

RESIDENT RESOURCE GUIDE

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The background of the slide 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 shelves, which creates a sense of depth. 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

826LA

(310) 915-0200

1714 W. Sunset Blvd.

Los Angeles, CA 90026

<https://826la.org>

826LA provides a variety of free programming throughout the week for students ages 6-18, designed to challenge and enchant while strengthening writing skills. They offer tutoring, workshops, and field trips after school.

Boys and Girls Club of Hollywood

(323) 467-2007

850 N Cahuenga Blvd.

Los Angeles, CA 90038

<https://www.bgchollywood.com>

The Boys & Girls Club of Hollywood has been providing academic enrichment programs to students since its founding in 1937. We offer a broad array of academic, health, artistic, and leadership programs for our students at our main facility, as well as after school programs at West Hollywood and Van Ness elementary schools. Our mission is to "inspire and empower young people, especially those who need us most, to realize their full potential as productive, responsible, and caring adults.

Brotherhood Crusade

(323) 846-1649

200 E. Slauson Ave.

Los Angeles, Ca. 90011

<https://brotherhoodcrusade.org>

Our mission is to remove and/or help individuals overcome the barriers that deter their pursuit of success in life and facilitate

opportunities for a better quality of life by effectuating improved health & wellness, facilitating academic success, promoting personal, social & economic growth, providing access to artistic excellence & cultural awareness, increasing financial literacy and building community agencies & institutions.

California Science Center

(323) 724-3623

700 Exposition Park Dr.

Los Angeles, CA 90037

<https://californiasciencecenter.org>

Discover the exciting learning opportunities offered by the California Science Center! Explore our selection of demonstrations, field trips, traveling programs, professional learning, and more. Whether you are an adult or a child, traveling alone or with a group, you will surely open your mind, stimulate your curiosity, and have FUN!

Grammy Museum

(213) 765-6800

800 W Olympic Blvd. Ste A245

Los Angeles, CA 90015

<https://grammymuseum.org>

Our activities are local, regional & national. They recognize excellence in music & music education; Give students a path to professional success; Provide exploration opportunities into all areas of music and, tools to demonstrate how music education contributes to making students college and career ready. Programs include: Grammy Camp, After-school Session, Grammy Career Day, and a Summer Session.

Los Angeles Public Library - Central Library

(213) 228-7000

630 West 5th St.

Los Angeles, CA 90071

<https://www.lapl.org>

This library offers a multitude of programs for kids of all ages. From story time for the toddlers in the mornings to after-school mindfulness exercises and tutoring, they have something for everyone. The programs also offer classes for teens. These classes include creative writing, financial literacy, college and career planning, various clubs, and much more. Programs are offered in-person and online.

Plaza De La Raza

(323) 223-2475

3540 N. Mission Rd.

Los Angeles, CA 90031

<http://www.plazadelaraza.org>

The center's School of Performing and Visual Arts, its primary program, offers free classes in the arts for low-income residents of Los Angeles City Council District #1 and also accepts people who live in other parts of Los Angeles County for a fee. Classes are generally offered for people age five and older and include dance, theater, music and visual arts. The center also hosts a variety of special events during the year which promote Latino culture and may include public exhibits of Latino art; special projects to help the community experience different facets of art; and special holiday celebrations.

Rancho Cienega Park and Sports Complex

(323) 290-3141

5001 Rodeo Rd.

Los Angeles, CA 90016

<https://www.laparks.org/reccenter/ranch-o-cienega-sports-complex>

At Rancho Cienega Park and Sports Complex, kids can work on their schoolwork and practice sports. Programs this park offers are: After School Club, Computer Lab, Summer Day Camp, and Teen Day Camp.

Unusual Suspects

(323) 739-0768

3719 Verdugo Rd.

Los Angeles, CA 90065

<https://theunusalsuspects.org>

Theatre company offering theatre arts, after-school, and mentoring programs for Los Angeles' youth.

YouthSource Center

213-482-8618"501 South Bixel St.

Los Angeles CA 90017

<https://ewddlacity.com/>

YouthSource is a city-wide program open to young people ages 16-24. All of our services are FREE! Some of the opportunities our centers offer include work readiness, career exploration, job skills training, tutoring, college prep, and mentoring.

ONLINE

Art in Action

<https://artinaction.org>

Art in Action provides art curriculum, materials, and training that empowers students to develop creativity, critical thinking, self-expression, and problem-solving skills. Through hands-on learning students expand their knowledge in art and art techniques, cultural understanding, technology, and more – so every student has the skills they need to succeed and be prepared for jobs of the future

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

The Broad

(213) 232-6200

221 S Grand Ave.

Los Angeles, CA 90012

<https://www.thebroad.org>

The Broad makes its collection of contemporary art from the 1950s to the present accessible to the widest possible audience by presenting exhibitions and operating a lending program to art museums and galleries worldwide. By actively building a dynamic collection that features in-depth representations of influential contemporary artists and by advancing education and engagement through exhibitions and diverse public programming, the museum enriches, provokes, inspires, and fosters appreciation of art of our time.

California Science Center

(323) 724-3623

700 Exposition Park Dr.

Los Angeles, CA 90037

<https://californiasciencecenter.org>

The California Science Center provides an innovative model for science learning by combining exhibits with an on-site Science Center School and Amgen Center for Science Learning as well as a teacher professional development program. We aspire to stimulate curiosity and inspire science learning in everyone by creating fun, memorable experiences, because we value science as an indispensable tool for understanding our world, accessibility and inclusiveness, and enriching people's lives.

Center Theatre Group

(213) 628-2772

135 N Grand Ave.

Los Angeles, CA 90012

<https://www.centertheatregroup.org>

At Center Theatre Group, we believe theatre creates an extraordinary connection between artists and audiences that only starts on the stage. Theatre creates the energy that feeds a city, a culture, and a society. Theatre reflects the community it serves. As one of the nation's most influential nonprofit theatre companies, we proudly continue our more than 50-year tradition of using the art of theatre to broaden horizons and illuminate new perspectives. CTG offers work at the Ahmanson Theatre, Mark Taper Theatre, and the Kirk Douglas Theatre.

Grammy Museum

(213) 765-6800

800 W Olympic Blvd. Ste A245

Los Angeles, CA 90015

<https://grammymuseum.org>

The Museum is dedicated to cultivating a greater understanding of the history and significance of music through exhibits, education, grants, preservation initiatives, and public programming. Paying tribute to our collective musical heritage, the Museum explores and celebrates all aspects of the art form—from the technology of the recording process to the legends who've made lasting marks on our cultural identity. Today, the GRAMMY Museum fulfills its mission of making music a valued and indelible part of our society through exhibits, education, grants, and public programming.

Hollywood Pantages Theatre

(323) 468-1770

6233 Hollywood Blvd.

Los Angeles, CA 90028

<https://www.broadwayinhollywood.com>

The Pantages Theatre has become one of the most popular venues in Hollywood to visit. Renowned for hosting exciting Broadway shows that dedicated fans can experience all year round - it's no wonder why! This lively venue celebrates the highest of quality and specializes in stage musicals and operas, some of the biggest Broadway productions have been held on its very stage including 'West of The Rocky Mountains,' and 'Wicked.'

Hotel Cafe

(323) 461-2040

1623 1/2 N Cahuenga Blvd.

Los Angeles, CA 90028

<https://www.hotelcafe.com>

The Hotel Cafe is a small music venue in the heart of Hollywood, CA. They have been bringing you great live music for almost 20 years. This venue started out as a coffee shop and has been known to jump start the careers of singer-songwriters like Katy Perry, John Mayer, Sara Bareilles, Adele, and many more. If you are looking for an intimate setting with great music--this is the place for you.

Japanese American National Museum

(213) 625-0414

100 N Central Ave.

Los Angeles, CA 90012

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

The Japanese American National Museum is the first museum in the United States dedicated to sharing the experience of Americans of Japanese ancestry as an integral part of U.S. history. Through its

comprehensive collection of Japanese American objects, images and documents, as well as multi-faceted exhibitions, educational programs, documentaries and publications, the National Museum shares the Japanese American story with a national and international audience.

The Latino Theatre Company at LATC

(213) 489-0994

514 S Spring St.

Los Angeles, CA 90013

<https://www.thelatc.org>

The Latino Theater Company (LTC) celebrates over 30 years of commitment to the creation of exciting, thought-provoking theater in Los Angeles. Artistic Director José Luis Valenzuela also co-founded the Latino Theater Lab at the LATC in 1985. Together with the Latino Theater Company, he has made significant contributions to the advancement of U.S. Latino Theater. In 2006, LTC was awarded a 20-year lease to operate the LATC, from the City of Los Angeles. Their mission at the LATC is to provide a world-class arts center for those pursuing artistic excellence; a laboratory where both tradition and innovation are honored and honed; a place where the convergence of people, cultures, and ideas contribute to the future. In 2014 they hosted the historic Encuentro 2014 festival, the largest LatinX Theater festival in over 25 years. The company also produces a free pageant play, La Virgen de Guadalupe, Dios Inantzin, at the Cathedral of Our Lady of the Angels as a gift to the city each holiday season.

The Museum of Contemporary Art

(213) 626-6222

250 S Grand Ave.

Los Angeles, CA 90012

<https://www.moca.org>

Established in 1979, we are the only artist-founded museum in Los Angeles. We are dedicated to collecting and exhibiting contemporary art. We house one of the most compelling collections of contemporary art in the world, comprising roughly 7000 objects, and have a diverse history of ground-breaking, historically significant exhibitions. We are committed to the collection, presentation, and interpretation of art created after 1940, in all media, and to preserving that work for future generations. We provide leadership in the field by identifying and presenting the most significant and challenging art of our time, actively supporting the creation of new work, and producing original scholarship.

Natural History Museum

(213) 763-3466

900 Exposition Blvd.

Los Angeles, CA 90007

<https://nhm.org>

The Natural History Museum (NHM) occupies a special place in Los Angeles: It's one of L.A.'s oldest cultural institutions, and today, it's the anchor of an emerging cultural, educational, and entertainment hub in Exposition Park. We show off extraordinary specimens in exhibitions such as Age of Mammals, the Dinosaur Hall, the

Gem and Mineral Hall, and our beloved dioramas. But in addition to sharing the history of the planet, we also explore the transformation around us right now: Becoming Los Angeles, the outdoor Nature Gardens, and the Nature Lab look at the relationship between environment and people, past and present, in L.A. In all of these experiences at the museum, whether they're inside or outside, we're interested in the intersection of nature and culture—in L.A. and beyond

24th Street Theater

(213) 745-6516

1117 W 24th St.

Los Angeles, CA 90007

<https://www.24thstreet.org>

We believe that the young people we reach today will grow up to be active participants in their communities who are notable for their generosity, independent thinking, and passion for the arts. We envision a change in the culture of Los Angeles: people animated by a greater sense of inter-connectedness, empathy and humanity. The components of that vision include a destination for community gatherings, creating consistently great theatre, and having a place where neighborhood residents come for inspiration.

