

Bandaging the Budget

A consumer friendly resource guide
for free or low-cost services
in Los Angeles County

Vendar el Presupuesto

Una guía de los recursos para el consumidor
de servicios gratuitos o de bajo costo
en el Condado de Los Angeles



Published by members of the
Self-Advocacy Board of Los Angeles County

June, 2010



DECIDING FOR OURSELVES

The Self-Advocacy Board of Los Angeles County is a group of people with developmental disabilities whose mission is to support self-advocacy groups (which teach people with disabilities about their rights, how to speak up, and to help one another); to promote the growth of the self-advocacy movement in Los Angeles County; and to improve the quality of life for people with developmental disabilities.

Self-Advocacy Board of Los Angeles County
411 N. Central Ave., Suite 620
Glendale, CA 91203
818-543-4631

www.areaboard10.org/advocacy.asp?submode=sablac

Officers: Elizabeth Lyons, President
Dennis O'Brien, Vice-President
Wesley Witherspoon, Secretary
Margaret Barcelo, Treasurer
Tom Fambro, Sergeant at Arms
Scott Barron, Chair, Grant Committee

Members: Frank Barany
Carmen Fregoe
David Fregoe
John Jacobs
Allison Liao
Colette Madore
Maria Marquez
David Oster
Carmen Redmond
Daniel Redmond
Clare Sommers
Richard Thomas
Destry Walker
Kecia Weller

This publication was made possible by a grant from the California State Council on Developmental Disabilities, with federal funding received from the Administration on Developmental Disabilities, of the Department of Health and Human Services.

Bandaging the Budget
A consumer friendly resource guide for free or low-cost services
in Los Angeles County



Vendar el Presupuesto
Una guía de los recursos para el consumidor de servicios gratuitos o
de bajo costo en el Condado de Los Angeles

TABLE OF CONTENTS
TABLA DE CONTENIDO

Regional Center Areas----Áreas del Centros Regionales 6

Introduction----Introducción 7

A Helpful List of General Resources To Start With----
Una Lista Útil de Recursos Generales Para Empezar..... 9



Audiologists----Audiólogos

Audiology Resources for All Areas..... 13

North Los Angeles County area 15

San Gabriel/Pomona area 15



Dentists----Dentistas

Dental Resources for All Areas 16

East Los Angeles area 16

Harbor area 18

Lanterman area 19

North Los Angeles County area 21

San Gabriel/Pomona area 22

South Central area..... 23

Westside area..... 25



Food Banks and Services----
Bancos y Servicios de Comida

Food Resources for All Areas 27
 East Los Angeles area..... 28
 Harbor area 29
 Lanterman area 30
 North Los Angeles County area 32
 San Gabriel/Pomona area 33
 South Central area..... 35
 Westside area..... 36



Optometrists----Optometristas

Optometrist Resources for All Areas 38
 East Los Angeles area..... 39
 Harbor area 40
 Lanterman area 41
 North Los Angeles County area 42
 San Gabriel/Pomona area 42
 South Central area..... 43
 Westside area..... 43



Podiatrists----Podólogos

Podiatrist Resources for All Areas 45
 East Los Angeles area..... 45
 Lanterman area 46
 San Gabriel/Pomona area 46
 South Central area..... 47



Psychologists – Psicólogos

| | |
|--|----|
| Psychologist Resources for All Areas | 48 |
| East Los Angeles area..... | 48 |
| Harbor area | 49 |
| Lanterman area | 50 |
| North Los Angeles County area | 53 |
| San Gabriel/Pomona area | 56 |
| South Central area..... | 58 |
| Westside area..... | 60 |



Speech Therapists----Terapistas de Hablar

| | |
|--|----|
| Speech Therapy Resources for All Areas | 63 |
| East Los Angeles area..... | 64 |
| Westside area..... | 64 |



Transportation Services---- Servicios de Transporte

| | |
|--|----|
| Transportation Resources for All Areas | 65 |
| East Los Angeles area..... | 67 |
| Harbor area | 67 |
| Lanterman area | 68 |
| North Los Angeles County area | 69 |
| San Gabriel/Pomona area | 70 |
| South Central area..... | 71 |
| Westside area..... | 72 |

| | |
|--|-----------|
| Suggestion Form----Formulario Sugerencia..... | 73 |
|--|-----------|

REGIONAL CENTER AREAS----ÁREAS DEL CENTROS REGIONALES

Note that the Table of Contents is divided into areas roughly as follows:

East Los Angeles – includes Alhambra, Commerce, Montebello, Monterey Park, Rosemead, San Gabriel, Santa Fe Springs, Temple City, and Whittier

Harbor area – includes Bellflower, Carson, Hermosa Beach, Lakewood, Long Beach, Manhattan Beach, Norwalk, Palos Verdes, Redondo Beach, San Pedro, and Torrance

Lanterman area – includes Burbank, Downtown L.A., Eagle Rock, Glendale, Hollywood, Los Feliz, Mid-City L.A., Pasadena, and West Hollywood

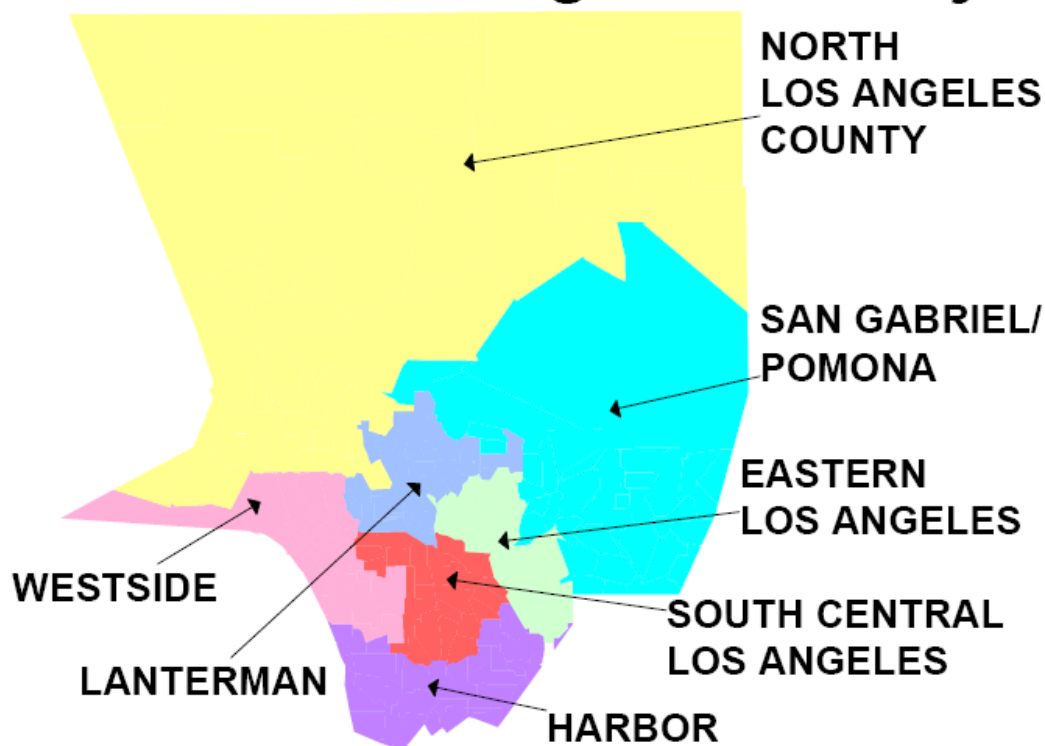
North Los Angeles County area – includes Antelope Valley, San Fernando Valley, and Santa Clarita Valley

San Gabriel/Pomona area – includes Altadena, Arcadia, Azusa, Baldwin Park, City of Industry, Claremont, Covina, Diamond Bar, Duarte, El Monte, Glendora, Hacienda Heights, La Puente, La Verne, Monrovia, Pomona, Rowland Heights, San Dimas, Sierra Madre, Walnut, and West Covina

South Central area – includes Bell, Compton, Cudahy, Downey, Florence, Huntington Park, Lynwood, Maywood, and Watts

Westside area – includes Beverly Hills, Culver City, Gardena, Hawthorne, Inglewood, Lawndale, Malibu, Santa Monica, and Venice

Regional Center Locations Within Los Angeles County



INTRODUCTION

(español en el reverso)

We are happy to provide this book of free or low cost resources. Like many of you, we were upset when we were informed of the recent cuts to Medi-Cal. We worried about where we would get dental care or eye exams or hearing services. That's why we applied for the grant to put this book together. We worked as a team making phone calls, sending letters, and researching other resources. We hope you find this booklet useful.

A few things to keep in mind:

- 1) The services in this book are mainly for adults; some may also serve children.
- 2) We have divided this book into regional center areas, but you might find a useful service in another area. Don't limit yourself.
- 3) Although we did our best, we were not able to find every type of service in every area. In other cases, there were too many resources to list all of them. Some providers are listed more than once if they provide more than one category of service.
- 4) Be sure to CALL FIRST to any doctor, clinic, or service, to confirm the address, hours, fees and any other information before you go.
- 5) Many clinics will require proof of income to receive free or low cost services.
- 6) Some providers in this book may not have specific experience treating people with disabilities.
- 7) We did our best to make sure this information was as accurate as possible on the date of publication.
- 8) The Self-Advocacy Board does not endorse any providers or clinics listed in this booklet. We cannot guarantee the quality of any services provided.

The individual providers listed at the beginning of some sections of the booklet (marked with *) are the ones who responded to our mailing requesting their help. Please be sure to thank them for their donated or discounted services or fees. Also thanks to the staff at Area Board 10 for their support.

If you need help finding a service not listed in this book, try asking family, friends, staff, or the regional center; try the internet; try calling 211; or contact us at 818-543-4631. We will do our best to help you.

At the back of this booklet is a form for you to use if you know of additional providers that we should list. Please fill it out and send it to us for possible future editions and so that we can update our electronic version which can be found at www.areaboard10.org Click on Self-Advocacy Corner.

Sincerely,
Elizabeth Lyons
President

Scott Barron
Chair, Grant Committee

INTRODUCCIÓN

Nos alegramos proveerle a usted este libro de recursos gratuitos or de bajo costo. Todos estábamos disgustados al saber de los recortes recientes a Medi-Cal. Nos preocupamos de donde vamos a recibir cuidado dental, exámenes de los ojos y servicios de oídos. Pore eso, aplicamos por el subsidio para crear este libro. Trabajamos como un equipo haciendo llamadas, mandando cartas, y buscando por el internet y otros recursos. Esperamos que les sea utilo.

Algunas cosas para recordar:

- 1) Los servicios en este libro son para los adultos; algunos ayudan a los niños también.
- 2) Hemos dividido el libro en las áreas de los centros regionales pero tal vez encuentre servicios en otras áreas mas cerca a usted, así no limite.
- 3) Aunque hicimos lo mejor que podriamos, no se pudimos encontrar todas los servicios en cada área. En otros casos, había demasiados recursos a la lista a todas. Algunos proveedores se enumeran más de una vez si proporcionan mas de una categoría de servicio.
- 4) Asegúrese de llamar antes de visitar el doctor, la clinica o otro servicio para confirmar la dirección, el horario, el costo y cualquier otra información.
- 5) Muchas clinicas requieren prueba de ingresos para recibir gratis o de bajo coste servicios.
- 6) Es posible que algunos proveedores no tienen experiencia específica sobre el tratamiento de personas con discapacidades.
- 7) Hicimos nuestro mejor esfuerzo para asegurar que este información sea lo más exacta posible desde de la fecha de publicación.
- 8) La Self-Advocacy Board (Auto-Defensa Junta) no aprobar a ninguno de los preveedores o clínicas escritos en este libro. No podemos garantizar la calidad de los servicios proveídos.

Los proveedores individuales escritos al principio de unas secciones del libro (marcados con *) son los que respondieron a nuestra petición de correo por su ayuda. Por favor de asegurese de darles las gracias por su tiempo donado o costo reducido. Tambien gracias a los empleados del Area Board 10 (Directiva Regional Numero 10) por su apoyo.

Si necesita ayuda en encontrando algun servicio que no encuentre en este libro, trate de pedir ayuda a familiares, amigos, empleados, o un centro regional; trate usar el internet, trate llamar el 211 o llamenos al 818-543-4631. Intentamos audarle a usted.

