



Figure 1 Glendale Community College Garfield Campus Logo

Community Resource Directory

This Directory helps GCC Noncredit Students to find free- & low-cost community resources & services. Each agency or organization listed has their own eligibility requirements for persons to receive free- &/or low-cost services. “Sliding Scale Fee” means that the cost for the service is based on a person’s ability to pay. These fees are lowered for people who have lower incomes OR less money left over after their expenses (regardless of how much money they make).

Glendale Community College is not recommending these agencies/organizations; but is only providing information to students about the types of services offered.

It is recommended that lower-level English as a Second Language (ESL) students check the upper right-hand corner of the webpages listed in this Directory to see if they offer translation into other languages. It is also recommended that these students open this Directory in a translation web browser that they typically use.

Students taking GCC Noncredit classes can meet with a counselor for a Community Resource Information appointment to get help with finding resources that they need & learn more about how to use this Directory. Please call the GCC Garfield Campus Career & Counseling Center to make an appointment.

GCC Garfield Campus Career & Counseling Center

Office: Mariposa Building, Room 221 (MP221)

Hours: Monday-Thursday – 8:00 am-7:00 pm
Fridays – 8:00 am-4:30 pm

For Appointments: Call (818) 240-1000 X5035 or X5099

Other Student Services Available in GCC Garfield Campus Career & Counseling Center:

Academic Counseling
Career Counseling
Counseling for Students with Disabilities
Mental Health Counseling

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CRISIS LINES/HOTLINES

If you are having a life-threatening emergency, please call 911 immediately!

Suicide Prevention

[988 Suicide & Crisis Lifeline](#) – used to be called National Suicide Prevention Lifeline

- **Dial or Text 988**
- Group Specific Resources:
 - [Attempt Survivors](#)
 - [Ayuda En Español](#)
 - Línea de Prevención del Suicidio y Crisis – (888) 628-9454
 - [Black Mental Health](#)
 - [Deaf, Hard of Hearing, Hearing Loss](#)
 - For TTY Users – Use your preferred relay service or dial 711 then 988
 - [Disaster Survivors](#)
 - Disaster Distress Helpline – Call or Text (800) 985-5990
 - DDH Videophone for Deaf/HoH or American Sign Language Users - [ASL Now](#)
 - [Individuals with Neurodivergence](#)
 - [LGBTQ+](#)
 - [Loss Survivors](#)
 - [Maternal Mental Health](#)
 - [Native Americans & Alaskan Natives](#)
 - [Veterans](#)
 - Veterans Crisis Line Text – Text to 838255
 - [Chat](#)
 - [Youth](#)

Psychiatric Mobile Response Team (PMRT)

- (800) 854-7771; TTY for Hearing Impaired – (562) 651-2549
- Run by Los Angeles County Department of Mental Health (LACDMH)
- Can also call this number to find mental health services in your area whether you have/are eligible for health insurance or not

Didi Hirsch Mental Health Crisis Services

- leading member of the 988 Suicide & Crisis Line; only center in the national network with English & Spanish speaking crisis counselors 24/7
- (877) 727-4747 (Korean-speaking counselors available during peak evening hours – 4:30pm to 12:30 am)
- [Crisis Chat](#)
- Crisis Text Support for Hearing Impaired – Text “HEARME” to 839863
- Teen Line – (310) 855-4673
- Disaster Distress Helpline – (800) 985-5990

24-Hour Crisis Text Line

- Feeling overwhelmed? Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.
- Text “Courage” to 741741
- FREE & CONFIDENTIAL; 24/7

CRISIS LINES/HOTLINES (continued)

[24-Hour Self-Injury/Self-Harm Crisis Text Line](#)

- for people who are hurting themselves as a way to release painful emotions
- Text **“HOME”** to 741741

Asian LifeNet Hotline –

- **(877) 990-8585**
- service available in Cantonese, Mandarin, Japanese, Korean, & Fujianese

[Veterans Crisis Line](#)

- **988; Press 1**
- [Chat](#)
- **Text 838255**

[SAGE National LGBT Elder Hotline](#)

- **(877) 360-LGBT (5428)**
- for LGBT seniors or those who care for one
- provide crisis intervention services as well as information & community resources including but not limited to healthcare, transportation, counseling, legal services & emotional support programs

[Trans Lifeline](#)

- **(877) 565-8860**
- peer support service run by trans people, for trans & questioning callers; if in crisis or just need someone to talk to, even if it's just about whether or not you're trans