GROCERY STORES

Albertson's

(323) 295-1919

3901 Crenshaw Blvd.

Los Angeles, CA 90008

<https://albertsons.com>

CVS

(323) 298-5595

3741 Crenshaw Boulevard

Los Angeles, CA 90016

<https://www.cvs.com>

Food 4 Less

(323) 735-8317
1748 S Jefferson Blvd.
Los Angeles, CA 90018
<https://www.food4less.com>

Galleria Market

(323) 733-3800
3250 W Olympic Blvd.
Los Angeles, CA 90006
<http://galleriamarket.com>

H Mart

(213) 235-9560
621 S. Western Ave.
Los Angeles, CA 90005
<https://www.hmart.com>

The Market by Superior

(323) 538-8660
4040 W Washington Blvd.
Los Angeles, CA 90018

Mother's Nutritional Center

(323) 296-5579
3665 Crenshaw Blvd.
Los Angeles, CA 90016
<https://mothersnc.com/>

Pickford Market

(323) 933-8797
4566 Pickford St.
Los Angeles, CA 90019

Ralphs

(323) 937-4107
4760 W Pico Blvd.
Los Angeles, CA 90019
<https://www.ralphs.com>

Rite Aid

(323) 735-0774
1815 S Vermont Ave.
Los Angeles, CA 90006
<https://www.riteaid.com>

Smart & Final

(323) 730-8300
2929 Crenshaw Blvd.
Los Angeles, CA 90016
<https://www.smartandfinal.com>

Sprouts

(323) 801-7510
1302 S La Brea Ave.
Los Angeles, CA 90019
<https://sprouts.com>

Target

(213) 275-3149
3131 S Hoover St.
Los Angeles, CA 90089
<https://www.target.com>

Whole Foods

(213) 873-4745
788 S Grand Ave.
Los Angeles, CA 90017
<https://www.wholefoodsmarket.com>

LEISURE

Cinemark Baldwin Hills

(323) 296-1005

4020 Marlton Ave.

Los Angeles, CA 90008

<https://www.cinemark.com>

This 15-screen multiplex showcases large, wall-to-wall and floor-to-ceiling screens, enhanced sound systems with multiple audio format capabilities and state-of-the-art digital projection in every auditorium. The new multiplex brings the eighth Cinemark XD: Extreme Digital Cinema auditorium to Southern California and introduces Cinemark's signature Reserve Level that offers guests a unique VIP experience with full bar and lounge with outdoor seating, chef-designed dining choices and Luxury Lounger recliner seating. The theatre also offers a permanent green room, a private space for stars, directors, keynote speakers and others before or after premieres, Q&As, and special events.

Family Amusement

(323) 660-8180

876 N Vermont Ave.

Los Angeles, CA 90029

<http://www.familyamusement.com>

Family Arcade has been around for more than 40 years! A player's arcade with all the up to date equipment sprinkled with nostalgia and classic equipment situated in a back in time neon setting that keep our loyal players coming back. Pinballs, fighters, air hockey, dance, pool, basketball, etc. along with prize redemption games are some of the types of equipment offered, and the latest new equipment continuously placed in the

arcade as it becomes available has made Family Arcade the players choice for the best real arcade in Southern California.

Regal LA Live

(844) 462-7342

1000 W Olympic Blvd.

Los Angeles, CA 90015

<https://www.regmovies.com>

Movie Theater offering 14 stadiums for a premium movie going experience. Located in the heart of LA Live, come and enjoy the latest and greatest cinema in the world. This theater also offers opportunities for special panel events, 4DX viewing, and wonderful concessions.

Rooftop Cinema Club

888 S Olive St.

Los Angeles, CA 90014

<https://rooftopcinemaclub.com>

We believe that all experiences should be memorable, which is why we are on a mission to transform nights at the movies to cinematic events like no other. You bring your friends and loved ones, and we'll bring you city skylines, sunsets, starlit evenings, awesome drinks, delicious food, and great movies on the big screen. Our Rooftops promise a handpicked curation of cults, classics, and new releases. We stand for social cinema because we believe it's the future.

Escape Adventures

(470) 236-2699

845 West Washington Blvd.

Los Angeles, CA 90015

<https://roomescapeadventures.com>

Looking for something the entire family can do? Look no further than Room Escape Adventures! Kids to adults will love our world-famous escape room, Trapped in a Room with a Zombie! Enjoy memorable family fun as you work together to solve the clues to escape! Show the family how cool the 90's really were as your family tries to crack the y2k bug to escape in our 90's themed escape room, Back to the 90's!

Street Food Cinema

(323) 254-5068

1245 N Spring St.

Los Angeles, CA 90012

<https://streetfoodcinema.com>

Launched in 2012, Street Food Cinema is more than just an outdoor movie. It's an experience. Bringing together the best in pop culture films, gourmet street food and progressive new music, Street Food Cinema reinvents the traditional movie going experience - al fresco style. Every element is carefully curated to develop the unique atmosphere that makes audiences want to come back again and again.

Two Bit Circus

(213) 599-3188

634 Mateo St.

Los Angeles, CA 90021

<https://twobitcircus.com>

Unlike traditional theme parks, Two Bit Circus is a micro-amusement park. It is a carnival-themed high-tech attraction and is

a multi-faceted celebration of the new wave of out-of-home entertainment: custom escape rooms called Story Rooms, VR Cabanas (private rooms), VRcades, reimagined arcade games, free roam VR, and live interactive game shows.

World on Wheels

(323) 424-7599

4645 Venice Blvd.

Los Angeles, CA 90019

<https://www.wowskatela.com>

A roller rink that offers hours of fun for everyone! This roller rink has themed evenings: R&B Nights, 90's-00's Nights, Love to Skate, All Ages After-School, and many more. Skate rentals are affordable. They also offer party packages for your celebration.

XLanes Family Entertainment Center

(213) 229-8910

333 S Alameda St. Ste 300

Los Angeles, CA 90013

<http://www.xlanesla.com>

XLanes is a 50,000 square feet family fun venue equipped with state-of-the-art LED lanes, competition felt quality billiards tables, private karaoke rooms, and retro to modern video games. You can expect to compete with players from all over the world with our high-performance virtual dart machines. Whether you are here with 10 people or 100, we can accommodate it all.

PARKS & RECREATION

Eleanor Green Roberts Aquatic Center

(323) 936-8483

4526 W Pico Blvd

Los Angeles, CA 90019

<https://www.laparks.org/aquatic/year-round/eleanor-green-robert-aquatic>

The Eleanore Green Roberts Aquatic Center is a year round community pool. Here you can swim to your heart's delight in their indoor heated pools. They also offer the following programs: Novice synchronized swim team, novice water polo team, synchronized swimming classes, novice swim team, novice springboard diving, a lifeguard training program, group/private adult and youth swimming lessons, and water exercise.

Elysian Park

(213) 847-0926

929 Academy Rd.

Los Angeles, CA 90012

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

Elysian Park is the oldest and one of the largest parks in all of Los Angeles. This park is full of great hiking trails and running trails. The wide grassy space also allows for hours of fun playing soccer, frisbee, or enjoying a picnic.

Exposition Park Rose Garden

(213) 763-0114

701 State Dr.

Los Angeles, CA 90037

<https://www.laparks.org/park/exposition-rose-garden>

The Rose Garden is operated by the Los Angeles City Department of Recreation and Parks and has been since 1928. The Rose Garden is visited by hundreds of

Angelinos and tourists each year. It is often used as an urban oasis by the local Community as a place of quiet and refuge. On most weekends between April and November, it is the location of choice for weddings and photographs of family gatherings.

Grand Park

(213) 972-8080

200 N Grand Ave.

Los Angeles, CA 90012

<https://grandparkla.org>

The new Grand Park provides Angelenos of all walks of life a place where they can come together to celebrate, reflect, and shape the future, in one central gathering place. Open spaces are available not only for casual sitting and leisurely strolling but also for civic gatherings. Grand Park has four distinct areas featuring amenities ranging from a restored historic Arthur J. Will Memorial Fountain with a new wadeable membrane pool, a small intimate performance lawn, a community terrace planted with drought-tolerant specimen plants representing the diverse cultural make-up of Los Angeles itself, and a grand event lawn.

Harold A Henry Park

(213) 485-5054

890 Lucerne Ave

Los Angeles, CA 90005

<https://www.laparks.org/park/harold-henry>

A quaint small park perfect for a short little getaway from the hustle and bustle of the week. This park includes a children's play area and picnic tables.

Kenneth Hahn State Recreation Area

(323) 298-3660

4100 S La Cienega Blvd

Los Angeles, CA 90056

<https://parks.lacounty.gov/kenneth-hahn-state-recreation-area>

Kenneth Hahn State Recreation Area, managed by the Los Angeles County Department of Parks and Recreation, includes large areas of native coastal sage scrub habitat, lawns and landscaped areas, picnic sites, tot lots, fishing lake, lotus pond, community center and five miles of trails. One of the most actively used features is the park's variety of footpaths and trails. Passive recreation includes eight picnic rental shelters and 100 picnic tables throughout the park. There are also eight large barbecue pits and 60 small ones dispersed throughout the park.

La Brea Tarpits and Hancock Park

(213) 763-3499

5801 Wilshire Blvd.

Los Angeles, CA 90036

<https://tarpits.org/experience-tar-pits/la-brea-tar-pits-and-hancock-park>

The Tar Pits have fascinated scientists and visitors for over a century, and today, this area is the only actively excavated Ice Age fossil site found in an urban location in the world! More than 100 excavations have been made at the Tar Pits since the early 1900s, and most of the fossils discovered here are housed in the museum at La Brea Tar Pits, at the center of the Tar Pits! Hancock Park is nestled among the museum and the Tar Pits. It's a fun community resource where boot camp participants meet and train, kids play next to super-sized Ice Age mammals, and Angelenos and tourists stroll and picnic.

Walk through the paths that wind around active excavation sites, the iconic Lake Pit with its mammoth and mastodon models, the playground, and the Pleistocene Garden!

Rancho Cienega Park and Sports Complex

(323) 290-3141

5001 Rodeo Rd.

Los Angeles, CA 90016

<https://www.laparks.org/reccenter/ranch-o-cienega-sports-complex>

Rancho Cienega Park and Sports Complex is a multi-faceted facility, dedicated to training youth in sports development, physical exercise, while instilling life building principles. The park also includes an Auditorium, basketball courts (light/indoor, unlighted/outdoor), baseball diamond (lighted), children's play area, community room, football field (lighted), handball courts (lighted), picnic tables, soccer field (unlighted), and tennis courts (lighted).

Rancho Park 3 Par Golf Course

(310) 838-7561

10460 W Pico Blvd.

Los Angeles, CA 90064

https://golf.lacity.org/cdp_rancho_p3.htm

Charming and beautiful, this 9-hole 3-par short course shares the facilities with the adjacent Rancho Park championship golf course. This picturesque course has perfectly groomed tree-lined holes ranging in length from 82 to 148 yards. It is a perfect place for friends, family, or to brush up on your short game. It also features a 9-hole Footgolf course on the same footprint as the par-3 golf course.

Rancho Park Golf Course

(310) 838-7373

10460 W. Pico Blvd.

Los Angeles, CA 90064

https://golf.lacity.org/course_rancho_park/

Rancho Park Golf Course is an 18-hole, par 71 championship course playing at 6,839 yards, designed by William Johnson and William P. Bell. Rancho Park opened with the 1949 U.S.G.A. Public Links Championship and has been host to eighteen Los Angeles Opens as well as numerous LPGA and Senior tour events between 1978 and 1994. The golf course is a challenging and undulating course requiring a great deal of skill. A variety of lies provide a challenge, especially on approach shots to smallish greens.

