

Health Resources Book 2022-2023



El Monte Union High School
District 3537 Johnson Avenue
El Monte, CA
91731 (626)
444-9005

EL MONTE UNION HIGH SCHOOL DISTRICT

SUMMER, 2022

COMMUNITY COUNSELING SERVICES AND HEALTH RESOURCES

A Health Resources Handbook for Assistant Principals for Student Services, Counselors, Coordinators of Child Welfare and Attendance, Adult School Counselors, District Psychologists and Receptionists.

Prepared by District Curriculum & Instruction Department

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Services

This information is listed for your use and does not represent an endorsement or any recommendations from the El Monte Union High School District.

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211 OF L.A. COUNTY LINE

WHAT IS 211 OF L.A. COUNTY LINE?

211 OF L.A. COUNTY LINE

- Is a telephone information and referral service linking residents of Los Angeles County with human service agencies and organizations.
- Is a round-the-clock service, operating 7 days a week, 24 hours a day.
- Is toll free, with 8 local area telephone numbers within the County.
- Is a multilingual service.
- Is a FREE...CONFIDENTIAL...COMMUNITY SERVICE, operated by the Information and Referral Federation of Los Angeles County with funding from the Department of Public Social Services of Los Angeles County.

WHAT DOES INFO LINE DO?

INFO LINE & WEBSITE INFO

- Provides information on direct services and resources in Los Angeles County.
- Links people in need of services with appropriate agencies in their local communities whenever possible.
- Provides follow-up to see that referred services are provided and to make certain that needs are met.
- Helps eliminate frustration, time-consuming searches for information and for help when it is needed.
- www.211la.org

WHAT IS THE SCOPE OF INFO LINE SERVICE?

Skilled information specialists at INFOLINE...receive calls...answer questions...provide information...and refer people...to services and resources in such areas as:

Alcohol & Drug
Family Planning
Parenting
Shelter

Crisis Intervention
Homeless
Mental Health
Therapy

Domestic
Violence
Lung
Disease
Sexual
Assault
Violence

WHAT ARE INFO LINE TOLL FREE NUMBERS?

Los Angeles County	(323) 686-0950
West Los Angeles Area	(310) 551-2929
San Gabriel Valley Area	(626) 350-6833
South Bay/Long Beach	(310) 603-8962
San Fernando Valley Area	(818) 501-4447
Airport Area	(310) 671-7464
Burbank/Glendale Area	(818) 956-1100
Other L.A. County	(800) 339-6993

TDD

(626)572-2481

**INFORMATION AND REFERRAL FEDERATION OF LOS ANGELES COUNTY
526 West Las Tunas Drive San Gabriel, CA. 91776 (626) 350-1841**

HOTLINES

(*See inside for more information)

1. *211 LA County (626) 350-1841
2. *Aurora Charter Oak Hospital (800) 654-2673
3. *Boys Town National (800) 448-3000
4. *California Missing Children (800) 222-3463
5. *California Youth Crisis Youth (ages 12-24) (800) 843-5200
6. *Center for the Pacific-Asian Families, Inc. (CPAF) (800) 339-3940
7. *Childhelp National Headquarters (800) 422-4453 (800) 222-4453 TDD
8. *East Los Angeles Women's Center (800) 585-6231 Rape & Battery
(800) 400-7434 HIV
(323) 843-0014 Hope & Hearth Shelter
9. *Los Angeles County Department of Child Services (800) 540-4000 Child Protection
& Family Service (800) 272-6699 TDD
10. *Narcotics Anonymous (800) 863-2962 Anonymous
English (888) 622-4672 Spanish
11. *Su Casa Ending Domestic Violence (562) 402-4888
12. *Women's and Children's Crises Shelter, Inc. (562) 945-3939
13. *WomenShelter of Long Beach (562) 437-4663

San Gabriel Valley Parent Support Groups

San Gabriel / Pomona Regional Center (Support Groups by Disability)

- | | |
|--|----------------|
| 1. AGUA Classic (Autism) Los Angeles County | (562) 237-1520 |
| 2. DSFRC (Down syndrome family resources center) | (626) 384-0599 |
| 3. Epilepsy & Seizures 24/7 Helpline | (800) 332-1000 |
| En español | (866) 748-8008 |

NAME: Abacus Recovery

ADDRESS: 312 N. Allen Avenue, Pasadena, CA 91106

PHONE: (626) 714-1500 Call or Text
(626) 241-9280

WEBSITE: www.AbacusRecovery.com

SERVICES: Drug and alcohol addiction treatment through outpatient and intensive outpatient (IOP) programs. Individual and group sessions, drug testing and suspension alternative.

FEES: PPO Insurance / Self-pay

AREA: San Gabriel Valley & San Fernando Valley Areas (Los Angeles County)

HOURS: 24-hours

CONTACT: Angel Shirvanian, Program Director

Abacus Recovery
Change You Can Count On

NAME: Alcoholics Anonymous Central Office of Los Angeles (AA)

ADDRESS: 4311 Wilshire Blvd, Suite #104, Los Angeles, CA 90010

PHONE: (323) 936-4343
(323) 936-8729 Fax

WEBSITE: www.lacoaa.org

SERVICES: Social gathering to help live a sober life for people who have heavy drinking problems and have a desire to stop drinking. No age limitation everyone welcome anytime. Meetings vary during the day.

FEES: None

AREA: Southern California

HOURS: Hours to Purchase Literature:
9:00 am to 6:30 pm Monday thru Thursday
9:00 am to 4:30 pm Friday, Saturday, Sunday and Holidays

CONTACT: Staff member



NAME: Alma Family Services
ADDRESS: 4024 N. Durfee Avenue, Wing D, El Monte, CA 91732
PHONE: (626) 279-2530
(323) 526-4096 Fax
WEBSITE: www.almafamilyservices.org



SERVICES: Alma Family Services, in collaboration with The Los Angeles Department of Mental Health and EMUHSD, has partnered to provide preventive Services in a community-based setting. The services are aimed at addressing the mental health and behavioral needs of youth experiencing increasing school attendance while promoting positive social and academic performance. Alma utilizes a multidisciplinary system of care that offers comprehensive, developmentally appropriate, and coordinated child and family services oriented to promoting healthy youth development.

