

RESIDENT RESOURCE GUIDE

CANBY WOODS

Prepared by



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The background of the page is a photograph of a library. It shows rows of bookshelves filled with books of various colors. The perspective is from a low angle, looking down the length of the aisles. A teal-colored rectangular box is superimposed over the center of the image, containing the title text in white.

AFTER SCHOOL PROGRAMS: K-12

IN-PERSON

Golden Performing Arts

(818) 887-9178

23233 Saticoy St. Ste 107

Canoga Park, CA 91304

<https://www.goldenpac.org>

Golden Performing Arts Center is a non-profit organization that offers children, teens and young adults, ages 6-22, the opportunity to experience exhilarating feelings of success, belonging, pride and accomplishment by working together as a theatre family and presenting a Broadway style musical production.

Keep Youth Doing Something, Inc.

(818) 908-2029

7026 Sophia Ave.

Van Nuys, CA 91406

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

KYDS programs serve children in grades TK - 12th (ages 4 to 18+) living throughout Los Angeles and a few surrounding communities. We offer options for young people to experience new successes through programs that include visual and performing arts, STEM, wellness and fitness, homework help, and career and life skills.

Mid-Valley Regional Library

(818) 895-3650

16244 Nordhoff St.

North Hills, CA 91343

<https://www.lapl.org/branches/mid-valley>

The Mid-Valley Regional Library offers after-school programs and events throughout the week for kids and teens such as Zumba and World Music classes.

Reseda Recreation Center and Park

(818) 881-3882

18411 Victory Blvd.

Reseda, CA 91335

<https://www.laparks.org/reccenter/reseda>

Reseda Park plays home for number of programs such as Senior Fabric Painting, Beginning and Intermediate Guitar, Pre-ballet and Ballet, Yoga and Tai chi, Summer and Winter day Camp ages 5-13 and our After School Program. They also offer offers a myriad of different sports such as Soccer clinic, Flag football Clinic, Aikido, Tennis Clinic and basketball clinic.

Tarzana Recreation Center

(818) 343-5946

5655 Vanalden Ave.

Tarzana, CA 91356

<https://www.laparks.org/reccenter/tarzana>

The Tarzana Recreation Center is a space with a variety of offerings for the community. In the center, there are programs for kids and adults including baseball, basketball, softball, t-ball, arts & crafts, Creative Expressions (pre-school enrichment), dance, summer camp, winter camp, and special events.

West Valley Boys & Girls Club

(818) 610-1054

7245 Remmet Ave.

Canoga Park, CA 91303

<https://www.wvbgc.org>

The Boys & Girls Club provides after-school and summer programs for youth ages 6 to 18 years old that emphasize Academic Success; the development of good Character & Citizenship; and the formation of Healthy Lifestyles. The Boys & Girls Club is a place that any child can find safety, encouragement, and the strength to grow

and become a contributing member of our community.

West Valley Family YMCA

(818) 774-2840

18810 Vanowen St.

Reseda, CA 91335

<https://www.lapl.org/branches/mid-valley>

The Y is made up of people from all backgrounds working together to strengthen their community. Together we work to ensure that everyone, regardless of ability, age, cultural background, disability, ethnicity, faith, gender, gender identity, ideology, immigrant status, income, race,

sex or sexual orientation has the opportunity to reach their full potential. We provide childcare, first aid and safety programs, health services, and recreational programs.

West Valley Regional Branch Library

(818) 345-9806

19036 Vanowen St.

Reseda, CA 91335

<https://www.lapl.org/branches/west-valley>

The West Valley Regional Branch Library offers space for kids after school and throughout the week that include homework help and storytime.

ONLINE

Art in Action

<https://artinaction.org>

Art in Action offers section with free live streaming and pre-recorded online art classes. They also offer free virtual museum tours.

hand2mine

<https://www.hand2mindathome.com>

hand2mind offers daily Lessons & Activities for K-5 students, a series of free daily lessons and activities created and delivered by teachers. Each week you will find an easy-to-follow schedule, by grade, for K-5 students and daily grade-specific video lessons for Math and Literacy. You will also find worksheets for the Math and Literacy lessons as well as a daily Specials activity.

Khan Academy

<https://www.khanacademy.org/>

Free, world-class education for kids ages 7 and up. Program offers homework help,

practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We tackle math, science, computer programming, history, art history, economics, and more.

Khan Academy - Kids

<https://learn.khanacademy.org/khan-academy-kids/>

Free online program engaging kids ages 2 to 7 in core subjects like early literacy, reading, writing, language, and math, while encouraging creativity and building social-emotional skills.

Kitchen Table Classroom

<https://www.kitchentableclassroom.com/>

Free online resource with videos and instructions on various arts and crafts projects for kids.

Learn to Be

<https://www.learntobe.org/>

Free or pay-what-you can tutoring for K-12 students. Tutors mainly offer help in math, reading, writing, science; but are open to helping with subjects outside of these areas.

SkillShare

<https://www.skillshare.com/>

Skillshare is an online learning community with thousands of classes for creative and

curious people, on topics including illustration, design, photography, video, freelancing, and more.

UPchieve

<https://upchieve.org/>

Free online math tutoring for middle school and high school math. Tutoring is available 24/7.



AMENITIES



ARTS & CULTURE

Ararat-Eskijian Museum

(747) 500-7585

15105 Mission Hills Rd.

Mission Hills, CA 91345

<https://www.ararat-eskijian-museum.com>

Walking inside the Museum is like taking a trip back through time and space. Each exhibit displays a collection of artifacts, family heirlooms, paintings and photographs that have journeyed across time and place before they have taken their final rest at the Ararat-Eskijian Museum. The items on display represent Armenian heritage from the 17th century till present day and highlight the life, culture and customs of Armenians from their indigenous homeland and across the globe.

The Japanese Garden

(818) 756-8166

6100 Woodley Ave.

Van Nuys, CA 91406

<https://www.thejapanesegarden.com>

"Suiho En" (the garden of water and fragrance) is a 6.5 Acre authentic Japanese garden fashioned after "stroll gardens" constructed during the 18th and 19th centuries for Japanese feudal lords. Our facility is unique because it incorporates three classical designs: a dry karensansui, a wet garden with promenade chisen, and an authentic tea ceremony garden incorporating a 4.5 Tatami mat tearoom.

The Museum of the San Fernando Valley

(818) 347-9665

18860 Nordhoff St. Ste 204

Los Angeles, CA 91324

<https://www.themuseumsf.org>

The Museum was first an online blog started by Historian Gerald Fecht. In 2014, it moved into a new brick and mortar location in Northridge. The goal of The Museum is to preserve the culture, art and history of the approximately 2 million residents of the San Fernando Valley. They offer a speaker series, walking tours, and access to great artifacts and photographs.

San Fernando Valley Arts & Cultural Center

(818) 697-5525

18312 Oxnard St.

Tarzana, CA 91356

<https://www.sfvacc.org>

The San Fernando Valley Arts & Cultural Center (SFVACC) is the premier arts & community hub for all of the Valley. We offer space for workshops, art exhibits, live performances, lectures, meetings, private events, and more. The Center promotes mostly Valley artists and their art. The SFVACC is an all-volunteer run, 501(c)3 corporation and was recently voted the Best Art Gallery in the Los Angeles Daily News' 2017 Readers Best Choice Awards.

The Soraya

(818) 677-3000

18111 Nordhoff St.

Northridge, CA 91330

<https://www.thesoraya.org>

Open since 2011 and located on the campus of CSUN, Younes and Soraya Nazarian Center for The Performing Arts (The Soraya/formerly the Valley Performing Arts Center) serves as the intellectual and cultural heart of the San Fernando Valley of

Los Angeles, providing vibrant and relevant programming for the region's communities. The Soraya presents a broad range of local, national and international artists each season; from classical, jazz, big band, and Latin and Mexican regional music concerts to dance, theater, and family programming in its state-of-the-art Great Hall with 1,700 seats as well as the 500-seat Plaza del Sol Performance Hall.

Tara's Gallery

(818) 634-6321

22311 Ventura Blvd. Ste 118

Woodland Hills, CA 91364

<https://www.taranemozafarian.com>

Tara's Gallery has been in operation at the same location for the past 22 years. It has been a sanctuary for many artists, where art and self expression are continually cultivated in workshops and classes. Tara Mozafarian's artworks, the owner of Tara's Gallery, have been represented in prestigious and established galleries over many years. Recently, she has decided to open the studio doors to share art pieces that are unique and collectible with the public.

Valley Relics

(818) 616-4083

900 Balboa Blvd C3 & C4

Los Angeles, CA 91406

<https://www.valleyrelicsmuseum.org>

The Valley Relics Museum 501(c)3 host a large array of vintage neon signs, rare photographs, documents, postcards, old-school BMX bikes, yearbook, vintage clothing and classic cars. The museum also features exhibits from the famous rodeo taylor Nudie Cohn, Mad man Muntz, Magic Muffler, Redline bmx, Mongoose bmx,

Tiffany theater, White Horse Inn and General Motors. This wonderful pop-culture history museum is an amazing place to visit for the whole family. We are located in Chatsworth California in the San Fernando Valley.

Vibrato Grill Jazz

(310) 474-9400

2930 N Beverly Glen Cir.

Los Angeles, CA 90077

<https://www.vibratogrilljazz.com>

One of LA's most exciting restaurants, Vibrato Grill, Jazz, etc. is also the city's premiere jazz space. Its warm and elegant interior embraces guests with stunning visuals, world-class music and sound design, and the absolute best in contemporary American cuisine. Conceived by nine time Grammy winning music icon Herb Alpert, Vibrato brings these elements together in sumptuous harmony for an experience that's a delight to all the senses.

West Valley Playhouse

(818) 884-1907

7507 Topanga Blvd.

Canoga Park, CA 91303

<https://www.wvplayhouse.com>

The Woodland Hills Theatre/West Valley Playhouse is a 501(C)3 non-profit org. that is specifically dedicated to bringing quality live theatre to the people of the West San Fernando Valley. The group is committed to performing the commercial successes of Broadway, as well as lesser-known works that represent the best of our theatrical heritage. The primary goal of our theatre is to provide quality entertainment at a reasonable price and to make it available to all the people of the community we serve.

GROCERY STORES

Albertons

(818) 772-0010
19307 Saticoy St.
Reseda, CA 91335
<https://www.albertsons.com>

Bangluck Market

(818) 708-0333
7235 Reseda Blvd.
Reseda, CA 91335

CVS

(818) 654-9512
7219 Canby Ave.
Reseda, CA 91335
<https://www.cvs.com>

Food 4 Less

(818) 343-3492
18300 Vanowen St.
Reseda, CA 91335
<https://www.food4less.com>

Greenland Market

(818) 708-7396
17643 Sherman Way
Van Nuys, CA 91406

Grocery Outlet Bargain

(747) 226-1899
19718 Sherman Way
Winnetka, CA 91306
<https://www.groceryoutlet.com>

Jons Marketplace

(818) 758-3422
18135 Sherman Way
Los Angeles, CA 91335
<https://www.jonsmarketplace.com>

Ralphs

(818) 609-8425
17250 Saticoy St.
Los Angeles, CA 91406
<https://www.ralphs.com>

Rite Aid

(818) 345-1543
17266 Saticoy St.
Van Nuys, CA 91406
<https://www.riteaid.com>

Target

(818) 772-0494
8840 Corbin Ave.
Northridge, CA 91324
<https://target.com>

Valley Marketplace

(818) 609-1955
18345 Vanowen St.
Reseda, CA 91335
<https://www.valleymarketplacesocal.com>

VONS

(818) 881-2020
19333 Victory. Blvd.
Reseda, CA 91335
<https://www.vons.com>

LEISURE

AMC Promenade 16

(818) 883-0706

21801 Oxnard St.

Woodland Hills, CA 91367

<https://www.amctheatres.com>

Welcome to America's Hometown Theatre. You can depend on our fun, friendly, local theatres for a great movie-going experience with value in mind. Come enjoy Coca-Cola Freestyle machines and delicious menu items like pretzel bites, movie nachos, and refillable annual popcorn buckets.

Architect Escape Rooms

(818) 588-4480

7019 Reseda Blvd.

Reseda, CA 91335

<https://www.architectescaperooms.com>

Architect Escape Rooms is a fun new entertainment concept in LA and San Fernando Valley. Your goal is simple: work together as a team while testing your wits and skills to escape from a locked room or solve a suspenseful mystery. While the goal is simple, the game is challenging. Book today and see if you can keep cool under pressure and escape in under 60 minutes. Whether it's a fun night out with friends and family, celebrating an event or birthday party, improving team-building skills, planning a special date night, or simply having an exciting new experience, Architect is ready to give you an incredible real-life gaming adventure.

Color Me Mine

(818) 784-0400

16350 Ventura Blvd. Ste B

Encino, CA 91436

<https://www.encino.colormemine.com>

Color Me Mine is a paint-your-own-pottery studio dedicated to exploring The Art of Having Fun! Choose from our wide selection of ceramic items and paint it however you'd like. We have 60 colors to paint with and a variety of tools and techniques we can teach you to bring your vision to life. When you're finished painting, leave it with us! We hand glaze and fire each piece and will let you know when it's ready for pick-up.

Corbin Bowl

(818) 996-2695

19616 Ventura Blvd.

Tarzana, CA 91356

<https://www.corbinbowl.net>

We specialize in bowling, bowling leagues, children birthday parties, adult birthday parties, teen birthday parties, company events, holiday parties, buy outs, bar mitzvahs, bat mitzvahs, film shoots, live entertainment, live music, live music, karaoke, food, beverage, alcoholic beverages, craft beers, local beers, beer, liquor, specialty cocktails, nightly specials, comedy nights, and entertainment galore!

Laemmle Town Center 5

(818) 981-9811

17200 Ventura Blvd.

Encino, CA 91316

<https://www.laemmle.com>

Laemmle, pronounced "LEM-lee", is synonymous with great independent, foreign, and art house cinema. In over 75 years of operation, we have been guided by our commitment to exhibit "quality film without regard to genre or provenance". Laemmle provides unique cinematic

experiences such as one-night screenings, special events, premieres, and Academy qualifications.

Matador Bowl

(818) 892-8677

9118 Balboa Blvd.

Los Angeles, CA 91325

<https://www.backalleybowling.com>

We're more than a bowling alley -- we're a gathering place for our beloved community. Since 1960, Matador Bowl has been the place to go for fun, food, and festivities. There's always a friendly face to welcome you, whether you're out for an afternoon with the family, competing on league night, or here for karaoke with friends. Enjoy a beverage from our full bar, grab a bite from our menu, and try your luck on our lanes-- we know you'll feel right at home.

Pacific Theatres Winnetka 12 & XD

(323) 615-2202

9201 Winnetka Ave.

Chatsworth, CA 91311

<https://www.pacifictheatres.com>

Pacific Winnetka is located in the heart of Chatsworth offering a movie going convenience within walking distance of an array of shopping and dining options. The theatre has 12 auditoriums all with reserved seating and has special Monday Morning Mommy movies and XD showings.

Sherman Oaks Castle Park

(818) 756-9459

4989 Sepulveda Blvd.

Sherman Oaks, CA 91403

<https://www.laparks.org/castlepark>

Come to Sherman Oaks Castle Park for an exciting game of mini golf and more! Experience a wide selection of exciting games in our arcade, ranging from the ever-competitive air hockey to thrilling redemption games with big jackpots. Also try your hand at The Vault, a laser maze straight out of a spy movie. Fun for all ages, bring the family and have a blast.

PARKS & RECREATION

Cleveland Aquatic Center

(818) 756-9798

8120 Vanalden Ave.

Reseda, CA 91335

<https://www.laparks.org/aquatic/year-round/cleveland-aquatic-center>

The Cleveland Aquatic Center offers a year-round pool that is indoor and heated. The center offers programs that include novice springboard diving, a novice swim team, novice synchronized swimming, novice water polo, youth and adult swim lessons, Aquacise, and lifeguard training.

Lake Balboa/Anthony C. Beilenson Park

(818) 756-9743

6300 Balboa Blvd.

Van Nuys, CA 91406

<https://www.laparks.org/dos/aquatic/balboa>

Lake Balboa or Anthony C. Beilenson Park is an 80-acre recreation facility with Lake Balboa as the centerpiece of this oasis. The park has barbecue pits, a bicycle path, a cascade, a children's play area, a fly-fishing area, a 1.3 miles jogging path, a lake for fishing, a launch ramp, pedal boats, picnic

pavilions and picnic tables, private boating, and a remote control boating cove. This park also has beautiful Japanese cherry blossom trees.

Louise Park

(818) 756-8189

7140 Louise Ave.

Van Nuys, CA 91406

<https://www.laparks.org/park/louise>

Louise Park is great area for you, your family, and friends. This park features BBQ pits, a lighted baseball diamond, unlighted basketball courts, picnic tables, and a children's play area.

Northridge Pool

(818) 709-7475

10058 Reseda Blvd.

Los Angeles, CA 91324

<https://www.laparks.org/aquatic/summer/northridge-pool>

The Northridge Pool is a public pool for everyone. This site has an outdoor pool with a water slide and a children's pool. They also have programs that include novice springboard diving, a notice swim team, novice synchronized swimming, swim lessons, and a junior lifeguard training program.

Reseda Recreating Center and Park

(818) 881-3882

18411 Victory Blvd.

Reseda, CA 91335

<https://www.laparks.org/reccenter/reseda>

Reseda Park is a roughly 41-acre municipal park landscaped with lawn and a number of mature deciduous and evergreen trees, including sycamores and pines. It includes a three-acre lake,

baseball fields, sand volleyball courts, tennis courts, basketball courts, playgrounds, and an outdoor pool. There are also BBQ pits, picnic tables, and private community rooms for your special occasions.

Tarzana Recreation Center

(818) 343-5946

5655 Vanalden Ave.

Tarzana, CA 91356

<https://www.laparks.org/reccenter/tarzana>

The Tarzana Recreation Center is a space with a variety of offerings for the community. In the center, there are programs for kids and adults including baseball, basketball, softball, t-ball, arts & crafts, Creative Expressions (pre-school enrichment), dance, summer camp, winter camp, and special events. The space also has an auditorium, baseball diamond, basketball courts, children's play area, community room, indoor gym, picnic tables, kitchen, a multipurpose room, and stage.

Vanalden Cave

3630 Vanalden Ave.

Tarzana, CA 91356

Vanalden Cave near Tarzana is one of the most unusual sandstone formations in the Santa Monica Mountains and is quite easy to hike to. Vanalden Cave is a sandstone den about 25 feet tall, 25 feet wide, and 50 feet deep. Hike 0.6 miles round trip to Vanalden Cave for a short excursion with 100 feet of elevation change or extend the hike to 1.55 miles round trip with 350 feet of elevation change to reach a nearby vista point on Vanalden Trail that provides a panoramic amphitheater-like view of the Santa Monica Mountains.

Van Nuys Golf Course

(818) 785-8871

6550 Odessa St.

Van Nuys, CA 91406

<https://www.vannuysgc.com>

Van Nuys Golf Course is the complete golf facility including the following: 18 hole Par-3 course, a 9-hole Executive course (both are 100% Night Lit), night-lit and shade covered driving range, new practice facility including a chipping green and practice bunker, and a newly opened snack bar and lounge. We also offer instruction and weekly kids golf clinics. The Van Nuys Course is great for all levels of golfer, from beginner

to advanced, who are looking to fine tune their short game.

West Valley Park

(818) 756-8189

6731 Wilbur Ave.

Reseda, CA 91335

<https://www.laparks.org/park/west-valley>

West Valley Park is a quaint park full of fun awaiting you and your family. This park offers a children's play area and picnic tables.

SCHOOLS & COLLEGES**California State University, Los Angeles**

(323) 343-3000

5151 State University Dr.

Los Angeles, CA 90032

<https://www.calstatela.edu>

Cal State LA transforms lives and fosters thriving communities across greater Los Angeles. We cultivate and amplify our students' unique talents, diverse life experiences, and intellect through engaged teaching, learning, scholarship, research, and public service that support their overall success, well-being, and the greater good. With 100 undergraduate, graduate, pre-professional and certificate programs, as well as our Early Entrance Program and Study Abroad opportunities, you work closely with your professors and classmates to help master your coursework and excel in your chosen field. Whether it's interning with NBC's "Dateline," conducting cancer research at the City of Hope or studying star formation at NASA's Jet Propulsion

Laboratory, you'll learn by doing. You're in Los Angeles—the possibilities are endless.

California State University, Northridge

(818) 677-3001

18111 Nordhoff St.

Los Angeles, CA 91325

<https://www.csun.edu>

California State University, Northridge is a vibrant, diverse university community of 38,310 students and more than 4,000 faculty and staff, sited on a 356-acre campus in the heart of Los Angeles' San Fernando Valley. As you explore the university's web site, you will find ample evidence of Cal State Northridge's commitment to the educational and professional goals of students, and its extensive service to the community.

Garden Grove Elementary School

(818) 343-4762

18141 Valerio St.

Reseda, CA 91335

<https://gges-laUSD-ca.schoolloop.com/>

Garden Grove Elementary School aims to provide a rigorous and collaborative learning environment that develops compassionate leaders and prepares our students with 21st-century skills needed to be college and career ready in a diverse world.

Los Angeles Academy of Figurative Art - LAAFA

(818) 708-9232

16926 Saticoy St.

Van Nuys, CA 91406

<https://laafa.edu>

The Los Angeles Academy of Figurative Art (LAAFA) was founded in 2002. The academy started with the intention to fulfill a need in the community by offering figurative classes that would be taught by professional and skilled artists. In no time, the academy built a strong reputation as a learning institution for foundational training that has expanded in providing accredited BFA Degrees and Atelier Certificates in Fine Art and Entertainment Art. LAAFA is recognized as one of the few and premier institutions imparting time-honored skills praised by contemporary figurative and entertainment artists. LAAFA remains committed to providing the community with a place of learning where students can pursue their artistic goals and thrive in their art education in our full-time or continuing education programs.

Loyola Marymount University

(310) 338-2700

1 LMU Dr.

Los Angeles, CA 90045

<https://www.lmu.edu>

LMU offers more than 150 degrees, certificates and credentials to prepare outstanding individuals for lives of meaning, purpose and professional success. Our breadth and depth in academics come from pre-eminent faculty, who have built LMU's reputation as one of the nation's top universities. We offer 60 major and 55 minor undergraduate degrees and programs. For graduate students, we have 39 master's degree programs, one education doctorate, one juris doctorate, one doctorate of juridical science and 10 credential/authorization programs.