[Trevor Lifeline – LGBTQ+](#)

- **(866) 488-7386**
- [Chat](#)
- Text - 678678
- suicide prevention & mental health organization for lesbian, gay, bisexual, transgender, queer, & questioning young people

[Domestic Violence](#)

[YWCA Glendale & Pasadena Domestic Violence Hotline](#)

- **(888) 999-7511**

[National Domestic Violence Hotline](#)

- **(800) 799-SAFE (7233)**
- **TTY – (800) 787-3224**
- [Chat](#)
- Text START to 88788

CRISIS LINES/HOTLINES (continued)

Sexual Assault/Rape

[National Sexual Assault Hotline \(RAINN\)](#)

- (800) 656-HOPE (4673)
- Live Chat also available through webpage

[Los Angeles Rape & Battering Hotline](#)

- Central Los Angeles - (213) 626-3393
- South Los Angeles - (310) 392-8381
- West San Gabriel Valley - (626) 793-3385

Abuse/Neglect Hotlines – Children, Seniors, & Dependent Adults

[Los Angeles County Child Abuse Hotline](#)

- (800) 540-4000

[National Child Abuse Hotline](#)

- (800) 422-4453
- Text – (800) 422-4452
- Live Chat also available through this webpage

[Los Angeles County Adult Protective Services - Elder/Dependent Abuse Hotline](#)

- 877-4R SENIORS (877-477-3646)

Alcohol & Substance Abuse Hotlines/Helpines

[Substance Abuse & Mental Health Services Administration \(SAMHSA\) National Helpline](#)

- (800) 622-HELP (4357)

[Alcoholics Anonymous Helpline \(San Fernando Valley Area\)](#)

- (818) 988-3001 (24/7)

[Al-Anon for Families of Alcoholics – Greater Los Angeles Area](#)

- (818) 547-3027

[Narcotics Anonymous – East San Fernando Valley](#)

- (818) 997-3822

[Nar-Anon Family Groups for Family & Friends of Addicts](#)

- (310) 534-8188

Public Safety

[Glendale Community College - Campus Police](#)

- In an emergency call (818) 409-5911 or Dial Extension 4000 if using a GCC Garfield Campus Phone

[City of Glendale Police Department](#)

- 911 for Emergencies
- Non-Emergency Line - (818) 548-4840

CRISIS LINES/HOTLINES (continued)

Emergency Preparedness

City of Glendale

- can sign up for emergency alerts

City of Burbank

- can sign up for ALERT Burbank

City of Pasadena

City of Los Angeles - Notify LA

- can sign up for emergency alerts

LA County Emergency Information

- click on “REGISTER FOR ALERT LA COUNTY” to sign up for emergency alerts

Federal Emergency Management Administration (FEMA)

ALCOHOL & DRUG ABUSE RESOURCES

Child & Family Guidance Center – Mental Health & Substance Abuse Services Directory –

- gives information about agencies in San Fernando Valley that provide mental health services
- some provide services for children, adolescents & adults & accept Medi-Cal Insurance
- others do not accept Medi-Cal, but have fee-for-service sliding scales;
- click below for English & Spanish versions of the Directory
 - [English](#)
 - [Spanish](#)

Live Another Day

- Helpline - Call 24/7 - (866) 617-8694
- lists California recovery centers for drug & alcohol addiction as well as centers that treat those who are experiencing both mental health as well as alcohol & drug challenges
- [Get Help](#)
- [Recovery Resources](#)
- [Resources for the Black, Indigenous & People of Color \(BIPOC\) Community](#)

Los Angeles County Substance Abuse Treatment Services

- Substance Abuse Service Helpline – (800) 844-7500 (Los Angeles County Public Health Department)
- free services for people who have Medi-Cal, My Health LA & other LA County-Funded eligible youth & adults
- [Patient Information](#)

Substance Abuse & Mental Health Services Administration (SAMHSA) National Helpline

- (800) 662-HELP (4357)
- SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral & information service (in English & Spanish) for persons & families who have mental &/or substance use disorders
- [Frequently Asked Questions](#)
- [Find a Treatment Facility Near You](#)

Please go to page 104 to find 12-Step/Self-Help Programs that help with alcohol & drug abuse problems.