Al fin de este libro esta una forma que usted puede usar. Si conoce algún proveedor que debemos incluir en esta lista, por favor llene la forma y mándela para ediciones el futuro posibles y para que podamos arreglar (mejorar) la version electrónica que se puede encontrar al www.areaboard10.org Punta Self-Advocacy Corner.

Sinceramente,
Elizabeth Lyons
Presidente

Scott Barron
El presidente del comite de subvención

A HELPFUL LIST OF GENERAL RESOURCES TO START WITH UNA LISTA ÚTIL DE RECURSOS GENERALES PARA EMPEZAR

211 L.A. County

www.211lacounty.org

211 is an easy to remember phone number that can refer the caller to over 28,000 health and human service programs throughout Los Angeles County 24 hours per day, 7 days per week. If you can't find a service that you need in this booklet, call 211 for assistance.

911 – For emergencies that require immediate ambulance, police, or fire response.

Convalescent Aid Society

3255 E. Foothill Blvd., Pasadena, CA 91107
626-793-1696

www.convalescentaidsociety.org

Provides free loan of medical equipment such as wheelchairs, walkers, and hospital beds for people in Pasadena, Glendale, Burbank, San Gabriel Valley, and parts of Los Angeles.

Developmental Disabilities Area Board 10

411 N. Central Ave., Suite 620, Glendale, CA 91203
818-543-4631

www.areaboard10.org

As part of the State Council on Developmental Disabilities, this agency provides advocacy, trainings, conferences, and publications on a wide variety of rights issues including special education, employment, housing, transportation, and self-advocacy.

Disability Rights California

3580 Wilshire Blvd., Suite 902, Los Angeles, CA 90010
213-427-8747

www.disabilityrightsca.org

A public interest law firm that helps people with developmental disabilities or with mental illness to get legal assistance with benefits, regional center disputes, education, access to services in the community, and other issues.

Independent Living Centers (ILC's) are organizations which provide services for people with physical disabilities which include attendant referrals, advocacy, peer counseling, and information related to housing and transportation. There are 7 ILC's in Los Angeles County. They are:

Communities Actively Living Independent and Free (CALIF)

634 S. Spring Street, 2nd Floor, Los Angeles, CA 90014

213-627-0477

www.calif-ilc.org

Serves South Central, Hollywood, Mid-Wilshire, and Downtown

Community Rehabilitation Services (CRS)

4716 Cesar E. Chavez Avenue, Building B, Room 75

Los Angeles, CA 90022

323-266-0453

Serves Alhambra, Pasadena, and San Gabriel Valley

Disabled Resource Center (DRC)

2750 East Spring Street, Suite 100, Long Beach, CA 90806

562-427-1000

www.drcinc.org

Serves Long Beach and South Bay

Independent Living Center of Southern California (ILCSC)

14407 Gilmore Street, Suite 101, Van Nuys, CA 91401

818-785-6934

www.ilcsc.org

Serves Burbank, Glendale, San Fernando Valley, and Antelope Valley

Service Center for Independent Living (SCIL)

109 South Spring Street, Claremont, CA 91711

909-621-6722

www.ilc-clar.org

Serves San Gabriel Valley area

Southern California Rehabilitation Services (SCRS)

7830 Quill Drive, Suite D, Downey, CA 90242

562-862-6531

www.scrs-ilc.org

Serves Downey, Norwalk and parts of East and South Los Angeles

Westside Center for Independent Living (WCIL)

12901 Venice Boulevard, Los Angeles, CA 90066

310-390-3611

www.wcil.org

Serves Inglewood, Hawthorne, and the Westside

In-Home Support Services (IHSS)

888-944-4477

IHSS is a program that provides personal care, domestic assistance, minor medical services, and/or protective supervision so that eligible people with disabilities can live in their own home. IHSS applications are taken by phone. A social worker will make an appointment to come to your home to see if you are eligible and determine what services and the number of hours you are approved for. If approved, you can hire someone to provide those services. (Contact PASC on page 12 for more information.)

Los Angeles County Low Income Programs:

ATP (Ability to Pay)

1-800-378-9919 or 562-804-8105

lacountyhelps.org/applications/English/DHS_ATP_Eng_Nov06.pdf

For people who do not qualify for Medi-Cal to receive very low cost or free services at County clinics and hospitals. Monthly income must be not more than \$901 for a single person and not more than \$1,001 for a 2-person family in order to qualify for ATP at County clinics. You might also qualify for ATP for free hospital care, but the income requirements are a little different.

ORSA (Outpatient Reduced-Cost Simplified Application)

1-800-378-9919 or 562-804-8105

lacountyhelps.org/applications/English/DHS_ATP_Eng_Nov06.pdf

A County program for people on low income who do not qualify for Medi-Cal to receive free or very low cost services at County clinics for “outpatient” care (not hospitalizations). It is similar to the ATP plan above, but you can have a higher income. Medical services without these programs start at \$60.

Medi-Cal

1-877-597-4777

www.dhcs.ca.gov/individuals/Pages/MMCDConsumerGuide.aspx

Medi-Cal is the state funded health insurance for people on low incomes. Eligibility and application are through the Department of Public Social Services at the phone number listed here. There are three possible plans: Regular Medi-Cal, Health Net, or L.A. Care Health Plan. There are some

slight differences in services and costs. If you are already in regular Medi-Cal and you want to stay with it, you do not have to do anything. For information about Health Net, call 800-675-6110. For information about L.A. Care Health Plan, call 888-839-9909

Personal Assistance Services Council (PASC)

877-565-4477

www.pascla.org

The PASC is the employer of record for In-Home-Support-Services (IHSS) providers (see page 11) , operates a Registry of providers, and provides trainings to people who receive IHSS and to providers on many topics.

Regional Centers – 7 in Los Angeles County

Eastern Los Angeles Regional Center 626-299-4700 www.elarc.org

Harbor Regional Center 310-540-1711 www.harborrc.org

F. D. Lanterman Regional Center 213-383-1300 www.lanterman.org

North L. A. County Regional Center 818-778-1900 www.nlacrc.org

San Gabriel/Pomona Regional Center 909-620-7722 www.sgprc.org

South Central L. A. Regional Center 213-744-7000 www.sclarc.org

Westside Regional Center 310-258-4000 www.westsiderc.org

State-funded agencies that provide case management, purchase services, and develop community resources for eligible people with developmental disabilities. In some cases, the regional center might pay for a service that has been cut by Medi-Cal. Ask your service coordinator about this.

Sliding scale

You will see this term used throughout this book. It means that the cost of a service depends on your income. If your income is very low, the service might be free or very low cost such as \$1, \$5 or \$10 per visit. The fee for services gets bigger if your income is higher. Some doctors, clinics, or services will want to see proof of your income such as a check stub, bank statement, or tax form in order to figure out what fee you will pay.



AUDIOLOGY (HEARING) - RESOURCES FOR ALL AREAS AUDIOLOGÍA – RECURSOS PARA TODAS LAS ÁREAS

Audient

866-956-5400

www.audientalliance.org/about.php

Audient provides hearing aids at about a 50% discount from retail prices for people on low incomes. You can go to the website to download their simple 2-page application or call the phone number and they will send you one. If you qualify as low-income, you will be referred to a local audiologist. There are 75 models of hearing aids available. You would have to pay between \$700 and \$975 for one, or between \$1150 and \$1575 for two hearing aids.

Better Hearing Institute

www.betterhearing.org/pdfs/e-Guides/Financial_Assistance_for_Hearing_Aids.pdf

A 48-page guide that lists many national organizations that may help with hearing aid expenses, such as Elks Clubs, Masons, etc.

California Telephone Access Program (CTAP)

800-806-1191

www.ddtp.org

Provides specialized phones (with special volume controls, large or talking buttons, words converted into text, etc.) at no cost to people who are deaf or have disabilities. Download the application at the website and have it signed by a doctor or other certified professional. Instructions for mailing it are on the form.

Department of Rehabilitation (DR)

916-324-1313

www.rehab.cahwnet.gov/consumer.htm

This is the state department that helps Californians with disabilities to get jobs. If you are a DR client and your employment plan includes a special service in order to work, DR might provide it. This could include audiology assessments, communication technology, etc. There are 21 DR offices in L.A. County. Use the website or call the number to find the one near you.

Greater Los Angeles Agency on Deafness (GLAD)

2222 Laverna Ave., Los Angeles, CA 90041

323-478-8000

www.gladinc.org

Provides communication assistance, peer counseling, advocacy, independent living skills training, employment assistance, housing information, Lifesigns sign language interpreters, and information and referral for people who are deaf or hard of hearing.

Hearing Foundation

800-327-8077

www.hearingfoundation.org

Provides re-conditioned hearing aids for people on low incomes. You will need to provide a copy of a hearing test from the last 6 months, a note from a medical doctor certifying your ear passageways are clear, and proof of income. Once you do this, you are referred to a local audiologist who takes an impression of your ear and then orders your hearing aids. There is a loan fee of \$150 per hearing aid. The whole process takes from 2 to 6 weeks once you turn in your paperwork. This organization is supported by the Lions Club.

Starkey Hearing Foundation/Hear Now program

1-800-328-8602

www.sotheworldmayhear.org (Click on Programs, then click on Hear Now).

Provides new hearing aids if there is no other way to pay for it, such as by insurance, Medi-Cal, Dept of Rehab, etc. There is an application, including proof of income. If you are eligible, you would go to a local audiologist for an evaluation. Then you pay a non-refundable processing fee of \$125 per hearing aid (money order or cashier's check only) and the hearing aids are then ordered.

Helpful tip: In California, Medi-Cal might still cover hearing aids but will not pay for the hearing evaluation necessary to figure out what type of hearing aid is most suitable. Some hearing aid stores will provide a free hearing evaluation. It can't hurt to ask.



**AUDIOLOGISTS (Hearing Specialists) –
NORTH LOS ANGELES AREA
AUDIÓLOGOS – ÁREA DEL NORTE DE LOS ANGELES**

***Andres Godinez, AuD.**

4910 Van Nuys Blvd. Suite 201, Sherman Oaks, CA 91403

818-783-1035 Contact: Suzie

Will provide free consult. Digital hearing aid for \$800. Spanish is spoken.



**AUDIOLOGISTS (Hearing Specialists) –
SAN GABRIEL/POMONA AREA
AUDIÓLOGOS – ÁREA DEL SAN GABRIEL/POMONA**

***Hearing Aids and Medical Supply Center**

933 S. Sunset Ave., Suite 309, West Covina, CA 91790

626-856-1905 Contact: Devorah Mendoza

hearingaidprofessionals.net

Will provide hearing screening for 3 patients per week at \$10 each.

Spanish is spoken.



DENTAL RESOURCES FOR ALL AREAS DENTISTAS - RECURSOS PARA TODAS LAS ÁREAS

FRADS (Federally Required Dental Services)

www.denti-cal.ca.gov

This is a special program for dental emergencies only for adults who receive Medi-Cal. This is only if you have dental pain or a dental infection. Check with a dentist who previously took Medi-Cal and ask if they are currently providing Medi-Cal emergency treatment. Be sure to say that this is for a toothache or an infection. Routine care is NOT covered under this program. You can also try to find a dentist who will accept FRADS emergency Medi-Cal at the website listed here.

Los Angeles Dental Society

213-380-7669

<http://www.ladental.com/>

This association of dentists can help you find a dentist by area, specialty, and language. The website also has a list of low-cost clinics which can be found by clicking on "Find a Dentist."

Helpful tip: Even if a dentist no longer accepts Medi-Cal (or Denti-Cal), some may be willing to negotiate reduced rates or work out a payment plan.



DENTISTS – EAST LOS ANGELES AREA DENTISTAS - ÁREA DEL ESTE DE LOS ANGELES

Arroyo Vista (Lincoln Heights)

2411 N. Broadway, Los Angeles, CA 90031

323-987-2060

www.arroyovista.org

Provides dental care at 40% discount if you qualify with proof of income. Discounted rate for exam and x-ray would be \$54, basic teeth cleaning

would be \$39. Payment is required at the time of service. Spanish is spoken.

Buddhist Tzu Chi Free Clinic

1000 S. Garfield Ave., Alhambra, CA 91801

626-281-3383

tima.us.tzuchi.org/tima/home.nsf/home/index

The first dental visit is free. There is a charge for services after that, to be discussed with the dentist. Spanish, Vietnamese and Chinese are spoken.