Magnolia Science Academy

(818) 609-0507

18238 Sherman Way

Reseda, CA 91335

<https://msa1.magnoliapublicschools.org>

Students throughout all Magnolia Science Academy's (MSA) campuses use technology daily at school and at home as a tool to work collaboratively with each other and communicate with teachers. We challenge their minds and foster an environment where students want to learn, whether that is through our science labs, or our robotics projects and competitions. At Magnolia Science Academy we place great emphasis on STEAM education, as it will give our students an advantage in their college and career plans. Students at Magnolia Science Academy also participate in a variety of school activities and clubs including technology & engineering, language & culture, community service, and visual & performing arts.

Northridge Middle School

(818) 678-5100

17960 Chase St.
Northridge, CA 91325
<http://www.northridgems.org/>
The Mission of Northridge Middle School is to provide a safe and rich environment filled with academic and social opportunities and resources to motivate students to become problem solvers, creative and critical thinkers who are lifelong learners, responsible and accountable for their actions.

Pierce College

(818) 719-6401
6201 Winnetka Ave.
Woodland Hills, CA 91371
<https://www.piercecollege.edu>
Pierce College is a flourishing two-year public institution in Southern California providing opportunities for transfer education, occupational training, and life-long learning. Founded in 1947, Pierce is a comprehensive college with more than 60 disciplines and 111 degree programs being taught to 22,000 students each semester. It is one of the nine colleges of the Los Angeles Community College District and is fully accredited by the Western Association of Schools and Colleges, a nationally recognized accrediting agency.

Reseda Charter High School

(818) 758-3600

18230 Kittridge St.
Reseda, CA 91335
<http://www.resedahs.net>
The teachers, staff, students, parents, and community members of Reseda Charter High School work together to create a safe and academic environment in which young adults are provided the opportunity to develop the judgment and skills needed to prosper as citizens in the 21st century. Through learner-centered instruction and performance assessment, our motivated students will become academically capable and self-sufficient individuals ready to meet the challenges of society.

Reseda Elementary School

(818) 343-1312
7265 Amigo Ave.
Reseda, CA 91335
<https://resedaes-laUSD-ca.schoolloop.com>
At Reseda Elementary, we are committed to educational excellence. Students are encouraged to develop a growth mindset, leading to higher student motivation, effort, and achievement. Our students are empowered leaders, with focus on personal responsibility, critical thinking, and problem solving. We foster our 21st century learners to become contributing members of a diverse community.

SHOPPING CENTERS

Devonshire Reseda Shopping Center

(818) 710-6100
18711 Devonshire St.
Northridge, CA 91324
<http://www.devonshirereseda.com>

Conveniently located on the corner of Devonshire Street and Reseda Boulevard in the city of Northridge, California, the Devonshire Reseda Shopping Center offers a mix of daily needs stores, financial services

and a top-notch health club, as well as a wide variety of choice restaurants, from casual to cuisine.

Northridge Fashion Center

(818) 885-9700

9301 Tampa Ave.

Northridge, CA 91324

<https://www.northridgefashioncenter.com>

At Northridge Fashion Center, you'll find the very best in retail to appeal to every taste and budget, from luxury items to your favorite national brands. Delight yourself or someone you love with a special something from one of 170 stores, and treat the whole family to a meal at one of the family-friendly dining options right onsite.

Tarzana Square

(818) 881-8100

18399 Ventura Blvd.

Tarzana, CA 91356

<https://www.tarzanasquare.com>

The cornerstone of the community. Offering Tarzana families a eclectic mix of medical, shopping, dining and services. Tarzana Square offers a wide blend of more than 60 specialty shops including 10 unique service stores, 40 medical practitioners, and others like Tarzana Computers, Venus Jewelers,

Norm's Pharmacy, Tarzana Tour, Maui Sugar Mill Saloon and Pet Food Express.

Village Walk At Tarzana

(818) 609-0194

18700 Ventura Blvd.

Tarzana, CA 91356

Located less than a half mile from the 101 freeway in the Tarzana/Encino trade area with great visibility along Ventura Boulevard, the 149,259-square-foot Village Walk shopping center is anchored by a 54,000-square-foot Whole Foods, and also features tenants TJ Maxx and LA Fitness, among others.

Westfield Topanga & The Village

(818) 594-8732

6600 Topanga Canyon Blvd.

Canoga Park, CA 91303

<https://www.westfield.com/topanga>

With more visitors than Disneyland, Westfield Topanga & The Village is a must see on any discerning shopper's list. From luxury fashion that range to Gucci to H&M to LA's finest food, tempered with a careful selection of boutiques, Westfield Topanga & The Village captures the L.A. essence like no other shopping destination.



HEALTH & SAFETY



AIDS & HIV

AHF Healthcare Center - Valley

(818) 380-2626

4940 Van Nuys Blvd Ste 200

Van Nuys, CA 91403

<https://hivcare.org/>

The AIDS Healthcare Foundation (AHF) offers medical care for people living with HIV.

Elizabeth Taylor AIDS Foundation

(310) 472- 7778

9701 Wilshire Blvd. Ste. 600

Beverly Hills, CA 90212

<https://elizabethtayloraidsfoundation.org/contact/>

This non-profit serves individuals living with and affected by HIV/AIDS in Los Angeles.

Northeast Valley Health Corporation - Van Nuys HIV and Adult Division

(818) 988-6335

14624 Van Nuys Blvd., Ste. 600

Van Nuys , Los Angeles 91405

<https://nevhc.org/our-team/van-nuys-adult-health-center-hiv/>

The agency provides dental services, health insurance, health services, HIV/AIDS services, substance use disorder services, and WIC primarily for people who live in the San Fernando Valley including people who are low income, working poor, uninsured, and medically underserved.

Smart Health LA at Valley Community Healthcare

(818) 301-6334

6801 Coldwater Canyon Ave.

North Hollywood, CA 91605

<http://smarthealthla.com/>

This organization offers mental, physical and sexual health support and guidance to the LGBT and surrounding communities with the goal of improving overall health outcomes.

CLINICS & HOSPITALS

Cedars Sinai Medical Center

(310) 423-3277

8730 Alden Dr. No. 2E

Los Angeles, CA 90048

<https://www.cedars-sinai.edu/>

Children's Hospital Los Angeles – Encino Specialty Care Center

(818) 788-3061

5363 Balboa Blvd No. 121

Encino, CA 91316

<https://www.chla.org/encino-specialty-care-center>

Encino Hospital Medical Center – 24 Hours Emergency Care

(818) 995-5000

16237 Ventura Blvd.

Encino, CA 91436

<https://www.encinomed.org/>

Family Birth Center – Northridge Hospital Medical Center – Northridge

(818) 885- 5434

18300 Roscoe Blvd.

Northridge, CA 91325

<https://locations.dignityhealth.org/>

Kaiser Permanente Woodland Hills Medical Center

(883) 357-42273

5601 De Soto Ave.

Woodland Hills, CA 91367

<http://healthy.kaiserpermanente.org/>

Mission Community Hospital

(818) 787-2222

14850 Roscoe Blvd.

Panorama City, CA 91402

<https://www.mchonline.org/>

Northridge Hospital Foundation

(818) 885-5341

18300 Roscoe Blvd

Northridge, CA 91325

<https://www.supportnorthridge.org/about-us/contact-us>

Providence Cedars-Sinai Tarzana Medical Center

(818) 881-0800

18321 Clark St.

Tarzana, CA 91356

<https://www.providence.org>

Rachman Medical Group – Primary Care Clinic

(818) 485-4517

7601 Canby Ave Suite 7

Reseda, CA 91335

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

Sherman Oaks Hospital- Outpatient

(818) 990-2573

4911 Van Nuys Blvd.

Sherman Oaks, CA 91403

<https://www.shermanoakshospital.org>

Tarzana Treatment Center

(818) 996-1051

6022 Variel Ave

Woodland Hills, CA 91367

<https://www.tarzanatc.org/>

UCLA Health

(818) 610-0292

6344 Topanga Canyon Blvd

Woodland Hills, CA 91367

<https://uclahealth.org/WoodlandHills>

Valley Family Medicine Urgent Care Center

(818) 774- 0955

7601 Canby Ave, Suite 6A

Reseda, CA 91335

<http://valleyfamilymedicineurgentcarecenter.com/>

Valley Presbyterian Hospital

(818) 782-6600

15107 Vanowen St

Van Nuys, CA 91405

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

West Hills Hospital and Medical Center

(818) 676-4000

7300 Medical Center Dr

West Hills, CA 91307

<http://westhillshospital.com/>

DISABILITIES**Braille Institute**

(800) 272-4553

<https://www.brailleinstitute.org/>

Programs and services for the blind and visually impaired.

Genetically Handicapped Persons Program

(800) 639-0597

311 S. Spring St., Ste. 800

Los Angeles, CA 90013

<https://www.dhcs.ca.gov/services/ghpp>

The Genetically Handicapped Persons Program (GHPP) is a health care program for adults with specific genetic diseases. GHPP helps beneficiaries with their health care costs.

Greater LA Agency on Deafness, Inc

(323) 478-8000

<https://gladinc.org/>

Greater LA Agency on Deafness (GLAD) works with consumers, businesses and service providers to improve quality of life and ensure communication access for the deaf, hard of hearing and deaf-blind community.

North Los Angeles County Regional Center

(818) 778-1900

<https://www.nlacrc.org/>

North Los Angeles County Regional Center (NLACRC) is one of 21 private, non-profit organizations under contract with the California Department of Developmental Services (DDS) to coordinate and provide community-based services to persons with intellectual and developmental disabilities.

United Cerebral Palsy

(818) 782-2211

6430 Independence Ave.

Woodland Hills, CA 91367

<https://ucp.org/>

This agency offers services for people with developmental disabilities.

EMERGENCIES**American Red Cross - Los Angeles Region Office**

General (310) 445-9908

Emergency assistance (877) 272-7337

1450 S Central Ave

Los Angeles, CA 90021

<https://www.redcross.org/local/california>

Dedicated to helping victims of disaster and providing programs and services that help the community prevent, prepare for, and respond to emergencies.

Poison Hotline

(800) 222-1222

3201 New Mexico Ave., Ste. 310,
Washington, DC 20016

<https://www.poison.org/>

Poison Control tells you what to do if you swallow, splash, or get stung by something that may be harmful.

FAMILIES & CHILDREN

El Proyecto del Barrio – Arleta Health Center

(818) 830-7033

8902 Woodman Ave.

Arleta, CA 91331

<http://www.elproyecto.us/>

El Proyecto del Barrio provides business services, family life education, health services, HIV/AIDS services, substance use disorder services, WIC programs, welfare-to-work support services and youth services for low-income people who live in the San Fernando Valley. Services are targeted, but not restricted, to the Spanish-speaking community.

Healthy Families + Medical for Children

(888) 747- 1222

<https://www.dhcs.ca.gov/services/medical/eligibility/Pages/SB-75.aspx>

Healthy Families is low cost insurance for California children and teens. It provides health, dental and vision coverage to children who do not have insurance and do not qualify for free Medi-Cal.

Los Angeles County Department of Health Services – Mid-Valley Comprehensive Health Center

(818) 627-3000

7515 Van Nuys Blvd.

Van Nuys, CA 91405

<https://dhs.lacounty.gov/midvalley/>

The center provides health services for people in Los Angeles County. Services include cardiovascular medicine, dental care, urology and women's health, among others.

Mission City Community Network Inc.

(818) 893-9464

15206 Parthenia St.

North Hills, CA 91343

<https://mccn.org/>

This agency provides health services for people of all ages in the Northeast San Fernando Valley area.

Northeast Valley Health Corporation - LAC - Canoga Park Health Center

(818) 340-3570

7107 Remmet Ave.

Canoga Park, CA 91303

<https://nevhc.org/our-team/canoga-park-health-center/>

This agency provides dental services, health insurance, health services, HIV/AIDS services, substance use disorder services, and WIC.

Northeast Valley Health Corporation - Homeless Health Care Center

(818) 765-8656

6551 Van Nuys Blvd

Van Nuys, CA 91401

<https://nevhc.org/homeless-health-care-network/>

The agency provides dental services, health insurance, health services, HIV/AIDS services, substance use disorder services, and WIC primarily for people who live in the San Fernando Valley.

Northeast Valley Health Corporation – Van Nuys – Pediatric Health Center and WIC Site

(818) 778-6240

7138 Van Nuys Blvd.

Van Nuys, CA 91405

<https://nevhc.org/our-team/van-nuys-pediatric-health-center/>

The agency provides dental services, health insurance, health services, HIV/AIDS services, substance use disorder services, and WIC primarily for people who live in the San Fernando Valley.

WIC

(888) 942-9675

P.O. Box 997375

Sacramento, CA 95899-7375

<https://m.wic.ca.gov/>

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for

supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

WIC Program - Canoga Park Office

(818) 619- 3232

21013 Sherman Way

Canoga Park, CA 91303

<https://wicforfamilies.org>

This is a WIC administrative office. This agency administers and refers to other WIC programs and to its 48 sites throughout Los Angeles County.

MENTAL HEALTH

Bridges - Trustart Clinic

(818) 657-0411

20501 Ventura Blvd.

Woodland Hills, CA 91364

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

The agency provides outpatient mental health services for youth, ages 6 to 21, and residential mental health services for adults in Los Angeles County.

Los Angeles County Department of Mental Health - San Fernando Mental Health Center

(818) 832-2400

10605 Balboa Blvd., Ste. 100

Granada Hills, CA 91344

<https://locator.lacounty.gov/dmh/Location/3180997/san-fernando-mental-health-center>

The center provides mental health services for children and adults with mental/emotional disturbance in the San Fernando Valley.

Los Angeles County Department of Mental Health - Valley Coordinated Children's Services

(818) 708-4500

19231 Victory Blvd., Ste. 110

Reseda, CA 91335

<https://locator.lacounty.gov/dmh/Location/3181132/valley-coordinated-childrens-services>

The agency provides mental health services for youth ages 17 and younger who live in the San Fernando Valley.

Los Angeles County Department of Mental Health - West Valley Mental Health Center

(818) 407-3200

20151 Nordhoff St.

Chatsworth, CA 91311

<https://locator.lacounty.gov/health/Location/3180998/west-valley-mental-health-center>

The center provides mental health services and welfare-to-work support services for adults in Agoura Hills, Calabasas, Canoga Park, Chatsworth, Hidden Hills, Northridge, Porter Ranch, Reseda, Tarzana, West Hills, Westlake Village (LA County portion), Winnetka and Woodland Hills.

Mission Community Hospital

(818) 787-2222

14850 Roscoe Blvd.

Panorama City, CA 91402

<https://www.mchonline.org/>

The facility provides health education, hospital services, mental health services, safe haven services, and substance abuse services for people of all ages in Los Angeles County.

National Suicide Prevention Hotline

(800) 273-8255

<https://suicidepreventionlifeline.org/>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for

professionals. Online chat options available for deaf and hard of hearing.

**Project Return Peer Support Network-
The Warmline**

(888) 448-9777

2677 1/2 Zoe Ave Suite # 304

Huntington Park, CA 90255

www.prpsn.org

The program provides mental health services for people who are recovering from mental illness. Services include helplines/warmlines, legislative advocacy, mental health related support groups, psychiatric resocialization and respite care.

**San Fernando Valley Community Mental
Health Center, Inc.**

818-901-4830

16360 Roscoe Blvd, 2nd Floor

Van Nuys, CA 91406

<https://www.movinglivesforward.org/>

This agency offers a variety of mental health services for all age ranges as well as LGBTQ+ affirming programs.

VETERANS

**California Department of Veterans
Affairs (CalVet)**

(800) 952-5626

Mailing Address: P.O. Box 942895,
Sacramento, CA 94295

<https://www.calvet.ca.gov/>

The California Department of Veterans Affairs focuses on the overall wellness and reintegration of military veterans from all eras. Services include housing assistance, behavioral health treatment, and case management, and more.

OTHER

Center for Healthcare Rights

(213) 383-4519, Ext. 3006
520 S. Lafayette Park Place, Suite 214
Los Angeles, CA 90057
www.healthcarerights.org

The Center for Health Care Rights (CHCR) is a nonprofit health care advocacy organization dedicated to assuring consumer access to quality health care through education, counseling, informal advocacy, and legal services.

Denti-Cal

(800) 322-6384
<https://dental.dhcs.ca.gov/>
Under the guidance of the California Department of Health Care Services, the Medi-Cal Dental Program aims to provide Medi-Cal beneficiaries with access to high-quality dental care.

Health Net

(800) 675-6110
21281 Burbank Blvd.
Woodland Hills, Los Angeles 91367
https://www.healthnet.com/content/healthnet/en_us.html
The organization administers health insurance plans for low to moderate income families in Los Angeles County. The agency

offers a managed Medi-Cal Plan and is a community provider for the LA County Healthy Families Program.

Medi-Cal Assistance

(800) 541-5555
<https://www.medi-cal.ca.gov/contact.asp>
Here you will find Medi-Cal resources and health information for individuals, families, children with special medical conditions and seniors needing personal care.

LA Care Health Plan

(888) 452-2273
1055 W. 7th St., 10th Fl.
Los Angeles, Los Angeles 90017
<https://www.lacare.org/>
The organization administers health insurance plans for low to moderate income families in Los Angeles County.

Los Angeles County Health and Nutrition Hotline

(877) 597-4777
<http://publichealth.lacounty.gov/nut/>
This hotline provides food stamp information as well as information about nutrition and physical activity programs county wide.



TRANSPORTATION



FOR THE ELDERLY & PERSONS WITH DISABILITIES

Access Paratransit

(800) 827-0829

Hotline: 511

<https://accessla.org/home/>

Access Services is responsible for the administration of Access, the Americans with Disabilities Act (ADA) mandated paratransit transportation program for Los Angeles County and is committed to improving the mobility on public transit of persons with disabilities.

City Ride

(800) 808-7433

<https://www.ladottransit.com/cityride/>

The Cityride Program is a transportation program for individuals age 65 or older and qualified persons with disabilities in the City of Los Angeles and select areas of Los

Angeles County (Marina Del Rey, Kagel Canyon, Topanga, and areas near Calabasas, Chatsworth, Carson, and Long Beach).

Dial-A-Ride in Los Angeles

For Applications:

5747 Rickenbacker Rd

Commerce, CA 90040

Dial-A-Ride Information

(800) 827-0829

https://accessla.org/riding_access/online_reservations.html

Access Paratransit provides Americans with Disabilities Act (ADA) mandated paratransit services for eligible people with disabilities who are unable to use public fixed route transportation systems.

PUBLIC TRANSPORTATION SERVICES

Culver CityBus

(310) 253-6510

<https://www.culvercity.org/how-do-i/find/culver-city-bus>

Arrival times, departure times, schedules, fares, system maps, etc pertaining to the Culver City Bus system.

LADOT Transit

(818) 943-6211

<https://www.ladottransit.com/>

Access info about DASH, Commuter Express, City Ride, LA now, real-time bus information and other transportation services in LA county.

LA GO Bus

(800) 827-0829

<https://dpw.lacounty.gov/transit/DAR.aspx>
Provides dial-a-ride (paratransit) services for eligible residents of the unincorporated areas of Los Angeles County.

LA Metro Home

(323) 466-3876

<https://www.metro.net/>

You will find information about the Metro System in Los Angeles County. Additionally, you will find arrival times, departure times, schedules, fares, system maps, etc.

Playa Vista Beach Shuttle

(877) 280- 0551

<https://playavista.com/getting-around/#>

Info on the Daily Shuttle, schedule routes.

OTHER

Department of Motor Vehicles (DMV) - Culver City

(800) 777- 0133

11400 Washington Blvd

Los Angeles, CA 90066

<https://www.dmv.ca.gov/portal/dmv/detail/fo/offices/fieldoffice?number=514>

Available for Driver License and ID Card Processing, and Vehicle Registration. Has DMV Now Kiosks to guide you through various DMV transactions with touchscreen technology. Inquire about accepted forms of payment.

Nearby Bus Stop Locations

These are some cross streets where you'll find bus stops close to you:

- Jefferson Blvd/ Westlawn Ave (Eastbound) *(0.3 miles)*
- Jefferson Blvd/ Westlawn Ave (Westbound) *(0.7 miles)*
- Jefferson Blvd/Centinela Ave *(0.5 miles)*
- Jefferson Blvd/Centinela Ave *(0.6 miles)*



SOCIAL SERVICES



ADDICTION

Gambling Addiction Helpline

(800) 426-2537

The agency provides substance abuse services for individuals with gambling problems or individuals who are adversely affected by the gambling problems of others. Services include gambling addiction prevention programs, gambling hotlines and specialized information and referral.

Sex Addicts Anonymous Hotline

(213) 896-2964

The agency provides self-help group services to individuals in Los Angeles County. Services include printed materials, sexual/love addiction support groups, and speaker's bureau services.

CHILDREN & YOUTH

California Children's Services

(800) 288-4584

<http://publichealth.lacounty.gov/>

California Children's Services (CCS) is a state program for children with certain diseases or health problems. Through this program, children up to 21 years old can get the health care and services they need. CCS will connect you with doctors and trained health care people who know how to care for your child with special health care needs.

California Youth Crisis Line

(800) 843-5200

<https://calyouth.org/cycl/>

The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors respond to 20,000 calls annually with crisis intervention counseling and resource referrals to service providers in the caller's local community.

Child Abuse Hotline

(800) 540-4000

<https://mandreptla.org/cars.web/>

The Child Protection Hotline receives telephone calls alleging suspected child abuse, neglect, and exploitation 24 hours a day, 7 days a week. Children's Social Workers evaluate all calls of suspected child abuse, neglect, and exploitation to determine if an in-person investigation is warranted by the Department of Children and Family Services (DCFS).

Child Support Hotline

(800) 540-4000 - Within CA

(213) 639-4500 - Outside CA

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

The Los Angeles County Department of Children and Family Services promotes child safety and well-being by partnering with communities to strengthen families, keeping children at home whenever possible, and connecting them with stable, loving homes in times of need.

Children's Institute Inc- Watts Campus

(323) 523-8600

1522 E. 102nd St.

Los Angeles, CA 90002

www.childrensinstitute.org

The agency provides child abuse services, childcare, early childhood education, family support services, foster care services, mental health services, school readiness

and welfare-to-work support services for people of all ages and their families in Los Angeles County.

ELDER SERVICES

AARP

(888) 687-2277

(877) 342-2277 (Spanish)

www.aarp.org

Nationwide advocacy organization for people aged 50 and older. Information and educational resources on an extensive range of subjects, ranging from long-term health care to consumer fraud.

Alzheimer's Association

(800) 272-3900

225 N Michigan Ave., Fl. 17, Chicago, IL 60601

www.alz.org

Nonprofit organization provides support, education, training and resources for families and caregivers affected by Alzheimer's and related disorders.