FEES: Grant
AREA: Los Angeles County
HOURS: 8:00 am to 5:00 pm Monday thru Friday
CONTACT: Diego H. Rodrigues, Chief Operating Officer

NAME: Almansor Mental Health Services
ADDRESS: 205 Pasadena Avenue, South Pasadena, CA 91030
PHONE: (323) 622-0724
(323) 344-5536
(323) 344-7390 Fax
(323) 344-5550 Fax



WEBSITE: www.redesignlearning.org/mental-health
SERVICES: Individual, family, case management, crisis intervention and psychotropic medication support services.
FEES: Medi-Cal
AREA: South Pasadena / Commerce
HOURS: 24-hours / 7 days a week
CONTACT: Laura Solis

NAME: Alta Med Medical & Dental Group

ADDRESS: 10418 Valley Blvd, Suite B, El Monte, CA 91731

PHONE: (888) 499-9303
(323) 201-3216 Fax



SERVICES: Medical services such as dental services (2nd floor), general practice, gynecology examination, HIV testing, pap smears, pediatrics, pregnancy testing, TB testing, family planning and immunizations. An adult must accompany minors. Se habla Español.

FEES: Medicare/Private insurance/ Low cost fee for people without insurance/ Medi-Cal

AREA: No restrictions

HOURS: 8:00 am to 9:00 pm Monday, Wednesday & Friday
9:00 am to 9:00 pm Tuesday & Thursday
8:00 am to 5:00 pm Saturday

CONTACT: Staff member

NAME: American Cancer Society, Inc.

ADDRESS: 99 S. Lake Avenue. Suite 400 Pasadena, CA 91101

PHONE: (800) 227-2345
(626) 795-7774 (Option #3)
(626) 568-2888 Fax



WEBSITE: www.cancer.org

SERVICES: Basic information on cancer. Referrals, support group, and materials such as brochures and posters. Offers transportation to cancer patients.

FEES: Most programs are free unless materials cost recovery order are large

AREA: San Gabriel Valley

HOURS: 9:00 am to 5:00 pm Monday thru Friday

CONTACT: Staff member

NAME: American Lung Association in California, Los Angeles

ADDRESS: 3325 Wilshire Blvd, Suite 900, Los Angeles, CA 90010

PHONE: (213) 384-5864
(866) 881-7865 Fax

WEBSITE: www.lung.org



SERVICES: Educational materials on asthma, COPD, emphysema, lung cancer, tobacco, air quality, and other topics involving lung health and lung disease. Health & education programs for children with asthma. Lung helpline for any question about lung disease and lung health.

FEES: Varies

AREA: Los Angeles County

HOURS: 8:30 am to 5:00 pm Monday thru Friday

CONTACT: Staff member

NAME: Arcadia Community Church

ADDRESS: 121 Alice Street, Arcadia, CA 91006

PHONE: (626) 445-7470 Main Office
(626) 445-6071 Fax

SERVICES: Celebrate recovery program for people with hurts, habits & hang-ups.

FEES: Free program / Donation

AREA: San Gabriel Valley

HOURL: Thursday's 6:00 pm

CONTACT: Staff member



NAME: Arcadia Mental Health Center

ADDRESS: 330 East Live Oak Avenue, Arcadia, CA 91006

PHONE: (626) 254-1400
(626) 447-4792 Fax

SERVICES: Adult outpatient psychiatric clinic, referrals offered. Bilingual staff is available (Spanish, Chinese and Armenian). For people 18 years of age and older.

FEES: Sliding scale / Medicare / Medi-Cal

AREA: San Gabriel Valley

HOURS: 8:00 am to 5:00 pm Monday thru Friday

CONTACT: Evaluation team



NAME: Asian Youth Center

ADDRESS: 100 W. Clary Avenue, San Gabriel, CA 91776 (Tawa Youth Center)
232 W. Clary Avenue, San Gabriel, CA 91776 (May L. to Educational Center)

PHONE: (626) 309-0622
(626) 309-0717 Fax

WEBSITE: www.asianyouthcenter.org

SERVICES: After-school program, summer program, recreational activities, tutoring and homework assistance. Youth referrals and legal services.

FEES: Sliding scale

AREA: San Gabriel

HOURS: 8:00 am to 5:00 pm Monday thru Friday (Tawa Youth Center location)
10:00 am to 6:30 pm Monday thru Friday (May L. Educational Center location)

CONTACT: Nicholette Espinosa



NAME: Aurora Charter Oak Hospital
ADDRESS: 1161 E. Covina Blvd, Covina, CA 91724
PHONE: (800) 654-2673 Referrals
(626) 214-2029 Main Office
(626) 339-8601 Fax



WEBSITE: www.charteroakhospital.com
SERVICES: Providing education and tools to schools and other community organizations to help prevent youth suicide.
FEES: Varies / Accepts most insurance / Medi-Cal
AREA: El Monte / Covina
HOURS: 24-hours hotline
CONTACT: Steve Jennings, Director of Business Development

NAME: Because I Love You (B.I.L.Y.)
ADDRESS: PO Box 2062, Winnetka, CA 91306
PHONE: (818) 884-8242
WEBSITE: www.bily.org
SERVICES: Parenting problems including children with attitudes, irregular school attendance, physical and verbal abuse, poor grades, runaways and substance abuse. Youth support group meetings (Must be ages 12-21 years old).
Se habla Español.
FEES: Free
AREA: Los Angeles & Ventura County
HOURS: 7:00 pm to 9:30 pm (Tuesday meetings at Birmingham Community Charter High School 17000 Haynes Street Van Nuys, CA 91406 in the Library).
CONTACT: Dennis Poncher, Founder / Director

NAME: Boys Town National Hotline

ADDRESS: 14100 Crawford Street, Boys Town, NE 68010

PHONE: (800) 448-3000 Hotline
(402) 498-1875 Fax

WEBSITE: www.yourlifeyourvoice.org

SERVICES: Provide short-term counseling and crisis intervention to children, teens, parents and families. Experiencing any type of difficulty in their lives. Our counselors can offer referrals to local services in caller's area. The website was created because we realize people today are often more comfortable to contact us over the internet. They can now reach us 4 different ways, by text, email, online chat, or by calling the hotline.