Clinica Msr. Oscar Romero

2032 Marengo St., Los Angeles, CA 90033

323-987-1030

www.clinicaromero.com

Provides exams, x-rays, extractions, fillings, root canal procedures, etc. Dental clinic days at this location are Mondays and Tuesdays. New patients are only accepted on Tuesdays if you are one of the first 5 people in line at 7:30 AM. Services are on a sliding scale. Spanish is spoken.

L.A. County Roybal Health Center

245 S. Fetterly Ave., Los Angeles, CA 90022

323-780-2260

Free dental services for one year if you qualify as low income through County ORSA program. Can be renewed each year. Call for details. If you don't qualify as low income, the fee is \$60 per visit. Spanish is spoken.

St. John's Well Child and Family Center (Lincoln Clinic)

2512 Alta St., Los Angeles, CA 90031

323-441-2139

www.wellchild.org

You must be seen by their medical doctor first in order to get a referral to the dental clinic. Dental services include cleaning, fillings, and extractions. Services are by donation, with \$40 suggested for first visit, and \$20 suggested for visits after that, but no one is turned away if you can't pay.



DENTISTS – HARBOR AREA DENTISTAS – ÁREA DE HARBOR

***Dr. Campbell Century Dentists (2 locations):**

2211 East 7th St.
Long Beach, CA 90804
562-439-6562

1270 Sartori Ave.
Torrance, CA 90501
310-320-1471

www.drcampbell.com

Many reduced fees for services including exam and x-rays for \$30, basic teeth cleaning for \$45, etc. Your service coordinator or social worker needs to sign a form that you need reduced fees. Spanish is spoken.

L.A. County Long Beach Health Center

1333 Chestnut Ave., Long Beach, CA 90813
562-599-2153

Free or very low cost dental services for one year if you qualify as low income through County ATP or ORSA program. You must be referred to the dental clinic by the primary health center doctor. It can take several months to get an appointment. Walk-ins may be seen sooner, but there are no guarantees. Walk-in hours are 7:30 AM to 7 PM Mon-Fri. and 7:30 AM to 4 PM on Saturday. Spanish is spoken.

South Bay Healthcare Center

2114 Artesia Blvd., Redondo Beach, CA 90278
310-802-6170

www.sbfhc.org/index.htm

Provides basic dental care including x-rays, cleanings, and fillings. New patients usually wait several months for first appointment. A few new patients can be seen right away by calling Mondays at 7:45 AM. Services are free if you have very low income; otherwise sliding scale based on income. Spanish, Urdu, Hindi, Mandarin, and Taiwanese are spoken.



DENTISTS – LANTERMAN AREA DENTISTAS – ÁREA DE LANTERMAN

***Ibrahim Rabadi, D.D.S.**

2281 E. Washington Blvd., Pasadena, CA 91104

626-794-2606 Contact: Mari

Will see 3 patients per week for free exam and 3 patients per week for free teeth cleaning. Other services will be 20% discount. Armenian, Arabic, Russian, and Turkish are spoken.

***Dr. Campbell Century Dentists (2 locations):**

722 S. Spring St.

Los Angeles, CA 90014

213-624-6641

115 S. Los Robles Ave.

Pasadena, CA 91101

626-795-8628

www.drcampbell.com

Many reduced fees for services including exam and x-rays for \$30, basic teeth cleaning for \$45, etc. Your service coordinator or social worker needs to sign a form that you need reduced fees. Spanish is spoken.

Arroyo Vista (Highland Park)

6000 N. Figueroa St., Los Angeles, CA 90042

323-254-5221

www.arroyovista.org

Provides dental care at 40% discount if you qualify with proof of income. Discounted rate for exam and x-ray would be \$54; basic teeth cleaning would be \$39. Payment is required at the time of service. Spanish is spoken.

Chinatown Service Center

767 N. Hill St., Suite 200, Los Angeles, CA 90012

213-808-1700

www.cscla.org

Dental care services include preventive care, treatment, screenings, orthodontics, and teeth whitening. Payment is on a sliding scale. Many Chinese dialects and Asian languages are spoken.

Clinica Oscar Romero

318 S. Alvarado Ave., Los Angeles, CA 90057

213-201-2742

www.clinicaromero.com

New patients accepted for emergencies only (tooth-ache) and if you are one of the first 3 walk-ins, starting at 7 AM Monday through Friday.

Services are on a sliding scale. Spanish is spoken.

Community Health Alliance of Pasadena

1855 N. Fair Oaks Ave., Pasadena, CA 91103

626-398-5970

chapcare.org

Provides routine cleaning, exams, and fillings. Services are free only if the referral for dental is from their medical office. Otherwise it is a sliding scale, starting at \$65 for a complete exam, and \$40 to \$200 for teeth cleaning.

Eisner Pediatric and Family Medical Center

1530 S. Olive St., Los Angeles, CA 90015

213-747-5542

www.eisnerpedcenter.org/visitor_info.html

Cost is \$70 for exam and x-rays. Routine teeth cleaning is \$45. Fillings range from \$50 to \$90.

Queenscare Clinics (2 locations):

150 N. Reno St.

Los Angeles, CA 90026

213-380-7298

4618 Fountain Ave.

Los Angeles, CA 90029

323-953-7179

www.queenscarefamilyclinics.org

Queenscare has received a grant that will help cover some dental services no longer paid by Denti-Cal. They mainly serve people who live in zip codes: 90004, 90005, 90006, 90020, 90026, 90027, 90028, 90029, 90038 and 90057, as well as a 10-mile radius from Sunset and Vermont. Other parts of L.A. County might qualify.

Saban Free Clinic (Los Angeles Free Clinic)

8405 Beverly Blvd., Los Angeles, CA 90048

323-653-1990

www.thesabanfreeclinic.org

All dental services are free with proof of low income. Services include exam and x-rays, extractions, fillings, and basic cleanings. Very few new patients accepted because of budget cutbacks.



DENTISTS – NORTH LOS ANGELES AREA DENTISTAS – ÁREA DEL NORTE DE LOS ANGELES

***Judith Pabst, D.D.S.**

7345 Medical Center Drive, West Hills, CA 91307

818-346-6262 Contact: Josefina

pediatricdentistryandorthodontics.com

Will see 2 patients per week for \$10 for exam and \$20 for teeth cleaning. Other services if necessary (x-rays, fillings) will be at a 50% discount. Spanish is spoken. Although this is primarily a pediatric practice, she services adults with special needs.

***Dr. Campbell Century Dentists**

12820 Victory Blvd., North Hollywood, CA 91606

818-762-0680

www.drcampbell.com

Many reduced fees for services including exam and x-rays for \$30, basic teeth cleaning for \$45, etc. Your service coordinator or social worker needs to sign a form that you need reduced fees. Spanish is spoken.

MEND (Meet Each Need with Dignity)

10641 N. San Fernando Rd., Pacoima, CA 91331

818-896-0246

www.mendpoverty.org

Only 10 free dental appointments are raffled off each month on the third Wednesday of the month at 10:00 AM. Free services include exam, x-rays, dental cleaning, fillings, etc. You must live in either: Lake View Terrace, Pacoima, Arleta, North Hills, Mission Hills, Sylmar, or San Fernando to receive their services.

Mission City Health Network

15206 Parthenia St., North Hills, CA 91343

818-895-3100 ext 659

www.mccn.org

Lowest cost services include: x-ray and exam for \$35, basic cleaning for \$35, basic filling for \$35, and simple extraction for \$35. Costs may be higher, depending on income.

Radmand Dental Group

15720 Ventura Blvd., Suite 609, Encino, CA 91436

818-385-3500

www.baldwinparkhealthcenter.com

Serves individuals with special needs. The regional center may be billed for emergency services for adults. Adults needing non-emergency dental services would be charged Denti-Cal rates.

Valley Community Clinic

6801 Coldwater Canyon, North Hollywood, CA 91601

818-301-6377

www.valleycommunityclinic.org

To make sure you are accepted into the dental clinic, you must be referred by their medical clinic first. Otherwise, you can walk in at either 8 AM or 1 PM Monday through Friday and see if there is a cancellation or a no-show. Fees are on a sliding scale depending on income. First visit includes exam and x-rays and costs \$40 minimum. Fillings are \$54 and up. Spanish is spoken.

UCLA Dental Clinic at Mission Community Hospital

732 Mott St., Suite 101, San Fernando, CA 91340

818-837-0398

www.mchonline.org/sf_campus.asp

Services are reduced cost, depending on income. Full x-rays are \$76, and x-rays of a limited mouth area are \$48. Other costs start at: \$62 for cleanings, \$62 for fillings, \$76 for extractions, and \$327 for root canal.



DENTISTS – SAN GABRIEL/POMONA AREA DENTISTAS – ÁREA DE SAN GABRIEL/POMONA

Herald Christian Health Center

923 S. San Gabriel Blvd., San Gabriel, CA 91766

626-286-8700

www.cchcla.org/eng/clinic.html

First visit is \$10 for registration plus \$10 for x-rays. Reduced fees for other services include \$25 for teeth cleaning and fillings for \$35 and up. Chinese is spoken.

L. A. County El Monte Health Center

10955 Ramona Blvd., El Monte, CA 91731

800-383-4600

Free or very low cost dental services for one year if you qualify as low income through County ATP or ORSA program. Can be renewed each year. Call for details. If you don't qualify as low income, the fee is \$60 per visit. Spanish, Cantonese and Mandarin are spoken.

Radmand Dental Group

4070 Sterling Way, Baldwin Park, CA 91706

626-480-7777

www.baldwinparkhealthcenter.com

Serves individuals with special needs. The regional center may be billed for emergency services for adults. Adults needing non-emergency dental services would be charged Denti-Cal rates.



**DENTISTS – SOUTH CENTRAL AREA
DENTISTAS – ÁREA DE SUR CENTRO**

***Dr. Campbell Century Dentists**

6318 Pacific Blvd., Huntington Park, CA 90255

323-588-4869

www.drcampbell.com

Many reduced fees for services including exam and x-rays for \$30, basic teeth cleaning for \$45, etc. Your service coordinator or social worker needs to sign a form that you need reduced fees. Spanish is spoken.

L.A. County Health Services (3 locations):

Hubert Humphrey Health Center
5850 S. Main St., Los Angeles, CA 90003
323-846-4287

Martin Luther King Drew Medical Center
12021 S. Wilmington Ave., Los Angeles, CA 90059
310-668-4201

This clinic is for oral surgery only, such as extractions (pulling teeth).

Hudson Dental Clinic
2829 S. Grand Ave. #229, Los Angeles, CA 90007
213-744-3623

Free or very low cost dental services for one year if you qualify as low income through County ATP or ORSA program. Can be renewed each year. Call for details. If you don't qualify as low income, the fee is \$60 per visit. Spanish spoken

St. John's Well Child and Family Center (4 clinics in South Central area):

1910 S. Magnolia Ave., Suite 101
Los Angeles, CA 90007
213-749-0947

6505 8th Ave.
Los Angeles, CA 90043
323-750-9232

5701 S. Hoover St.
Los Angeles, CA 90037
323-541-1400

2115 N. Wilmington Ave.
Compton, CA 90222
310-603-1332

www.wellchild.org

You must be seen by their medical doctor first in order to get a referral to the dental clinic. Dental services include cleaning, fillings, and extractions. Services are by donation, with \$40 suggested for first visit, and \$20 suggested for visits after that, but no one is turned away if you can't pay.

USC School of Dentistry (2 clinics)-Dental students supervised by faculty.

Dental Clinic

925 W. 34th St., Los Angeles, CA 90089

888-872-3368

No appointment necessary. They see the first 15 patients who come on Mon, Wed, and Thurs at 7:30 AM, and the first 15 patients who come on Mon, Tues, Wed, and Thurs at 12:30 PM.

Special Patients Clinic

925 W. 34th St. Room 144, Los Angeles, CA 90089

213-740-5094

Specializes in dental care for people who have medical conditions and disabilities, including autism. They use an individualized approach depending on the person's special needs. No new patients being taken until August, 2010.

dentistry.usc.edu

\$88 fee for first visit (includes exam, x-rays, and treatment plan with student dentists). Other fees depend on procedures needed, but are 10% to 30% less than private dentists, such as basic cleaning is \$50.

Watts Health Center Dental Clinic

10300 S. Compton Ave., Los Angeles, CA 90002

323-564-4331

www.wattshealth.org

Dental clinic provides x-rays, cleanings, fillings and extractions. Sliding scale starts at \$50. Come in first to register with proof of income and residence (anywhere in L.A.) before appointment is given. Spanish spoken.