Vista Hermosa Natural Park

(213) 250-1100

100 N Toluca St.

Los Angeles, CA 90026

<https://mrca.ca.gov/parks/park-listing/vista-hermosa-natural-park/>

Located at the western gateway to Downtown Los Angeles, 10.5-acre Vista Hermosa Park is an urban natural park developed by the MRCA that boldly returns the serenity and diversity of nature the Los Angeles urban core. The park features walking trails, streams, meadows, oak savannahs, picnic grounds, and a nature-themed playground amidst native Mediterranean vegetation

SCHOOLS & COLLEGES**6th Avenue Elementary**

(323) 733-9107

3109 6th Ave.

Los Angeles, CA 90018

<https://6thave-laUSD-ca.schoolloop.com>

6th Avenue Elementary has been servicing the Jefferson Park Community since 1895. Our mission at 6th Avenue Elementary School is to create opportunities for our children that support the acquisition of knowledge, skills, and attitudes that will enable all students to be confident, life-long learners and fully functioning citizens in a global economy. Our programs' focus will be to strengthen math, science instruction and increase literacy through our school wide curriculum. In addition, many enriching, extra-curricular activities are offered to complement academic achievement and encourage intellectual,

social, emotional, and cultural growth. We dedicate and commit ourselves to high expectations for our students, teachers, parents, and community members. We believe that together we can make this mission become a reality.

California State University, Dominguez Hills

(310) 243-3696

1000 E Victoria St.

Carson, CA 90747

<https://www.csudh.edu>

Centrally located in the South Bay and the heart of Los Angeles, CSU Dominguez Hills is a diverse, welcoming community of learners and educators collaborating to change lives and communities for the better. Through our strong and relevant academic programs, dedicated faculty

mentors, supportive staff, attractive campus, and student amenities, CSUDH is committed to connecting our students to an affordable, high-quality, and transformative education. CSUDH provides our communities with a vital resource for talent, knowledge, skills, and leadership needed to thrive today and tomorrow.

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.

Isana Nascent Academy

(323) 732-6613

3417 W Jefferson Blvd.

Los Angeles, CA 90018

<https://isanaacademies.org/nascent/>

ISANA Nascent Academy is modeled after ISANA Academies, which have a reputation for high academic standards, experienced

and caring staff members, effective management experience, and ISANA's high academic track record of success. ISANA Nascent Academy an excellent choice for families in the Jefferson Park area and serves students in Grades TK-8. Our Academic Program challenges the intellect and maximizes the potential of each student to acquire knowledge, concepts, and skills necessary to become thinking, productive and responsible citizens. Excellence in Academics results in a love of life-long learning.

Johnnie L Cochran Jr. Middle School

(323) 730-4300

4066 W Johnnie Cochran Vista

Los Angeles, CA 90019

<https://cochranms.com>

Cochran Middle school provides a rigorous environment that instills high expectations for success through challenging and supportive instruction that allows for individual differences. Encouraging 21st century learning, every student is issued a Chromebook, which they use in all their classes to produce high quality, rigorous work, preparing them to be 21st century digital citizens. Many students are eligible to enroll in the School for Advanced studies as well as AVID and accelerated classes. Students may earn high school credit for some courses. Students have access to and are encouraged to participate in M.O.S.T.E., Robotics, Music, Spanish, Football, Film Club Coding, Art, Yearbook, Dance, Book Club, Engineering Leadership, and/or Basketball.

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.

Los Angeles City College

(323) 953-4000

855 N Vermont Ave.

Los Angeles, CA 90029

<https://www.lacitycollege.edu>

LACC provides a dynamic and innovative learning environment offering more than 100 vocational and professional programs including degrees, transfer programs, and certificates to more than 18,000 students. In 2019, LACC will celebrate its 90th anniversary. Under the LA College Promise, we offer one year of free enrollment to all full-time students graduating from LAUSD high schools and charter schools. We also offer music majors tuition free attendance, private lessons and financial aid thanks to a gift from The Herb Alpert Foundation. Additionally, our students benefit from a wide variety of financial aid options. LACC helps students transfer to competitive universities as juniors, enter high-paying jobs and enable them to advance in their careers.

Susan Miller Dorsey Senior High

(213) 241-1000

333 S. Beaudry Ave.

Los Angeles, CA 90017

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

The Dorsey community has always been a family. We understand that we must create and sustain a caring and inclusive learning environment. We aim to provide a learning environment that prides itself on a culture of caring and communal learning through a path-goal oriented approach of involving all stakeholders in the learning process. We also support students with opportunities to develop a sense of self-efficacy. Through the Four C's concept of Communication, Consultation, Collaboration, and Coordination of personalized learning services, it is our vision to nurture opportunities for students to exercise control over their own functioning as they develop in the pathway of their choice. "Providing students opportunities to discover [and exercise] their strengths allows them to cultivate the belief that they can succeed."

UCLA

(310) 825-4321

405 Hilgard Ave

Los Angeles, CA 90095

<https://www.ucla.edu>

UCLA's primary purpose as a public research university is the creation, dissemination, preservation and application of knowledge for the betterment of our global society. To fulfill this mission, UCLA is committed to academic freedom in its fullest terms: We value open access to information, free and lively debate conducted with mutual respect for individuals, and freedom from intolerance. In all of our pursuits, we strive at once for excellence and diversity, recognizing that

openness and inclusion produce true quality. These values underlie our three institutional responsibilities. With more than 3,900 courses in 109 academic departments, UCLA offers 125+ majors to help you define your academic path. And 70 percent of our undergraduate classes have 30 or fewer students, maximizing your personal engagement with our internationally renowned faculty.

University of Southern California

(213) 740-2311

3551 Trousdale Pkwy.
Los Angeles, CA 90089

<https://www.usc.edu>

The University of Southern California (USC) is one of the world's leading private research universities. An anchor institution in Los Angeles, a global center for arts, technology and international business, USC's diverse curricular offerings provide extensive opportunities for interdisciplinary study and collaboration with leading researchers in highly advanced learning environments. In a comprehensive 2020 ranking, The Wall Street Journal and Times Higher Education ranked USC 18th among more than 1,000 public and private universities. Among all California

institutions – public and private – only USC, Caltech and Stanford University ranked within the top 20.

West Los Angeles College

(310) 287-4200

9000 Overland Ave.

Culver City, CA 90230

<http://www.wlac.edu>

West Los Angeles College is an accredited California Community College offering paths to university transfer, career education and courses for professional and personal growth. It occupies 70 park-like acres overlooking Culver City, Marina Del Rey and Greater West Los Angeles. On a clear day you can see the Pacific Ocean from the highest points on campus. All students at West have the opportunity for success. The College awards more than 1,000 degrees and certificates annually in 39 different fields. Each year, West sends more than 300 transfer students to four-year colleges and many West Associate degree and Certificate program graduates begin professional employment immediately after graduation in consumer education, engineering and industrial technologies, law and health.

SHOPPING CENTERS

Baldwin Hills Crenshaw Plaza

(323) 290-6636

3650 W Martin Luther King Blvd

Los Angeles, CA 90008

<https://baldwinhillscrenshawplaza.com>

Baldwin Hills Crenshaw is an 850,000 square foot retail destination located at the intersection of Crenshaw Blvd. and Martin Luther King, Jr. Blvd. in Los Angeles, California. Anchored by Macy's and Sears with over 100 specialty stores and dining options, Baldwin Hills Crenshaw has long been recognized as the hub of the surrounding communities.

Beverly Center

(310) 854-0070

8500 Beverly Blvd

Los Angeles, CA 90048

<https://beverlycenter.com>

With LA's largest collection of shops and restaurants under one magnificent skylight, the Beverly Center reflects the diverse styles and tastes of Los Angeles and its many visitors. An unparalleled collection of luxury, contemporary and fast-fashion brands awaits shoppers, including Apple, Fendi, H&M, Michael Kors, Uniqlo, Zara and more. An unmatched restaurant collection includes fine-dining options Cal Mare, Farmhouse and Yardbird Southern Table & Bar, and fast-casual eateries Eggslut, Tocaya Organica, Marugame Udon, and more.

The Grove

(323) 900-8080

189 The Grove Dr.

Los Angeles, CA 90036

<https://thegrovela.com>

The Grove is a popular fashion and lifestyle destination offering the best mix of retail, restaurants and entertainment in Los Angeles. Pulsing with style and energy, it's a gathering place where friends and families spend whole days shopping, dining, seeing movies and relaxing, soaking up the sunshine and the excitement around them.

Japanese Village Plaza

(213) 617-1900

335 E 2nd St. Ste 223

Los Angeles, CA 90012

<http://japanesevillageplaza.net>

Conveniently located at the gateway to the Little Tokyo District of downtown Los Angeles, Japanese Village Plaza offers a unique shopping and dining experience in a relaxing, comfortable atmosphere. Japanese Village Plaza is more than a historic shopping center; it is now a place where customers can come early and stay late for a variety of services, shopping, dining and entertainment. Abundant parking is available on Central Avenue, between 1st and 2nd Street.

Koreatown Plaza

(213) 382-1234

928 S Western Ave. Ste 300

Los Angeles, CA 90006

<http://www.koreatownplaza.com/p>

Koreatown plaza is the place where people come to shop, dine, relax, browse or meet in an atmosphere alive with vitality. Koreatown is one of the fastest growing communities in Los Angeles, a thriving focal point of commerce rivaling Chinatown and Little Tokyo. Now, just as

modern retail centers have been developed to serve other expanding regions. Koreatown Plaza matches the vitality of the area with a design that provides a stimulating environment in a setting offering the utmost security for daytime and nighttime shopping.

Koreatown Plaza

(213) 382-1234

928 S Western Ave. Ste 300

Los Angeles, CA 90006

<http://www.koreatownplaza.com/p>

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LA Fashion District

(213) 488-1153

818 S Broadway Ste 801

Los Angeles, CA 90014

<https://fashiondistrict.org>

From stylemakers like Anine Bing, Michael Costello, and Heidi Merrick to fresh streetwear boutiques like Nice Kicks, Holy Grail, and Blends LA, the LA Fashion District is an evolving and trendsetting epicenter of style. With 4,000+ independently owned and operated retail and wholesale businesses, you'll find everything from luxury brands to affordable trends in apparel, footwear, accessories, jewelry, flowers, fabrics and more.

Westfield Culver City

(310) 390-5073

6000 Sepulveda Blvd.

Culver City, CA 90230

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

Westfield Culver City is the most accessible and visible shopping center in West Los Angeles, located directly adjacent to I-405. The destination includes Nordstrom Rack, Target, Macy's, Best Buy, ULTA, Sephora, Lucille's Smokehouse BAR-B-QUE, and Trader Joe's, as well as a sleek dining terrace and immensely popular restaurant precinct.



HEALTH & SAFETY



AIDS & HIV

AIDS Project LA - The David Geffen Center

(213) 201-1600

611 S. Kingsley Dr.

Los Angeles, CA 90005

www.aplahealth.org/

The program provides emergency food services and nutrition information for low-income persons who have AIDS or HIV illness in Los Angeles County.

AIDS Project LA – Gleicher/Chen Health Center Dental Clinic

(213) 201-1388

3743 S. La Brea Ave.

Los Angeles, CA 90016

www.aplahealth.org

The agency provides HIV/AIDS services, housing services and volunteer opportunities for people of all ages who live in Los Angeles County. Individuals must be HIV positive or have AIDS for some services.