FEES: Free

AREA: Nationwide (United States, Canada, Guam, Puerto Rico and the Virgin Islands)

HOURS: 24-hours

CONTACT: Deena Fraiser

NAME: Bridges, Inc.

ADDRESS: 11143 Bryant Road, El Monte, CA 91731

PHONE: (626) 575-8344

SERVICES: Therapy services, psychiatric, medication services, case management/benefit establishment, specialized groups, prevention, early intervention services, evidence based practices and crisis intervention.

FEES: Medi-Cal

AREA: El Monte

CONTACT: Staff member



NAME: California Missing Children Hotline

ADDRESS: PO Box 903387, Sacramento, CA 94203

PHONE: (800) 222-3463
(916) 210-3119 Main office
(916) 227-3270 Fax

WEBSITE: www.oag.ca.gov/missing

SERVICES: Relays information to law enforcement agencies. Makes posters and publishes bulletins with pictures of missing children.

FEES: Free

AREA: California / Other States

HOURS: 24-hours

CONTACT: Staff member



NAME: California Youth Crisis Line

ADDRESS: PO Box 161448, Sacramento, CA 95816

PHONE: (800) 843-5200
(916) 514-4464 Main office
(916) 514-4499 Fax

WEBSITE: calyouth.org

SERVICES: 24-hours crisis hotline for youth (ages 12-24) and family. Chat and text offered and message relay and patch services. Medical family planning agencies. Referrals and information offered.

FEES: Free

AREA: California

HOURS: 24-hours hotline

CONTACT: Logan Shideler, Program Coordinator





NAME: Center for Integrated Family & Health Services (CIFHS)

ADDRESS: 540 S. Eremland Drive, Covina, CA 91723
536 S. 2nd Ave. Suite F & G, Covina, CA 91723
14362 Ramona Blvd. Baldwin Park, CA 917706

PHONE: (626) 966-1577
(626) 967-1339 Fax
(626) 479-2300 (Chemical dependency program)
(626) 966-5184 Fax

WEBSITE: www.cifhs.org

SERVICES: Individual counseling for children and adults, case management, domestic violence, chemical dependency for teens and adults, parenting, anger management, psychiatric services.

FEES: Medi-Cal / Self-pay

AREA: Medi-Cal (LA County)
Self-pay: No restrictions

HOURS: 9:00 am to 9:00 pm Monday & Wednesday
9:00 am to 7:00 pm Thursday
9:00 am to 5:00 pm Friday

CONTACT: Maria Hopper / Noemi Cordova – Receptionists
Abby Quezada – Office Manager ext. 105

NAME: Center for the Pacific-Asian Family, Inc. (CPAF)
ADDRESS: 3424 Wilshire Blvd, Suite #1000 Los Angeles, CA 90010
PHONE: (800) 339-3940 24-hours helpline (Interpretation available)
(323) 933-9808 Fax
WEBSITE: nurturingchange.org



SERVICES: Provides free services for survivors of domestic violence and sexual assault. Specializes in supporting Asian and Pacific Islander families due to culturally, linguistically sensitive services, open to all. Provides safety planning, crisis counseling, case management, emergency and transitional shelter services, DV/SA education, police/legal/medical advocacy and accompaniment, nonviolent parenting support, and referrals. Direct services provided at our public Community Center (Koreatown) and Emergency/Transitional Shelter locations (confidential). Also facilitates trainings and outreach presentations for service providers and general community upon request. Twice a year, CPAF conducts a 65-hour Domestic Violence and Sexual Assault Advocacy State Certification training for incoming staff/interns/volunteers and community partners. Please check our website for training dates and how to register.

AREA: No restrictions
HOURL: 9:00 am to 5:00 pm Monday thru Friday (Public community center)
CONTACT: Staff member

NAME: Childhelp National Headquarters
ADDRESS: 6730 N. Scottsdale Road, Suite 150 Scottsdale, AZ 85253
PHONE: (800) 422-4453 Hotline
(480) 922-8212 Main office
(800) 222-4453 TDD
(480) 922-7061 Fax
WEBSITE: www.childhelp.org
SERVICES: Crisis intervention, information on referrals.
FEES: Free
AREA: U.S. & U.S. Territories
HOURS: 24-hours
CONTACT: Michelle Fingerman

NAME: Children's Hospital of Los Angeles Teenage and Young Adult Health Center

ADDRESS: 5000 Sunset Blvd, 4th floor Los Angeles, CA 90027

PHONE: (323) 361-2153
(323) 953-8116 Fax

WEBSITE: www.chla.org

SERVICES: By appointment only: Confidential reproductive health service for 12-17 year olds at no charge, through Family Pact. Substance use treatment, project Nateen for pregnant and parenting teens, behavioral health/mental health (Medi-Cal only) and homeless adolescent services (HAWC).

