

JOURNEY OF FAITH



Community Care Assistance Resource List



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EMERGENCY HOTLINES

EMERGENCY RESOURCES

211 LA

2.1.1 / 211la.org

Guide to services, resources, and information for all types of health, human and social needs in Los Angeles County.

NATIONAL SUICIDE PREVENTION LIFELINE

800.273.8255 | suicidepreventionlifeline.org

24-hour suicide prevention hotline available to anyone feeling hopeless or in despair.

CHILD ABUSE HOTLINE

800.854.4000

*Dept. of Children and Family Services (DCFS)
Hotline to report child abuse or obtain references and/or consultation.*

CRISIS CHATLINE

crisischat.org

An online chat service that provides emotional support and crisis intervention.

TEEN LINE

teenlineonline.org

Support for distressed youths in the form of texting, email, and message boards.

THE TREVOR PROJECT

thetrevorproject.org

Crisis and suicide intervention for LGBTQ Youth.

DOMESTIC ABUSE HOTLINE

800.978.3600

Referrals to services in the area.

RAPE, ABUSE, & INCEST NATIONAL NETWORK (RAINN)

800.656.HOPE (4673) | onlinerainn.org

The nation's largest anti-sexual violence organization.

HUMAN TRAFFICKING HOTLINE

888.373.7888

Connect victims and survivors of sex and labor trafficking with services and support. Call with tips about potential situations to report to authorities. English and Spanish.

NATIONAL COUNCIL ON ALCOHOL AND DRUG DEPENDENCE (NCADD)

310.3281460

For male perpetrators of domestic violence; treatment and support groups for fathers.

RAINBOW SERVICES HOTLINE AND OUTREACH

310.547.9343

24-hour domestic violence services; emergency shelter.

RUNAWAY HOTLINE

800.RUNAWAY

Confidential services if thinking about running away or already have; support for families.



CARE RESOURCES

ADOPTION & PREGNANCY SUPPORT

SOUTH BAY FAMILY HEALTH CARE
310.802.6170
Prenatal care and family planning.

TORRANCE PREGNANCY HELP CENTER
310.787.4357
For women and men: accurate and up-to-date information to make informed decisions about pregnancy and sexual health.

PARENT EDUCATION NETWORK
310.376.6211
Referrals to South Bay parent education classes and groups.

GOD'S COVENANT HOUSE FOR YOUNG WOMEN
626.399.5723 | godscovenanthouse.com
For young pregnant women 12-18 years old, providing a safe haven and spiritual guidance to develop a Christian perspective of truth and life for themselves and future generations.

RENT PAYMENT ASSISTANCE

HOUSING & URBAN DEVELOPMENT (HUD)
needhelppayingbills.com
California state programs providing assistance and financial aid to low-income households including rent.

THE SALVATION ARMY
626.773.4400 | salvationarmyusa.org
Offers residential & rental assistance, food, and utility bill assistance to qualified low-income families.

BILL PAYMENT ASSISTANCE

CA ALTERNATE RATES FOR ENERGY (CARE)
626.291.2200 | apacenter.com
Offers discount on monthly electric and gas bills for eligible households; also offers various immigration services.

CONSUMER ENERGY CENTER
800-555-7794 | energy.ca.gov
Offers low-income assistance through the state of California.

LOW-INCOME HOUSING ENERGY ASSISTANCE PROGRAM (LIHEAP)
866.675.6623 | csd.ca.gov
Assists low-income households with emergency energy needs such as bills, disconnect notices, and other services.



AFFORDABLE & EMERGENCY HOUSING

1736 FAMILY CRISIS CENTER
310.543.9900 / 1736familycrisiscenter.org
Shelter and outpatient services for domestic violence survivors, runaway and homeless youth, low-income people, and people in crisis.

211 LA
800.339.6993 / 211la.org
Guide to services, resources, and information for all types of health, human and social needs in Los Angeles County.

AFFORDABLE HOUSING LA COUNTY
877.428.8844 / housing.lacounty.gov
Assists with affordable housing, unique needs, and emergency housing listed by community.

