



CULTURAL & LINGUISTICALLY APPROPRIATE SERVICES REFERRAL REQUEST FORM

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

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

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

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

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

Program Title	Contact	Cost	Languages
ADOPTION/FOSTER CARE			

METROPOLITAN LOS ANGELES

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

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

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

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

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

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

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

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

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

African American

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

Hispanic/Latino

Latino Family Institute 1501 W. Cameron Ave., Suite 240 West Covina, CA 91790	(626) 472-0123 www.lfiservices.org	Free	E, Sp
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Provides Adoption, Foster Care, Kinship Care, Training through the Infant Adoption Awareness Training Program (IAATP) & Family Support services

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

Program Title	Contact	Cost	Languages
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COMMUNITY WELLNESS

Champions of Caring Connections

4513 E. Compton Blvd. (310) 635-9536 Call for Cost E
 Compton, CA 90221 www.championsofcaringconnections.org

Provides Advocacy for Homeless & Foster Children & Youth

Child & Family Guidance Center

9650 Zelzah Ave. (818) 993-9311 Call for Cost E, Sp
 Northridge, CA 91325 www.childguidance.org

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

Children's Defense Fund California

634 S. Spring St., Ste 500C (213) 355-8787 Call for Cost E
 Los Angeles, CA 90014 www.cdfca.org

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

City Help

2301 Bellevue Ave. (213) 273-7125 Free E, Sp
 Los Angeles, CA 90026 www.cityhelp.org

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

Community Health Alliance of Pasadena

837 S. Fair Oaks Ave., Suite 204 (626) 993-1212 Free E, Sp
 Pasadena, CA 91105 www.chapcare.org

Provides Medical, Dental & Behavioral Health Services

Community Health Councils

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

Promotes Social Justice and Achieve Equity in Community & Environmental Resources

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

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Program Title	Contact	Cost	Languages
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Community Integration Services			
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10100 Balboa Blvd. Granada Hills, CA 91344	(818) 772-1155 www.cisadp.org	Call for Cost	E, Sp
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Promotes Preventive Health, Diversity and Community Membership for People with Aging Challenges & Disabilities

Families in Good Health			
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411 E. 10th St., Suite 207 Long Beach, CA 90813	(562) 491-9100 www.stmarymedicalcenter.org	Call for Cost	E, Sp
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Helps the Community Make Informed Choices and to Access Needed Health & Social Resources

JWCH Institute			
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5650 Jillson Street Commerce, CA 90040	(213) 484-1186 www.jwchinstitute.org	Call for Cost	E
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Provides Primary Medical Care, Homeless Health Care, HIV Services & Specialty Care

Maternal & Child Health Access			
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1111 West Sixth St., Suite 400 Los Angeles	(213) 749-4261 www.mchaccess.org	Call for Cost	E, Sp
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Assists Individual Women to Achieve Healthy Pregnancies & Obtain Quality Health Care

National Health Foundation			
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515 S. Figueroa St., #1300 Los Angeles, CA 90071	(213) 538-0700 www.nhfca.org	Call for Cost	E, Sp
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Provides Systemic Solutions to Gaps in Healthcare Access & Delivery

Salvation Army			
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<u>CORPS COMMUNITY CENTER</u>			
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125 W. Beryl St. Redondo Beach	(310) 318-2827 www.salvationarmyusa.org	Free	E, Sp
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4223 Emerald St. Torrance	(310) 370-4515 www.salvationarmyusa.org	Free	E, Sp, Tag
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455 E. Spring Street Long Beach	(562) 426-7637 www.salvationarmyusa.org	Free	E, Sp
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Provides Clinics Services, Day Care, Disaster Services, Emergency Financial Assistance & Emergency Shelter

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Program Title	Contact	Cost	Languages
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Special Services for Groups 605 W. Olympic Blvd., Suite 600 Los Angeles, CA 90015	(213) 553-1800 www.ssgmain.org	Call for Cost	E, Sp
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Provides Human Services to Ethnic Minority Communities & Groups

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

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

African American

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

Black Women for Wellness Post Office Box 292516 Los Angeles, CA 90029	(323) 290-5955 www.bwwla.com	Free	E
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Offers Kitchen Diva's, Metamorphosis, Sister's in motion, Tea & Technology & Sisters @ Eight

California Black Women's Health Project 101 N. La Brea, #610 Inglewood, CA 90301	(310) 412-1828 www.cabwhp.org	Call for Cost	E
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Empowers Black Women to Take Personal Responsibility for Their Own Health

Great Beginnings for Black Babies 301 N. Prairie Ave Inglewood, CA 90301	(310) 677-7955 www.gbbb.org	Free	E
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Programs includes Healthy Moms & Babies, Fatherhood Initiative & Youth Education after School Program

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

Program Title	Contact	Cost	Languages
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African American

Healthy African American Families

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

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

Los Angeles Urban League

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

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

n-Action Family Network

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

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

National Association for the Advancement of Colored People

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

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

The African Community Resource Center

3540 Wilshire Blvd., Suite 321 (213) 381-1088 Varies E, Sp, Fa, A, R
 Los Angeles, CA 90010 www.acrcintl.org

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

American Indian

American Indian Healing Center

12456 Washington Blvd, (562) 693-4325 Free E
 Whittier, CA 90602

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

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

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Program Title	Contact	Cost	Languages
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American Indian

Southern California Indian Center

3440 Wilshire Blvd., Suite 904 Los Angeles, CA 90010	(213) 387-5772 www.indiancenter.org	Call for Cost	E
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Special Programs include Child and Family Services, Job Training, Senior Programs & Tutoring for Students in Grades K-12

United American Indian Involvement

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

Armenian/Iranian/Russia

Armenian Relief Society

517 W. Glenoaks Blvd. Glendale, CA 91202	(818) 500-1343 www.arswestusa.org	Free	E, A, Fa, R
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Provides Employment, Immigration, Counseling, English as a Second Language (ESL) Class, Referral, Translation & Advocacy

Asian/Pacific

Asians for Miracle Marrow Matches

244 S. San Pedro St., Ste 503 Los Angeles, CA 90012	1-888-236-4673 www.asianmarrow.org	Free	E, K, J, Ch, V
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National Marrow Donor Program, Interpretation, Counseling from Bilingual Psychotherapists & Provide Translated Materials

Asian Pacific Health Care Venture

4216 Fountain Ave. Los Angeles, CA 90029	(323) 644-3880 www.aphecv.org	Varies	Ch, Kh, T, J
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Provides Primary Care, Prenatal, Women's Health, Youth, Senior Health & HIV/AIDS

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

Program Title	Contact	Cost	Languages
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Asian/Pacific

Asian Youth Center

100 W. Clary Ave.
San Gabriel, CA 91776

(626) 309-0622

Varies

E, Sp, Ch

www.asianyouthcenter.org

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

Cambodian Association of America

2390 Pacific Ave.
Long Beach, CA 90806

(562) 988-1863

Free

E, Sp, Kh, Tag

www.cambodianusa.com

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

Chinatown Service Center

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

(213) 808-1700

Free

E, C, M, Sp, V

www.cscla.org

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

Chinese American Association of Chino Hills

2545 Chino Hills Parkway, Ste F
Chino Hills, CA 91709

(909) 228-3088

Call for Cost

E, Ca & M

www.caach.org

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

Korean American Family Service Center

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

(213) 389-6755

Call for Cost

E, K

www.kfamla.org

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

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

Korean Resource Center

900 S. Crenshaw Blvd.
Los Angeles, CA 90019

(323) 937-3718

Call for Cost

E, K

www.krcla.org

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

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

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

Program Title	Contact	Cost	Languages
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Legal Aid Foundation of Los Angeles

1102 Crenshaw Blvd. Los Angeles, CA 90019	or	1-800-399-4529 (323) 801-7912 www.lafla.org	Call for Cost	E, Sp C, M
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Offers Free Legal Assistance to Low Income Communities. Specializes in Consumer and Family Law & Assistance to Asian/Pacific Islander Communities

Asian/Pacific

Little Tokyo Service Center

231 E. 3rd St., Ste G-106 Los Angeles, CA 90013	(213) 473-3030 www.ltsc.org	Call for Cost	E, J
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Serves the Needs of the Elderly, Low Income, Non-English Speaking & Disabled Local Community

Pacific Asian Counseling Services

8616 La Tijera Blvd., Suite 200 Los Angeles, CA 90045	(310) 337-1550 www.pacsla.org	Call for Cost	E, Ch, J, K, Kh, Sa, Sp, Tag
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Provides Quality, Culturally Sensitive, Multilingual Mental Health & Social Services

South Asian Network

18173 S. Pioneer Blvd., Suite I Artesia, CA 90701	(562) 403-0488 www.southasiannetwork.org	Call for Cost	E
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Multilingual Culturally Appropriate Program of Directed Service, Community Education and Advocacy in Immigration, Public Health, Domestic Violence & Hate Crime & Discrimination