FEES: Cash / Medi-Cal / Most Insurance

AREA: Los Angeles

HOURS: Walk-in Services: Free HIV and STI testing 9:00 am to 11:30 am / 1:00 pm to 3:45 pm

CONTACT: Staff member



NAME: City of El Monte Public Works - Transportation Services

ADDRESS: 3679 Center Avenue, El Monte, CA 91731

PHONE: (626) 580-2217
(626) 580-2238 Fax

WEBSITE: www.elmonte/publicworks/transportation

SERVICES: Provides local fixed-route transit 7 days a week, quality transportation services for Jack Crippen Senior Center's nutrition program, recreation excursions, special city events, and Commuter Shuttle Services. Also provides Dial-A-Ride for senior citizens and individuals with disabilities, subsidized MTA, EZ Pass and Foothill monthly bus passes. Trolley tokens can be purchased at the Transit Center located at 3650 Center Ave, El Monte, CA 91731

FEES: Varies

AREA: El Monte and Surrounding areas

HOURS: 6:00 am to 4:30 pm Tuesday-Thursday-Friday- Saturday and Sunday

CONTACT: Sarah Zadok, Transportation Operations Manager



NAME: D'Veal Family and Youth Services

ADDRESS: 855 Orange Grove Blvd, Pasadena, CA, 91731

PHONE: (626) 216-6751

SERVICES: Our services are designed to provide the maximum benefit for both our clients and the community at large. Each service is tailored to meet the specific needs of the client(s), taking into account emotional challenges, risk factors, challenging behaviors and individual empowerment. To deliver our services, we've assembled a diverse team that brings their individual strengths and abilities together to deliver effective programs and positive outcomes on every encounter.

FEES: Medi-Cal

AREA: EMUHSD Residency area

CONTACT: Danielle Hurwitz

NAME: Domestic Violence Rape Crisis Line for (Peace over Violence)

ADDRESS: 892 N. Fair Oaks Avenue, Suite D, Pasadena, CA 91103

PHONE: (626) 793-338 / (213) 626-3393 / (310) 392-8381 24-hours hotlines

(626) 584-6191 Main office
(626) 243-7972 Phone video

WEBSITE: www.peaceoverviolence.org

SERVICES: Ten weeks' free group counseling and training services for survivors of sexual assault, incest, stalking and domestic violence. Clinical referrals, support groups and volunteer opportunities. Private or individual self-defense classes also available.

FEES: Free, Court order \$20 a Session

AREA: Metro Los Angeles Area

HOURS: 9:00 am to 5:30 pm Monday thru Friday

CONTACT: Staff member

NAME: East Los Angeles Women's Center

ADDRESS: 1431 S. Atlantic Blvd, Los Angeles, CA 90022

PHONE: (800) 585-6231 Rape & Battery Hotline
(800) 400-7434 24-hours hotline/ HIV
(323) 843-0014 Hope & Hearth Shelter
(323) 526-5819 ext. 130 Main office
(323) 526-5822 Fax

WEBSITE: www.elawc.org

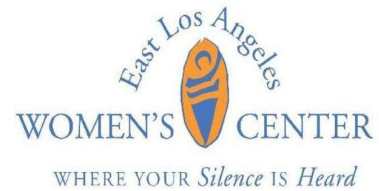
SERVICES: Provides counseling to survivors of domestic violence and sexual assaults, referrals to legal aid, housing, and food banks, youth services, men's circles (fatherhood program), and victims of human trafficking. Education and support groups available. AIDS testing, youth empowerment and promotora programs. Emergency 24 hours shelter. All services are free and available in Spanish.

FEES: Free

AREA: Los Angeles County

HOURS: 9:00 am to 3:00 pm Monday thru Thursday
9:00 am to 3:00 pm Friday

CONTACT: Staff member



NAME: El Monte Police Department-Community Relations

ADDRESS: 11333 Valley Blvd, El Monte, CA 91731

PHONE: (626) 580-2100 24-hours Dispatch Center
(626) 580-2134
(626) 350-1404 Fax

SERVICES: Crime prevention services including juvenile delinquency diversions, counseling and TORCH programs.

FEES: None

AREA: El Monte

HOURS: 7:00 am to 5:00 pm (office hours)

CONTACT: Staff member



NAME: Emergency Resources Association El Monte / South El Monte

ADDRESS: 10900 Mulhall Avenue, El Monte, CA 91731

PHONE: (626) 444-7269
(626) 442-7311 Fax



SERVICES: Food, clothing, shelter (when funding is available), and emergency lodging for stranded families, gasoline, medical aid, transportation, and more. Referral for welfare and financial request and other social services are also available. Must qualify for these services.

FEES: Free

AREA: El Monte / South El Monte

HOURS: 8:00 am to 5:00 pm Monday thru Friday (Appointment is needed)

CONTACT: Lillian Rey

NAME: Enki Youth and Research System, Inc.

ADDRESS: 3208 Rosemead Blvd, Suite 100 El Monte, CA 91731

PHONE: (866) 227-1302 (Call center to schedule intakes)
(626) 227-7001 Main office
(626) 227-7002 Fax

WEBSITE: www.ehrs.com

SERVICES: Individual, family, and group therapy, collateral services, parenting classes in English and Spanish, skill-building groups for children and teens, 0-5 services, targeted case management and medication support services as needed.

FEES: Medi-Cal / Uninsured (Eligibility limitations)

AREA: El Monte, South El Monte, South San Gabriel, Rosemead, Temple City, Pico Rivera, Bassett, Baldwin Park, Whittier

HOURS: 9:00 am to 6:00 pm Monday
10:00 am to 7:00 pm Tuesday, Wednesday, & Thursday
8:00 am to 5:00 pm Friday

CONTACT: Dr. Shaw /Dr. Kelvin Ore

NAME: Foothill Family

ADDRESS: 11429 Valley Blvd, El Monte, CA 91731

PHONE: (626) 993-3000 (Intake Department/ Main Agency Number)
(626) 993-3083 Fax

WEBSITE: www.foothillfamily.org

SERVICES: Individual, family and group therapy for school-aged children available at school, agency and community. Groups include women's domestic violence treatment (for Cal-Works recipients), children's ADHD, social skills, teen LGBTQ. Early intervention and specialized therapy services for children 0-5.

