Cost	E, Sp
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Provides Human Services to Ethnic Minority Communities & Groups

Westside Family Health Center

1711 Ocean Park Blvd. Santa Monica, CA 90405	(310) 450-2191 www.wfhcenter.org	Call for Cost	E, Sp
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Offers Comprehensive Health Care Services for Women, Men & Children

Worksite Wellness LA

5955 S. Western Avenue Los Angeles, CA 90047	(323) 758-9480 www.worksitewellnessla.org	Free	E, Sp
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Provides Access Healthcare Benefits, Managing Diabetes, Healthy Eating & Stress Management

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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YWCA of San Gabriel Valley

943 N. Grand Ave, Covina, CA 91724	(626) 960-2995 http://ywcasgv.xyz/	Call for Cost	E, Sp
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Provides Domestic Violence Services, Senior Services, Mental Health, Case Management and Legal Services, Housing Assistance, and Art & Play- Transforming Trauma.

AFRICAN AMERICAN

African American Unity Center

944 W. 53 rd Street Los Angeles, CA 90037	(323) 789-7300	Call for Cost	E
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Provides Social Services Support & Information to the African American Community

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

Black Women for Wellness

4340 11 th Ave. Los Angeles, CA 90008	(323) 290-5955 www.bwwla.com	Free	E
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Offers Maternal & Infant Health, Kitchen Diva's, Environmental Justice, Reproductive Justice, Diabetes Prevention Program, Daughters & Sons of Technology, Sisters @ Eight, and Voting Rules Everything

California Black Women's Health Project

9800 S. La Cienega, Ste 905 Inglewood, CA 90301	(310) 412-1828 www.cabwhp.org	Call for Cost	E
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Empowers Black Women to Take Personal Responsibility for their Own Health

Healthy African American Families

4305 Degnan Blvd Suite 105 Los Angeles, CA 90008	(323) 292-2002 www.haafii.org	Free	E, Sp
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Programs include Preterm Delivery, CCHN, Mental Health, Diabetes, Asthma, Kidney Disease, Women's Health & Male Involvement Project

Los Angeles Urban League

3450 Mt Vernon Drive Los Angeles, CA 90008	(323) 299-9660 www.laul.org	Call for Cost	E
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Provides Job Placement, Career Management, Head Start Preschool & Youth Development

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

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N-Action Family Network

Post Office Box 1715 La Mirada, CA 90637	(562) 964-0685 www.n-actionfamilynetwork.org	Free	E
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Provides Intervention, Mentoring, Enrichment Opportunities for Women in Transition Support Groups

National Association for the Advancement of Colored People

3910 MLK Jr. Blvd. Ste. 202 Los Angeles, CA 90008	(323) 296-2630 www.naacp-losangeles.org	Call for Cost	E
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Provides Information & Referrals to People Who Believe Their Rights Have Been Violated – Serves Ethnic Groups

Soul Food for Your Baby

2851 W. 120 th St. Ste. E, #283 Hawthorne, CA 90250	(323) 205-0044 www.soulfood4yourbaby.org	Free	E
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Community program that empowers African American families to breastfeed.

AMERICAN INDIAN

American Indian Resource Center

6518 Miles Ave Huntington Park, CA 90255	(562) 693-4325 https://lacountylibrary.org/american-indian-resource-center/	Free	E
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Addresses informational needs of American Indians in LA Co. and makes information available to the community.

Southern California Indian Center

3440 Wilshire Blvd Suite 904 Los Angeles, CA 90010	(800) 250-6393	Call for Cost	E
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400 Continental Blvd. 6 th Floor El Segundo, CA 90245	www.indiancenter.org		
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Special Programs Include Child and Family Services, Job Training, Senior Programs & Tutoring for Students in Grades K-12

United American Indian Involvement

1125 W. 6 th Street Suite 103 Los Angeles, CA 90017	(213) 202-3970 www.uaii.org	Call for Cost	E
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Provides Public Health Services and Access to Free & Low Cost Quality Health Care

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

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ARMENIAN/IRANIAN/RUSSIA

Armenian Relief Society

517 W. Glenoaks Blvd (818) 500-1343 Free E, A, Fa, R
 Glendale, CA 91202 www.arswestusa.org

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

ASIAN/PACIFIC

Asians for Miracle Marrow Matches (A3M)

244 S. San Pedro Street (213) 625-2802 Free E, K, J, Ch, V
 Suite 503
 Los Angeles, CA 90012 www.a3mhope.org

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

Asian Pacific Health Care Venture

180 Union Place (323) 644-3885 Varies Ch, Kh, T, J
 Los Angeles, CA 90026 www.aphcv.org

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

Asian Youth Center

100 W. Clary Avenue (626) 309-0622 Varies E, Sp, Ch
 San Gabriel, CA 91776 www.asianyouthcenter.org

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

Cambodian Association of America

2390 Pacific Avenue (562) 988-1863 Free E, Sp, Kh, Tag
 Long Beach, CA 90806 www.cambodianusa.com

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

Chinatown Service Center

767 N. Hill Street (213) 808-1792 Free E, C, M, Sp, V
 Suite 400
 Los Angeles, CA 90012 www.cscla.org

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

Korean American Family Services

3727 W. Sixth Street (213) 389-6755 Call for Cost E, K
 Suite 320
 Los Angeles, CA 90020 www.kfamla.org

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Programs Include Counseling & Life Skills, Family Intervention, Child Care Food Program, Social Services, Outreach & Education and Korean Foster Family Initiative

Korean Resource Center

900 S. Crenshaw Blvd, # B (323) 937-3718 Call for Cost E, K
 Los Angeles, CA 90019 www.krcla.org

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

Legal Aid Foundation of Los Angeles

1550 W. 8th Street 1 (800) 399-4529 Call for Cost E, Sp,
 Los Angeles, CA 90017 (323) 801-7912 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

Little Tokyo Service Center

231 E. 3rd Street (213) 473-3030 Call for Cost E, J
 Suite G-106
 Los Angeles, CA 90013 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 (310) 337-1550 Call for Cost E, Ch, J, K,
 Suite 200 Kh, Sa, Sp, Tag
 Los Angeles, CA 90045 www.pacsla.org

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

South Asian Network

18173 Pioneer Blvd (562) 403-0488 Call for Cost E
 Suite I
 Artesia, CA 90701 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 Street (323) 468-2555 Varies E, T
 Suite B
 Los Angeles, CA 90028 www.thaicdc.org

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Thai Health and Information Services

1807 N. Normandie Ave (323) 498-5211 Call for Cost E, T
 Los Angeles, CA 90027 www.thaihealth.org

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

United Cambodian Community

2201 E. Anaheim Street (562) 433-2490 Free E, Kh
 Suite 200
 Long Beach, CA 90804 www.ucclb.org

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

HISPANIC/LATINO

Bienvenidos Family Services

1910 Sunset Blvd. (323) 274-3075 Call for Cost E, Sp
 Suite 650
 Los Angeles, CA 90026 www.bienvenidos.org

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

Clínica Monseñor Oscar Romero

123 S. Alvarado Street (213) 989-7700 Varies E, Sp
 Los Angeles, CA 90057 www.clinicaromero.com

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

Esperanza Community Housing Corporation

3655 S. Grand Avenue (213) 748-7285 Free E, Sp
 Suite 280
 Los Angeles, CA 90007 www.esperanzacommunityhousing.org

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

Inner City Struggle

3467 Whittier Blvd. (323) 780-7605 Call for Cost E, Sp
 Los Angeles, CA 90023 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 Community Center

203 East Mission Road (626) 286-2144 Call for Cost E, Sp
 San Gabriel, CA 91776 www.lacasacommunitycenter.org

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Latino Resource Organization

1645 Corinth Ave. #112, (424) 293-8297 Call for Cost E
 Los Angeles, CA 90025 www.latinoresource.org

Financial Coaching, Immigration Services, Income Tax Preparation, Employment Authorization, Document Translation, Cal Fresh & Cal Works, Case Management, After School Programs, Senior Citizen Programs

Mexican American Legal Defense (MALDEF)

634 S. Spring Street (213) 629-2512 Call for Cost E, Sp
 Los Angeles, CA 90014 www.maldef.org

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

Mexican American Opportunity Foundation (MAOF)

401 N. Garfield Avenue (323) 890-9600 Call for Cost E, Sp
 Montebello, CA 90640 www.maof.org

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

National Association for Hispanic

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

Serves the Needs of Hispanic Elderly & Other Low Income Persons

Para Los Niños

5000 Hollywood Blvd (213) 250-4800 Varies E, Sp
 Los Angeles, CA 90027 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 Blvd (323) 761-8800 Call for Cost E, Sp, Fa, R
 Suite 700
 Los Angeles, CA 90010 www.jfsla.org

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

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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COUNSELING SERVICES

Amanecer Community Counseling Service

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

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

Barrio Action Youth & Family Center

4927 Huntington Drive (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 (888) 800-5761 Call for Cost E
 Suite 420
 Los Angeles, CA 90064 www.frccla.com