APLA Health

(213) 201-1388

5901 W. Olympic Blvd., Suite 310

Los Angeles, CA 90036

<https://aplahealth.org/>

APLA Health's mission is to achieve health care equity and promote well-being for the LGBT and other underserved communities and people living with and affected by HIV.

Black AIDS Institute

(213) 353- 3610 Ext 103

W 8th Ste. 200

Los Angeles, CA 90057

The Black AIDS Institute launched the Prevention Clinic in Los Angeles, in partnership with St. John's Well Child and Family Clinic to provide counseling, testing and linkage services.

Elizabeth Taylor AIDS Foundation

(310) 472- 7778

9701 Wilshire Blvd.

Suite 600

Beverly Hills, CA 90212

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

This nonprofit serves individuals with and affected by HIV/AIDs living in Los Angeles.

CLINICS & HOSPITALS

Cedars Sinai Marina Del Rey Hospital

(310) 823- 8911

4650 Lincoln Blvd.

Marina Del Rey, CA 90292

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

Centinela Hospital Medical Center – Emergency Services

(310) 673- 4660

555 E Hardy St, Inglewood, CA 90301

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

Downtown Women's Center Residence

(213) 225-8003

333 S. Los Angeles St.

Los Angeles , CA 90013

www.downtownwomenscenter.org

Dr. Claudia Hampton Clinic

(310) 330-2960

1091 South La Brea Ave.

Inglewood, CA 90301

<https://www.sbfhc.org/contact-us/>

Elite Medical Clinic - Houman Kashani, MD

(213) 622- 3100
2214 S Hoover St.
Los Angeles, CA 90007
<http://elitemedicalclinic.net/>

Kaiser Permanente Los Angeles Medical Office

(833) 574- 2273
110 N La Brea Ave
Inglewood, CA 90301
<https://healthy.kaiserpermanente.org/southern-california/facilities/inglewood-medical-offices-100115>

Kindred Hospital Los Angeles

(310) 642- 0325
5525 W Slauson Ave.
Los Angeles, CA 90056
<https://www.kindredhealthcare.com/>

Mission City Community Network – Inglewood – Prairie

(818) 895-3100
301 N. Prairie Ave.
Inglewood, Los Angeles 90301
<https://mccn.org/prairie>

OB/GYN Clinic

(310) 673-2647
323 North Prairie Ave., #210
Inglewood, CA 90301

Optum Urgent Care

(213) 861- 5950

1120 W Washington Blvd
Los Angeles, CA 90015
<https://healthcarepartners.com/>

PIH Health Good Samaritan Hospital

+12139772121
1225 Wilshire Blvd, Los Angeles, CA 90017
<http://www.goodsam.org/>

Primary Care Health Clinic

(424) 201- 0598
1601 W Washington Blvd
Los Angeles, CA 90007
https://www.pchcinc.org/?utm_source=google_auth

Southern California Hospital at Culver City

(310) 836- 7000
3828 Delmas Terrace
Culver City, CA 90232
<http://sch-culvercity.com/>

St. Anthony Medical Centers

(213) 384- 4555
2515 W Pico Blvd
Los Angeles, CA 90006
<http://stanthonymedical.org/>

St. Johns Well Child and Family Center

(213) 749- 0947
1910 Magnolia Ave 101
Los Angeles, CA 90007
<http://www.wellchild.org/>

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.

South Central LA Regional Center

(213) 744-7000

<https://sclarc.org/>

South Central Los Angeles Regional Center for Persons with Developmental Disabilities, Inc. (SCLARC) is a private, non-profit, community-based organization that coordinates services for individuals with developmental disabilities and their families. in living the highest quality life possible in their communities.

Westside Regional Center

(310) 258-4000

<https://westsiderc.org/>

Westside Regional Center is a private, non-profit, community-based organization that coordinates services for individuals with developmental disabilities and their families. in living the highest quality life possible in their communities.

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

California Black Women's Health Project

(310) 412-1828

9800 S. La Cienega Blvd., Ste. 905

Inglewood, Los Angeles 90301

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

The agency provides advocacy, health education and volunteer opportunities in Los Angeles County and the state of California. Services are targeted, but not restricted to African American women.

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.

LA County Department of Public Health - Curtis R. Tucker Health Center

(310) 419-5325

123 W. Manchester Blvd.

Inglewood, Los Angeles 90301

publichealth.lacounty.gov/cms/chdp.htm

The program provides administrative support of health services for low-income youth in Los Angeles County. Services are provided at physician offices, county health centers and hospitals.

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.

Maternal and Child Health Access

(213) 749-4261

1111 W. 6th St., Ste. 400

Los Angeles 90017

The agency provides advocacy, CalFresh applications and health insurance for low-income people in Los Angeles County, including children, families, pregnant and parenting women, who live in the downtown area of Los Angeles.

Maternal, Child, & Adolescent Health Los Angeles County Department of Public Health Programs

(213) 639-6400

600 S. Commonwealth Ave., 8th Floor,

Los Angeles, CA 90005

www.publichealth.lacounty.gov/mch/

Here you can find information for free or low-cost health, dental, vision, and mental health insurance programs for mothers, children and adolescents.

Soteria Home Health Agency, Inc.

(310) 672-6200

959 N. La Brea Avenue

Inglewood, California 90302

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

Soteria Home Health Agency, Inc. is a provider of home health care services and respite care for senior citizens, or disabled children and adults.

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 - Inglewood WIC Center 19

(888) 942-2229

975 N. La Brea Ave.

Inglewood, CA 90302

<https://www.phfewic.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

Didi Hirsch Mental Health Services - Inglewood Center

(310) 677 -7808

323 N. Prairie Ave.

Inglewood, Los Angeles 90301

<https://didihirsch.org/>

The agency provides counseling services; families and adults; mental health services; services for older adults; residential mental health services; residential treatment for substance use disorders; substance use disorder services; and welfare-to-work support services for people of all ages in Los Angeles County.

Hollygrove An EMQ Families First Agency- Developmental Screening

(800) 864-5437

815 N. El Centro Ave.

Los Angeles, CA 90038

www.Hollygrove.org

The program provides mental health services for youth, ages 2 to 18 years old who have full-scope Medi-Cal in Los Angeles County. Services include behavior modification, child guidance, developmental screening, home based

mental health services, infant and early childhood mental health, and wrap around facilitation/community support.

Los Angeles County Department of Mental Health

(800) 854-7771

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

The Department of Mental Health seeks to optimize the hope, wellbeing and life trajectory of Los Angeles County's most vulnerable through access to care and resources that promote not only independence and personal recovery but also connectedness and community reintegration.

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.

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.

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.

**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.

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

City of Inglewood Parks, Recreation and Community Services Department - Inglewood Senior Citizens Center

(310) 412-4382 (Transportation)

(310) 412-4380 (Partnership for Families/Home Delivered Meals)

111 N. Locust St.

Inglewood, Los Angeles 90301

<https://www.cityofinglewood.org/788/Senior-Services>

The center provides services for older adults age 50 and older who live in Inglewood, Hawthorne and Lennox. Seniors may request door to door transportation to appointments, shopping or to attend a program at a Senior Center.

Culver CityBus

(310) 253-6510

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

You will find information about the Culver CityBus System. Additionally, you will find

arrival times, departure times, schedules, fares, system maps, etc.

LADOT Transit

(818) 943-6211

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

Access here for information 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.

OTHER

Department of Motor Vehicles (DMV) - Inglewood

(800) 777- 0133

621 N. La Brea Ave.

Inglewood, Los Angeles 90302

<https://www.dmv.ca.gov/portal/field-office/inglewood/>

Available for Driver License and ID Card Processing, and Vehicle Registration.

Nearby Bus Stop Locations

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

- Jefferson / 4th (128 ft)
- Jefferson / Arlington (0.2 miles)
- Jefferson / 7th (0.2 miles)
- Jefferson / 10th (0.4 miles)

Nearby Metro Stations

These are metro stations closest to you.

- Expo / Crenshaw (1 miles)
- Expo / Western Station (1.2 miles)



SOCIAL SERVICES



ADDICTION

Asian American Drug Abuse Program

(323) 294 -4932

520 N. La Brea Ave.

Inglewood, Los Angeles 90302

<https://aadapinc.org/>

The agency provides employment services, HIV/AIDS services, residential treatment for substance use disorders, substance use disorder services, WIA programs and youth services in Los Angeles. Services are targeted, but not restricted, to people of Asian Pacific heritage.

Beit T'shuvah – Addiction Counseling

(310) 204-5200

8831 Venice Blvd.

Los Angeles, Los Angeles 90034

www.beittshuvah.org

The agency provides substance use disorder services to people who live in Los Angeles County. Services are targeted, but not restricted, to people of the Jewish faith.

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.

His Sheltering Arms Inc – Addictions/Substance Use Disorder Support Groups for Women

(323) 755-6646

11101 S. Main St.

Los Angeles, CA 90061

www.hisshelteringarms.org

The agency provides residential treatment for substance use disorders for single women, women with a small child and pregnant women ages 18 and older who are residents of Los Angeles County. For women with a small child, the child must be 3 years or younger.

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 speakers 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.

Koreatown Youth and Community Center - Menlo Family Services

(213) 365-7400

1230 S. Menlo St. No.100

Los Angeles, Los Angeles 90006

www.kyccla.org

The agency provides youth services for children and adolescents, grades K - 12, who live in Koreatown and the surrounding areas in the County of Los Angeles. Services include computer and related technology classes, day camps, juvenile delinquent prevention, leadership development, parent support groups, and tutoring services.

Public Counsel- Children's Rights Groups

(213) 385-2977 Ext. 500

610 S. Ardmore Ave.

Los Angeles, CA 90005

www.publiccounsel.org

The agency provides youth services to youth and young adults age 24 and younger who live in Los Angeles County. Services include benefits assistance, emancipation assistance, individual advocacy, guardianship assistance and legal counseling.

Shields for Families Inc - Ark Compton Drug Court

(323) 242-5000

11705 Deputy Yamamoto Pl., Ste. A

Lynwood, CA 90262

www.shieldsforfamilies.org

The agency provides case management, child abuse services, coordinated entry

system, domestic violence services, family preservation services, mental health services, residential substance use disorder treatment, substance use disorder services, vocational education services and youth services.

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.

Ahmanson Senior Center (at EXPO Center)

(213) 7630118

3990 Bill Robertson Ln.

Los Angeles, CA 90037

<https://www.laparks.org/expo/senior-center>

Classes, activities and programs for senior citizens. Programs include Chair Yoga, Outdoor Fitness Circuit, Art, Sewing, Knitting, and Crochet, Table Games, Bingo, Dominos, Bridge, Line Dance, Senior Club, Monthly Movie Day, etc.

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.

Betty Hill Senior Citizen Center

(323) 733-1946

3570 Denker Ave.

Los Angeles, CA 90018

<https://www.laparks.org/scc/betty-hill>

Classes, activities and programs for senior citizens. Programs include Chair Yoga, Outdoor Fitness Circuit, Art, Sewing, Knitting, and Crochet, Table Games, Bingo, Dominos, Bridge, Line Dance, Senior Club, Monthly Movie Day, etc.

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.