**DENTISTS – WESTSIDE AREA
DENTISTAS – ÁREA DEL OESTE**

***Dr. Campbell Century Dentists (2 locations):**

10842 Washington Blvd

Culver City, CA 90230

310-559-2935

257 S. Market St.

Inglewood, CA 90301

310-677-4767

www.drcampbell.com

Many reduced fees for services including exam and x-rays for \$30, basic teeth cleaning for \$45, etc. Your service coordinator or social worker needs to sign a form that you need reduced fees. Spanish is spoken.

Southbay Healthcare Center

742 W. Gardena Blvd., Gardena, CA 90247

310-802-6170 (appointments)

www.sbfhc.org

Provides basic dental care including x-rays, cleanings, and fillings. New patients usually wait several months for first appointment. A few can be seen right away by calling Mondays at 7:45 AM. Services are free if you have very low income; otherwise sliding scale based on income. Several languages are spoken.

UCLA School of Dentistry Clinic

10833 Le Conte Ave., Los Angeles, CA 90095

310-206-3904

www.dent.ucla.edu/PatientCare

Services are usually 50% lower than private dentists as this is a teaching institution. Dental work is done by students and residents and supervised by faculty dentists. Many languages are spoken.

UCLA Venice Dental Clinic

323 Lincoln Blvd.

Venice, CA. 90291

310-392-4103

www.dent.ucla.edu/PatientCare

Same information as above. Dental exam is \$55; x-rays are \$75. Spanish is spoken.



FOOD RESOURCES FOR ALL AREAS RECURSOS DE COMIDA PARA TODAS LAS ÁREAS

City of Los Angeles Department of Aging

213-252-4000

aging.lacity.org

For seniors age 62 and older or for adults with disabilities over 18 who live in the City of Los Angeles (and parts of the San Fernando Valley), call this number to find out locations of the senior multi-purpose center nearest you where free meals are served, or how to have meals delivered to homebound seniors who cannot come to one of the centers.

County of Los Angeles Area Agency on Aging

213-738-4004

lacounty.gov/wps/portal/lac

For seniors age 60 and older or for adults with disabilities over 18 who live in the County of Los Angeles, call this number to find out locations of the senior service center or other contracted agency nearest you where free meals are served, or how to have meals delivered to homebound seniors who cannot come to one of the meal locations.

Meals on Wheels

213-252-4000 (City of L.A.) or 213-738-4004 (County of L.A.)

www.mealcall.org/meals-on-wheels/ca/los-angeles.htm

Meals on Wheels is a home-delivered meal program for seniors and people with disabilities. You can also call 211 (information line) or use the website listed here.

Project Angel Food

323-845-1800

www.angelfood.org

A meals-on-wheels type program for children and adults with HIV/AIDS and other serious illnesses. Meals are delivered on either a daily or weekly basis.

SNAP (Supplemental Nutrition Assistance Program)

877-597-4777

www.fns.usda.gov/snap

SNAP is the new Food Stamp Program. If you are single, have a disability or are over 65 years old, and your income is not more than \$1404 per month, you could qualify. If there are more people in your family, the allowed income is higher. Call this number and they will refer you to your local Department of Public Social Services (DPSS) office. You can go there Monday to Friday from 8 AM to 4PM to apply. If you are eligible, you are given a Golden State Card (looks like a credit card) which is loaded every month with money to purchase groceries. It is accepted at various grocery stores and also at some restaurants such as Subway or El Pollo Loco.



FOOD BANKS AND SERVICES – EAST LOS ANGELES AREA BANCOS Y SERVICIOS DE COMIDA – ÁREA DEL ESTE DE LOS ANGELES

This is a partial list of some of the food banks in this area. CALL FIRST to find out what days and times they distribute food and if they have eligibility requirements. There are others which can be found by calling 211 or going to the website: www.lafoodbank.org

COMMERCE:

City of Commerce
5550 Harbor St.
Commerce, CA 90040
323-887-4460

East Los Angeles Service Center
133 N. Sunol Dr.
Los Angeles, CA 90063
323-260-2801

For people who live in zip codes 90023, 90033, 90063 who are on low income. Must bring proof of income and address.

EAST LOS ANGELES:

Centro Maravilla Service Center
4716 E. Cesar Chavez Ave.
Los Angeles, CA 90022
323-260-2804

Eastmont Community Center
701 Hoefner Ave.
Los Angeles, CA 90022
323-726-7998

For people who live in zip codes 90022 and 90023 who are on low income. Must bring proof of income and address.

Our Lady of Guadalupe Church
4509 Mercury Ave.
Los Angeles, CA 90032
323-225-4201

MONTEBELLO:

Montebello Watch
1033 S. Maple Ave.
Montebello, CA 90640
626-810-5833

MONTEREY PARK:

St. Stephens
122 Ramona Ave.
Monterey Park, CA 91754
626-573-9984

PICO RIVERA:

Iglesia del Familia del dios
4323 Amistad Ave.
Pico Rivera, CA 90660
562-699-3219

SANTA FE SPRINGS:

Florence Avenue Foursquare
11457 E. Florence Ave.
Santa Fe Springs, CA 90670
562-868-2234

WHITTIER:

First Family Church
8434 S. Greenleaf Ave.
Whittier, CA 90602
626-893-1236

Interfaith Food Center
14545 Leffingwell Rd.
Whittier, CA 90604
562-903-1478

Los Nietos Senior Center
11640 W. Slauson Ave.
Whittier, CA 90606
562-699-9898

For people who live in zip codes
90605 and 90606 who are on low
income.



**FOOD BANKS AND SERVICES – HARBOR AREA
BANCOS Y SERVICIOS DE COMIDA – ÁREA DE HARBOR**

This is a partial list of some of the food banks in this area. CALL FIRST to find out what days and times they distribute food and if they have eligibility requirements. There are others which can be found by calling 211 or going to the website: www.lafoodbank.org

CARSON:

Jesus Christ the Redeemer
755 E. 223rd St.
Carson, CA 90745
310-522-9075

HERMOSA BEACH:

Hope Chapel
2420 Pacific Coast Highway
Hermosa Beach, 90254
310-374-4673

LOMITA:

His Helping Hands
25501 Oak St.
Lomita, CA 90717
310-326-2757

LONG BEACH:

Dominguez United Methodist
21503 S. Prospect
Long Beach, CA 90810
310-835-0137

Helping In Services, Inc.
1535 Gundry Ave.
Long Beach, CA 90813
562-591-8778

Second Samoan Congregational
655 Cedar Ave.
Long Beach, CA 90802
562-628-9282

NORWALK:

Norwalk Department of Social
Services
11929 Alondra Blvd.
Norwalk, CA 90650
562-929-5544

SAN PEDRO:

San Pedro Service Center
769 W. Third St.
San Pedro, CA 90731
310-519-6091

San Pedro Temple Corps
138 S. Bandini St.
San Pedro, CA 907331
310-832-7228

TORRANCE:

St. Catherine Laboure Catholic
Church
3846 Redondo Beach Blvd.
Torrance, CA 90504
310-329-0993

WILMINGTON:

Calvary Light Christian Church
1101 N. Lakme Ave.
Wilmington, CA 90744
310-830-3043



FOOD BANKS AND SERVICES – LANTERMAN AREA BANCOS Y SERVICIOS DE COMIDA – ÁREA DE LANTERMAN

This is a partial list of some of the food banks in this area. CALL FIRST to find out what days and times they distribute food and if they have eligibility requirements. There are others which can be found by calling 211 or going to the website: www.lafoodbank.org

BURBANK:

Burbank Temporary Aid Center
1304 W. Burbank Blvd.
Burbank, CA 91506
818-848-2822

GLENDALE:

Loaves and Fishes
4322 San Fernando Rd.
Glendale, CA 91204
818-409-3080

Salvation Army
320 W. Windsor Rd.
Glendale, CA 91204
818-246-5586

HOLLYWOOD:

Hollywood Community Housing
5020 W. Santa Monica Blvd.
Los Angeles, CA 90029
323-469-0710

Catholic Charities
4665 Willow Brook Ave.
Los Angeles, CA 90029
323-662-4392

LOS ANGELES:

Grace Presbyterian Church
115 N. Avenue 53
Los Angeles, CA 90042
818-957-8090

Immanuel Presbyterian Church
668 Catalina Ave.
Los Angeles, CA 90010
213-389-3191

Jewish Family Services
Community Food Resource
Program
Sova Food Bank
7563 Beverly Blvd.
Los Angeles, CA 90036

PASADENA:

Emergency Food and Clothing
444 E. Washington Blvd.
Pasadena, CA 91104
626-797-2402

Foothill Unity Center
191 N. Oak Ave.
Pasadena, CA 91107
626-584-7420

Salvation Army
1000 E. Walnut St.
Pasadena, CA 91106
626-773-4400



**FOOD BANKS AND SERVICES –
NORTH LOS ANGELES COUNTY AREA
BANCOS Y SERVICIOS DE COMIDA –
ÁREA DEL NORTE DE LOS ANGELES**

This is a partial list of some of the food banks in this area. CALL FIRST to find out what days and times they distribute food and if they have eligibility requirements. There are others which can be found by calling 211 or going to the website: www.lafoodbank.org

LANCASTER:

Grace Resource Center
45134 N. Sierra Highway
Lancaster, CA 93534
661-940-5272

NORTH HOLLYWOOD:

St. Charles Service Center
10825 Moorpark St.
North Hollywood, CA 91602
818-766-3838

NEWHALL:

Santa Clarita Valley Food Pantry
24133 Railroad Ave.
Newhall, CA 91321
661-255-9078

NORTHRIDGE:

St. Mary and St. Athanius
17431 Roscoe Blvd.
Northridge, CA 91325
818-342-4414

Salvation Army-Santa Clarita
Valley Service Center
24271 Main St.
Newhall, CA 91321
661-254-0070

PACOIMA:

Cornerstone Christian Ministry
11449 Sproule Ave.
Pacoima, CA 91331
818-324-2131

NORTH HILLS:

Centro de Vida
9251 Burnet Ave.
North Hills, CA 91343
818-892-2838

MEND – Meet Each Need with
Dignity

10641 N. San Fernando Rd.
Pacoima, CA 91331
818-897-2443

mendpoverty.org

PALMDALE:

Palmdale Foursquare Church
 38325 10th St. East
 Palmdale, CA 93550
 661-947-2938

SANTA CLARITA:

Canyon Country Adult Community
 18701 Flying Tiger Dr.
 Santa Clarita, CA 91351
 661-251-2900

SAUGUS:

Santa Clarita Valley Food Pantry
 26705 Bouquet Canyon
 Saugus, CA 91350
 661-255-9078

TUJUNGA:

Tujunga United Methodist
 9901 Tujunga Canyon Blvd.
 Tujunga, CA 91042
 818-352-1481

VAN NUYS:

San Fernando Valley Service
 Center/Food Net
 7555 Van Nuys Blvd.
 Van Nuys, CA 91405
 818-901-3501

Jewish Family Services –
 Community Food Resource
 Program
 SOVA Food Bank
 16439 Vanowen St.
 Van Nuys, CA 91406



**FOOD BANKS AND SERVICES –
 SAN GABRIEL/POMONA AREA
 BANCOS Y SERVICIOS DE COMIDA –
 ÁREA DE SAN GABRIEL/POMONA**

This is a partial list of some of the food banks in this area. CALL FIRST to find out what days and times they distribute food and if they have eligibility requirements. There are others which can be found by calling 211 or going to the website: www.lafoodbank.org

ALTADENA:

Altadena Seventh Day Adventist
 Church
 2609 N. Lincoln Ave.
 Altadena, CA 91001
 626-794-3953

AZUSA:

St. Francis of Rome
 501 E. Foothill Blvd.
 Azusa, CA 91702
 626-969-1829

Village Covenant
5607 N. Barranca Ave.
Azusa, CA 91702
626-335-4013

BALDWIN PARK:

Cory's Kitchen
13020 Francisquito Ave.
Baldwin Park, CA 91706
626-305-0392

COVINA:

Covina Assembly of God
250 E. San Bernardino Rd.
Covina, CA 91723
626-966-4488

EL MONTE:

Catholic Charities
4171 Tyler Ave.
El Monte, CA 91731
626-575-7652

HACIENDA HEIGHTS:

St. John Vianney Church
1345 Turnbull Canyon Rd.
Hacienda Heights, CA 91745
626-575-7652

Also has a special program that might help with utility bills.