Thai Community Development Center

6376 Yucca St., Suite B Los Angeles, CA 90028	(323) 468-2555 www.thaicdc.org	Varies	E, T
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Programs include Affordable Housing Development, Job Search, Small Business Development, Neighborhood Revitalization, Social Enterprises & Services for Youth

Thai Health and Information Services

1654 N. Harvard Blvd., Los Angeles, CA 90027	(323) 661-2008 www.thaihealth.org	Call for Cost	E, T
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Provides Health Education, Outreach, Job Training & Access to Social Services

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

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Program Title	Contact	Cost	Languages
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United Cambodian Community 2201 E. Anaheim St., Suite 200 Long Beach, CA 90804	(562) 433-2490 www.ucclb.org	Free	E, Kh
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Programs include Parenting Classes, ESL, Citizenship Assistance, Translation & Youth Programs

Hispanic/Latino

Bienvenidos Family Services 316 W. Second St., Suite 800 Los Angeles, CA 90012	(213) 785-5906 www.bienvenidos.org	Call for Cost	E, Sp
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Provides Food Pantry, Respite Child Care, Parent Training, Peer Support & Individual Programs for Children

Clínica Monseñor Oscar Romero 123 S. Alvarado St. Los Angeles, CA 90057	(213) 989-7700 www.clinicaromero.com	Varies	E, Sp
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Programs include Medical, Dental, Vision, Mental Health & Pharmacy

El Centro de Acción Social 37 E. Del Mar Blvd. Pasadena, CA 91105	(626) 792-3148 www.elcentropasadena.org	Free	E, Sp
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Offers El Centro Youth Leadership Academy, Villa-Parke Senior Network & Cultural Celebrations

Esperanza Community Housing Corporation 3655 South Grand Ave., Ste 280 Los Angeles, CA 90007	(213) 748-7285 www.esperanzacommunityhousing.org	Free	E, Sp
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Offers Affordable Housing, Economic Development, Education, Health, Arts & Science Services for Youth

Inner City Struggle 124 North Townsend Ave. Los Angeles, CA 90063	(323) 780-7605 www.innercitystruggle.org	Call for Cost	E
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Promotes Safe, Healthy and Non-Violent Communities to Youth and Families in Boyle Heights & East Los Angeles

La Casa De San Gabriel 203 East Mission Rd. San Gabriel, CA 91776	(626) 286-2144 www.lacasacommunitycenter.org	Call for Cost	E, Sp
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Provides Youth Development, Emergency Assistance, Health and Dental Screenings, Referrals & Resources

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

Program Title	Contact	Cost	Languages
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Hispanic/Latino

Latino Resource Organization

610 California Ave. (310) 578-6069 Call for Cost E
 Venice, CA 90291 www.latinoresource.org

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

Mexican American Legal Defense

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

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

Mexican American Opportunity

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

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

National Association for Hispanic Elderly

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

Serves the Needs of Hispanic Elderly & Other Low Income Persons

Para Los Niños

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

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

Jewish

Jewish Family Services of Los Angeles

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

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

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

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

Program Title	Contact	Cost	Languages
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National Council of Jewish Women 543 N. Fairfax Ave. Los Angeles, CA 90036	(323) 651-2930 www.ncjwla.org	Call for Cost	E, Sp, R
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Provides Counseling Services & Support for Women, and Art & Literacy Programs for Youth

COUNSELING SERVICES

Amanecer Community Counseling Service 1200 Wilshire Blvd., #500 Los Angeles, CA 90017	(213) 481-7464 www.ccscla.org	Varies	E, Sp
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Provides Field Clinical Capable Services, Domestic Violence & Adult Outpatient Care

Barrio Action Group 4970 S. Huntington Drive North, Ste 200 Los Angeles, CA 90032	(323) 221-0779 www.barrioaction.org	Call for Cost	E
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Provides Counseling Services for Family, Individuals & Youth with Severe Behavioral Problems, Gang Related & Drug Problems

Family Resource Counseling Center 11500 W. Olympic Blvd, Ste 420 Los Angeles, CA 90064	(310) 479-9798 www.frcccla.com	Call for Cost	E
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Provides Professional Counseling and Psychological Services for Children, Adolescents & Adults

Helpline Youth Counseling 12440 E. Firestone Blvd., #1000 Norwalk, CA 90650	(562) 864-3722 www.hycinc.org	Call for Cost	E, Sp
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Provides Counseling Services for Individual, Group & Family

Asian/Pacific

Asian Pacific Counseling & Treatment Centers 520 S. Lafayette Park Place, #300 Los Angeles, CA 90057	(213) 252-2100 www.apctc.org	Call for Cost	E, Ca, Sp, Tag
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Provides Multi-Disciplinary & Culturally Sensitive Approaches to Address Client's Psychological & Social Needs

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

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

Program Title	Contact	Cost	Languages
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Indochinese Counseling & Treatment 605 W. Olympic Blvd., Los Angeles, CA 90015	(213) 553-1850	Call for Cost	E, T, V
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Provides Outpatient Mental Health Services to Southeast Asian Refugees

KHEIR (Korean Health, Education, Information and Research Center) 3727 W. 6 th St., Ste 230 Los Angeles, CA 90020	(213) 637-1080 www.kfamla.org	Call for Cost	E, K, Sp
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Provides Counseling & Life Skills, Family Intervention & Social Services

Pacific Asian Alcohol & Drug Program 2001 Beverly Blvd., Suite 201 Los Angeles, CA 90057	(213) 413-1622 www.paadp.org	Varies	E, Sp, Tag
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Provides Alcohol, Drug Prevention, Treatment & Recovery Services to CAL-Works Program Participants

Special Services for Group 605 W. Olympic Blvd., Ste 600 Los Angeles, CA 90015	(213) 553-1822 www.ssgmain.org	Call for Cost	E, Sp, K, Tag, V
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Provides Dental Care, Homeless Outreach Program Integrated Care System & Parents Neighborhood Youth Program

Hispanic/Latino

Casa Cardenas Senior & Family 111 W Beverly Blvd. Montebello, CA 90640	(323) 721-7578	Call for Cost	E, Sp
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Offers Counseling for Families & Seniors Dealing with Family Conflict, Grief, Mental Health Issues, Substance Abuse, Domestic Violence, Caregiver Support, Case Management & Bilingual Bereavement Support Groups

DIABETES

American Diabetes Association 611 Wilshire Blvd., Suite 900 Los Angeles, CA 90017	(323) 966-2890 www.diabetes.org	Call for Cost	E
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Provides Information & Other Services to People with Diabetes

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

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

Program Title	Contact	Cost	Languages
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CDAPP Sweet Success Resource & Training Center

7835 Trade St., Ste 100 San Diego, CA 92121	(858) 536-5090 www.cdappsweetsuccess.org	Call for Cost	E
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Provides Education Resources for Both Health Care Providers & Pregnant Women with Diabetes

Juvenile Diabetes Foundations of Los Angeles

811 Wilshire Blvd., Suite 1600 Los Angeles, CA 90017	(213) 233-9901 www.jdrf.org	Call for Cost	E
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Provides Online Support & Information about Prevention & Living with Diabetes

Foundation Fighting Blindness

2800 28th Street, Suite 310 Santa Monica, CA 90405	(310) 450-2910 www.blindness.org	Call for Cost	E
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Provides Information on Retinitis Pigmentosa, Macular Degeneration, Usher Syndrome & Stargardt Disease

Greater Los Angeles Agency on Deafness

2222 Laverna Ave. Los Angeles, CA 90041	(323) 478-8000 TTY (323) 550-4226 www.gladinc.org	Free	E, Sp
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Services include Health Education, Employment, Public Relations, senior housing & American Sign Language Interpreting Services (LifeSigns)

International Hearing Aid Services

7730 Pacific Blvd. Huntington Park, CA 90255	(323) 588-0742	Call for Cost	E, Sp
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Provides Support & Information about Hearing Aids & Assistive Device

Junior Blind of America

5300 Angeles Vista Blvd. Los Angeles, CA 90043	1-800-352-2290 www.juniorblind.org	Call for Cost	E
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Helps Children & Adults Who Are Blind, Visually Disabled Achieve Independence

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

Program Title	Contact	Cost	Languages
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DISABILITY RESOURCES

Ability First

1300 E. Green Street Pasadena, CA 91106	(877) 768-4600 www.abilityfirst.org	Call for Cost	E, Sp
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Provides Recreational, Socialization and Employment Programs for Children and Adults with Physical and Developmental Disabilities

California Protection and Advocacy System

350 South Bixel St., Ste 290 Los Angeles, CA 90017	1-800-776-5746 TTY 1-800-719-5798 www.disabilityrightsca.org	Free	E, Sp,
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Advocate, Educate, Investigate & Litigate to Advance & Protect the Rights of Californians with Disabilities