Better Business Bureau

(703) 276-0100

www.bbb.org

Provides reports on business and charities, helps resolve consumer complaints, and provides consumer counseling.

California Adult Protective Services

(888) 202-4248: For general Information, toll-free in LA & vicinity

(877) 477-3646: 24-hr abuse hotline

<https://www.cdss.ca.gov/adult-protective-services>

State mandated program charged with investigating situations involving elder and

dependent adults who are reported to be in danger due to abuse, neglect, exploitation, or hazardous or unsafe living conditions.

California Advocates for Nursing Home Reform

(800) 474-1116

www.canhr.org

Information and advocacy for nursing home residents and their families, including detailed facility profiles at www.nursinghomeguide.org

California Department of Aging

(800) 510-2020

<https://www.aging.ca.gov/>

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

California Department of Justice, Bureau of Medi-Cal Fraud and Elder Abuse

(800) 952-5225

<https://oag.ca.gov/bmfea>

Provides information on a wide variety of elder topics, links to numerous other relevant sites, and contains contact and reporting information.

California Independent Living Centers

(916) 325-1690

<https://www.calsilc.ca.gov/independent-locator>

Find Independent Living Centers in this online locator.

Eldercare Locator

(333) 331-7289

www.elder.org

Nationwide information and resource center for seniors and caregivers.

In Home Supportive Services – Line Operations Division – Chatsworth District Office – 01

(888) 822-9622

21615 Plummer St.

Chatsworth, Los Angeles 91311

<http://my.dpss.lacounty.gov/dpss/offices/default.cfm?orgid=702>

The division provides In-Home Supportive Services (IHSS) for older adults and people with disabilities in Los Angeles County.

Long-Term Care Ombudsman Administration for Community Living

(202) 401-4634

To find local resources:

(800) 677-1116

<https://acl.gov/programs/Protecting-Rights-and-Preventing-Abuse/Long-term-Care-Ombudsman-Program>

Trained individuals who advocate for the protection and rights of all residents of 24-hour long-term care facilities. The primary responsibility of the Ombudsman program is to investigate and resolve complaints made by, or on behalf of, individual residents.

National Committee for the Prevention of Elder Abuse

(202) 464-9481

www.preventelderabuse.org

Association of researchers, medical practitioners and advocates dedicated to the safety and security of the elderly. Serves as the nation's clearinghouse on information and materials on elder abuse and neglect.

National Family Caregivers' Association

(855) 227-3640

www.nfcares.org

Grassroots organization dedicated to improving life for family caregivers, or those caring for loved ones with a chronic illness or disability.

National Hispanic Council on Aging

(202) 347-9733

www.nhcoa.org

Provides information on issues critical to Latino seniors, including those pertaining to health, income, education, employment and housing.

National Institute on Aging

(800) 222-2225

www.nia.nih.gov

Information and consumer information on health and research advances in aging issues

National Senior Citizens' Law Center

(213) 639-0930

www.nsclc.org

Provides information for elder and dependent adults on such issues as Medicare, Medi-Cal, SSI and pensions.

Nursing Home Compare

Service is online

<https://www.medicare.gov/nursinghomecompare/search.html>

Site designed to help individuals choose a nursing home, includes comprehensive inspection results for all nursing homes.

Silver Strand Care

(818) 904-9888

6464 Vesper Ave.

Van Nuys, Los Angeles 91411

<http://www.silverstrandcare-ca.com/>

The center provides adult day health care for adults age 18 and older who have health problems, including senior citizens and people who have developmental disabilities or manageable mental and emotional problems.

Report Elder Abuse Hotline

(877) 477-3646

(888) 202-4248

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

You can call this number to report elder abuse if you know or suspect that an elderly person may be suffering from mistreatment.

Valley Village

(818) 446-0366

20830 Sherman Way

Winnetka, Los Angeles 91306

<https://www.valleyvillage.org/>

This organization provides adult day health care, out of home care, and services for people with developmental disabilities for people age 18 and older, including senior citizens.

FAMILY SERVICES

El Proyecto del Barrio – Arleta Health Center

(818) 830-7033

8902 Woodman Ave.

Arleta, Los Angeles 91331

<http://www.elproyecto.us/>

El Proyecto del Barrio provides business services, family life education, health services, HIV/AIDS services, substance use disorder services, WIC programs, welfare-to-work support services and youth services for low-income people who live in the San Fernando Valley. Services are targeted, but not restricted, to the Spanish-speaking community.

FACT (Family, Adult & Child Therapies) – Valley Office

(310) 701-9930

9500 Zelzah Ave.

Northridge, Los Angeles 91325

<https://factfamily.org/>

This organization provides services for people with developmental disabilities and family support services.

Friends of the Family

(818) 988-4430

16861 Parthenia St.

North Hills, Los Angeles 91343

<https://www.fofca.org/>

The agency provides counseling services, family life education and family support services for people of all ages and supervised visitation and monitoring for parents who live in Los Angeles County.

Catholic Charities of Los Angeles – Guadalupe Community Center

(213) 251-3566

21600 Hart St.

Canoga Park, Los Angeles 91303
<https://catholiccharitiesla.org/san-fernando-region/>

The agency is a community center which provides adult education, early childhood education, emergency food (through its Loaves and Fishes IV program), employment services for refugees, holiday assistance, youth recreation programs and senior citizen programs.

Onegeneration

(818) 708-6625

17400 Victory Blvd.

Van Nuys, Los Angeles 91406

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

This organization provides child- care, cooling centers, food rescue programs, senior nutrition programs, services for older adults and transportation for people who live in the San Fernando Valley.

Salvation Army Adult Rehabilitation Center - Canoga Park

(818) 449-4615

21375 Roscoe Blvd.

Canoga Park, Los Angeles 91304

https://canogaparkarc.salvationarmy.org/canoga_park_adult_rehabilitation_center/

The Salvation Army works to identify and meet areas of need in the communities it serves. This center provides residential treatment for substance use disorders for men, including ex-offenders.

Tarzana Treatment Centers Inc - Reseda

(818) 342-5897

7101 Baird Ave.

Reseda, Los Angeles 91335

<https://www.tarzanatc.org/>

The center provides advocacy, domestic violence services, health insurance, health services, HIV/AIDS services, inpatient treatment for substance use disorders, mental health services for adults, residential treatment for substance use disorders, shelter, among others.

Valley Jewish Community Center

(818) 360-2211

20350 Ventura Blvd., Ste. 100

Woodland Hills, Los Angeles 91405

<https://www.valleyjcc.org/>

This center provides recreational programs for people who live in the San Fernando Valley.

FOOD ASSISTANCE

CalFresh (Food Stamps)

(877) 847-3663

By mail: Call the Customer Service Center at (866) 613-3777 and ask for a CalFresh application to be mailed to you. Once you have filled out your CalFresh application, mail it to your local DPSS Office.

<https://www.getcalfresh.org>

CalFresh is for people with low-income who meet federal income eligibility rules and

want to add to their budget to put healthy and nutritious food on the table.

Catholic Charities of Los Angeles - Guadalupe Community Center

(213) 251-3566

21600 Hart St.

Canoga Park, Los Angeles 91303

<https://catholiccharitiesla.org/san-fernando-region/>

This organization provides emergency food through its Loaves and Fishes IV program.

Los Angeles Regional Foodbank

1734 E 41st St.

Los Angeles, CA 90058

www.lafoodbank.org

The Los Angeles Regional Foodbank provides meals for families and children struggling with hunger in the community.

HOUSING

City of LA Housing and Community Investment Department – Southeast Watts Family source – Watts Labor Community Action Committee

(323) 249-7552 Service/Intake

1212 E. 108th St.

Los Angeles, CA 90059

hcidla.lacity.org/family-source-centers

City of Los Angeles Housing and Community Investment Department provides counseling services, disaster services, emergency food, family life education, family support services and youth services for people of all ages in Los Angeles city. Services are provided through a network of 17 family-source centers and are restricted to residents of Los Angeles.

Fair Housing Foundation of Los Angeles

(800) 446-3247

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

The Fair Housing Foundation is dedicated to eliminating discrimination in housing and promoting equal access to housing choices for everyone.

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Housing Rights Center

(800) 477-5977 or (213) 736-8310

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

They actively support and promote fair housing through education, advocacy and litigation, to the end that all persons have the opportunity to secure the housing they desire and can afford.

Los Angeles County Development Authority

(800) 731-4663

<https://wwwb.lacda.org/public-housing/how-to-apply>

Low Income Housing Information and application.

Los Angeles County Helps

(877) 428-8844

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

This community resource helps people list and locate housing in the County of Los Angeles, including affordable, special needs, emergency housing, and more. Listing and searches are free.

Los Angeles Housing + Community Investment Department Hotline

(866) 557-7368

<https://hcidla.lacity.org/online-services>

Information about accessible housing, community services, residents, property owners, supportive housing, etc.

US Dept of Housing and Urban Development
(213) 894-8000

<https://www.hud.gov/>
The Department of Housing and Urban Development administers programs that provide housing and community development assistance.

IMMIGRATION

U.S. Citizenship & Immigration Services L.A. County Field Office
(800) 375-5283
300 N. Los Angeles St.
Los Angeles, CA 90012

<https://www.uscis.gov/about-us/find-a-uscis-office/field-offices/california-los-angeles-county-field-office>
Legal resources, information and services on citizenship, green card and immigration.

SAFETY & VICTIMS SERVICES

Los Angeles Commission on Assaults Against Women.

(213) 626-3393

www.peaceoverviolence.org

The Los Angeles County Commission for Women seeks to represent the interest and concerns of women of all races, ethnic and social backgrounds, religious convictions, sexual orientation and social circumstances.

LA County District Attorney's Bureau of Victims Services – City of Los Angeles

(800) 380-3811

210 W Temple St., Ste 12-514

Los Angeles, CA 90012

<https://da.lacounty.gov/victims>

Victim services representatives work in courthouses and police stations, providing an array of services to help victims become survivors. Staff members are available to assist victims in several languages. Program services are provided free of charge and

there is no legal residency or citizenship requirement.

Los Angeles County Domestic Violence Hotline

(800) 978-3600

<http://publichealth.lacounty.gov/dvcouncil>
Los Angeles County Domestic Violence Hotline can help victims, survivors of domestic violence. For more information visit their website.

National Domestic Violence Hotline

(800) 799-7233

<https://www.thehotline.org/>

National Domestic Violence Hotline can help victims, survivors of domestic violence. Call or chat with an advocate on their website.

Reporting Illegal Firearms Activity

(800)-283-4867

<https://www.atf.gov/contact>

Call to report any illegal firearm activity.

Sexual Assault Telephone Hotline

(800) 656- 4673

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

The National Sexual Assault Hotline is a safe, confidential service. Calling the National Sexual Assault Hotline gives you access to a range of free confidential and supportive services.

OTHER

**Department of Public Social Services
County of Los Angeles**

(866) 613-3777

17600 Santa Fe Ave.

Rancho Dominguez, CA 90221

<http://dpss.lacounty.gov/>

Information on Public Social Services for the County of Los Angeles.

Social Security Administration

(800) 772-1213

611 W 6th St.

Los Angeles, CA, 90017

<https://www.ssa.gov/>

Information regarding Social Security number, benefits, Medicare, survivors, disability, etc.

Watts Office – Social Security Administration

(877) 836-1558 General Information

(800) 772-1213 National Toll-Free Number

12429 S. Avalon Blvd.

Los Angeles, CA 90061

www.ssa.gov

The agency administers and provides retirement benefits, disability benefits, survivors benefits, Medicare coverage, and Supplemental Security Income (SSI) for US citizens. It operates a regional teleservice center and 34 local offices.



WORKFORCE TRAINING



Build West Valley WorkSource Center

(818) 701-9800

9301 Oakdale Ave. Ste 160

Chatsworth, CA 91311

<https://buildworksource.com>

The Build West Valley WorkSource Center is federally funded through the City of Los Angeles Workforce Development Board. As a result of the Workforce Innovation and Opportunity Act, the Center provides no cost business services and resources for individuals seeking jobs and employers seeking quality candidates.

Canoga Park South Valley WorkSource Center

(818) 596-4448

21010 Vanowen St.

Canoga Park, CA 91303

<https://www.careeronestop.org/>

Work Source centers offers a full range of jobseeker and employer services such as career searches, resume and interview help, and job training.

General Assembly

(DTLA) 360 E. 2nd St. Suite 400

Los Angeles, CA 90012

(Santa Monica) 1520 2nd St.

Santa Monica, CA 90401

<https://generalassembly.ly>

General Assembly is a pioneer in education and career transformation, specializing in today's most in-demand skills. The leading source for training, staffing and career transitions, we foster a flourishing community of professionals pursuing careers they love.

Mid-Valley Regional Library

(818) 895-3650

16244 Nordhoff St.

North Hills, CA 91343

<https://www.lapl.org/branches/mid-valley>

Every day, for 35 years, we have helped adults just like you meet their literacy goals. Some goals include learning to vote, reading a newspaper, helping children with homework, using a computer, and getting a better job.

West Valley Occupational Center

(818) 346-3540

6200 Winnetka Ave.

Woodland Hills, CA 91367

<https://www.wvoc.net/>

Welcome to West Valley Occupational Center, a school in the Division of Adult and Career Education of Los Angeles Unified School District. We have been providing high-quality, low-cost education and training to residents of the San Fernando Valley since 1965. Students can learn English, prepare for the High School Equivalency Test, earn a high school diploma, prepare for a new career, or upgrade skills for an existing career. Your future starts here!

West Valley Regional Branch Library

(818) 345-9806

19036 Vanowen St.

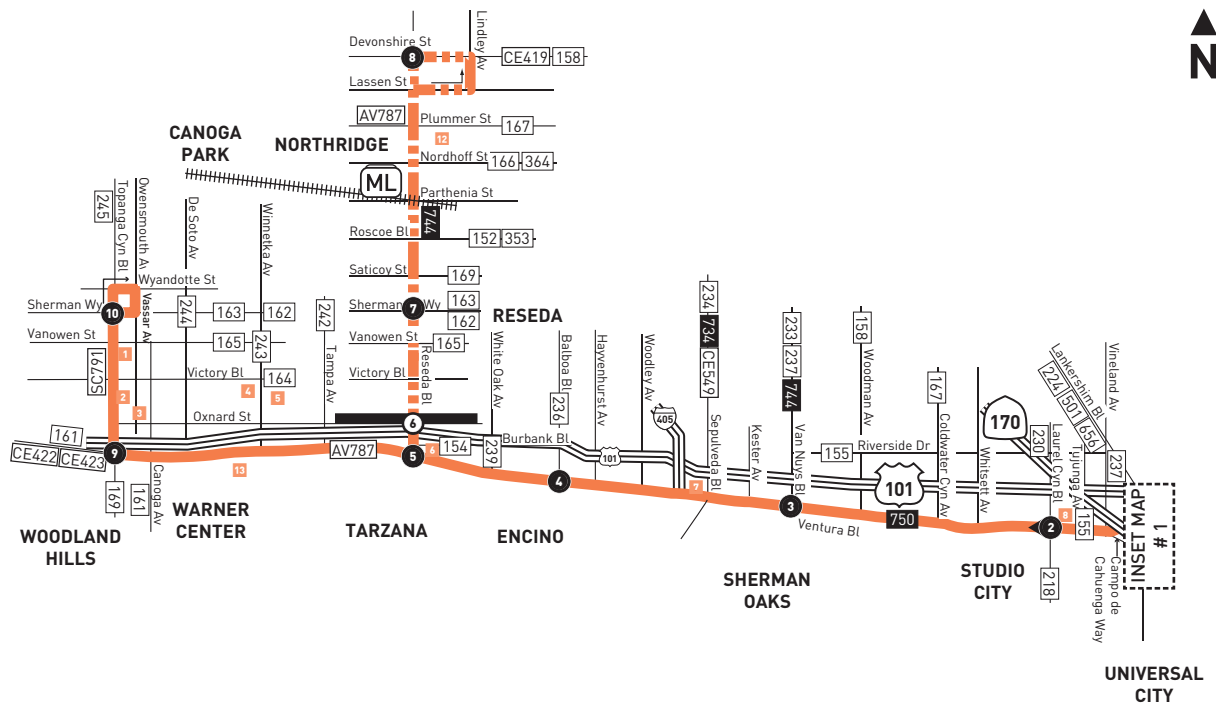
Reseda, CA 91335

<https://www.lapl.org/branches/west-valley>

The project provides adult education services for adults age 18 and older. Services include adult literacy programs, citizenship education, literacy volunteer opportunities, and tutorial services.

SUPPLEMENTAL RESOURCES





INSET 1 - UNIVERSAL CITY/STUDIO CITY STATION



MAP NOTES

- 1 **Westfield Topanga**
- 2 **Westfield Promenade**
- 3 **Warner Center Transit Hub**
Metro 245, 601, 750; VCTC Conejo Connection; Nearby transfers to Metro 150, CE422, and SC796
- 4 **Pierce College**
- 5 **West Valley Occupational Center**
- 6 **Providence Tarzana Medical Center**
- 7 **Sherman Oaks Galleria**
- 8 **CBS Studio Center**
- 9 **Universal City/Studio City Station**
Metro Bus Lines 150, 155, 224, 240, 656 Owl, 750; Universal Studios Shuttle
- 10 **Universal Studios CityWalk**
- 11 **Campo de Cahuenga**
- 12 **California State University, Northridge**
- 13 **Taft High School**

LEGEND

- Route of Line 150
- Route of Line 240 (same as 150 between Ventura Bl / Reseda Bl and Universal City/ Studio City Station)
- Metro Orange Line
- Metro Red Line
- Local Stop Timepoint
- Local Stop Timepoint - Single Direction Only
- Metro Busway/Rail Station & Timepoint
- Metro Busway/Rail Station
- Transit Center
- Metrolink Station
- AV Antelope Valley Transit Authority
- CE LADOT Commuter Express
- SC Santa Clarita Transit

Eastbound *Al Este* (Approximate Times / Tiempos Aproximados)

	CANOGA PARK	WOODLAND HILLS	NORTHridge	RESEDA		TARZANA	ENCINO	SHERMAN OAKS	STUDIO CITY
	10	9	8	7	6	5	4	3	1
Route	Topanga Canyon & Sherman way	Ventura & Topanga Canyon	Reseda & Devonshire	Reseda & Sherman Way	Reseda Orange Line Station	Ventura & Reseda	Ventura & Balboa	Ventura & Van Nuys	Universal/ Studio City Station
150	3:34A	3:43A	—	—	—	3:53A	3:58A	4:06A	4:22A
150	4:34	4:43	—	—	—	4:53	4:58	5:07	5:23
240	—	—	4:50A	5:03A	5:10A	5:14	5:20	5:29	5:46
150	5:15	5:25	—	—	—	5:36	5:42	5:52	6:09
240	—	—	5:28	5:42	5:49	5:53	5:59	6:10	6:27
150	5:47	5:57	—	—	—	6:09	6:15	6:26	6:45
240	—	—	5:55	6:12	6:19	6:24	6:30	6:42	7:01
150	6:14	6:24	—	—	—	6:37	6:44	6:56	7:17
240	—	—	6:19	6:37	6:45	6:50	6:57	7:11	7:33
150	6:40	6:50	—	—	—	7:03	7:11	7:26	7:49
240	—	—	6:43	7:01	7:10	7:16	7:24	7:39	8:03
150	7:04	7:15	—	—	—	7:29	7:38	7:54	8:18
240	—	—	7:07	7:26	7:36	7:42	7:51	8:07	8:31
150	7:31	7:42	—	—	—	7:57	8:07	8:24	8:48
240	—	—	7:39	7:58	8:08	8:14	8:24	8:42	9:06
150	8:05	8:16	—	—	—	8:31	8:41	8:59	9:22
240	—	—	8:15	8:33	8:42	8:47	8:57	9:15	9:38
150	8:38	8:49	—	—	—	9:04	9:14	9:32	9:55
240	—	—	8:51	9:08	9:16	9:21	9:31	9:50	10:13
240	—	—	9:08	9:25	9:33	9:38	—	—	—
150	9:17	9:28	—	—	—	9:43	9:53	10:12	10:35
240	—	—	9:34	9:52	10:00	10:05	10:15	10:34	10:57
240	—	—	9:50	10:07	10:16	10:21	—	—	—
150	10:01	10:12	—	—	—	10:27	10:37	10:56	11:19
240	—	—	10:16	10:34	10:43	10:49	10:59	11:17	11:40
240	—	—	10:34	10:52	11:01	11:06	—	—	—
150	10:44	10:55	—	—	—	11:11	11:21	11:39	12:03P
240	—	—	10:58	11:18	11:27	11:33	11:43	12:01P	12:25
240	—	—	11:16	11:36	11:45	11:50	—	—	—
150	11:28	11:39	—	—	—	11:55	12:05P	12:23	12:47
240	—	—	11:42	12:02P	12:11P	12:17P	12:27	12:45	1:09
240	—	—	12:01P	12:20	12:29	12:34	—	—	—
150	12:11P	12:23P	—	—	—	12:39	12:49	1:07	1:31
240	—	—	12:27	12:45	12:54	1:01	1:11	1:29	1:54
240	—	—	12:45	1:03	1:12	1:17	—	—	—
150	12:53	1:05	—	—	—	1:22	1:32	1:49	2:14
240	—	—	1:10	1:28	1:37	1:44	1:54	2:11	2:37
240	—	—	1:29	1:47	1:56	2:01	—	—	—
150	1:37	1:49	—	—	—	2:06	2:16	2:33	2:59
150	—	—	—	—	—	2:08	2:18	2:35	3:01
240	—	—	1:52	2:10	2:19	2:26	2:36	2:53	3:19
240	—	—	2:05	2:23	2:32	2:37	—	—	—
150	2:11	2:23	—	—	—	2:41	2:51	3:08	3:34
240	—	—	2:18	2:37	2:46	2:53	3:03	3:20	3:46
150	2:36	2:48	—	—	—	3:06	3:16	3:33	3:59
240	—	—	2:42	3:01	3:10	3:17	3:27	3:44	4:10
150	—	—	—	—	—	3:29	3:39	3:56	4:22
150	2:59	3:11	—	—	—	3:30	3:40	3:57	4:23
240	—	—	3:05	3:25	3:34	3:41	3:51	4:08	4:34
150	3:22	3:34	—	—	—	3:53	4:03	4:20	4:46
240	—	—	3:33	3:53	4:02	4:08	4:18	4:35	5:01
150	3:53	4:05	—	—	—	4:23	4:33	4:50	5:16
240	—	—	4:02	4:22	4:31	4:37	4:47	5:05	5:31
150	4:22	4:34	—	—	—	4:52	5:02	5:20	5:46
240	—	—	4:33	4:53	5:02	5:08	5:17	5:35	6:01
150	4:53	5:05	—	—	—	5:23	5:32	5:50	6:16
240	—	—	5:04	5:24	5:33	5:39	5:48	6:05	6:31
150	5:27	5:39	—	—	—	5:56	6:04	6:20	6:45
240	—	—	5:39	5:59	6:07	6:12	6:20	6:36	7:00
150	6:01	6:13	—	—	—	6:29	6:37	6:52	7:16
240	—	—	6:17	6:36	6:44	6:49	6:57	7:10	7:33
150	6:44	6:55	—	—	—	7:09	7:17	7:30	7:52
240	—	—	7:00	7:17	7:24	7:29	7:37	7:50	8:12
150	7:26	7:37	—	—	—	7:50	7:58	8:10	8:31
240	—	—	7:43	7:59	8:06	8:11	8:18	8:30	8:50
150	8:09	8:19	—	—	—	8:32	8:39	8:50	9:10
240	—	—	8:26	8:41	8:48	8:52	8:59	9:10	9:30
150	8:50	9:00	—	—	—	9:12	9:19	9:30	9:50
240	—	—	9:06	9:21	9:28	9:32	9:39	9:50	10:09
150	9:30	9:40	—	—	—	9:52	9:59	10:10	10:29
240	—	—	9:49	10:03	10:09	10:13	10:19	10:30	10:49
150	10:11	10:21	—	—	—	10:33	10:39	10:50	11:08
240	—	—	10:32	10:45	10:51	10:55	11:01	11:10	11:26
150	10:56	11:05	—	—	—	11:16	11:21	11:30	11:46
240	—	—	11:13	11:26	11:32	11:36	11:41	11:50	12:06A
150	11:37	11:46	—	—	—	11:57	12:02A	12:10A	12:26
240	—	—	12:02A	12:15A	12:21A	12:25A	12:30	12:38	12:54
150	12:38A	12:47A	—	—	—	12:57	1:02	1:10	1:26
150	1:35	1:44	—	—	—	1:54	1:59	2:07	2:23
150	2:35	2:44	—	—	—	2:54	2:59	3:07	3:23