City of Inglewood Parks, Recreation and Community Services Department - Inglewood Senior Citizens Center

(310) 412-5338 (Senior Assistance)

111 N. Locust St.

Inglewood, Los Angeles 90301

<https://www.cityofinglewood.org/788/Senior-Services>

The center provides services for older adults age 50 and older who live in Inglewood, Hawthorne and Lennox. Activities include the opportunity to pursue old hobbies and to learn new ones, to socialize with friends, to meet new people, to increase knowledge, to become and stay physically fit, to supplement income, and to contribute to the community.

Community Services for Seniors- Los Angeles County

(213) 738-2600

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

The agency provides WIA programs for people who live in unincorporated areas of Los Angeles County and areas not covered by other WIB's.

Eldercare Locator

(333) 331-7289

www.elder.org

Nationwide information and resource center for seniors and caregivers.

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.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

(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.nslc.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.

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.

Soteria Home Health Agency, Inc.

(310) 672-6200

959 N. La Brea Avenue

Inglewood, California 90302

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

Soteria Home Health Agency, Inc. is a provider of home health care services and respite care for senior citizens, or disabled children and adults.

Watts Labor Community Action Committee- Bradley Multipurpose Senior Citizen Center

(323) 563-5639

10957 S. Central Ave.

Los Angeles, CA 90059

www.wlcac.org

The center provides health education, nutrition programs, services for older adults and transportation for people age 60 years and older who live in the Central and South Central Region of Los Angeles.

FAMILY SERVICES

City of Culver City Parks, Recreation and Community Services - Linwood Howe School

(310) 253-6650

4100 Irving Pl.

Culver City, CA 90232

www.culvercity.org/

The agency provides youth services to children and youth ages 6 through 17 who live in Culver City and surrounding areas. Services include arts and crafts instructions, drop in center services, extended day care, homework help programs, job search/placement services and recreational facilities.

Mount Saint Mary's University Child Development Center- Child Care Centers

(213) 477-2977

17 Chester Pl.

Los Angeles, CA 90007

<https://www.msmu.edu/undergraduate-bachelor-programs/child-development/child-development-center/>

The child development center provides child-care for families in the Los Angeles area. Services include a comprehensive day care program for children age one and a half to four.

Salvation Army

(213) 744-8186

3107 S Grand Ave.

Los Angeles, CA 90007

https://lahopeharbor.salvationarmy.org/hope_harbor_us_west/

The Salvation Army works to identify and meet areas of need in the communities it serves. The Hope Harbor serves to empower homeless men suffering from

drug and alcohol abuse achieve spiritual, physical and social self-sufficiency.

Salvation Army Inglewood

(310) 677-3375

324 E. Queen Street, Inglewood, California 90301

https://inglewood.salvationarmy.org/inglewood_corps/

The Salvation Army provides services such as after-school programs, food and utility assistance, transitional housing referrals, daily sack lunches, services for U.S. Veterans and homeless assistance.

YMCA of Metropolitan Los Angeles - Ketchum Downtown YMCA

(213) 624-2348

401 S. Hope St.

Los Angeles, CA 90071

www.ymcala.org/kd

The agency provides child care services for children and adolescents who live, primarily in the Downtown Los Angeles and Pico-Union area of Los Angeles. Services include extended day care through special afterschool programs, and a Preschool program.

Westchester Family YMCA

(310) 670-4316

8015 S Sepulveda Blvd, Los Angeles, CA 90045

<https://www.ymcala.org/locations/westchester-family-ymca>

The agency provides childcare services for children and adolescents. Services include extended day care through special afterschool programs, and a Preschool program.

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.

City of Inglewood Parks, Recreation and Community Services Department - Inglewood Food Distribution

(310) 412-4380

Rogers Park

400 W Beach Avenue

Inglewood, CA 90302

<https://www.cityofinglewood.org/788/Senior-Services>

Senior Citizens (60 years and older) are invited to participate in the Food Distribution Program sponsored by the Los Angeles Regional Food Bank. Free food kits are distributed to eligible seniors on the fourth Tuesday of each month from 1 to 4 p.m.

City of Inglewood Parks, Recreation and Community Services Department - Inglewood Senior Citizens Center

(310) 412-4380 (Partnership for Families/Home Delivered Meals)

111 N. Locust St.

Inglewood, Los Angeles 90301

<https://www.cityofinglewood.org/788/Senior-Services>

The center provides services for older adults age 50 and older who live in Inglewood, Hawthorne and Lennox. Seniors may participate in their congregate meals program which provides hot lunches for senior. The center also serves Home Delivered Meals (meals-on-wheels) to seniors who are home-bound because of illness, age or frailty.

Hope North - JFSLA

(310) 677 -5597

355 E. Beach Ave.

Inglewood, CA 90302

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

This agency provides a two-day supply of groceries which contains canned food and packaged dried goods as well as fresh fruit and other produce.

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.

Youth Summer Meals - Inglewood Unified School District - Centinela Elementary

(310) 680-4870 ext 4873 (Rosa Orosemame)

1123 Marlborough Ave.

Inglewood , Los Angeles 90302

<https://www.inglewoodusd.com>

The agency provides emergency food for children in Los Angeles County, through the Summer Food Service Program.

HOUSING

Christ-Centered Ministries

(310) 644-4902

732 N. La Brea Avenue

Inglewood, CA, 90302

<https://christcenteredministries.org/>

Christ-Centered Ministries is a non-profit organization that is dedicated to the prevention of homelessness. Services provided include a comprehensive array of support and discovery of appropriate services in order to stabilize needs, secure income, enroll in social services and obtain permanent housing.

City of Inglewood Affordable Housing Division

<https://www.cityofinglewood.org/943/Outreach-Centers>

The Affordable Housing Division is responsible for administering affordable housing programs, including affordable housing development, preservation and monitoring of the existing units. Here you will find information about affordable housing outreach centers.

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.

Housing Authority of the City of LA - Nickerson Gardens Worksource Satellite Portal

(323) 357-3980

1495 E. 114th St., Ste. 1106

Los Angeles, CA 90059

www.hacla.org

The Housing Authority provides business services, housing services and WIA programs for low-income people who live in the City of Los Angeles.

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

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.



WORKFORCE TRAINING



Brotherhood Crusade

(323) 846-1649

200 E. Slauson Ave.

Los Angeles, Ca. 90011

<https://brotherhoodcrusade.org>

Our mission is to remove and/or help individuals overcome the barriers that deter their pursuit of success in life and facilitate opportunities for a better quality of life by effectuating improved health & wellness, facilitating academic success, promoting personal, social & economic growth, providing access to artistic excellence & cultural awareness, increasing financial literacy and building community agencies & institutions.

Carecen Day Laborer Center

213-747-2064

121 East Pico Blvd.

Los Angeles 90015

<https://idepsca.org/daylabor>

The Day Labor Resource Center program provides fixed hiring centers in selected areas of the City where persons participating in the casual labor force can safely congregate to solicit employment from residents and businesses seeking day labor. As such, these centers provide a valuable community service to residents, merchants, and others to feel comfortable and safe with the practice of seeking work in public. A Day Labor Resource Center provides a safe space away from traffic and busy streets, decreasing the potential for an accident and provides basic amenities to day laborers such as water, coffee, bread, lavatories, waste disposal, benches and shade.

General Assembly

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

Los Angeles, CA 90012

(Santa Monica) 1520 2nd St.

Santa Monica, CA 90401

<https://generalassemb.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.

Los Angeles County Workforce Development, Aging, and Community Services

(213) 738-2600

3175 W. Sixth St.

Los Angeles , Los Angeles 90020

<https://wdacs.lacounty.gov>

The agency provides Workforce Development programs for people who live in unincorporated areas of Los Angeles County and areas not covered by other Workforce Development Boards. The agency also provides services for individuals or agencies which are affected by Coronavirus. There are no restrictions for America's Job Centers of California services.

Managed Career Solutions

(213) 381-3110

3333 Wilshire Blvd., Ste. 405

Los Angeles , CA 90010

<https://www.mcscalifornia.com>

The program provides a mini-career center that provides universal job seeker access to computer, library and phone bank facilities. Services include job placement, job readiness counseling and job training and supportive services. Funded activities and services are limited. Services include tuition for vocational training, registration and certification fees needed for employment,

and temporary assistance with transportation and clothing.

Veteran's American Job Center

(213) 742-9560

1816 South Figueroa St.

Los Angeles, CA 90015

<https://www.jvs->

[socal.org/program/veterans/](https://www.jvs-socal.org/program/veterans/)

We assist all military veterans with a special focus on women veterans and post-9/11 veterans by providing professional career coaching, assessments to identify transferable skills, training in high growth career sectors, plus job search skills and job placement assistance. Participants connect with other veterans through the program's networking groups, workshops and events. The Veterans First team partners closely with the L.A. County veterans America's Job Center downtown at Bob Hope Patriotic Hall to maximize veterans' benefits, services and training opportunities.

Worksource Center

213-353-1677

1055 Wilshire Boulevard, #900-A

Los Angeles CA 90017

<https://ewddlacity.com>

WorkSource Center offers a wide range of quality employment related assistance to job seekers and employers such as literacy skills, training, referrals, job listings and placement with an emphasis on high growth industries to build and support a qualified workforce in Los Angeles. Job Portals, smaller versions of the WorkSource Centers, are located in select city libraries and other locations.

YouthSource Center

213-482-8618

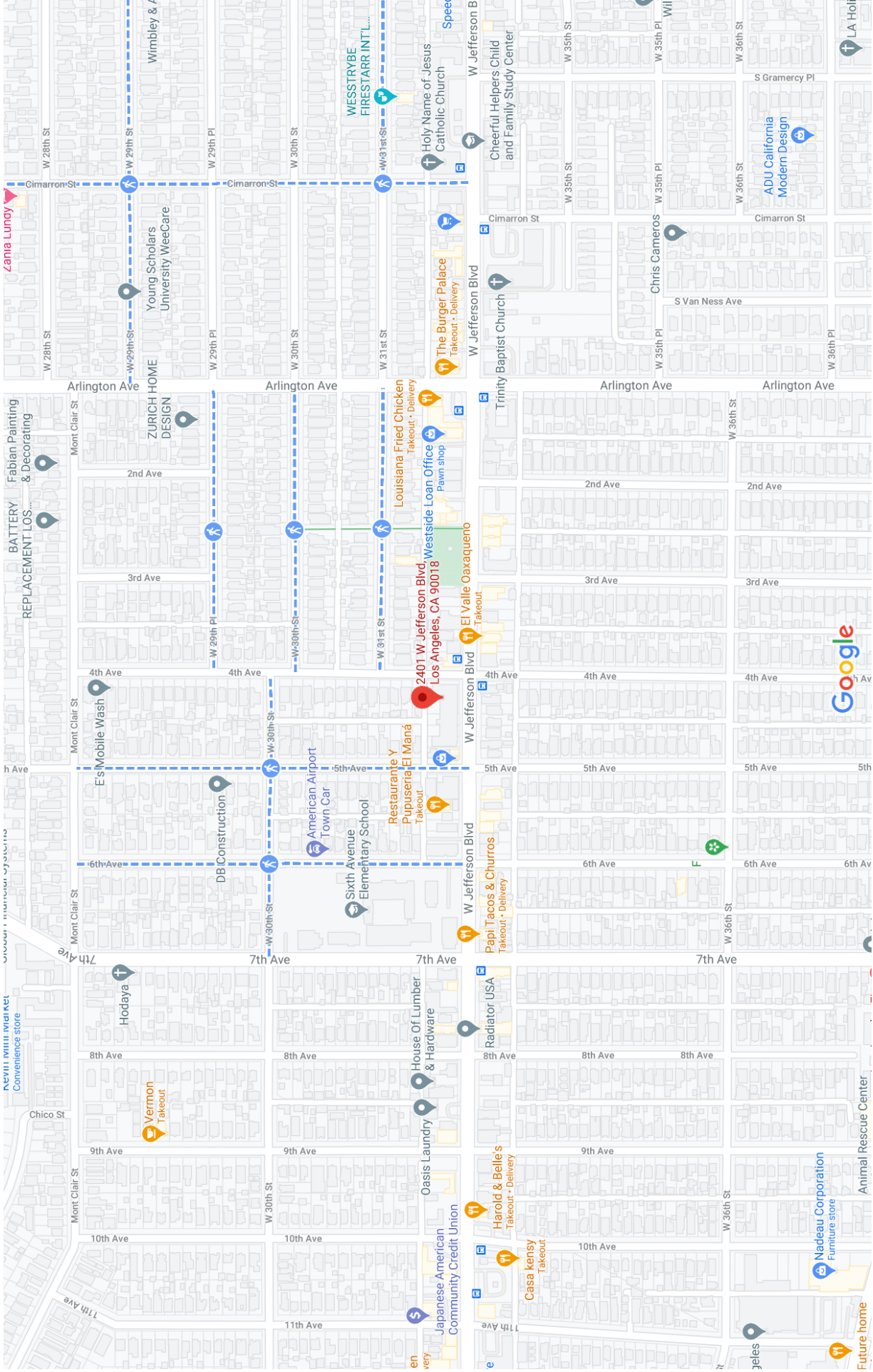
501 South Bixel St.