Community Actively Living Independent & Free

634 South Spring Street, 2nd Floor Los Angeles, CA 90014	(213) 627-0477 www.califilc1.wix.com	Call for Cost	E
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Provides Skills Workshops, Information, Referral, and Housing for Individuals with Disabilities in the Central Los Angeles Area

Community Therapies & Baby Steps

861 Auto Center Drive, Ste D Palmdale, CA 93551	(661) 945-7878 www.communitytherapies.com	Call for Cost	E, Sp
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Works with Children and Adults with Various Disabilities in Need of Speech/Language Therapy Services, Early Intervention for Children Birth to Three with Developmental Delays

Community Rehabilitation Services (CRS)

4716 Cesar E. Chavez Ave. Los Angeles, CA 90022	(213) 266-0453 www.clnet.ucla.edu/community/crs.html	Call for Cost	E, Sp
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SAN GABRIEL BRANCH 135 N. San Gabriel Blvd. San Gabriel, CA 91775	(818) 309-7676		
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Programs include Advocacy, Personal Assistance Services, Housing Assistance, Independent Living Skills, Peer Counseling, Transportation & Job Club Services for People with Disabilities

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

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Program Title	Contact	Cost	Languages
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Disabled Resources Center

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

Drew Child Development Corporation

1770 E. 118th Street Los Angeles, CA 90059	(323) 249-2950 www.drewcdev.com	Call for Cost	E, Sp
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Promotes Physical, Social, Emotional and Cognitive Development for Children with Special Needs

Family Focus Resources Center

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

Family Resource Center Network

1000 S. Fremont Ave., Suite 6050, #35 Alhambra, CA 91803	(626) 300-9171 www.familyresourcenetworklac.org	Call for Cost	E, Sp
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Offers Free Information, Training & Support to People with Developmental Disabilities & Their Families

Harbor Regional Center

21231 Hawthorne Blvd. Torrance, CA 90503	(310) 540-1711 www.harborrc.org	Call for Cost	E, Sp
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Provides Diagnosis, Information & Referral, Individual or Family Service Planning & Family Support

Independent Living Center of Southern California

14407 Gilmore St., # 101 Van Nuys, CA 91401	(818) 785-6934 TTY (818) 785-7097 www.ilcsc.org	Call for Cost	E
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Assists in Obtaining Emergency Services, Food, Shelter & Benefits

Institute for Families

4650 Sunset Blvd., Mail Stop 111 Los Angeles, CA 90027	(323) 361-4649 www.instituteforfamilies.org	Call for Cost	E
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Provides Counseling, Support, Information & Advocacy to Families

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

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Program Title	Contact	Cost	Languages
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Intercommunity Counseling Center

7702 Washington Ave., 1 st Floor Whittier, CA 90602	(562) 698-1272 www.iccwhittier.org	Call for Cost	E, Sp
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Provides Caring, Supportive Mental Health Services at Its Uptown Whittier Location

John Tracy Clinic

806 West Adam Blvd. Los Angeles, CA 90007	(213) 748-5481 www.jtc.org	Call for Cost	E
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Provides Individual & Family Counseling, Parent Education & Support Group

740 E. Wardlow Rd. Long Beach, CA 90807	(562) 426-2257 www.jtc.org	Call for Cost	E
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Offers Families Living in the Long Beach, Orange County, Inland Empire & South Bay Area Diagnostic Testing & Educational Services for Children between Birth & Five Years of Age

Long Beach Family Resource Center

2801 Atlantic Ave. Long Beach, CA 90806	(562) 933-8050 www.familyresourcenetworklac.org	Call for Cost	E, Sp
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Provides Referral, Advocacy, Training & Support Group to Families with Ill or Special Needs

Southern California Resource Services for Independent Living

7830 Quill Dr., Suite D Downey, CA 90242	(562) 862-6531 www.scrs-ilc.org	Call for Cost	E
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Empowers Persons with Disabilities to Achieve Their Personalized Goals through Community Education & Individualized Services

South Central Los Angeles Regional

650 W. Adams Blvd., Ste 400 Los Angeles, CA 90007	(213) 744-7000 www.sclarc.org	Call for Cost	E, Sp
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Offers Families with Special Needs Comprehensive Support

The Parent's Place Family Resource & Employment Center

1500 S. Hyacinth Ave., Ste B West Covina, CA 91791	(626) 919-1091 www.parentsplacefrc.com	Call for Cost	E
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Empowers Families Raising a Child with a Disability through Information/Education, Referrals & Parent-to-Parent Support

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

Program Title	Contact	Cost	Languages
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Westside Center for Independent Living 12901 Venice Blvd. Los Angeles, CA 90066	1-888-851-9245 www.wcil.org	Call for Cost	E, Sp
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Assists Persons with Disabilities & Seniors Achieve & Maintain Self-Directed & Community Based Independent Lives

DOMESTIC VIOLENCE

1736 Family Crisis Center 2116 Arlington Ave., Suite 200 Los Angeles, CA 90018	(323) 737-3900 www.1736familycrisiscenter.org	Free	E, Sp
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Offers Case Management, Counseling, Job Development & Placement, Legal Help, Life Skills Training, Financial Literacy, Parenting Education, Referrals for Free Medical & Access to Other Services

Domestic Violence Council (DVC)	1-800-978-3600 www.dvcouncil.lacounty.gov	Free	E, Sp
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Provides Domestic Violence Council Meeting

East Los Angeles Women’s Center 1255 S. Atlantic Blvd. Los Angeles, CA 90022	(323) 526-5819 www.elawc.org	Free	E, Sp
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East Los Angeles Rape & Battering Hotline: 1-800-585-6231

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

Injury/Violence Prevention Program 695 S. Vermont Ave., South Tower, 14 th Floor Los Angeles, CA 90005	(213) 351-7888 www.publichealth.lacounty.gov/ivpp/InjTopicsHome.htm	Free	E, Sp
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24-Hour Crisis Line: 1-800-978-3600 (LA County only)

Peace over Violence 1015 Wilshire Boulevard, Suite 200 Los Angeles, CA 90017	(213) 955-9090 www.peaceoverviolence.org	Free	E, Sp
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Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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Peace over Violence			
892 N. Fair Oaks Ave., Ste D Pasadena, CA 91103	(626) 584-6191 www.peaceoverviolence.org	Free	E, Sp

24 HOUR RAPE & BATTERING HOTLINES: (626) 793-3385 & (213) 626-3393

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

YWCA of Glendale			
735 E. Lexington Drive Glendale, CA 91206	(818) 242-4155 www.glendaleywca.org	Free	E, Sp, A

Abuse Hotline: 1-888-999-7511

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

American Indian

United American Indian Involvement			
1125 W. 6 th St., Suite 103 Los Angeles, CA 90017	(213) 202-3970 www.uaii.org	Call for Cost	E, Sp

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

Asian/Pacific

Asian Pacific Women’s Center			
244 S. San Pedro St Suite 504 Los Angeles, CA 90012	(213) 250-2977 www.apwcla.org	Free	E, Chi, Sp, J, K Tag, V

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

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

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

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

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

Hispanic/Latino

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

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

HEALTH EDUCATION

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

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

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

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

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Program Title	Contact	Cost	Languages
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California Family Health Council 3600 Wilshire Blvd., Suite 600 Los Angeles, CA 90010	(213) 386-5614 www.cfhc.org	Call for Cost	E
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Programs include Title X, STD Programs, Teen Outreach & Patient Education

Center for Lupus Care 100 N. Hillcrest Blvd., Ste 5 Inglewood, CA 90301	(310) 674-0080 www.center4lupuscare.org	Call for Cost	E
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Services include Support Group, Seminar, Workshop, Symposium & Psychological Group Counseling

Department of Public Health, County of Los Angeles 3530 Wilshire Blvd., 8th Floor Los Angeles, CA 90010	(213) 351-7890 www.publichealth.lacounty.gov	Free	E
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Programs include Physical Activity, Immunizations, Smoking Prevention, Alcohol & Drug Treatment

Department of Health Services 313 N. Figueroa Street, Los Angeles, CA 90012	www.ladhs.org	Free	E
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Offers Health Information & Programs throughout Los Angeles County

Los Angeles Intergroup of Overeaters Anonymous 6404 Wilshire Blvd., Suite 710 Los Angeles, CA 90048	(323) 653-7652 www.oalaig.org	Free	E
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Offers Free Self-Help with 12 Step Recovery Program

VA Greater Los Angeles HealthCare 11301 Wilshire Blvd. Los Angeles, CA 90073	(310) 478-3711 www.losangeles.va.gov	Call for Cost	E
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Services include Crisis Prevention, Mental Health, PTSD & Public Health

Asian/Pacific

Herald Christian Health Center SAN GABRIEL CLINIC 923 S. San Gabriel Blvd. San Gabriel, CA 91776	(626) 286-8700	Call for Cost	E, Ca, M
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Program Title	Contact	Cost	Languages
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Asian/Pacific