Westbound *Al Oeste* (Approximate Times / Tiempos Aproximados)

	STUDIO CITY		SHERMAN OAKS	ENCINO	TARZANA	RESEDA		NORTHRIIDGE	WOODLAND HILLS	CANOGA PARK
	1	2	3	4	5	6	7	8	9	10
Route	Universal/ Studio City Station	Ventura & Laurel Canyon	Ventura & Van Nuys	Ventura & Balboa	Ventura & Reseda	Reseda Orange Line Station	Reseda & Sherman Way	Reseda & Devonshire	Topanga Canyon & Ventura	Topanga Canyon & Sherman Way
150	5:04A	5:12A	5:20A	5:29A	5:35A	—	—	—	5:47A	5:55A
150	5:30	5:38	5:47	5:56	6:02	—	—	—	6:15	6:23
240	—	—	—	—	▲6:05	6:09A	6:16A	6:36A	—	—
240	5:49	5:57	6:07	6:18	6:25	6:30	6:36	6:56	—	—
150	6:03	6:11	6:21	6:32	6:40	—	—	—	6:54	7:03
240	6:15	6:23	6:33	6:47	6:55	7:00	7:07	7:29	—	—
150	6:26	6:34	6:46	7:00	7:09	—	—	7:29	7:25	7:34
240	6:37	6:45	6:57	7:14	7:23	7:28	7:36	7:58	—	—
150	6:46	6:54	7:07	7:25	7:34	—	—	—	7:52	8:01
240	6:56	7:05	7:18	7:37	7:46	7:51	7:59	8:21	—	—
150	7:05	7:14	7:27	7:48	7:57	—	—	—	8:15	8:25
240	7:15	7:24	7:37	7:59	8:08	8:13	8:21	8:43	—	—
150	7:24	7:34	7:48	8:11	8:20	—	—	—	8:38	8:48
240	7:36	7:46	8:00	8:23	8:32	8:37	8:44	9:07	—	—
150	7:49	7:59	8:13	8:36	8:45	—	—	—	9:03	9:12
240	8:02	8:12	8:26	8:49	8:58	9:02	9:09	9:31	—	—
150	8:16	8:26	8:41	9:03	9:12	—	—	—	9:30	9:40
240	8:32	8:42	8:57	9:17	9:26	9:30	9:37	9:59	—	—
150	8:48	8:58	9:13	9:33	9:43	—	—	—	10:01	10:11
240	—	—	—	—	▲9:48	9:53	10:00	10:22	—	—
240	9:12	9:22	9:37	9:54	10:04	10:09	10:16	10:38	—	—
150	9:33	9:43	9:58	10:14	10:25	—	—	—	10:43	10:53
240	—	—	—	—	▲10:30	10:35	10:42	11:04	—	—
240	9:56	10:06	10:21	10:37	10:47	10:52	10:59	11:22	—	—
150	10:18	10:28	10:43	10:59	11:10	—	—	—	11:28	11:38
240	—	—	—	—	▲11:15	11:20	11:27	11:50	—	—
240	10:40	10:50	11:05	11:21	11:32	11:38	11:45	12:08P	—	—
150	11:02	11:12	11:27	11:43	11:54	—	—	—	12:13P	12:23P
240	—	—	—	—	▲11:59	12:04P	12:12P	12:35	—	—
240	11:24	11:34	11:49	12:05P	12:16P	12:22	12:29	12:53	—	—
150	11:47	11:57	12:12P	12:28	12:39	—	—	—	12:58	1:09
240	—	—	—	—	▲12:44	12:49	12:57	1:21	—	—
240	12:09P	12:19P	12:34	12:50	1:01	1:07	1:15	1:39	—	—
150	12:30	12:41	12:56	1:12	1:23	—	—	—	1:42	1:53
240	—	—	—	—	▲1:28	1:33	1:41	2:05	—	—
240	12:51	1:02	1:18	1:34	1:45	1:51	1:59	2:23	—	—
150	1:13	1:24	1:40	1:56	2:07	—	—	—	2:26	2:36
240	—	—	—	—	▲2:12	2:17	2:25	2:49	—	—
240	1:36	1:47	2:03	2:19	2:30	2:36	2:44	3:09	—	—
150	1:54	2:05	2:22	2:38	2:49	—	—	—	3:08	3:18
240	—	—	—	—	▲2:53	2:58	3:06	3:33	—	—
240	2:08	2:19	2:36	2:52	3:03	3:10	3:19	3:45	—	—
150	2:21	2:32	2:50	3:06	3:17	—	—	—	3:37	3:47
240	2:33	2:44	3:02	3:18	3:30	3:37	3:46	4:12	—	—
150	2:46	2:57	3:15	3:31	3:42	—	—	—	4:02	4:11
240	2:58	3:09	3:27	3:43	3:54	4:01	4:10	4:36	—	—
150	3:10	3:21	3:39	3:55	4:06	—	—	—	4:26	4:36
240	3:22	3:33	3:51	4:08	4:19	4:26	4:35	5:01	—	—
150	3:34	3:45	4:03	4:20	4:31	—	—	—	4:51	5:01
240	3:46	3:57	4:15	4:32	4:43	4:50	4:59	5:25	—	—
150	3:58	4:09	4:27	4:44	4:55	—	—	—	5:15	5:25
240	4:10	4:21	4:39	4:56	5:07	5:14	5:23	5:49	—	—
150	4:22	4:33	4:51	5:08	5:19	—	—	—	5:39	5:48
240	4:34	4:45	5:03	5:20	5:31	5:38	5:47	6:12	—	—
150	4:46	4:57	5:15	5:32	5:43	—	—	—	6:03	6:13
240	5:04	5:15	5:33	5:50	6:01	6:07	6:15	6:38	—	—
150	5:24	5:35	5:53	6:09	6:19	—	—	—	6:37	6:46
240	5:44	5:55	6:13	6:29	6:39	6:45	6:52	7:14	—	—
150	6:04	6:15	6:33	6:48	6:58	—	—	—	7:14	7:23
240	6:25	6:36	6:53	7:07	7:16	7:21	7:27	7:47	—	—
150	6:46	6:57	7:13	7:27	7:36	—	—	—	7:51	8:00
240	7:07	7:17	7:33	7:47	7:56	8:01	8:08	8:28	—	—
150	7:28	7:38	7:53	8:06	8:15	—	—	—	8:29	8:38
240	7:50	8:00	8:13	8:26	8:34	8:38	8:45	9:04	—	—
150	8:11	8:20	8:33	8:45	8:53	—	—	—	9:06	9:14
240	8:32	8:41	8:53	9:05	9:12	9:16	9:23	9:42	—	—
150	8:52	9:01	9:13	9:24	9:32	—	—	—	9:45	9:53
240	9:12	9:21	9:33	9:44	9:51	9:55	10:01	10:18	—	—
150	9:32	9:41	9:53	10:04	10:11	—	—	—	10:24	10:32
240	9:52	10:01	10:12	10:23	10:30	10:34	10:40	10:57	—	—
150	10:12	10:20	10:31	10:42	10:49	—	—	—	11:01	11:09
240	10:32	10:40	10:51	11:02	11:08	11:12	11:17	11:33	—	—
150	10:54	11:02	11:13	11:23	11:29	—	—	—	11:40	▲11:48
240	11:12	11:20	11:31	11:40	11:46	11:50	11:55	12:11A	—	—
150	11:39	11:47	11:56	12:04A	12:10A	—	—	—	12:20A	12:28A
240	12:06A	12:13A	12:21A	12:29	12:35	12:39A	12:44A	1:00	—	—
150	12:28	12:35	12:43	12:51	12:57	—	—	—	1:07	1:15
240	12:50	12:57	1:05	1:13	1:18	1:22	1:27	1:43	—	—
150	1:16	1:23	1:31	1:39	1:45	—	—	—	1:55	2:03
150	2:07	2:14	2:22	2:30	2:36	—	—	—	2:46	▲2:54
150	3:07	3:14	3:22	3:30	3:36	—	—	—	3:46	▲3:54
150	4:07	4:14	4:22	4:30	4:36	—	—	—	4:46	▲4:54

Eastbound *Al Este* (Approximate Times / Tiempos Aproximados)

	CANOGA PARK	WOODLAND HILLS	NORTHridge	RESEDA		TARZANA	ENCINO	SHERMAN OAKS	STUDIO CITY
Route	10 Topanga Canyon & Sherman way	9 Ventura & Topanga Canyon	8 Reseda & Devonshire	7 Reseda & Sherman Way	6 Reseda Orange Line Station	5 Ventura & Reseda	4 Ventura & Balboa	3 Ventura & Van Nuys	1 Universal/ Studio City Station
150	3:34A	3:43A	—	—	—	3:53A	3:58A	4:06A	4:22A
150	4:34	4:43	—	—	—	4:53	4:58	5:07	5:23
240	—	—	5:00A	5:12A	5:18A	5:22	5:28	5:37	5:53
150	5:31	5:41	—	—	—	5:52	5:59	6:08	6:24
240	—	—	5:57	6:12	6:18	6:22	6:29	6:40	6:57
150	6:22	6:32	—	—	—	6:44	6:51	7:02	7:22
240	—	—	6:34	6:50	6:57	7:01	7:08	7:20	7:40
150	6:54	7:04	—	—	—	7:17	7:24	7:36	7:56
240	—	—	7:05	7:21	7:28	7:32	7:39	7:51	8:11
150	7:24	7:34	—	—	—	7:47	7:54	8:06	8:26
240	—	—	7:33	7:50	7:57	8:02	8:10	8:22	8:42
150	7:53	8:03	—	—	—	8:17	8:25	8:37	8:58
240	—	—	8:03	8:20	8:27	8:32	8:40	8:52	9:13
150	8:22	8:32	—	—	—	8:47	8:55	9:07	9:28
240	—	—	8:31	8:49	8:57	9:02	9:10	9:22	9:43
150	8:52	9:02	—	—	—	9:17	9:25	9:38	10:00
240	—	—	9:03	9:20	9:27	9:32	9:41	9:54	10:17
150	9:25	9:36	—	—	—	9:47	—	—	—
240	—	—	9:39	9:55	10:02	9:52	10:01	10:15	10:38
150	—	—	9:51	10:07	10:14	10:08	10:17	10:31	10:54
240	—	—	—	—	—	10:18	—	—	—
150	9:57	10:08	—	—	—	10:24	10:33	10:47	11:10
240	—	—	10:11	10:27	10:34	10:40	10:49	11:03	11:26
150	—	—	10:21	10:38	10:45	10:49	—	—	—
240	10:27	10:38	—	—	—	10:54	11:03	11:17	11:40
150	—	—	10:39	10:57	11:05	11:11	11:20	11:35	11:59
240	—	—	10:53	11:11	11:18	11:22	—	—	—
150	11:00	11:11	—	—	—	11:27	11:36	11:52	12:16P
240	—	—	11:11	11:29	11:37	11:43	11:52	12:08P	12:32
150	—	—	11:23	11:41	11:48	11:52	—	—	—
240	11:30	11:41	—	—	—	11:57	12:07P	12:24	12:49
150	—	—	11:40	11:58	12:06P	12:12P	12:22	12:39	1:04
240	—	—	11:54	12:12P	12:19	12:23	—	—	—
150	12:01P	12:12P	—	—	—	12:28	12:38	12:55	1:20
240	—	—	12:12P	12:30	12:38	12:44	12:54	1:11	1:36
150	—	—	12:26	12:44	12:51	12:55	—	—	—
240	12:32	12:43	—	—	—	1:00	1:10	1:27	1:52
150	—	—	12:44	1:02	1:10	1:16	1:26	1:43	2:08
240	—	—	12:58	1:16	1:23	1:27	—	—	—
150	1:04	1:15	—	—	—	1:32	1:42	1:59	2:24
240	—	—	1:16	1:34	1:42	1:48	1:58	2:15	2:40
150	—	—	1:30	1:48	1:55	1:59	—	—	—
240	1:36	1:47	—	—	—	2:04	2:14	2:31	2:56
150	—	—	1:48	2:06	2:14	2:20	2:30	2:47	3:12
240	—	—	2:02	2:20	2:27	2:31	—	—	—
150	2:08	2:19	—	—	—	2:36	2:46	3:03	3:28
240	—	—	2:21	2:39	2:47	2:53	3:03	3:20	3:45
150	—	—	2:36	2:54	3:01	3:05	—	—	—
240	2:42	2:53	—	—	—	3:10	3:20	3:37	4:02
150	—	—	2:54	3:12	3:20	3:26	3:35	3:51	4:16
240	—	—	3:08	3:26	3:33	3:37	—	—	—
150	3:14	3:25	—	—	—	3:42	3:51	4:07	4:32
240	—	—	3:26	3:44	3:52	3:58	4:07	4:23	4:48
150	—	—	3:40	3:58	4:05	4:09	—	—	—
240	3:46	3:57	—	—	—	4:14	4:23	4:39	5:04
150	—	—	3:58	4:16	4:24	4:30	4:39	4:55	5:20
240	—	—	4:12	4:30	4:37	4:41	—	—	—
150	4:18	4:29	—	—	—	4:46	4:55	5:11	5:36
240	—	—	4:30	4:48	4:56	5:02	5:11	5:27	5:52
150	—	—	4:44	5:02	5:09	5:13	—	—	—
240	4:50	5:01	—	—	—	5:18	5:27	5:43	6:08
150	—	—	5:02	5:20	5:28	5:34	5:43	5:59	6:23
240	—	—	5:18	5:36	5:42	5:45	—	—	—
150	5:22	5:33	—	—	—	5:50	5:59	6:14	6:38
240	—	—	5:36	5:54	6:01	6:07	6:16	6:31	6:54
150	6:00	6:11	—	—	—	6:27	6:36	6:50	7:13
240	—	—	6:16	6:34	6:41	6:47	6:56	7:10	7:33
150	6:40	6:51	—	—	—	7:07	7:15	7:29	7:51
240	—	—	6:56	7:14	7:21	7:27	7:35	7:48	8:10
150	7:31	7:41	—	—	—	7:55	8:03	8:16	8:37
240	—	—	7:43	8:01	8:08	8:13	8:20	8:33	8:54
150	8:07	8:17	—	—	—	8:31	8:38	8:50	9:11
240	—	—	8:26	8:41	8:48	8:52	8:59	9:10	9:30
150	8:50	9:00	—	—	—	9:12	9:19	9:30	9:50
240	—	—	9:06	9:21	9:28	9:32	9:39	9:50	10:09
150	9:30	9:40	—	—	—	9:52	9:59	10:10	10:29
240	—	—	9:49	10:03	10:09	10:13	10:19	10:30	10:49
150	10:11	10:21	—	—	—	10:33	10:39	10:50	11:08
240	—	—	10:32	10:45	10:51	10:55	11:01	11:10	11:26
150	10:56	11:05	—	—	—	11:16	11:21	11:30	11:46
240	—	—	11:13	11:26	11:32	11:36	11:41	11:50	12:06A
150	11:37	11:46	—	—	—	11:57	12:02A	12:10A	12:26
240	—	—	12:02A	12:15A	12:21A	12:25A	12:30	12:38	12:54
150	12:38A	12:47A	—	—	—	12:57	1:02	1:10	1:26
150	1:35	1:44	—	—	—	1:54	1:59	2:07	2:23
150	2:35	2:44	—	—	—	2:54	2:59	3:07	3:23

Westbound Al Oeste

(Approximate Times / Tiempos Aproximados)

	STUDIO CITY		SHERMAN OAKS	ENCINO	TARZANA	RESEDA		NORTHridge	WOODLAND HILLS	CANOGA PARK
	1	2	3	4	5	6	7	8	9	10
Route	Universal/ Studio City Station	Ventura & Laurel Canyon	Ventura & Van Nuys	Ventura & Balboa	Ventura & Reseda	Reseda Orange Line Station	Reseda & Sherman Way	Reseda & Devonshire	Topanga Canyon & Ventura	Topanga Canyon & Sherman Way
150	5:04A	5:12A	5:20A	5:29A	5:35A	—	—	—	5:47A	5:55A
150	5:36	5:44	5:53	6:03	6:11	—	—	—	6:24	6:33
240	—	—	—	—	▣6:19	6:22A	6:26A	6:43A	—	—
150	6:02	6:10	6:19	6:29	6:37	—	—	—	6:51	7:00
240	—	—	—	—	▣6:49	6:52	6:56	7:14	—	—
150	6:24	6:32	6:42	6:52	7:00	—	—	—	7:14	7:23
240	6:40	6:48	6:58	7:08	7:16	7:20	7:26	7:44	—	—
150	6:52	7:00	7:11	7:21	7:29	—	—	—	7:43	7:52
240	7:05	7:13	7:24	7:34	7:42	7:46	7:52	8:11	—	—
150	7:16	7:24	7:35	7:45	7:54	—	—	—	8:09	8:19
240	7:28	7:36	7:47	7:57	8:06	8:10	8:16	8:36	—	—
150	7:38	7:46	7:57	8:08	8:17	—	—	—	8:32	8:41
240	7:47	7:55	8:07	8:19	8:28	8:32	8:39	8:59	—	—
150	7:57	8:06	8:18	8:30	8:39	—	—	—	8:55	9:05
240	8:07	8:16	8:28	8:41	8:50	8:54	9:01	9:21	—	—
150	8:17	8:26	8:39	8:52	9:01	—	—	—	9:17	9:27
240	8:28	8:37	8:50	9:03	9:12	9:16	9:23	9:43	—	—
150	8:39	8:48	9:01	9:14	9:23	—	—	—	9:40	9:50
240	8:54	9:03	9:16	9:29	9:38	9:42	9:49	10:09	—	—
150	9:09	9:18	9:31	9:44	9:53	—	—	—	10:10	10:21
240	—	—	—	—	▣9:57	10:00	10:05	10:25	—	—
240	9:24	9:33	9:47	10:00	10:09	10:14	10:21	10:41	—	—
150	9:38	9:47	10:01	10:15	10:24	—	—	—	10:41	10:52
240	—	—	—	—	▣10:29	10:33	10:38	10:58	—	—
240	9:53	10:02	10:17	10:31	10:41	10:46	10:53	11:13	—	—
150	10:08	10:18	10:33	10:48	10:58	—	—	—	11:16	11:27
240	—	—	—	—	▣11:03	11:07	11:12	11:32	—	—
240	10:23	10:33	10:49	11:04	11:15	11:20	11:27	11:48	—	—
150	10:39	10:49	11:05	11:20	11:31	—	—	—	11:49	11:59
240	—	—	—	—	▣11:36	11:40	11:45	12:06P	—	—
240	10:54	11:04	11:21	11:36	11:47	11:52	11:59	12:20	—	—
150	11:10	11:20	11:37	11:52	12:03P	—	—	—	12:21P	12:33P
240	—	—	—	—	▣12:08	12:12P	12:17P	12:38	—	—
240	11:26	11:36	11:53	12:08P	12:19	12:24	12:31	12:52	—	—
150	11:42	11:52	12:09P	12:24	12:35	—	—	—	12:54	1:06
240	—	—	—	—	▣12:40	12:44	12:49	1:11	—	—
240	11:56	12:07P	12:25	12:40	12:51	12:56	1:03	1:24	—	—
150	12:12P	12:23	12:41	12:56	1:07	—	—	—	1:26	1:38
240	—	—	—	—	▣1:12	1:16	1:21	1:42	—	—
240	12:28	12:39	12:57	1:12	1:23	1:28	1:35	1:56	—	—
150	12:44	12:55	1:13	1:28	1:38	—	—	—	1:57	2:09
240	—	—	—	—	▣1:43	1:47	1:52	2:13	—	—
240	1:00	1:11	1:29	1:44	1:54	1:59	2:06	2:27	—	—
150	1:16	1:27	1:45	2:00	2:10	—	—	—	2:29	2:40
240	—	—	—	—	▣2:15	2:19	2:24	2:45	—	—
240	1:32	1:43	2:01	2:16	2:26	2:31	2:38	2:59	—	—
150	1:48	1:59	2:17	2:32	2:42	—	—	—	3:00	3:11
240	—	—	—	—	▣2:47	2:51	2:56	3:17	—	—
240	2:04	2:15	2:33	2:48	2:58	3:03	3:10	3:31	—	—
150	2:20	2:31	2:49	3:04	3:14	—	—	—	3:31	3:42
240	—	—	—	—	▣3:19	3:23	3:28	3:49	—	—
240	2:36	2:47	3:05	3:20	3:30	3:35	3:42	4:03	—	—
150	2:52	3:03	3:21	3:36	3:46	—	—	—	4:03	4:14
240	—	—	—	—	▣3:51	3:55	4:00	4:21	—	—
240	3:08	3:19	3:37	3:52	4:02	4:07	4:14	4:35	—	—
150	3:24	3:35	3:53	4:08	4:18	—	—	—	4:35	4:46
240	—	—	—	—	▣4:23	4:27	4:32	4:53	—	—
240	3:41	3:52	4:09	4:24	4:34	4:39	4:46	5:07	—	—
150	3:57	4:07	4:24	4:39	4:49	—	—	—	5:06	5:16
240	—	—	—	—	▣4:54	4:58	5:03	5:24	—	—
240	4:14	4:24	4:41	4:56	5:06	5:11	5:18	5:39	—	—
150	4:32	4:42	4:59	5:12	5:22	—	—	—	5:38	5:49
240	—	—	—	—	▣5:27	5:31	5:36	5:57	—	—
240	4:49	4:59	5:15	5:28	5:38	5:43	5:50	6:10	—	—
150	5:04	5:14	5:30	5:43	5:53	—	—	—	6:09	6:20
240	—	—	—	—	▣5:58	6:02	6:07	6:27	—	—
240	5:21	5:31	5:47	6:00	6:10	6:15	6:22	6:42	—	—
150	5:36	5:46	6:02	6:15	6:25	—	—	—	6:41	6:52
240	5:51	6:01	6:17	6:30	6:40	6:45	6:52	7:11	—	—
150	6:12	6:22	6:38	6:51	7:01	—	—	—	7:17	7:27
240	6:32	6:42	6:57	7:09	7:18	7:23	7:30	7:49	—	—
150	6:52	7:02	7:16	7:28	7:37	—	—	—	7:52	8:01
240	7:12	7:22	7:36	7:48	7:57	8:01	8:08	8:27	—	—
150	7:32	7:41	7:54	8:06	8:14	—	—	—	8:28	8:37
240	7:52	8:01	8:14	8:26	8:34	8:38	8:45	9:04	—	—
150	8:12	8:21	8:34	8:45	8:53	—	—	—	9:06	9:14
240	8:32	8:41	8:54	9:05	9:12	9:16	9:23	9:42	—	—
150	8:51	9:00	9:12	9:23	9:31	—	—	—	9:44	9:52
240	9:12	9:21	9:33	9:44	9:51	9:55	10:01	10:18	—	—
150	9:32	9:41	9:53	10:04	10:11	—	—	—	10:24	10:32
240	9:52	10:01	10:12	10:23	10:30	10:34	10:40	10:57	—	—
150	10:12	10:20	10:31	10:42	10:49	—	—	—	11:01	11:09
240	10:32	10:40	10:51	11:02	11:08	11:12	11:17	11:33	—	—
150	10:54	11:02	11:13	11:23	11:29	—	—	—	11:40	▣11:48
240	11:12	11:20	11:31	11:40	11:46	11:50	11:55	12:11A	—	—
150	11:39	11:47	11:56	12:04A	12:10A	—	—	—	12:20A	12:28A
240	12:06A	12:13A	12:21A	12:29	12:35	12:39A	12:44A	1:00	—	—
150	12:28	12:35	12:43	12:51	12:57	—	—	—	1:07	1:15
240	12:50	12:57	1:05	1:13	1:18	1:22	1:27	1:43	—	—
150	1:16	1:23	1:31	1:39	1:45	—	—	—	1:55	2:03
150	2:07	2:14	2:22	2:30	2:36	—	—	—	2:46	▣2:54
150	3:07	3:14	3:22	3:30	3:36	—	—	—	3:46	▣3:54
150	4:07	4:14	4:22	4:30	4:36	—	—	—	4:46	▣4:54