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

Helpline Youth Counseling

14181 Telegraph Rd (562) 273-0722 Call for Cost E, Sp
 Whittier, CA 90604 www.hycinc.org

Provides Counseling Services for Individual, Group & Family

ASIAN/PACIFIC

Asian Pacific Counseling & Treatment Centers

520 S. Lafayette Park (213) 252-2100 Call for Cost E, C, Sp, Tag
 Place; Suite 300
 Los Angeles, CA 90057 www.apctc.org

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

Indochinese Counseling & Treatment

605 W. Olympic Blvd (213) 553-1850 Call for Cost E, T, V
 Los Angeles, CA 90015

Provides Outpatient Mental Health Services to Southeast Asian Refugees

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

3727 W. 6th St. (213) 235-2500 Call for Cost E, K, Sp
 Suite 200
 Los Angeles, CA 90020 <https://www.lakheir.org/>

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Provides Counseling & Life Skills, Family Intervention & Social Services

Pacific Asian Alcohol & Drug Program

2001 Beverly Blvd. (213) 413-1622 Varies E, Tag
 Suite 201
 Los Angeles, CA 90057

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

Special Service for Groups

905 E. 8th Street (213) 553-1800 Call for Cost E, Sp, K, Tag, V
 Los Angeles, CA 90021 www.ssgmain.org

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

DIABETES

American Diabetes Association

611 Wilshire Blvd (323) 966-2890 Call for Cost E, Sp.
 Suite 90
 Los Angeles, CA 90017 www.diabetes.org

Provides Information & Other Services to People with Diabetes

California Diabetes & Pregnancy Program Sweet Success Resource & Training Center

22875 Savi Ranch (714) 921-9755 Call for Cost E
 Parkway, Suite I
 Yorba Linda, CA 92887 www.cdappsweetsuccess.org

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

Juvenile Diabetes Foundations of Los Angeles

811 Wilshire Blvd (213) 233-9901 Call for Cost E
 Suite 1600
 Los Angeles, CA 90017 www.losangeles@jdrf.org

Provides Online Support & Information about Prevention & Living with Diabetes

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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CAPC, Inc.

7702 Washington Ave 1 st Floor Whittier, CA 90602	(562) 693-8826 www.capcinc.org	Call for Cost	E, Sp
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Empowers individuals with disabilities to gain employment, assisted living arrangements, provides access to transportation, and helps them pursue higher education and strong relationships.

Community Actively Living Independent & Free

634 S. Spring Street 2 nd Floor Los Angeles, CA 90014	(213) 627-0477	Call for Cost	E
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Provides Skills Workshops, Information, Referral, and Housing for Individuals with Disabilities in the Central Los Angeles Area

Community Therapies & Baby Steps

43860 10 th St. West Lancaster, CA 93534	(661) 945-7878 www.communitytherapies.com	Call for Cost	E, Sp
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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

Disability Rights California

350 S. Bixel Street Suite 290 Los Angeles, CA 90017	(213) 213-8000 TTY: 1 (800) 719-5798 www.disabilityrightsca.org	Free	E, Sp, K, Ch, V, R, Tag, Hm, A, Ar, U, L, T, J, Fa
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Advocate, Educate, Investigate & Litigate to Advance & Protect the Rights of Californians with Disabilities

DRC: Disabled Resources Center

2750 E. Spring Street Suite 100 Long Beach, CA 90806	(562) 427-1000 TTY: (562) 427-1366 www.drcinc.org	Call for Cost	E, Ca, Sp, Tag
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Services include Counseling, Peer Support Groups & Workshops on Topics Related to Disability

Drew Child Development Corporation

1770 E. 118 th Street Los Angeles, CA 90059	1 (800) 504-3739 www.drewcdc.org	Call for Cost	E, Sp
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Promotes Physical, Social, Emotional and Cognitive Development for Children with Special Needs

Family Focus Resource Center

18111 Nordhoff St.; E-109 Northridge, CA 91330	(818) 677-6854 www.csunfamilyfocus.com	Call for Cost	E
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Provides Information, Referrals & Support to Children, Youth and Adult with Developmental Disabilities and Special Needs

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Family Resource Center Network of LA County

1000 S Fremont Avenue (626) 300-9171 ext. 104 Call for Cost E, Sp
 Suite 6050, #35
 Alhambra, CA 91803 www.familyresourcenetworklac.org

Offers Free Information, Training & Support to People with Developmental Disabilities & Their Families

Harbor Regional Center

21231 Hawthorne Blvd (310) 540-1711 Call for Cost E, Sp
 Torrance, CA 90503 www.harborrc.org

Provides Diagnosis, Information & Referral, Individual or Family Service Planning & Family Support

Independent Living Center of Southern California

14407 Gilmore Street (818) 785-6934 Call for Cost E
 Suite 101 TTY: (818) 785-7097
 Van Nuys, CA 91401 www.ilcsc.org

Assists in Obtaining Emergency Services, Food, Shelter & Benefits

Institute for Families

4650 Sunset Blvd (323) 361-4649 Call for Cost E
 Mail Stop 111
 Los Angeles, CA 90027

Provides Counseling, Support, Information & Advocacy to Families

John Tracy Center

2160 West Adams Blvd. (213) 748-5481 Call for Cost E
 Los Angeles, CA 90018 www.jtc.org

Provides Individual & Family Counseling, Parent Education & Support Group

John Tracy Center

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

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

Long Beach Family Resource Center

2801 Atlantic Avenue (562) 933-8050 Call for Cost E, Sp
 Long Beach, CA 90806 http://familyresourcenetworklac.org/long_beach_frc.asp

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Southern California Resource Services for Independent Living

7830 Quill Drive (562) 862-6531 Call for Cost E
 Suite D
 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 Center

2500 S. Western Ave (213) 744-7000 Call for Cost E
 Los Angeles, CA 90018 www.sclarc.org

Offers Families with Special Needs Comprehensive Support

The Parent’s Place Family Resource & Employment Center

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

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

Disability Community Resource Center (DCRC)

12901 Venice Blvd (310) 390-3611 Call for Cost E, Sp
 Los Angeles, CA 90066

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

DOMESTIC VIOLENCE

1736 Family Crisis Center

2116 Arlington Avenue (323) 737-3900 Free E, Sp
 Suite 200
 Los Angeles, CA 90018 www.1736familycrisiscenter.org

24 Hour Crisis/Suicide Hotline: (213) 745-6434

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)

(213) 974-2799 Free E, Sp
<http://publichealth.lacounty.gov/dvcouncil/>

24 Hour Crisis/Suicide Hotline: 1-800-799-7233

Provides Domestic Violence Council Meeting

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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East Los Angeles Women’s Center

1431 S. Atlantic Blvd (323) 526-5819 Free E, Sp
 Los Angeles, CA 90022 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

County of LA Public Health- Intimate Partner Violence/Domestic Violence

695 S. Vermont Ave. (213) 351-7888 Free E, Sp
 South Tower - 14th Floor
 Los Angeles, CA 90005 www.publichealth.lacounty.gov/ivpp/InjTopicsHome.htm

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

Provides Domestic Violence Resources and Assistance

Peace Over Violence

1015 Wilshire Blvd (213) 955-9090 Free E, Sp
 Suite 200
 Los Angeles, CA 90017 www.peaceoverviolence.org

892 N. Fair Oaks Ave (626) 584-6191 Free E, Sp
 Suite D
 Pasadena, CA 91103 www.peaceoverviolence.org

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 (818) 242-4155 Free E, Sp, A
 Glendale, CA 91206 www.glendaleywca.org

24/7 Crisis 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. 6th Street (213) 202-3970 Call for Cost E, Sp
 Suite 103
 Los Angeles, CA 90017 www.uaii.org

Provides Therapy & Support to Children, Adolescents, Their Families & Female Victims of Domestic Violence & Sexual Assault

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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ASIAN/PACIFIC

Asian Pacific Women’s Center

1145 Wilshire Blvd (213) 250-2977 Free E, Ch, Sp, J, K, Tag, V
 Los Angeles, CA 90017

Programs include Domestic Violence Transitional Shelter, Children’s Empowerment Program, Community Education and Empowerment Program, Community Services & Ivy Terrace Permanent Housing Program

Center for the Pacific Asian Family

3424 Wilshire Blvd (323) 966-4590 Free E, Ch, Sp, J, K, Tag, V
 Suite 1000 <https://nurturingchange.org/>
 Los Angeles, CA 90010

24-Hour Crisis Line: 1-800-339-3940

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

HISPANIC/LATINO

Su Casa Ending Domestic Violence

3750 E. Anaheim St. (562) 421-6537 Free E, Sp
 Suite 100 www.sucasadv.org
 Long Beach, CA 90804

24-Hour Crisis Line: (562) 402-4888

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

HEALTH EDUCATION

American Heart Association

816 S. Figueroa Street (213) 291-7000 Free E, Ch, Sp, V
 Los Angeles, CA 90017 www.heart.org

Provides Educational Programs, Cook-Books & Credible Heart Disease and Stroke Information for Effective Prevention & Treatment

Asthma & Allergy Foundation of America, California Chapter

3435 Wilshire Blvd (323) 937-7859 Free E
 Suite 350 www.asthmacoalitionla.org
 Los Angeles, CA 90010

Provides Support Groups for Parents of Asthma Children, Free Community & Public Education Programs & Educational Brochures on Variety of Asthma / Allergy Topics

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Asthma Coalition of Los Angeles County (ACLAC)