CELL/HOME PHONE ASSISTANCE PROGRAMS

Assurance Wireless

- federal government assistance program
- gives eligible low-income customers free monthly data, unlimited texting, & free monthly minutes, plus a free cell phone
- can qualify if on certain public assistance programs like Medi-Cal, CalFresh, Section 8 Housing, & others
- can also qualify based on your household income
- must so proof of eligibility

California LIFELINE Program

- gives discounted home phone & cell phone services to eligible households to help lower cost of phone bills
- only 1 discount/household allowed (except for teletypewriter users & for Deaf & Disabled Telecommunications Program participants)
- each household must choose to get discount either on home phone or on a cell phone, but not on both
- Call Center
 - gives phone numbers for various languages

CHILD CARE RESOURCES

[GCC Garfield Campus Parent Support Center](#)

- (818) 240-1000 X3071; 1122 E. Garfield Avenue, Glendale, CA 91205
- preschool program for children ages 3-5
- some funding may be available for low-income families that meet eligibility requirements

Resource & Referral Agencies

[California Department of Social Services – Resources for Parents](#)

- some topics covered:
 - types of child care in California
 - choosing the best child care for your family
 - getting help with child care costs
 - early start – early intervention services for infants & toddlers
 - child care related resources & information
 - & more!

[California Department of Social Services - CalWORKs Child Care Program –](#)

- [for CalWORKs recipients only](#)
- managed by CA DPSS & CA Department of Education
- website gives program description, child care referral agencies, child care choices, frequently asked questions & more

[Child Care Resource Center](#)

- (818) 717-1000 (San Fernando Valley Office)
- serves San Fernando Valley, Antelope Valley, San Bernardino, & Victorville areas (see webpage for all offices/phone numbers)
- gives information about funded child care & development options, how to find child care, what to look for in quality child care, & much more

[Connections for Children](#)

- (310) 452-3202; 5901 W. Century Blvd., Suite 400, Los Angeles, CA 90045
- helps parents & children in the West LA & South Bay communities by providing resource & referral information

[Crystal Stairs, Inc.](#)

- (323) 299-8998; 5110 W. Goldleaf Circle, Suite 150, Los Angeles, CA 90056
- helps parents & children in South LA, Compton, Gardena, Hawthorne, Inglewood, Lawndale, & Lynwood
- gives resource & referral information
- click on the following topics:
 - [Looking for Child Care?](#)
 - [Pay for Child Care](#)
 - [Resources for Parents](#)
 - [Need Health Services?](#)
 - [Our Service Area](#)
 - [Head Start/Early Head Start Program/State Preschool](#) – Free Preschool Program for those that qualify

CHILD CARE RESOURCES (continued)

Head Start

- early learning program (pre-school program) for children up to age 5
- website gives information about:
 - [Selecting a Provider](#)
 - [Facility Checklist](#)
 - [Frequently Asked Questions \(FAQs\)](#)
 - [Resources](#)
- Glendale Offices
 - [GCC Garfield Campus Head Start](#) – 1122 E. Garfield Avenue, Glendale, CA 91205; (818) 240-1000 X3071
 - [Pacific Clinics](#)
 - 1003 S. Verdugo Road, Glendale, CA; (818) 243-1807
 - 735 E. Lexington Drive, Glendale, CA; (818) 409-9242

Options for Learning

- (626) 699-8070 – for questions related to applying or verifying eligibility for programs or financial assistance
- click on “Parents” for a drop-down menu including an Overview of Programs, Getting Started, After-School TK/K Programs, Find Child Care, & Help Paying for Childcare
- programs have specific geographical boundaries, but services are spread across several regions from Los Angeles to Pomona & Duarte to La Mirada

Pathways LA

- (213) 427-2700; email – info@pathwaysla.org; 3325 Wilshire Blvd., Suite 1100, Los Angeles, CA 90010
- helps low-income families pay for child care
- click on “For Parents” for the following information – Get Help Paying for Child Care, Find Child Care, FAQ/Forms, & more!