Eastbound *Al Este* (Approximate Times / Tiempos Aproximados)

	CANOGA PARK	WOODLAND HILLS	NORTHridge	RESEDA		TARZANA	ENCINO	SHERMAN OAKS	STUDIO CITY
	10	9	8	7	6	5	4	3	1
Route	Topanga Canyon & Sherman way	Ventura & Topanga Canyon	Reseda & Devonshire	Reseda & Sherman Way	Reseda Orange Line Station	Ventura & Reseda	Ventura & Balboa	Ventura & Van Nuys	Universal/ Studio City Station
150	3:34A	3:43A	—	—	—	3:53A	3:58A	4:06A	4:22A
150	4:34	4:43	—	—	—	4:53	4:58	5:07	5:23
240	—	—	5:00A	5:12A	5:17A	5:21	5:27	5:36	5:52
150	5:23	5:33	—	—	—	5:44	5:50	5:59	6:15
240	—	—	5:40	5:52	5:57	6:01	6:07	6:17	6:33
150	6:00	6:10	—	—	—	6:21	6:27	6:38	6:54
240	—	—	6:17	6:30	6:36	6:40	6:47	6:58	7:15
150	6:39	6:49	—	—	—	7:00	7:07	7:18	7:35
240	—	—	6:52	7:08	7:15	7:20	7:27	7:38	7:55
150	7:17	7:27	—	—	—	7:40	7:47	7:58	8:16
240	—	—	7:32	7:48	7:55	8:00	8:07	8:18	8:36
150	7:57	8:07	—	—	—	8:20	8:27	8:38	8:56
240	—	—	8:10	8:28	8:35	8:40	8:47	8:58	9:17
150	8:35	8:45	—	—	—	8:58	9:06	9:18	9:37
240	—	—	8:47	9:05	9:12	9:17	9:25	9:37	9:56
150	9:13	9:23	—	—	—	9:36	9:44	9:56	10:16
240	—	—	9:24	9:43	9:50	9:55	10:03	10:15	10:36
150	9:50	10:00	—	—	—	10:14	10:22	10:34	10:55
240	—	—	10:02	10:21	10:28	10:33	10:41	10:53	11:14
150	10:27	10:37	—	—	—	10:52	11:00	11:12	11:34
240	—	—	10:40	10:59	11:06	11:11	11:19	11:31	11:53
150	11:03	11:14	—	—	—	11:29	11:37	11:49	12:11P
240	—	—	11:16	11:35	11:43	11:48	11:56	12:09P	12:32
150	11:41	11:52	—	—	—	12:07P	12:15P	12:28	12:51
240	—	—	11:54	12:12P	12:20P	12:25	12:33	12:47	1:10
150	12:15P	12:27P	—	—	—	12:43	12:51	1:05	1:28
240	—	—	12:30P	12:48	12:56	1:01	1:09	1:23	1:46
150	12:52	1:04	—	—	—	1:20	1:28	1:42	2:05
240	—	—	1:06	1:26	1:34	1:39	1:47	2:01	2:24
150	1:28	1:40	—	—	—	1:56	2:05	2:19	2:42
240	—	—	1:41	2:01	2:09	2:14	2:23	2:37	3:00
150	2:03	2:15	—	—	—	2:30	2:39	2:53	3:16
240	—	—	2:16	2:36	2:44	2:49	2:58	3:12	3:35
150	2:39	2:51	—	—	—	3:06	3:15	3:29	3:52
240	—	—	2:52	3:11	3:19	3:24	3:33	3:47	4:10
150	3:18	3:29	—	—	—	3:44	3:53	4:07	4:30
240	—	—	3:31	3:49	3:57	4:02	4:11	4:25	4:47
150	3:55	4:06	—	—	—	4:21	4:30	4:44	5:06
240	—	—	4:07	4:25	4:33	4:38	4:47	5:01	5:23
150	4:29	4:40	—	—	—	4:54	5:03	5:17	5:39
240	—	—	4:40	4:59	5:07	5:12	5:20	5:34	5:56
150	5:01	5:12	—	—	—	5:26	5:34	5:48	6:10
240	—	—	5:16	5:35	5:42	5:47	5:55	6:08	6:29
150	5:37	5:48	—	—	—	6:02	6:10	6:23	6:44
240	—	—	5:50	6:08	6:15	6:20	6:28	6:40	7:00
150	6:13	6:24	—	—	—	6:38	6:46	6:58	7:18
240	—	—	6:26	6:43	6:50	6:55	7:03	7:15	7:35
150	6:51	7:01	—	—	—	7:14	7:21	7:33	7:53
240	—	—	7:06	7:22	7:29	7:34	7:41	7:53	8:13
150	7:31	7:41	—	—	—	7:54	8:01	8:13	8:33
240	—	—	7:46	8:02	8:09	8:14	8:21	8:33	8:53
150	8:14	8:24	—	—	—	8:37	8:44	8:56	9:16
240	—	—	8:29	8:44	8:51	8:55	9:02	9:13	9:33
150	8:51	9:01	—	—	—	9:13	9:20	9:31	9:51
240	—	—	9:06	9:21	9:28	9:32	9:39	9:50	10:09
150	9:30	9:40	—	—	—	9:52	9:59	10:10	10:29
240	—	—	9:49	10:03	10:09	10:13	10:19	10:30	10:49
150	10:11	10:21	—	—	—	10:33	10:39	10:50	11:08
240	—	—	10:32	10:45	10:51	10:55	11:01	11:10	11:26
150	10:56	11:05	—	—	—	11:16	11:21	11:30	11:46
240	—	—	11:13	11:26	11:32	11:36	11:41	11:50	12:06A
150	11:37	11:46	—	—	—	11:57	12:02A	12:10A	12:26
240	—	—	12:02A	12:15A	12:21A	12:25A	12:30	12:38	12:54
150	12:38A	12:47A	—	—	—	12:57	1:02	1:10	1:26
150	1:35	1:44	—	—	—	1:54	1:59	2:07	2:23
150	2:35	2:44	—	—	—	2:54	2:59	3:07	3:23

Westbound *Al Oeste* (Approximate Times / Tiempos Aproximados)

	STUDIO CITY		SHERMAN OAKS	ENCINO	TARZANA	RESEDA		NORTHridge	WOODLAND HILLS	CANOGA PARK
Route	1 Universal/ Studio City Station	2 Ventura & Laurel Canyon	3 Ventura & Van Nuys	4 Ventura & Balboa	5 Ventura & Reseda	6 Reseda Orange Line Station	7 Reseda & Sherman Way	8 Reseda & Devonshire	9 Topanga Canyon & Ventura	10 Topanga Canyon & Sherman Way
150	5:04A	5:12A	5:20A	5:29A	5:35A	—	—	—	5:47A	5:55A
150	5:46	5:54	6:03	6:13	6:20	—	—	—	6:32	6:40
240	—	—	—	—	▲6:36	6:39A	6:43A	6:59A	—	—
240	6:13	6:21	6:30	6:40	6:47	6:50	7:11	7:11	—	—
240	—	—	—	—	▲7:01	7:04	7:08	7:25	—	—
150	6:38	6:46	6:55	7:05	7:13	—	—	—	7:26	7:35
240	6:57	7:05	7:15	7:25	7:33	7:37	7:43	8:00	—	—
150	7:16	7:24	7:34	7:45	7:53	—	—	—	8:06	8:16
240	7:35	7:43	7:54	8:05	8:13	8:17	8:23	8:41	—	—
150	7:55	8:03	8:14	8:25	8:33	—	—	—	8:46	8:56
240	8:14	8:22	8:33	8:45	8:53	8:57	9:05	9:24	—	—
150	8:34	8:42	8:53	9:05	9:13	—	—	—	9:27	9:37
240	8:53	9:01	9:13	9:25	9:33	9:38	9:46	10:06	—	—
150	9:12	9:21	9:33	9:45	9:54	—	—	—	10:08	10:18
240	9:32	9:41	9:53	10:05	10:14	10:19	10:27	10:48	—	—
150	9:52	10:01	10:13	10:25	10:34	—	—	—	10:49	10:59
240	10:12	10:21	10:33	10:45	10:54	10:59	11:07	11:28	—	—
150	10:31	10:40	10:53	11:05	11:14	—	—	—	11:30	11:40
240	10:51	11:00	11:13	11:25	11:34	11:39	11:47	12:08P	—	—
150	11:09	11:19	11:32	11:45	11:54	—	—	—	12:10P	12:21P
240	11:28	11:38	11:52	12:05P	12:14P	12:19P	12:27P	12:48	—	—
150	11:48	11:58	12:12P	12:25	12:34	—	—	—	12:50	1:01
240	12:08P	12:18P	12:32	12:45	12:54	12:59	1:07	1:28	—	—
150	12:28	12:38	12:52	1:05	1:14	—	—	—	1:30	1:41
240	12:47	12:57	1:11	1:24	1:33	1:38	1:46	2:07	—	—
150	1:05	1:15	1:29	1:42	1:51	—	—	—	2:07	2:18
240	1:23	1:33	1:47	2:00	2:09	2:14	2:22	2:43	—	—
150	1:41	1:51	2:05	2:18	2:27	—	—	—	2:43	2:54
240	1:59	2:09	2:24	2:37	2:46	2:51	2:59	3:20	—	—
150	2:17	2:27	2:42	2:55	3:04	—	—	—	3:20	3:31
240	2:35	2:45	3:00	3:13	3:22	3:27	3:35	3:56	—	—
150	2:52	3:02	3:17	3:30	3:39	—	—	—	3:55	4:06
240	3:10	3:20	3:35	3:48	3:57	4:02	4:09	4:30	—	—
150	3:26	3:36	3:51	4:04	4:13	—	—	—	4:29	4:40
240	3:45	3:55	4:10	4:23	4:33	4:38	4:45	5:06	—	—
150	4:02	4:12	4:27	4:40	4:49	—	—	—	5:05	5:16
240	4:20	4:30	4:44	4:57	5:06	5:11	5:18	5:39	—	—
150	4:40	4:50	5:04	5:16	5:25	—	—	—	5:40	5:51
240	4:58	5:08	5:22	5:34	5:43	5:48	5:55	6:15	—	—
150	5:16	5:26	5:39	5:51	6:00	—	—	—	6:15	6:26
240	5:33	5:43	5:56	6:08	6:17	6:22	6:29	6:49	—	—
150	5:50	6:00	6:13	6:25	6:34	—	—	—	6:48	6:59
240	6:07	6:17	6:30	6:42	6:51	6:56	7:03	7:23	—	—
150	6:25	6:34	6:47	6:59	7:08	—	—	—	7:22	7:33
240	6:42	6:51	7:04	7:16	7:25	7:30	7:37	7:56	—	—
240	7:00	7:09	7:22	7:34	7:42	7:46	7:53	8:12	—	—
240	7:19	7:28	7:40	7:51	7:59	8:03	8:10	8:29	—	—
150	7:34	7:43	7:55	8:06	8:14	—	—	—	8:27	8:36
240	7:53	8:02	8:14	8:25	8:33	8:37	8:44	9:03	—	—
150	8:12	8:21	8:33	8:44	8:52	—	—	—	9:05	9:13
240	8:32	8:41	8:53	9:04	9:11	9:15	9:22	9:41	—	—
150	8:52	9:01	9:13	9:24	9:32	—	—	—	9:45	9:53
240	9:12	9:21	9:33	9:44	9:51	9:55	10:01	10:18	—	—
150	9:32	9:41	9:53	10:04	10:11	—	—	—	10:24	10:32
240	9:52	10:01	10:12	10:23	10:30	10:34	10:40	10:57	—	—
150	10:12	10:20	10:31	10:42	10:49	—	—	—	11:01	11:09
240	10:32	10:40	10:51	11:02	11:08	11:12	11:17	11:33	—	—
150	10:54	11:02	11:13	11:23	11:29	—	—	—	11:40	▲11:48
240	11:12	11:20	11:31	11:40	11:46	11:50	11:55	12:11A	—	—
150	11:39	11:47	11:56	12:04A	12:10A	—	—	—	12:20A	12:28A
240	12:06A	12:13A	12:21A	12:29	12:35	12:39A	12:44A	1:00	—	—
150	12:28	12:35	12:43	12:51	12:57	—	—	—	1:07	1:15
240	12:50	12:57	1:05	1:13	1:18	1:22	1:27	1:43	—	—
150	1:16	1:23	1:31	1:39	1:45	—	—	—	1:55	2:03
150	2:07	2:14	2:22	2:30	2:36	—	—	—	2:46	▲2:54
150	3:07	3:14	3:22	3:30	3:36	—	—	—	3:46	▲3:54
150	4:07	4:14	4:22	4:30	4:36	—	—	—	4:46	▲4:54

Sunday and Holiday Schedules

Sunday and Holiday Schedule in effect on New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

Nextrip

Text "metro" and your intersection or stop number to 41411 (example: metro vignes&cesarchavez or metro 1563). You can also visit m.metro.net or call 511 and say "Nextrip".

Special Notes

- A** Receives passengers at Ventura Bl & Reseda Bl from Westbound Lines 150 and 750.
- B** Continues via Line 245 to Topanga Canyon Bl & Nordhoff St.
- C** Passengers may transfer to Line 150 or Line 750 at Ventura Bl & Reseda Bl to continue traveling to points on Ventura Bl between Reseda Bl and Universal/Studio City Station.
- D** Trip begins at Topanga Canyon Bl & Nordhoff St seven minutes before time shown.
- F** Trip continues in Line 161 service to Westlake and Townsgate.
- G** Trip begins at Ventura & Winnetka 12 minutes before time shown on school days only.
- H** Trip begins at Ventura & Winnetka 12 minutes before time shown only on certain early dismissal school days.

Horarios de domingo y días feriados

Horarios de domingo y días feriados en vigor para New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day y Christmas Day

Nextrip

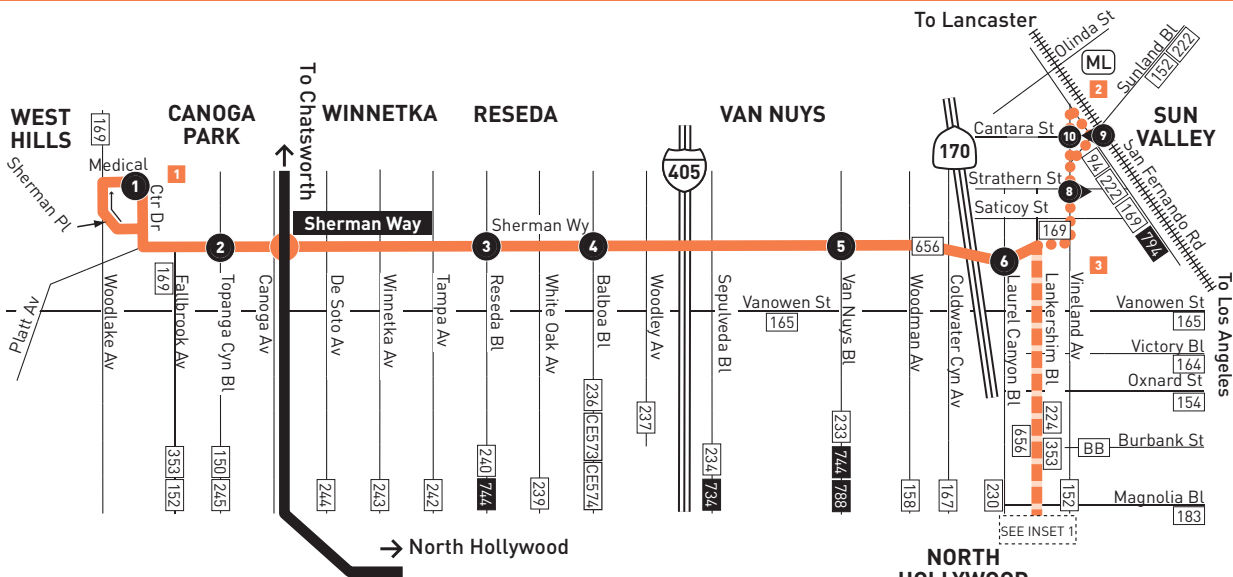
Envíe un mensaje de texto con "Metro" y la intersección de la calle o el número de su parada al 41411. Nextrip le enviará un mensaje de texto con la próxima llegada de cada autobús en esa parada. También puede visitar m.metro.net or llamar al 511 y decir "Nextrip".

Avisos especiales

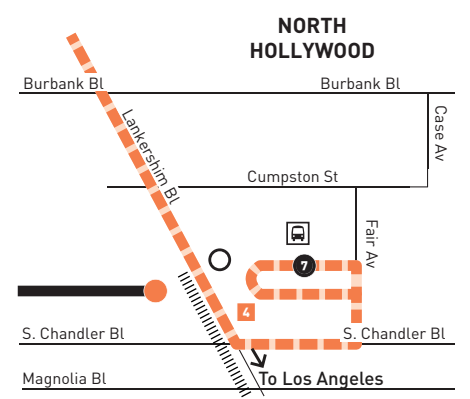
- A** Recibe pasajeros en Ventura Bl y Reseda Bl de Lineas 150 y 750.
- B** Continúa como Línea 245 a Topanga Canyon Bl y Nordhoff St.
- C** Pasajeros pueden transbordar a Línea 150 o Línea 750 en Ventura Bl y Reseda Bl para continuar viajando sobre Ventura Bl entre Reseda Bl y Universal/Studio City Station.
- D** El viaje comienza en Topanga Canyon Bl & Nordhoff St siete minutos antes de la hora mostrada.
- F** Viaje continúa como servicio de Línea 161 a Westlake y Townsgate.
- G** El viaje comienza en Ventura & Winnetka 12 minutos antes de la hora mostrada en días escolares solamente.
- H** El viaje comienza en Ventura & Winnetka 12 minutos antes de la hora mostrada solamente en ciertos días escolares tempranos de la salida.

Late night transfer connection with Line 656 will be made at Universal City/Studio City Station.