Herald Christian Health Center

WEST COVINA CLINIC

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

(626) 667-8500

Call for Cost

E, Ca, M

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

Korean Health Education Information & Research Center

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

(213) 427-4000
www.lakheir.org

Call for Cost

E, K, Sp

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

Thai Health and Information Services

1654 N. Harvard Blvd.
Los Angeles, CA 90027

(323) 661-2011
www.thaihealth.org

Free

E, T

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

Hispanic/Latino

El Centro de Amistad

7038 Owensmouth Ave.
Canoga Park, CA 91303

(818) 347-8565
www.elcentrodeamistad.org

Call for Cost

E, Sp

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

South Bay Family Health Care Center

23430 Hawthorne Blvd., Ste 210
Torrance, CA 90505

(310) 802-6177
www.sbfhc.org

Call for Cost

E, Sp

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

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Program Title	Contact	Cost	Languages
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HEARING/VISION DISABLED

American Action Fund for the Blind

18440 Oxnard Street
Tarzana, CA 91356

(818) 343-3219
www.actionfund.org

Free E

Assist Blind and Deaf-Blind Persons in Securing Reading Matter & Improve the Quality of Life for the Blind & Deaf-Blind

Blind Children's Center

4120 Marathon St.
Los Angeles, CA 90029

(323) 664-2153
www.blindchildrenscenter.org

Free E, Sp

Family-Centered Organization Serving Children with Visual Impairments

Braille Institute Regional Sight Center

741 North Vermont Ave.
Los Angeles, CA 90029

1-800-272-4553
www.brailleinstitute.org/los_angeles/

Free E

Provides Talking Book & Braille Library, Low Vision Rehabilitation, & Services for Child, Youth, Teen & Adult

California Relay Services

Free within Your Local Area

711 from any phone
1-888-735-2929 (TTY Users)
1-888-877-5379 (Voice Users)
1-888-877-5381 (Voice Users)

E
Sp

Provides Full Accessibility to People Who Are Deaf, Hard-of-Hearing or Speech Disabled

California Telephone Access Program

1520 W. Cameron Avenue, Suite 160
West Covina, CA 91790

TTY 1-800-806-4474
1-800-806-1191 (Voice Users)
1-800-949-5650 (Voice Users)
1-866-324-8747 (Voice Users)
1-866-324-8754 (Voice Users)

E
Sp
M
Ca

www.ddtp.cpuc.ca.gov

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

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

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Program Title	Contact	Cost	Languages
Community Speech and Hearing 18740 Ventura Blvd., Suite 100 Tarzana, CA 91356	(818) 774-0224	Call for Cost	E, Sp
<i>Offers Hearing Aid & Assistive Device</i>			
Foundation Fighting Blindness 2800 28th Street, Suite 310 Santa Monica, CA 90405	(310) 450-2910 www.blindness.org	Call for Cost	E
<i>Provides Information on Retinitis Pigmentosa, Macular Degeneration, Usher Syndrome & Stargardt Disease</i>			
Greater Los Angeles Agency on Deafness 2222 Laverna Ave. Los Angeles, CA 90041	(323) 478-8000 TTY (323) 550-4226 www.gladinc.org	Free	E, Sp
<i>Services include Health Education, Employment, Public Relations, senior housing & American Sign Language Interpreting Services (LifeSigns)</i>			
International Hearing Aid Services 7730 Pacific Blvd. Huntington Park, CA 90255	(323) 588-0742	Call for Cost	E, Sp
<i>Provides Support & Information about Hearing Aids & Assistive Device</i>			
Junior Blind of America 5300 Angeles Vista Blvd. Los Angeles, CA 90043	1-800-352-2290 www.juniorblind.org	Call for Cost	E
<i>Helps Children & Adults Who Are Blind, Visually Disabled Achieve Independence</i>			
LifeSigns 2222 Laverna Ave. Los Angeles, CA 90041	1-888-930-7776 www.lifesignsinc.org	Call for Cost	E, Sp
<i>Provides Interpreter Referral, Communication Aids & Video Relay Interpreting</i>			
The Center for the Partially Sighted 6101 W. Centinela Ave., Suite 150 Culver City, CA 90230	(310) 988-1970 www.low-vision.org	Call for Cost	E

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

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

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

Program Title	Contact	Cost	Languages
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The Jules Stein Eye Institute

100 Stein Plaza UCLA
Los Angeles, CA 90095

(310) 825-5000
www.jsei.org

Call for Cost

E

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

HIV/AIDS SUPPORT

AIDS Health Care Foundation (AHF)

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

(323) 860-5200
www.aidshealth.org

Varies

E, Sp

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

AIDS Project Los Angeles

611 S. Kingsley Drive
Los Angeles, CA 90005

(213) 201-1600
www.apla.org

Free

E, Sp

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

AIDS Service Center

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

(626) 441-8495
www.aidservicecenter.org

Free

E, Sp

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

L.A. Gay & Lesbian Center

MCDONALD/WRIGHT BUILDING

1625 N. Schrader Blvd.
Los Angeles, CA 90028

(323) 993-7400
www.lalgbtcenter.org

Call for Cost

E, Sp

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

THE VILLAGE AT ED GOULD PLAZA

1125 N. McCadden Place
Los Angeles, CA 90038

(323) 860-7302
www.lalgbtcenter.org

Call for Cost

E, Sp

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

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

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

Program Title	Contact	Cost	Languages
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L.A. Gay & Lesbian Center

YOUTH CENTER ON HIGHLAND
1220 N. Highland Ave.
Los Angeles, CA 90038

(323) 860-2280
www.lalgbtcenter.org

Call for Cost E, Sp

Services include Clothing, Counseling & Social Services, Emergency Overnight Beds, Employment Assistance, Food, GED Program, HIV & STD Testing & Showers

THE SPOT

745 N. San Vicente Blvd.
West Hollywood, CA 90069

(323) 993-7440
www.lalgbtcenter.org

Call for Cost E, Sp

Services include HIV/STD Testing & STD Treatment

HIGHLAND ANNEX

1220 N. Highland Ave.
Los Angeles, CA 90038

www.lalgbtcenter.org

Call for Cost E, Sp

Services include Family Services, Hate Crime Victim Assistance, Legal Services & Youth Services

The LGBT/Q Center of Long Beach

2017 E. 4th St.
Long Beach, CA 90814

(562) 434-4455
www.centerlb.org

Call for Cost E

Services include Support Groups, Workshops & Seminars, Youth Services, Legal Assistance, Employment Referrals, Rental and Roommate Referrals, a Hate Crimes Hotline, Mental Health Counseling, Cultural & Social Activities

African American

Black AIDS Institute

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

(213) 353-3610
www.blackaids.org

Call for Cost E, Sp

Offers HIV/AIDS Prevention Programs, Information & Referrals

Asian/Pacific

Asian Pacific AIDS Intervention Team

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

(213) 375-3830
www.apaitonline.org

Call for Cost E, Ca, M, J, K
Tag, T, V

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

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

Program Title	Contact	Cost	Languages
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Asian/Pacific

Asian Pacific AIDS Intervention Team

ORANGE COUNTY OFFICE

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

(714) 636-1349

www.apaitonline.org

Call for Cost

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

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

Hispanic/Latino

Bienestar Human Services

EL MONTE CENTER

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

(626) 444-9453

www.bienestar.org

Call for Cost

E, Sp

EAST LOS ANGELES CENTER

5326 E. Beverly Blvd.
Los Angeles, CA 90022

(323) 727-7896

www.bienestar.org

Call for Cost

E, Sp

LONG BEACH CENTER

1464 Cherry Ave.
Long Beach, CA 90813

(562) 438-5800

www.bienestar.org

Call for Cost

E, Sp

POMONA CENTER

180 E. Mission Blvd.
Pomona, CA 91766

(909) 397-7660

www.bienestar.org

Call for Cost

E, Sp

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

El Proyecto del Barrio

8902 Woodman Ave.
Arleta, CA 91331

(818) 830-7133

www.elproyecto.us

Call for Cost

E, Sp

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

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

Program Title	Contact	Cost	Languages
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HOMELESS SHELTERS/FOOD

Covenant House California

1325 N. Western Ave. (323) 461-3131 Free E, Sp
 Hollywood, CA 90027 www.covenanthousecalifornia.org

Toll Free Number: 1-800-999-9999

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

Downtown Women Center

442 S. San Pedro St. (213) 680-0600 Free E
 Los Angeles, CA 90013 www.dwcweb.org

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

Food on Foot

HOLLYWOOD FEEDING LOCATION
 1625 N. Schrader Blvd. (310) 442-0088 Free E
 Los Angeles, CA 90028 www.foodonfoot.org