BEACON LIGHT MISSION MEN'S SHELTER
310.830.7063
Safe and nurturing environment; food, clothing, temporary shelter and spiritual encouragement.

BELL SHELTER, SALVATION ARMY (BELL)
323.263.1206
Emergency shelter, food and nutrition programs, men's and women's ministries, transitional housing.

COMMUNITY'S CHILD
310.534.4040 | communityschild.org
25520 Woodward Ave | Lomita, CA
Outreach program committed to help women with infants experiencing homelessness in LA County; outreach team assigned to aid move into housing.

DOORS OF HOPE WOMEN'S SHELTER
310.518.3667
Safe and nurturing environment; food, clothing, temporary shelter, and spiritual encouragement.

EMERGENCY SHELTER HOTLINE
800.548.6047
Available on first-come basis to single adults. Free transportation to and from the shelters.

HARBOR INTERFAITH SERVICES
310.831.9123
Shelter and services for homeless families, individuals & youth; childcare.

HOUSE OF BLESSING
323.304.3818
Home for women: spiritual renewal, rest, develop work ethic, how to maintain housing.

HIS HOUSE, SALVATION ARMY (TORRANCE)
310.782.8841
Food pantry, housing assistance, vocational training, Operation Backpack, holiday assistance.

HOUSE OF YAHWEH
310.675.1384
4046 Marine Avenue | Lawndale, CA 90260
Social services, food and shelter programs.

LONG BEACH RESCUE MISSION
562.591.1292
Meals, emergency shelter, social services, housing programs, case management. Separate men's and women's shelter.

US VETS
562.388.8012
Family services, housing, support for veterans.



FINANCIAL GUIDANCE

SEED TIME: CHRISTIAN PERSONAL FINANCE

seedtime.com

Offers newsletters, saving tips, courses, and other resources about budgeting and personal finances.

RON BLUE & CO. FINANCIAL PLANNING

800.987.2987 | ronblue.com

Offers resources for financial planning including retirement, taxes, estates and trusts.

FOOD ASSISTANCE

FOOD AND GROCERY PROGRAMS

lahsa.org/documents

Database to find programs in the South Bay/Harbor. Scroll to SPA 8 on the form linked.

1ST LUTHERAN CHURCH OF TORRANCE

310.320.3818

1725 Flower Ave | Torrance, CA 90503
Serving hot meals on Monday nights.

CATHOLIC CHARITIES LOS ANGELES

213.251.3429 | catholiccharitiesla.org

Serves low-income families and individuals with basic needs: food, clothing, utility payments, transportation, rental assistance.

SHARED BREAD

310.328.3242

1st United Methodist Church
243 S Broadway | Redondo Beach, CA 90277
Sharing hope with God's people in need of food and friendship, Wednesdays from 6-7pm.

EVERYTABLE

323.458.6487 | everytable.com

Offering meals to all. Delivered food distribution for seniors. Food available for students.

HOUSE OF YAHWEH

310.675.1384 | hoy-southbay.org

4046 Marine Ave | Lawndale, CA 90260
Provide food, clothing, shelter, and other supportive services.

COMMUNITY'S CHILD FOOD BANK:

310.538.6831

Held every Tuesday or Friday between 10am-3pm.

RIVIERA UNITED METHODIST CHURCH (REDONDO)

310.378.9273 | office@rivieraUMC.com

375 Palos Verdes Blvd | Redondo Beach
Home-cooked meal for low-income and homeless on the fifth Saturday of months containing five Saturdays. Brown bag sandwich meals, socks and toiletries available to take after. Entertainment is provided.

PROJECT NEEDS-- ST. PAUL'S UNITED METHODIST

310.370.4319 | spumc2600@gmail.com

2600 Nelson Ave | Redondo Beach, CA 90278
A home-cooked meal served every Tuesday from 6-7pm. Food pantry and clothing distribution, 1st and 3rd Thursday monthly.