Child & Family Guidance Center Child Care Directory –

- gives basic referral information for childcare centers in San Fernando Valley serving infants & toddlers up to 5 years old; does not list all preschool programs available in the Valley, only organizations that provide scholarships or subsidized programs
- click on links below for English & Spanish versions of the Directory
 - [English](#)
 - [Spanish](#)

The People’s Guide Los Angeles – 2020

- Gives practical information about how to get food, money, housing, health care, & other help from government programs & community services if you live in LA County & need help in hard times
- look in Table to Contents for section labeled “Child Care & Education”
- [English](#)
- [Spanish](#)

CLOTHING CENTERS

Goodwill Stores

- (818) 543-0166; 1600 Colorado Blvd., Glendale, CA 91205
- (818) 844-5577; 240 N. Brand Blvd., Glendale, CA 91203
- can search for more stores in other areas by entering your zip code
- can also [Shop Online](#)

Los Angeles Boys & Girls Club Thrift Store

- (323) 332-2305; 2310 Pasadena Avenue, #108, Los Angeles, CA 90031 (Lincoln Heights)

Salvation Army Thrift Stores

- (626) 577-4649; 56 West Del Mar Blvd., Pasadena, CA 91105
- (626) 795-0274; 35 Waverly Drive, Pasadena, CA 91105
- can search for more stores in other areas by entering your zip code under “Find a Thrift Store”

Volunteer League of the San Fernando Valley – Centre Clothes Corner

- (818) 785-4134; 14603 Hamlin Street, Van Nuys, CA 91411
- gives clothing to LAUSD students from Kindergarten through 12th grade

COMMUNITY RESOURCE DIRECTORIES

[City of Glendale Youth & Family Services Community Resource Guide](#)

[Child Youth & Family Guidance Center Resource Directories](#)

Comprehensive Community Health Center (CCHC) Community Resource Guides –

- [Glendale](#)
- [Eagle Rock](#)
- [Highland Park](#)
- [North Hollywood](#)
- [Sunland](#)

[The People's Guide Los Angeles – 2020](#)

- information provided about the following categories:
 - Housing
 - Tax Credits
 - Job & Career Training
 - Worker's Rights & Unemployment
 - California Work Opportunity & Responsibility to Kids (CalWORKs)
 - Child Care & Education
 - Foster Care
 - Social Security
 - Supplemental Security Income (SSI) & Cash Assistance Program for Immigrants (CAPI)
 - Veterans
 - General Relief
 - CalFresh
 - Free & Low-Cost Food
 - Women Infants & Children (WIC)
 - Child Nutrition
 - Medi-Cal
 - Health Care for Children
 - Free & Low-Cost Health Care
 - In Home Supportive Service & Long-Term Care
 - Medicare
 - Transportation
 - Utilities & Phone
 - Guide for Non-Citizen
 - Hearings & Complaints
 - Good Advice
 - Welfare Offices
- [English](#)
- [Spanish](#)

COMMUNITY RESOURCE DIRECTORIES (continued)

211 LA County – call 211 from phone

- information provided about following resources:
 - COVID-19 Info & Supports
 - Food
 - Healthcare
 - Housing
 - Income & Employment
 - Education
 - Mental Health
 - Re-Entry Services
 - Legal Services
 - Crisis Services
 - Transportation
 - Utilities & Community Services
 - Immigration
 - Youth Services
 - Family & Children
 - LGBTQ
 - Disability Services
 - Seniors & Older Adults
 - Veteran Services

CREDIT COUNSELING & DEBT RESOLUTION RESOURCES

[Department of Justice Approved Credit Counseling Agencies in California](#)

[Federal Trade Commission](#) – articles about Credit, Loans, & Debt –

- information also available in [Spanish](#)
- topics include:
 - **Credit & Debt**
 - ❖ Getting Credit
 - ❖ Credit Reports & Scores
 - ❖ Credit & Debit Cards
 - ❖ Managing Debt
 - ❖ Credit Repair & Debt Relief
 - ❖ Debt Collection
 - ❖ Related Scams
 - ❖ From Consumer Alerts
 - **Loans & Mortgages**
 - ❖ Loans
 - ❖ Getting a Mortgage
 - ❖ Paying Your Mortgage
 - ❖ Borrowing Against Your Home
 - ❖ Related Scams
 - ❖ From Consumer Alerts

[LawHelpCA.org](#)

- click on [Find Legal Help](#) to find legal services providers that help with variety of legal topics & issues including debt
- click on [Consumer, Small Claims](#) for information regarding various consumer & debt-related topics

Legal Service Providers for Debt-Related Issues:

[Public Counsel](#)

- (213) 385-9089; 610 S. Ardmore Ave., Los Angeles, CA 90005
- click on “Bankruptcy” or “Debt Collection, Foreclosure & Fraud”
- [Resources](#)
- clients seen by appointment only