Homeless Health Care Los Angeles

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

Jovenes, Inc

1208 Pleasant Ave. (323) 260-8035 Free E, Sp
 Los Angeles, CA 90033 www.jovenesinc.org

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

Los Angeles Coalition to End Hunger & Homelessness

2500 Wilshire Blvd., Ste 1155 (213) 251-0041 Free E
 Los Angeles, CA 90057 www.lacehh.org

Los Angeles Mission

303 East 5th St. (213) 629-1227 Free E, Sp
 Los Angeles, CA 90013 www.losangelesmission.org

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

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

Program Title	Contact	Cost	Languages
MLK Community Health Foundation			
NEW IMAGE EMERGENCY SHELTER 8720 S. Figueroa St. Los Angeles, CA 90003			
BEYOND SHELTER 7826 S. Broadway St. Los Angeles, CA 90003			
HOPICS (HOMELESS OUTREACH PROGRAM & INTEGRATED CARE SYSTEM) 5175 S. Broadway St., #1 Los Angeles, CA 90037			
My Friend's Place			
5850 Hollywood Blvd. Los Angeles, CA 90028	(323) 908-0011 www.myfriendsplace.org	Call for Cost	E
<i>Programs include Safe Haven Program, Transformative Education Program & Health & Well Being Program</i>			
Rio Hondo Temporary Home			
12300 4th St., Building 213 Norwalk, CA 90650	(562) 863-8805 www.riohondohome.org	Free	E, Sp
Shelter First			
1002 E 7th St. Los Angeles, CA 90021	(213) 622-4972	Free	E, Sp
<i>Provides Short Term & Transitional Shelter to Homeless Men, Women & Children</i>			
Sunshine Mission for Women			
2600 South Hoover St. Los Angeles, CA 90007	(213) 747-7419	Free	E, Sp
Weingart Center Association			
566 S. San Pedro St. Los Angeles, CA 90013	(213) 627-9000 www.weingart.org	Free	E, Sp

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

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

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

INTERPRETATION SERVICES

Asian Pacific AIDS Intervention Team 1730 W. Olympic Blvd., Suite 300 Los Angeles, CA 90015	(213) 375-3830 www.apaitonline.org	Free	E, Ca, M, J, K Tag, T, V
ORANGE COUNTY OFFICE 12900 Garden Grove Blvd., Ste 220 A Garden Grove, CA 92843	(714) 636-1349 www.apaitonline.org	Free	E, Ca, M, J, K Tag, T, V
<i>Offers Free Interpretation Services</i>			

Pacific Asian Languages Services (PALS for Health) 1730 W. Olympic Blvd., 4 th Floor, Ste 3A-200 Los Angeles, CA 90015	(213) 553-1818 www.palsforhealth.org	Free	E, Sp, K, Ca, M J, T, V
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LEGAL SERVICES

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

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

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

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

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

Los Angeles County Bar Association 1055 West Seventh Street, Suite 2700 Los Angeles, CA 90017	(213) 627-2727 www.lacba.org	Call for Cost	E, Sp
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Los Angeles County Bar Association – Public Counsel 601 S. Ardmore Ave. Los Angeles, CA 90005	(213) 385-2977 www.lacba.org	Call for Cost	E, Sp
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Assists with Family Law, divorce, paternity, custody, restraining orders, homeownership and tenant defense, and government benefits

Union Rescue Mission 545 S. San Pedro Ave. Los Angeles, CA 90013	(213) 347-6300 www.unionrescuemission.org	Free	E, Sp
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Asian/Pacific

Asian Pacific American Legal Center	(213) 977-7500 (800) 520-2356 (800) 867-3126	Call for Cost	E, J, Tag Ca, M Kh
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Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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

Program Title	Contact	Cost	Languages
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Asian/Pacific

Asian Pacific American Legal Center	(800) 867-3640 (800) 914-9583 (800) 267-7395 www.apalc.org		K T V
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Provides Asian and Pacific Islander and Other Communities with Multi-Lingual, Culturally Sensitive Services & Legal Education including Housing, Domestic Violence, Family Law, Immigration, Citizenship, Consumer Fraud or Discrimination

Hispanic/Latino

Central American Resource Center 2845 W. 7th St. Los Angeles, CA 90005	(213) 385-7800 www.carecen-la.org	Call for Cost	E, Sp, K
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Empower Central Americans by Defending Human & Civil Rights, Working for Social & Economic Justice & Promoting Cultural Diversity

El Rescate Legal Services 1501 West 8th St., Suite 200 Los Angeles, CA 90017	(213) 387-3284 www.elrescate.org	Call for Cost	E, Sp
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SENIOR RESOURCES – LOS ANGELES COUNTY

Antelope Valley Senior Center 777 W. Jackman St. Lancaster	(661) 726-4403	Call for Cost	E
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Alicia Broadous-Duncan MSC* 11300 Glenoaks Blvd. Pacoima, CA 91331	(818) 834-6100	Call for Cost	E, Sp
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Altadena Senior Center 560 E. Mariposa St. Altadena, CA 91001	(626) 798-0505	Call for Cost	E
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MSC* = Multipurpose Senior Center

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

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Arcadia Senior Services

365 Campus Drive (626) 574-5130 Call for Cost E
Arcadia

Artesia MSC*

18750 Clarkdale (562) 924-6509 Call for Cost E
Artesia

Azusa Senior Center

740 N. Dalton Ave. (626) 812-5204 Call for Cost E, Sp
Azusa, CA 91702

Barbara Riley Senior Center

12458 Rives Ave. (562) 904-7226 Call for Cost E
Downey

Barlett Senior Center

1318 Cravens Ave. (310) 320-5918 Call for Cost E
Torrance

Bell Community Center

6250 Pine Ave. (323) 773-1596 Call for Cost E
Bell

Bell Community Center

6250 Pine Ave. (323) 773-1596 Call for Cost E
Bell

Bell Gardens MSC*

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

Bernardi Senior MSC*

6514 Sylmar Ave. (818) 718-1101 Call for Cost E, Sp
Van Nuys, CA 91401

Beverly Hills Roxbury Park Community Center

471 S. Roxbury Drive (310) 285-4761 Call for Cost E
Beverly Hills www.beverlyhills.org

MSC* = Multipurpose Senior Center

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

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Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Bradley MSC* 10957 S. Central Ave. Los Angeles, CA 90059	(323) 923-2753	Call for Cost	E
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Burbank Joslyn MSC* 1301 W. Olive Ave. Burbank	(818) 238-5353	Call for Cost	E
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Carson Senior Social Services 801 E. Carson St. Carson, CA 90745	(310) 835-0212	Call for Cost	E, Sp
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Cerritos MSC* 12340 South St. Cerritos, CA 90703	(562) 916-8550	Call for Cost	E
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City of Downey Community Senior Services 7810 Quill Dr. Downey, CA 90241	(562) 904-7223	Call for Cost	E
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City of La Puente Senior Center 16001 E. Main St. La Puente, CA 91744	(626) 855-1585	Call for Cost	E, Sp
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Claremont Joslyn Senior Center 660 N. Mountain Ave. Claremont, CA 91711	(909) 399-5488	Call for Cost	E, Sp
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Commerce Senior Citizens Center 2555 Commerce Way Commerce	(323) 887-4430 www.ci.commerce.ca.us	Call for Cost	E
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Covina Joslyn Senior Center 815 N. Barranca Ave. Covina, CA 91723	(626) 966-6378	Call for Cost	E, Ch, Sp
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Culver City Senior Center 4095 Overland Ave. Culver City, CA 90232	(310) 253-6700	Call for Cost	E, C, I
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MSC* = Multipurpose Senior Center

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Delta Sigma MSC* 2528 West Blvd. Los Angeles	(323) 735-5799	Call for Cost	E
Duarte Senior Center 1610 Huntington Drive Duarte, CA 91010	(626) 357-3513	Call for Cost	E
East Los Angeles Neighborhood Center 133 North Sunol Drive Los Angeles	(323) 260-2823	Call for Cost	E
East Valley MSC* 5056 Van Nuys Blvd. Sherman Oaks, CA 91603	(818) 766-5165	Call for Cost	E
El Monte Community & Senior Center 3120 N. Tyler Ave. El Monte, CA 91731	(626) 580-2210	Call for Cost	E, Sp
El Dorado Senior Center 2800 Studebaker Rd. Long Beach, CA 90815	(562) 570-3227	Call for Cost	E
El Segundo Joslyn Senior Center 339 Sheldon St. El Segundo, CA 90245	(310) 524-2705	Call for Cost	E
Felicia Mahood Senior MSC* 11338 Santa Monica Blvd. Los Angeles, CA 90025	(310) 479-4119	Call for Cost	E, Fa, Sp
Gardena Senior Citizens Day Care Center 14517 Crenshaw Blvd. Gardena	(310) 217-9550	Call for Cost	E
George & Helen Thomas MSC* 2475 Washington Blvd. Los Angeles	(323) 734-9091	Call for Cost	E