LA County Department of Public Health Maternal, Child, & Adolescent Health Programs
 600 S. Commonwealth Ave., 8th Floor
 Los Angeles, CA 90005 (213) 639-6400 Free E
www.asthmacoalitionla.org

Increases Access to Health Care; Improves Indoor Air Quality in Homes & Outdoor and Improves Asthma Management in Schools

Essential Access Health

(213) 386-5614 Call for Cost E
<https://www.essentialaccess.org/>

Programs include Title X, STD Prevention Programs, Essential Access Health Solutions

Center for Lupus Care

100 N. Hillcrest Blvd
 Inglewood, CA 90301 (310) 674-0080 Call for Cost E
www.center4lupuscare.org

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

Department of Public Health, County of Los Angeles

3530 Wilshire Blvd; 8th Fl.
 Los Angeles, CA 90010 (213) 351-7890 Free E
www.publichealth.lacounty.gov

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

Department of Health Services

313 N. Figueroa Street
 Los Angeles, CA 90012 Free E
<http://dhs.lacounty.gov/wps/portal/dhs>

Offers Health Information & Programs throughout Los Angeles County

Los Angeles Intergroup of Overeaters Anonymous

20121 Ventura Blvd. #315
 Woodland Hills, CA 91364 (323) 653-7652 Free E
www.oalaig.org

Offers Free Self-Help and Support Group, 12 Step Recovery Program

VA Greater Los Angeles Healthcare System

West LA Medical Center
 11301 Wilshire Blvd
 Los Angeles, CA 90073 (310) 478-3711 Call for Cost E
www.losangeles.va.gov

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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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

Rosemead Clinic

8841 Garvey Ave
Rosemead, CA 91770

(626) 286-8700

City of Industry Clinic

1661 Hanover Rd. #103
City of Industry, CA 91748

(626) 286-8700

<https://hchcla.org/>

Services include Medical, Dental, Women’s Health Checkup, Health Insurance Enrollment & Health Education Workshops

Kheir Clinic

3727 W. 6th St, Suite 200
Los Angeles, CA 90020

(213) 235-2500

www.lakheir.org

Call for Cost

E, K, Sp

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

Thai Health and Information Services

1807 N. Normandie Ave.
Los Angeles, CA 90027

(323) 498-5211

www.thaihealth.org

Free

E, T

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

www.elcentrodeamistad.org

Call for Cost

E, Sp

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

742 W. Gardena Blvd.
Gardena, CA 90247

(310) 327-1357

www.sbfhc.org

Call for Cost

E, Sp

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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HEARING/VISION DISABLED

American Action Fund for Blind Children & Adults

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 Street 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 of America

741 North Vermont Ave Los Angeles, CA 90029	(323) 663-1111 https://www.brailleinstitute.org/	Free	E
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Provides Talking Book & Braille Literacy, Low Vision Rehabilitation & Services for Child, Youth, Teen & Adults

California Relay Services

711 From any phone TTY: 1-888-735-2929	Voice: 1-888-877-5379 Voice: 1-888-877-5381	Free within your Local Area	E, Sp
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Provides Full Accessibility to People who are Deaf, Hard-of-Hearing or Speech Disabled

California Telephone Access Program

1203 W. Puente Ave. West Covina, CA 91790	TTY: 1-800-806-4474 Voice: 1-800-806-1191 Voice: 1-800-949-5650	Free	E, Sp, M, Ca, V, R, Hm
681 S. Parker St. #210 Orange, CA 92868	Voice: 1-866-324-8747 Voice: 1-866-324-8754		

<https://californiaphones.org/>

Provides Free Adaptive Phones to All California Residents who have Difficulty Hearing, Seeing, moving, Speaking or Remembering

Community Speech and Hearing

18740 Ventura Blvd Suite 100 Tarzana, CA 91356	(818) 774-0224	Call for Cost	E, Sp
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Offers Hearing Aid & Assistive Device

Foundation Fighting Blindness

10350 Santa Monica Blvd. Suite 250, Los Angeles, CA 90025	(866) 782-7330 www.blindness.org	Call for Cost	E
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Provides Information on Retinitis Pigmentosa, Macular Degeneration, Usher Syndrome & Stargardt Disease

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Greater Los Angeles Agency on Deafness

2222 Laverna Ave (323) 478-8000 Free E, Sp
 Los Angeles, CA 90041 (323) 550-4226 (TTY)
 (323) 892-2225 (VP)

www.gladinc.org

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

LA International Hearing Aid Center

6225 Wilshire Blvd. (323) 954-1388 Call for Cost E, Sp, A, SI
 Los Angeles, CA 90048 <https://lahearingaid.com/>

Multilingual Office Provides Diagnostics, Hearing Aids, Assistive Listening Devices & Hearing Aid Repair

Wayfinder Family Services

5300 Angeles Vista Blvd. 1 (800) 352-2290 Call for Cost E
 Los Angeles, CA 90043 <https://www.wayfinderfamily.org/>

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

LifeSigns

2222 Laverna Ave 1 (888) 930-7776 Call for Cost E, Sp
 Los Angeles, CA 90041 www.lifesignsinc.org

Provides Interpreter Referral, Communication Aids & Video Relay Interpreting

Orange County Deaf Equal Access Foundation (OC DEAF)

6022 Cerritos Ave (714) 503-0669 Call for Cost E
 Cypress, CA 90630

www.ocdeaf.org

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

UCLA Stein Eye Institute

100 Stein Plaza, UCLA (310) 825-5000 Call for Cost E, I, R, Sp, V, K, A, Ch, Ar
 Los Angeles, CA 90095 <https://www.uclahealth.org/eye/>

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 (323) 860-5200 Varies E, Sp
 21st Floor
 Los Angeles, CA 90028 www.aidshealth.org

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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AIDS Project Los Angeles

611 S Kingsley Drive Los Angeles, CA 90005	(213) 201-1600 www.apla.org	Free	E, Sp
1043 Elm Ave. #302 Long Beach, CA 90813	(562) 247-7740 www.apla.org		

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

Radiant Health Centers

17982 Sky Park Circle, #M, Irvine, CA 92614	(949) 809-8775 https://www.radianthealthcenters.org/contact-us	Free	E, Sp
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Programs & Services include HIV testing, HIV Education & Outreach, Mental Health, Counseling for Families & Kids, PrEP & PEP

Los Angeles LGBT Center

McDonald/Wright Building

1625 N Schrader Blvd Los Angeles, CA 90028	(323) 993-7400 www.lalgbtcenter.org	Call for Cost	E, Sp
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Services include AIDS/Life Cycle, Cultural Arts & Education, Computer/Internet Center, Learning Curve/Self-Enrichment Courses & Senior Services, Family Violence/STOP Domestic Violence, Health & Medical Services, Mental Health & Counseling and more.

The Village at Ed Gould Plaza

1125 N. McCadden Place Los Angeles, CA 90038	(323) 993-7400 www.lalgbtcenter.org	Call for Cost	E, Sp
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Center South

2313 W. MLK Jr. Blvd. Los Angeles, CA 90008	(323) 860-3799 www.lalgbtcenter.org	Call for Cost	E, Sp
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Trans Wellness Center

3055 Wilshire Blvd. #360 Los Angeles, CA 90010	www.lalgbtcenter.org	Call for Cost	E, Sp
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Anita May Rosenstein Campus

1118 N. McCadden Place Los Angeles, CA 90038	www.lalgbtcenter.org	Call for Cost	E, Sp
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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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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The LGBT/Q Center of Long Beach

2017 E. 4 th Street Long Beach, CA 90814	(562) 434-4455 www.centerlb.org	Call for Cost	E
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Services include Support Groups, Workshops & Seminars, Youth Services, Legal Assistance, Employment Referrals, Rental and Roommate Referrals, a Hate Crime Hotline, Mental Health Counseling, Cultural & Social Activities

AFRICAN AMERICAN

Black AIDS Institute

1833 W. 8 th Street Suite 200 Los Angeles, CA 90057	(213) 353-3610 www.blackaids.org	Call for Cost	E, Sp
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4251 Crenshaw Blvd.
Los Angeles, CA 90008

Offers HIV/AIDS Prevention Programs, Information & Referrals

ASIAN/PACIFIC

Asian Pacific AIDS Intervention Team

12900 Garden Grove Blvd Suite 225B Garden Grove, CA 92843	(714) 636-1349 www.apaitonline.org	Call for Cost	E, Ca, M, J, K, Tag, T, V
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Programs and Services include HIV Care Programs, Behavioral Health Services, Substance Abuse Programs, HIV Testing, HIV Education & Counseling Programs and Social Support Groups

HISPANIC/LATINO

Bienestar Human Services

Call (866) 590-6411 to Access any Location

El Monte Center

3131 Santa Anita Ave Suite 109 El Monte, CA 91733	(626) 444-9453 www.bienestar.org	Call for Cost	E, Sp
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East Los Angeles Center

5326 E. Beverly Blvd. Los Angeles, CA 90022	(323) 727-7896 www.bienestar.org	Call for Cost	E, Sp
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Long Beach Center

2690 Pacific Ave. #300 Long Beach, CA 90806	(562) 438-5800 www.bienestar.org	Call for Cost	E, Sp
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Pomona Center

180 E Mission Blvd Pomona, CA 91766	(909) 397-7660 www.bienestar.org	Call for Cost	E, Sp
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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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Programs & Services Include Case Management, Housing Assistance, HIV Treatment Education, Mental Health Counseling, Healthy Relationships, Peer Support, Food Bank, HIV & STI Protection, Education Programs for Gay & Bisexual Men, and Transgender Women & Substance Users

El Proyecto del Barrio

8932 Woodman Ave Arleta, CA 91331	(818) 810-3500 www.elproyecto.us	Call for Cost	E, Sp
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Multiple Clinic locations
in LA County.