EMPLOYMENT AID

CA EMPLOYMENT DEVELOPMENT DEPARTMENT

edd.ca.gov/unemployment

Unemployment Insurance (UI) program pays benefits to workers who have lost their job and meet the program's eligibility requirements.

DEPARTMENT OF SOCIAL SERVICES, WELFARE OFFICE

866.613.3777 | dpss.lacounty.gov

Partners with CalWorks and Affordable Acts of Care.



MENTAL HEALTH RESOURCES

MENTAL HEALTH SERVICES

UNION RESCUE MISSION
213.347.6300 | urm.org/services
545 S San Pedro St. | Los Angeles, CA 90013
Provides assistance and linkage to mental health clinics, referrals, and resources for LA County residents.

SOUTH BAY CENTER FOR COUNSELING - THRIVE LA
310.414.2090 | info@baycenter.com
540 N Marine Ave | Wilmington, CA 90744
Affordable supports for individual, family & group counseling.

JOURNEYS COUNSELING
714.957.1973 | journeycounseling.com
Trusted and local Christian therapist team, currently utilizing phone, Facetime and Zoom.

LA DEPARTMENT OF MENTAL HEALTH
ACCESS CENTER
800.854.7771
Entry point for mental health services in LA county: deployment of crisis evaluation teams, info and referrals, inpatient psychiatric beds.

EXODUS RECOVERY INC.
Crisis Line: 800.286.1182
310.792.5454 | exodusrecovery.com
923 S Catalina Ave | Redondo Beach, CA 90277
Psychiatric and chemical dependency treatment services; brings self-sufficiency and recovery to all participants

MANHATTAN BEACH COMMUNITY COUNSELING
310.683.3243
303 S Peck Ave | Manhattan Beach, CA 90266
Low-fee services for people seeking help with life's challenges.

DISABILITIES & SPECIAL NEEDS

CALIFORNIA DEPARTMENT OF EDUCATION
916.327.4014 | cde.ca.gov/schooldirectory
Offers services and resources for children with special needs.

REGIONAL CENTER
213.383.1300
Provides services and support for individuals with developmental disabilities.

DISABILITY COMMUNITY RESOURCE CENTER
(BARTLETT)
310.390.3611 | dcrc.co
Supports people with disabilities and seniors to achieve and maintain self-directed, community-based independent lives.

SOBER LIVING

BEHAVIORAL HEALTH SERVICES
310.679.9126
Substance abuse treatment: residential, detox, outpatient.

SALVATION ARMY ADULT REHAB CENTER
Santa Monica | 310.450.7235
Canoga Park | 818.883.6321
Pasadena | 626.795.8075
Adult rehab center, alcohol and drug treatment.



CHILD & FAMILY SERVICES

TOBERMAN NEIGHBORHOOD CENTER
310.832.1145 | toberman.org
131 N Grand Ave | San Pedro, CA 90731
Drug and gang prevention programs, summer camping, after-school programs, thrift shop, neighborhood and economic development, parenting, comprehensive emergency assistance, and more.

BOYS AND GIRLS CLUB OF LA HARBOR
310.833.1322 | bgclaharbor.org
1200 S Cabrillo Ave | San Pedro, CA 90731
Offers programs for children 6-18 years, such as tutoring, homework assistance, organized team sports, and after-school bus pick up.

FIRST 5 CALIFORNIA
916.263.1050 | first5california.com
Offers resources for children's health and education.

CA HEALTH & HUMAN SERVICES AGENCY
losangeles.networkofcare.org/mh
Offers health care, mental health, public health, alcohol and drug treatment, income assistance, social services and assistance to people with disabilities.

NATIONAL ALLIANCE ON MENTAL HEALTH (SOUTH BAY)
310.533.0705 | namisouthbay.com
Self-help support and advocacy organization dedicated to improving the lives of families who have relatives with a brain disorder (mental illness). English, Spanish, and Japanese.

SAFE FAMILIES
800.550.CHILD x 1234 | safe-families.org
Offers support to children and families during difficult life transitions.