MSC* = Multipurpose Senior Center

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

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Glendale Senior Center 201 E. Colorado St, Glendale	(818) 548-3778	Call for Cost	E
Glendale Sparr Heights Senior Center 1613 Glencoe Way Glendale	(818) 548-2187	Call for Cost	E
Hawthorne Senior Center 3901 El Segundo Blvd. Hawthorne	(310) 349-1650	Call for Cost	E
Hollywood MSC* 1360 North St. Andrews Place Los Angeles	(323) 957-3900	Call for Cost	E, Sp, A, R
Huntington Senior Care Network 837 S. Fair Oaks Ave., Ste 100 Huntington Park	(626) 397-3110	Call for Cost	E, Ch, Sp
Huntington Park Old Timer Foundation 3355 East Gage Ave. Huntington Park	(323) 589-7100	Call for Cost	E
Inglewood Senior Center 330 Centinela Ave. Inglewood, CA 90302	(310) 412-5338	Call for Cost	E
International Institute of LA MSC* 435 S. Boyle Ave. Los Angeles	(323) 264-6210	Call for Cost	E
Interval Senior Services 943 Grand Ave. Covina	(626) 858-8382	Call for Cost	E
Irwindale Senior Center 16116 Arrow Hwy. Irwindale	(626) 430-2283	Call for Cost	E

MSC* = Multipurpose Senior Center

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Jack Crippen MSC* 3120 N. Tyler Ave. El Monte	(626) 580-2210	Call for Cost	E
Jaycees Foundation Inc. MSC* 1148 N. Avalon Blvd. Wilmington	(310) 518-4533	Call for Cost	E
Joslyn Adult Center 210 N. Chapel Ave. Alhambra, CA 91801	(626) 570-3220	Call for Cost	E, C, M, Sp
Ken Nakaoka MSC* 1670 W. 162 St., Ste B Gardena	(310) 217-9552	Call for Cost	E
La Fetra Senior Center 333 East Foothill Blvd. Glendora	(626) 914-0560	Call for Cost	E
La Mirada Older Adult Services 13710 La Mirada Blvd. La Mirada	(562) 902-3160	Call for Cost	E
La Verne Senior Center 3680 D St. La Verne	(909) 596-8777	Call for Cost	E
Lawndale Senior Center 14701 South Burin Ave. Lawndale	(310) 679-3344	Call for Cost	E
Lennox Senior Center 10828 Condon Ave. Lennox, CA 90304	(310) 412-5439	Call for Cost	E, Sp
Lincoln Heights Senior Center 2323 Workman St. Los Angeles	(323) 225-9339	Call for Cost	E, Sp

MSC* = Multipurpose Senior Center

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

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

MSC* = Multipurpose Senior Center

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

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Paramount MSC*

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

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

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

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

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

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

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

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

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

324 South Mission Drive San Gabriel	(626) 308-2822	Call for Cost	E
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MSC* = Multipurpose Senior Center

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

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

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

MSC* = Multipurpose Senior Center

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

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

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

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

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

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES – LOS ANGELES COUNTY

Hispanic/Latino

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

ADULT DAY SERVICES

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

WEBSITES RELATED TO ADULT DAY SERVICES



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

Assisted living facilities

A Place for Mom Provides referrals to RCFEs & nursing facilities	(877) 311-6099	Call for Cost	E, Sp
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Accent on Seniors Provides referrals to RCFEs & nursing facilities statewide	(888) 954-6637 www.accentonseniors.com	Call for Cost	E, R, Sp
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California Registry Provides referrals to RCFEs & nursing facilities statewide	(800) 777-7575 www.calregistry.com	Call for Cost	E
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Concepts for Living Provides referrals to RCFEs	(818) 340-7272	Call for Cost	E
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Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

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

Assisted living facilities (CONT')

Connections

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

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

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

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

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

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

Provides referrals to RCFEs	(866) 697-3646	Call for Cost	E, Sp
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WEBSITES RELATED TO ASSISTED LIVING FACILITIES



CareFinder – an online guide for informed choices when selecting residential care www.alz.org/carefinder

CareMavens – an online database of professional elder care providers and RCFEs www.alzla.org/resources

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

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

CARE MANAGEMENT

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

GREATER LOS ANGELES (ALL AREAS)

Alzheimer’s Association, California

4221 Wilshire Blvd, Ste 400 Los Angeles, CA 90010	(844) 435-7259 www.alzcla.org	Call for Cost	E, Sp
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Offer classes, workshops and educational materials for those with memory loss concerns and their families.

ANTELOPE VALLEY

Antelope Valley Senior Center

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

Access Healthcare Associates

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

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

520 Lafayette Park Place, 3rd Fl Los Angeles, CA 90057	(213) 252-2100	Call for Cost	E
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Center for Health Care Rights

520 Lafayette Park Place, Ste 214 Los Angeles, CA 90057	(213) 383-4519	Call for Cost	E
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Center for the Partially Sighted

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

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

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

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

CARE MANAGEMENT (Cont')

City of South Pasadena Community Services 1102 Oxley St. South Pasadena, CA 91030	(626) 403-7360	Call for Cost	E, C, Sp
Didi Hirsch Community Mental Health Center 4760 S. Sepulveda Blvd. Culver City, CA 90230	(310) 390-6612 ext. 896	Call for Cost	E, A, Sp
Excellent In-Home Care 16601 Ventura Blvd., Ste 506 Encino, CA 91436	(818) 755-4900	Call for Cost	E, Fa
Gardena Senior Citizen's Bureau 1670 W. 162 nd St. Gardena, CA 90247	(310) 217-9552	Call for Cost	E, J, Sp
Glendale Adult Recreation Center 201 E. Colorado St. Glendale, CA 91205	(818) 548-3775	Call for Cost	E, A, Sp
Gus Velasco Neighborhood Center 9255 Pioneer Blvd. Santa Fe Springs, CA 90670	(562) 692-0261	Call for Cost	E
Houghton Park Community Center 6301 Myrtle Ave. Long Beach, CA 90805	(562) 570-1640	Call for Cost	E, Sp
Human Services Association 6800 Florence Ave. Bell Gardens, CA 90201	(562) 806-5400	Call for Cost	E, Sp
La Fetra Center 333 E. Foothill Blvd. Glendora, CA 91741	(626) 914-8235	Call for Cost	E
Lawndale Community Center 14700 Burin Ave. Lawndale, CA 90260	(310) 973-3270	Call for Cost	E, Sp

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

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

CARE MANAGEMENT (Cont')

LivHome 5670 Wilshire Blvd., Ste 500 Los Angeles, CA 90036	(323) 933-5885	Call for Cost	E, J, R, Sp
Los Angeles Caregiver Resource Center 732 Mott St., Ste 150 San Fernando, CA 91340	(818) 847-9141	Call for Cost	E, C, M, Sp
ONEgeneration 17400 Victory Blvd. Van Nuys, CA 91406	(818) 708-6625	Call for Cost	E, Sp
The Caring Connection 10727 Wilshire Oak Ave., Ste 206 Granada Hills, CA 91344	(818) 368-5007	Call for Cost	E, Sp, V
Wise and Healthy Aging 1527 4 th St. Ken Edwards Bldg., 2 nd Fl Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E, Fa, Sp
Your Care Manager 6320 Wilshire Blvd., #820 Los Angeles, CA 90048	(323) 395-7068	Call for Cost	E

Asian/Pacific

Little Tokyo Service Center 231 E. 3 rd St., Ste G106 Los Angeles, CA 90013	(213) 473-1602	Call for Cost	E, Ch, J, Sp
Chinatown Service Center 112 N. Chandler Ave., Ste 105 Monterey Park, CA 91754	(626) 293-8733	Call for Cost	E, C, M
Live Oak Park Community Center 10144 Bogue St. Temple City, CA 91780	(626) 579-0461	Call for Cost	E, Ch, J, Sp

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

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

CARE MANAGEMENT (Cont’)

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

JFS/Senior Outreach Seniors 4311 Wilshire Blvd., Ste 209 Los Angeles, CA 90010	(323) 932-0316	Call for Cost	E
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Jewish Family Services Freda Mohr Center 330 N. Fairfax Ave. Los Angeles, CA 90036 Multipurpose Senior Services Program	(323) 937-5930	Call for Cost	E, R, Sp
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Jewish Family Services of Los Angeles 12821 Victory Blvd. North Hollywood, CA 91606	(818) 984-1380	Call for Cost	E
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JFS/West Hollywood Comprehensive Service Center 7377 Santa Monica Blvd. West Hollywood, CA 90046	(323) 851-8202	Call for Cost	E, R
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Pico-Robertson Family Resource Ctr. Jewish Family Services 8838 W. Pico Blvd. Los Angeles, CA 90035	(310) 247-0864	Call for Cost	E, Fa
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Diagnostic centers

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

LOS ANGELES

Alzheimer’s Disease Research Center Memory & Aging Center, USC 1520 San Pablo St., Ste 3000 Los Angeles, CA 90033	(213) 740-7777	Call for Cost	E
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Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

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

Diagnostic centers (Cont’)

Geriatric Neurobehavior Center

USC/Rancho Los Amigos National Rehabilitation Center
 7601 E. Imperial Hwy., 800 West Annex (562) 401-8130 Call for Cost E
 Downey, CA 90242