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

HOMELESS SHELTERS/FOOD

Covenant House California

1325 N. Western Ave Hollywood, CA 90027	(323) 461-3131 www.covenanthousecalifornia.org	Free	E, Sp
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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 Street Los Angeles, CA 90013	(213) 680-0600 www.dwcweb.org	Free	E
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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
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Homeless Health Care Los Angeles

2330 Beverly Blvd Los Angeles, CA 90057	(213) 744-0724 www.hhcla.org	Free	E
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Jovenes, Inc

1208 Pleasant Ave Los Angeles, CA 90033	(323) 260-8035 www.jovenesinc.org	Free	E, Sp
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Continuum of Care includes Emergency Shelter, Transitional Housing & Permanent Supportive Housing

Los Angeles Mission

303 East 5 th Street Los Angeles, CA 90013	(213) 629-1227 www.losangelesmission.org	Free	E, Sp
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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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
MLK Community Health Foundation			
1680 E. 120 th St. Los Angeles, CA 90059	(424) 338 8686 https://mlk-chf.org/home		
New Image Emergency Shelter			
1008 E. 59 th St Los Angeles, CA 90001	(562) 983-0063 https://www.newimageshelter.com/		
HOPICS (Homeless Outreach Program & Integrated Care System)			
5175 S. Broadway St #1 Los Angeles, CA 90037	(323) 948-0444 https://www.hopics.org/contact		
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 and Well Being Program

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 Street Los Angeles, CA 90013	(213) 627-5302 www.weingart.org	Free	E, Sp
Union Rescue Mission			
545 S. San Pedro Avenue Los Angeles, CA 90013	(213) 347-6300 www.unionrescuemission.org	Free	E, Sp

Emergency Services include Food, Shelter, Clothing, Personal Hygiene, Clinics, Day Center, Family Community Center, Hospitality Center, Individual Assessment/Counseling, Life Management Classes and Spiritual Encouragement

LA Family Housing			
7843 Lankershim Blvd N. Hollywood, CA 91605	(818) 982-4091 https://lafh.org/ourmission	Free	E, Sp

INTERPRETATION SERVICES

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Orange County Office 12900 Garden Grove Blvd Suite 220A Garden Grove, CA 92843	(714) 636-1349 www.apaitonline.org	Free	E, Ca, M, J, K, Tag, T, V

Offers Free Interpretation Services

Pacific Asian Languages Services (PALS for Health) 515 Columbia Ave. #320 Los Angeles, CA 90017	(213) 553-1818 www.palsforhealth.org	Free	E, Sp, K, Ca, M, J, T, V
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LEGAL SERVICES

Bet Tzedek Legal Services 3250 Wilshire Blvd 13 th Floor Los Angeles, CA 90010	(323) 939-0506 www.bettzedek.org	Call for Cost	E, Sp, R
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Legal Assistance includes Counseling & Representation at Trials, Administrative Hearings and Appeals

Center for Human Rights 256 S. Occidental Blvd Los Angeles, CA 90057	(213) 388-8693 www.centerforhumanrights.org	Call for Cost	E, Sp
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Legal Services to Indigent Immigrants & Refugees in Proceedings before the INS & Other Government Agencies

Coalition for Humane Immigrant Rights 2533 W. 3 rd street Suite 101 Los Angeles, CA 90057	(213) 353-1333 1 (888) 6-CHIRLA www.chirla.org	Call for Cost	E, Sp
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Provides Legal Representation & a Support Network for Immigrants & Refugees

Harriet Buhai Center for Family Law 3250 Wilshire Blvd Suite 710 Los Angeles, CA 90010	(213) 388-7515 www.hbcfl.org	Free	E, Sp
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Provides Family Law & Domestic Violence Assistance to Low Income Families

Los Angeles County Bar Association 1055 West 7 th Street Suite 2700 Los Angeles, CA 90017	(213) 627-2727 www.lacba.org	Call for Cost	E, Sp
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Los Angeles County Bar Association – Public Counsel 601 S. Ardmore Ave Los Angeles, CA 90005	(213) 385-2977 www.lacba.org	Call for Cost	E, Sp
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Assists with Family Law, Divorce, Paternity, Custody, Restraining Orders, Homeownership and Tenant Defense, and Government Benefits

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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ASIAN/PACIFIC

Asian Pacific American Legal Center			
	(888) 349-9695	Call for Cost	E
	(800) 520-2356		Ch
	(800) 867-3640		K
	(800) 914-9583		T
	(855) 300-2552		Tag
	www.apalc.org		

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

HISPANIC/LATINO

Central American Resource Center			
2845 West 7 th Street Los Angeles, CA 90005	(213) 385-7800 www.carecen-la.org	Call for Cost	E, Sp

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

EI Rescate Legal Services			
1501 West 8 th Street Suite 200 Los Angeles, CA 90017	(213) 387-3284 www.elrescate.org	Call for Cost	E, Sp

SENIOR RESOURCES – LOS ANGELES COUNTY

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

AV Committee on Aging Life			
1002 E. Avenue Q-12 Palmdale, 93550 CA	(661) 947-3233	Call for Cost	E

Alicia Broadous-Duncan Multipurpose Senior Center (MSC)			
11300 Glenoaks Blvd Pacoima, CA 91331	(818) 834-6100	Call for Cost	E, Sp

Altadena Senior Center			
560 E. Mariposa Street Altadena, CA 91001	(626) 798-0505	Call for Cost	E

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Arcadia Community Center 365 Campus Drive Arcadia, CA 91007	(626) 574-5130	Call for Cost	E
Artesia Senior Center 18750 Clarkdale Ave Artesia, CA 90701	(562) 860-3361	Call for Cost	E
Azusa Senior Center 740 N. Dalton Avenue Azusa, CA 91702	(626) 812-5204	Call for Cost	E, Sp
Barbara Riley Senior Center 7810 Quill Dr. Downey, CA 90242	(562) 904-7223	Call for Cost	E
Barlett Senior Center 1318 Cravens Ave Torrance, CA 90501	(310) 320-5918	Call for Cost	E
Bell Community Center 6250 Pine Ave Bell, CA 90201	(323) 773-1596	Call for Cost	E
Bell Gardens Senior Center 6722 Clara St. Bell Gardens, CA 90201	(562) 334-1779	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 www.beverlyhills.org	(310) 285-6840	Call for Cost	E
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, CA 91506	(818) 238-5353	Call for Cost	E
Carson (CJMM) Community Center 801 E. Carson Street Carson, CA 90745	(310) 835-0212	Call for Cost	E, Sp

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Cerritos Senior Center at Pat Nixon Park 12340 South Street Cerritos, CA 90703	(562) 916-8550	Call for Cost	E
City of La Puente Senior Center 16001 E. Main Street La Puente, CA 91744	(626) 855-1585	Call for Cost	E, Sp
Claremont Joslyn Senior Center 660 N. Mountain Ave Claremont, CA 91711	(909) 399-5488	Call for Cost	E, Sp
Commerce Senior Citizens Center 2555 Commerce Way Commerce, CA 90040	(323) 887-4430	Call for Cost	E
Covina Joslyn Senior Center 815 Barranca Ave Covina, CA 91723	(626) 966-6378	Call for Cost	E, Ch, Sp
Culver City Senior Center 4095 Overland Ave Culver City, CA 90232	(310) 253-6700	Call for Cost	E, C, I
Delta Sigma Theta Life Development, Inc. Senior Center 2528 West Blvd Los Angeles, CA	(323) 735-5799	Call for Cost	E
Duarte Senior Center 1610 E. Huntington Dr. Duarte, CA 91010	(626) 357-3513	Call for Cost	E
East Los Angeles Neighborhood Center 133 N. Sunol Dr. Los Angeles, CA 90063	(323) 768-2500	Call for Cost	E
Sherman Oaks/East Valley Senior Center 5056 Van Nuys Blvd. Sherman Oaks, CA 91403	(818) 766-5165	Call for Cost	E
El Monte Community & Senior Center 3120 Tyler Ave El Monte, CA 91731	(626) 580-2210	Call for Cost	E, Sp
El Dorado Park West Community Center 2800 N. Studebaker Rd. Long Beach, CA 90815	(562) 570-3227	Call for Cost	E

