

# RESIDENT RESOURCE GUIDE

## REGENCY TOWERS

Prepared by



Housing Corporation of America  
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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 within the aisles, looking down the length of the shelves. The lighting is somewhat dim, creating a quiet, studious atmosphere. 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 Venice**

(310) 390-4477

2232 Lincoln Blvd.

Venice, CA 90291

<https://www.bgcw.org>

*The Boys & Girls Club of Venice supports over 4,000 kids in the greater Venice area. Upholding national guidelines for program content, delivery and quality, a growing number of Boys & Girls Clubs now provide programs for over three million youth across our country and in military bases overseas. We offer a broad array of academic, health, artistic, and leadership programs for our students. Our mission is to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.*

### **Crenshaw Family YMCA**

(323) 292-9195

3820 Santa Rosalia Dr.

Los Angeles, CA 90008

<https://www.ymcala.org/cren>

*The Y is made up of people from all backgrounds working together to strengthen their community. Together we work to ensure that everyone, regardless of*

*ability, age, cultural background, disability, ethnicity, faith, gender, gender identity, ideology, immigrant status, income, race, sex or sexual orientation has the opportunity to reach their full potential. We provide childcare, first aid and safety programs, health services, and recreational programs.*

### **Jim Gilliam Recreation Center**

(323) 291-5928

4000 S La Brea Ave.

Los Angeles, CA 90048

<https://www.laparks.org/reccenter/jim-gilliam>

*The Jim Gilliam Rec Center offers after-school programs such as Winter Basketball Co-Ed Jr. Clippers League and Winter Girls Play LA Basketball League, Girls Play LA Volleyball and Dance Classes, CLASS Parks Teen Club, Recreational Classes such as Ping Pong and Board Games, LA Kids (Beginning Ballet, Drumming Lessons, and Hip Hop Dance), and Weight Lifting.*

### **Star Education**

(310) 842-8542

10101 Jefferson Blvd.

Culver City, CA 90232

<https://www.starinc.org>

*STAR Education is a charitable 501(c)(3) non-profit organization that has been the leader in educational after school programming and community-based cultural enrichment projects for over 25 years. STAR services more than 500 schools in 61 school districts, reaching over a million students and their families every year. STAR works with students, families, schools and communities to provide exceptional educational and cultural enrichment opportunities.*



**Unusual Suspects**

(323) 739-0768

3719 Verdugo Rd.

Los Angeles, CA 90065

<https://theunusalsuspects.org>

*We are a nonprofit offering theatre art, after-school, and mentoring programs for Los Angeles' youth. The mission of The Unusual Suspects Theatre Company is to mentor, educate, and enrich youth through the creation of collaborative, original theatre. Unusual Suspects' mission supports our vision of a world where all youth are given the opportunities and support they need to succeed.*

**YouthSource Center**

(310) 572-7680

3415 S. Sepulveda Blvd. #370

Los Angeles, CA 90034

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

**hand2mine**

<https://www.hand2mindathome.com>

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

**Khan Academy**

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

*Free, world-class education for kids ages 7 and up. Program offers homework help, practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We tackle math, science, computer programming, history, art history, economics, and more.*

**Khan Academy - Kids**

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

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

**Kitchen Table Classroom**

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

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

**Learn to Be**

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

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

**SkillShare**

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

*Skillshare is an online learning community with thousands of classes for creative and curious people, on topics including illustration, design, photography, video, freelancing, and more.*

**UPchieve**

<https://upchieve.org/>

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



# AMENITIES



## ARTS & CULTURE

### **California African American Museum**

(213) 744-7432

600 State Dr.

Los Angeles, CA 90037

<https://caamuseum.org>

*Founded in 1977, CAAM has a long and rich history. The first African American museum of art, history, and culture fully supported by a state, CAAM was the direct result of a sustained, multiyear campaign of activism undertaken by visionary founders and community members. The California African American Museum's mission is to research, collect, preserve, and interpret for public enrichment the history, art, and culture of African Americans with an emphasis on California and the western United States.*

### **ESMoA**

(424) 277-1020

208 Main St.

El Segundo, CA 90245

<https://esmoa.org>

*ESMoA is an art laboratory located in El Segundo, California and it is run by artlab21 Foundation. Our mission is to Spread the Spark of Creativity through the display and education of visual arts. ESMoA functions as a catalyst for creative thinking offering unique Experiences. The Experiences - our word for exhibition/exhibit - present a variety of media, including sculpture, painting, works on paper, performances, and photography.*

### **Kirk Douglas Theatre**

(213) 628-2772

9820 Washington Blvd

Culver City, CA 90232

<https://www.centertheatregroup.org>

*The Kirk Douglas Theatre is a 317-seat theater located in Downtown Culver City. Since 2004 it has been operated by the Center Theatre Group and is home for adventurous new work. It's where CTG does the most world premieres, plays with conventions, and takes risks, fueling an all-encompassing experience.*

### **LACMA**

(323) 857-6000

5905 Wilshire Blvd.

Los Angeles, CA 90036

<https://www.lacma.org>

*LACMA is the largest art museum in the western United States, with a collection of more than 142,000 objects that illuminate 6,000 years of artistic expression across the globe. Committed to showcasing a multitude of art histories, LACMA exhibits and interprets works of art from new and unexpected points of view that are informed by the region's rich cultural heritage and diverse population. LACMA's spirit of experimentation is reflected in its work with artists, technologists, and thought leaders as well as in its regional, national, and global partnerships to share collections and programs, create pioneering initiatives, and engage new audiences.*

### **MI's Westside Comedy Theatre**

(310) 451-0850

1323-A 3<sup>rd</sup> St. Promenade

Santa Monica, CA 90401

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

*In 1998 six guys from the improv group Mission IMPROVable at UMASS Amherst moved to Chicago, the Mecca of improv, to continue to learn and perform the art of improvisation. In 2002, the first handful of M.i. guys came out to Los Angeles to develop a sketch pilot for MTV. Since then, continued to be permanent fixtures on many of LA's most popular comedy stages. On April 1st, 2009 (yes, April Fools Day) Mission IMPROVable bought Mi's Westside Comedy Theater. The owners of the theater still perform regularly every Thursday night at 10PM for free in The Grind; and you can see the home company of the show that started it all, Mission IMPROVable, every Friday and Saturday at 10PM.*

### **Museum of African American Art**

(323) 294-7071

4005 Crenshaw Blvd

Los Angeles, CA 90008

<https://www.maaala.org>

*The Museum of African American Art is a nonprofit 501(c)(3) cultural institution in Los Angeles that educates visitors of all ages about the arts through the lens of African American culture. Exhibits and programs at MAAA allow artists and their work to inspire new thinking about issues that intersect with the shared experiences of people across the African diaspora and beyond. The museum's uniquely accessible art space allows us to exhibit the work of extraordinary local artists and bring meaningful art experiences to the public. MAAA proudly welcomes all visitors with FREE admission, serves as an important community gathering space, and creates educational experiences for students and lifelong learners.*

### **The Museum of Jurassic Technology**

(310) 836-6131

9341 Venice Blvd.

Culver City, CA 90232

<https://www.mjt.org>

*The Museum of Jurassic Technology in Los Angeles, California is an educational institution dedicated to the advancement of knowledge and the public appreciation of the Lower Jurassic. Like a coat of two colors, the Museum serves dual functions. On the one hand the Museum provides the academic community with a specialized repository of relics and artifacts from the Lower Jurassic, with an emphasis on those that demonstrate unusual or curious technological qualities. On the other hand the Museum serves the general public by providing the visitor a hands-on experience of "life in the Jurassic."*

### **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.*

### **Odyssey Theatre**

(310) 477-2055

2055 S Sepulveda Blvd.

Los Angeles, CA 90025

<http://www.odysseytheatre.com>

*The Odyssey Theatre Ensemble is Los Angeles' oldest 99-seat theater complex. Founded in 1969 by Artistic Director Ron Sossi, the Odyssey is recognized nationally and internationally as Los Angeles' flagship innovation-oriented theater and presenter of international work.*

### **Old Town Music Hall**

(310) 322-2592

140 Richmond St.

El Segundo, CA 90245

<http://www.oldtownmusichall.org>

*Old Town Music Hall is a treasured cultural landmark located in El Segundo, California, not far from the Los Angeles International Airport. Since 1968, Old Town Music Hall has been showing vintage silent and sound films and presenting live concerts by some of the world's finest performers of jazz, ragtime, and popular music from the past. Silent films are accompanied by the Mighty Wurlitzer, a massive 1925 wind-powered pipe organ that has been meticulously preserved so that silent classics can be experienced with live musical accompaniment, just as they did when they were first shown. It's something you really have to see and hear to believe.*

### **Pacific Resident Theatre**

(310) 822-8392

703 Venice Blvd.

Venice, CA 90291

<https://pacificresidenttheatre.com>

*Celebrating 30 years in Venice, California's burgeoning arts district, Pacific Resident Theatre is a company founded by actors and dedicated to producing classics, rarely performed plays, and the works of new writers. This theatre also offers acting classes for adults and youth.*

### **The Underground Museum**

(323) 989-9925

3508 W Washington Blvd.

Los Angeles, CA 90018

<https://theunderground-museum.org>

*MOCA and The Underground Museum launched a multiyear collaboration that realizes exhibitions developed by the late artist Noah Davis that use works from MOCA's esteemed collection of contemporary art. Davis, along with his wife and fellow artist Karon Davis, conceived of The Underground Museum as a space for exhibitions, events, dialogue, and artist collaborations. Located in the working-class neighborhood of Arlington Heights, The Underground Museum is a cultural outpost complete with a garden and film screenings, dedicated to ensuring access to contemporary art and ideas for all of LA's residents.*

### **The Wende Museum**

(310) 216-1600

10808 Culver Blvd.

Culver City, CA 90230

<http://www.wendemuseum.org>

*The mission of the Wende Museum is to preserve Cold War art, culture, and history from the Soviet Bloc countries, inspire a broad understanding of the period, and explore its enduring legacy. Named for the Wende (pronounced "venda"), a German word meaning "turning point" or "change"*

that has come to describe the transformative period leading up to and following the fall of the Berlin Wall in 1989, the Wende Museum: collects and preserves artwork, artifacts, archives, films, and personal histories from Cold War-era Eastern Europe and the Soviet Union relating to the period 1945-1991;

challenges and engages the public through experimental exhibitions and interdisciplinary programming inspired by the collection; and illuminates the past and informs the present through creative collaborations with contemporary artists and designers; and educates students.

## GROCERY STORES

### **99 Cents Only**

(310) 258-9490  
6921 La Tijera Blvd.  
Los Angeles, CA 90045  
<https://www.99only.com>

### **ALDI**

(855) 955-2534  
3330 W Century Blvd.  
Inglewood, CA 90303  
<https://www.aldi.us/en/>

### **CVS**

(310) 670-3335  
5399 West Centinela Ave.  
Los Angeles, CA 90045  
<https://www.cvs.com>

### **Mitsuwa Marketplace**

(310) 398-2113  
3760 S Centinela Ave.  
Los Angeles, CA 90066  
<https://mitsuwa.com/sm/>

### **Northgate Market**

(310) 390-9639  
4700 Inglewood Blvd.  
Culver City, CA 90230  
<https://www.northgatemarket.com>

### **Ralph's**

(310) 673-6365  
950 N La Brea Ave.  
Inglewood, CA 90302  
<https://www.ralphs.com>

### **Rite Aid**

(323) 295-9661  
3230 W Slauson Ave.  
Los Angeles, CA 90043  
<https://riteaid.com>

### **Smart & Final**

(310) 673-4997  
1575 Centinela Ave.  
Inglewood, CA 90302  
<https://www.smartandfinal.com>

### **Sprouts**

(310) 591-1028  
5660 Sepulveda Blvd.  
Culver City, CA 90230  
<https://www.sprouts.com>

### **Target**

(310) 754-4614  
6000 Sepulveda Blvd, Ste 2250  
Culver City, CA 90230  
<https://target.com>

**Trader Joe's**

(310) 338-9238  
8645 S Sepulveda  
Westchester, CA 90045  
<https://www.traderjoes.com>

**VONS**

(310) 677-0286  
500 E Manchester Blvd.  
Inglewood, CA 90301  
<https://www.vons.com>

**Walgreens**

(310) 671-2471  
230 N La Brea Ave.  
Inglewood, CA 90301  
<https://www.walgreens.com>

**Whole Foods**

(310) 862-9900  
12746 W Jefferson Blvd.  
Playa Vista, CA 90094  
<https://www.wholefoodsmarket.com>

## LEISURE

**ArcLight**

(323) 615-2550  
9500 Culver Blvd.  
Culver City, CA 90232  
<https://www.arclightcinemas.com>  
*A 12-screen movie theatre showing the latest and greatest films. This theatre offers ArcLight's signature amenities, including reserved seating, black-box auditoriums, commercial-free movies, and gourmet cuisine, as well as 21+ screenings and our newly enhanced Membership program.*

**Bowlero**

(310) 670-0688  
8731 Lincoln Blvd.  
Westchester, CA 90045  
<https://www.bowlero.com>  
*It's the bowling/dining/nightlife experience that's packed with amusing throwbacks and ready to amaze. Bowlero is a blacklight bowling, retro-inspired hangout powered by interactive arcade games, signature cocktails, an outrageous menu of Oversized Shareables, and... nostalgia. Forget everything you thought bowling could be—*

*and experience the kind of epic fun that only happens when you go Bowlero.*

**Color Me Mine**

(424) 702-5757  
6081 Center Dr.  
Los Angeles, CA 90045  
<https://westchester.colormemine.com>  
*Color Me Mine is a paint-your-own-pottery studio dedicated to exploring The Art of Having Fun! Choose from our wide selection of ceramic items and paint it however you'd like. We have 60 colors to paint with and a variety of tools and techniques we can teach you to bring your vision to life. When you're finished painting, leave it with us! We hand glaze and fire each piece and will let you know when it's ready for pick-up.*

**Cinemark 18 and XD**

(310) 568-3394  
6081 Center Dr. Ste 201  
Los Angeles, CA 90045  
<https://www.cinemark.com>  
*This 18-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.