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

UCLA Memory Disorders Clinic at UCLA Medical Center, Westwood
UCLA Neurological Services
 300 UCLA Medical Plaza, Ste B200 (310) 794-6039 Call for Cost E
 Los Angeles, CA 90095-6975

Memory Disorders Clinic

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

VA Greater Los Angeles Healthcare System

West Los Angeles Medical Center
Department of Geriatric Psychiatry
 11301 Wilshire Blvd., Bldg 401 (310) 478-3711 Call for Cost E
 Los Angeles, CA 90073

SAN FERNANDO VALLEY

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

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

Family Medicine Center

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

Northridge Neurological Center

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

S+AGE @ Sherman Oaks Hospital

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

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

Diagnostic centers (Cont')

VA Greater Los Angeles Healthcare System

Sepulveda Ambulatory Care Center

16111 Plummer St. North Hills, CA 91343	(818) 891-7711	Call for Cost	E
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SAN GABRIEL VALLEY

Huntington Memorial Hospital

Geriatric Assessment Clinic

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

625 Fair Oaks Ave., Ste 390 South Pasadena, CA 91030	(626) 449-2484	Call for Cost	E
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SOUTH BAY/HARBOR

Harbor UCLA Family Health Center

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

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

Cedars-Sinai Medical Center

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

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

7601 E. Imperial Hwy. 900 Building Room 91 Downey, CA 90242	(562) 401-7111	Call for Cost	E
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Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

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

Early stage Community services

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

Gilbert Table Tennis Program

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

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

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

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

Elder abuse is the mistreatment or neglect of an older adult, either self-inflicted or inflicted by someone else. It can take the form of physical, sexual, and/or financial abuse. People with dementia are particularly vulnerable to elder abuse. Please contact any of the following agencies if you suspect abuse of an older adult.

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

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

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

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

Center of Excellence on Elder Abuse & Neglect:

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

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

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

Elder abuse (Cont’)

Center of Excellence on Elder Abuse & Neglect:

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

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

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

Ombudsman:

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

Health associations

American Heart Association & American Stroke Association

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

5200 W. Century Blvd., Ste 480 Los Angeles, CA 90045	(800) DIABETES (342-2383) www.diabetes.org	Call for Cost	E
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The Association for Frontotemporal Degeneration: Provides general information regarding frontotemporal degeneration.

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

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

- Lewy Body Dementia Association www.lbda.org

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

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

Health associations (Cont’)

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

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

Home care

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

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

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

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

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

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

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

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

Hospice care

All Care Hospice			
100 W. Broadway Ave., Ste 810 Glendale, CA 91210	(818) 241-9108	Call for Cost	E
Assisted Home Hospice			
8550 Balboa Blvd., Ste 282 Northridge, CA 91325	(818) 830-5003	Call for Cost	E

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

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

Hospice care (Cont’)

Los Angeles Hospice 3807 Wilshire Blvd., Ste 1228 Northridge, CA 90010	(213) 389-4700	Call for Cost	E
Roze Home Hospice 5455 Wilshire Blvd., Ste 810 Los Angeles, CA 90036	(323) 938-1155	Call for Cost	E
Silverado Hospice 601 S. Glenoaks Blvd., Ste 201 Los Angeles, CA 91502	1-888-469-1810	Call for Cost	E
Skirball Hospice 6345 Balboa Blvd., Ste 315 Encino, CA 91316	(818) 774-3040	Call for Cost	E
St. Martin Hospice 1925 W. Temple St., Ste 210 Los Angeles, CA 90026	(213) 413-7871	Call for Cost	E
Trinity Care Hospice 5315 Torrance Blvd., Bldg 1 Torrance, CA 90503	1-800-535-8446	Call for Cost	E
VA Greater Los Angeles Healthcare System 11301 Wilshire Blvd. Los Angeles, CA 90073	(310) 478-3711	Call for Cost	E
Visiting Nurse Association 3452 W. Foothill Blvd., Ste 130 Pasadena, CA 91107	(626) 568-2588	Call for Cost	E
VITAS Innovative Hospice Care 1343 N. Grand Ave. Covina, CA 91724	(626) 974-2000	Call for Cost	E

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

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

Hospice care (Cont’)

WEBSITES RELATED TO HOSPICE CARE



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

Housing resources

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

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

- Housing Alternatives for Seniors (323) 650-7988

City of Los Angeles Housing Department: Rent Stabilization ordinance

- Rent Stabilization Division 1-866-577-7368

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

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

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

- Office of Public Health (213) 894-8000

Information & referral

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

Alzheimer’s Association California South Chapter			
4221 Wilshire Blvd., Ste 400 Los Angeles, CA 90010	1-800-272-3900	Call for Cost	E

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

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

Information & referral

Los Angeles Department of Aging 3580 Wilshire Blvd., Ste 300 Los Angeles, CA 90010	1-800-510-2020 www.aging.ca.gov	Call for Cost	E, Ch, K, Tag Sp, V
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211 Los Angeles County Phone: 2-1-1 www.infoline-la.org
 Provides referrals to government, transportation, health and social services in Los Angeles County 24 hours/day, 7 days/week. Services also in Spanish

Insurance & social security

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Insurance & social security (CONT’)

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

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

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

- Social Security 1-800-772-1213 www.ssa.gov

WEBSITES RELATED TO INSURANCE & SOCIAL SECURITY



- Administration on Aging www.aoa.gov
- Centers for Medicare & Medicaid Services www.cms.gov
- Covered California www.coveredca.com/HICAP
Determine eligibility and apply for Medi-Cal (aka Medicaid) on-line
- Free Benefits Checkup www.benefitscheckup.org
Determine eligibility for programs
- Government Info for Seniors www.usa.gov
- California Dept. of Health Care Services www.dhcs.ca.gov
Medical Forms
- U.S. Dept. of Health & Human Services www.hhs.gov

Legal assistance & information

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

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

- Bet Tzedek Legal Services (323) 939-0506 www.bettzedek.org

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

- Consumer Hotline 1-800-474-1116 www.canhr.org

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

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

Legal assistance & information (CONT’)

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

- **Center for Health Care Rights** 1-800-824-0780 & (213) 383-4519

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

- **H.E.L.P.** (310) 533-1996

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

- **Office of the Public Guardian** (213) 974-0515

Los Angeles County Bar Association Lawyer Referral & Information Service:

- **LA County Bar Association** (213) 243-1525

Los Angeles Caregiver Resource Center: Provides attorney referrals.

- **LA Caregiver Resource Center** 1-800-540-4442

Smart Law: Provides free legal information line

- **Smart Law** (213) 243-1500

WEBSITES RELATED TO LEGAL & FINANCIAL ISSUES



- **American Bar Association Commission on Law and Aging** www.abanet.org/aging
- **Bet Tzedek** www.bettzedek.org
- **California State Bar** www.calbar.ca.gov
- **Caring Connections** www.caringinfo.org
- **National Academy of Elder Law Attorneys** www.Naela.org
- **State of California** www.ca.gov

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

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

Local senior centers

These centers often provide care management services and access to the Meals on Wheels Program. To receive a list of local senior centers, call 1-800-272-3900. The following Agencies on Aging can provide referrals to local senior centers and information about services available to older individuals in their communities.

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

Medication coverage

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

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

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

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

Mental health

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

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

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

Mental health (CONT’)

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

Community Mental Health Programs – San Fernando Valley:

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

Community Mental Health Programs – San Gabriel Valley:

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

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

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

Community Mental Health Programs – South Bay/Harbor:

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

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

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

Multipurpose Senior Services Program

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

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

nutrition

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

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

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

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

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

safety

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

HOME MODIFICATION:

Accessible Design and Consulting 6207 W. 83 rd Place Los Angeles, CA 90045	(310) 215-3332 www.accessibleconstruction.com	Call for cost	E
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Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

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

Safety (CONT’)

Forever Active 18 E. Bellevue Drive Pasadena, CA 91105	(626) 466-3020 www.foreveractivemed.com	Call for cost	E
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Stayhome Safe 30 N. Raymond Ave. Pasadena, CA 91103	(626) 792-0070 www.stayhomesafe.com	Call for cost	E
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➤ **Active Homes** **1-855-924-7663** www.aginginplacemods.com
Aging in Place Home Modification

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

OTHER SAFETY SERVICES:

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

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

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

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

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

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

Senior services

American Association of Retired Persons (AARP)

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

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

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

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

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

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

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

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

Mexican American Opportunity Foundation

972 S. Goodrich Blvd. City of Commerce, CA 90022	(323) 890-1555	Call for Cost	E, Sp
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Care1st Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

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

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

Senior services (Cont')

National Asian Pacific Center on Aging 3727 W. 6 th St., Ste 619 Los Angeles, CA 90020	(213) 365-9005	Call for Cost	E
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Oasis-Baldwin Hills Baldwin Hills Crenshaw Plaza, Macy's, 3rd Floor 4005 Crenshaw Blvd. Los Angeles, CA 90008	(323) 291-3414	Call for Cost	E
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Oasis-West Los Angeles Westside Pavilion, Macy's, 3rd Floor 10730 W. Pico Blvd. Los Angeles, CA 90064	(310) 446-8053	Call for Cost	E
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The Salvation Army Golden Agers Club 1533 4 th St. Santa Monica, CA 90401	(310) 451-1358	Call for Cost	E
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UCLA Healthcare 50 Plus 1821 Wilshire Blvd., Ste 600 Santa Monica, CA 90403	1-800-516-5323	Call for Cost	E
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UCLA Family Caregiver Support Center 3715 McClintock Ave. Los Angeles, CA 90089	1-855-872-6060	Call for Cost	E
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WISE & Healthy Aging 1527 4 th St., 2 nd Floor Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E
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American Diabetes Association 5200 W. Century Blvd., Ste 480 Los Angeles, CA 90045	(800) DIABETES (342-2383) www.diabetes.org	Call for Cost	E
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Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

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

transportation

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

TLC Senior Helpers

6245 Bristol Parkway, Ste 429 Culver City, CA 90203	(310) 338-7247 1-888-TLC-DRVE (852-3783)	Call for cost	E
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➤ **Access Services**

1-800-827-0829

Provides transportation for disabled individuals including people with Alzheimer’s.