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
El Segundo Joslyn Senior Center 339 Sheldon Street El Segundo, CA 90245	(310) 524-2705	Call for Cost	E
Felicia Mahood Senior MSC 11338 Santa Monica Blvd Los Angeles, CA 90025	(310) 479-4119	Call for Cost	E, Fa, Sp
Gardena Senior Day Care Center 14517 Crenshaw Blvd Gardena, CA	(310) 217-9550	Call for Cost	E
George & Helen Thomas Senior Center 2475 W. Washington Blvd Los Angeles, CA, 90018	(323) 734-9091	Call for Cost	E
Glendale Senior Center 201 E. Colorado Street Glendale, CA, 91205	(818) 548-3775	Call for Cost	E
Glendale Sparr Heights Community Center 1613 Glencoe Way Glendale, CA, 91208	(818) 548-2187	Call for Cost	E
Gus Velacso Neighborhood Center 9255 S. Pioneer Blvd Santa Fe Springs, CA 90670	(562) 692-0261	Call for Cost	E
Hawthorne Senior Center 3901 El Segundo Blvd Hawthorne, CA, 90250	(310) 349-1650	Call for Cost	E
Hollywood Senior Multipurpose Center 1360 N. St.Andrews Place Los Angeles, CA, 90028	(323) 957-3900	Call for Cost	E, Sp, A, R
Huntington Senior Care Network 100 W. California Blvd. Pasadena, CA, 91105	(626) 397-3110	Call for Cost	E, Ch, Sp
Huntington Park Old Timer Foundation 3355 E. Gage Ave Huntington Park, CA 90255	(323) 589-7100	Call for Cost	E

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Inglewood Senior Center 111 N. Locust St. Inglewood, CA 90301	(310) 412-5338	Call for Cost	E
International Institute of LA MSC 435 S. Boyle Ave Los Angeles, CA, 90033	(323) 264-6210	Call for Cost	E
Irwindale Senior Center 16116 Arrow Hwy Irwindale, CA, 91706	(626) 430-2283	Call for Cost	E
Wilmington Jaycee Foundation 1148 N. Avalon Blvd Wilmington, CA 90744	(310) 856-3520	Call for Cost	E
Joslyn Adult Recreation Center 210 N. Chapel Ave Alhambra, CA 91801	(626) 570-5056	Call for Cost	E, Ch, M, Sp
Ken Nakaoka MSC 1670 W. 162 St. Gardena, CA,	(310) 217-9537	Call for Cost	E
La Fetra Senior Center 333 E. Foothill Blvd Glendora, CA, 91741	(626) 914-8235	Call for Cost	E
La Mirada Activity Center 13810 La Mirada Blvd La Mirada, CA 90638	(562) 902-3160	Call for Cost	E
La Verne Senior Center 3680 D Street La Verne, CA 91750	(909) 596-8700	Call for Cost	E
Lawndale Senior Center 14700 Burin Ave Lawndale, CA 90260	(310) 973-3270	Call for Cost	E
Lennox Senior Center 10828 Condon Ave Lennox, CA 90304	(310) 412-6712	Call for Cost	E, Sp
Lincoln Heights Senior Center 2323 Workman Street Los Angeles, CA 90031	(323) 225-9339	Call for Cost	E, Sp

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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) 802-5446	Call for Cost	E
Monterey Park Langley MSC 400 W. Emerson Ave Monterey Park, CA 91754	(626) 307-1395	Call for Cost	E
Maywood Senior Citizen Program 4801 E. 58 th Street Maywood, CA 90270	(323) 562-7043	Call for Cost	E
Northeast Valley MSC 11300 Glenoaks Blvd Pacoima, CA 91331	(818) 834-6100	Call for Cost	E, Sp
Norwalk Senior Citizens Venter 14040 San Antonio Drive Norwalk, CA	(562) 929-5580	Call for Cost	E
One Generation- Senior Enrichment Centers 18255 Victory Blvd. Reseda, CA 91335 17400 Victory Blvd Van Nuys, CA 91406	(818) 705-2345 http://www.onegeneration.org/	Call for Cost	E, Ch, Sp
Parnell Park MSC 15390 Lambert Rd. Whittier, CA 90602	(562) 567-9450	Call for Cost	E, Sp
Paramount MSC 14400 Paramount Blvd. Paramount, 90723 CA	(562) 220-2090	Call for Cost	E
Pasadena Senior Center 85 E. Holly Street Pasadena, CA 91103	(626) 795-4331	Call for Cost	E
Peninsula Seniors 602 Deep Valley Dr. #310 Rolling Hills Estates, CA 90274	(310) 377-3003	Call for Cost	E

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Pomona Senior Centers			
Palomares Park 499 E. Arrow Highway Pomona, CA 91767	(909) 620-2321	Call for Cost	E, Sp
Washington Park 865 E. Grand Ave. Pomona, CA 91766	(909) 620-2305		
South El Monte Senior Center			
1556 Central Ave South El Monte, CA 91733	(626) 448-0131	Call for Cost	E
Pico Rivera Senior Center			
9200 Mines Ave Pico Rivera, CA 90660	(562) 801-4844	Call for Cost	E, Sp
Redondo Beach Senior & Family Services			
1922 Artesia Blvd. Redondo Beach, CA 90278	(310) 318-0650	Call for Cost	E
Robert M Wilkinson MSC			
8956 Vanalden Ave Northridge, CA 91324	(818) 756-7741	Call for Cost	E
Rosemead Community Recreation Center			
3936 N. Muscatel Ave Rosemead, CA 91770	(562) 569-2251	Call for Cost	E, Sp
San Dimas Senior Center			
201 E. Bonita Ave San Dimas, CA	(909) 394-6290	Call for Cost	E
San Gabriel Senior Center			
324 South Mission Drive San Gabriel, CA	(626) 308-2822	Call for Cost	E
Santa Clarita Valley Senior Center			
27180 Golden Valley Rd Santa Clarita, CA 91350	(661) 259-9444	Call for Cost	E, Ch, Sp
Sierra Madre Senior Center			
232 W. Sierra Madre Blvd Sierra Madre, CA 91024	(626) 355-7135	Call for Cost	E, Ch, Sp

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Slauson Park MSC 5306 S. Compton Ave Los Angeles, CA 90011	(323) 233-1174	Call for Cost	E
South El Monte Senior Center 1556 Central Ave S. El Monte, CA 91733	(626) 448-0131	Call for Cost	E, Sp
St. Barnabas Senior Services 675 S. Carondelet Street Los Angeles, CA 90057	(213) 388-4444 http://www.sbssla.org/	Call for Cost	E, A, K, Sp, Tag
Gilbert Lindsay MSC 429 E. 42 nd Place Los Angeles, CA 90011	(323) 846-7584	Call for Cost	E, Sp
Valley Storefront Jewish Family Services 12821 Victory Blvd N. Hollywood, CA 91606	(818) 984-1380 (877) 275-4537	Call for Cost	E
Veterans Park Senior Club 309 Esplanade Redondo Beach, CA 90277	(310) 318-0650 www.redondo.org/senior	Call for Cost	E
Weingart Senior Center 5220 Olivia Ave Lakewood, CA 90712	(562) 630-6141	Call for Cost	E, Sp
West Covina Senior Citizens Center 2501 E. Cortez West Covina, CA 91791	(626) 331-5366	Call for Cost	E, Sp
West Hollywood Service Center 7377 Santa Monica Blvd W. Hollywood, CA 90046	(323) 851-8202	Call for Cost	E
Whittier Senior Center 13225 Walnut Street Whittier, CA 90602	(562) 567-9470	Call for Cost	E
Wilmington Senior Citizen Center 1371 N. Eubank Ave Wilmington, CA 90744	(310) 518-4533	Call for Cost	E, Sp

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Wise & Healthy Aging Adult Day Service Center

1527 4 th St. 2 nd Floor Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E
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ARMENIAN/IRANIAN/RUSSIAN

Armenian Senior Center

407 E. Colorado Blvd Glendale, CA 91205	(818) 241-8690	Call for Cost	E, A
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ASIAN/PACIFIC

National Asian Pacific Center on Aging

3727 W. 6 th St. #619 Los Angeles, CA 90020	(202) 776-0306	Call for Cost	E, V, K, Tag, Sp, Tag, J
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HISPANIC/LATINO

El Sereno Senior Citizens Center

4818 Klamath Pl Los Angeles, CA 90032	(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 assisted Living Facilities:

California Association of Adult Day Services www.caads.org

California Department of Health Care Services www.dhcs.ca.gov

California Department of Social Services, Community Care Licensing www.cclid.ca.gov

Assisted Living Facilities

Place for Mom

Provides referrals to RCFEs & nursing facilities	(866) 518-0936 www.aplaceformom.com/	Call for Cost	E, Sp
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Accent on Seniors

Provides referrals to RCFEs & nursing facilities statewide	(323) 576-1550 (949) 361-2093	Call for Cost	E, R, Sp
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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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
California Registry			
Provides referrals to RCFEs & nursing facilities statewide	(800) 777-7575 www.calregistry.com	Call for Cost	E
Concepts for Living			
Provides referrals to RCFEs	(800) 414-4242	Call for Cost	E
Connections Care Home Referrals			
Provides referrals to RCFEs	(800) 330-5993	Call for Cost	E, Sp
Elderlink Referral Services			
Provides referrals to RCFEs & nursing facilities statewide	(800) 613-5772	Call for Cost	E
Heart Light			
Provides referrals to RCFEs	(310) 204-2223	Call for Cost	E
Senior Placement Hotline			
Provides referrals to RCFEs & nursing facilities in LA County	(877) 353-3756	Call for Cost	E
Senior Residential Choices			
Provides referrals to RCFEs	(800) 584-1855 www.sr-choices.com	Call for Cost	E
Southern California Senior Resources			
Provides referrals to RCFEs	(949) 783-5349	Call for Cost	E, Sp

Websites Related to Assisted Living Facilities:

CANHR California Advocates for Nursing Home Reform – www.canhr.org
 an online guide provides information for informed choices, care, and quality of life for CA long term care consumers.