### **Good Dirt LA**

(424) 835-4034

4505 S Centinela Ave.

Los Angeles, CA 90066

<https://www.gooddirtla.com>

Good Dirt LA is an intimate pottery studio in Los Angeles designed to give everyone from beginners to experienced potters an engaging and welcoming studio experience. Our warm and knowledgeable instructors will encourage you to explore your own creative vision in clay and to trust your curiosity to guide your learning process. We do not divide students by experience level. We offer the unique experience of mixed levels classes in which you will learn not only from your instructor, but also by observing your peers, and doing

your own experimentation. This open and flexible environment encourages students to connect with each other and the feeling of clay, often making lasting friendships while diving deep into a new hobby. At the very least, you will take home a unique piece of pottery, handmade by you!

### **Maze Rooms - Escape Room**

(310) 595-2881

4365 Sepulveda Blvd.

Culver City, CA 90230

Have a thrilling experience with friends and family! Real-life room escape games are a type of physical adventure game in which people are "locked" in a room with other participants and have to use elements of the room to solve a series of puzzles, find clues and escape the room within a set time limit. Work as a team, have fun, and find a way out!

### **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.

## **PARKS & RECREATION**

### **Central Park at Playa Vista**

12045 Waterfront Dr.

Los Angeles, CA 90045

<https://playavista.com/parks-rec/>

This 9-acre site is a beautiful photogenic park with manmade topography to achieve

variety of relaxing, stimulating outdoor rooms, banks of amphitheaters, artful planting of sustainable cacti and other flora, compositional and systematically configured artificial alleys and valleys with visual vistas running North and South. There are 2 soccer fields, basketball courts, ponds, picnic tables, a playground, sand volleyball court, amphitheater, and walking trails.

### **Chester Washington Golf Course**

(323) 756-2516

1930 West 120th St.

Los Angeles, CA 90047

<https://www.chesterwashington.com>

*Chester Washington Golf Course, with its rolling tree-lined fairways and subtle breaking greens, offers golfers of all skill levels a challenging day of golf. Conveniently located near downtown Los Angeles and the LA Airport, this par 70 layout once hosted the Gardena Open. The course offers a fully stocked Pro Shop and a beautiful driving range for guests' enjoyment. Chester Washington Golf Course was a proud finalist for the Los Angeles County Course of the Year award in 2006.*

### **Culver City Park**

(310) 253-6470

9910 Jefferson Blvd.

Culver City, CA 90232

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

*Bring your family and friends to Culver City Park. This 41.5-acre space offers hours of fun. This park offers BBQ's, covered and uncovered picnic areas, and a recreation hut. They also offer playgrounds, basketball courts, multi-purpose sports fields, baseball/softballs*

*diamonds, walking/jogging paths, and a skate park. This park is also dog friendly.*

### **Dockweiler State Beach**

(424) 526-7777

12001 Vista Del Mar

Playa Del Rey, CA 90293

<https://beaches.lacounty.gov/dockweiler-beach/>

*Dockweiler State Beach has 3.7 miles of ocean frontage and 288 acres of beach. Amenities include restrooms, showers, picnic facilities, fire rings, and volleyball nets. The bicycle path is readily accessible, which many visitors use for rollerblading, jogging, and of course, bicycling. Jetties at the north end of the beach provide ideal fishing opportunities. Shore fishing is also popular. This beach also has a Recreational Vehicle Park with 118 full hook-up spaces.*

### **Edward Vincent Jr. Park**

(310) 412-5370

700 Warren Ln.

Inglewood, CA 90302

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

*Edward Vincent Jr. Park is a 55-acre park. This park offers a baseball/softball diamond, basketball courts, picnic areas, soccer field, tennis courts, and a pool complex. There are also 5 playgrounds, a community playhouse, multipurpose room, Veteran's memorial building, and an outdoor amphitheater.*

### **Fox Hills Park**

(310) 391-9152

Green Valley Circle & Buckingham Pkwy.

Culver City, CA 90230

<https://www.culvercity.org>

*Fox Hills Park is a 10-acre neighborhood park. This park offers BBQ's, basketball*

courts, tennis courts, volleyball courts, softball field, parcourse, picnic areas, playgrounds, recreation hut, and walking/jogging paths.

### **Ladera Park**

(323) 298-3629

6027 Ladera Park Ave.

Los Angeles, CA 90040

<https://parks.lacounty.gov/ladera-park/>

The sloped greenery of the 16-acre Ladera Park is an attractive sight. Leisure recreation activities such as family reunions, and church picnics are very popular at Ladera Park, as well as numerous organized recreational activities. The park offers programs and services for all ages from youth to adult. Senior Citizens from Ladera Heights, View Park, and Windsor Hills are very active participants of the Ladera Park Seniors Club.

### **Kenneth Hahn State Recreation State Area**

(323) 298-3660

4100 S La Cienega Blvd.

Los Angeles, CA 90056

<http://www.parks.ca.gov/>

Kenneth Hahn State Recreation State Area 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. This space also offers a half basketball court, multi-purpose field, sand volleyball court, four playgrounds, and two lighted baseball diamonds.

### **Marina Beach**

(310) 305-9503

4135 Admiralty Way

Marina del Rey, CA 90292

<https://beaches.lacounty.gov/marina-beach/>

Marina Beach, or "Mother's Beach" as it is referred to by local residents, is a family- and kid-friendly, man-made beach in Marina del Rey. Developed as a part of Marina del Rey in 1957 and officially dedicated in 1965, this beach provides a safe environment for kids because there is no surf in the swimming area. The area is comprised of almost a half-mile of sandy beach with volleyball courts, picnic areas, barbecues, showers, and restrooms.

### **Rueben Ingold Park**

(323) 586-6543

4400 Mount Vernon Dr

Los Angeles, CA 90032

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

Take a visit to Reuben Ingold Parkway nestled in the beautiful community of Baldwin Hills and you will find exercise enthusiasts of all ages and ability enjoying the view and getting into shape. Whether you are taking a walk or running on the newly surfaced walkway it is an ideal location to enjoy a safe outdoor workout. In 1978, Los Angeles County Supervisor Kenneth Hahn renamed Mount Vernon Parkway, the Reuben F. Ingold Parkway in memory of the late Reuben Ingold. It is located on a bluff on the east edge of the Baldwin Hills in Los Angeles, and offers an excellent view of the eastern ridge of the Kenneth Hahn State Recreation Area and the La Brea Greenbelt.

### **Vista del Mar Park**

(310) 836-1040

Vista del Mar & Century Blvd

Playa Vista, CA 90293

<https://www.laparks.org>

*Enjoy the beach at the park! Come relax at this little getaway. This park includes a children's play area, picnic tables, and grass area.*

### **Venice Beach**

(310) 650-3255

1500 Ocean Front Walk

Venice, CA 90291

<http://www.venicebeach.com>

*If art is life, then life is the art of capturing experience. Venice calls to the artist in all of us, inviting individuals to shed the normal and reach for the new, raw and eclectic. From soaking up the beautiful Bay views across sprawling sand beaches to shopping for treasures among Beat generation artists and poets, we invite you to explore, experience and enjoy the ways Venice speaks to your soul.*

### **Westchester Golf Course**

(310) 649-9173

6900 W. Manchester Ave.

Los Angeles, CA 90045

<https://www.westchestergc.com>

*Conveniently located just north of LAX, near popular Westside beaches and communities, this 18-hole, 4,364-yard public golf course is a fun and affordable challenge for golfers of all abilities. The course has a casual feel to it, with impeccable greens, nighttime play, daily instruction, and a newly renovated driving range. Perfect for scheduled play, spontaneous practice, or for golfers awaiting a flight - Westchester Golf Course delivers great golf, every time.*

## **SCHOOLS & COLLEGES**

### **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.

### **Century Community Charter**

(310) 412-2286

901 S. Maple St.

Inglewood, CA 90301

<http://centurycommunitycharter.weebly.com>

*Our Mission is to provide middle school-aged students a safe, secure, and positive learning environment that facilitates the growth and development of urban students beginning with the sixth grade. Our students will be empowered with the ability to read, write, speak and calculate with clarity in order to excel in a 21st century global society. Century Community Charter School (CCCS) enables students to become self-motivated, lifelong learners by providing a multi-cultural, student-centered environment in which the targeted students will be held to high academic and behavioral standards. CCCS is driven to operate a school that will significantly outperform other public schools in the surrounding areas in preparing our students to succeed in secondary and post-secondary education.*

### **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.*

### **Crosier Middle School**

(310) 680-5280

120 W Regent St.

Inglewood, CA 90301

<https://crozier.inglewoodusd.com>

*Our mission is to nurture, educate, and graduate students who are self-responsible and self-disciplined; who are critical and creative thinkers; who master the core academic disciplines; and who are advocates for equity and social justice for self and their community. At every point along their educational journey, each student will be provided personalized opportunities and equitable resources for consistent academic and social-emotional growth, steady progress toward high school completion, and readiness for post-secondary experiences of their choosing.*

**Highland Elementary School**

(310) 680-5460

430 Venice Way

Inglewood, CA 90302

<https://highland.inglewoodusd.com>

*The mission of the Inglewood Unified School District is to ensure that all our students are taught rigorous standards-based curriculum supported by highly qualified staff in an exemplary educational system characterized by high student achievement, social development, safe schools, and effective partnerships with all segments of the community. Our school focuses on each individual child to ensure that all students are making progress to reach their potential. The foundations of instruction at Highland are based on a rigorous research-based curriculum; high-performance expectations; and open and ongoing communication and collaboration between all stakeholders, which results in a climate and school culture of excellence, expectation, and achievement.*

**Inglewood High School**

(310) 680-5200

231 S. Grevillea St.

Inglewood, CA 90301

<https://ihs.inglewoodusd.com>

*The mission of Inglewood High School is to ensure that all students are taught rigorous standards-based curriculum supported by highly qualified staff in an exemplary educational system characterized by high student achievement, social development, safe schools, and effective partnerships with all segments of the community. The vision of Inglewood High School is to provide a learning environment that empowers all students to acquire the academic and social skills needed to become productive citizens and lifelong learners in a global economy.*

**La Tijera Charter School**

(310) 680-5260

1415 N. La Tijera

Inglewood, CA 90302

<https://latijera.inglewoodusd.com>

*At La Tijera, all students will be empowered to be active participants in their learning with the support of staff, teachers, parents, and the community to become lifelong learners who successfully contribute and participate in a global society. The faculty and staff of La Tijera K-8 Academy of Excellence Charter School is committed to preparing each student for growth so that they may excel academically and socially by providing them with a rigorous standards based curriculum through research based instruction in a safe and welcoming environment.*

**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.*

**National University**

(310) 662-2000

5245 Pacific Concourse Dr. Ste 100

Los Angeles, CA 90045

<https://www.nu.edu/>

*National University Los Angeles offers flexible degree programs, on-campus and online courses, and small class sizes. Our student-focused approach to higher education is reflected in our one-class-per-month format. With night, weekend, and online classes, our accredited school is one of the most accessible of all Los Angeles universities in the city.*

### **Open Magnet Charter School**

(310) 568-0735

5540 W 77th St.

Los Angeles, CA 90045

<http://www.opencharter.org>

*Open Magnet Charter is an Affiliated-Charter and Magnet Elementary School (K-5) in the Los Angeles Unified School District. Like an oasis away from the busy city, Open students, parents, and staff come together to build a true learning community where students learn through meaningful experiences. Teams of two teachers sharing the same "cluster" of multi-age students design the instructional program to create a thematic project-based curriculum. Enrichment programs covering visual arts, vocal arts, orchestra, physical education, and gardening are also integrated. With its constructivist approach to teaching and a dedicated and diverse school community, Open is one of the most unique schools in the district.*

### **OTIS College of Art and Design**

(310) 665-6800

9045 Lincoln Blvd

Los Angeles, CA 90045

<https://www.otis.edu>

*The mission of Otis College is to prepare diverse students of art and design to enrich*

*our world through their creativity, their skill, and their vision. At Otis College, we don't sit by and watch. We look at the world and look again. We get inspiration from everywhere. We need to make—and try everything. We work hard and work is our play. We experiment, we fail, and we grow. We use all the tools. The city is our soul—Los Angeles—where dreams meet discipline. We don't just welcome, support, and include. Diversity defines us.*

### **Pepperdine University**

(310) 568-5500

6100 Center Dr.

Los Angeles, CA 90045

<https://www.pepperdine.edu>

*Pepperdine University will be a preeminent, global, Christian university, known for the integration of faith and learning, whose graduates lead purposeful lives as servant-minded leaders throughout the world. Our vision statement declares what we intend to become. George Pepperdine envisioned an institution that would transform students' lives so that they would, in turn, impact culture. He imagined a vast body of alumni—men and women conscious of their good fortune, recipients of the generous gift of a Christian education—who would feel the moral imperative to serve others sacrificially.*

### **USC**

(213) 740-2311

3551 Trousdale Pkwy.

Los Angeles, CA 90089

<https://www.usc.edu>

*The University of Southern California 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. All students at West have the opportunity for success. The college awards more than 1,000 degree and certificates in 39 different fields. Each year, West sends more than 300 transfer students to four-year college 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://www.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.*

### **HHLA**

(310) 641-8073  
6081 Center Dr.  
Los Angeles, CA 90045  
<https://shophhla.com>

*Welcome to HHLA - A dynamic mixed-use of entertainment, retail and dining destination in the heart of the city. Bold, iconic, and inspired by the City of Los Angeles, the newly renovated HHLA is an innovative landmark with Insta-worthy aesthetics. Conveniently located off the 405 freeway, the brand-new space will be a haven for foodies, film buffs, families, shoppers, tourists, and adventure seekers, connecting both visitors and locals with exciting brands, restaurants and bars, world-class cinemas, and modern entertainment experiences all set within one dynamic, walkable location.*

### **The Runway**

12746 W Jefferson Blvd.  
Los Angeles, CA 90094  
*RUNWAY at Playa Vista is the centerpiece of Playa Vista, the first new community in West Los Angeles in 50 years and wildly popular*



today as a place to live and work. Only 1.5 miles from the Pacific Ocean, RUNWAY is the social hub of Playa Vista with its state-of-the-art cinema, unique restaurants and bars, beauty and fitness venues retail shops and everyday conveniences such as grocery and drug stores, banks and coffee cafes.