ROUTE MAP



INSET MAP 1



LEGEND

- Route of Lines 163 and 162
- Route of Line 163 only
- Route of Line 162 only
- Metro Red Line
- Metro Orange Line
- Metro Orange Line Station
- Metro Red Line Station
- Local Stop Timepoint
- Local Stop Timepoint - Single Direction Only
- Transit Center
- MetroLink Station
- CE LADOT Commuter Express
- SC Santa Clarita Transit

MAP NOTES

- West Hills Medical Center**
- Sun Valley Station**
Metro 94, 794; Metrolink Antelope Valley Line
- Hollywood Burbank Airport**
- North Hollywood Red & Orange Line Station**
Metro 152, 154, 162, 183, 224, 353, 237, 501, 656 Owl; BB Media District, BB NoHo / Airport; CE549; SC757

Eastbound *Al Este* (Approximate Times / Tiempos Aproximados)

	WEST HILLS	CANOGA PARK	RESEDA	VAN NUYS		NORTH HOLLYWOOD		SUN VALLEY
	1	2	3	4	5	6	7	10
Route	West Hills Medical Center	Sherman Way & Topanga Canyon	Sherman Way & Reseda	Sherman Way & Balboa	Sherman Way & Van Nuys	Sherman Way & Laurel Canyon	North Hollywood Red Line Station	Vineland & Cantara (San Fernando)
163	4:40A	4:46A	4:59A	5:07A	5:16A	5:26A	—	5:36A
162	—	5:06	5:21	5:29	5:39	5:52	6:07A	—
163	—	5:22	5:37	5:45	5:55	6:09	—	6:20
162	5:30	5:36	5:51	5:59	6:10	6:24	6:39	—
163	—	5:47	6:02	6:11	6:22	6:36	—	6:47
162	5:51	5:57	6:13	6:22	6:34	6:49	7:04	—
163	—	6:07	6:24	6:33	6:46	7:01	—	7:12
162	6:10	6:17	6:35	6:45	6:58	7:13	7:28	—
163	6:21	6:28	6:47	6:57	7:10	7:25	—	7:36
162	6:33	6:40	6:59	7:09	7:22	7:37	7:53	—
163	6:44	6:51	7:10	7:20	7:34	7:50	—	8:01
162	6:55	7:02	7:21	7:31	7:46	8:02	8:18	—
163	7:07	7:14	7:33	7:43	7:58	8:14	8:30	—
162	7:17	7:24	7:45	7:55	8:10	8:26	—	8:37
163	7:27	7:35	7:57	8:07	8:22	8:38	8:54	—
162	7:39	7:47	8:09	8:19	8:34	8:50	9:06	—
163	7:51	7:59	8:21	8:31	8:46	9:02	—	9:13
162	8:03	8:11	8:33	8:43	8:58	9:14	9:30	—
163	8:18	8:26	8:47	8:57	9:12	9:28	9:44	—
162	8:32	8:40	9:02	9:12	9:27	9:43	—	9:54
163	8:51	8:59	9:20	9:30	9:45	10:01	10:17	—
162	9:11	9:19	9:40	9:50	10:05	10:21	—	10:32
163	9:31	9:39	10:00	10:10	10:25	10:41	10:57	—
162	9:51	9:59	10:20	10:30	10:45	11:01	—	11:12
163	10:11	10:19	10:40	10:50	11:05	11:21	11:37	—
162	10:31	10:39	11:00	11:10	11:25	11:41	—	11:52
163	10:51	10:59	11:20	11:30	11:45	12:01P	12:17P	—
162	11:11	11:19	11:40	11:50	12:05P	12:21	—	12:32P
163	11:31	11:39	11:59	12:10P	12:25	12:41	12:57	—
162	11:51	11:59	12:20P	12:30	12:45	1:01	—	1:12
163	12:11P	12:19P	12:40	12:50	1:05	1:21	1:37	—
162	12:31	12:39	1:00	1:10	1:25	1:41	—	1:52
163	12:51	12:59	1:20	1:30	1:45	2:01	2:17	—
162	1:11	1:19	1:40	1:50	2:05	2:21	—	2:32
163	1:31	1:39	2:00	2:10	2:25	2:41	2:57	—
162	1:49	1:57	2:19	2:29	2:45	3:01	—	3:13
163	2:08	2:16	2:39	2:49	3:05	3:22	3:38	—
162	2:20	2:28	2:51	3:01	3:17	3:34	—	3:46
163	2:31	2:40	3:03	3:13	3:29	3:46	4:02	—
162	2:43	2:52	3:15	3:25	3:41	3:58	—	4:10
163	2:55	3:04	3:27	3:37	3:53	4:10	4:26	—
162	3:07	3:16	3:39	3:49	4:05	4:22	4:38	—
163	3:19	3:28	3:51	4:01	4:17	4:34	—	4:46
162	3:31	3:40	4:03	4:13	4:29	4:46	5:02	—
163	3:43	3:52	4:15	4:25	4:41	4:58	5:14	—
162	3:55	4:04	4:27	4:37	4:53	5:10	—	5:22
163	4:07	4:16	4:39	4:49	5:05	5:22	5:38	—
162	4:19	4:28	4:51	5:01	5:17	5:34	—	5:46
163	4:31	4:40	5:03	5:13	5:29	5:44	6:00	—
162	4:45	4:54	5:17	5:27	5:43	5:58	—	6:10
163	4:59	5:08	5:31	5:41	5:57	6:12	6:28	—
162	5:15	5:24	5:47	5:57	6:12	6:27	—	6:38
163	5:30	5:39	6:02	6:12	6:27	6:41	6:57	—
162	5:51	6:00	6:21	6:31	6:46	7:00	—	7:11
163	6:11	6:20	6:41	6:51	7:06	7:20	7:35	—
162	6:35	6:44	7:04	7:14	7:29	7:43	—	7:54
163	7:03	7:12	7:32	7:41	7:55	8:09	8:21	—
162	7:33	7:41	8:00	8:09	8:23	8:37	—	8:47
163	8:04	8:11	8:29	8:38	8:51	9:04	9:16	—
162	8:34	8:41	8:59	9:07	9:19	9:31	—	9:39
163	9:04	9:11	9:29	9:37	9:48	10:00	10:12	—
162	9:35	9:42	9:59	10:07	10:17	10:29	—	10:37
163	10:06	10:13	10:28	10:35	10:45	10:55	11:06	—
162	10:37	10:43	10:58	11:05	11:14	11:23	—	11:31
163	11:07	11:13	11:28	11:35	11:44	11:53	12:04A	—
162	11:37	11:43	11:58	12:05A	12:14A	12:23A	—	12:31A

Westbound *Al Oeste* (Approximate Times / Tiempos Aproximados)

Route	SUN VALLEY		NORTH HOLLYWOOD		VAN NUYS		RESEDA	CANOGA PARK	WEST HILLS
	<div><div></div><div>10</div><div></div></div>		<div><div></div><div>7</div><div></div></div>		<div><div></div><div>5</div><div></div></div>		<div><div></div><div>3</div><div></div></div>	<div><div></div><div>2</div><div></div></div>	<div><div></div><div>1</div><div></div></div>
	Vineland & Cantara (San Fernando)	Sunland & San Fernando	North Hollywood Red Line Station	Sherman Way & Laurel Canyon	Sherman Way & Van Nuys	Sherman Way & Balboa	Sherman Way & Reseda	Sherman Way & Topanga Canyon	West Hills Medical Center
163	4:43A	4:45A	—	4:54A	5:03A	5:13A	5:19A	5:32A	5:38A
162	—	—	5:14A	5:28	5:39	5:51	5:59	6:16	6:23
163	5:38	5:41	—	5:51	6:02	6:16	6:24	6:42	6:49
162	—	—	5:48	6:02	6:14	6:28	6:37	6:55	7:02
163	6:00	6:03	—	6:14	6:26	6:40	6:49	7:07	7:14
162	—	—	6:09	6:25	6:38	6:52	7:01	7:21	7:28
163	6:23	6:26	—	6:37	6:50	7:05	7:14	7:34	7:41
162	—	—	6:33	6:49	7:02	7:18	7:27	7:47	7:54
162	—	—	6:43	6:59	7:14	7:30	7:39	7:59	8:06
163	6:57	7:00	—	7:11	7:26	7:42	7:51	8:11	8:18
162	—	—	7:07	7:23	7:38	7:54	8:03	8:23	8:30
162	—	—	7:19	7:35	7:50	8:06	8:15	8:35	8:42
163	7:33	7:36	—	7:47	8:02	8:18	8:27	8:47	8:54
162	—	—	7:43	7:59	8:14	8:30	8:39	8:59	9:06
163	7:57	8:00	—	8:11	8:26	8:42	8:51	9:10	9:17
162	—	—	8:06	8:23	8:38	8:54	9:03	9:21	9:28
163	8:22	8:25	—	8:36	8:51	9:06	9:15	9:33	9:40
162	—	—	8:33	8:50	9:05	9:19	9:28	9:46	9:53
163	8:56	8:59	—	9:10	9:25	9:39	9:48	10:06	10:13
162	—	—	9:12	9:30	9:45	9:59	10:08	10:26	10:33
163	9:36	9:39	—	9:50	10:05	10:19	10:28	10:46	10:53
162	—	—	9:53	10:11	10:26	10:40	10:49	11:07	11:14
163	10:16	10:19	—	10:30	10:45	10:59	11:08	11:26	11:33
162	—	—	10:32	10:50	11:05	11:19	11:28	11:46	11:53
163	10:56	10:59	—	11:10	11:25	11:39	11:48	12:06P	12:13P
162	—	—	11:11	11:29	11:45	11:59	12:08P	12:26	12:33
163	11:35	11:38	—	11:49	12:05P	12:19P	12:28	12:46	12:53
162	—	—	11:51	12:09P	12:25	12:39	12:48	1:07	1:14
163	12:15P	12:18P	—	12:29	12:45	12:59	1:08	1:27	1:34
162	—	—	12:31P	12:49	1:05	1:19	1:28	1:47	1:54
163	12:54	12:57	—	1:08	1:25	1:39	1:48	2:07	2:14
162	—	—	1:10	1:28	1:45	1:59	2:08	2:27	2:34
163	1:34	1:37	—	1:48	2:05	2:19	2:28	2:47	2:54
162	—	—	1:50	2:08	2:25	2:40	2:49	3:08	3:15
163	2:13	2:16	—	2:27	2:45	3:00	3:09	3:28	3:35
162	—	—	2:29	2:47	3:05	3:20	3:29	3:48	3:55
163	2:45	2:48	—	2:59	3:17	3:32	3:41	4:00	4:07
162	—	—	2:53	3:11	3:29	3:44	3:53	4:12	4:19
163	3:09	3:12	—	3:23	3:41	3:56	4:05	4:24	4:31
162	—	—	3:17	3:35	3:53	4:08	4:17	4:36	4:43
163	3:33	3:36	—	3:47	4:05	4:20	4:29	4:48	4:55
162	—	—	3:41	3:59	4:17	4:32	4:41	5:00	5:07
163	3:57	4:00	—	4:11	4:29	4:44	4:53	5:12	5:19
162	—	—	4:05	4:23	4:41	4:56	5:05	5:24	5:31
163	4:17	—	—	4:35	4:53	5:08	5:17	5:36	5:43
162	—	—	4:41	4:59	5:17	5:32	5:41	6:00	6:07
163	4:33	4:36	—	4:47	5:05	5:20	5:29	5:48	5:55
162	—	—	4:53	5:11	5:29	5:44	5:53	6:12	6:19
163	5:09	5:12	—	5:23	5:41	5:56	6:05	6:24	6:31
162	—	—	5:20	5:38	5:56	6:11	6:20	6:39	6:46
163	5:44	5:47	—	5:58	6:16	6:31	6:40	6:59	7:06
162	—	—	6:01	6:18	6:36	6:50	6:59	7:16	7:23
163	6:25	6:28	—	6:39	6:56	7:10	7:19	7:36	7:43
162	—	—	6:47	7:03	7:19	7:33	7:42	7:58	8:05
163	7:19	7:22	—	7:32	7:47	8:00	8:08	8:23	8:30
162	—	—	7:44	8:00	8:14	8:27	8:35	8:49	8:56
163	8:19	8:21	—	8:31	8:43	8:56	9:04	9:18	9:25
162	—	—	8:45	9:01	9:13	9:25	9:33	9:47	9:54
163	9:19	9:21	—	9:31	9:43	9:55	10:03	10:17	10:23
162	—	—	9:48	10:02	10:13	10:24	10:32	10:46	10:52
163	10:20	10:22	—	10:32	10:43	10:53	11:00	11:13	11:19
162	—	—	10:50	11:04	11:13	11:23	11:29	11:42	—
163	11:23	11:25	—	11:34	11:43	11:53	11:59	12:12A	—
162	—	—	11:50	12:04A	12:13A	12:23A	12:29A	12:42	—

Eastbound *Al Este* (Approximate Times / Tiempos Aproximados)

	WEST HILLS	CANOGA PARK	RESEDA	VAN NUYS		NORTH HOLLYWOOD		SUN VALLEY
Route	1	2	3	4	5	6	7	10
	West Hills Medical Center	Sherman Way & Topanga Canyon	Sherman Way & Reseda	Sherman Way & Balboa	Sherman Way & Van Nuys	Sherman Way & Laurel Canyon	North Hollywood Red Line Station	Vineland & Cantara (San Fernando)
163	5:16A	5:21A	5:37A	5:43A	5:54A	6:05A	—	6:13A
163	5:47	5:53	6:10	6:17	6:28	6:39	—	6:48
162	6:15	6:21	6:39	6:46	6:58	7:10	7:24A	—
163	6:40	6:47	7:06	7:14	7:27	7:40	—	7:50
162	7:07	7:14	7:33	7:41	7:54	8:08	8:22	—
163	7:33	7:40	7:59	8:07	8:21	8:35	—	8:45
162	7:59	8:07	8:26	8:34	8:48	9:02	9:16	—
163	8:26	8:34	8:54	9:02	9:18	9:33	—	9:44
162	8:57	9:05	9:25	9:33	9:48	10:03	10:17	—
163	9:25	9:33	9:54	10:03	10:18	10:34	—	10:45
162	9:54	10:02	10:24	10:33	10:48	11:04	11:18	—
163	10:24	10:32	10:54	11:03	11:18	11:34	—	11:45
162	10:54	11:02	11:24	11:33	11:48	12:04P	12:18P	—
163	11:24	11:32	11:54	12:03P	12:18P	12:34	—	12:45P
162	11:54	12:02P	12:24P	12:33	12:48	1:04	1:18	—
163	12:24P	12:32	12:54	1:03	1:18	1:34	—	1:45
162	12:54	1:02	1:24	1:33	1:48	2:04	2:18	—
163	1:26	1:34	1:55	2:04	2:18	2:33	—	2:44
162	1:56	2:04	2:25	2:34	2:48	3:03	3:17	—
163	2:26	2:34	2:55	3:04	3:18	3:33	—	3:44
162	2:56	3:04	3:25	3:34	3:48	4:03	4:18	—
163	3:26	3:34	3:55	4:04	4:18	4:33	—	4:44
162	3:56	4:04	4:25	4:34	4:48	5:03	5:18	—
163	4:26	4:34	4:55	5:04	5:18	5:32	—	5:43
162	4:56	5:04	5:25	5:34	5:48	6:02	6:17	—
163	5:26	5:34	5:55	6:04	6:18	6:32	—	6:43
162	6:01	6:09	6:30	6:39	6:53	7:07	7:21	—
163	6:37	6:45	7:06	7:15	7:29	7:43	—	7:54
163	7:35	7:43	8:01	8:10	8:24	8:38	—	8:48
163	8:34	8:41	8:59	9:07	9:19	9:31	—	9:39
163	9:32	9:39	9:56	10:04	10:14	10:26	—	10:34
163	10:37	10:43	10:58	11:05	11:14	11:23	—	11:31
163	11:37	11:43	11:58	12:05A	12:14A	12:23A	—	12:31A

Westbound *Al Oeste* (Approximate Times / Tiempos Aproximados)

	SUN VALLEY	NORTH HOLLYWOOD		VAN NUYS		RESEDA	CANOGA PARK	WEST HILLS
Route	10	9	7	6	5	4	3	2
	Vineland & Cantara (San Fernando)	Sunland & San Fernando	North Hollywood Red Line Station	Sherman Way & Laurel Canyon	Sherman Way & Van Nuys	Sherman Way & Balboa	Sherman Way & Reseda	Sherman Way & Topanga Canyon
163	4:36A	4:38A	—	4:47A	4:58A	5:08A	5:16A	5:29A
162	—	—	5:00A	5:13	5:24	5:34	5:42	5:57
163	5:31	5:33	—	5:43	5:54	6:04	6:12	6:28
162	—	—	6:00	6:13	6:24	6:35	6:43	6:59
163	6:28	6:30	—	6:40	6:52	7:04	7:13	7:30
162	—	—	6:54	7:07	7:19	7:31	7:40	7:57
163	7:22	7:24	—	7:34	7:46	7:58	8:07	8:25
162	—	—	7:44	7:59	8:13	8:26	8:35	8:53
163	8:13	8:15	—	8:26	8:40	8:53	9:02	9:20
162	—	—	8:39	8:56	9:10	9:23	9:32	9:51
163	9:12	9:14	—	9:25	9:40	9:53	10:03	10:22
162	—	—	9:37	9:54	10:10	10:24	10:34	10:53
163	10:09	10:11	—	10:24	10:40	10:54	11:04	11:24
162	—	—	10:36	10:53	11:10	11:24	11:34	11:54
163	11:08	11:10	—	11:23	11:40	11:54	12:04P	12:24P
162	—	—	11:36	11:53	12:10P	12:24P	12:34	12:54
163	12:08P	12:10P	—	12:23P	12:40	12:54	1:04	1:24
162	—	—	12:36P	12:53	1:10	1:24	1:34	1:54
163	1:08	1:10	—	1:23	1:40	1:54	2:04	2:24
162	—	—	1:36	1:53	2:10	2:24	2:34	2:54
163	2:09	2:11	—	2:23	2:40	2:54	3:04	3:24
162	—	—	2:36	2:53	3:10	3:24	3:34	3:54
163	3:09	3:11	—	3:23	3:40	3:53	4:03	4:22
162	—	—	3:36	3:53	4:10	4:23	4:33	4:52
163	4:09	4:11	—	4:23	4:40	4:53	5:02	5:19
162	—	—	4:37	4:54	5:10	5:23	5:31	5:48
163	5:10	5:12	—	5:24	5:40	5:53	6:01	6:18
162	—	—	5:37	5:54	6:10	6:23	6:31	6:48
163	6:10	6:12	—	6:24	6:40	6:53	7:01	7:18
162	—	—	6:40	6:55	7:10	7:23	7:31	7:48
163	7:16	7:18	—	7:28	7:40	7:53	8:01	8:18
162	—	—	7:43	7:58	8:10	8:23	8:31	8:47
163	8:24	8:26	—	8:36	8:48	9:01	9:09	9:25
163	9:19	9:21	—	9:31	9:43	9:55	10:03	10:18
163	10:20	10:22	—	10:32	10:43	10:53	11:00	11:13
163	11:23	11:25	—	11:34	11:43	11:53	11:59	12:12A

Eastbound *Al Este* (Approximate Times / Tiempos Aproximados)

Route	WEST HILLS	CANOGA PARK	RESEDA	VAN NUYS		NORTH HOLLYWOOD		SUN VALLEY
	1	2	3	4	5	6	7	10
	West Hills Medical Center	Sherman Way & Topanga Canyon	Sherman Way & Reseda	Sherman Way & Balboa	Sherman Way & Van Nuys	Sherman Way & Laurel Canyon	North Hollywood Red Line Station	Vineland & Cantara (San Fernando)
162	5:58A	6:04A	6:21A	6:28A	6:41A	6:52A	7:06A	—
163	6:25	6:32	6:50	6:58	7:11	7:22	—	7:32A
162	6:55	7:02	7:20	7:28	7:41	7:52	8:06	—
163	7:23	7:30	7:50	7:58	8:11	8:23	—	8:33
162	7:52	7:59	8:20	8:28	8:41	8:53	9:07	—
163	8:26	8:34	8:55	9:03	9:16	9:28	—	9:38
162	9:00	9:08	9:29	9:38	9:51	10:03	10:17	—
163	9:34	9:42	10:03	10:12	10:26	10:38	—	10:48
162	10:09	10:17	10:38	10:47	11:01	11:13	11:27	—
163	10:44	10:52	11:13	11:22	11:36	11:48	—	11:59
162	11:19	11:27	11:48	11:57	12:11P	12:23P	12:37P	—
163	11:54	12:02P	12:23P	12:32P	12:46	1:00	—	1:10P
162	12:27P	12:35	12:58	1:07	1:21	1:36	1:50	—
163	1:02	1:10	1:33	1:42	1:56	2:11	—	2:21
162	1:37	1:45	2:08	2:17	2:31	2:43	2:57	—
163	2:15	2:23	2:44	2:52	3:06	3:18	—	3:28
162	2:46	2:54	3:14	3:22	3:36	3:48	4:03	—
163	3:16	3:24	3:44	3:52	4:06	4:19	—	4:30
162	3:47	3:55	4:14	4:22	4:36	4:49	5:04	—
163	4:17	4:25	4:44	4:52	5:06	5:18	—	5:28
162	4:47	4:55	5:14	5:22	5:36	5:48	6:03	—
163	5:18	5:26	5:45	5:53	6:06	6:18	—	6:28
162	5:49	5:57	6:16	6:24	6:36	6:48	7:02	—
163	6:28	6:36	6:55	7:03	7:15	7:27	—	7:36
163	7:29	7:37	7:55	8:03	8:15	8:27	—	8:36
163	8:33	8:40	8:58	9:06	9:18	9:30	—	9:38
163	9:36	9:43	10:00	10:08	10:18	10:30	—	10:38
163	10:37	10:43	10:58	11:05	11:14	11:23	—	11:31
163	11:37	11:43	11:58	12:05A	12:14A	12:23A	—	12:31A

Westbound *Al Oeste* (Approximate Times / Tiempos Aproximados)

Route	SUN VALLEY	NORTH HOLLYWOOD		VAN NUYS		RESEDA	CANOGA PARK	WEST HILLS
	10	9	7	6	5	4	3	2
	Vineland & Cantara (San Fernando)	Sunland & San Fernando	North Hollywood Red Line Station	Sherman Way & Laurel Canyon	Sherman Way & Van Nuys	Sherman Way & Balboa	Sherman Way & Reseda	Sherman Way & Topanga Canyon
163	6:25A	6:27A	—	6:37A	6:49A	6:59A	7:06A	7:22A
163	6:58	7:00	—	7:10	7:22	7:32	7:39	7:55
162	—	—	7:25A	7:40	7:52	8:03	8:11	8:28
163	7:56	7:58	—	8:09	8:22	8:34	8:43	9:00
162	—	—	8:22	8:39	8:52	9:04	9:13	9:31
163	8:58	9:00	—	9:13	9:27	9:40	9:49	10:07
162	—	—	9:31	9:48	10:02	10:15	10:24	10:43
163	10:08	10:10	—	10:23	10:37	10:51	11:00	11:19
162	—	—	10:41	10:58	11:12	11:26	11:35	11:54
163	11:18	11:20	—	11:33	11:47	12:01P	12:11P	12:30P
162	—	—	11:49	12:06P	12:22P	12:36	12:46	1:06
163	12:26P	12:28P	—	12:41	12:57	1:11	1:21	1:41
162	—	—	12:59P	1:16	1:32	1:46	1:56	2:16
163	1:38	1:40	—	1:51	2:07	2:19	2:27	2:46
162	—	—	2:09	2:26	2:42	2:54	3:02	3:20
163	2:44	2:46	—	2:57	3:12	3:24	3:32	3:50
162	—	—	3:10	3:27	3:42	3:54	4:02	4:20
163	3:44	3:46	—	3:57	4:12	4:24	4:32	4:50
162	—	—	4:13	4:30	4:45	4:57	5:05	5:23
163	4:50	4:52	—	5:03	5:18	5:30	5:38	5:56
162	—	—	5:19	5:36	5:51	6:03	6:11	6:28
163	5:57	5:59	—	6:10	6:24	6:36	6:44	7:01
162	—	—	6:30	6:45	6:59	7:11	7:19	7:36
163	7:18	7:20	—	7:31	7:42	7:54	8:02	8:19
163	8:20	8:22	—	8:32	8:43	8:55	9:03	9:19
163	9:19	9:21	—	9:31	9:43	9:55	10:03	10:18
163	10:20	10:22	—	10:32	10:43	10:53	11:00	11:13
163	11:23	11:25	—	11:34	11:43	11:53	11:59	12:12A

Sunday and Holiday Schedules

Sunday and Holiday Schedule in effect on New Year’s Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

Horarios de domingo y días feriados

Horarios de domingo y días feriados en vigor para New Year’s Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day y Christmas Day

Nextrip

Text “metro” and your intersection or stop number to 41411 [example: metro vignes&cesarchavez or metro 1563]. You can also visit m.metro.net or call 511 and say “Nextrip”.