LA PUENTE:

Iglesia Esmirna Cuadrangular
14832 Valley Blvd.
La Puente, CA 91744
626-343-6175

MONROVIA:

Foothill Unity Center
415 W. Chestnut Ave.
Monrovia, CA 91016
626-358-3486

POMONA:

Pomona Inland Valley Council
1095 W. Grand Ave.
Pomona, CA 91766
909-622-7278

Salvation Army
490 E. La Verne Ave.
Pomona, CA 91767
909-623-1579

SOUTH EL MONTE:

San Gabriel Valley Service Center
1441 Santa Anita Ave.
South El Monte, CA 91733
626-575-5431

For people who live in South El Monte, El Monte, Baldwin Park or Rosemead who are on low income. Must bring proof of address.



FOOD BANKS AND SERVICES – SOUTH CENTRAL AREA BANCOS Y SERVICIOS DE COMIDA--ÁREA DE SUR CENTRO

This is a partial list of some of the food banks in this area. CALL FIRST to find out what days and times they distribute food and if they have eligibility requirements. There are others which can be found by calling 211 or going to the website: www.lafoodbank.org

BELL GARDENS:

Mission Cristiana
6315 Eastern Ave.
Bell Gardens, CA 90201
323-600-3191

HUNTINGTON PARK:

Southeast Church
2780 E. Gage Ave.
Huntington Park, CA 90255
323-585-8254

COMPTON:

Our Lady of Victory
409 E. Palmer St.
Compton, CA 90221
310-631-5100

LENNOX:

St. Margaret's Center
10217 Inglewood Ave.
Lennox, CA 90304
310-672-2208

East Rancho Dominguez Service
Center
4513 E. Compton Blvd.
Compton, CA 90221
310-603-7401

LOS ANGELES:

Bethel AME Church
7919 S. Western Ave.
Los Angeles, CA 90047
323-779-4454

DOWNEY:

Trinity Baptist Church
8219 Florence Ave.
Downey, CA 90240
562-807-2371

Los Angeles Central City
650 W. 21st St.
Los Angeles, CA 90007
213-422-7178

FLORENCE / FIRESTONE:

Community Service Center
7807 S. Compton Ave.
Los Angeles, CA 90001
323-586-6502

LYNWOOD:

Shields for Families
11705 Deputy Yamamoto Place
Lynwood, CA 90262
323-357-6930 extension 4233

MAYWOOD:

Iglesia Betania
 3801 E. Slauson Ave.
 Maywood, CA 90270
 323-582-8547

PARAMOUNT:

Care Foundation
 8206 Alondra Blvd.
 Paramount, CA 90723
 562-272-7647

SOUTHGATE:

Apostolic Assembly
 5792 Main St.
 Southgate, CA 90280
 562-833-4804

WATTS:

Watts Labor Community Action
 958 E. 108th St.
 Los Angeles, CA 90059
 323-563-4700
www.wlcac.org

WILLOWBROOK:

Senior Center
 12915 Jarvis Ave.
 Los Angeles, CA 90061
 310-603-3358



FOOD BANKS AND SERVICES – WESTSIDE AREA BANCOS Y SERVICIOS DE COMIDA – ÁREA DEL OESTE

This is a partial list of some of the food banks in this area. CALL FIRST to find out what days and times they distribute food and if they have eligibility requirements. There are others which can be found by calling 211 or going to the website: www.lafoodbank.org

CULVER CITY:

St. Augustine
 3820 Jasmine Ave.
 Culver City, CA 90232
 310-838-2702

Asian Service Center
 14112 S. Kingsley Dr.
 Gardena, CA 90249
 310-217-7300

For people who live in zip codes 90247, 90248, 90249 who are on low income. Must bring proof of income and address.

GARDENA:

Gardena Seventh Day Adventist Church
 16113 S. Denker Ave.
 Gardena, CA 90247
 310-324-3992

HAWTHORNE:

St. Joseph Catholic Church
11886 S. Acacia Ave.
Hawthorne, CA 90250
310-677-7380

INGLEWOOD:

Breath of Life
425 S. La Brea
Inglewood, CA 90301
310-837-8782

Los Angeles Faith Chapel
3818 W. Imperial Highway
Inglewood, CA 90303
310-677-0270

Westside LAX Pantry
355 E. Beach St.
Inglewood, CA 90302
310-677-5597

LOS ANGELES:

Jewish Family Services
Community Food Resource
Program
Sova Food Bank
8846 W. Pico Blvd.
Los Angeles, CA 90035

St. Gerard's
4430 Inglewood Blvd.
Los Angeles, CA 90066
310-398-7261
Serves people living in parts of
West Los Angeles and Culver
City. Bring proof of address.

SANTA MONICA:

Delaware Avenue Food Bank
1845 20th St.
Santa Monica, CA 90404
310-450-0919

Salvation Army
1533 4th St.
Santa Monica, CA 90401
310-451-1358



OPTOMETRY RESOURCES FOR ALL AREAS RECURSOS PARA TODAS LAS ÁREAS DE OPTOMETRÍA

Braille Institute

741 N. Vermont Ave.
Los Angeles, CA. 90029
323-663-1111

www.brailleinstitute.org

Service organization for people with visual impairment. They offer more than 200 classes and programs in daily living techniques, mobility training, as well as enrichment and recreation. They can provide referrals to appropriate community resources for eye care needs. Most services free.

California Vision Foundation

1-800-877-5738

www.californiavision.org/patients.html

Matches individuals with low incomes to volunteer optometrists in your area who will provide free eye exams, free frames, and low cost standard single-vision or bifocal glasses. Does not cover contact lenses. Average waiting period is 2 to 3 months. There is a \$10 registration fee.

Eye Care America

www.eyecareamerica.org

Provides eye care through volunteer ophthalmologists (eye M.D.'s) at no cost to those who are 65 or older and have not seen an eye doctor in three or more years or to those at risk for glaucoma (by age, race, and family history) who have not had an eye exam in 12 or more months. The program does not pay for eyeglasses, surgery and medications. Supported by the Knights Templar Eye Foundation.

New Eyes For the Needy

973-376-4903

www.neweyesfortheneedy.com

Due to the budget crisis, this program is not accepting individual applications. However, your regional center service coordinator can submit an agency application, and if approved, the regional center will receive a voucher for you, which covers a basic pair of single or bifocal glasses. Then you can take the voucher to any optician in your area who is willing to

accept the rates printed on the voucher that the program will pay. The program does not pay for eye exams.

Eye Buy Direct

www.eyebuydirect.com

Website for purchasing prescription eyeglasses that start at \$7.95 and up.

Helpful tip: Medi-Cal has cut basic optometry benefits, but it has not cut ophthalmology benefits. Some ophthalmologists might provide basic eye exams and eyeglass prescriptions, but you would have to ask first.



OPTOMETRISTS – EAST LOS ANGELES AREA OPTOMETRISTAS – ÁREA DEL ESTE DE LOS ANGELES

***David Duenas, O.D. and Van T. Ly, O.D.**

114 N. Garfield Ave., Montebello, CA 90640

323-722-1816 Contact: Sylvia

Will provide one free eye exam on Tuesdays and Thursdays. Spanish is spoken.

Arroyo Vista Family Health Center (Lincoln Heights)

2411 N. Broadway St., Los Angeles, CA 90031

323-987-2070 ext. 2070

www.arroyovista.org

If you qualify as low income, you pay \$20 for the office visit. There are separate fees for labs and procedures. Some are discounted. Services include eye exams, eyeglasses, and glaucoma screening. You must bring picture i.d., proof of address and proof of income to qualify as low income. Spanish is spoken.

L.A. County Roybal Health Center

245 S. Fetterly Ave., Los Angeles, CA 90022

323-780-2260

Free or very low cost basic eye care services for one year if you qualify as low income through County ORSA program. Can be renewed each year. Call for details. Spanish is spoken.



OPTOMETRISTS – HARBOR OPTOMETRISTAS – ÁREA DE HARBOR

Center for the Partially Sighted

22340 Hawthorne Blvd., Torrance, CA.

310-988-1970

www.low-vision.org

Provides eye exams to people with low vision. Minimum fee is approximately \$65 for the exam but it can be paid in two payments. People who pay the discounted rates will see an intern who is supervised by a specialist. There is no discount on glasses, but a payment plan can be arranged.

Los Angeles County Harbor – UCLA Medical Center Eye Clinic

1000 W. Carson St., Torrance, CA 90502

310-222-2734

www.ladhs.org/wps/portal/HarborHomepage

Free eye care services (exams, eyeglasses, surgery) for one year if you qualify as low income through County ORSA program. Can be renewed each year. You must be referred by your regular doctor. The current waiting list for new patients is approximately 6 months. Spanish is spoken.

L.A. County Long Beach Health Center

1333 Chestnut Ave., Long Beach, CA 90813

562-599-2153

Free or very low cost basic optometry services for one year if you qualify as low income through County ORSA program. They give eyeglass prescriptions, but you must purchase glasses at the store of your choice. You must be referred to the eye clinic by the primary health center doctor. It can take several months to get an appointment. Walk-ins may be seen sooner, but there are no guarantees. Walk-in hours are 7:30 AM to 7 PM Mon-Fri. and 7:30 AM to 4 PM on Saturday. Spanish is spoken.



OPTOMETRISTS – LANTERMAN AREA OPTOEMTRISTAS – ÁREA DE LANTERMAN

***Alisa Barnes, O.D.**

623 W. 6th St., Los Angeles, CA 90017

310-629-4691 Contact: Roxie Garcia

www.downtownlavisioncenter.com

Will provide eye exams for 3 patients per week for \$10 each and 20% discount on frame and lenses.

Arroyo Vista Family Health Center (Highland Park)

6000 N. Figueroa St., Los Angeles, CA 90042

323-254-5221 ext.3118

www.arroyovista.org

If you qualify as low income, you pay \$20 for the office visit. There are separate fees for labs and procedures. Some are discounted. Services include eye exams, eyeglasses, and glaucoma screening. You must bring picture i.d., proof of address and proof of income to qualify as low income. Spanish is spoken.

Center for the Partially Sighted

7462 N. Figueroa #102, Los Angeles, CA 90041

310-988-1970

www.low-vision.org

Provides eye exams to people with low vision. Minimum fee is approximately \$65 for the exam but it can be paid in two payments. People who pay the discounted rates will see an intern who is supervised by a specialist. There is no discount on glasses, but a payment plan can be arranged.

Queenscare Clinics (2 locations):

150 N. Reno St.

Los Angeles, CA 90026

213-380-7298

4618 Fountain Ave.

Los Angeles, CA 90029

323-953-7179

www.queenscarefamilyclinics.org

Provides screening for all eye conditions, emergency eye services, and prescription eyeglasses available at reduced rates. Spanish is spoken.



**OPTOMETRISTS – NORTH LOS ANGELES COUNTY AREA
OPTOMETRISTAS –
ÁREA DEL NORTE DE LOS ANGELES**

***David Duenas, O.D. and Van T. Ly, O.D.**

8043 Foothill Blvd., Sunland, CA 91040

818-353-7575 Contact: Sabrina

Will provide one free eye exam on Wednesdays and Fridays. Spanish is spoken.

Center for the Partially Sighted

18425 Burbank Blvd. #706, Tarzana, CA.

818-705-5954

www.low-vision.org

Provides eye exams to people with low vision. Minimum fee is approximately \$65 for the exam but it can be paid in two payments. People who pay the discounted rates will see an intern who is supervised by a specialist. There is no discount on glasses, but a payment plan can be arranged.

Valley Community Clinic

6801 Coldwater Canyon Ave., North Hollywood, CA 91605

818-764-7047

www.valleycommunityclinic.org

Provides eye exams, prescription lenses and frames, glaucoma testing, eyeglass fittings, and follow-up care. Sliding fee scale. Spanish is spoken.



**OPTOMETRISTS – SAN GABRIEL/POMONA AREA
OPTOMETRISTAS – ÁREA DE SAN GABRIEL/POMONA**

***Kieutien Tonnu, O.D.**

1101 E. Holt Ave., Suite D, Pomona, CA 91767

909-620-4546 Contact: Lucie Tonnu

Will provide free eye exams to 2 patients per week and 50% off frame and lenses for 2 patients per week. Spanish and Vietnamese are spoken.

L. A. County El Monte Health Center

10955 Ramona Blvd., El Monte, CA 91731

800-383-4600

Free or very low cost basic eye care services for one year if you qualify as low income through County ATP or ORSA program. Can be renewed each year. Call for details. Spanish, Cantonese and Mandarin are spoken.