### **Slauson Super Mall**

(323) 778-6055

1600 W Slauson Ave. Los Angeles, CA 90047

<http://www.slausonsupermallinc.com>

*Slauson Super Mall is one stop solution for shopping needs of one and all. Incredibly beautiful, it has stylish exteriors with equally flamboyant interiors. When it comes to everyday shopping, this mall is the ultimate place. From children's cloth to electronic gadgets, a wide range of products are available.*

### **Third Street Promenade**

(877) 265-7417

1351 3rd St Promenade, Ste 201  
Santa Monica, CA 90401

<https://downtownsm.com>

*Downtown Santa Monica is equal parts shopping haven and street-performer stage. Just east of the Pier, the Third Street Promenade consists of three open-air, car-free blocks that are anchored by upscale Santa Monica Place, home to more than 80 retailers. With everything from fresh farmers-market produce to designer fashions, it's a shopper's nirvana. Likewise, foodies rejoice in the numerous restaurants featuring locally sourced ingredients and*

*craft cocktails. Life pulses around each corner with hotel guests, street performers, shoppers, office workers, diners, barflies and moviegoers. Additionally, it's the terminus of the Metro Expo Line, which ferries riders by light rail between Santa Monica and Downtown Los Angeles.*

### **Westfield Century City**

(310) 277-3898

10250 Santa Monica Blvd.  
Los Angeles, CA 90067

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

*With over 1.3 million square feet and over 200 shops and restaurants, Westfield Century City is the shopping and entertainment epicenter of LA, with a three-level Nordstrom, a completely remodeled three-level Bloomingdale's, modern new two-level Macy's, luxurious Equinox fitness club and spa, as well as the West Coast's first Eataly. Hours of fun, shopping, and dining ensue!*

### **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/](http://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](http://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

1833 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 non-profit serves individuals living with and affected by HIV/AIDS 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/>

### **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/>

**JWCH Institute Inc. - Wesley Health Centers - Lynwood North**

(866) 733-5924

3591 East Imperial Highway

Lynwood, CA 90262

[www.jwchinstitute.org/](http://www.jwchinstitute.org/)

**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-](https://healthy.kaiserpermanente.org/southern-california/facilities/inglewood-medical-offices-100115)

[medical-offices-100115](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

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

**Optum Urgent Care**

(213) 861- 5950

1120 W Washington Blvd

Los Angeles, CA 90015

<https://healthcarepartners.com/>

**PIH Health Good Samaritan Hospital**

(213) 977- 2121

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](https://www.pchcinc.org/?utm_source=google_auth)

**South Bay Health Care**

(310) 802-6177

23430 Hawthorne Blvd., Suite 210

Torrance, CA 90505

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

**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.*

### **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) 445-9900

Disaster Relief (800) 675-5799

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.*

### **Drew Child Development Corporation**

(323) 249-2950 Service/Intake and Administration

(323) 249-2950 [Ext. 122] Mental Health

1770 E. 118th St.

Los Angeles, CA 90059

[www.drewcdc.org](http://www.drewcdc.org)

*The agency provides childcare services, family preservation, and mental health services primarily for people who live in South Central Los Angeles. Programs are targeted to at risk families.*

### **Drew Calworks Alternative Payment Program - Stage 1**

(310) 609-3885 Service/Intake

(323) 249-2950 Mental Health

3737 Martin Luther King Jr. Blvd., Ste 550

Lynwood, CA 90262

*The agency provides childcare services, family preservation, and mental health services primarily for people who live in South Central Los Angeles. Programs are targeted to at risk families.*

### **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 - CHDP - Southwest Regional Office**

(424) 338-1186

12012 S. Compton Ave., Rm. 4-212

Los Angeles, CA 90059

[publichealth.lacounty.gov/cms/chdp.htm](http://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 County Department of Public Health - Curtis R. Tucker Health Center**

(310) 419-5325

123 W. Manchester Blvd.

Inglewood, CA 90301

[publichealth.lacounty.gov/cms/chdp.htm](http://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, CA 90017

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

*The organization administers health insurance plans for low to moderate income families in Los Angeles County.*

**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.*

**South Bay Health Care**

(310) 802-6177

23430 Hawthorne Blvd., Suite 210

Torrance, CA 90505

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

*South Bay Family Health Care (SBFHC) is a clinic that provides high-quality, low-and-no cost health care services that include pregnancy testing, family planning, women's health and adult medicine.*

**WATTS Healthcare Corporation**

(323) 564-4331

10300 S. Compton Ave.

Los Angeles, CA 90002

[www.wattshealth.org](http://www.wattshealth.org)

*This agency provides health services, residential treatment for substance use disorders, substance use disorder services, welfare-to-work support services and WIC*

*for people of all ages who live primarily in the South Central Los Angeles area. Services are targeted, but not restricted, to the African-American and Spanish-speaking communities of South Central Los Angeles.*

**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 it's 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.*

**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.*

**LA County Department of Mental Health - Augustus F. Hawkins Family Mental Health Center**

(310) 668-4272

1720 E. 120th St.

Los Angeles, CA 90059

[dmh.lacounty.gov](http://dmh.lacounty.gov)

*The center provides mental health services and welfare-to-work support services, primarily for adults and children who live in South-Central Los Angeles and surrounding communities.*

**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](http://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](http://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.*

### **City of Inglewood Parks, Recreation & 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, CA 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.*

### **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](https://accessla.org/riding_access/online_reservations.html)

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

## PUBLIC TRANSPORTATION SERVICES

### **Culver CityBus**

(310) 253-6510

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

*You will find information about the Culver CityBus System: arrival times, departure times, schedules, fares, system maps, etc.*

### **LADOT Transit**

(818) 943-6211

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

*Access 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, CA 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:*

- La Brea/ Plymouth (0.2 miles)
- La Brea/ Hyde Park (0.3 miles)
- La Brea/Centinela (0.3 miles)

### **Nearby Metro Stations**

*This is the metro station closest to you.*

- La Brea / Florence (0.7 miles)



# SOCIAL SERVICES



## ADDICTION

### **Asian American Drug Abuse Program**

(323) 294 -4932

520 N. La Brea Ave.

Inglewood, CA 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, CA 90034

[www.beittshuvah.org](http://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](http://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](http://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, CA 90006

[www.kyccla.org](http://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](http://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](http://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](http://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](http://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](http://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](http://www.canhr.org)

*Information and advocacy for nursing home residents and their families, including detailed facility profiles at [www.nursinghomeguide.org](http://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, CA 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](http://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](http://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](http://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](http://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](http://www.nia.nih.gov)

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

**National Senior Citizens' Law Center**

(213) 639-0930

[www.nsclc.org](http://www.nsclc.org)

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

**Nursing Home Compare**

Service is online

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

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

**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, CA 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](http://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/](http://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.*

### **Salvation Army Inglewood**

(310) 677-3375

324 E. Queen Street

Inglewood, CA 90301

[https://inglewood.salvationarmy.org/inglewood\\_corps/](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.*

### **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, CA 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.*

**General Relief and CalFresh Program  
Division – South Central District Office  
– 27**

(877) 328-9677 EBT Customer Service  
(Lost or Stolen Card)  
10728 S. Central Ave.  
Los Angeles, CA 90059  
[www.dpss.lacounty.gov/](http://www.dpss.lacounty.gov/)

*This division coordinates field operations and provides intake, application and benefit distribution services for the Department of Public Social Services.*

**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](http://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  
Orosemane)  
1123 Marlborough Ave.  
Inglewood, CA 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](http://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](http://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/>

*This agency actively supports and promotes 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](http://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.*

**Los Angeles County Fire Department - Battalion 20 - Station 172**

(310) 419-2195 (Non-Emergency/Business Line)

810 Centinela Ave.

Inglewood, CA 90302

<https://www.cityofinglewood.org/508/Fire-Services>

*The Battalion provides fire and rescue services and safe haven services for unincorporated Los Angeles County and for*

*cities in the County which contract with it, including forest areas. Battalion 20 provides primary services in the Inglewood and Los Angeles communities and their adjacent areas but may coordinate services with any of the county's other 19 Battalions.*

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

(800) 380-3811

210 W Temple St., Ste 12-514

Los Angeles, CA 90012

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

*Victim services representatives work in courthouses and police stations, providing an array of services to help victims become survivors. Staff members are available to assist victims in several languages. Program services are provided free of charge and there is no legal residency or citizenship requirement.*

**Los Angeles County Domestic Violence Hotline**

(800) 978-3600

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

**National Domestic Violence Hotline**

(800) 799-7233

<https://www.thehotline.org/>  
*National Domestic Violence Hotline can help victims, survivors of domestic violence. Call or chat with an advocate on their website.*

**Reporting Illegal Firearms Activity**

(800)-283-4867

<https://www.atf.gov/contact>  
*Call to report any illegal firearm activity.*

**Sexual Assault Telephone Hotline**

(800) 656- 4673

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>  
*The National Sexual Assault Hotline is a safe, confidential service. Calling the National Sexual Assault Hotline gives you access to a range of free confidential and supportive services.*

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

(866) 613-3777

17600 Santa Fe Ave.  
Rancho Dominguez, CA 90221  
<http://dpss.lacounty.gov/>  
*Information on Public Social Services for the County of Los Angeles.*

**Los Angeles County Public Defender - Inglewood Office**

(310) 419-5248(310) 419-5245 (Juvenile Office)

1 Regent St., Ste. 304  
Inglewood, CA 90301  
<https://apd.lacounty.gov/office-and-court-locations/inglewood/>  
*This agency provides legal services for adults who are charged with crimes, juveniles who have been charged with delinquent behavior, and mentally ill people who are the subjects of commitment or conservatorship proceedings who live in*

*Los Angeles County and who cannot afford to obtain private legal assistance.*

**Neighborhood Legal Services of Los Angeles County - Inglewood Self-Help Legal Access Center**

(800) 433 -6251

1 Regent St., 1st Floor, Rm. 107  
Inglewood, CA 90301  
<https://nlscla.org/services/self-help-centers/>  
*This agency provides advocacy, domestic violence services, health services, immigration services, legal services and volunteer opportunities for low-income residents in Los Angeles County who have incomes up to 200% of the federal poverty guidelines.*

**Social Security Administration**

(800) 772-1213

611 W 6Th St.  
Los Angeles, CA, 90017  
<https://www.ssa.gov/>

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

**Watts Office - Social Security Administration**

(877) 836-1558 General Information  
(800) 772-1213 National Toll-Free Number  
12429 S. Avalon Blvd.

Los Angeles, CA 90061

[www.ssa.gov](http://www.ssa.gov)

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





# WORKFORCE TRAINING



**America's Job Center of California**

(310) 309-6000

5446 Sepulveda Blvd

Culver City, CA 90230

<https://workforce.lacounty.gov>

*Workforce Development, Aging and Community Services, through our network of America's Job Center of California and partners, prepares residents of Los Angeles County to succeed in the labor market. This is done through a combination of education, training, career counseling, and support services provided through our WIOA Adult Job Seeker Programs. Our department has two distinct programs for adult job seekers - the Adult Program serves all adult job seekers and our Dislocated Worker Program serves job seekers that were connected to the workforce but have recently lost a job or may lose a job in the near future.*

**Career Encores**

(800) 833-6267

3700 Wilshire Blvd, Suite 200

Los Angeles, CA 90010

*Referral service for people 50 and older. Serves only Los Angeles County, networking with 50 other agencies countywide. Their services include: Information on job training, job listings for employers and job seekers, job search assistance including resume preparation, cover letters and job interviews.*

**Career Expansion, Inc.**

(951) 451-8279

5021 Lennox Blvd.

Inglewood, CA 90304

<https://www.careerexpansion.net>

*The mission of Career Expansion is to build direct pathways from high-quality, immediately applicable workforce training programs to employment and career growth opportunities. Our purpose is to provide economic opportunity for all by bridging the gap between education and the future workforce.*

**General Assembly**

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

Los Angeles, CA 90012

**(Santa Monica)** 1520 2nd St.

Santa Monica, CA 90401

<https://generalassembly.ly>

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

**Inglewood One-stop**

(310) 680-3700

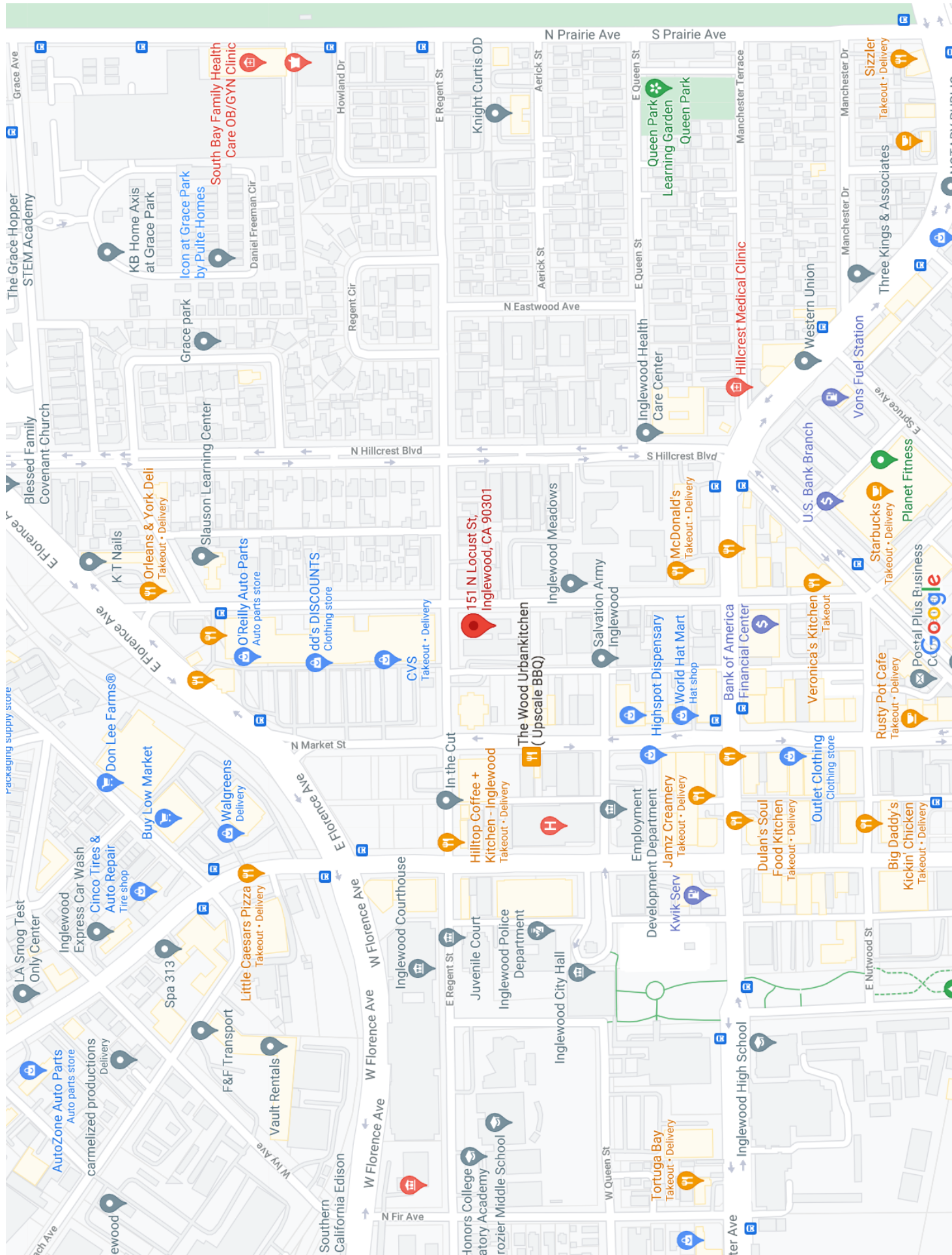
110 South La Brea Ave.