CREDIT REPORTING AGENCIES

Annual (Free) Credit Report

- topics include – All About Credit Reports, What to Look For, Protect Your Identity
- [Frequently Asked Questions](#)

Experian

- (888) 397-3742
- [Credit Advice](#)

Equifax

- click on the following topics to learn more:
 - Credit – reports & scores
 - Protection
 - Credit Cards
 - Personal Finance
 - Loans
 - Auto

TransUnion

- (833) 395-6938
- Click on “Services”
 - Credit Reports
 - Dispute Credit Report
 - Fraud Alerts
 - Active-Duty Credit Monitoring
 - Consumer Support Services
 - Consumer Privacy Rights
- Click on “Resources” – topics include:
 - Credit 101
 - Credit Management
 - Credit Education
 - Credit Tools
- Click on “Insights” – topics include:
 - Car Buying Tips
 - Build Credit Health
 - Debt & Money Management
 - Financial Hardship
 - Identity Theft Resources
 - Life Events
 - Student Loans

DENTAL SERVICES

Free, Low-Cost, Sliding Scale Fee, & Medi-Cal Dental Clinics – Clinics will be different in terms of:

- dental services offered; populations served, & length of waiting lists
- days/hours of operation
- availability of free services & eligibility requirements to receive free services; sliding scale fee range for services
- proof of income required; insurance accepted (Medi-Cal or other health insurance)
- languages in which services are offered
- availability of other health services like medical, mental health, hearing & vision services

Glendale & Surrounding Areas:

Comprehensive Community Health Centers

- Glendale Office – (818) 265-2259; 801 S. Chevy Chase Drive, Suite 250, Glendale, CA 91205
- Eagle Rock Office – (323) 543-2444; 1704 Colorado Blvd., Eagle Rock, CA 90041
- Sunland Office – (818) 273-5822; 8316 Foothill Blvd., Sunland, CA 91040

California Dental Group

- Procedures
- local Offices (check webpage for Offices in other areas):
 - Glendale – (818) 574-3098; 609 S. Glendale Avenue, Glendale, CA 91205
 - Eagle Rock – (323) 204-3120; 4701 Eagle Rock Blvd., Los Angeles, CA 90041
 - North Hollywood – (818) 741-3954; 10400 Magnolia Blvd., North Hollywood, CA 91601

Los Angeles:

Arroyo Vista Family Health Center

- Highland Park Office – (323) 254-5221 Ext 3211; 6000 N. Figueroa Street, Los Angeles, CA 90042
- Lincoln Heights Office – (323) 987-2060; 2411 N. Broadway, Los Angeles, CA 90031

Queenscare Health Centers

- local Offices:
 - Eagle Rock – (323) 344-5233; 4448 York Blvd., Los Angeles, CA 90041
 - Hollywood – (323) 953-7170; 4618 Fountain Avenue, Los Angeles, CA 90026
 - Echo Park – (213) 380-7298; 150 North Reno Street, Los Angeles, CA 90026

St. Anthony Medical Centers

- Hollywood Office – (323) 469-5555; 6368 Hollywood Blvd., Los Angeles, CA 90028
- Pico Office – (213) 384-4555; 2515 W. Pico Blvd., Los Angeles, CA 90006
- Imperial Office – (323) 755-9555; 837 W. Imperial Hwy, Los Angeles, CA 90044
- Compton Office – (310) 637-5555; 1145 E. Compton Blvd., Compton, CA 90221

USC School of Dentistry

- (213) 740-2800; 925 W. 34th Street, Los Angeles, CA 90089
- graduate student trainees (supervised by licensed dentists) offer services at reduced fee
- may offer dental services not found in typical free-/low-cost dental clinics

DENTAL SERVICES (continued)

Pasadena & El Monte:

[ChapCare](#)

- (626) 398-6300
- Pasadena Offices –
 - 1855 N. Fair Oaks Avenue, Pasadena, CA 91103
 - 2055 Lincoln Avenue, Pasadena, CA 91103
- El Monte Office – 3703 Peck Road, Suite A-C, El Monte, CA 91731

North Hollywood & the San Fernando Valley:

[North East Valley Health Corporation](#)