FEES: Sliding scale fee for individual adults. Counseling services are available for uninsured EMUHSD students through our contract with EMUHSD. Services for children with Medi-Cal are free.

AREA: Los Angeles County

HOURS: 8:00 am to 8:00 pm Monday thru Thursday
8:00 am to 5:00 pm Friday

CONTACT: Intake Department



NAME: Garfield Medical Center

ADDRESS: 525 N. Garfield Avenue, Monterey Park, CA 91754

PHONE: (626) 573-2222
(626) 307-1043 Fax

WEBSITE: www.garfieldmedicalcenter.com

SERVICES: 24-Hours emergency care, maternity center, neonatal intensive care unit. Cardiac care, outpatient surgery, patient education and rehabilitation service. Stemi and stroke receiving center.

FEES: Varies / Accepts insurance

AREA: Southern California, West San Gabriel Valley

HOURS: 24-hours

CONTACT: Staff member





NAME:	Hacienda La Puente Adult Education (Willow Campus)
ADDRESS:	14101 E. Nelson Avenue, La Puente, CA 91746
PHONE:	(626) 934-2801 (626) 934-2986 Fax
WEBSITE:	www.hlpae.com
SERVICES:	Adult school career training programs including trades such as automotive, major appliance repairs, HVAC, culinary welding, computer repair, networking, cosmetology, barbering, business education, health careers including medical assistant, dental assistant, vocational nursing, psychiatric technician, pharmacy technician and C.N.A. (Must be 18 years old) Rehabilitation service, innovative rehabilitation service (IRS) works with adults with disabilities with referrals from regional center to provide career training.
FEES:	Varies, academic classes are free
AREA:	No restrictions
HOURS:	8:00 am to 7:00 pm Monday thru Thursday 8:00 am to 4:00 pm Friday
CONTACT:	Staff member



NAME: Herald Christian Health Center

ADDRESS: 8841 Garvey Avenue. Rosemead, CA 91770 (Rosemead clinic)
923 S. San Gabriel Blvd. San Gabriel, CA 91776 (San Gabriel clinic)
1661 Hanover Road, Suite 103 City of Industry, CA 91748 (City of Industry clinic)
4282 Genesee Avenue. Suite 102 San Diego, CA 92117 (San Diego clinic)

PHONE: (626) 286-8700 (Rosemead/San Gabriel/City of Industry)
(626) 286-8650 Fax
(858) 598-6789 (San Diego)
(858) 598-6720 Fax

WEBSITE: hchcla.org

SERVICES: Our staff speak English, Spanish, Mandarin, Cantonese, Vietnamese and Japanese. Our services include primary care service, preventive care screening, well women exam, immunization vaccinations, optometry, behavioral health counseling, acupuncture, dental service, and health insurance enrollment assistance.

FEES: We accept Medi-Cal, My Health LA, and HMO health insurances. We also provide fee discounts based on income for those without health insurance coverage.

AREA: All are welcome. Our clinics are located in Los Angeles county and San Diego county.

HOURS:
San Gabriel Clinic Hours:
8:30 am to 5:30 pm Monday & Tuesday
9:00 am to 5:30 pm Wednesday
8:30 am to 5:30 pm Thursday & Friday
8:00 am to 4:00 pm Saturday
Rosemead Clinic Hours:
8:30 am to 5:30 pm Monday, Tuesday & Wednesday
9:00 am to 5:30 pm Thursday
8:30 am to 5:30 pm Friday
8:00 am to 4:00 pm Saturday
City of Industry Clinic Hours
9:00 am to 5:30 pm Tuesday
8:30 am to 5:30 pm Wednesday, Thursday & Friday
8:00 am to 4:00 pm Saturday
San Diego Clinic Hours
9:00 am to 1:00 pm 2:00 pm to 6:00 pm Monday through Friday

CONTACT: Alice Wang, Health Education/Outreach Worker

NAME: House of Ruth, Inc.
ADDRESS: PO Box 459 Claremont, CA 91711
PHONE: (877) 988-5559 24-hours & Shelter
(909) 623-4364
(909) 629-9581 Fax



WEBSITE: www.houseofruthinc.org
SERVICES: Advocacy, individual D.V. counseling, children's counseling, referrals, support groups and D.V. education classes offered in English and Spanish.
FEES: Free
AREA: Los Angeles & San Bernardino County no restrictions (Shelter)
HOURS: 9:00 am to 5:00 pm Monday thru Friday
CONTACT: Staff member

NAME: La Casa de San Gabriel Community Center
ADDRESS: 203 E. Mission Road, San Gabriel, CA 91776
PHONE: (626) 286-2144
(626) 286-4307 Fax



WEBSITE: lacasacommunitycenter.org
SERVICES: Al-Anon, clothing, educational programs, emergency food, parenting class in Spanish for parents that have children in pre-school, pre-school from ages 2.9 months old thru 5 yrs. old and referral. ESL classes in the evening.
FEES: Sliding scale for pre-school, rest of programs free
AREA: West San Gabriel Valley
HOURS: 8:00 am to 6:00 pm Monday thru Friday
Half and full day program available.
CONTACT: Brenda Rincon, Director

NAME: Los Angeles County Department of Children and Family Service

ADDRESS: 425 Shatto Place 6th Floor, Los Angeles, CA 90020

PHONE: (800) 540-4000 (Child protection hotline)
(800) 272-6699 TDD
(213) 351-5602/(213) 351-5603 (Public inquiry/Public information line)
(213) 487-4431 Fax

WEBSITE: pinquiries@dcfs.lacounty.gov

SERVICES: To report neglected and abused children. Referrals offered.

FEES: Free

AREA: Los Angeles County

HOURS: 24-hours

CONTACT: Public inquiry



NAME: Márez & Associates

ADDRESS: 1323 W. Covina Parkway Suite D, West Covina, CA 91790

PHONE: (626) 338-5175

WEBSITE: www.marezandassociates.com

SERVICES: Domestic violence, anger management, parenting, group, individual, teen, and family counseling. Goal setting, after group support network. Se habla Español.