Inglewood, CA 90301

<https://www.southbay1stop.org/inglewood-1-stop>

*Inglewood One-stop offers career services including assessment, career counseling, computer workshops, training, career workshops, job club, internet job search, career resource library, job placement assistance, labor market information, and phones, faxes, computers and copiers to use.*

# SUPPLEMENTAL RESOURCES





**Monday through Friday**

**Effective Jun 27 2021**

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### Eastbound (Approximate Times)

PLAYA DEL REY	WESTCHESTER	INGLEWOOD	LOS ANGELES	FLORENCE	SOUTH GATE	DOWNEY	NORWALK
1	2	3	4	5	6	7	8
Vista Del Mar & Culver	Manchester & Sepulveda	Manchester & Market	Manchester & Broadway	Firestone Station	Firestone & Garfield	Firestone & Lakewood	Norwalk Station
—	—	—	4:40A	4:50A	5:07A	5:15A	5:24A
—	—	—	5:13	5:23	5:41	5:49	5:58
—	—	5:26A	5:46	5:56	6:15	6:23	6:32
—	5:36A	5:48	6:08	6:18	6:38	6:47	6:56
—	5:56	6:08	6:28	6:38	7:07	7:15	7:16
—	6:11	6:23	6:43	6:53	7:13	7:22	—
6:06A	6:26	6:38	6:58	7:08	7:29	7:39	7:49
—	6:41	6:53	7:13	7:23	7:44	7:54	8:04
—	6:56	7:08	7:28	7:39	8:00	8:10	8:20
—	7:10	7:22	7:43	7:54	8:15	8:25	8:35
7:04	7:24	7:37	7:58	8:09	8:31	8:42	8:52
—	7:39	7:52	8:13	8:24	8:46	8:57	9:08
—	7:53	8:06	8:28	8:39	9:01	9:12	9:23
—	8:07	8:20	8:43	8:54	9:16	9:27	—
8:01	8:22	8:35	8:58	9:09	9:31	9:42	9:53
—	8:37	8:50	9:14	9:25	9:49	10:00	10:11
—	8:53	9:06	9:30	9:42	10:06	10:18	10:29
—	9:08	9:21	9:46	9:58	10:22	10:34	10:45
9:03	9:24	9:37	10:02	10:14	10:39	10:51	11:02
—	9:40	9:53	10:18	10:30	10:55	11:08	11:19
—	9:54	10:08	10:34	10:46	11:11	11:24	11:35
—	10:13	10:27	10:54	11:07	11:32	11:45	11:57
10:11	10:33	10:47	11:14	11:27	12:02P	12:15P	12:28P
—	10:53	11:07	11:34	11:47	12:13P	12:26	12:39
—	11:13	11:27	11:54	12:07P	12:34	12:47	1:00
11:08	11:31	11:46	12:14P	12:27	12:54	1:06	1:19
—	11:51	12:06P	12:34	12:47	1:14	1:26	1:39
—	12:11P	12:26	12:54	1:07	1:34	1:46	1:59
12:08P	12:31	12:46	1:14	1:27	1:54	2:06	2:19
—	12:51	1:06	1:34	1:47	2:13	2:25	—
—	1:11	1:26	1:54	2:07	2:33	2:45	2:58
1:07	1:31	1:46	2:14	2:27	2:53	3:05	3:17
—	1:50	2:05	2:34	2:47	3:13	3:24	3:36
—	2:10	2:25	2:54	3:07	3:33	3:44	—
2:06	2:30	2:45	3:14	3:27	3:53	4:04	4:16
—	2:48	3:03	3:32	3:45	4:11	4:22	—
—	3:06	3:21	3:50	4:03	4:29	4:40	4:52
2:58	3:22	3:37	4:06	4:19	4:45	4:56	5:08
—	3:38	3:53	4:22	4:35	5:00	5:11	—
—	3:54	4:09	4:38	4:50	5:15	5:26	5:37
—	4:11	4:26	4:56	5:08	5:42	5:42	—
4:03	4:27	4:42	5:10	5:22	5:47	5:58	6:09
—	4:44	4:59	5:26	5:37	6:02	6:12	—
4:38	5:02	5:16	5:42	5:53	6:18	6:28	6:39
—	5:18	5:32	5:58	6:09	6:34	6:44	—
5:14	5:38	5:52	6:18	6:29	6:52	7:02	7:13
—	6:04	6:18	6:42	6:53	7:16	7:26	—
6:07	6:31	6:45	7:08	7:19	7:42	7:52	8:03
6:38	7:01	7:14	7:37	7:48	8:11	8:21	—
7:09	7:33	7:43	8:06	8:16	8:38	8:47	8:57
7:45	8:05	8:18	8:40	8:50	9:12	9:21	—
8:30	8:50	9:03	9:23	9:32	9:52	10:00	10:09

## Sunday and Holiday Schedules

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

## Special Notes

- A** Originates at Firestone Bl. & Atlantic Av. 16-23 minutes before time shown.

## Nextrip

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

**Monday through Friday**

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### Westbound (Approximate Times)

Norwalk	Downey	South Gate	Florence	Los Angeles	Inglewood	Westchester	Playa Del Rey
8	7	6	5	4	3	2	1
Norwalk Station	Firestone & Lakewood	Firestone & Garfield	Firestone Station	Manchester & Broadway	Manchester & Market	Manchester & Sepulveda	Vista Del Mar & Culver
4:22A	4:33A	4:42A	4:59A	5:08A	5:25A	5:36A	5:47A
4:53	5:04	5:13	5:30	5:39	5:56	6:07	—
5:22	5:33	5:42	5:59	6:09	6:26	6:38	6:49
5:37	5:48	5:57	6:15	6:25	6:43	6:55	—
—	6:03	6:31	6:41	6:41	7:04	7:14	—
6:07	6:18	6:28	6:47	6:57	7:17	7:29	7:40
6:34	6:32	6:43	7:02	7:12	7:32	7:46	—
—	6:46	6:57	7:17	7:27	7:47	8:01	—
7:03	7:00	7:11	7:31	7:42	8:02	8:16	—
7:18	7:15	7:26	7:46	7:57	8:19	8:32	8:43
—	7:30	7:41	8:01	8:12	8:34	8:48	—
7:51	7:46	7:57	8:17	8:28	8:50	9:04	—
8:08	8:03	8:14	8:34	8:45	9:07	9:21	—
8:28	8:21	8:32	8:52	9:03	9:26	9:40	9:51
8:47	8:41	8:52	9:12	9:23	9:47	10:01	—
9:05	9:00	9:12	9:32	9:43	10:07	10:21	10:32
9:24	9:18	9:30	9:52	10:03	10:27	10:41	—
9:42	9:37	9:49	10:11	10:23	10:48	11:02	—
10:01	9:55	10:08	10:30	10:43	11:08	11:23	11:34
10:21	10:14	10:27	10:50	11:03	11:28	11:43	—
10:39	10:34	10:47	11:10	11:23	11:48	12:03P	—
10:58	10:53	11:06	11:30	11:43	12:08P	12:23	12:35P
11:18	11:12	11:24	11:50	12:03P	12:29	12:45	—
11:37	11:32	11:46	12:10P	12:23	12:49	1:05	—
11:57	11:51	12:05P	12:30	12:43	1:08	1:23	1:35
12:17P	12:11P	12:25	12:50	1:03	1:28	1:43	—
12:36	12:31	12:45	1:10	1:23	1:48	2:03	—
12:56	12:50	1:04	1:30	1:43	2:08	2:22	2:34
1:16	1:10	1:24	1:50	2:03	2:27	2:42	—
1:35	1:30	1:44	2:10	2:23	2:47	3:02	—
1:51	1:50	2:04	2:30	2:43	3:07	3:20	3:32
2:08	2:06	2:20	2:46	2:59	3:23	3:37	—
2:24	2:23	2:37	3:03	3:15	3:39	3:52	—
—	2:39	2:53	3:19	3:31	3:54	4:07	4:18
2:54	2:54	3:08	3:34	3:46	4:09	4:23	—
—	3:09	3:23	3:49	4:01	4:24	4:37	4:48
3:26	3:24	3:38	4:04	4:16	4:39	4:52	—
3:41	3:41	3:54	4:19	4:31	4:54	5:06	—
—	3:56	4:09	4:34	4:46	5:08	5:20	5:31
4:11	4:11	4:24	4:49	5:01	5:23	5:36	—
—	4:26	4:39	5:04	5:16	5:38	5:50	—
4:49	4:44	4:57	5:22	5:34	5:56	6:08	6:19
5:13	5:04	5:17	5:42	5:54	6:16	6:28	6:39
5:38	5:28	5:41	6:06	6:17	6:39	6:51	—
6:07	5:53	6:06	6:31	6:42	7:04	7:16	7:27
6:37	6:22	6:35	6:59	7:10	7:31	7:43	7:54
7:13	6:52	7:05	7:29	7:40	8:01	8:12	—
7:45	7:27	7:39	8:02	8:12	8:31	8:41	8:52
8:37	7:59	8:11	8:34	8:44	9:02	9:12	9:23
9:35	8:49	9:00	9:21	9:30	9:46	9:56	10:06
10:37	9:47	9:58	10:19	10:28	10:44	10:54	—
—	10:49	10:58	11:18	11:26	11:42	11:52	—

### ***Horarios de domingos y días feriados***

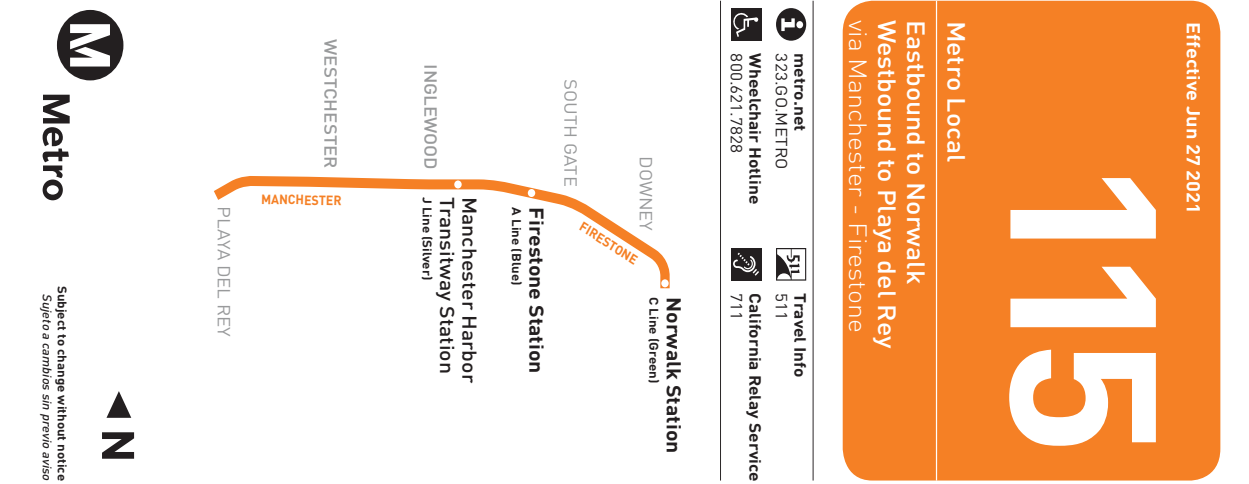
*Horarios de domingos y días feriados en vigor para New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day y Christmas Day.*

## Avisos especiales

- A** Comienza en Firestone Bl. y Atlantic Ave 16-23 minutos antes de la hora mostrada.