- Dental Appointment Line - (818) 270-9555
- several Offices including (check website for more Offices):
 - Transition to Wellness - North Hollywood Dental Center – (818) 826-5555; 7843 Lankershim Blvd., North Hollywood, CA 91605
 - Pacoima Dental Center – (818) 896-0531; 12756 Van Nuys Blvd., Pacoima, CA 91331
 - San Fernando Dental Center – (818) 365-8086; 1600 San Fernando Rd., San Fernando, CA 91340
 - Sun Valley Dental Center – (818) 432-4400; 7223 N. Fair Avenue, Sun Valley, CA 91352
 - Transition to Wellness - Van Nuys Dental Center – (818) 765-8656; 6551 Van Nuys Blvd., 2nd Floor, Van Nuys, CA 91401
 - Maclay Wellness Dental Center – (818) 270-9555; 12451 W. Gain St., Pacoima, CA 91331

[Valley Community Healthcare](#)

- (818) 763-8836
- North Hollywood Office – 6801 Coldwater Canyon Ave., North Hollywood, CA 91605
- North Hills Office – 9919 Haskell Avenue, North Hills, CA 92343

[California Dental Association](#)

- search for free- & low-cost dental clinics near your zip code

DISABILITY RESOURCES

Glendale Community College – Garfield Campus

[GCC Garfield Campus Disabled Students Programs & Services \(DSPS\)](#)

- For Appointments (818) 240-1000 X5035 or X5099
- Office – Garfield Campus Career & Counseling Center - MP221
- DSPS Counselors provide:
 - academic counseling to help students with disabilities choose the right classes for their educational/career goals
 - career counseling to help students with disabilities with:
 - job searching
 - resumes
 - cover letters
 - interviewing
 - to get reasonable learning accommodations in the classroom
 - note-taking services
 - special equipment
 - extra time on tests
 - find out if a learning evaluation would be helpful for them
- DSPS Learning Specialists provide learning evaluations to help students with disabilities figure out:
 - the best strategies for learning in the classroom & when studying outside of the classroom that match their individual learning style
 - what learning accommodations students need in their classes

Federal, State of California, LA County Departments; City of LA & San Fernando Valley Resources

[Social Security Administration](#)

- gives information about Disability Benefits Programs [Social Security Disability Insurance (SSDI) & Supplemental Security Income (SSI)] which provide financial assistance to people with disabilities
- information available in various languages & free interpreter services also available [(800) 772-1213]
- [Office Locator](#)

[CA Department of Developmental Services](#)

- (833) 421-0061; email – info@dds.ca.gov; Mailing Address – P.O. Box 944202, Sacramento, CA 94244
- Early Start BabyLine Services & Referrals – (800) 515-BABY (2229); email – earlystart@dds.ca.gov
- helps people with developmental disabilities such as Cerebral Palsy, Intellectual Disabilities, Autism, Epilepsy, & related conditions through network of 21 regional centers & state-operated facilities
- [Services](#)
- [Frequently Asked Questions](#)

[CA Department of Public Social Services – In-Home Supportive Services \(IHSS\)](#)

- To apply by phone call (888) 944-IHSS (4477)
- Helpline - (888) 822-9622 (Option 4 from Main Menu)
- helps pay for services for those who are low-income elderly, blind or disabled, including children so that they can remain safely in their own home
- can search on website for IHSS Office nearest to your home

DISABILITY RESOURCES (continued)

[CA Department of Rehabilitation](#)

- Local Office - 425 W. Broadway, Suite 200, Glendale, CA 91204; can search on website for other Offices
- Jonathan Pelletier (DOR Counselor for Garfield Campus Students) – (818) 551-2152; email – Jonathan.Pelletier@dor.ca.gov
- helps people with disabilities, or those experiencing obstacles, to finding or keeping employment
- examples of services – counseling & guidance; job search & placement assistance; assistance with training services; transportation allowance; job coaching & training; clothing for interview; tools for the job; vocational certification
- [Programs](#)

[CA Department of Social Services – Seniors & Persons with Disabilities](#)

- Local office - (818) 701-8200; 4680 San Fernando Road, Glendale, CA 91204; can search on website for other Offices
- gives information about various government assistance programs & services for persons with disabilities; for example:
 - In-Home Supportive Services
 - Restaurant Meals Program
 - General Relief

[Los Angeles County Aging & Disabilities Department](#)