SENIOR CITIZEN ASSISTANCE

A CARING HEART FOR SENIORS
714.300.3985 | acaringheartforseniors.com
Resources for elder care including residential care homes, assisted living, and hospice.

CURTIS TUCKER HEALTH CENTER
310.419.5325 | dhs.lacounty.gov/curtisrtucker
123 W Manchester Blvd | Inglewood, CA 90301
Offers patients low-cost adult primary care services.

A PLACE FOR MOM
877.311.6099 | aplaceformom.com
To help families navigate the maze of senior housing options.

CENTER FOR THE PARTIALLY SIGHTED
310.458.3501
Low-vision rehab for people of all ages.

SOUTH BAY SENIOR SERVICES
310.325.2141
Information and referrals to community services.



DOMESTIC VIOLENCE ASSISTANCE

RAINBOW SERVICES

310.547.9343 | rainbowservicesdv.org
Confidential housing, help, therapy for women & children involved in domestic violence.

1736 FAMILY CRISIS CENTER

310.379.3620
For victims of domestic violence or human trafficking, homeless youth, families & veterans, unemployed or low-income adults & youth.

RICHSTONE FAMILY CENTER

310.970.1921
13634 Cordary Ave | Hawthorne, CA 90250
Treating and preventing child abuse; educating families; and preventing violence in families, schools and communities; home visitation; counseling for children, adolescents & adults.

GRIEF & RECOVERY

THE GATHERING PLACE

310-543-3437 | providence.org
5315 Torrance Blvd | Torrance, CA 90503
Center for loss, support for those who have suffered the death of a loved one. Bereavement services for adults, teens & children.

MISS FOUNDATION

888.455.6477 | missfoundation.org
Organization providing counseling, advocacy, research, and education services to families experiencing the death of a child.

GRIEFSHARE | DIVORCECARE | SINGLE & PARENTING

churchinitiative.org to find local groups.
Support groups for grief, divorce, or single-parenting. Held at Journey 2-3 times a year.

THE WELLNESS COMMUNITY- SOUTH BAY CITIES

310-376-3550
For people with cancer and their families.

CELEBRATE RECOVERY

grouplocator.crgroups.info
Offers faith-based grief and healing recovery classes, held in local churches.

MEDICAL CLINICS

BCHD BEACH CITIES HEALTH DISTRICT

310.374.3426 | bchd.org
514 N Prospect Ave | Redondo Beach, CA 90277
Preventative health agency providing help for nutrition and exercise, social-emotional health, substance use, and cognitive health.

SOUTH BAY CHILDREN'S HEALTH CENTER

310.316.1212 | info@sbchc.com
410 Camino Real | Redondo Beach, CA 90277
Provides dental and mental health to meet the most pressing care needs of low-income children in the South Bay. Ages 6 mo - 24 yrs.

HARBOR-UCLA MEDICAL CENTER

310.222.2345
Emergency medical and psychiatric services.

SOUTH BAY FAMILY HEALTH CARE

310.802.6170
Primary care, prenatal, pediatric medical care; general dental, HIV/STD testing.

VASEK POLAK HEALTH CLINIC

310.355.0100
Primary care and low-cost dental care.



SUBSTANCE ABUSE RECOVERY PROGRAMS

FOUNDATIONS RECOVERY NETWORK
foundationsrecoverynetwork.com
Residential rehab programs.

ALCOHOLICS ANONYMOUS
310.618.1180 | aa.org
Support line for people abusing alcohol.

NARCOTICS ANONYMOUS
310.372.9666 | addictioncenter.com
24-hour line for support and information for those struggling with drug abuse.

START YOUR RECOVERY
startyourrecovery.org
Database of rehabs (inpatient and outpatient) in every state. Use filters to find option specific to your needs.

THELMA McMILLEN CENTER FOR CHEMICAL
DEPENDENCY
310.784.4879
Drug outpatient treatment, groups, and testing for teens & adults.