**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](http://metro.net) or llamar al 511 y decir "Nextrip".



Saturday

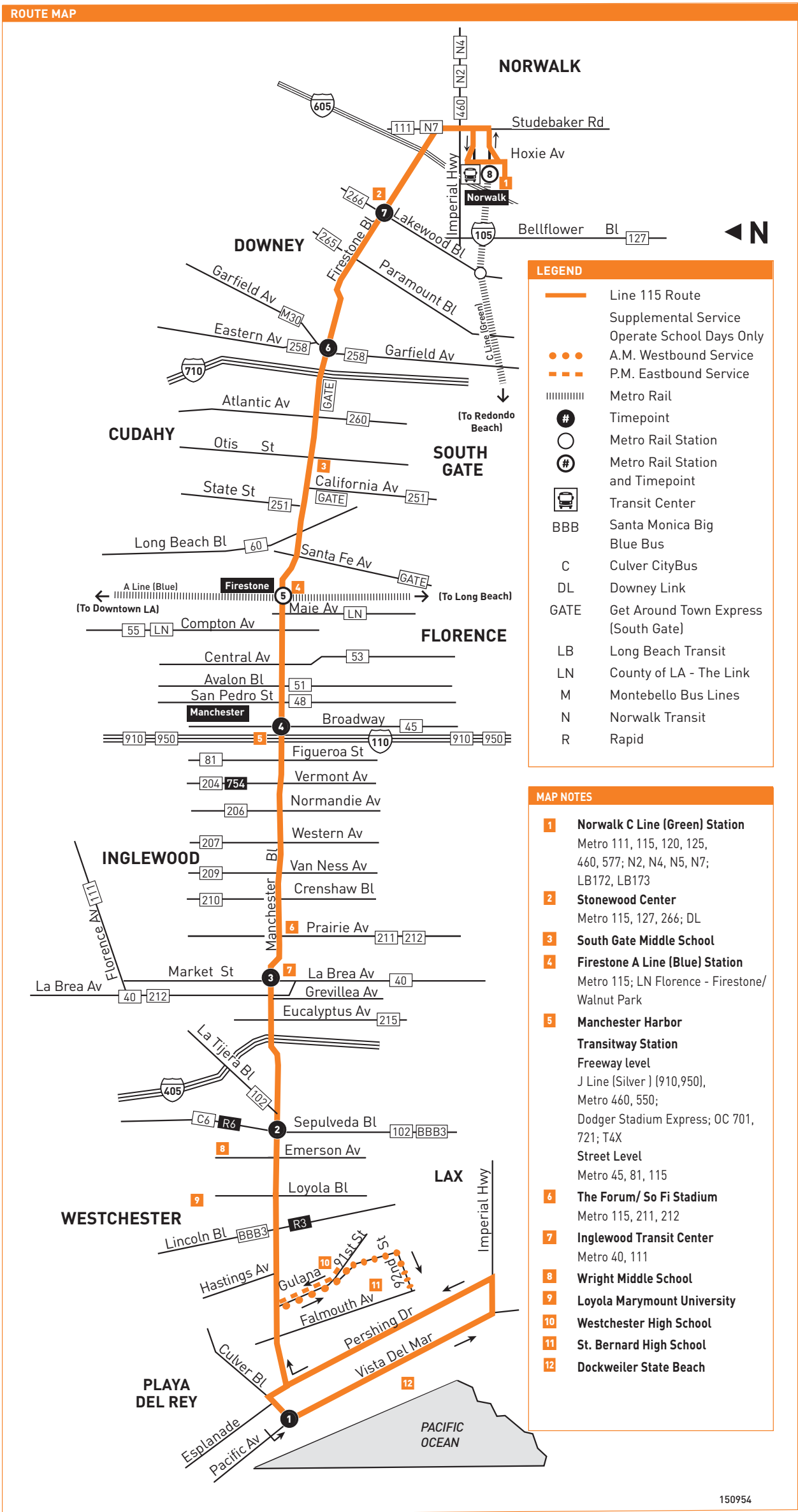
Effective Jun 27 2021

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Eastbound

(Approximate Times)

PLAYA DEL REY	WESTCHESTER	INGLEWOOD	LOS ANGELES	FLORENCE	SOUTH GATE	DOWNEY	NORWALK
1	2	3	4	5	6	7	8
Vista Del Mar & Culver	Manchester & Sepulveda	Manchester & Market	Manchester & Broadway	Firestone Station	Firestone & Garfield	Firestone & Lakewood	Norwalk Station
—	—	—	4:46A	4:55A	5:14A	5:22A	5:31A
—	5:15A	5:27A	5:45	5:54	6:13	6:21	6:30
5:41A	6:00	6:12	6:30	6:39	6:58	7:06	7:15
—	6:29	6:41	7:00	7:09	7:28	7:37	7:46
6:39	6:58	7:10	7:30	7:40	7:59	8:08	8:17
—	7:22	7:34	7:55	8:05	8:26	8:35	8:45
7:27	7:47	7:59	8:20	8:30	8:52	9:01	9:11
—	8:12	8:24	8:45	8:55	9:17	9:26	9:36
8:12	8:32	8:45	9:07	9:18	9:40	9:50	10:00
8:32	8:52	9:05	9:27	9:39	10:02	10:12	10:23
—	9:11	9:24	9:47	9:59	10:23	10:33	10:44
9:10	9:31	9:44	10:07	10:19	10:43	10:53	11:04
—	9:51	10:04	10:27	10:39	11:03	11:13	11:24
—	10:10	10:23	10:47	10:59	11:23	11:33	11:44
10:08	10:30	10:43	11:07	11:19	11:43	11:53	12:04P
—	10:50	11:03	11:27	11:39	12:03P	12:13P	12:24
—	11:09	11:22	11:47	11:59	12:25	12:35	12:46
11:07	11:29	11:42	12:07P	12:19P	12:45	12:55	1:06
—	11:49	12:02P	12:27	12:39	1:05	1:16	1:27
12:05P	12:09P	12:22	12:47	12:59	1:26	1:37	1:49
—	12:28	12:41	1:07	1:19	1:46	1:57	2:09
—	12:47	1:00	1:27	1:39	2:06	2:17	2:29
—	1:06	1:20	1:47	1:59	2:26	2:37	2:49
1:02	1:25	1:39	2:07	2:19	2:45	2:56	3:08
—	1:45	1:59	2:27	2:39	3:04	3:15	3:27
2:03	2:06	2:20	2:47	2:59	3:24	3:35	3:46
—	2:26	2:40	3:07	3:19	3:43	3:54	4:05
—	2:48	3:02	3:27	3:38	4:02	4:13	4:24
—	3:08	3:22	3:47	3:58	4:22	4:33	4:44
3:05	3:28	3:42	4:07	4:18	4:42	4:53	5:04
—	3:48	4:02	4:27	4:38	5:01	5:12	5:23
—	4:09	4:23	4:47	4:58	5:20	5:31	5:42
4:07	4:30	4:43	5:07	5:18	5:40	5:50	—
—	4:50	5:03	5:27	5:38	6:00	6:10	6:21
—	5:10	5:23	5:47	5:58	6:20	6:30	6:41
5:08	5:31	5:44	6:07	6:17	6:39	6:48	—
—	5:51	6:04	6:27	6:37	6:59	7:08	7:19
5:49	6:11	6:24	6:47	6:57	7:19	7:28	—
6:13	6:34	6:47	7:10	7:20	7:42	7:51	8:01
6:40	7:01	7:14	7:37	7:47	8:08	8:17	—
7:09	7:30	7:43	8:06	8:16	8:37	8:46	8:56
7:45	8:06	8:19	8:40	8:50	9:11	9:20	—
8:30	8:50	9:03	9:23	9:32	9:51	9:59	10:08
9:20	9:40	9:52	10:11	10:19	10:37	10:44	10:53
10:09	10:29	10:41	10:59	11:07	11:23	11:30	11:39
—	11:19	11:31	11:48	11:56	12:12A	12:19A	12:28A



Saturday

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Westbound

(Approximate Times)

NORWALK	DOWNEY	SOUTH GATE	FLORENCE	LOS ANGELES	INGLEWOOD	WESTCHESTER	PLAYA DEL REY
8	7	6	5	4	3	2	1
Norwalk Station	Firestone & Lakewood	Firestone & Garfield	Firestone Station	Manchester & Broadway	Manchester & Market	Manchester & Sepulveda	Vista Del Mar & Culver
—	—	—	5:19A	5:27A	5:44A	5:55A	6:05A
5:17A	5:27A	5:35A	5:52	6:00	6:17	6:28	6:38
5:47	5:58	6:06	6:23	6:32	6:49	6:59	—
6:15	6:26	6:35	6:52	7:02	7:20	7:31	7:41
6:45	6:56	7:05	7:22	7:32	7:51	8:03	8:13
7:12	7:24	7:33	7:52	8:02	8:23	8:35	8:45
7:39	7:51	8:01	8:21	8:32	8:54	9:04	—
7:58	8:10	8:21	8:41	8:52	9:14	9:27	9:38
8:18	8:30	8:41	9:01	9:12	9:34	9:45	—
8:38	8:50	9:01	9:21	9:32	9:54	10:05	—
8:58	9:10	9:21	9:41	9:52	10:14	10:27	10:38
9:18	9:30	9:41	10:01	10:12	10:34	10:45	—
9:38	9:50	10:01	10:21	10:32	10:54	11:05	—
9:58	10:10	10:21	10:41	10:52	11:14	11:27	11:38
10:17	10:29	10:41	11:01	11:12	11:34	11:45	—
10:34	10:47	10:59	11:21	11:32	11:54	12:06P	—
10:54	11:07	11:19	11:41	11:52	12:14P	12:27	12:38P
11:13	11:26	11:38	11:59	12:12	12:34	12:46	—
11:32	11:46	11:58	12:20P	12:32	12:54	1:06	—
11:51	12:05P	12:17P	12:40	12:52	1:14	1:27	1:38
12:10P	12:24	12:36	1:00	1:12	1:35	1:47	—
12:30	12:44	12:56	1:20	1:32	1:55	2:06	—
12:50	1:04	1:16	1:40	1:52	2:15	2:28	2:39
1:10	1:24	1:36	2:00	2:12	2:35	2:46	—
1:30	1:44	1:56	2:20	2:32	2:55	3:06	—
1:49	2:03	2:16	2:40	2:52	3:15	3:28	3:39
2:09	2:23	2:36	3:00	3:12	3:35	3:46	—
2:28	2:43	2:56	3:20	3:32	3:55	4:06	—
2:49	3:04	3:17	3:41	3:52	4:14	4:26	4:37
3:09	3:24	3:37	4:01	4:12	4:33	4:44	—
3:29	3:44	3:57	4:21	4:32	4:53	5:05	5:16
3:49	4:04	4:17	4:41	4:52	5:13	5:24	—
4:10	4:25	4:38	5:02	5:13	5:34	5:46	5:57
4:31	4:46	4:59	5:23	5:34	5:54	6:06	6:17
4:52	5:07	5:20	5:44	5:55	6:15	6:27	6:38
5:14	5:29	5:42	6:06	6:17	6:37	6:49	—
5:39	5:54	6:07	6:31	6:42	7:01	7:13	7:24
6:07	6:22	6:35	6:59	7:10	7:29	7:41	7:52
6:38	6:52	7:05	7:29	7:40	7:59	8:10	—
7:12	7:26	7:39	8:02	8:12	8:31	8:41	8:52
7:47	8:01	8:13	8:35	8:44	9:02	9:12	9:23
8:37	8:49	9:00	9:21	9:30	9:46	9:56	10:06
9:35	9:47	9:58	10:19	10:28	10:44	10:54	—
10:37	10:49	10:58	11:18	11:26	11:42	11:52	—

Sunday and Holidays

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Eastbound

(Approximate Times)

PLAYA DEL REY	WESTCHESTER	INGLEWOOD	LOS ANGELES	FLORENCE	SOUTH GATE	DOWNEY	NORWALK
1	2	3	4	5	6	7	8
Vista Del Mar & Culver	Manchester & Sepulveda	Manchester & Market	Manchester & Broadway	Firestone A Line (Blue)Station	Firestone & Garfield	Firestone & Lakewood	Norwalk Station
—	5:35A	5:47A	6:05A	6:14A	6:33A	6:41A	6:50A
6:08A	6:27	6:39	6:58	7:07	7:26	7:35	7:44
6:37	6:56	7:08	7:28	7:38	7:57	8:06	8:15
7:06	7:25	7:37	7:58	8:08	8:29	8:38	8:48
—	7:50	8:02	8:23	8:33	8:55	9:04	9:14
7:52	8:12	8:24	8:45	8:55	9:17	9:26	9:36
8:32	8:52	9:05	9:27	9:38	9:40	9:50	10:00
—	9:11	9:24	9:47	9:59	10:02	10:12	10:23
9:10	9:31	9:44	10:07	10:19	10:43	10:53	11:04
—	9:51	10:04	10:27	10:39	11:03	11:13	11:24
9:48	10:10	10:23	10:47	10:59	11:23	11:33	11:44
—	10:30	10:43	11:07	11:19	11:43	11:53	12:04P
10:28	10:50	11:03	11:27	11:39	12:03P	12:13P	12:24
—	11:09	11:22	11:47	11:59	12:25	12:35	12:46
11:07	11:29	11:42	12:07P	12:19P	12:45	12:55	1:06
—	11:49	12:02P	12:27	12:39	1:05	1:16	1:27
12:05P	12:09P	12:22	12:47	12:59	1:26	1:37	1:49
—	12:28	12:41	1:07	1:19	1:46	1:57	2:09
—	12:47	1:00	1:27	1:39	2:06	2:17	2:29
—	1:06	1:20	1:47	1:59	2:26	2:37	2:49
1:02	1:25	1:39	2:07	2:19	2:45	2:56	3:08
—	1:45	1:59	2:27	2:39	3:04	3:15	3:27
—	2:06	2:20	2:47	2:59	3:24	3:35	3:46
2:03	2:26	2:40	3:07	3:19	3:43	3:54	4:05
—	2:48	3:02	3:27	3:38	4:02	4:13	4:24
—	3:08	3:22	3:47	3:58	4:22	4:33	4:44
3:05	3:28	3:42	4:07	4:18	4:42	4:53	—
—	3:48	4:02	4:27	4:38	5:01	5:12	5:23
—	4:09	4:23	4:47	4:58	5:20	5:31	5:42
4:07	4:30	4:43	5:07	5:18	5:40	5:50	—
—	4:50	5:03	5:27	5:38	6:00	6:10	6:21
—	5:10	5:23	5:47	5:58	6:20	6:30	6:41
5:08	5:31	5:44	6:07	6:17	6:39	6:48	—
—	5:51	6:04	6:27	6:37	6:59	7:08	7:19
5:49	6:11	6:24	6:47	6:57	7:19	7:28	—
6:13	6:34	6:47	7:10	7:20	7:42	7:51	8:01
6:40	7:01	7:14	7:37	7:47	8:08	8:17	—
7:09	7:30	7:43	8:06	8:16	8:37	8:46	8:56
7:45	8:06	8:19	8:40	8:50	9:11	9:20	—
8:30	8:50	9:03	9:23	9:32	9:51	9:59	10:08
9:20	9:40	9:52	10:11	10:19	10:37	10:44	10:53
10:09	10:29	10:41	10:59	11:07	11:23	11:30	11:39
—	11:19	11:31	11:48	11:56	12:12A	12:19A	12:28A