Alzheimer’s L.A. – an online database of professional elder care providers and RCFEs www.alzla.org/resources

Care Management

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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GREATER LOS ANGELES (ALL AREAS)

Alzheimer’s Association, Los Angeles

4221 Wilshire Blvd Suite 400 Los Angeles, CA 90010	(844) 435-7259 (323) 938-3379 www.alzqla.org	Call for Cost	E, Sp, Ch, J
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Offer Classes, workshops and educational materials for those with memory loss concerns and their families

ANTELOPE VALLEY

Antelope Valley Senior Center

777 W. Jackman Street Lancaster, CA 93534	(661) 726-4400	Call for Cost	E, Sp
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LOS ANGELES

Access Healthcare Associates

9233 West Pico Blvd Suite 230 Los Angeles, CA 90035	(310) 356-8146 www.accesshealthca.com	Call for Cost	E
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AltaMed PACE

5425 E Pomona Blvd Los Angeles, CA 90022	(323) 728-0411	Call for Cost	E, Sp
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API CARE – Asian Pacific Counseling & Treatment Center

520 S. Lafayette Park Place, Suite 300 Los Angeles, CA 90057	(213) 252-2100	Call for Cost	E
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Center for Health Care Rights

520 Lafayette Park Place Suite 214 Los Angeles, CA 90057	(213) 383-4519	Call for Cost	E
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Choice Home Care

14101 Valleyheart Dr. Suite 200 Sherman Oaks, CA 91423	(818) 894-4151	Call for Cost	E
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City of South Pasadena Community Services

1102 Oxley Street S. Pasadena, CA 91030	(626) 403-7360	Call for Cost	E, C, Sp
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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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Didi Hirsch Mental Health Services			
4760 S. Sepulveda Blvd Culver City, CA 90230	(888) 807-7250 (310) 390-6612 ext. 896	Call for Cost	E, A, Sp
Excellent In-Home Care			
16601 Ventura Blvd Suite 506 Encino, CA 91436	(818) 755-4900	Call for Cost	E, Fa
Gardena Senior Citizen's Bureau			
1670 W. 162 nd Street Gardena, CA 90247	(310) 217-9552	Call for Cost	E, J, Sp
Glendale Adult Recreation Center			
201 E. Colorado Street Glendale, CA 91205	(818) 548-3775	Call for Cost	E, A, Sp
Gus Velasco Neighborhood Center			
9255 Pioneer Blvd Santa Fe Springs, CA 90670	(562) 692-0261	Call for Cost	E
Houghton Park Community Center			
6301 Myrtle Ave Long Beach, CA 90805	(562) 570-1640	Call for Cost	E, Sp
Human Services Association			
6800 Florence Ave Bell Gardens, CA 90201	(562) 806-5400	Call for Cost	E, Sp
La Fetra Center			
333 E. Foothill Blvd. Glendora, CA 91741	(626) 914-0560	Call for Cost	E
Lawndale Community Center			
14700 Burin Ave. Lawndale, CA 90260	(310) 973-3270	Call for Cost	E, Sp
LivHome			
5670 Wilshire Blvd Suite 500 Los Angeles, CA 90036	(323) 933-5880	Call for Cost	E, J, R, Sp
Ken Edwards Center			
1527 4 th Street Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E, Fa, Sp

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Partners in Care Foundation			
732 Mott Street Suite 150 San Fernando, CA 91340	(818) 837-3775	Call for Cost	E, Sp
The Caring Connection			
10727 White Oak Ave Suite 206 Granada Hills, CA 91344	(818) 368-5007	Call for Cost	E, Sp, V
<u>ASIAN/PACIFIC</u>			
Little Tokyo Service Center			
231 E. 3 rd Street Suite G106 Los Angeles, CA 90013	(213) 473-3030	Call for Cost	E, Ch, J, Sp
Chinatown Service Center			
112 N. Chandler Ave Suite 105 Monterey Park, CA 91754	(626) 293-8733 (213) 808-1700	Call for Cost	E, C, M
Live Oak Park Community Center			
10144 Bogue Street Temple City, CA 91780	(626) 579-0461	Call for Cost	E, Ch, J, Sp
<u>JEWISH</u>			
Jewish Family Services Senior Outreach			
3580 Wilshire Blvd Suite 700 Los Angeles, CA 90010	(323) 761-8800 www.jfsla.org	Call for Cost	E, Sp, Fa, R
Jewish Family Services Freda Mohr Center			
6310 San Vicente Blvd #275 Los Angeles, CA 90048	(323) 937-5900	Call for Cost	E, R, Sp
Jewish Family Services of Los Angeles			
12821 Victory Blvd N. Hollywood, CA 91606	(818) 984-1380	Call for Cost	E

Diagnostic Centers

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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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LOS ANGELES

Alzheimer’s Disease Research Center

Memory & Aging Center, Keck USC

1520 San Pablo St. #3000 (800) 872-2273 Call for Cost E
 Los Angeles, CA 90033

Geriatric Neurobehavioral Center

USC/Rancho Los Amigos National Rehabilitation Center

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

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

UCLA Memory Disorder Clinic at UCLA Medical Center, Westwood UCLA Neurological Services

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

Memory Disorders Clinic

Sports Concussion Institute

6101 W. Centinela Ave. (310) 643-9595 Call for Cost E
 Suite 211
 Culver City, CA 90230

Geriatric Psychology & Memory Clinics

West Los Angeles VA Healthcare Center

11301 Wilshire Blvd (310) 478-3711 Call for Cost E
 Bldg. 401 & 500
 Los Angeles, CA 90073

SAN FERNANDO VALLEY

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

Memory Disorders Clinic at Olive View- UCLA Med Center Clinic B 2A-185 Room 8

14445 Olive View Drive (818) 212-4591 Call for Cost E
 Sylmar, CA 91342-1437

Family Medicine Center

801 S. Chevy Chase Drive (818) 500-5586 Call for Cost E
 Suite 230
 Glendale, CA 91205

Northridge Neurological Center

18251 Roscoe Blvd (818) 349-2503 Call for Cost E
 Suite 101
 Northridge, CA 91325

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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S+AGE @ Sherman Oaks Hospital

4911 Van Nuys Blvd, Suite 307 Sherman Oaks, CA 91403	(818) 341-7243	Call for Cost	E
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VA Greater Los Angeles Healthcare System

Sepulveda Ambulatory Care Center 16111 Plummer Street North Hills, CA 91343	(818) 891-7711	Call for Cost	E
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SAN GABRIEL VALLEY

Huntington Memorial Hospital

Geriatric Assessment Clinic 100 West California Blvd Pasadena, CA 91105	(626) 397-3127	Call for Cost	E
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Persona Neurobehavioral Group

2 N. Lake Ave Suite 800 Pasadena, CA 91101	(626) 449-2484	Call for Cost	E
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SOUTH BAY/HARBOR

Harbor UCLA Family Health Center

1403 Lomita Blvd Suite 200 Harbor City, CA 90710	(310) 534-7600	Call for Cost	E
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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

Driving & Vision Program 444 S. San Vicente Blvd Suite 701 Los Angeles, CA 90048	(310) 423-9242	Call for Cost	E
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Northridge Hospital

Driver Preparation Program 18300 Roscoe Blvd 4 th Floor, IFL Bldg. Northridge, CA 91328	(818) 855-5460	Call for Cost	E
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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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Rancho Los Amigos Medical Center			
7601 E. Imperial Highway 900 Building, Room 91 Downey, CA 90242	(562) 401-7111	Call for Cost	E

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) 933-2531	Call for Cost	E

Leeza’s Care Connection at Providence St. Joseph Medical Center			
501 S. Buena Vista St. Burbank, CA 91505	(818) 847-3686 www.leezasplace.org	Call for Cost	E

OPICA Adult Day Services and Counseling Services			
11759 Missouri Ave Los Angeles, CA 90025	(310) 478-0226	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

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 (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 and Neglect:

- UCI School of Medicine (714) 456-6466 www.centeronelderabuse.org
- Los Angeles County Department Community & Senior Services Phone: 2-1-1 <http://css.lacounty.gov>

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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- City of Los Angeles Dept. of Aging
(213) 482-7252 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 homes.

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

Ombudsman:

- State of California CrisisLine 1 (800) 231-4024 www.aging.ca.gov/programs/ombudsman.asp
(24/7)

Health Associations

American Heart Association & American Stroke Association

816 S. Figueroa (213) 291-7002 Call for Cost E
Los Angeles, CA 90017 www.heart.org

American Diabetes Association

300 S. Raymond Ave. (800) 342-2383 Call for Cost E, Sp
#9, Pasadena www.diabetes.org
CA 91105

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

The Association for Frontotemporal Degeneration: 1 (866) 507-7222
www.theaftd.org

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

Lewy Body Dementia Association: www.lbda.org

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 or 1 (888) 822-9622

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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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: A program of the USC Family Caregiver Support Center provides limited financial home care assistance for those who qualify, support groups, information and resources.