➤ **Cityride Dial-a-Ride & Taxi Service**

(323) 666-0895 & (818) 908-1901

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

➤ **Little Tokyo Service Center**

(213) 473-3030

Provides transportation services to SSI and medical appointments in specific geographic areas in Los Angeles County.

➤ **Wise & Healthy Aging Senior Services**

(310) 394-9871

www.wiseandhealthy.org

This service provides low-cost, shared ride service and curb-to-curb transportation in the West Los Angeles area.

SENIOR RESOURCES –ORANGE COUNTY

Anaheim Independencies

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

250 E. Center Anaheim	(714) 765-4510	Call for Cost	E
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Brea Senior Center

500 S. Sievers Ave. Brea	(714) 990-7750	Call for Cost	E
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Buena Park Senior Center

8150 Knott	(714) 236-3870	Call for Cost	E
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Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES –ORANGE COUNTY

Costa Mesa Senior Center

695 W. 19th
Costa Mesa (949) 645-2356 Call for Cost E

Oasis Senior Center

80 Marguerites
Corona Del Mar (949) 644-3151 Call for Cost E

West Anaheim Senior Center

2271 W. Crescent
Anaheim (714) 765-3415 Call for Cost E

Asian/Pacific

Abrazar Senior Center

7101 Wyoming
Westminster (714) 893-3581 Call for Cost E

Asian American Senior Center

850 N. Birch
Santa Ana (714) 560-8877 Call for Cost E, Ca, M, V

Florence Sylvester Senior Center

23721 Moulton Pkwy
Laguna Hills (949) 380-0155 Call for Cost E

Huntington Beach Senior Outreach

1718 Orange
Huntington Beach (714) 960-2478 Call for Cost E

La Habra Center

101 W. La Habra Blvd.
La Habra (562) 905-9708 Call for Cost E

Laguna Beach Senior Center

384 Legion
Laguna Beach (949) 497-2441 Call for Cost E

MSC* = Multipurpose Senior Center

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

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Program Title	Contact	Cost	Languages
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SENIOR RESOURCES –ORANGE COUNTY

Lakeview Senior Center

20 Lake Rd. (949) 724-6900 Call for Cost E
Irvine

Los Alamitos Senior Center

10911 Oak St. (562) 430-1073 Call for Cost E
Los Alamitos

Midway City Community Center

14900 Park Lane (714) 898-0203 Call for Cost E
Midway City

Asian/Pacific

Norman P. Murray Senior Center

24932 Veterans Way (949) 470-3062 Call for Cost E
Mission Viejo

North Orange Senior Center

16561 E. Lincoln (714) 998-4010 Call for Cost E
Orange

O.C. Korean American

9888 Garden Grove Blvd. (714) 530-6419 Call for Cost E, K
Garden Grove

Orange Senior Center

170 S. Olive St. (714) 538-9633 Call for Cost E
Orange

Placentia Senior Center

143 S. Bradford (714) 986-2332 Call for Cost E
Placentia

Rancho Senior Center

3 Sandburg Way (949) 724-6800 Call for Cost E
Irvine

MSC* = Multipurpose Senior Center

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

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES –ORANGE COUNTY

San Clemente Senior Center

242 Avenida Del Mar (949) 498-3322 Call for Cost E
San Clemente

San Juan Capistrano Senior Center

25925 Camino Del Avion (949) 443-6358 Call for Cost E
San Juan

Santa Ana Senior Center

424 W. Third St. (714) 647-6540 Call for Cost E
Santa Ana

Asian/Pacific

Sea Country Senior Center

24602 Aliso Creek Road (949) 425-5151 Call for Cost E
Laguna Niguel

Seal Beach Senior Center

707 Electric (562) 799-9660 Call for Cost E
Seal Beach

Southern California Indian Center

10175 Slater (714) 962-6673 Call for Cost E
Fountain Valley

St. Anselm’s Cross Culture Center

13091 Galway (714) 537-0608 Call for Cost E
Garden Grove

Tustin Senior Center

200 S. C St. (714) 573-3340 Call for Cost E
Tustin

Vietnamese Community of Orange County

1618 W. 1st (714) 558-6009 Call for Cost E, V
Santa Ana

MSC* = Multipurpose Senior Center

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

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

Program Title	Contact	Cost	Languages
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SENIOR RESOURCES –ORANGE COUNTY

Vietnamese Hope Community Center

1538 Century Blvd.
Santa Ana (714) 265-1181 Call for Cost E, V

Westminster Senior Center

8200 Westminster
Westminster (714) 895-2878 Call for Cost E

Yorba Linda Community Center

4501 Casa Loma
Yorba Linda (714) 961-7181 Call for Cost E

Jewish

Cypress Senior Center

9031 Grindlay
Cypress (714) 229-2005 Call for Cost E

Dana Point Senior Center

34052 Del Obispo, Ste B
Dana Point (949) 496-4252 Call for Cost E

Fountain Valley Senior Citizens Club

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

Fullerton Senior Center

340 W. Commonwealth
Fullerton (714) 738-6305 Call for Cost E

H. Louis Lake Senior Center

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

Jewish Community Center

1 Federation Way, #220
Irvine (949) 435-6460 Call for Cost E

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

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Program Title	Contact	Cost	Languages
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TEEN RESOURCES – LA/ORANGE COUNTIES

Big Brothers and Big Sisters of Los Angeles

6022 Wilshire Blvd., Suite 202
Los Angeles (213) 481-3611 Call for Cost E, Sp

Los Angeles Friends of the Family/Young Moms

14522 Kittredge Ave.
Van Nuys (818) 988-4430 Call for Cost E

*Offers Information & Support Program for Young Mothers between the Ages of 15-25 Years
Transportation, Meals, & Childcare Are Provided for Eligible Participants.*

Help Line Youth Counseling

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

Pregnant Minor Program

6119 Agra
Bell Gardens (323) 887-7946 Call for Cost E, Sp

Provides Services to Pregnant Teens Who Want to Continue Their Education

Project Jade

8650 California Ave.
South Gate (323) 564-5233 Call for Cost E, Sp

Offers Youth Diversion & Delinquency Prevention Program, Providing Family & Group Counseling, Parenting Classes, Tutorial Assistance & Gang Prevention

Reiss Davis Child Study Center

3200 Motor Ave.
Los Angeles (310) 204-1666 Call for Cost E

Provides Short & Long Term Psychotherapy for Children, Adolescents, Parent Guidance, & Special Programs for Divorcing Families, Stepfamilies & for Children with Learning Problems

St. Anne's Outreach

155 N. Occidental Blvd.
Los Angeles (213)381-2931 Free E, Sp
www.stannes.org

Probation or DCFS Has to Refer Teenagers, Ages 12-18. Program Provides Residential Care for Teenagers & Their

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

Program Title	Contact	Cost	Languages
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TEEN RESOURCES – LA/ORANGE COUNTIES

Star View Community Services

5420 N. Figueroa St. (323) 999-2404 Call for Cost E
 Los Angeles www.starsgroup.org

Outpatient Mental Health Program for Adolescents & Their Families, Foster Families or Group Homes

Teen Parents

235 E. 8th St. (562) 997-8000 Call for Cost E
 Long Beach

Provides Education for Pregnant & Parenting Teens

YMCA – Greater Long Beach

15530 Woodruff Ave. (562) 925-1292 Call for Cost E
 Bellflower

Provides Teen Leadership & Mentoring

Asian/Pacific

Korean Town Youth & Community

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

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

Jewish

Jewish Big Brothers Association

5700 Wilshire Blvd., Suite 1215 (323) 761-8675 Call for Cost E, R
 Los Angeles

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