Sunday and Holidays

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Westbound

(Approximate Times)

NORWALK	DOWNEY	SOUTH GATE	FLORENCE	LOS ANGELES	INGLEWOOD	WESTCHESTER	PLAYA DEL REY
8	7	6	5	4	3	2	1
Norwalk Station	Firestone & Lakewood	Firestone & Garfield	Firestone A Line (Blue)Station	Manchester & Broadway	Manchester & Market	Manchester & Sepulveda	Vista Del Mar & Culver
—	—	—	5:19A	5:27A	5:44A	5:55A	6:05A
5:25A	5:35A	5:43A	6:00	6:09	6:26	6:37	6:47
6:05	6:16	6:24	6:41	6:51	7:09	7:20	7:30
6:44	6:55	7:04	7:21	7:31	7:50	8:02	8:12
7:19	7:31	7:41	8:00	8:11	8:32	8:45	8:55
7:59	8:09	8:20	8:40	8:51	9:13	9:26	9:36
8:31	8:43	8:54	9:14	9:25	9:47	10:00	10:11
8:58	9:10	9:21	9:41	9:52	10:14	10:27	10:38
9:18	9:30	9:41	10:01	10:12	10:34	10:45	—
9:38	9:50	10:01	10:21	10:32	10:54	11:05	—
9:58	10:10	10:21	10:41	10:52	11:14	11:27	11:38
10:17	10:29	10:41	11:01	11:12	11:34	11:45	—
—	10:47	10:59	11:21	11:32	11:54	12:06P	—
10:54	11:07	11:19	11:41	11:52	12:14P	12:27	12:38P
11:13	11:26	11:38	11:59	12:12P	12:34	12:46	—
11:32	11:46	11:58	12:20P	12:32	12:54	1:06	—
11:51	12:05P	12:17P	12:40	12:52	1:14	1:27	1:38
12:10P	12:24	12:36	1:00	1:12	1:35	1:47	—
12:30	12:44	12:56	1:20	1:32	1:55	2:06	—
12:50	1:04	1:16	1:40	1:52	2:15	2:28	2:39
1:10	1:24	1:36	2:00	2:12	2:35	2:46	—
1:30	1:44	1:56	2:20	2:32	2:55	3:06	—
1:49	2:03	2:16	2:40	2:52	3:15	3:28	3:39
2:09	2:23	2:36	3:00	3:12	3:35	3:46	—
2:28	2:43	2:56	3:20	3:32	3:55	4:06	—
2:49	3:04	3:17	3:41	3:52	4:14	4:26	4:37
3:09	3:24	3:37	4:01	4:12	4:33	4:44	—
3:29	3:44	3:57	4:21	4:32	4:53	5:05	5:16
3:49	4:04	4:17	4:41	4:52	5:13	5:24	—
4:10	4:25	4:38	5:02	5:13	5:34	5:46	5:57
4:31	4:46	4:59	5:23	5:34	5:56	6:06	6:17
4:52	5:07	5:20	5:44	5:55	6:15	6:27	6:38
5:14	5:29	5:42	6:06	6:17	6:37	6:49	—
5:39	5:54	6:07	6:31	6:42	7:01	7:13	7:24
6:07	6:22	6:35	6:59	7:10	7:29	7:41	7:52
6:38	6:52	7:05	7:29	7:40	7:59	8:10	—
7:12	7:26	7:39	8:02	8:12	8:31	8:41	8:52
7:47	8:01	8:13	8:35	8:44	9:02	9:12	9:23
8:37	8:49	9:00	9:21	9:30	9:46	9:56	10:06
9:35	9:47	9:58	10:19	10:28	10:44	10:54	—
10:37	10:49	10:58	11:18	11:26	11:42	11:52	—

Northbound (Approximate Times)

HAWTHORNE	INGLEWOOD	BALDWIN HILLS	MIRACLE MILE	HOLLYWOOD		
1	2	3	4	6	7	8
Hawthorne & Lennox Station C Line (Green)	Manchester & Market	Overhill & Slauson	Expo & La Brea Station E Line (Expo)	La Brea & Wilshire	Hawthorn & Orange	Hollywood & Vine Station B Line (Red)
—	4:31A	4:42A	4:49A	5:00A	—	5:17A
—	4:56	5:07	5:14	5:25	—	5:42
5:02A	5:15	5:26	5:33	5:45	—	6:02
—	5:35	5:47	5:55	6:08	—	6:26
5:37	5:50	6:02	6:11	6:24	—	6:42
—	6:05	6:17	6:26	6:39	—	6:58
6:07	6:20	6:32	6:41	6:54	—	7:13
—	6:35	6:47	6:56	7:09	—	7:29
6:37	6:50	7:02	7:11	7:24	—	7:45
—	7:03	7:16	7:25	7:39	—	8:00
7:05	7:18	7:31	7:40	7:54	—	8:15
—	7:33	7:46	7:55	8:09	—	8:30
7:35	7:48	8:01	8:11	8:25	—	8:46
—	8:02	8:16	8:26	8:40	—	9:01
8:04	8:17	8:31	8:41	8:55	—	9:18
—	8:32	8:46	8:56	9:11	—	9:34
8:34	8:47	9:01	9:11	9:26	—	9:50
—	9:02	9:16	9:26	9:41	—	10:05
9:04	9:17	9:31	9:41	9:56	—	10:20
—	9:32	9:46	9:56	10:11	—	10:35
9:34	9:47	10:01	10:11	10:26	—	10:52
—	10:02	10:16	10:26	10:41	—	11:07
10:04	10:17	10:31	10:41	10:56	—	11:22
—	10:31	10:46	10:56	11:11	—	11:38
10:33	10:46	11:01	11:11	11:26	—	11:54
—	11:01	11:16	11:26	11:42	—	12:10P
11:03	11:16	11:31	11:42	11:58	—	12:26
—	11:30	11:46	11:57	12:13P	—	12:42
11:32	11:45	12:01P	12:12P	12:28	—	12:58
—	11:59	12:16	12:27	12:44	—	1:14
12:02P	12:15P	12:31	12:42	12:59	—	1:29
—	12:30	12:46	12:57	1:14	—	1:44
12:31	12:45	1:01	1:12	1:29	—	1:59
—	1:00	1:16	1:27	1:44	—	2:14
1:01	1:15	1:31	1:42	1:59	—	2:29
—	1:30	1:46	1:57	2:14	—	2:44
1:31	1:45	2:01	2:12	2:29	—	2:59
—	2:00	2:16	2:27	2:44	—	3:14
2:01	2:15	2:31	2:42	2:59	—	3:29
—	2:30	2:46	2:57	3:13	—	3:43
2:31	2:45	3:01	3:12	3:28	—	3:58
—	3:00	3:16	3:27	3:43	—	4:13
3:01	3:15	3:31	3:42	3:58	—	4:28
—	3:30	3:46	3:57	4:13	—	4:43
3:31	3:45	4:01	4:12	4:28	—	4:58
—	4:00	4:16	4:27	4:43	—	5:13
4:01	4:15	4:31	4:42	4:58	—	5:28
—	4:30	4:46	4:57	5:13	—	5:43
4:31	4:45	5:01	5:12	5:28	—	5:58
—	5:00	5:16	5:27	5:43	—	6:13
5:01	5:15	5:31	5:42	5:58	—	6:29
—	5:30	5:46	5:57	6:13	—	6:43
5:32	5:46	6:02	6:12	6:28	—	6:58
—	6:02	6:17	6:27	6:43	—	7:12
6:06	6:20	6:35	6:45	7:01	Δ7:24P	—
6:32	6:46	7:01	7:11	7:27	Δ7:48	—
6:59	7:12	7:26	7:35	7:50	Δ8:11	—
7:26	7:38	7:51	8:00	8:15	Δ8:36	—
8:00	8:12	8:25	8:34	8:48	Δ9:09	—
8:35	8:46	8:59	9:08	9:22	Δ9:43	—
—	9:24	9:36	9:44	9:57	Δ10:17	—
9:13	9:58	10:10	10:18	10:31	Δ10:49	—
9:47	10:23	10:35	10:43	10:54	Δ11:12	—
10:12	11:02	11:13	11:21	11:32	Δ11:49	—
—	12:04A	12:14A	12:21A	12:32A	Δ12:49A	—
—	1:02	1:12	1:19	1:30	Δ1:47	—

Southbound (Approximate Times)

HOLLYWOOD		MIRACLE MILE	BALDWIN HILLS	INGLEWOOD	HAWTHORNE	
8	7	5	4	3	2	1
Hollywood & Vine Station B Line (Red)	Hawthorn & Orange	La Brea & 8th	Expo & La Brea Station E Line (Expo)	Slauson & Overhill	Manchester & Market	Hawthorne & Lennox Station C Line (Green)
4:48A	—	5:06A	5:19A	5:27A	5:39A	5:51A
5:42	—	6:00	6:14	6:23	6:35	6:47
6:01	—	6:20	6:34	6:43	6:55	7:08
6:20	—	6:40	6:54	7:03	7:14	—
6:39	—	6:59	7:14	7:23	7:36	7:49
6:55	—	7:16	7:31	7:40	7:53	8:06
7:09	—	7:31	7:46	7:55	8:06	—
7:24	—	7:46	8:01	8:10	8:23	8:36
7:39	—	8:01	8:16	8:25	8:36	—
7:54	—	8:16	8:31	8:40	8:53	9:06
8:08	—	8:30	8:46	8:55	9:06	—
8:23	—	8:45	9:01	9:10	9:23	9:36
8:37	—	9:00	9:16	9:25	9:37	—
8:51	—	9:14	9:30	9:40	9:54	10:07
9:05	—	9:28	9:45	9:55	10:07	—
9:18	—	9:43	10:00	10:10	10:24	10:37
9:32	—	9:58	10:15	10:25	10:37	—
9:47	—	10:13	10:30	10:40	10:54	11:07
10:02	—	10:28	10:45	10:55	11:07	—
10:17	—	10:43	11:00	11:10	11:24	11:37
10:32	—	10:58	11:15	11:25	11:37	—
10:45	—	11:13	11:30	11:40	11:54	12:07P
10:58	—	11:28	11:45	11:55	12:07P	—
11:13	—	11:43	11:59	12:10P	12:24	12:37
11:27	—	11:58	12:15P	12:25	12:37	—
11:41	—	12:13P	12:30	12:40	12:54	1:07
11:54	—	12:27	12:45	12:55	1:07	—
12:09P	—	12:42	1:00	1:10	1:24	1:37
12:24	—	12:57	1:15	1:25	1:37	—
12:39	—	1:12	1:30	1:40	1:54	2:07
12:53	—	1:27	1:45	1:55	2:07	—
1:08	—	1:42	2:00	2:10	2:24	2:37
1:22	—	1:56	2:15	2:25	2:37	—
1:37	—	2:11	2:30	2:40	2:54	3:07
1:52	—	2:26	2:45	2:55	3:07	—
2:07	—	2:41	3:00	3:10	3:24	3:37
2:22	—	2:56	3:15	3:25	3:37	—
2:36	—	3:11	3:30	3:40	3:54	4:07
2:51	—	3:26	3:45	3:55	4:07	—
3:06	—	3:42	4:01	4:10	4:23	4:36
3:21	—	3:57	4:16	4:25	4:37	—
3:36	—	4:12	4:31	4:40	4:53	5:06
3:51	—	4:27	4:46	4:55	5:07	—
4:05	—	4:42	5:01	5:10	5:23	5:36
4:21	—	4:58	5:16	5:25	5:37	—
4:37	—	5:13	5:31	5:40	5:53	6:06
4:54	—	5:29	5:46	5:55	6:07	—
5:09	—	5:44	6:01	6:10	6:23	6:36
5:25	—	6:00	6:16	6:25	6:37	—
5:42	—	6:15	6:31	6:40	6:52	7:05
5:57	—	6:30	6:46	6:55	7:07	—
6:12	—	6:45	7:01	7:10	7:22	7:34
6:29	—	7:02	7:17	7:26	7:38	—
6:48	—	7:21	7:36	7:45	7:57	8:09
7:12	—	7:43	7:58	8:07	8:19	8:31
—	Δ7:45P	8:05	8:20	8:29	8:41	8:53
—	Δ8:06	8:26	8:40	8:49	9:01	9:13
—	Δ8:26	8:46	9:00	9:09	9:21	9:33
—	Δ8:51	9:10	9:24	9:33	9:45	9:57
—	Δ9:23	9:41	9:55	10:03	10:15	10:27
—	Δ9:54	10:12	10:25	10:33	10:44	—
—	Δ10:34	10:52	11:05	11:13	11:25	11:37
—	Δ11:00	11:18	11:31	11:39	11:50	—
—	Δ11:31	11:49	12:01A	12:08A	12:19A	—
—	Δ12:02A	12:19A	12:31	12:38	12:49	—
—	Δ1:02	1:19	1:31	1:38	1:49	—
—	Δ2:02	2:19	2:31	2:38	2:49	—

Effective Jun 27 2021

212

Metro Local & Limited

Northbound to Hollywood/Vine Station  
Southbound to Hawthorne/ Lennox Station  
Via La Brea Av

metrolink

323.90.METRO

Wheeler Hotline

800.451.7823

Transit

511

California Relay Service

711

Expo/Jefferson Station (Blue/Expo)

BALDWIN HILLS

WINDSOR HILLS

INGLEWOOD

HAWTHORNE

Hollywood/Highland Station (Blue/Red)