**OPTOMETRISTS – SOUTH CENTRAL AREA
OPTOMETRISTAS – ÁREA DE SUR CENTRO**

Optometric Center of Los Angeles

Southern California College of Optometry

3916 S. Broadway, Los Angeles, CA 90037

323-234-9137

www.sccoeyecare.com/ocla

Vision care is provided by optometry students who are supervised by optometrists. \$60 for complete exam; glasses start at \$72. Other costs depend on service provided. Spanish is spoken.



**OPTOMETRISTS – WESTSIDE AREA
OPTOMETRISTAS – ÁREA DEL OESTE**

***Douglas Levy, O.D.**

808 Wilshire Blvd., Suite 140, Santa Monica, CA 90401

310-393-3234

www.drlevyeyecare.com

Will provide one free eye exam per month. Includes refraction, glaucoma testing, cataract testing, retinal testing and overall ocular health testing. Spanish is spoken.

Center for the Partially Sighted

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

310-988-1970

www.low-vision.org

Provides eye exams to people with low vision. Minimum fee is approximately \$65 for the exam but it can be paid in two payments. People who pay the discounted rates will see an intern who is supervised by a specialist. There is no discount on glasses, but a payment plan can be arranged.



PODIATRY RESOURCES FOR ALL AREAS PODOLOGÍA RECURSOS PARA TODAS LAS ÁREAS

Los Angeles County Podiatric Medical Society

310-514-9072

www.lacpms.com

They can refer to podiatrists in your area. Although Medi-Cal no longer covers podiatric care, some podiatrists may be willing to arrange a discount with you.

Helpful tip: Medi-Cal will still cover podiatrists if the service is related to diabetes. Also, since Medi-Cal still covers primary care physicians, you may be able to get limited foot care from your regular doctor.



PODIATRISTS – EAST LOS ANGELES AREA PODÓLOGOS – ÁREA DEL ESTE DE LOS ANGELES

L.A. County Roybal Health Center

245 S. Fetterly Ave., Los Angeles, CA 90022

323-780-2260

Free or very low cost basic foot care services for one year if you qualify as low income through County ORSA program. Can be renewed each year. Call for details. Spanish is spoken.



**PODIATRISTS – LANTERMAN AREA
PODÓLOGOS – ÁREA DE LANTERMAN**

Arroyo Vista Family Health Center (Highland Park)

6000 N. Figueroa St., Los Angeles, CA 90042

323-254-5221 ext. 3100

www.arroyovista.org

If you qualify as low income, you pay \$20 for the office visit. There are separate fees for labs and procedures. Some are discounted. Services include toe nail removal and fungus removal. You must bring picture i.d., proof of address and proof of income to qualify as low income. Spanish is spoken.

Queenscare Clinic (Echo Park)

150 N. Reno St., Los Angeles, CA 90026

213-380-7298

www.queenscarefamilyclinics.org

The podiatrist is there only on Monday and Friday afternoons. If your need is not urgent, it can take 2 to 3 months to schedule a new patient. First time consultation is \$55 and follow-up visits are \$38. Other charges vary depending on the procedure. There are several Queenscare clinics, but this is the only one with podiatry services.



**PODIATRISTS – SAN GABRIEL/POMONA AREA
PODÓLOGOS – ÁREA DE SAN GABRIEL/POMONA**

***Robert Abrams, D.P.M.**

1135 S. Sunset Ave., Suite 107, West Covina, CA 91790

626-962-9442

Will cut nails for \$15 to \$20 if you mention this book. Other services not discounted. Spanish spoken



**PODIATRISTS – SOUTH CENTRAL AREA
PODÓLOGOS – ÁREA DE SUR CENTRO**

***Salis Shrestha, D.P.M.**

874 W. Martin Luther King Jr. Blvd., Los Angeles, CA 90037

323-238-0620

Free first time consultation, \$40 office visit, \$35 routine foot care, \$100 minor procedures (includes anesthesia).

St. John's Well Child and Family Center (3 of their clinics in the South Central area have podiatry services):

2115 N. Wilmington Ave.

Compton, CA 90222

310-603-1332

1910 S. Magnolia Ave., Suite 101

Los Angeles, CA 90007

213-749-0947

5701 S. Hoover St.

Los Angeles, CA 90037

323-541-1400

www.wellchild.org

You must be seen by their medical doctor first in order to get a referral to the podiatrist. Services are by donation. You pay whatever you can afford, but no one is turned away if you can't pay.



PSYCHOLOGIST RESOURCES FOR ALL AREAS RECURSOS PSICÓLOGO PARA TODAS LAS ÁREAS

Mental Health Hotline

800-854-7771

www.dmh.lacounty.info

A 24-hour hotline, which provides callers with information about outpatient mental health services, emergency psychiatric evaluations, and drug rehabilitation programs.

Suicide Prevention Center

877-727-4747

www.didihirsch.org/services/emergency/spc

24-hour suicide prevention line that uses community volunteers for telephone crisis intervention.



PSYCHOLOGISTS – EAST LOS ANGELES AREA PSICÓLOGOS – ÁREA DEL ESTE DE LOS ANGELES

Alma Family Services

4701 E. Caesar Chavez Ave., Los Angeles, CA 90022

323-881-3799

www.alfamilyservices.org/home.asp

Individual and family therapy and support groups. Specializes in providing mental health services to people with developmental disabilities. Sliding scale. Spanish is spoken.

Intercommunity Counseling Center

7702 Washington Ave., Whittier, CA 90602

562-698-1272

www.iccwhittier.org

Counseling for individuals, groups, couples, and families. Sliding scale ranges from \$42 to \$135 per session. Spanish is spoken.



PSYCHOLOGISTS– HARBOR PSICÓLOGOS – ÁREA DE HARBOR

Asian Pacific Counseling

11050 E. Artesia Blvd., Suite F, Cerritos, CA 90703

www.apctc.org

562-860-8838

Individual, family, and group counseling for Asian-Pacific community. Must be medically necessary. Sliding scale. Many Asian languages spoken.

Family Service of Long Beach

5500 Atherton Ave., Suite 416, Long Beach, CA 90815

562-493-1496

www.aspiranet.org/lbfs/html/familyhome.htm

Counseling for individual, couples, families, and groups. Sliding scale. Spanish is spoken.

Jewish Family Service of Long Beach (and Torrance)

3801 E. Willow St., Long Beach, CA 90815

562-427-7916

www.jfcslongbeach.org

Individual, family, couples and group counseling. Sliding scale.

Los Angeles County Mental Health (3 locations):

Long Beach Mental Health

1975 Long Beach Blvd., Long Beach, CA 90806-5501

562-599-9280

Rio Hondo Mental Health

17707 Studebaker Road, Cerritos, CA 90703-2640

562-402-0688

San Pedro Mental Health

150 W. 7th St., San Pedro, CA 90731

310-519-6100

Many county mental health centers are limiting to psychiatric care, medication management, case management and some group counseling. However, services vary, so call for details. Most fees are on a sliding scale or free or covered by Medi-Cal. Spanish is spoken.



PSYCHOLOGISTS – LANTERMAN AREA PSICÓLOGOS – ÁREA DE LANTERMAN

Amanacer

1200 Wilshire Blvd. Suite 210, Los Angeles, CA 90017
213-481-1347

www.ccsla.org

Focus is on adults with chronic mental illness. Therapy, case management, and psychiatric care are provided. Services covered by Medi-Cal or sliding scale based on your ability to pay.

Asian Pacific Counseling (2 locations):

520 S. Lafayette Park Place
Suite 300
Los Angeles, CA 90057
213-252-2100

605 W. Olympic Blvd.
Suite 350
Los Angeles, CA 90015
213-553-1850

www.apctc.org

Mental health specialists for Asian Pacific community. Sliding scale and Medi-Cal. Many Asian languages are spoken.

Clinica Oscar Romero

318 S. Alvarado Ave., Los Angeles, CA 90057
213-201-2786

www.clinicaromero.com/services/counseling.htm

Low cost counseling services are only for medical patients of the clinic. You must be referred by one of their doctors.

Didi Hirsch Community Mental Health – Metro

672 S. Lafayette Park Place, Suite 6, Los Angeles, CA 90057
213-381-3626

www.didihirsch.org

Counseling for adults, children, and families. Sliding scale. Spanish is spoken.

Family Service Agency of Burbank

2721 W. Burbank Blvd., Burbank, CA 91505
818-845-7671

familyserviceagencyofburbank.org

Individual, couple, and family counseling at low cost or no cost.

Foothill Family Service

2500 E. Foothill Blvd., Suite 300, Pasadena, CA 91107

866-304-4337

www.foothillfamily.org

Individual, family, and group counseling. Sliding scale. Many languages are spoken.

Fuller Psychological and Family Services (of Fuller Theological Seminary)

180 N. Oakland Ave., Pasadena, CA 91101

626-584-5555

www.fuller.edu/academics/centers-and-institutes/psychological-and-family-services/psychological-and-family-services.aspx

Counseling for adults, children, and families. Most therapists are in training and supervised by licensed psychologists. Sliding scale ranges from \$35 to \$120 per session.

Korean American Family Service Center

3727 W. 6th St., Suite 320, Los Angeles, CA 90020

213-637-9357

www.kafscla.org

Individual, group, and family counseling. No one is turned away for lack of funds. Korean is spoken.

Los Angeles County Mental Health (3 locations):

Downtown Mental Health Center

529 S. Maple St., Los Angeles, CA 90013

323-430-6700

Hollywood Mental Health Center

1224 N. Vine St., Los Angeles, CA 90038

323-769-6100

Northeast Mental Health Center

5321 Via Marisol, Los Angeles, CA 90042

323-478-8200

Many county mental health centers are limiting to psychiatric care, medication management, case management and some group counseling. However, services vary, so call for details. Most fees are on a sliding scale or free or covered by Medi-Cal. Spanish is spoken.

Little Tokyo Service Center

231 W. 3rd St., Suite G-106, Los Angeles, CA 90013

213-473-1602

www.ltsc.org

Sliding scale for mental health counseling for the Japanese American and Asian Pacific Islander community.

Pasadena Mental Health Center

1495 N. Lake Ave., Pasadena, CA 91104

626-798-0907

www.pmhcenter.org

Provides individual, couples, family, and group counseling. Sliding scale starts at \$10 per session. Spanish is spoken.

Prototypes Outpatient Mental Health Clinic

2555 E. Colorado Blvd., Suite 100, Pasadena, CA 91107

626-577-2261

www.prototypes.org/index.asp

Provides mental health services to men, women, and children, including medication services. Also, offers three specialized programs for adults with mental illness. Prototypes' goal is to never turn away someone in need based on their ability to pay. Some programs have a fee or co-payment.

Southern California Counseling Center

5615 W. Pico Blvd., Los Angeles, CA 90019

323-937-1344

www.sccc-la.org

Individual, group, couple, and family counseling. Sliding scale from \$12 to \$90.

The Relational Center

5486 Wilshire Blvd., Los Angeles, CA 90036

323-935-1807

www.relationalcenter.org

Provides individual, family, or group counseling. Sliding scale from \$10 to \$75 per session. Can be lower depending on income.



PSYCHOLOGISTS – NORTH LOS ANGELES COUNTY AREA PSICÓLOGOS – ÁREA DEL NORTE DE LOS ANGELES

***Lila Kates, Ph.D.**

15315 Magnolia Blvd., Suite 232, Sherman Oaks, CA 91403
818-990-6700

Will donate 2 free 45-minute sessions per week for individual or family therapy.

Asian Pacific Counseling

5900 Sepulveda Blvd., Suite 425, Van Nuys, CA 91411
818-267-1100

www.apctc.org

Mental health specialists for Asian Pacific community. Sliding scale and some Medi-Cal is accepted. Many Asian languages are spoken.

California Family Counseling Center/Phillips Institute

5445 Balboa Blvd., Encino, CA 91316
818-386-5615

pgi.edu/ca_46.aspx

Individual, couples, families, seniors and groups. Sliding scale \$20 to \$60. Many languages are spoken.

Center for Individual and Family Counseling

5445 Laurel canyon Blvd., 2nd Floor, North Hollywood, CA 91607
818-781-2227

www.cifc1.org

Counseling for individuals, couples, and families. Many therapists are in training supervised by a licensed therapist. First visit is \$25 or free with coupon on their website. Sliding scale after that. Spanish and Armenian are spoken.