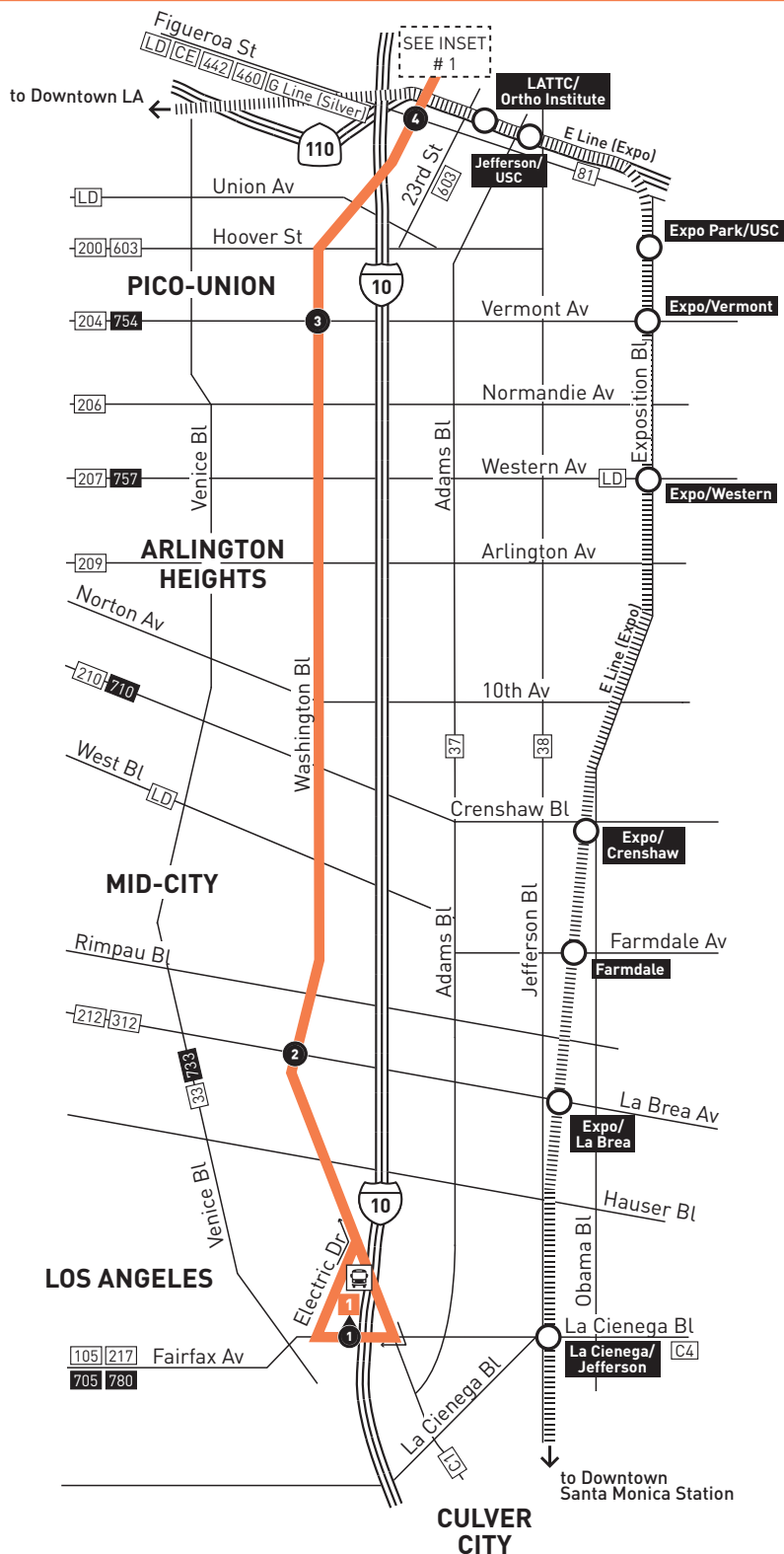
Los Angeles CA 90017

<https://ewddlacity.com/>

YouthSource is a city-wide program open to young people ages 16-24. All of our services are FREE! Some of the opportunities our centers offer include work readiness, career exploration, job skills training, tutoring, college prep, and mentoring.

SUPPLEMENTAL RESOURCES



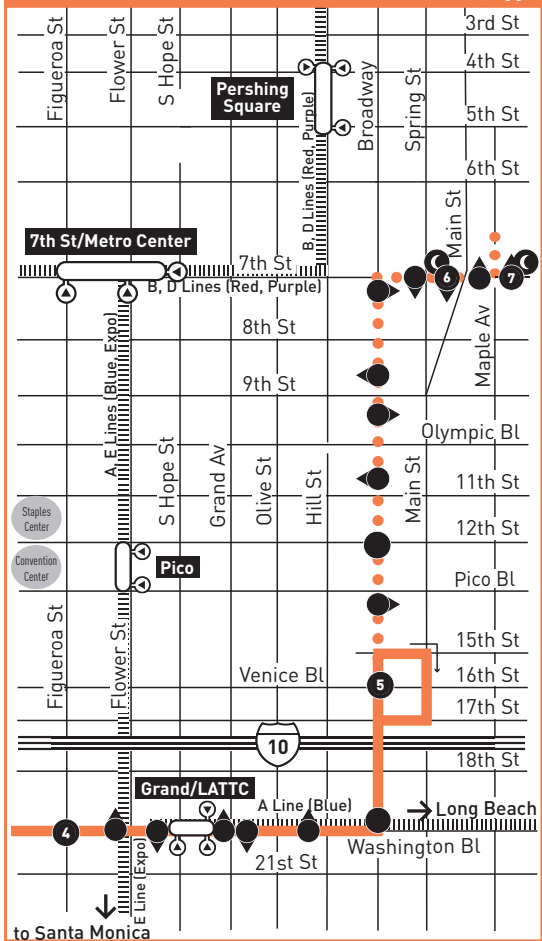


MAP NOTES

- 1 Washington/Fairfax Transit Hub**
Metro 35, 37, 38, 105, 217, 705, 780; C1, C4, CE437

Note: Passengers should board departing Lines 37 and 38 at stop on Washington Bl, east of Fairfax Av

INSET MAP 1 - DOWNTOWN LOS ANGELES



INSET 1 - DOWNTOWN LOS ANGELES

- Line 35 Route
- Trips Operate After 7:00PM
- Metro Rail Station
- Metro Rail Station Entrance
- Metro Rail

LEGEND

- Line 35 Route
- Owl Timepoint
- Local Stop Timepoint
- Local Stop Timepoint - Single Direction Only
- Local Stop
- Local Stop - Single Direction Only
- Transit Center
- Metro Rail Station
- Connecting Lines
- Rapid Connecting Lines
- C Culver CityBus
- CE LADOT Commuter Express
- LD LADOT DASH