Los Angeles Caregiver Resources Center: 1 (800) 872-6060
www.losangelescrc.org

Hospice Care

All Care Hospice

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

Assisted Home Hospice

8550 Balboa Blvd (805) 371-7306 Call for Cost E
 Suite 282
 Northridge, CA 91325

Los Angeles Hospice

685 S. Carondelet St. (888) 578-8885 Call for Cost E
 2nd Floor (213) 351-1030
 Los Angeles, CA 90057

Providence TrinityCare Hospice

5315 Torrance Blvd 1 (800) 535-8446 Call for Cost E
 #B1
 Torrance, CA 90503

Roze Home Hospice

5000 Overland (800) 828-9017 Call for Cost E
 #101 (310) 202-7693
 Culver City, CA 90230

Silverado Hospice

601 S. Glenoaks Blvd (888) 469-1810 Call for Cost E
 Suite 201 (818) 848-4048
 Los Angeles, CA 91502

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Skirball Hospice			
6345 Balboa Blvd #315 Encino, CA 91316	(877) 774-3040	Call for Cost	E
Visiting Nurse Association Support			
150 W. 1 st St. Suite 176 Claremont, CA 91107	(909) 621-3961	Call for Cost	E
VITAS Innovative Hospice Care			
1343 N. Grand Ave Covina, CA 91724	(626) 974-2000 (310) 324-2273	Call for Cost	E

Websites Related to Hospice Care

- Hospice Association of America <http://hospice.nahc.org/>
- Hospice Foundation of America <https://hospicefoundation.org/>
- National Association of Homecare and Hospice <https://www.nahc.org/>
- National Hospice and Palliative Care Organization <https://www.nhpco.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 services

- **Alternate Living for the Aging** (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

- **Los Angeles County Housing Resource Center:** Senior Resources
Phone: 2-1-1
1 (877) 428-8844
www.housing.lacounty.gov

Menorah Housing Foundation: Offers affordable senior housing for those who qualify

- **Menorah Housing Foundation** (310) 475-6083

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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US Department of Housing and Urban Development: 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 Suite 400 Los Angeles, CA 90010	1 (800) 272-3900	Call for Cost	E
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Los Angeles Department of Aging

221 N. Figueroa St. Suite 500 Los Angeles, CA 90012	1 (800) 510-2020 https://aging.lacity.org/	Call for Cost	E, Ch, K, Tag, Sp, V
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211 Los Angeles County: Provides referrals to government, transportation, health and social services in Los Angeles County 24 hours/day, 7 days/week. Services also in Spanish.

- Phone: 2-1-1** <https://www.211la.org/>

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 Department of Insurance Consumer Hotline** 1 (800) 927-4357

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

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

Department of Public Social Services: Request a printed Medi-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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
> 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	
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		1 (800) 772-1213	www.ssa.gov

Websites Related to Social Security

- > **Administration for Community Living** www.acl.gov
- > **Centers for Medicare & Medicaid Services** www.cms.gov
- > **Covered California** www.coveredca.com
Determine eligibility and apply for Medi-Cal (aka Medicaid) on-line
- > **National Council on Aging Benefits Checkup** www.benefitscheckup.org
Determine eligibility for programs
- > **Government Info for Seniors** www.usa.gov
- > **California Dept. of Health Care Services** www.dhcs.ca.gov
Medical Forms
- > **U.S Dept. of Health & Human Services** www.hhs.gov
- > **The U.S. Social Security Administration** www.ssa.gov

Legal Assistance & Information

Asset protection, advance directive, 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 attorney, financial partners, 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.

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
> Consumer Hotline	1 (800) 474-1116		www.canhr.org
Center for Health Care Rights: Provides legal assistance for Medicare & Medi-Cal beneficiaries. (Los Angeles only)			
> Center for Health Care Rights: Provides legal assistance for Medicare & Medi-Cal beneficiaries. (Los Angeles only)		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) 974-0502	
Los Angeles County Bar Association Lawyer Referral & Information Service			
> LA County Bar Association		(213) 627-2727	
Los Angeles Caregiver Resource Center: Provides attorney referrals			
> LA Caregiver Resource Center		1 (855) 872-6060	
Smart Law: Provides free legal information line			
> Smart Law		(866) SMARTLAW (866-762-7852)	
<u>Websites Related to Legal & Financial Issues</u>			
> 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

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.

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
> LA County Area Agency on Aging	(213) 738-2600		https://wdacs.lacounty.gov/
> City of Los Angeles Dept. of Aging	1 (800) 510-2020 (213) 252-4000		https://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.fsa.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.pparx.org
> Prescription Solutions	1 (800) 788-4863		www.rxolutions.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. While 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.

Los Angeles County Mental Health Programs

Department of Mental Health Provides referrals & crisis intervention	1 (800) 854-7771		https://dmh.lacounty.gov
Genesis Program Offers mental health assessments for people over the age of 60	(213) 351-7284		
	1 (800) 540-4442		

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Los Angeles Caregiver Resource Center			
Assists those who care for adults in Los Angeles County who are permanently brain impaired and 18 years or older			
Asian Pacific Health Care Venture, Inc	(323) 644-3888		
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 or (888) 807-7250		
Services also in Spanish			
East Los Angeles Mental Health Services	(323) 725-1337		
Services also in Spanish			
Little Tokyo Service Center	(213) 473-3030		
Services also in Chinese, Japanese, Korean and Spanish			
Mental Health America	(562) 285-1330		
Women Helping Women Services	(323) 655-3807		
<u>Community Health Programs – San Fernando Valley</u>			
Northridge Hospital Medical Center Mental Health Services	(818) 855-5484		
S+AGE @ Sherman Oaks Hospital	(818) 341-7243		
<u>Community Health Programs – San Gabriel Valley</u>			
Center for Aging Resources	(626) 577-8480		
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 Help Line	(626) 441-4221 (877) 722-2737		
Services also in Spanish			

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Community Health Programs – South Bay/Harbor

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

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 a nursing home.

AltaMed Health Services Corp.

512 S. Indiana Street Los Angeles, CA 90063	(323) 307-0160	Call for Cost	E, Sp
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Huntington Memorial Hospital

837 S. Fair Oaks Ave Pasadena, CA 91105	(626) 397-3110	Call for Cost	E, Sp
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Partners in Care Foundation

732 Mott Street Suite 150 San Fernando, CA 91340	(818) 837-3775	Call for Cost	E, Sp
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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: 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.

(213) 484-7775

Safety

Alzheimer’s causes changes in the brain that may affect safety. Depending on the stage of the disease, these can include changes in judgement, 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 overwhelmed.

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Home Modification

Accessible Design and Consulting

6207 W. 83rd Place (310) 215-3332 Call for Cost E
 Los Angeles, CA 90045 www.accessibleconstruction.com

Forever Active

18 E. Bellevue Drive (626) 389-8790 Call for Cost E
 Pasadena, CA 91105 www.foreveractivemed.com

Stayhome Safe

30 N. Raymond Ave (626) 792-0070 Call for Cost E
 Pasadena, CA 91103 www.stayhomesafe.com

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

Jewish Family Services Beverly Hills Handyworker Program (310) 272-7890
 (877) 275-4537
 Free minor home repairs for low-income individuals, seniors and disabled adults living in Beverly Hills

Other Safety Services:

MedicAlert Foundation 1 (800) 432-5378
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.

LA Found (833) 569-7651 LAfound.com

Medic Alert Center (866) 940-4401

Project Lifesaver International (877) 580-5433

LoJack SafetyNet Tracking (877) 434-6384

Senior Services

American Association of Retired Persons (AARP)

200 S. Los Robles Ave 1 (866) 448-3615 Call for Cost E
 Suite 400
 Pasadena, CA 91101 www.aarp.org

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Asian Pacific Health Care Venture			
1530 Hillhurst Ave Suite 200 Los Angeles, CA 90027	(323) 644-3880	Call for Cost	E, C, J, Kh, M, Sp, Tag, T, V
Beach Cities Health District			
514 N. Prospect Ave #102 Redondo Beach, CA 90277	(310) 374-3426	Call for Cost	E
California Telephone Access Senior Telephone Program			
2002 Iowa Ave Suite 106 Riverside, CA 92507	1 (800) 806-1191	Call for Cost	E
Los Angeles Department of Aging			
221 N Figueroa St. Suite 500 Los Angeles, CA 90012	1 (800) 510-2020 (213) 482-7252	Call for Cost	E
Eldercare Locator			
514 N. Prospect Ave 3 rd Floor Redondo Beach, CA 90277	1 (800) 677-1116	Call for Cost	E
Life Long: Sisters Staying Healthy			
2239 W. Washington Blvd Los Angeles, CA 90018	(310) 732-1350	Call for Cost	E
Lumina Healthcare			
5220 Pacific Concourse Dr; Suite 120 Los Angeles, CA 90045	1 (800) 373-5400 www.luminahealthcare.com	Call for Cost	E
<i>Provides Mobile Dental Care</i>			
Mexican American Opportunity Foundation			
401 N. Garfield Ave. Montebello, CA 90640	(323) 890-9600	Call for Cost	E, Sp
National Asian Pacific Center on Aging			
3727 W. 6 th Street Suite 619 Los Angeles, CA 90020	(213) 365-9005	Call for Cost	E