FEES: Varies / Flexible based on income

AREA: San Gabriel Valley

HOURS: Call for hours by appointment only

CONTACT: Jose Márez

NAME: Maryvale

ADDRESS: 2502 E. Huntington Drive, Duarte 91010

PHONE: (626) 263-9133 ext. 451

WEBSITE: www.maryvale.org

SERVICES: Individual counseling, family counseling, therapeutic groups, wrap around services, life skills for teens and adults, information and referrals.

FEES: Medi-Cal

AREA: EMUHSD residency area

HOURS: 8:30 am to 5:00 pm Monday thru Friday

Contact: Roxana Palacios



NAME: Muscular Dystrophy Association, Metro LA

ADDRESS: 6167 Bristol Pkwy Suite 205, Culver City, CA 90230

PHONE: (310) 390-6802
(310) 398-4738 Fax

WEBSITE: www.mda.org

SERVICES: Outpatient clinic, follow-ups and information research on 43+ neuro-muscular diseases, summer camp, support groups, equipment loan program and resource referrals.

FEES: None

AREA: Los Angeles County

HOURS: 9:00 am to 5:00 pm Monday thru Friday

CONTACT: Abdul Ashour, Care Specialist

NAME: Narcotics Anonymous (Greater East Los Angeles Area)

ADDRESS: Meetings all over Southern California and U.S.

PHONE: (626) 584-6910 SGVA Helpline, (323) 721-5504 GELA Helpline
(888) 622-4672 So. Calif. Region of Narcotics
(800) 863-2962 Anonymous English Hotline (888) 622-4672 Spanish hotline

WEBSITE: www.na.org

SERVICES: For men and women of all ages for whom drugs have become a major problem and recovering addicts. Who meet regularly to help each other stay clean. Program stresses complete abstinence from all drugs. Staff by phone giving meeting times and places.

FEES: There are no fee or dues to pay **ONLY** desire to stop using

AREA: Southern California

HOURS: 24-hours

CONTACT: Staff member

NAME: National Council on Alcoholism & Drug Dependence (NCADD)

ADDRESS: 4626 N. Grand Avenue, Covina, CA 91724
656 N. Park Avenue, Pomona, CA 91768

PHONE: (626) 331-5316 Covina location
(626) 332-2219 Fax
(909) 629-4084 Pomona location
(909) 629-4086 Fax

WEBSITE: www.ncadd.org

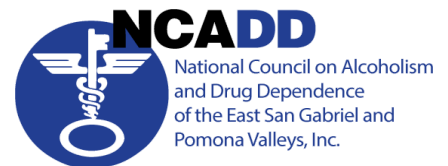
SERVICES: DUI (Covina site only), alcohol & drug awareness, parenting, anger management, individual counseling, family reunification program, domestic violence (Pomona site only) and choices & changes teens.

FEES: Medi-Cal accepted for most programs
Sliding fee scale (May be available if requirements are met)

AREA: East San Gabriel & Pomona Valley

HOURS: 9:00 am to 6:00 pm Monday thru Friday

CONTACT: Staff member



NAME: Olive View/UCLA Medical Center

ADDRESS: 14445 Olive View Drive Sylmar, CA 91342

PHONE: (747) 210-8000 Appointments
(747) 210-3000 General Contacts

WEBSITE: www.dhs.lacounty.gov

SERVICES: General emergencies, outpatient clinic appointments and walk-in clinic.

FEES: Varies

AREA: Los Angeles County

HOURS: 8:00 am to 4:00 pm Saturday & Holidays (Urgent Care Hours)
24/7 (Emergencies)

CONTACT: Staff member

NAME: Pacific Clinic East (Outpatient)

ADDRESS: 902 S. Myrtle Avenue, 2nd Floor Monrovia, CA 91016

PHONE: (877) 722-2737
(626) 357-3258 Main office
(626) 301-0868 Fax

WEBSITE: www.pacificclinics.org

SERVICES: Adult, child, family and individual counseling, outpatient services and referrals. Medication is available if necessary. Must call first before intake. Mental health facility. We provide services for El Monte HS, Mountain View HS, Rosemead HS & So. El Monte HS.

FEES: Medi-Cal & Students under 19 yrs. who have NO insurance.

AREA: San Gabriel Valley

HOURS: 8:00 am to 8:00 pm Monday
8:00 am to 6:00 pm Tuesday, Wednesday & Thursday
9:00 am to 5:00 pm Friday

CONTACT: Eilene Moronez



NAME: Pasadena Council on Alcoholism and Drug Dependency (PCADD)

ADDRESS: 1245 E. Walnut Street Suite 117, Pasadena, CA 91106

PHONE: (626) 795-9127
(626) 795-0979 Fax

WEBSITE: www.socialmodelrecovery.org

SERVICES: Men and women of all ages who abuse drugs or alcohol. Adolescent outpatient treatment program available for ages 12 to 17. Onsite testing. Alcohol and drug programs, individual and group counseling, case management, 12 step meetings, court and DCFS referral programs, and mental health. Recovery programs and referral agencies.

FEES: Medi-Cal for Los Angeles County, Most Private Insurance and Sliding scale.

AREA: Located in Pasadena Serving San Gabriel Valley and Surrounding Communities.

HOURS: 9:00 am to 8:00 pm Monday, Wednesday and Friday

9:00 am to 9:00 pm Tuesday and Thursday

8:00 am to 4:30 pm Saturday

CONTACT: Gloria Loera, MSW, LCSE - Program Director

NAME: Pasadena-Sierra Madre YMCA

ADDRESS: 611 E. Sierra Madre Blvd, Sierra Madre, CA 91024

PHONE: (626) 432-5880
(626) 432-6857 Fax

WEBSITE: www.ymcala.org/pasadena

SERVICES: Crafts, day camp, fitness programs, games, outdoor sports, summer camp, trips, and more. After-school day care center for children from grades 1-5 during the school year. Teen programs for 11-15 yrs.