Nextrip

Envíe un mensaje de texto con “Metro” y la intersección de la calle o el número de su parada al 41411. Nextrip le enviará un mensaje de texto con la próxima llegada de cada autobús en esa parada. También puede visitar m.metro.net or llamar al 511 y decir “Nextrip”.

Special Notes

Additional late night service along the route of Line 162 is provided by Line 656 between North Hollywood Station and Van Nuys Blvd. Please obtain the timetable for Line 237/656 for more information.

Avisos especiales

El servicio nocturno adicional a lo largo de la ruta de la línea 162 es proporcionado por la línea 656 entre la estación de North Hollywood y Van Nuys Blvd. Obtenga el horario para Line 237 / 656 para más información.

TOP 10 TIPS TO QUIT SMOKING

**Counselors from the
California Smokers'
Helpline provide
their top 10 tips to
quit for good.**



Enroll online at
www.nobutts.org

- 1. FIND A REASON TO QUIT**
Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.
- 2. MAKE A PLAN**
Think about what triggers you to smoke. Is it stress? Being around smokers? Alcohol? Or something else? Plan to get through those times without smoking. Keep your hands busy and your mind off cigarettes. Examples: drink water, wash the dishes, talk to a nonsmoker.
- 3. CALL 1-800-NO-BUTTS**
People who call the Helpline are twice as likely to quit for good. A trained counselor will help you make a personal plan and offer support along the way. It's free, and it works!
- 4. GET SUPPORT**
Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.
- 5. USE A QUITTING AID**
Quitting aids, like nicotine patches and gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medi-Cal benefits may cover these products. Talk with your doctor about which quitting aids are right for you.
- 6. MAKE YOUR HOME & CAR SMOKE-FREE**
Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!
- 7. SET A QUIT DATE**
Choose a date when you will quit. This shows you're serious. And you're more likely to give it a try.
- 8. QUIT ON YOUR QUIT DATE**
Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good, doing is even better.
- 9. PICTURE BEING A NONSMOKER**
After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.
- 10. KEEP TRYING**
Most people try several times before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

If you keep trying, you will succeed!

QUIT VAPING

FREE SERVICES FOR TEENS AND ADULTS

CONCERNED ABOUT YOUR VAPING?

Tried to quit but found yourself vaping again?

Trouble getting through the day without vaping?

Have others said something about your vaping?

YOU CAN QUIT.
WE CAN HELP!

Call, Text or Chat Today!



1-844-8-NO-VAPE

Telephone Coaching



Online Help



Text **QUIT VAPING**
to **66819**



Fact Sheets & Services



Sharps Disposal Drop Off

Please dispose your sharps waste properly!

Los Angeles County Public Works proudly sponsors the Sharps Program to provide residents with options for safe and convenient disposal of sharps waste.

Residents can dispose of sharps waste such as needles, lancets, or other devices used to administer medication intravenously at one of 21 drop boxes located at Sheriff's stations throughout Los Angeles County. Drop off is anonymous and available 24 hours a day.



Sheriff Station Locations

Sharps Waste Only – Not for Commercial Use

1. [Altadena](#) – 780 East Altadena Drive, Altadena, CA 91001
2. [Carson](#) – 21356 S. Avalon Blvd., Carson 90745
3. [Century](#) – 11703 S. Alameda St., Lynwood 90262
4. [Compton](#) – 301 S. Willowbrook Ave., Compton 90221
5. [Crescenta Valley](#) – 4554 N. Briggs Ave., La Crescenta 91214
6. [East Los Angeles](#) – 5019 E. Third St., Los Angeles 90022
7. [Industry](#) – 150 N. Hudson Ave., Industry 91744
8. [Lakewood](#) – 5130 N. Clark Ave., Lakewood 90712
9. [Lancaster](#) – 501 W. Lancaster Blvd., Lancaster 93534
10. [Lomita](#) – 26123 S. Narbonne Ave., Lomita 90717
11. [Malibu/Lost Hills](#) – 27050 Agoura Hills Rd., Calabasas 91301
12. [Marina Del Rey](#) – 13851 Fiji Way, Marina Del Rey 90292
13. [Norwalk](#) – 12335 Civic Center Dr., Norwalk 90650
14. [Palmdale](#) – 750 Avenue Q, Palmdale 93550
15. [Pico Rivera](#) – 6631 Passons Blvd., Pico Rivera 90660
16. [San Dimas](#) – 270 S. Walnut Ave., San Dimas 91773
17. [Santa Clarita](#) – 23740 W. Magic Mountain Pkwy., Valencia 91355
18. [South Los Angeles](#) – 1310 W. Imperial Hwy., Los Angeles 90044
19. [Temple](#) – 8838 E. Las Tunas Dr., Temple City 91780
20. [Walnut](#) – 21695 E. Valley Blvd., Walnut 91789
21. [West Hollywood](#) – 780 N. San Vicente Blvd., West Hollywood 90069



A Guide to Healthy Aging

Today 12 out of every 100 people in the U.S. are age 65 or older, and older adults make up the fastest growing part of our population. As we get older, we gain experiences and insights that move us forward and power our communities. Now more than ever, we need to ensure that our country is making the most of this new reality. Americans are leading longer, healthier lives and it is up to us all to figure out how to seize on this opportunity by adjusting our systems and policies. There are also things you can do as an individual to help you stay healthier as you age. The following guide can help you enjoy better health and greater independence in later life.

Find healthcare that meets your needs

Find a Geriatrics Healthcare Professional

For help finding a physician with special training in the care of older adults, call the AGS Health in Aging Foundation's free referral service at (212) 308-1414, or visit <http://www.healthinaging.org/find-a-geriatrics-healthcare-professional/>.

Centers for Medicare and Medicaid Services

Find out about the healthcare benefits available to older Americans through Medicare by visiting the Centers for Medicare and Medicaid Services website, at <http://www.medicare.gov/>.

Administration on Aging (AoA)

There may be special health and other programs in your community that are just for older adults. The federal Administration on Aging (AoA) offers a wide range of services for older adults in every state. These include mental health services, transportation, nutritional programs, senior health programs, benefits counseling, services for family caregivers, and elder abuse prevention programs. To find AoA services in your neighborhood call 800-677-1116 or visit www.eldercare.gov.

Remember, even if you feel perfectly healthy, you should still see your healthcare provider at least once a year for a checkup.

Make sure you're not making medication mistakes

- **Many older adults** take prescription medications, over-the-counter drugs, vitamins and other supplements, such as herbs or home remedies, every day. Taking lots of different pills can cause side effects and problems. It is very important that your healthcare provider, pharmacist, and others who care for you know every medication or pill you are taking.
- **Bring a list** of each and every pill, vitamin, or medicine you take with you every time you see your healthcare provider—even if you buy the pills without a prescription. Make sure you write down the dose of the pill and how many times a day you take it. Your healthcare provider should check all of your pills to make sure they are safe for you to take.
- **Always check** with your healthcare provider or your pharmacist before taking any new medicines of any kind. Take all medicines as directed, and tell your healthcare provider right away if a medication or pill seems to be causing any problems or side effects. Ask if there is any way to take care of your health problems without having to take pills or medicine. Never borrow or take any pills or medications that were meant for someone else.

Stay on top of health problems

- **Get your blood pressure checked** at least once a year. High blood pressure can cause heart disease, kidney problems, blindness, and other health problems.
- **Get a cholesterol test** at least every five years. Cholesterol is a fat in our bodies. When cholesterol levels are high, this fat can cause heart disease, strokes, and other health problems. If heart disease or diabetes runs in your family, you should have your cholesterol checked more often.
- **Get checked for diabetes**, especially if you are hungry or thirsty all the time, are overweight, or find that you have to urinate often. These problems could all be signs of diabetes.

Lower your risk of falling

- **Help keep your bones strong** by taking calcium and vitamin D every day. Most older adults absorb calcium citrate better than calcium carbonate, so read the labels on the calcium bottles carefully. Ask your healthcare provider how much calcium and vitamin D you should take.
- **If you don't exercise regularly, start.** You don't have to check with your provider before starting moderate level exercise unless you have health problems you want to discuss first. Walking is an ideal aerobic ("heart healthy") exercise; gradually increase the amount of time you spend walking, aiming for at least 20–30 minutes a day. In addition to walking, or doing other aerobic exercises like cycling, lift weights to help strengthen your muscles—and help protect your bones. Learn to do yoga or tai chi, which can improve your balance and make you less likely to fall. Many local senior centers and Y's offer exercise, yoga, and tai chi classes.
- **If you've already had a fall**, be sure to ask your healthcare provider about exercise programs in your community that include not only strength training and balance exercises but also flexibility and stretching exercises. These can also help lower your risk of falls.
- **Get an eye check-up.** Make sure your vision is good and your eyeglasses are right for you. Many falls happen when you do not see well.

Tips for Beating the Holiday Blues

Holidays are a time for celebrations, parties, and get-togethers. But sometimes the holiday season can also be a source of the blues, especially for older people, who may think about how quickly time has passed, or miss loved ones more during this time of year. Health conditions or concerns about money can also make it harder to enjoy the holidays. The AGS Health in Aging Foundation offers the following tips to help cope with the blues that may accompany the holidays.

Top 5 Tips

Get out and about

Ask family and friends for help traveling to houses or worship, parties, and other events. Invite family and friends over. Taking a brisk walk in the morning before you begin the day, or in the evening to wind down your day, is a great way to beat the blues.

Volunteer

Helping others is a great mood lifter. To volunteer, contact your local United Way (www.unitedway.org), or call places such as local schools, hospitals, museums, or places of worship to inquire about volunteer opportunities in your neighborhood.

Drink responsibly

It can be easy to overindulge around the holidays, but excessive drinking will only make you feel more depressed. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit is no more than 3 drinks on a given day or 7 drinks in a week. If you have health problems or take certain medications, you may need to drink less or not at all.

Accept your feelings

There's nothing wrong with not feeling jolly; many people experience sadness and feelings of loss during the holidays. Be kind to yourself, seek support, and even laugh at yourself every now and then.

Talk to someone

Don't underestimate the power of friends, family, mentors, and neighbors. Talk about your feelings; it can help you understand why you feel the way you do. Making a simple phone call, having a chat over coffee, or writing a nice e-mail, greeting card, or letter can brighten your mood.

Recognize Warning Signs of Depression

Holiday blues are usually temporary and mild, but depression is more serious and can linger unless you get help. Signs of depression include:

- Sadness that won't lift; loss of interest or pleasure in doing things
- Changes in appetite or weight
- Frequent crying
- Feeling restless or fidgety
- Feeling worthless, helpless, or guilty
- Decreased energy, fatigue, being "slowed down"
- Trouble concentrating
- Difficulty falling or staying asleep, or sleeping too much

Depression is treatable.

Talk to your primary healthcare provider or get other professional help if you experience five or more of these symptoms every day for two weeks. If you have recurring thoughts of death or suicide, you should get help immediately.

Help Someone with the Holiday Blues

Include them

Invite them out and to get-togethers. Take into account their needs, such as transportation or special diets.

Lend a hand

Offer to help them with cleaning, shopping, cooking, and other preparations like decorating for get-togethers in their homes.

Be a good listener

Be a supportive listener and encourage discussions about feelings and concerns. Acknowledge difficult feelings, including a sense of loss if family or friends have died or moved away. Try to put yourself in the other person's shoes to understand how they feel.

Encourage them to talk with a healthcare provider

The holidays can cause people to feel anxious and depressed. But for some, holiday tensions can lead to full-blown clinical depression. Often, older adults don't realize that they are depressed. If you suspect depression in someone you know, you may need to bring it up more than once. Let the person know that depression is a treatable medical illness and is not something to be ashamed of.

The Lifeline
is **FREE**,
confidential, and
always available.

HELP
a loved one,
a friend,
or yourself.

Community crisis centers
answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

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NATIONAL
SUICIDE
PREVENTION
LIFELINETM
1-800-273-TALK (8255)

suicidepreventionlifeline.org

**Learn the
Warning
Signs.**

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Talking about being a burden to others.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).

With Help Comes Hope



Natural Grief Responses

It hurts when someone dies. Allowing time to go through the natural process of grief will eventually help to ease the pain. People experience grief in many different ways. It can be emotional, physical, behavioral, cognitive and spiritual. At times, grief may feel overwhelming. It is important to remember that grief is not a problem to be solved, but rather, a process to be lived. If you or someone you know is grieving, these are some of the responses that are natural to be experiencing:

Grief can be experienced emotionally

- Sadness - a sense of sorrow · Helplessness – difficulty in performing activities of daily living
- Hopelessness – feelings that life may not be worth living
- Fearfulness – that they or someone else will die or that they are going crazy
- Anger – that the death has occurred or that the person has left them
- Guilt – over something said or not said; something they did or did not do
- Yearning- longing or aching for one more touch, conversation or moment together

Grief can be experienced physically or behaviorally

- Changes in sleep or appetite – eating or sleeping more or less than before
- Emptiness or pain – felt physically in the chest, stomach, or elsewhere in the body
- Restlessness – inability to sit still or concentrate · Lethargy – exhaustion or a lack of energy
- Tears- “grief bursts” that can occur at unexpected times
- Distracted behaviors- constant work or relocation; self-destructive or addictive behaviors
- Reminiscing- telling or retelling stories about the person who died; wanting to keep things exactly as they were; looking at pictures

Grief can be experienced cognitively

- Disbelief – feeling as though the death isn’t real or an inability to believe that it has actually happened
- Forgetfulness – not finishing what is started; absentmindedness
- Poor focus- difficulty concentrating on tasks or lack of motivation
- Questioning- asking or wondering why the death occurred

Grief can be experienced spiritually

- Searching for meaning- wondering about the purpose in life
- Altering personal beliefs- values or beliefs may be questioned or strengthened
- A sense of the person’s presence- hearing their voice, seeing their face or dreaming of the person

While there is no time line for the heart as the feelings of grief ebb and flow, it will not always be as raw, intense and constant. Giving voice to the feelings will eventually allow for hope and healing.

Please contact OUR HOUSE Grief Support Center for consultation and professional referrals.

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What to Say, What to Do: Suggested Ways to Support Someone Who is Grieving

WHAT TO SAY

INSTEAD OF SAYING

"I'm sorry" or "Everything happens for a reason" or "They're in a better place."

This can be perceived as impersonal to the griever and may contradict their beliefs. They may wonder, "What are you sorry about?" "What was the reason?" "Better without me?"

"I know how you feel" or "I understand exactly what you are going through."

Saying this may cause the person to feel that you are devaluing their individual grief. Very early on, griever find it difficult to hear about someone else's grief experience.

"At least he/she lived a long, happy life."

This message can be misperceived because regardless of how long the person lived, there is still a death to grieve. Additionally, the phrase is overused and seems impersonal.

"You should get over it" or "You should get back to work as soon as you can."

Griever are often given unsolicited advice. Remember that there is no "right" way to grieve. Grief is personal and will be different for each person.

TRY SAYING

"My condolences" or "I am so sorry to hear about your _____'s death"

Saying this acknowledges the person's experience and gives them an opportunity to talk about the person who died or how they are feeling.

"I can only begin to imagine what you are going through and how you are feeling."

This statement demonstrates that you are truly focusing on the griever and their unique process. Ask them what it is like for them, rather than assuming you know what they are feeling or thinking.

"I'm not sure what to say, but I am here. We can talk if you want or I can just be here with you."

Though it can sometimes feel uncomfortable to sit with someone in silence, it may be exactly what the person needs.

"How are things going for you today? I remember that today marks _____ the amount of time since he/she died."

There are a wide variety of physical, emotional, cognitive, behavioral and spiritual responses to grief. What is right for one person may not suit someone else.

WHAT TO DO

INSTEAD OF DOING THIS

Waiting for the griever to call you and ask for what they need.

When someone is grieving, it can be difficult for them to recognize what they want or need and even more difficult to ask for help.

When the griever is forgetful, confused or angry, don't take it personally.

It is natural for someone who is grieving to forget things easily or seem angry, even if this is uncharacteristic of their previous behavior.

Giving your suggestions and ideas for coping.

Sometimes the person you are trying to help needs time alone or simply to be listened to more than hearing what you think is best for them.

Not mentioning the person who died because it might upset the griever.

This is likely to make the griever feel even more alone in their grief. They often ask "Am I the only one who remembers the person who died?"

Posting immediate condolences on social media.

It is important to check in with the family of the person who died before posting on social media so as to not reveal sensitive information without their permission.

TRY DOING THIS

Take the initiative and do something for them.

Offer to come over for a visit, bring them something to eat, or take them out. If you see something that needs to be done, ask their permission and do it!

Help the griever to remember important appointments, projects, and events.

Grieving can be an all-consuming process. Compassion and patience is key. A friendly reminder phone call or an offer to accompany them to an appointment may be very welcomed.

Be attentive and respectful of the griever's feelings and wishes.

Be an active listener by supporting them where they are in their grief process. Try and be completely present and open when listening.

Mention their name and share your memories.

Whether the death was recent or long ago, mention the person. If you know that there is an important life-cycle event approaching, be aware that this may bring about a strong grief reaction. Sharing memories can bring tremendous comfort.

Take extra care in word choice and in the timing before posting condolences.

Consider what you are going to post and what you will say, as a significantly larger audience will be privy to your words. You may want to follow up your post with a phone call to the family and friends, offering comfort and a space to talk if needed.



10 Ways to Cope With The Death of a Loved One

1. Give Yourself Time

Let your heart not your head determine how you feel. Everyone grieves differently and at their own pace.

2. Share Your Thoughts

Allow yourself to think and feel thoughts and emotions when they arise. Discuss these feelings with someone you trust.

3. Take Care of Yourself

Rest, Exercise, & Diet – Grief can leave you physically exhausted. It is important to take care of yourself and give yourself the extra strength you need.

4. Journal

Be spontaneous. Write whatever seems important at the moment. Express your anger, sadness and memories. Ask yourself: What do I notice about my grief today? What is getting easier, what is still hard? How are people responding to my grief? What would I want my loved one to know? Journaling can help lessen the pain you are feeling.

5. Write a Letter to the Person Who Died

This is an opportunity to tell your loved one how much you love or miss them, or how angry, sorry or sad you are. Maybe you didn't have the chance to say goodbye or heal an old wound, always imagining that there would be plenty of time.

6. Take a Trip Down Memory Lane

Memories can help you stay connected to the person who died. You can wear something that belonged to them (i.e. a favorite hat, ring, or sweater). It can give you a sense of comfort to hold or touch something of theirs. You can place pictures and special mementos into a scrapbook or memory box. Remember, if memories are too painful right now, then it is okay to put them away for a while and return to them later when the time is right.

7. Crying

Feeling sad and crying is just one expression of grief. There is a saying, "What soap is for the body, tears are for the soul". Tears are not a sign of weakness. If you feel like crying, let your tears flow.

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8. Share Your Memories

Sharing memories with others can help you maintain a sense of connection to the person who died. Retelling stories and reminiscing about days gone by can help keep your loved one an ongoing part of your day-to-day life.

9. Find Support

Grief can be very isolating. Whether you speak to someone individually or join a grief support group, reach out and find people who know how to listen. This can help normalize the myriad of feelings you are experiencing.

10. Be Gentle With Yourself

It may be 5 days, 5 months, 5 years or longer since your loved one died, and you may still experience moments of grief so intense they take you by surprise. While these grief bursts may occur from time to time, you will continue to heal. Be gentle and patient with yourself as you move forward into a full and meaningful life.

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Elder Financial Abuse

CANHR is a private, nonprofit 501(c)(3) organization dedicated to improving the quality of care and the quality of life for long term care consumers in California.

How to Recognize Financial Abuse

1. Transactional Elder Financial Abuse Indicators

- Investments in unsuitable financial products, time shares, or real property
- Larger than necessary loans against home equity to finance investments
- Inappropriate banking activity such as unusually large checks or withdrawals from automated banking machines
- Signatures on checks that do not resemble the elder's signature
- Legal documents signed when the elder is physically incapable of writing
- Checks written out to "cash"
- Checks signed by the senior but filled out by someone else
- A surge of activity in accounts which have been static for years
- Expensive gifts made by the elder
- Checks or credit card transactions made out to direct mail or telemarketing promotions
- Contributions going to newly formed religious or non-profit causes

2. Possible Legal Document Abuse Indicators

- Power of attorney documents signed by the elder when the elder lacks mental capacity
- Will being made when the elder is not mentally competent
- Elder taking his or her name off of property titles
- The elder adding the name of a caretaker onto real property or money accounts in exchange for commitments of continued care, and or affection
- The elder makes changes to a Will, Trust or Transfer on Death Deed while under the care of another.