Coldwater Counseling Center

4419 Coldwater Canyon Ave., Suite A
Studio City, CA. 91604
818-508-0703

<http://coldwatercounselingcenter.org/default.aspx>

Counseling for individuals and families. Sliding scale from \$30 to \$100.

Counseling West

4419 Van Nuys Blvd., Suite 300, Sherman Oaks, CA 91403

818-990-9898

www.counselingwest.com

Counseling for adults, children, and families. Sliding scale from \$35 to \$125 depending on income. Some therapists are in training and are supervised by licensed therapists.

Friends of the Family

15350 Sherman Way, Suite 140, Van Nuys, CA 91406

818-988-4430

www.fofca.org

Counseling services for individuals and families. Sliding scale starts at \$15 and up. Spanish is spoken.

Los Angeles County Mental Health (4 locations):

Antelope Valley Mental Health Center

349-A E. Avenue K-6, Suite A, Lancaster, CA 93535

661-723-4260

San Fernando Mental Health Center

10605 Balboa Blvd., Granada Hills, CA 91344

818-832-2400

Santa Clarita Valley Mental Health Center

25050 Peachland St., Suite 203, Newhall, CA 91321

661-222-2800

West Valley Mental Health Center

7621 Canoga Ave., Canoga Park, CA 91304

818-598-6900

Many county mental health centers are limiting to psychiatric care, medication management, case management and some group counseling. However, services vary, so call for details. Most fees are on a sliding scale or free or covered by Medi-Cal. Spanish is spoken.

Magnolia Counseling Center

18345 Ventura Blvd., Suite 510, Tarzana, CA 91356

818-757-7600

www.magnoliacounseling.com

Individual and group counseling. Sliding scale starts at \$200 per month (for 4 or 5 sessions) and up. They also provide neuro-feedback sessions at costs to be arranged with the center.

Neighborhood Counseling Center

5535 Balboa Blvd., Suite 221, Encino, CA 91316

818-788-2738

www.nccencino.org

Individual, family, and group counseling. Sliding scale ranges from \$25 to \$100. English, Spanish, and Portuguese are spoken.

Pacific Asian Counseling Center

6851 Lennox Ave., Suite 400, Van Nuys, CA 91405

818-989-9214

www.pacsla.org/services.html

Mental health services. Sliding scale. Some Medi-Cal is accepted. Many Asian languages are spoken.

Pepperdine Community Counseling Center

16830 Ventura Blvd., Suite 22, Encino, CA 91436

818-501-1600

gsep.pepperdine.edu/clinics

Individual, couples, and family counseling by student interns who are supervised by licensed psychologists. Fees range from \$15 to \$90 depending on income and family size. The first visit is \$25.

San Fernando Valley Counseling Center

8350 Reseda Blvd., Northridge, CA 91324

818-341-1111

www.sfvcc.org

Serves individuals of all ages and couples and families. Sliding scale with minimum fee of \$20 per session. Mention their website and the first visit is free.

Valley Community Clinic

6801 Coldwater Canyon, North Hollywood, CA 91605

818-763-2084 extension 119

www.valleycommunityclinic.org

Counseling for individuals, couples, teens, children, and families. Fees range from \$20 to \$70.



PSYCHOLOGISTS – SAN GABRIEL/POMONA AREA PSICÓLOGOS – ÁREA DE SAN GABRIEL/POMONA

***The Clinebell Institute**

1325 N. College Ave., Claremont, CA 91711

909-451-3690 Contact: Jill Snodgrass

www.theclinebellinstitute.org

Will provide psychotherapy services and pastoral counseling for \$15 per session. (Therapists are students from the Claremont School of Theology.)

APU Community Counseling Center

918 E. Alostia Ave., Azusa, CA 91702

626-815-5421

www.apu.edu/cc

Several locations. Affiliated with Azusa Pacific University Department of Psychology. Low cost. Many languages are spoken.

Family Service of Pomona Valley Counseling Center

436 W. 4th St., Suite 215, Pomona, CA 91766

909-620-1776

www.familyserviceofpomonavalley.org/FSPVhome.html

Counseling for individuals and families. Services are on a sliding scale and can be very low fees or no cost.

Foothill Family Service

11429 Valley Blvd., El Monte, CA 91731

866-304-4337

www.foothillfamily.org

Individual, family, and group counseling. Sliding scale. Spanish, Cantonese and Mandarin are spoken.

Los Angeles County Arcadia Mental Health

330 E. Live Oak Ave., Arcadia, CA 91006

626-821-5858

Many county mental health centers are limiting to psychiatric care, medication management, case management and some group counseling. However, services vary, so call for details. Most fees are on a sliding scale or free or covered by Medi-Cal. Spanish is spoken.

Pacific Clinics

800 S. Santa Anita Ave., Arcadia, CA 91006

877-722-2737

www.pacificclinics.org

Counseling and other mental health services in numerous clinics and schools throughout L.A. County. Call for information about location closest to you. Services are low cost or free.

Prototypes Outpatient Mental Health Clinic

11001 Valley Mall, Suite 300, El Monte, CA 91731

626-442-0710

www.prototypes.org/index.asp

Provides mental health services to men, women, and children, including medication services. Also, offers three specialized programs for adults with mental illness. Prototypes' goal is to never turn away someone in need based on their ability to pay. Some programs have a fee or co-payment.

Santa Anita Family Services

605 S. Myrtle Ave., Monrovia, CA 91016

626-359-9358

www.santaanitafamilyservice.org

Provides individual, couples, and family counseling. There is a \$30 first-time fee and after that, there is a sliding scale based on income from \$25 to \$100.

The Place Within

248 E. Foothill Blvd., Suite 200, Monrovia, CA 91016

626-359-4330

theplacewithin.org

Provides individual, family, couples, and group therapy. They are a training organization for Marriage and Family Therapists. Sliding scale to see an intern ranges from \$20 to \$80 per session. Spanish is spoken.



PSYCHOLOGISTS – SOUTH CENTRAL AREA PSICÓLOGOS – ÁREA DE SUR CENTRO

***Families in New Directions**

3756 Santa Rosalia Dr., Suite 213, Los Angeles, CA 90008

323-296-3781 Contact: Felicia Sayles

<http://www.findccla.org/index.html>

Will provide psychotherapy for 3 clients for \$10 each session. They provide individual, family and group counseling.

Coalition Mental Health

9145 S. Broadway, Los Angeles, CA 90003

323-777-3120

www.mentalhealthprofessionals.org/about.html

Counseling for individuals, families, and groups. Need proof of income and referral from a social service agency (such as a regional center). Sliding scale starts at \$30 per session.

Didi Hirsch Mental Health – Taper Center

1328 W. Manchester Ave., Los Angeles, CA 90044

310-390-8896 (this is the West L.A. office number – call here for Intake)

www.didihirsch.org

Therapy for individuals, couples, and families. Sliding scale ranges from \$5 to \$15.

Kedren Community Mental Health Center

4211 S. Avalon Blvd., Los Angeles, CA 90011

323-233-0425

kedreninc.com/mental/index.php

Outpatient adult psychiatric services include medication management and group counseling. Many services are free. Many languages are spoken.

Los Angeles County Mental Health (3 locations):

Augustus Hawkins Mental Health Center
1720 E. 120th St., Los Angeles, CA 90059
310-668-4272

Compton Mental Health Center
322 W. Compton Blvd., Compton, CA 90221
310-668-6800

West Central Mental Health
3751 Stocker St., Los Angeles, CA 90008
323-298-3680

Many county mental health centers are limiting to psychiatric care, medication management, case management and some group counseling. However, services vary, so call for details. Most fees are on a sliding scale or free or covered by Medi-Cal. Spanish is spoken

St. John's Well Child and Family Center (3 of their clinics in the South Central area have mental health services):

1910 S. Magnolia Ave., Suite 101, Los Angeles, CA 90007
213-749-0947

5701 S. Hoover St., Los Angeles, CA 90037
323-541-1400

2115 N. Wilmington Ave., Compton, CA 90222
310-603-1332

www.wellchild.org

You must be seen by their medical doctor first in order to get a referral for therapy. Services are by donation. You pay whatever you can afford, but no one is turned away if you can't pay.

USC Psychology Services

1002 W. 36th St., Los Angeles, CA 90089
213-740-1600

wellness.usc.edu/2008/07/usc-psychology-services-center.html

Low cost counseling, usually \$20. Can go lower if needed. Services are provided by graduate students under the supervision of USC Faculty who are licensed psychologists.



PSYCHOLOGISTS – WESTSIDE AREA PSICÓLOGOS – ÁREA DEL OESTE

Airport Marina Counseling Center

7891 La Tijera Blvd., Los Angeles, CA 90045
310-670-1410

www.airportmarina.org

Individual, group, marriage, and family counseling. First visit is \$30. After that, sliding scale ranges from \$15 to \$90, depending on income. Spanish is spoken.

Antioch University Counseling Center

400 Corporate Pointe, Culver City, CA 90230
310-574-2813 extension 409

www.antiochla.edu/about-aula/aucc

Counseling for individuals, couples, families, children, and adolescents. Sliding fee from \$20 to \$80 per session, but won't turn anyone away if unable to pay. Most therapists are trainees supervised by licensed therapists. Many languages are spoken.

Chicago School of Professional Psychology Counseling Center

(Former name was: California Graduate Institute Counseling Center)

1145 Gayley Ave., Suite 322, Los Angeles, CA 90024
310-208-3120

counseling.tcscenters.org

Individual and group therapy. Sliding scale ranges from \$10 to \$100, depending on income. Many languages spoken.

Didi Hirsch Community Mental Health Center

4760 Sepulveda Blvd., Culver City, CA 90230
310-390-8896

www.didihirsch.org

Crisis counseling, suicide prevention, and drug programs. Some services covered by Medi-Cal, or very low cost. For ongoing therapy, they will most likely refer you to other agencies.

Los Angeles County South Bay Mental Health Center

2311 W. El Segundo Blvd., Hawthorne, CA 90250

323-241-6730

Many county mental health centers are limiting to psychiatric care, medication management, case management and some group counseling. However, services vary, so call for details. Most fees are on a sliding scale or free or covered by Medi-Cal. Spanish is spoken

Maple Counseling Center

9107 Wilshire Blvd., Beverly Hills, CA 90210

310-271-9999

www.tmcc.org

Offers individual, couples, and group counseling. First intake appointment is \$55. Sliding scale can be arranged after that with proof of income.

Multiservice Family Center

101 N. La Brea Ave., Suite 301, Inglewood, CA 90301

310-412-0202

www.multiservicefamilycenterinc.org

Outpatient community mental health services. Sliding scale starts around \$60 per session for individual therapy. Spanish is spoken.

Open Paths Counseling Center

12655 W. Washington Blvd., Suite 101, Los Angeles, CA 90066

310-398-7877

Counseling for adults, children, couples, families, and groups. Sliding scale starts at \$25 per session. Spanish is spoken.

Pacific Asian Counseling Center

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

310-337-1550

www.pacsla.org/services.html

General mental health services. Sliding scale. Some Medi-Cal is accepted. Many Asian languages are spoken.

Pepperdine Community Counseling Clinic

6100 Center Dr., Los Angeles, CA 90045

310-568-5752

gsep.pepperdine.edu/clinics

Individual, couples, and family counseling by student interns who are supervised by licensed psychologists. Fees range from \$15 to \$90 depending on income and family size. The first visit is \$25.

South Bay Center for Counseling

360 N. Sepulveda Blvd., Suite 2075, El Segundo, CA 90245

310-414-2090

www.sbaycenter.com

Individual, marriage and family counseling is available. Sliding scale starts at \$60 per session. Spanish is spoken.

UCLA Psychology Clinic

2191 Franz Hall, Los Angeles, CA 90095

310-825-2305

www.psych.ucla.edu/center-and-programs/clinic

Fees are on a sliding scale from \$30 to \$105 per hour, depending on monthly income and number of dependents. They provide individual, couples, and family therapy. Therapists are doctoral students supervised by faculty.

Venice Family Clinic

604 Rose Ave., Venice, CA 90291

310 392-8636

www.venicefamilyclinic.org

For residents of Venice, Culver City and Santa Monica who have no insurance. Need to show proof of address. Psychiatrists, psychologists, and social workers are available. They suggest a donation based on your income, but not more than \$25 per visit.

Wright Institute

9911 W. Pico Blvd., Suite 720, Los Angeles, CA 90035

310-277-2796

www.wila.org

Counseling for adults. This is a training institute. Sliding scale starts at \$40 per session and up.