Effective Jun 21 2020

Effective Jun 21 2020

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

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

LOS ANGELES	MID-CITY	PICO-UNION	DOWNTOWN LOS ANGELES			DOWNTOWN LOS ANGELES			PICO-UNION	MID-CITY	LOS ANGELES
1	2	3	4	5	6	7	5	4	3	2	1
Washington / Fairfax Transit Hub	Washington & La Brea	Washington & Vermont	Washington & Figueroa	Broadway & Venice	7th & Main	7th & Maple	Broadway & Venice	Washington & Figueroa	Washington & Vermont	Washington & La Brea	Washington / Fairfax Transit Hub
4:30A	4:36A	4:48A	4:53A	4:57A	—	—	4:46A	4:51A	4:56A	5:07A	5:13A
5:04	5:11	5:23	5:28	5:32	—	—	5:41	5:47	5:52	6:05	6:11
5:38	5:45	5:58	6:03	6:08	—	—	6:16	6:22	6:27	6:40	6:46
6:03	6:10	6:24	6:29	6:34	—	—	6:40	6:46	6:51	7:04	7:10
6:22	6:29	6:43	6:49	6:54	—	—	6:55	7:02	7:07	7:20	7:26
6:38	6:45	6:59	7:05	7:10	—	—	7:10	7:17	7:22	7:36	7:42
6:52	6:59	7:14	7:20	7:25	—	—	7:25	7:32	7:37	7:51	7:57
7:06	7:14	7:29	7:35	7:40	—	—	7:41	7:48	7:53	8:07	8:13
7:20	7:28	7:44	7:50	7:55	—	—	7:55	8:02	8:08	8:22	8:28
7:35	7:43	7:59	8:05	8:10	—	—	8:10	8:17	8:23	8:37	8:43
7:50	7:58	8:14	8:20	8:25	—	—	8:25	8:32	8:38	8:52	8:58
8:05	8:13	8:29	8:35	8:40	—	—	8:40	8:47	8:53	9:07	9:13
8:20	8:28	8:44	8:50	8:55	—	—	8:55	9:02	9:08	9:22	9:28
8:35	8:43	8:59	9:05	9:10	—	—	9:11	9:18	9:24	9:39	9:45
8:49	8:57	9:14	9:20	9:25	—	—	9:25	9:33	9:39	9:54	10:00
9:04	9:12	9:29	9:35	9:40	—	—	9:40	9:48	9:54	10:09	10:15
9:19	9:27	9:44	9:50	9:55	—	—	9:55	10:03	10:09	10:24	10:30
9:34	9:42	9:59	10:05	10:10	—	—	10:10	10:18	10:24	10:39	10:45
9:49	9:57	10:14	10:20	10:25	—	—	10:25	10:33	10:39	10:54	11:00
10:04	10:12	10:29	10:35	10:40	—	—	10:40	10:48	10:54	11:09	11:15
10:19	10:27	10:44	10:50	10:55	—	—	10:55	11:03	11:09	11:24	11:30
10:34	10:42	10:59	11:05	11:10	—	—	11:10	11:18	11:24	11:39	11:45
10:49	10:57	11:14	11:20	11:25	—	—	11:25	11:33	11:39	11:54	11:59
11:04	11:12	11:29	11:35	11:40	—	—	11:41	11:49	11:55	12:11P	12:17P
11:19	11:27	11:44	11:50	11:55	—	—	11:55	12:03P	12:10P	12:27	12:33
11:34	11:42	11:59	12:05P	12:11P	—	—	12:11P	12:19	12:26	12:43	12:49
11:49	11:57	12:14P	12:20	12:26	—	—	12:26	12:34	12:41	12:58	1:04
12:04P	12:12P	12:29	12:35	12:41	—	—	12:41	12:49	12:56	1:13	1:19
12:19	12:27	12:44	12:50	12:56	—	—	12:56	1:04	1:11	1:28	1:34
12:34	12:42	12:59	1:05	1:11	—	—	1:11	1:19	1:26	1:43	1:49
12:49	12:57	1:14	1:20	1:26	—	—	1:26	1:34	1:41	1:58	2:04
1:04	1:12	1:29	1:35	1:41	—	—	1:41	1:49	1:56	2:13	2:19
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3:19	3:27	3:44	3:50	3:55	—	—	3:55	4:03	4:10	4:26	4:32
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4:20	4:27	4:44	4:50	4:55	—	—	4:55	5:03	5:10	5:25	5:31
4:35	4:42	4:59	5:05	5:10	—	—	5:10	5:18	5:25	5:40	5:46
4:50	4:57	5:14	5:20	5:25	—	—	5:25	5:33	5:39	5:54	6:00
5:05	5:12	5:29	5:35	5:40	—	—	5:40	5:48	5:54	6:09	6:15
5:20	5:27	5:44	5:50	5:55	—	—	5:55	6:03	6:09	6:24	6:30
5:35	5:42	5:59	6:05	6:10	—	—	6:11	6:19	6:25	6:39	6:45
5:50	5:57	6:14	6:20	6:25	—	—	6:25	6:33	6:39	6:53	6:59
6:05	6:12	6:29	6:34	6:39	—	—	6:40	6:48	6:54	7:08	7:14
6:22	6:29	6:45	6:50	6:55	—	—	7:08	7:16	7:22	7:36	7:42
6:41	6:48	7:04	7:09	7:14	—	—	7:48	7:56	8:02	8:15	8:21
7:14	7:21	7:37	7:42	7:47	—	—	8:34	8:41	8:47	9:00	9:06
7:55	8:02	8:17	8:22	8:27	—	—	9:20	9:26	9:32	9:43	9:49
8:36	8:43	8:57	9:02	9:06	—	—	10:18	10:23	10:28	10:39	10:45
9:22	9:29	9:42	9:47	9:50	9:56P	11:08P	11:16	11:20	11:25	11:36	11:42
10:24	10:30	10:42	10:47	10:50	10:56	12:08A	12:16A	12:20A	12:25A	12:36A	12:42A
11:24	11:30	11:42	11:47	11:50	11:56						

Effective Jun 21 2020

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

LOS ANGELES	MID-CITY	PICO-UNION	DOWNTOWN LOS ANGELES			DOWNTOWN LOS ANGELES	PICO-UNION			MID-CITY	LOS ANGELES
1	2	3	4	5	6	7	5	4	3	2	1
Washington / Fairfax Transit Hub	Washington & La Brea	Washington & Vermont	Washington & Figueroa	Broadway & Venice	7th & Main	7th & Maple	Broadway & Venice	Washington & Figueroa	Washington & Vermont	Washington & La Brea	Washington / Fairfax Transit Hub
4:40A	4:46A	4:58A	5:03A	C5:07A	—	—	D4:44A	4:49A	4:54A	5:05A	5:11A
5:20	5:26	5:38	5:43	C5:47	—	—	D5:41	5:47	5:52	6:03	6:09
5:58	6:05	6:17	6:22	C6:26	—	—	D6:26	6:32	6:37	6:48	6:54
6:36	6:43	6:56	7:01	C7:05	—	—	6:49	6:55	7:00	7:12	7:18
7:12	7:20	7:35	7:40	C7:45	—	—	D7:10	7:16	7:21	7:33	7:39
7:49	7:57	8:13	8:18	C8:23	—	—	7:30	7:36	7:41	7:54	8:00
8:12	8:20	8:36	8:42	8:47	—	—	D7:50	7:56	8:01	8:14	8:20
8:32	8:40	8:56	9:02	C9:07	—	—	8:10	8:16	8:22	8:35	8:41
9:12	9:20	9:36	9:42	C9:47	—	—	D8:29	8:36	8:42	8:55	9:01
9:32	9:40	9:56	10:02	10:07	—	—	8:47	8:54	9:00	9:14	9:20
9:52	10:00	10:16	10:22	C10:27	—	—	D9:09	9:16	9:22	9:36	9:42
10:12	10:20	10:36	10:42	10:47	—	—	D9:29	9:36	9:42	9:56	10:02
10:32	10:40	10:56	11:02	C11:07	—	—	D9:49	9:56	10:02	10:16	10:22
10:52	11:00	11:16	11:22	11:27	—	—	10:07	10:14	10:20	10:34	10:40
11:12	11:20	11:36	11:42	C11:47	—	—	D10:29	10:36	10:42	10:56	11:02
11:32	11:40	11:56	12:02P	12:07P	—	—	10:47	10:54	11:00	11:14	11:20
11:52	11:59	12:16P	12:22	C12:27	—	—	D11:09	11:16	11:22	11:36	11:42
12:12P	12:20P	12:36	12:42	12:47	—	—	11:27	11:34	11:40	11:54	11:59
12:32	12:40	12:56	1:02	C1:07	—	—	D11:49	11:56	12:02P	12:17P	12:23P
12:52	1:00	1:16	1:22	1:27	—	—	12:07P	12:14P	12:20	12:35	12:41
1:12	1:20	1:36	1:42	C1:47	—	—	D12:29	12:36	12:42	12:57	1:03
1:32	1:40	1:56	2:02	2:07	—	—	12:47	12:54	1:00	1:15	1:21
1:52	2:00	2:16	2:22	C2:27	—	—	D1:09	1:16	1:22	1:37	1:43
2:32	2:40	2:56	3:02	C3:07	—	—	1:27	1:34	1:40	1:55	2:01
2:52	3:00	3:16	3:22	3:27	—	—	D1:49	1:56	2:02	2:17	2:23
3:12	3:20	3:36	3:42	C3:47	—	—	2:07	2:14	2:20	2:35	2:41
3:32	3:40	3:56	4:02	4:07	—	—	D2:29	2:36	2:42	2:57	3:03
3:51	3:59	4:15	4:21	C4:26	—	—	D2:50	2:57	3:03	3:18	3:24
4:13	4:20	4:36	4:42	4:47	—	—	D3:09	3:16	3:22	3:37	3:43
4:32	4:40	4:56	5:02	C5:07	—	—	3:27	3:34	3:40	3:55	4:01
4:52	5:00	5:16	5:22	5:27	—	—	D3:49	3:56	4:02	4:17	4:23
5:12	5:20	5:36	5:42	C5:47	—	—	4:07	4:14	4:20	4:35	4:41
5:31	5:39	5:55	6:01	6:06	—	—	D4:29	4:36	4:42	4:57	5:03
5:53	6:01	6:17	6:22	C6:27	—	—	4:47	4:54	5:00	5:15	5:21
6:12	6:19	6:35	6:40	6:45	—	—	D5:09	5:16	5		

Sunday and Holiday Schedules

Horarios de domingo y días feriados

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

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

Nextrip

Nextrip

Text "metro" and your intersection or stop number to 41411 (example: metro vignes&cesarechavez or metro 1563). You can also visit metro.net or call 511 and say "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 metro.net o llamar al 511 y decir "Nextrip"