3. Life-Style Change Indicators

- Lack of amenities, such as personal grooming items or appropriate clothing, when the elder can well afford it
- Under-deployment of the elder's existing resources that could be spent on housing, personal care, housing and maintenance
- Missing cash, jewelry and personal belongings
- Decline in personal hygiene
- Isolated from family members, relatives or friends

4. Personal Relationship Abuse Indicators

- Family member interest in "conserving" the money that is being spent for of the elder's care
- Reluctance or refusal by "responsible party" to spend money on the elder's care
- New acquaintances or long-lost relatives spending time with the elder and expressing affection for the elder
- A caretaker with an inappropriate level of interest in the elder's financial matters

CANHR

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5. Undue Influence

- California Welfare and Institutions Code section 15610.70(a) defines undue influence generally as “excessive persuasion that causes another person to act or refrain from acting by overcoming that person’s free will and results in inequity.” California Welfare and Institutions Code sections 15610.70(a)(1)-(4) go on to enumerate factors to be considered. They include:
- The victim’s vulnerability, evidence of which may include “incapacity, illness, disability, injury, age, education, impaired cognitive function, emotional distress, isolation or dependency, and whether the influencer knew or should have known of the alleged victim’s vulnerability.”
- The influencer’s apparent authority, evidence of which may include “status as a fiduciary, family member, care provider, healthcare professional, legal professional, spiritual advisor, expert, or other qualification.”
- The influencer’s conduct, evidence of which may include “(a) Controlling necessities of life, medication, the victim’s interactions with others, access to information, or sleep; (b) Use of affection, intimidation, or coercion; (c) Initiation of changes in personal or property rights, use of haste or secrecy in effecting those changes, effecting changes at inappropriate times and places, and claims of expertise in effecting changes.”
- The equity of the challenged result, evidence of which may include “the economic consequences to the victim, any divergence from the victim’s prior intent or course of conduct or dealing, the relationship of the value conveyed to the value of any services or consideration received, or the appropriateness of the change in light of the length and nature of the relationship.”

Warnings to Elders about How to Avoid Financial Abuse

When it comes to your finances, deal only with people you have known a long time and with companies or organizations with proven track records. Get everything in writing! Never accept a verbal promise or assurance if money or property is involved. Rarely will you benefit from mistakes or misunderstandings. Don’t sign anything without carefully reading it and never feel pressured to sign before you are absolutely ready to live with your decision. Honor the “three day rule” by waiting before you finalize any contract. The longer you wait, the better. Never be in a rush to get into any kind of “deal”. Take your time! Remember, it took a lifetime of work and sacrifice to build up your estate and you can lose it all with one stroke of a pen. (Refer to CANHR’s Fact Sheet - Preventing Elder Financial Abuse.)

What to Do About Known or Suspected Elder Financial Abuse?

REPORT IT!

Who Reports?

Any concerned person, and all mandated reporters.

Who are Mandated Reporters?

A person who has responsibility for the care or custody of an elder, whether or not he or she receives compensation, including administrators, supervisors, and any licensed staff or a public or private facility that provides care or services for elders; any elder or dependent adult care custodian, health practitioner, clergy member, or employee of a county adult protective services agency or a local law enforcement agency. Officers and employees of financial institutions are also mandated reporters.

What is Reported?

Mandated reporters **MUST** report actual or suspected financial abuse, which is observed, evident, or described.

When to Report?

Immediately or as soon as possible by telephone, followed by a written report within two (2) working days.

Written Reports:

Form SOC 341 must be completed and signed by the mandated reporter.

Failure to Report

Failure to report, impeding or inhibiting a report financial abuse of an elder is a misdemeanor, punishable by six months in the county jail and a fine of one thousand dollars (\$1,000).

Any mandated reporter who willfully fails to report financial abuse of an elder where that abuse results in death or great bodily injury, shall be punished by not more than one year in a county jail and a fine of five thousand dollars (\$5,000).

Banks and financial institutions are mandated reporters under Welfare and institution Code §15630.1. Failure to report can lead to a \$1,000 fine. Intentional failure to report can result in a \$5,000 fine. There is no imprisonment or private right of actions against institution that fail to report financial abuse.

Where to Report

Elder Scams

Contact the county office of the District Attorney - check the California District Attorney's Association for current addresses and phone numbers at 916-443-2017 or <http://www.cdaa.org>.

Attorney Complaints

File a complaint with the State Bar of California if you believe your attorney acted improperly, and file complaints with state (<http://www.dca.ca.gov/consumer/complaints.shtml>) and local consumer protection agencies.

Insurance Agent Complaints

Contact the State Insurance Commissioner's Office at 1-800-927-4347 or <http://www.insurance.ca.gov>. If an attorney sold the annuity, also file a complaint with the State Bar Association at 1-800-843-9053 or <http://www.calbar.ca.gov>.

Mortgage Lenders & Brokers Complaints

If you believe that a real estate professional has committed fraud having to do with your reverse mortgage, file a complaint with the **California Department of Real Estate** at: <http://www.dre.ca.gov/Consumers/FileComplaint.html>.

Also file a complaint with the **Federal Trade Commission** online or by phone, toll-free, at 1-877-FTC-HELP.

Adult Protective Services (APS) in your county by referring to California Department of Social Services Web site at <http://www.cdss.ca.gov/agedblinddisabled/PG1298.htm>.

Chapter 1 Elder Abuse

Three Indisputable Facts about Elder Abuse:

- Other than the victim's age, elder abuse is a crime which is indiscriminate in choosing who it strikes. Factors such as one's socio-economic status, gender, race, ethnicity, educational background and geographic location do not provide an impregnable barrier against its broad, horrible reach.
- Elder abuse victims often live in silent desperation, unwilling to seek assistance because they unfortunately believe their cries for help will go unanswered and they fear retaliation from their abusers. Many remain silent to protect abusive family members from the legal consequences of their crimes, or are too embarrassed to admit that they have fallen victim to predators. Others fear that no one will believe them — chalking up their allegations to the effects of old age.

Thus, it may take the courage of a caring family member, friend or caretaker to take action when the victim may be reluctant.

- With your vigilance, care and cooperation, elder abuse can be stopped and its perpetrators arrested and prosecuted. In the past four years alone, social service and law enforcement resources have expanded dramatically to meet the growing need. **HELP IS AVAILABLE.**



Remember:

**If you suspect abuse,
report it.**

Part A Physical and Emotional Elder Abuse

What is Physical and Emotional Elder Abuse?

Physical abuse includes:

- Physical assault
- Sexual assault
- Unreasonable physical constraint
- Prolonged deprivation of food or water
- Inappropriate use of a physical or chemical restraint or psychotropic medication

Neglect includes:

- Failure to assist in personal hygiene
- Failure to provide clothing and shelter
- Failure to provide medical care
- Failure to protect from health and safety hazards
- Failure to prevent malnutrition or dehydration
- Self-neglect

Emotional abuse includes:

- Verbal assaults, threats or intimidation
- Subjecting an individual to fear, isolation or serious emotional distress
- Withholding of emotional support
- Confinement

Recognizing the Warning Signs

The existence of any one or more of these does not necessarily mean that abuse has occurred. Instead, treat them as signs that diligent attention or investigation is needed.

Physical warning signs:

- Uncombed or matted hair
- Poor skin condition or hygiene
- Unkempt or dirty
- Patches of hair missing or bleeding scalp
- Any untreated medical condition
- Malnourished or dehydrated
- Foul smelling
- Torn or bloody clothing or undergarments
- Scratches, blisters, lacerations or pinch marks
- Unexplained bruises or welts
- Burns caused by scalding water, cigarettes or ropes
- Injuries that are incompatible with explanations
- Any injuries that reflect an outline of an object, for example, a belt, cord or hand

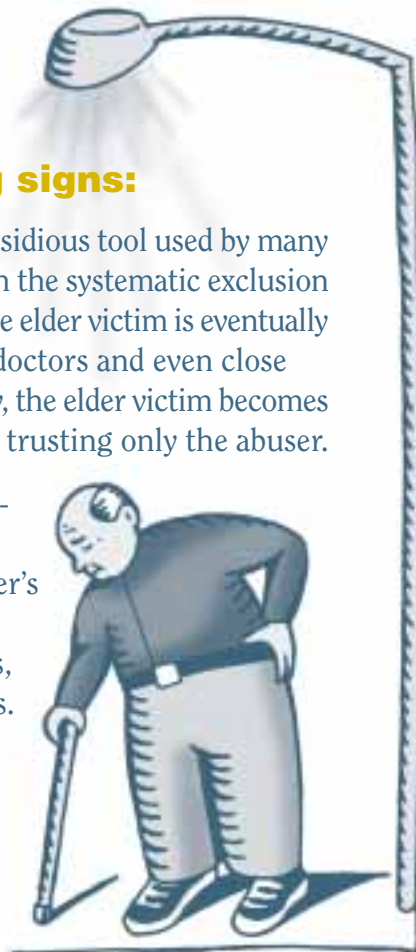
Behavioral warning signs:

- Withdrawn
- Confused or extremely forgetful
- Depressed
- Helpless or angry
- Hesitant to talk freely
- Frightened
- Secretive

Isolation warning signs:

Isolation of an elder is an insidious tool used by many abusers. Accomplished with the systematic exclusion of all real outside contact, the elder victim is eventually driven to distrust friends, doctors and even close family members. Ultimately, the elder victim becomes a pawn – manipulated into trusting only the abuser.

- Family members or care-givers have isolated the elder, restricting the elder's contact with others, including family, visitors, doctors, clergy or friends.
- Elder is not given the opportunity to speak freely or have contact with others without the caregiver being present.



REPORTING ELDER ABUSE:

- Any person who suspects that abuse of an elder has occurred should report it. When in doubt, always err on the side of caution and report.
- Abuse can continue and often escalates if there is no intervention. Known or suspected cases of abuse should be reported to the appropriate agencies or to local law enforcement.
- Intervention can often save the assets, health, dignity or even the life of an elder.

HOW TO REPORT ELDER ABUSE:

- If a known or suspected incident of elder abuse has occurred in a long-term care facility, the report should be made to the local Long-Term Care Ombudsman, the local law enforcement agency or the Bureau of Medi-Cal Fraud and Elder Abuse.*
- If abuse has occurred anywhere other than in a facility, reports should be made to the local county Adult Protective Services agency or to the local law enforcement agency.*
- The reporting person is protected from both criminal and civil liability.

**See chapter 2 (starting on page 20) for more details on how to file a report and how to contact your nearest reporting agency.*

Part C Elder Abuse in the Long-Term Care Facility

What is Long-Term Care?

More than two out of every five Americans will need long-term care at some point in their lives.

Long-term care encompasses a wide variety of settings and services designed specifically to meet the special needs of elders. Long-term care services can be found in settings such as skilled nursing facilities, residential care facilities for the elderly, intermediate care facilities and sub-acute care facilities.

Long-term care may include medical assistance, such as administering medication, ambulation assistance, or performing rehabilitation therapy. But more typically it involves assistance with the activities of daily living, including personal hygiene, dressing, bathing, meal preparation, feeding, and travel to medical services. It often includes supervision, such as protecting a person from wandering away or inadvertently injuring themselves.

These facilities are generally licensed by either the California Department of Health Services or the California Department of Social Services.

How to Choose a Long-Term Care Facility

Choosing a long-term care facility, such as a skilled nursing facility or a residential care facility, is one of the most difficult decisions one can make.

The Following are Some Suggestions for Selecting a Long-Term Care Facility:

- Plan ahead. This gives you and your family more control and can help make sure that your needs are met.
- Visit on-line resources such as those listed in Chapter 3 of this booklet. These on-line resources provide information on long-term care, including facility profiles. Facility profiles contain everything from the location, size and type of the facility and its staff to a history of a facility's violations of California and federal care laws.
- Visit the facility and meet the administrator. Ask to see the entire facility, not just one wing or floor.
- Ask to see the facility's license and the latest inspection report by either the Department of Health Services or Social Services on the facility's performance.
- Try to visit the facility more than once and at different times of the day. Make a point to visit at mealtimes, during activity periods and also at nights and on the weekends.
- Try to choose a facility that is close and convenient to those who will be visiting most often. When family and friends are able to visit frequently, they can oversee the resident's condition and actively participate in care decisions. It also enables family or friends to be able to respond quickly in times of emergencies.
- Contact your local Long-Term Care Ombudsman for information about a particular facility. Talk to friends, other residents' family members or any other individuals who may be familiar with the facility.
- Be observant. When visiting or making inquiries, pay attention to how residents are treated by staff members. Nothing is more important than the quality and quantity of facility staff.
- Don't be afraid to ask questions. Does the facility offer the religious or cultural support the elder resident needs? Does the facility provide an appropriate diet? Is the primary language of the resident spoken by the staff?

Recognizing the Warning Signs

The existence of any one or more of these indicators does not necessarily mean that abuse has occurred. Instead, treat them as signs that diligent attention or investigation is needed.

Physical warning signs:

- Call light is not functioning or is removed from resident's reach
- Development or worsening of pressure sores
- Excessive weight loss
- Unusual or recurring scratches, bruises, skin tears or welts
- Bilateral bruising (bruises on opposite sides of the body)
- "Wrap around" bruises (bruises that typically encircle the arm)
- Torn, stained or bloody underclothing
- Signs of excessive drugging
- Foul smelling, uncombed or matted hair
- Patches of hair missing or bleeding scalp
- Injuries that are incompatible with explanations
- Injuries caused by biting, cutting, pinching or twisting of limbs
- Burns caused by scalding water, cigarettes or ropes
- Any injuries that reflect an outline of an object, for example a belt, cord or hand



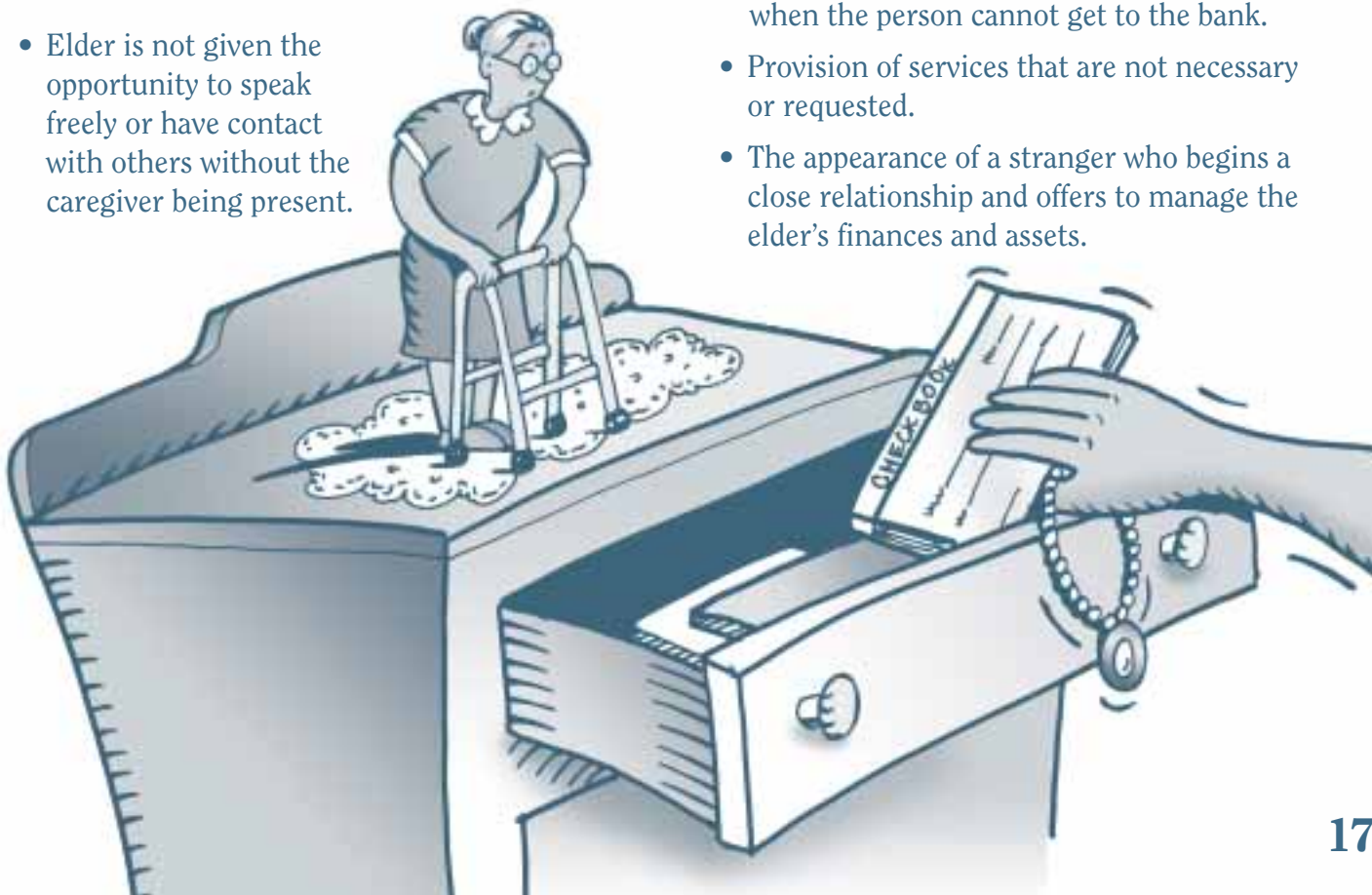
Behavioral warning signs:

- Withdrawn
- Confused or extremely forgetful
- Depressed
- Helpless or angry
- Hesitant to talk freely
- Frightened
- Secretive

Isolation warning signs:

Isolation of an elder is an insidious tool used by many abusers. Accomplished with the systematic exclusion of all real outside contact, the elder victim is eventually driven to distrust friends, doctors and even close family members. Ultimately, the elder victim becomes a pawn – manipulated into trusting only the abuser.

- Family members or caregivers have isolated the elder, restricting the elder's contact with others, including family, visitors, doctors, clergy or friends.
- Elder is not given the opportunity to speak freely or have contact with others without the caregiver being present.



Financial abuse warning signs:

- Disappearance of papers, checkbooks or legal documents.
- Staff assisting residents with credit card purchases or ATM withdrawals.
- Lack of amenities, such as appropriate clothing, grooming items, etc.
- Bills unpaid despite availability of adequate financial resources.
- Unusual activity in bank accounts, such as withdrawals from automatic teller machines when the person cannot get to the bank.
- Provision of services that are not necessary or requested.
- The appearance of a stranger who begins a close relationship and offers to manage the elder's finances and assets.

Residents of skilled nursing facilities are guaranteed certain rights and protections under federal and state law. Facilities are required to provide a copy of these rights to individuals upon admittance to a facility. For more information and a complete listing of residents' rights, contact the California Department of Health Services at: www.dhs.ca.gov/LNC/nhrights/

Residents'

Each resident has the right to:

Dignity & Privacy:

- Be treated with consideration, respect and dignity
- Privacy during treatment and personal care
- Receive and make phone calls in private
- Send and receive mail unopened
- Visit privately with family, friends and others

Medical Condition & Treatment:

- Be fully informed by a physician of his or her total health status
- Participate in health care planning and treatment decisions
- Choose a personal physician
- Be free from unnecessary drug treatment

Bill of Rights *(Partial list)*

Abuse & Chemical & Physical Restraints:

- Be free from verbal, sexual, physical and mental abuse, corporal punishment and involuntary seclusion
- Be free from any physical or chemical restraints - given for the purposes of discipline or staff convenience - which are not required to treat the resident's medical symptoms

Safety & Hygiene:

- Receive care from an adequate number of qualified personnel
- Receive care necessary to ensure good personal hygiene
- Receive care to prevent and reduce both bedsores and incontinence
- Receive food of the quality and quantity to meet the resident's needs in accordance with a physician's orders
- Reside in a facility which is clean, sanitary and in good repair at all times

Transfer & Discharge:

- Be transferred or discharged only if he or she has recovered to the point of not needing nursing facility care
- Be transferred or discharged only if it is necessary for the resident's welfare or if his or her needs cannot be met in the facility
- Be transferred or discharged only if the health or safety of others is endangered
- Be transferred or discharged if he or she has failed to pay for care or the facility ceases to operate

Grievances:

- Voice grievances and recommend changes in policies or services to facility staff, free from restraint, discrimination or reprisal

Chapter 3 On-Line Resources

Alzheimer's Association

www.alz.org

Nonprofit organization provides support, education, training and resources for families and caregivers affected by Alzheimer's and related disorders.

AARP

www.aarp.org

Nationwide advocacy organization for people aged 50 and older. Information and educational resources on an extensive range of subjects, ranging from long-term health care to consumer fraud.

Better Business Bureau

www.bbb.org

Provides reports on business and charities, helps resolve consumer complaints, and provides consumer counseling.

California Adult Protective Services

www.dss.cahwnet.gov/cdssweb

State mandated program charged with investigating situations involving elder and dependent adults who are reported to be in danger due to abuse, neglect, exploitation, or hazardous or unsafe living conditions.

California Advocates for Nursing Home Reform

www.canhr.org

Information and advocacy for nursing home residents and their families, including detailed facility profiles at **www.nursinghomeguide.org**.

California Department of Aging

www.aging.state.ca.us

Administers a broad base of home and community based services throughout California working with Area Agencies on Aging that serve seniors and people with disabilities. Also works with public and nonprofit agencies throughout the state.

California Department of Justice, Bureau of Medi-Cal Fraud and Elder Abuse

www.ag.ca.gov/bmfea/

Provides information on a wide variety of elder topics, links to numerous other relevant sites, and contains contact and reporting information.

California Department of Justice, Crime and Violence Prevention Center

www.safestate.org

Provides community outreach information and technical assistance in the development of prevention programs which address such issues as elder abuse, domestic violence, child abuse and drug abuse.

On-Line Resources *continued from page 35*

Eldercare Locator

www.elder.org

Nationwide information and resource center for seniors and caregivers.

Long-Term Care Ombudsman

www.aging.state.ca.us/html/programs/ombudsman.htm

Trained individuals who advocate for the protection and rights of all residents of 24-hour long-term care facilities. The primary responsibility of the Ombudsman program is to investigate and resolve complaints made by, or on behalf of, individual residents.



National Committee for the Prevention of Elder Abuse

www.preventelderabuse.org

Association of researchers, medical practitioners and advocates dedicated to the safety and security of the elderly. Serves as the nation's clearinghouse on information and materials on elder abuse and neglect.

National Family Caregivers' Association

www.nfcacares.org

Grassroots organization dedicated to improving life for family caregivers, or those caring for loved ones with a chronic illness or disability.

National Hispanic Council on Aging

www.nhcoa.org

Provides information on issues critical to Latino seniors, including those pertaining to health, income, education, employment and housing.

National Institute on Aging

www.nia.nih.gov

Information and consumer information on health and research advances in aging issues.

National Senior Citizens' Law Center

www.nscclc.org

Provides information for elder and dependent adults on such issues as Medicare, Medi-Cal, SSI and pensions.

Nursing Home Compare

www.medicare.gov

Site designed to help individuals choose a nursing home, includes comprehensive inspection results for all nursing homes.