SPEECH THERAPY RESOURCES FOR ALL AREAS RECURSOS DE TERAPISTAS DE HABLAR PARA TODAS LAS ÁREAS

American Speech-Language-Hearing Association

800-638-8255

www.asha.org

ASHA HELP-LINE provides information and assistance to people who have communication disorders and their families and friends.

California Speech-Language-Hearing Association

916-921-1568

www.csha.org

An information, education, and advocacy organization for speech-language pathologists, audiologists, and families with communication and related disorders.

Department of Rehabilitation (DR)

916-324-1313

www.rehab.cahwnet.gov/consumer.htm

Assists Californians with disabilities to get jobs. If you are a DR client and your employment plan includes a special service in order to work, DR might provide it. This could include things like audiology assessments, communication technology, etc. There are 21 DR offices in L.A. County. Use the website or call the phone number to find the one near you.

Empowertech (formerly Computer Access Center)

6234 W. 87th St., Los Angeles, CA 90045

310-3381597

www.empowertech.org

Educates and supports people with physical and developmental disabilities with assistive technology. A person can try out various speech and other devices to see if they meet your needs. Assessments and evaluations may be funded by the regional center or Department of Rehabilitation.



**SPEECH THERAPISTS – EAST LOS ANGELES AREA
TERAPISTAS DE HABLAR –
ÁREA DEL ESTE DE LOS ANGELES**

***Talk to Me Bilingual Speech Therapy, Inc.**

821 W. Whittier Blvd., Montebello, CA 90640

323-726-8080 Contact: Nora Delgado

www.talktomeinc.com

Will provide speech therapy services for \$15 for one client per week.
Spanish is spoken.



**SPEECH THERAPISTS – WESTSIDE AREA
TERAPISTAS DE HABLAR – ÁREA DEL OESTE**

***Innovative Speech and Language Pathology**

9171 Wilshire Blvd., Suite PH 12, Beverly Hills, CA 90210

310-486-1717 Contact: Odelia Mirzadeh

www.innovativeslp.com

Will see 3 patients a week for free for 30 minutes each or 2 patients for 45 minutes for \$26 each. Can also provide 2 evaluations (including written report) for \$26 a week. There is a 5% discount if you commit to 10 sessions in advance. Payment must be in cash at the time of service.



TRANSPORTATION RESOURCES FOR ALL AREAS SERVICIOS DE TRANSPORTE PARA TODAS LAS ÁREAS

Access Services

800-827-0829, TDD 800-827-1359

www.asila.org

Access Service is the curb-to-curb shared-ride ADA paratransit service for eligible riders in Los Angeles County. They operate on the same schedule as most buses. Your one-way fare is based on the distance you travel with a maximum fare of \$2.70 in most areas. Eligibility for Access is determined through an in-person Transit Evaluation and is based on the person's ability to use buses and trains. They consider if you can get to and from a bus, if you can get on an off an accessible bus, and if you understand which bus to get on and when to get off.

CityRide

Call from 213, 310, 323, or 818 area codes at: 808-RIDE (808-7433)

www.ladottransit.com

City-Ride is a transportation program for qualified seniors and people with disabilities who live in the City of Los Angeles which provides reduced costs for Metro Bus and Rail monthly passes, CityRide Dial-A-Ride Services, and City of Los Angeles permitted tax rides. If you qualify as low income, you pay \$6 every three months and you receive \$84 worth of fare value. (It costs \$15 if your income is higher.)

MTA

800-COMMUTE (800-266-6883)

www.metro.net

Provides specific information on buses and trains throughout Los Angeles County.

Metro Reduced Fare Program – TAP

866-827-8646 (866-TAP-TOGO)

www.taptogo.net

TAP (Transit Access Pass) is a plastic card that allows you to electronically load money to pay for bus fares, bus passes, and bus transfers without using paper or having to carry cash. The TAP card also shows if you are

eligible for reduced fares (for people who are disabled, seniors, or students), but you need to apply first by calling the phone number listed.

Metrolink

800-371-LINK (800-371-5465)

www.metrolinktrains.com

Local train system within Southern California

Mobility Management Referral Service/Ride-Info

213-270-6066

An information specialist can tell you about transportation options and help you plan your ride.

Senior Multipurpose Centers

213-252-4000

For door to door services, some senior centers have specialized transportation available on a limited basis for seniors over age 62 and for adults with disabilities over age 18. There are 16 Multi-Purpose Centers in the City of Los Angeles. Call to find the one that serves the area you live in. There is an application process which requires certification of your disability.



TRANSPORTATION SERVICES – EAST LOS ANGELES AREA SERVICIOS DE TRANSPORTE – ÁREA DEL ESTE DE LOS ANGELES

Dial-A-Ride is a low-cost local service that will take you to places within your city and sometimes a few miles further. Many operate only on weekdays or might have limited week-end hours. Call to find out how to become eligible, the cost, the hours they operate, and how far they will travel. Below is a list of some of the Dial-A-Ride services in this area. This is not a complete list.

Alhambra – 626-289-7433

City of Commerce – 323-887-4419

East Los Angeles – 800-439-0439 or 323-560-4646

La Mirada – 562-943-6776

Montebello – 323-887-4600

Monterey Park – 626-307-1395

Pico Rivera – 323-721-5666

Rosemead – 626-569-2100

Santa Fe Springs – 562-409-7572

South Pasadena – 626-403-7368

Temple City – 626-285-2171 extension 2328

Whittier – 562-698-2131

You can also get local bus information from the phone numbers above or by calling 800-COMMUTE (800-266-6883).



TRANSPORTATION SERVICES – HARBOR SERVICIOS DE TRANSPORTE – ÁREA DE HARBOR

Dial-A-Ride is a low-cost local service that will take you to places within your city and sometimes a few miles further. Many operate only on weekdays or might have limited week-end hours. Call to find out how to become eligible, the cost, the hours they operate, and how far they will

travel. Below is a list of some of the Dial-A-Ride services in this area. This is not a complete list.

Artesia – 562-860-3361
Bellflower – 562-865-7433
Carson – 310-835-0212 extension 1489
Cerritos – 562-402-7433
Hawaiian Gardens – 562-421-5921
Lakewood 562-920-9701
Lomita – 310-325-7110 extension 102
Long Beach – 562-591-8753
Norwalk – 562-929-5550
Palos Verdes – 310-544-7108
Signal Hill – 562-989-7330
Torrance – 310-618-2536

You can also get local bus information from the phone numbers above or by calling 800-COMMUTE (800-266-6883).



TRANSPORTATION SERVICES – LANTERMAN AREA SERVICIOS DE TRANSPORTE – ÁREA DE LANTERMAN

Dial-A-Ride is a low-cost local service that will take you to places within your city and sometimes a few miles further. Many operate only on weekdays or might have limited week-end hours. Call to find out how to become eligible, the cost, the hours they operate, and how far they will travel. Below is a list of some of the Dial-A-Ride services in this area. This is not a complete list.

Burbank – 818-238-5360
Glendale – 818-548-3960
La-Canada/Flintridge – 818-790-8880
Pasadena and San Marino – 626-744-4094
Sierra Madre – 626-355-3873
West Hollywood – 800-447-2189

You can also get local bus information from the phone numbers above or by calling 800-COMMUTE (800-266-6883).



**TRANSPORTATION SERVICES –
NORTH LOS ANGELES COUNTY AREA
SERVICIOS DE TRANSPORTE –
ÁREA DEL NORTE DE LOS ANGELES**

Dial-A-Ride is a low-cost local service that will take you to places within your city and sometimes a few miles further. Many operate only on weekdays or might have limited week-end hours. Call to find out how to become eligible, the cost, the hours they operate, and how far they will travel. Below is a list of some of the Dial-A-Ride services in this area. This is not a complete list.

Agoura Hills – 818-707-2005

Calabasas – 866-878-2242

Lancaster – 661-945-9445

Palmdale – 661-945-9445

San Fernando – 818-366-4119

Santa Clarita – 661-294-9327

Westlake Village – 818-707-2900

Mobility Management Partners

888-667-7003

Assists individuals with referrals to transportation resources as well as travel training in the San Fernando Valley. Designed for people with disabilities, seniors, and people of low incomes to obtain transportation for work.

You can also get local bus information from the phone numbers above or by calling 800-COMMUTE (800-266-6883).



**TRANSPORTATION SERVICES –
SAN GABRIEL/POMONA AREA
SERVICIOS DE TRANSPORTE –
ÁREA DE SAN GABRIEL/POMONA**

Dial-A-Ride is a low-cost local service that will take you to places within your city and sometimes a few miles further. Many operate only on weekdays or might have limited week-end hours. Call to find out how to become eligible, the cost, the hours they operate, and how far they will travel. Below is a list of some of the Dial-A-Ride services in this area. This is not a complete list.

- Arcadia** – 626-445-2211
- Azusa** - 626-812-5206
- Baldwin Park** - 626-813-5245 extension 323
- Claremont** – 909-623-0183
- Covina** - 626-384-5400
- Diamond Bar** - 909-839-7045
- El Monte** - 626-307-3224
- Glendora** – 626-914-8233
- Irwindale** – 626-430-2283
- La Puente** - 626-330-4000
- La Verne** - 909-621-9900
- Monrovia** - 626-358-3538
- Pomona** - 909-621-9900
- San Dimas** - 909-622-4435
- San Gabriel** - 626-308-2875
- South El Monte** - 626-448-0131
- Walnut** - 909-595-7543
- West Covina** - 626-939-8430

You can also get local bus information from the phone numbers above or by calling 800-COMMUTE (800-266-6883).



TRANSPORTATION SERVICES – SOUTH CENTRAL AREA SERVICIOS DE TRANSPORTE – ÁREA DE SUR CENTRO

Dial-A-Ride is a low-cost local service that will take you to places within your city and sometimes a few miles further. Many operate only on weekdays or might have limited week-end hours. Call to find out how to become eligible, the cost, the hours they operate, and how far they will travel. Below is a list of some of the Dial-A-Ride services in this area. This is not a complete list.

Bell – 323-773-3425

Bell Gardens - 562-806-7777

Compton - 310-537-4890

Cudahy - 323-589-7100

Downey - 562-904-7215

Huntington Park - 866-486-8775

Lynwood - 310-886-0425

Maywood - 323-583-0231

Paramount - 562-633-2904

Southgate - 323-563-5754

Watts/Willowbrook – 323-563-5653

You can also get local bus information from the phone numbers above or by calling 800-COMMUTE (800-266-6883).



TRANSPORTATION SERVICES – WESTSIDE AREA SERVICIOS DETRANSPORTE – ÁREA DEL OESTE

Dial-A-Ride is a low-cost local service that will take you to places within your city and sometimes a few miles further. Many operate only on weekdays or might have limited week-end hours. Call to find out how to become eligible, the cost, the hours they operate, and how far they will travel. Below is a list of some of the Dial-A-Ride services in this area. This is not a complete list.

Beverly Hills – 310-275-2791

Culver City - 310-253-6700

El Segundo - 310-524-2704

Gardena - 310-217-9552

Hawthorne - 310-715-6646

Hermosa Beach - 310-318-0251

Inglewood - 310-412-4378

Lawndale - 310-973-3287

Malibu - 310-456-2489 extension 357

Manhattan Beach - 310-545-3500

Redondo Beach - 310-937-6660

Santa Monica - 310-394-9871

You can also get local bus information from the phone numbers above or by calling 800-COMMUTE (800-266-6883).

SUGGESTION FORM FORMULARIO SUGERENCIA

Please help us! If you know of other free or low-cost services for the categories listed in this book, we hope to include them in our electronic version or future editions. Please fill out this form or use a blank sheet of paper and mail it to the address below. You may also fax it or email the same information.

Name of Provider _____

Address of Provider _____

Phone Number of Provider _____

Contact Person _____

Type of Provider _____

Website _____

Any other information about services and fees that would be helpful:

Also, please tell us your thoughts about this book. Your feedback is important to us!

Did you find the booklet helpful? Yes _____ No _____

Your comments or suggestions for future editions

Your Name (optional): _____ Phone: _____

Please mail this form to:

Self-Advocacy Board of Los Angeles County

411 N. Central Ave., Suite 620, Glendale, CA 91203

Or phone: 818-543-4631 Or fax: 818-543-4635

Or email: scott.barron@disabilityrightsca.org

THANK YOU!