MIRACLE MILE

Hollywood/Vine Station (Blue/Red)

LA BREA

MID-CITY

Metro

Signage available at all stations

N

▲



Northbound (Approximate Times)

HAWTHORNE	INGLEWOOD	BALDWIN HILLS	MIRACLE MILE	HOLLYWOOD	
1	2	3	4	6	7
8					
Hawthorne & Lennox Station C Line (Green)	Manchester & Market B	Overhill & Slauson	Expo & La Brea Station E Line (Expo)	La Brea & Wilshire	Hawthorn & Orange
—	5:31A	5:43A	5:51A	6:03A	—
—	6:01	6:13	6:21	6:33	—
6:43A	6:30	6:42	6:50	7:02	—
7:03	6:56	7:09	7:18	7:30	—
7:23	7:16	7:29	7:38	7:50	—
7:43	7:36	7:49	7:58	8:10	—
7:56	7:56	8:09	8:18	8:30	—
8:03	8:16	8:29	8:38	8:50	—
8:22	8:35	8:48	8:57	9:10	—
8:41	8:54	9:07	9:17	9:30	—
8:59	9:12	9:25	9:35	9:50	—
9:19	9:32	9:45	9:55	10:10	—
9:39	9:52	10:05	10:15	10:30	—
9:58	10:11	10:24	10:34	10:50	—
10:17	10:30	10:44	10:54	11:10	—
10:37	10:50	11:04	11:14	11:30	—
10:57	11:10	11:24	11:34	11:50	—
11:17	11:30	11:44	11:54	12:10P	—
11:37	11:50	12:04P	12:14P	12:30	—
11:57	12:10P	12:24	12:34	12:50	—
12:17P	12:30	12:44	12:54	1:10	—
12:37	12:50	1:04	1:14	1:30	—
12:56	1:09	1:24	1:34	1:50	—
1:15	1:28	1:43	1:54	2:10	—
1:34	1:48	2:03	2:14	2:30	—
1:54	2:08	2:23	2:34	2:50	—
2:14	2:28	2:43	2:54	3:10	—
2:34	2:48	3:03	3:14	3:30	—
2:54	3:08	3:23	3:34	3:50	—
3:14	3:28	3:43	3:54	4:10	—
3:34	3:48	4:03	4:14	4:30	—
3:54	4:08	4:23	4:34	4:50	—
4:14	4:28	4:43	4:54	5:10	—
4:34	4:48	5:03	5:14	5:30	—
4:54	5:08	5:23	5:34	5:50	—
5:15	5:29	5:44	5:55	6:10	—
5:36	5:50	6:05	6:15	6:30	—
5:58	6:11	6:25	6:35	6:50	7:09P
6:20	6:33	6:47	6:56	7:10	7:31
6:40	6:53	7:07	7:16	7:30	7:51
7:05	7:18	7:32	7:41	7:55	8:16
7:31	7:44	7:57	8:06	8:20	8:41
8:02	8:15	8:28	8:37	8:51	9:12
8:36	8:47	9:00	9:09	9:23	9:43
9:10	9:21	9:34	9:42	9:55	10:15
9:44	9:55	10:07	10:15	10:28	10:46
10:20	10:31	10:42	10:50	11:01	11:19
—	11:04	11:15	11:23	11:34	11:51
—	12:04A	12:14A	12:21A	12:32A	12:49A
—	1:04	1:14	1:21	1:32	1:49

Southbound (Approximate Times)

HOLLYWOOD	MIRACLE MILE	BALDWIN HILLS	INGLEWOOD	HAWTHORNE	
6	7	5	4	3	2
1					
Hollywood & Station B Line (Red)	Hawthorn & Orange	La Brea & 8th	Expo & La Brea Station E Line (Expo)	Slauson & Overhill	Manchester & Market B
—	—	—	—	—	—
5:43A	6:00A	6:13A	6:21A	6:33A	6:45A
6:40	7:00	7:15	7:24	7:38	7:51
7:00	7:20	7:35	7:45	7:59	8:12
7:19	7:40	7:55	8:05	8:19	8:32
7:38	8:00	8:15	8:25	8:39	8:52
7:58	8:20	8:35	8:45	8:59	9:12
8:18	8:40	8:55	9:05	9:19	9:32
8:38	9:00	9:15	9:25	9:38	9:51
8:58	9:20	9:35	9:45	9:58	10:11
9:17	9:40	9:55	10:05	10:18	10:31
9:35	10:00	10:15	10:25	10:38	10:51
9:55	10:20	10:35	10:45	10:58	11:11
10:15	10:40	10:55	11:05	11:19	11:32
10:35	11:00	11:15	11:25	11:39	11:52
10:54	11:20	11:35	11:45	11:59	12:12P
11:13	11:40	11:55	12:05P	12:19P	12:32
11:32	11:59	12:16P	12:26	12:40	12:53
11:50	12:20P	12:36	12:46	1:00	1:13
12:10P	12:40	12:56	1:06	1:20	1:33
12:30	1:00	1:16	1:26	1:40	1:53
12:49	1:20	1:36	1:46	2:00	2:13
1:07	1:40	1:56	2:06	2:20	2:33
1:27	2:00	2:16	2:26	2:40	2:53
1:47	2:20	2:36	2:46	3:00	3:13
2:07	2:40	2:56	3:06	3:20	3:33
2:27	3:00	3:16	3:26	3:40	3:53
2:47	3:20	3:36	3:46	4:00	4:13
3:07	3:40	3:56	4:06	4:19	4:32
3:27	4:00	4:16	4:26	4:39	4:52
3:47	4:20	4:36	4:46	4:59	5:12
4:06	4:40	4:56	5:06	5:19	5:32
4:26	5:00	5:16	5:26	5:38	5:51
4:46	5:20	5:36	5:46	5:57	6:10
5:07	5:40	5:56	6:05	6:17	6:30
5:27	6:00	6:15	6:24	6:36	6:49
5:48	6:20	6:35	6:44	6:56	7:09
6:10	6:40	6:55	7:04	7:16	7:29
6:30	7:00	7:15	7:24	7:36	7:48
6:53	7:22	7:37	7:45	7:57	8:09
7:16	7:44	7:59	8:07	8:19	8:31
—	8:07	8:22	8:30	8:42	8:54
—	8:18	8:38	8:53	9:01	9:13
—	8:53	9:13	9:27	9:35	9:47
—	9:30	9:48	10:02	10:10	10:22
—	10:00	10:18	10:31	10:39	10:50
—	10:30	10:48	11:01	11:09	11:21
—	11:00	11:18	11:31	11:39	11:50
—	11:30	11:48	12:01A	12:08A	12:19A
—	12:01A	12:18A	12:30	12:37	12:48
—	1:19	1:31	1:38	1:49	—
—	2:02	2:19	2:31	2:38	—

Special Notes

- A** Board lines 217 to travel east of Highland Av after 6:50 pm on northbound trips terminating at Hawthorn & Orange Dr.
- B** Board on Hollywood Bl. & Sycamore Av after 7:00 pm on southbound trips originating at Hawthorn & Orange Dr.
- C** Trips shown originating at Manchester & Market begin service from Hillcrest & Manchester 1 minute before time show.
- D** Trips shown terminating at Manchester & Market continue to Hillcrest & Manchester arriving at time shown.

Avisos especiales

- A** Para viajar al este de Highland AV despues de las 6:50 pm , tome las líneas 217 en viajes hacia el Norte que terminan en Hawthorn & Orange Dr.
- B** Para los viajes hacia el sur que empiezan en Hawthorn & Orange Dr., aborde el bus después de las 7:00 pm en Hollywood Bl. & Sycamore.
- C** Los viajes que dicen originarce en Manchester & Market comienzan el servicio desde Hillcrest & Manchester 1 minuto antes de la hora indicada.
- D** Los viajes que se muestran terminar en Manchester & Market continuan hasta Hillcrest & Manchester, arrivando llegando a la hora mostrada.

Saturday, Sunday and Holiday Schedule

Saturday, Sunday & Holiday schedule will operate on New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

Horarios de sábado dias feriados

Se usara horario del sabado, domingo y dias 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 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."

ROUTE MAP



- After 7:05pm in Hollywood:**
- 1) Please use Line 217, for travel east of Highland Av.
  - 2) Board southbound Line 212 on Hollywood Bl at Sycamore Av.

LEGEND

- Line 212 Route
- Short Line turnaround loop in Inglewood
- Short Line turnaround loop in Hollywood
- Metro Rail
- # Timepoint & Stop
- # Metro Rail Station, Timepoint & Stop
- # Timepoint Single Direction Only
- FA LAX FlyAway
- BBB Santa Monica's Big Blue Bus
- LD LADOT DASH
- LN County of LA - The Link
- R Rapid
- WH West Hollywood Cityline

MAP NOTES

- 1 Hollywood/Vine B Line (Red) Station**  
Metro 180, 210, 212, 217, 222; LD Hollywood, Hollywood/Wilshire, LD Beachwood Canyon
- 2 Hollywood/Highland B Line (Red) Station**  
Metro 212, 217, 656 Owl; LD Hollywood; WH
- 3 Expo/La Brea E Line (Expo) Station**  
Metro 38, 212; LD Crenshaw
- 4 The Forum/SoFi Stadium**  
Metro 115, 211, 212
- 5 Hollywood Park Casino**  
Metro 117, 211, 212
- 6 Hawthorne/Lennox C Line (Green) Station**  
Metro 40, 212; LN Lennox



211/215

**Effective Dec 13 2020**

### Southbound via 215 (Approximate Times)

Redondo Beach	Inglewood	Redondo Beach
1	2	3
South Bay Galleria	Prairie & Century	Manchester & Market
5:30A	5:53A	6:03A
6:25	6:48	6:58
7:17	7:41	7:52
8:17	8:43	8:52
9:13A	9:36A	9:45A
NO MIDDAY SERVICE		
2:45P	3:10P	3:22P
3:31	4:00	4:11
4:31	5:00	5:11
5:35	6:03	6:13
6:30	6:57	7:07

211/215

### Southbound via 211 (Approximate Times)

REDONDO BEACH	INGLEWOOD			REDONDO BEACH
6	5	4	2	1
Redondo Beach Station	Inglewood & Century	Grevillea & Manchester	Prairie & Century	South Bay Galleria
5:12A	5:27A	5:34A	5:46A	6:12A
6:06	6:21	6:28	6:40	7:06
6:54	7:11	7:20	7:32	8:01
7:47	8:06	8:15	8:29	9:01
8:45A	9:04A	9:11A	9:23A	9:49A
NO MIDDAY SERVICE				
3:05P	3:27P	3:35P	3:49P	4:19P
4:09	4:28	4:37	4:51	5:22
5:00	5:20	5:29	5:43	6:14
6:00	6:18	6:26	6:39	7:05
6:55	7:11	7:19	7:32	7:58

## Special Notes

## Avisos Especiales

Service between Redondo Beach Station and the Redondo Beach Pier is provided by Beach Cities Transit Line 102.

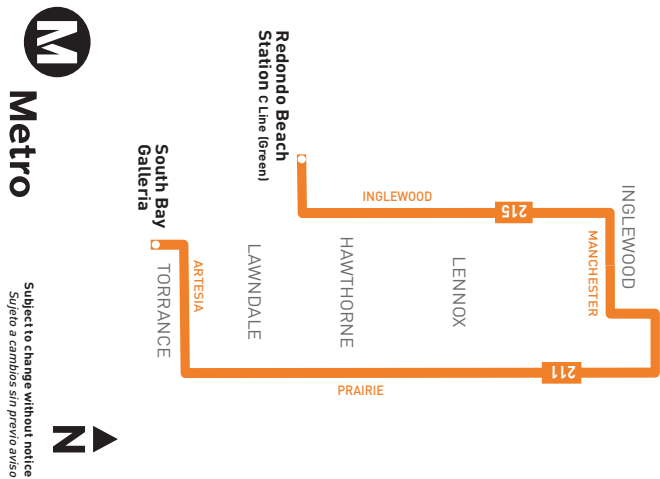
*Servicio entre Redondo Beach Station y Redondo Beach Pier es  
proveído por Beach Cities Transit Línea 102.*

## Saturday, Sunday and Holiday Schedules

### ***Horarios de sábado, domingo y días feriados***

No service on Saturday, Sunday, New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

*No hay servicio en sábado, domingo, New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day y Christmas Day.*