FEES: Varies

AREA: Pasadena & Surrounding Communities

HOURS: 6:00 am to 8:00 pm Monday & Wednesday
8:00 am to 8:00 pm Tuesday & Thursday
6:00 am to 6:00 pm Friday
8:00 am to 12:00 pm Saturday

CONTACT: Camille Rillorta, Administration



NAME: Pasadena (PFLAG)

ADDRESS: 301 N. Orange Grove Blvd, Pasadena, CA 91103
(Mailing address: PFLAG Pasadena PO Box 125, Altadena, CA 91003)

PHONE: (626) 817-3524

WEBSITE: www.pflagpasadena.org



SERVICES: A group-counseling meeting for LGBTQ individuals and families focusing on coming out issues and relationships.

FEES: No fee for attendance, voluntary donations gladly accepted.

AREA: Pasadena/San Gabriel Valley

HOURS: 7:00 pm to 9:00 pm (Every first Tuesday of the month)

CONTACT: Aiden Aizumi

NAME: Planned Parenthood Los Angeles – El Monte Health Center

ADDRESS: 4786 N. Peck Road Suite #B, El Monte, CA 91732

PHONE: (800) 576-5544 Telehealth Appt.
(626) 246-1146 Fax



WEBSITE: www.pp-la.org

SERVICES: Birth control and education, screenings for breast, cervical and testicular cancer, testing and treatment for sexually transmitted diseases (STDs) pregnancy testing and counseling, adoption and prenatal care counseling and referrals, medication and surgical abortion, teen-sensitive services. Confidential and no parental consent needed if under age. Bilingual staff is available for your convenience.

FEES: Sliding fee scale, low cost to no cost

AREA: No restrictions

HOURS: 8:00 am to 5:00 pm Monday thru Friday
8:00 am to 3:30 pm (Walk-in Hours Monday thru Friday)
8:00 am to 4:00 pm Saturday
8:00 am to 3:00 pm (Walk-in Hours Saturday)

CONTACT: Staff member

NAME: Pregnancy Help Center of San Gabriel Valley, Inc.

ADDRESS: 5626 N. Rosemead Blvd, Temple City, CA 91780

PHONE: (800) 712-4357
(626) 309-0788 Main office
(626) 309-9467 Fax



WEBSITE: www.pregnancyhelpsgv.org

SERVICES: Free pregnancy testing, medical referrals. Free ultrasound for those who qualify. Free counseling before and after an abortion. Adoption referral services. Free Parenting classes, free baby supplies offered. Everyone is welcome. Bilingual staff is available in Spanish & Chinese.

FEES: Free

AREA: No restrictions

HOURS: 12:00 pm to 6:00 pm (Center Services) Monday thru Thursday
1:00 pm to 4:00 pm (Giving Program) Tuesday, Wednesday & Thursday

CONTACT: Jane Chavez, Executive Director
janechavez@pregnancyhelpsgv.org

NAME: San Gabriel Pomona Valley Cocaine Anonymous

ADDRESS: PO Box 661896, Arcadia, CA 91006

PHONE: (626) 447-2887
(909) 620-4324

SERVICES: Phone calls help people who need help with drug problems.
Referral to meeting centers.

FEES: Free

AREA: San Gabriel & Pomona Valley

HOURS: 24-hours

CONTACT: Staff member

NAME: San Gabriel Valley Dental Society

ADDRESS: 312 E. Las Tunas Drive, San Gabriel, CA 91776

PHONE: (626) 285-1174
(626) 285-4873 Fax

WEBSITE: www.sgvds.org

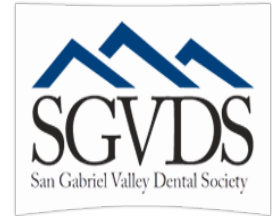
SERVICES: Dental referral services, oral health screenings through school sites, community outreach (no treatment performed at location).

FEES: Not applicable

AREA: San Gabriel Valley

HOURS: 8:30 am to 4:30 pm Monday thru Friday

CONTACT: Staff member



NAME: San Gabriel Valley Service Center

ADDRESS: 1441 Santa Anita Avenue, So. El Monte, CA 91733

PHONE: (626) 575-5431
(626) 442-2619 Fax

WEBSITE: www.wdacs.lacounty.gov



SERVICES: Comprehensive information and referrals, food assistance programs and pantries to low income-families and seniors on different days throughout the week/month. A weekly pantry is available on Wednesday's from 8:30 am to 10:30 am and upon request in emergency. Toy loan and arts and crafts are available for children weekly. Department of Business and Consumer Affairs available on Fridays (8:30 am to 4:30 pm) to assist consumers with a range of issues and older adult case management are Fridays (2:00 pm to 4:00 pm). Community exercise classes such as yoga, Zumba, line dancing, body conditioning, chair yoga, tai chi and meditation are available throughout the week. Utility assistance program is available to help year round with Southern California Edison bills. Painting classes are also available at the center.

FEES: Free

AREA: El Monte / So. El Monte / Rosemead

HOURS: 8:00 am to 5:00 pm Monday thru Friday

CONTACT: Staff member

NAME: Social Security Administration

ADDRESS: 9351 Telstar Avenue, El Monte, CA 91731

PHONE: (800) 772-1213
(800) 325-0778 TTY

WEBSITE: www.ssa.gov

SERVICES: Distribution of social security cards. Answer any questions concerning social security.

FEES: Free

AREA: U.S.