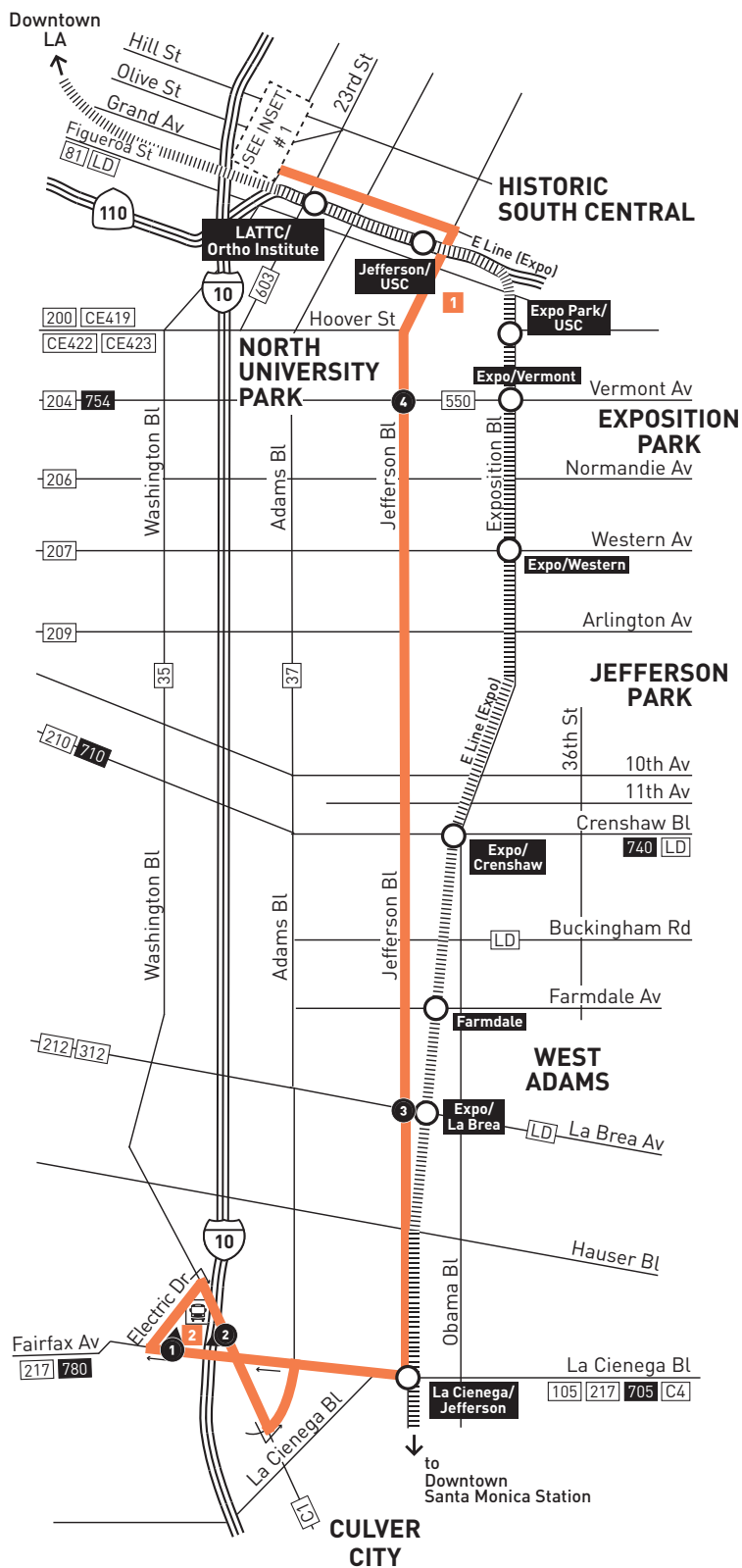
Special Notes

Avisos especiales

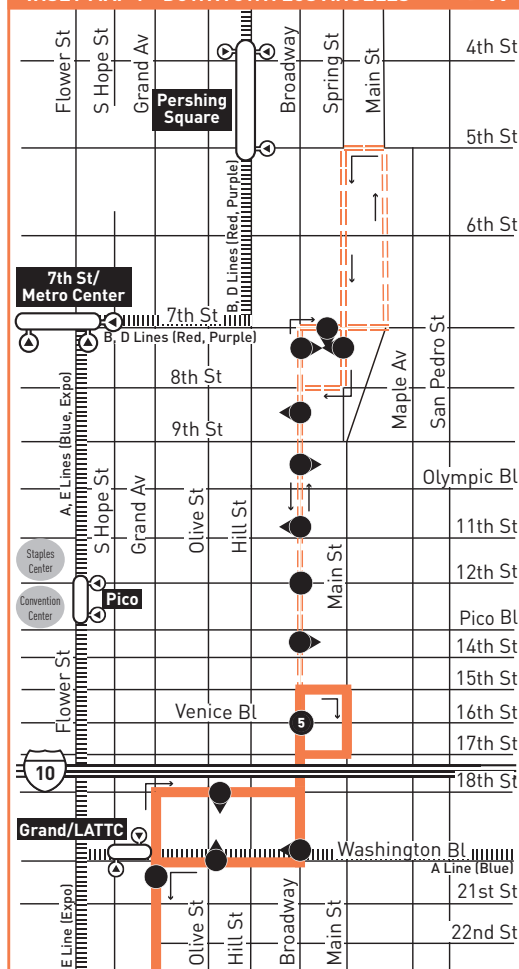
- ☐ Trip continues as Line 38 westbound via Jefferson Bl.
- ☐ Trip originates as Line 38 eastbound via Jefferson Bl.

- ☐ Viaje continua como Linea 38 hacia el oeste a traves de Jefferson Bl.
- ☐ Viaje comienza como Linea 38 hacia el este a traves de Jefferson Bl.

ROUTE MAP



INSET MAP 1 - DOWNTOWN LOS ANGELES



INSET 1 - DOWNTOWN LOS ANGELES

- Line 38 Route
- Trips Operate after 9:00pm
- Metro Rail Station
- Metro Rail Station Entrance
- Metro Rail

LEGEND

- Line 38 Route
- Local Stop Timepoint
- Local Stop Timepoint - Single Direction Only
- Local Stop
- Local Stop - Single Direction Only
- Metro Rail Station
- Transit Center
- C Culver CityBus
- CE LADOT Commuter Express
- LD LADOT DASH

Monday through Friday

Effective Jun 21 2020

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Eastbound Al Este (Approximate Times / Tiempos Aproximados)

LOS ANGELES	WEST ADAMS	EXPOSITION PARK	DOWNTOWN LOS ANGELES
2	3	4	5
Washington / Fairfax Transit Hub	Jefferson & La Brea	Jefferson & Vermont	Broadway & Venice
			G
4:17A	4:25A	4:36A	4:46A
5:10	5:18	5:31	5:41
6:07	6:16	6:30	6:40
6:35	6:44	6:58	7:10
7:04	7:13	7:29	7:41
7:33	7:42	7:58	8:10
8:03	8:12	8:28	8:40
8:32	8:41	8:58	9:11
9:01	9:10	9:27	9:40
9:31	9:40	9:57	10:10
10:01	10:10	10:27	10:40
10:30	10:39	10:57	11:10
11:01	11:10	11:28	11:41
11:30	11:40	11:58	12:11P
11:59	12:10P	12:28P	12:41
12:30P	12:40	12:58	1:11
1:00	1:10	1:28	1:41
1:30	1:40	1:58	2:11
2:00	2:10	2:28	2:41
2:30	2:40	2:58	3:11
3:00	3:10	3:28	3:41
3:29	3:39	3:57	4:10
3:59	4:09	4:27	4:40
4:29	4:39	4:57	5:10
4:59	5:09	5:27	5:40
5:30	5:40	5:58	6:11
6:01	6:10	6:27	6:40
6:29	6:38	6:55	7:08
7:12	7:21	7:37	7:48
7:59	8:08	8:23	8:34
8:45	8:54	9:09	9:20
8:53	9:02	9:16	B 9:32
9:47	9:55	10:07	10:18
10:00	10:08	10:20	B 10:35
10:30	10:38	10:50	B 11:05
11:00	11:08	11:19	B 11:33
11:30	11:38	11:49	B 12:03A
—	—	E 12:49A	B 1:03

Westbound Al Oeste (Approximate Times / Tiempo Aproximados)

DOWNTOWN LOS ANGELES	EXPOSITION PARK	WEST ADAMS	LOS ANGELES
5	4	3	1
Broadway & Venice	Jefferson & Vermont	Jefferson & La Brea	Washington / Fairfax Transit Hub
H			
4:57A	5:08A	5:20A	5:26A
5:32	5:44	5:56	6:02
6:08	6:20	6:32	6:38
6:34	6:47	7:00	7:06
7:10	7:23	7:37	7:43
7:40	7:53	8:07	8:13
8:10	8:24	8:38	8:44
8:40	8:54	9:09	9:15
9:10	9:25	9:40	9:46
9:40	9:55	10:10	10:16
10:10	10:26	10:42	10:48
10:40	10:56	11:12	11:18
11:10	11:26	11:42	11:48
11:40	11:56	12:13P	12:19P
12:11P	12:29P	12:46	12:52
12:41	12:59	1:16	1:22
1:11	1:29	1:46	1:52
1:41	1:59	2:16	2:23
2:11	2:29	2:46	2:53
2:41	2:59	3:16	3:23
3:11	3:29	3:46	3:53
3:40	3:57	4:14	4:21
4:10	4:27	4:44	4:51
4:40	4:57	5:14	5:21
5:10	5:26	5:43	5:50
5:40	5:56	6:13	6:20
6:10	6:26	6:43	6:49
6:39	6:55	7:11	7:17
7:14	7:30	7:45	7:51
7:47	8:03	8:18	8:24
8:27	8:41	8:55	9:01
9:06	9:19	9:32	9:38
C 9:39	9:55	10:08	10:14
C 10:12	10:28	10:40	10:46
C 10:41	10:57	11:09	11:15
C 11:12A	11:27	11:39	11:45
C 12:12	D 12:27A	—	—

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

LOS ANGELES	WEST ADAMS	EXPOSITION PARK	DOWNTOWN LOS ANGELES
2	3	4	5
Washington / Fairfax Transit Hub	Jefferson & La Brea	Jefferson & Vermont	Broadway & Venice G
4:15A	4:23A	4:34A	4:44A
5:12	5:20	5:31	5:41
5:55	6:03	6:16	6:26
6:38	6:46	7:00	7:10
7:17	7:26	7:40	7:50
7:56	8:05	8:19	8:29
8:34	8:43	8:58	9:09
8:53	9:02	9:18	9:29
9:12	9:21	9:38	9:49
9:52	10:01	10:18	10:29
10:32	10:41	10:58	11:09
11:12	11:21	11:38	11:49
11:50	11:59	12:17P	12:29P
12:28P	12:37P	12:55	1:09
1:09	1:18	1:36	1:49
1:49	1:58	2:16	2:29
2:11	2:20	2:37	2:50
2:30	2:39	2:56	3:09
3:10	3:19	3:36	3:49
3:50	3:59	4:16	4:29
4:30	4:39	4:56	5:09
5:13	5:22	5:38	5:49
5:53	6:02	6:18	6:29
6:33	6:42	6:58	7:09
7:14	7:23	7:38	7:49
7:54	8:03	8:18	8:29
8:40	8:49	9:04	9:15
8:53	9:02	9:16	B9:32
9:42	9:50	10:03	10:14
10:00	10:08	10:20	B10:35
10:30	10:38	10:50	B11:05
11:00	11:08	11:19	B11:33
11:30	11:38	11:49	B12:03A
—	—	E12:49A	B1:03

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

DOWNTOWN LOS ANGELES	EXPOSITION PARK	WEST ADAMS	LOS ANGELES
5	4	3	1
Broadway & Venice H	Jefferson & Vermont	Jefferson & La Brea	Washington / Fairfax Transit Hub
5:07A	5:19A	5:31A	5:37A
5:47	5:58	6:10	6:16
6:26	6:38	6:50	6:56
7:05	7:17	7:30	7:36
7:45	7:57	8:10	8:16
8:23	8:36	8:49	8:55
9:07	9:21	9:36	9:42
9:47	10:01	10:16	10:22
10:27	10:42	10:58	11:04
11:07	11:22	11:38	11:44
11:47	12:02P	12:18P	12:24P
12:27P	12:43	12:59	1:05
1:07	1:23	1:39	1:45
1:47	2:03	2:19	2:25
2:27	2:43	2:59	3:05
3:07	3:23	3:39	3:45
3:47	4:03	4:19	4:25
4:26	4:42	4:57	5:03
5:07	5:23	5:38	5:44
5:47	6:03	6:18	6:24
6:27	6:42	6:57	7:03
7:07	7:22	7:37	7:43
7:47	8:02	8:17	8:23
8:27	8:41	8:55	9:01
9:06	9:19	9:32	9:38
C9:39	9:55	10:08	10:14
C10:12	10:28	10:40	10:46
C10:41	10:57	11:09	11:15
C11:12	11:27	11:39	11:45
C12:12A	D12:27A	—	—

Holiday Schedule

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

Horario de días feriados

A partir del horario del domingo y días feriados 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 & cesar e. chavez or metro 1563). You can also visit 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 metro.net o llamar al 511 y decir "Nextrip"

Special Notes

- B** Trip terminates at Spring & 7th at time shown.
- C** Trip originates at Spring & 7th at time shown.
- D** Trip terminates at Jefferson & 10th 8 minutes after time shown.
- E** Trip originates at Jefferson & 10th 7 minutes before time shown.
- G** Trip continues as Line 35 via Washington Bl unless otherwise noted.
- H** Trip originates from Line 35 via Washington Bl unless otherwise noted.

Avisos especiales

- B** Viaje termina en Spring y 7th a la hora mostrada.
- C** Viaje comienza en Spring y 7th a la hora mostrada.
- D** Viaje termina en Jefferson y 10th 8 minutos despues de la hora mostrada.
- E** Viaje comienza en Jefferson y 10th 7 minutos antes de la hora mostrada.
- G** Viaje continua como Linea 35 a traves de Washington Bl a menos que se indique lo contrario.
- H** Viaje comienza como Linea 35 a traves de Washington Bl a menos que se indique lo contrario.

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



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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CMHS-SVP-0126

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.

www.OurHouse-Grief.org

West LA | Woodland Hills | Koreatown
(888) 417-1444

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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, grievers 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."

Grievers 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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