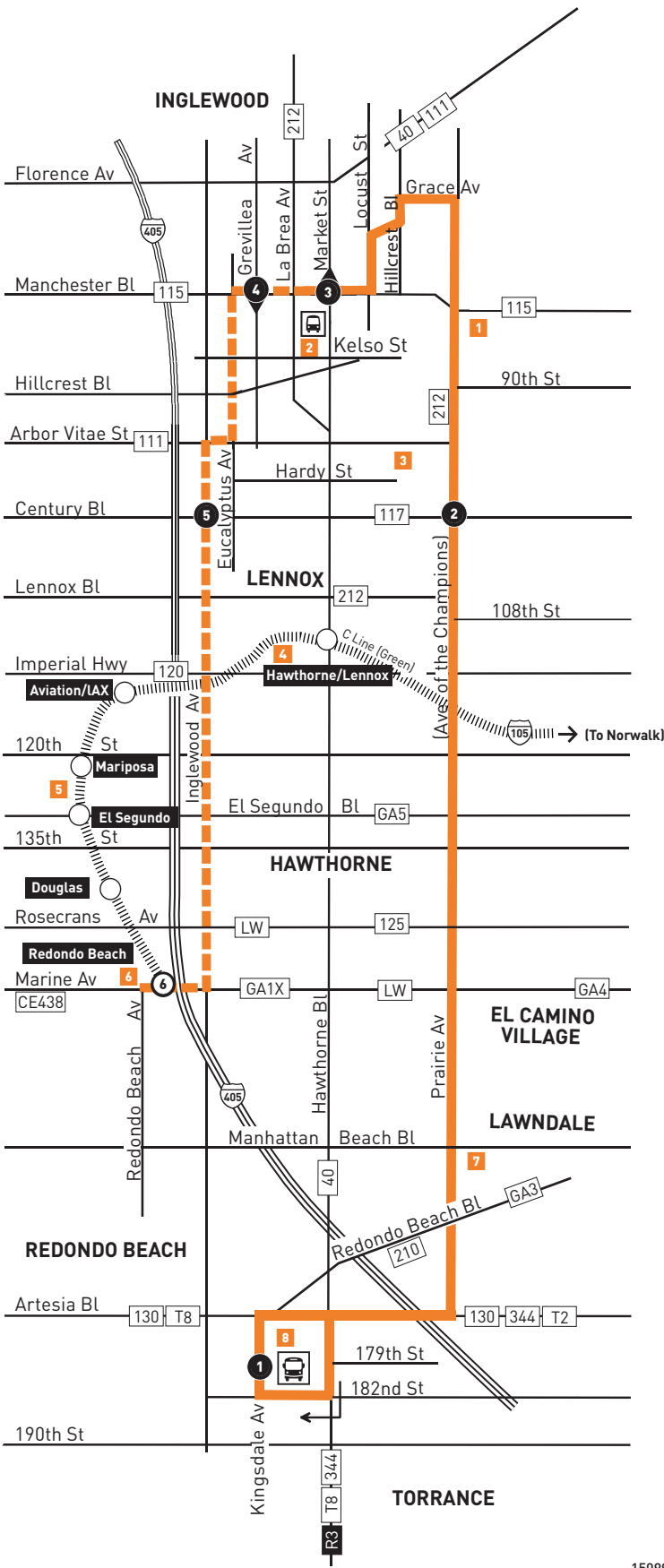


LEGEND

- Line 211 Route
- Line 215 Route
- Timepoint
- Single Direction Timepoint
- Metro Rail
- Metro Rail Station
- Metro Rail Station & Timepoint
- Transit Center
- BC Beach Cities Transit
- CE LADOT Commuter Express
- GA GTrans (Gardena)
- LW Lawndale Beat
- R Rapid
- T Torrance Transit

MAP NOTES

- 1 The Forum**  
Metro 115, 211, 212
- 2 Inglewood Transit Center**  
Metro 40, 111
- 3 Centinela Hospital Medical Center**  
LN Lennox
- 4 Hawthorne/Lennox C Line (Green) Station**  
Metro 40, 212; LN Lennox
- 5 El Segundo C Line(Green) Station**  
CE 574; T8
- 6 Redondo Beach C Line (Green) Station**  
Metro 215; BC102; CE438, CE574; GA1X; LW
- 7 Alondra Park**
- 8 South Bay Galleria**  
Metro 40, 130, 210, 211, 344; BC102; GA3; LW; R3; T2, T8



# TOP 10 TIPS TO QUIT SMOKING

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



Enroll online at  
**[www.nobutts.org](http://www.nobutts.org)**

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

***If you keep trying, you will succeed!***

# QUIT VAPING

FREE SERVICES FOR TEENS AND ADULTS

## CONCERNED ABOUT YOUR VAPING?

Tried to quit but found yourself vaping again?

Trouble getting through the day without vaping?

Have others said something about your vaping?

YOU CAN QUIT.  
WE CAN HELP!

**Call, Text or Chat Today!**



**1-844-8-NO-VAPE**

Telephone Coaching



Online Help



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



Fact Sheets & Services



# Sharps Disposal Drop Off

Please dispose your sharps waste properly!

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

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



## Sheriff Station Locations

### Sharps Waste Only – Not for Commercial Use

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





## A Guide to Healthy Aging

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

### Find healthcare that meets your needs

#### Find a Geriatrics Healthcare Professional

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

#### Centers for Medicare and Medicaid Services

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

#### Administration on Aging (AoA)

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

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

## Make sure you're not making medication mistakes

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

## Stay on top of health problems

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

## Lower your risk of falling

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

## Tips for Beating the Holiday Blues

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

### Top 5 Tips

#### Get out and about

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

#### Volunteer

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

#### Drink responsibly

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

#### Accept your feelings

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

#### Talk to someone

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



# Recognize Warning Signs of Depression

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

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

## **Depression is treatable.**

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

# Help Someone with the Holiday Blues

## **Include them**

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

## **Lend a hand**

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

## **Be a good listener**

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

## **Encourage them to talk with a healthcare provider**

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

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

**HELP**  
a loved one,  
a friend,  
or yourself.

Community crisis centers  
answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

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CMHS-SVP-0126

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**<sup>TM</sup>  
**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://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](http://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.

[www.OurHouse-Grief.org](http://www.OurHouse-Grief.org)

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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.

**[www.OurHouse-Grief.org](http://www.OurHouse-Grief.org)**

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## Elder Financial Abuse

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

### How to Recognize Financial Abuse

#### 1. Transactional Elder Financial Abuse Indicators

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

#### 2. Possible Legal Document Abuse Indicators

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

#### 3. Life-Style Change Indicators

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

#### 4. Personal Relationship Abuse Indicators

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

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## **5. Undue Influence**

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

## **Warnings to Elders about How to Avoid Financial Abuse**

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

## **What to Do About Known or Suspected Elder Financial Abuse?**

REPORT IT!

### **Who Reports?**

Any concerned person, and all mandated reporters.

### **Who are Mandated Reporters?**

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

### **What is Reported?**

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

### **When to Report?**

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

### **Written Reports:**

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

### **Failure to Report**

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

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

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

## **Where to Report**

### **Elder Scams**

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

### **Attorney Complaints**

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

### **Insurance Agent Complaints**

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

### **Mortgage Lenders & Brokers Complaints**

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

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

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

## Chapter 1 Elder Abuse

### Three Indisputable Facts about Elder Abuse:

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

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

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



***Remember:***

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

## Part A Physical and Emotional Elder Abuse

### What is Physical and Emotional Elder Abuse?

#### Physical abuse includes:

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

#### Neglect includes:

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

#### Emotional abuse includes:

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

### Recognizing the Warning Signs

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

#### Physical warning signs:

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

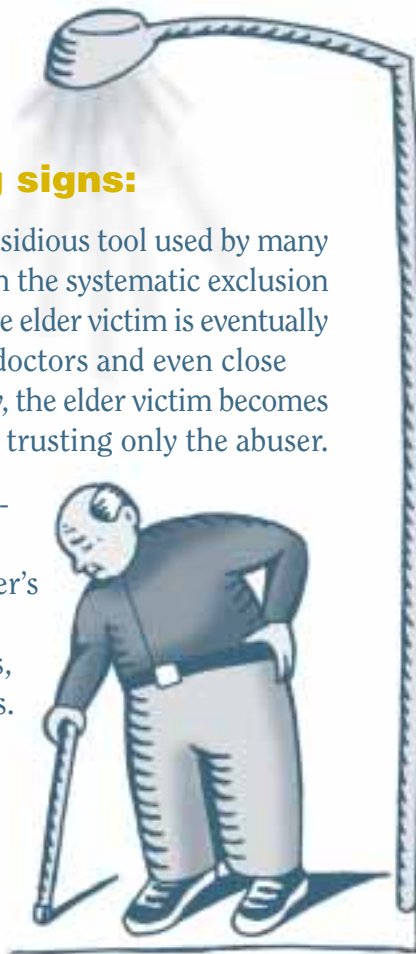
## Behavioral warning signs:

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

## Isolation warning signs:

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

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



## REPORTING ELDER ABUSE:

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

## HOW TO REPORT ELDER ABUSE:

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

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

## Part C Elder Abuse in the Long-Term Care Facility

### What is Long-Term Care?

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

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

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

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

### How to Choose a Long-Term Care Facility

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



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

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

## Recognizing the Warning Signs

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

### Physical warning signs:

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



### Behavioral warning signs:

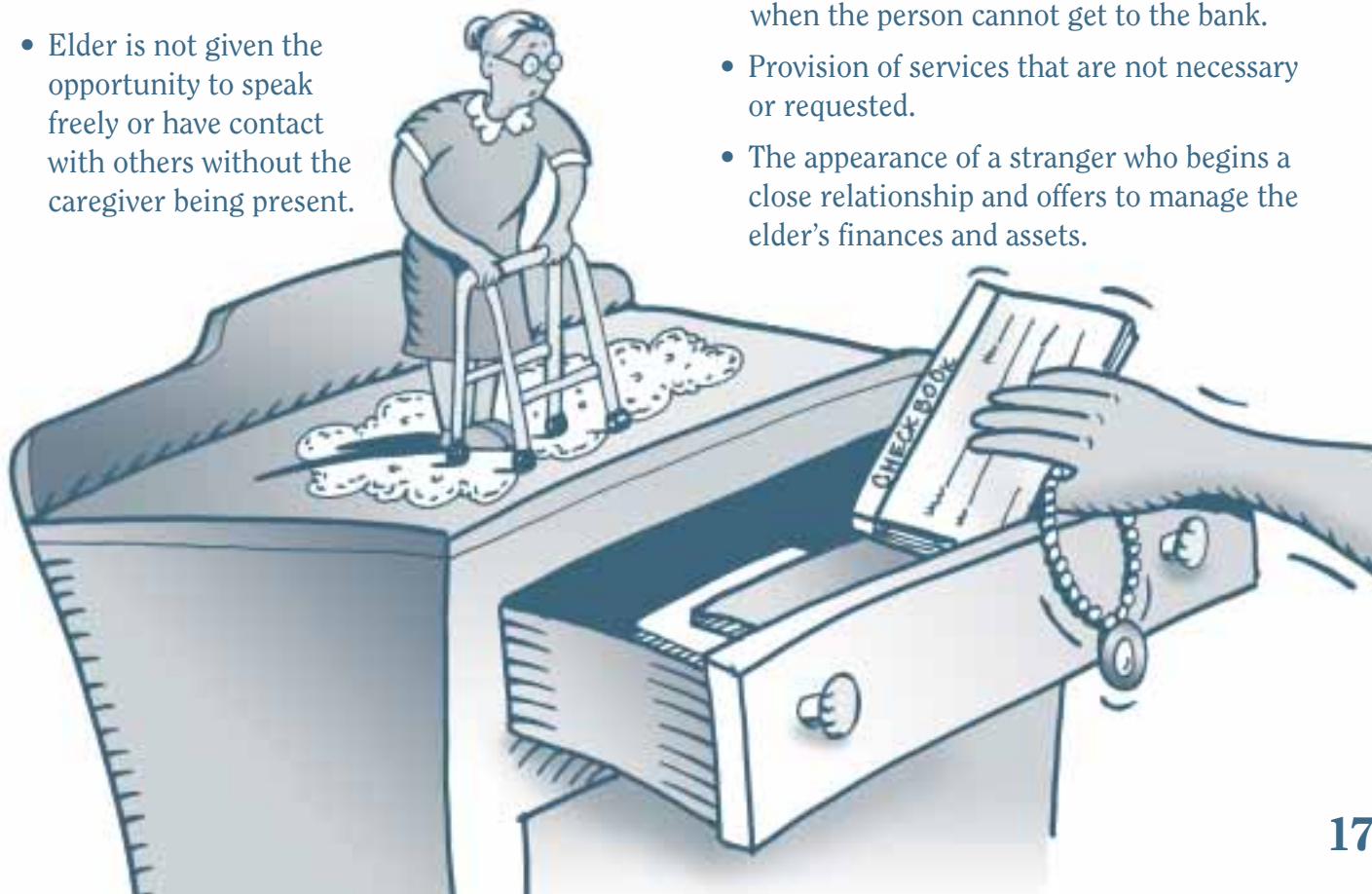
- Withdrawn
- Confused or extremely forgetful
- Depressed
- Helpless or angry
- Hesitant to talk freely
- Frightened
- Secretive



### Isolation warning signs:

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

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



### Financial abuse warning signs:

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

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

## Residents'

***Each resident has the right to:***

**Dignity & Privacy:**

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

**Medical Condition & Treatment:**

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

# Bill of Rights *(Partial list)*

## **Abuse & Chemical & Physical Restraints:**

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

## **Safety & Hygiene:**

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

## **Transfer & Discharge:**

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

## **Grievances:**

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

## Chapter 3 On-Line Resources

### **Alzheimer's Association**

**[www.alz.org](http://www.alz.org)**

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

### **AARP**

**[www.aarp.org](http://www.aarp.org)**

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

### **Better Business Bureau**

**[www.bbb.org](http://www.bbb.org)**

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

### **California Adult Protective Services**

**[www.dss.cahwnet.gov/cdssweb](http://www.dss.cahwnet.gov/cdssweb)**

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

### **California Advocates for Nursing Home Reform**

**[www.canhr.org](http://www.canhr.org)**

Information and advocacy for nursing home residents and their families, including detailed facility profiles at **[www.nursinghomeguide.org](http://www.nursinghomeguide.org)**.

### **California Department of Aging**

**[www.aging.state.ca.us](http://www.aging.state.ca.us)**

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

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

**[www.ag.ca.gov/bmfea/](http://www.ag.ca.gov/bmfea/)**

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

### **California Department of Justice, Crime and Violence Prevention Center**

**[www.safestate.org](http://www.safestate.org)**

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

# On-Line Resources *continued from page 35*

## **Eldercare Locator**

**[www.elder.org](http://www.elder.org)**

Nationwide information and resource center for seniors and caregivers.

## **Long-Term Care Ombudsman**

**[www.aging.state.ca.us/html/programs/ombudsman.htm](http://www.aging.state.ca.us/html/programs/ombudsman.htm)**

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



## **National Committee for the Prevention of Elder Abuse**

**[www.preventelderabuse.org](http://www.preventelderabuse.org)**

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

## **National Family Caregivers' Association**

**[www.nfcacares.org](http://www.nfcacares.org)**

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

## **National Hispanic Council on Aging**

**[www.nhcoa.org](http://www.nhcoa.org)**

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

## **National Institute on Aging**

**[www.nia.nih.gov](http://www.nia.nih.gov)**

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

## **National Senior Citizens' Law Center**

**[www.nscclc.org](http://www.nscclc.org)**

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

## **Nursing Home Compare**

**[www.medicare.gov](http://www.medicare.gov)**

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