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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-Westside			
1527 4 th St. Santa Monica, CA 90401	(310) 857-1527	Call for Cost	E
UCLA Healthcare 50 Plus Program			
1821 Wilshire Blvd, #600 Santa Monica, CA 90403	1 (800) 516-5323	Call for Cost	E
UCLA Eldercare Support Group			
10920 Wilshire Blvd Los Angeles, CA 90024	(310) 794-0245	Call for Cost	E
WISE & Healthy Aging			
1527 4 th St., #2 Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E
American Diabetes Association			
300 S. Raymond Ave. Suite 9 Pasadena, CA 91105	(323) 966-2890 www.diabetes.org	Call for Cost	E

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 Suite 429 Culver City, CA 90203	(310) 338-7247 1 (888) 852-3783	Call for Cost	E
➤ Access Services	1 (800) 827-0829		
<i>Provides transportation for disabled individuals including people with Alzheimer's</i>			
➤ City Ride & Dial-a-Ride & Taxi Service	(323) 666-0895 & (818) 908-1901		

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
<p>> Little Tokyo Service Center</p> <p><i>Provides transportation services to SSI and medical appointments in specific geographic areas in LA County</i></p>	(213) 473-3030		
<p>> Wise and Healthy Aging Senior Services</p> <p><i>This service provides low-cost, shared ride service and curb-to-curb transportation in the West Los Angeles area</i></p>	(310) 394-9871		

SENIOR RESOURCES – ORANGE COUNTY

<p>Anaheim Independencia Center</p> <p>10841 Garza Anaheim, CA</p>	(714) 826-9070	Call for Cost	E
<p>Anaheim Senior Center</p> <p>250 E. Center Anaheim, CA</p>	(714) 765-4500	Call for Cost	E
<p>Brea Senior Center</p> <p>500 S. Sievers Ave Brea, CA</p>	(714) 990-7750	Call for Cost	E
<p>Buena Park Senior Center (Ehlers Event Center)</p> <p>8150 Knott Buena Park, CA</p>	(714) 236-3870	Call for Cost	E
<p>Costa Mesa Senior Center</p> <p>695 W. 19th Street Costa Mesa, CA 92627</p>	(714) 327-7550	Call for Cost	E
<p>Oasis Senior Center</p> <p>801 Narcissus Ave. Corona Del Mar, CA 92625</p>	(949) 644-3244	Call for Cost	E
<p>West Anaheim Senior Center</p> <p>2271 W. Crescent Anaheim, CA 92801</p>	(714) 765-3415	Call for Cost	E

ASIAN/PACIFIC

<p>Abrazar Senior Center</p> <p>14900 Park Ln, Midway City, CA 92655</p>	(714) 893-3581	Call for Cost	E
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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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Asian American Senior Center 850 N. Birch Santa Ana, CA	(714) 560-8877	Call for Cost	E, Ca, M, V
Florence Sylvester Senior Center 23721 Moulton Pkwy Laguna Hills, CA	(949) 380-0155	Call for Cost	E
Huntington Beach Senior Outreach 18041 Goldenwest St. Huntington Beach, CA 92647	(714) 960-2478	Call for Cost	E
Korean American Seniors Association 9884 Garden Grove Blvd Garden Grove, CA 92844	(714) 539-3223	Call for Cost	E, K
La Habra Community Center 101 W. La Habra Blvd La Habra, CA 90631	(562) 905-9748	Call for Cost	E
Laguna Beach Senior Services & the Susi Q Center 380 Third St. Laguna Beach, CA 92651	(949) 464-6645	Call for Cost	E
Lakeview Senior Center 20 Lake Rd. Irvine, CA 92604	(949) 724-6900	Call for Cost	E
Los Alamitos Senior Center 10911 Oak Street Los Alamitos, CA 90720	(562) 430-1073	Call for Cost	E
Midway City Community Center 14900 Park Lane Midway City, CA 92655	(714) 893-3581	Call for Cost	E
Norman P. Murray Senior Center 24932 Veterans Way Mission Viejo, CA 92692	(949) 470-3062	Call for Cost	E
Orange Senior Center 170 S. Olive Street Orange, CA 92866	(714) 538-9633	Call for Cost	E
Placentia Senior Center 143 S. Bradford Placentia, CA 92870	(714) 986-2332	Call for Cost	E

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
Rancho Senior Center 3 Ethel Coplen Way Irvine, CA 92612	(949) 724-6800	Call for Cost	E
San Clemente Senior Center 242 Avenida Victoria San Clemente, CA 92672	(949) 498-3322	Call for Cost	E
San Juan Capistrano Senior Center 25925 Camino Del Avion San Juan Capistrano, CA 92675	(949) 493-1171	Call for Cost	E
Santa Ana Senior Center 424 W. 3 rd Street Santa Ana, CA 92701	(714) 647-6540	Call for Cost	E
Sea Country Senior Center 24602 Aliso Creek Road Laguna Niguel, CA 92677	(949) 425-5151	Call for Cost	E
Seal Beach Senior Centers 3333 St. Cloud Dr. Seal Beach, CA 90740 707 Electric Ave. Seal Beach, CA 90740	(562) 431-2527	Call for Cost	E
Southern California Indian Center 10175 Slater Ave. Fountain Valley, CA 92708	(714) 962-6673	Call for Cost	E
Tustin Senior Center 200 S. C Street Tustin, CA 92780	(714) 573-3340	Call for Cost	E
Vietnamese Community of Orange County 1618 W. 1 st Street Santa Ana, CA 92703	(714) 558-6009	Call for Cost	E, V
Westminster Senior Center 8200 Westminster Blvd. Westminster, CA 92683	(714) 895-2878	Call for Cost	E
Yorba Linda Community Center 4501 Casa Loma Yorba Linda, CA 92886	(714) 961-7181	Call for Cost	E

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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JEWISH

Cypress Senior Center 9031 Grindlay Cypress, CA 90630	(714) 229-2005	Call for Cost	E
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Dana Point Senior Center 34052 Del Obispo St. Dana Point, CA 92629	(949) 496-4252	Call for Cost	E
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Fountain Valley Senior Recreation Center 17967 Bushard St. Fountain Valley, CA 92708	(714) 593-4446	Call for Cost	E
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Fullerton Senior Citizens Club 340 W. Commonwealth Fullerton, CA 92832	(714) 738-6353	Call for Cost	E
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H. Louis Lake Senior Center 11300 Stanford Ave Garden Grove, CA 92840	(714) 741-5253	Call for Cost	E
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Merage Jewish Community Center of OC 1 Federation Way, #200 Irvine, CA 92603	(949) 435-3400	Call for Cost	E
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TEEN RESOURCES – LA/ORANGE COUNTIES

Big Brothers and Big Sisters of Los Angeles 3150 N. San Fernando Rd Suite C Los Angeles, CA 90065	(213) 213-2400	Call for Cost	E, Sp
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Los Angeles Friends of the Family/Young Moms 16861 Parthenia St. Northridge, CA 91343	(818) 988-4430	Call for Cost	E
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Offers Information & Support Programs for Young Mothers between the Ages of 15-25 Years. Transportation, Meals and Childcare are Provided for Eligible Participants.

Help Line Youth Counseling 12440 E. Firestone Blvd Suite 316 Norwalk, CA 90650	(562) 864-3722	Call for Cost	E, Sp
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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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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Pregnant Minor Program

6119 Agra Bell Gardens, CA	(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 Youth Diversion

3071 Firestone Blvd. South Gate, CA 90280	(323) 567-2653	Call for Cost	E, Sp
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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, CA 90034	(310) 733-2581	Call for Cost	E
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Provides Short & Long Term Psychotherapy for Children, Adolescents, Parent Guidance, and Special Programs for Divorcing Families, Stepfamilies and Children with Learning Problems

St. Anne’s Outreach

155 N. Occidental Blvd Los Angeles, CA 90026	(213) 381-2931 https://stannes.org/	Free	E, Sp
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Probation or DCTS Has to Refer Teenagers, Ages 12-18. Program Provides Residential Care for Teenagers and their Baby’s Birth-4 years

Star View Community Services

10230 Artesia Blvd. Ste 104 Bellflower, CA 90706	(562) 356-9692 www.starsgroup.org	Call for Cost	E
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Outpatient Mental Health Program for Adolescents, Their Families, Foster Families or Group Homes

YMCA – Los Cerritos Branch

15530 Woodruff Ave Bellflower, CA 90706	(562) 925-1292	Call for Cost	E
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Provides Teen Leadership & Mentoring

ASIAN/PACIFIC

Korean Town Youth & Community

680 S. Wilton Pl Los Angeles, CA 90005	(213) 365-7400 www.kyccla.org	Call for Cost	E, Sp, K
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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

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, (Sl)avic, (Sp)anish, (Tag)alog, (T)hai, (U)krainian (V)ietnamese

Program Title	Contact	Cost	Languages
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JEWISH

Jewish Big Brothers Big Sisters of Los Angeles			
6505 Wilshire Blvd, #600 Los Angeles, CA 90048	(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