HOURS: 9:00 am to 3:00 pm Monday, Tuesday, Thursday & Friday
9:00 am to 12:00 pm Wednesday

CONTACT: Staff member



NAME: Su Casa Ending Domestic Violence

ADDRESS: 3750 E. Anaheim Street Suite 100, Long Beach, CA 90804

PHONE: (562) 402-4888 24-hours hotline
(562) 421-6537 Main office
(562) 421-8117 Fax

WEBSITE: www.sucasadv.org

SERVICES: Provides all services in English and Spanish, public education presentations. Individual crisis intervention, safety assessment and referrals to shelters and community agencies. Emergency and transitional shelter for domestic violence victims.

FEES: Free

AREA: Southern California

HOURS: 8:00 am to 5:00 pm Monday thru Friday

CONTACT: Jaaziel Munoz, Administrative Coordinator



NAME: The Myasthenia Gravis Foundation of California

ADDRESS: 6055 E. Washington Blvd. Suite #350, Los Angeles, CA 90040

PHONE: (323) 887-0056
(323) 887-4915 Fax

WEBSITE: www.myasthenia-ca.org

SERVICES: Speakers available by advance notice. Support groups available. Call main office for informational brochures.

FEES: Voluntary contribution

AREA: California / Las Vegas, Nevada

HOURS: 8:30 am to 4:30 pm Monday thru Friday

CONTACT: Staff Member



NAME: The National Council on Alcoholism and Drug Dependence of East San Gabriel and Pomona Valley (NCADD)

ADDRESS: 4626 N. Grand Avenue, Covina, CA 91724

PHONE: (626) 331-5316
(626) 332-2219 Fax

WEBSITE: www.ncaddesgpv.org

SERVICES: Public information referral, teenage counseling rap sessions, drug testing, teenage anger management and parenting classes, drug and alcohol awareness, adolescent prevention services, community prevention services.

FEES: Varies depending on program / Accepts Medi-Cal for tx. Services

AREA: San Gabriel & Pomona Valley

HOURS: 8:00 am to 9:00 pm Monday thru Thursday
8:00 am to 5:30 pm Friday
8:30 am to 12:00 pm Saturday

CONTACT: Lilia Oñate/Prevention Project Coordinator ext. 3103

NAME: Trinity Youth Services – El Monte
ADDRESS: 11057 Basye Street El Monte, CA 91731
PHONE: (626) 444-7554 Main facility
(626) 444-0539 Main office
(626) 444-7990 Fax



WEBSITE: info@trinityys.org
SERVICES: A diagnostic center and shelter for abused and neglected children. Provides basic nurturing care, therapy and educational services and referrals.
FEES: Varies
AREA: Los Angeles County
HOURS: 24-hours
CONTACT: Staff member

NAME: Urgent Care Arcadia-Regal Medical Group
ADDRESS: 117 E. Live Oak Avenue, Suite# 101, Arcadia, CA 91006
PHONE: (626) 446-8492 Main office
(626) 445-2082 Fax
WEBSITE: www.regalmed.com
SERVICES: General family practice treatment for non-life-threatening emergencies. Minor surgery, internal medicine, chemical lab, diagnostics screening, pulmonary test, work injury and x-ray.
FEES: Varies
AREA: San Gabriel Valley
HOURS: 9:00 am to 6:00 pm Monday thru Friday
CONTACT: Staff member

NAME: Valley Light Industries, Inc.

ADDRESS: 5360 Irwindale Avenue, Irwindale, CA 91706

PHONE: (626) 337-6200 Main office
(626) 337-0220 Fax

WEBSITE: admin@valleylightind.org

SERVICES: Adjustments for the handicapped and developmentally disabled people, experiences and work evaluation. Individual counseling along with group discussions, vocational training and other services to help these particular people be more sociable with the public.

FEES: State fee

AREA: San Gabriel & Pomona Valley

HOURS: 8:00 am to 4:30 pm Monday thru Friday

CONTACT: Staff member

NAME: Wellnest

ADDRESS: 3787 S. Vermont Ave, Los Angeles, CA 90007

PHONE: (323) 766-2345

WEBSITE: www.wellnestla.org

SERVICES: Outpatient and early intervention program for children birth 25 yrs. old. Se habla Espanol.

FEES: Medi-Cal and No Insurance services available

AREA: South Los Angeles area (4 locations)

HOURS: 8:00 a.m. to 6:00 p.m. Tuesday
8:00 a.m. to 2:00 p.m. Wednesday & Thursday (Walk-in)

CONTACT: Eileen Akiaten, Program Manager of Access
Adam Sternberg, Director of Expo Outpatient and Access



NAME: Women's and Children's Crisis Shelter, Inc. (WCCS)

ADDRESS: 13203 Hadley Street #103, Whittier, CA 90601

PHONE: (562) 945-3939 24-hours hotline
(562) 945-3937 Main office
(562) 945-1037 Fax



WEBSITE: www.info@dvshelter.org

SERVICES: 45-day emergency shelter for victims of domestic violence and their children. Case management, legal, financial, medical & housing advocacy.

FEES: Free

AREA: Los Angeles County

HOURS: 24-hours

CONTACT: Staff member

NAME: WomenShelter of Long Beach



ADDRESS: PO Box 17098, Long Beach, CA 90807
Domestic Violence Resource Center Address: 4201 Long Beach Blvd,
Suite 102, Long Beach, CA 90807
Supportive Housing Facilities: Confidential

PHONE: (562) 437-4663 Crisis hotline -24-hours/7 days per week.
(562) 437-7233 Ext. 24/Main office
(562) 436-4943 Fax

WEBSITE: www.WomenShelterLB.org

SERVICES: WSLB provides Supportive Services for victims of domestic violence including. DV Resources Center where walk-in are welcome, group and individual counseling, supportive housing, 24-hour crisis hotline, social services support, legal and health advocacy, community outreach and prevention education.

FEES: All services are offered at no charge

AREA: Los Angeles County

HOURS: DV Resources Center – Monday thru Friday from 8:00 am to 5:00 pm
24-hours crisis hotline

CONTACT: Mary Ellen Mitchell, Executive Director / Staff member

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