- (213) 291-0028; 510 S. Vermont Avenue, 11th Floor; Los Angeles, CA 90020
- Three Sub-Departments:
 - [LA County Commission on Older Adults](#)
 - (888) 211-0644; Email – info@wdacs.lacounty.gov
 - [LA County Commission on Disabilities](#)
 - (800) 693-6034; email – laccod@ad.lacounty.gov
 - gives resource links to a variety of resources for people who have a disability
 - [LA Found – Project Lifesaver](#)
 - (833) 569-7651; email – Mkapp@ad.lacounty.gov
 - Helps caregivers of those living with Alzheimer’s, dementia or other cognitive impairments
 - ❖ [Tracking Technology](#)
 - ❖ [County Resources](#)
 - ❖ [Emergency Coordination](#)

[City of Los Angeles Department on Disability](#)

- (213) 292-2764; email – DOD.Contact@lacity.org; 201 N. Figueroa St., Suite 100, Los Angeles, CA 90012
- TTY – (213) 202-3452
- [Services & Programs](#)
- [Resources](#)

Child & Family Guidance Center Autism Directory – click here for - [Autism Directory](#)

- gives information on Autism Spectrum Disorder as well as services & supports required by children, youth & adults with this diagnosis
- lists organizations that can provide assessments, treatment & other important support services that are available in the San Fernando Valley & surrounding communities

DISABILITY RESOURCES (continued)

Transportation Services

City of Glendale - Dial A Ride

- (818) 548-3960; email - dialaride@glendaleca.gov
- curb to curb transportation service made available by the City of Glendale to its residents who are 65 years of age or older
- disabled residents of any age are also served
- certification of disability from a doctor is required if resident is under 65 years of age
- please see webpage for services service area, hours, fees, registration (online or paper), making a reservation [(818) 247-0691; must register before making a reservation], scheduling a return trip, etc.
- [Dial-A-Ride Registration Form](#)
- Information Sheets
 - [English](#)
 - [Armenian](#)
 - [Spanish](#)

City of Pasadena – Dial A Ride

- (626) 744-4094; please see webpage for Dial-A-Ride Applications in English, Armenian, Chinese, Korean, Spanish, & Tagalog
- shared, curb-to-curb transportation service provided for residents who live in Pasadena, San Marino, Altadena, & the other unincorporated Los Angeles County areas in our service area (i.e., Chapman Woods, Kinneloa area, & the unincorporated area of the City of San Gabriel) who are 60 years & older
- also, for those under 60 years with an Access membership or a LACTOA Disabled Reduced Fare TAP card
- [Pasadena Dial-A-Ride Brochure](#)
- [Apply for Dial-A-Ride Online](#)

ACCESS

- Customer Service - (800) 827-0829; TDD – (800) 827-1359; email – cserv@accessla.org
- gives curb-to-curb shared-ride transportation services to eligible people with disabilities in most areas of Los Angeles County
- [Determine Eligibility – English](#)
- [Determine Eligibility - Spanish](#)

GCC GoPass

- gives GCC students FREE unlimited rides on the following public transportation systems
- available for the 2023-2024 GCC academic year
 - All LA Metro buses & rail lines (A, B, C, D, E, & L lines)
 - All Glendale Beeline buses
 - & 12 other local municipal transit systems, including City of Commerce Transit, Culver CityBus, Foothill Transit, GTrans, LA County Shuttles, LADOT Dash, Long Beach Transit, Montebello Bus, Norwalk Transit, Pasadena Transit, Santa Monica Big Blue Bus, & Torrance Transit

DISABILITY RESOURCES (continued)

Other Organizations that Serve People with Disabilities

Advocacy & Support:

[Fiesta el Educativa](#)

- (323) 221-6696; email – info@fiestaeducativa.org; 2215 N. Broadway, Unit B, Los Angeles, CA 90041
- gives information & training to Latino families on how to obtain services for all persons with disabilities
- provides Parent to Parent meetings for parents with children who have been recently diagnosed (also for those who need more information regarding their child's Individualized Education Program or Individual Program Planning)
- offers annual statewide conference providing information in English & Spanish on topics such as resources, patient & client rights, educational & vocational programs, & stress management for families

Deaf/Hard of Hearing:

[Greater Los Angeles Agency on Deafness \(GLAD\), Inc.](#)

- (323) 892-2225 (VP) or (323) 478-8000 (Voice/TTY); 2222 Laverna Avenue, Los Angeles, CA 90033
- serving people of the deaf, hard of hearing, deafblind, & deaf disabled communities; services include Advocacy, Communication Assistance, Deaf Affordable Housing Corporation information, Employment Services, Family Outreach Advocacy, Independent Living Skills, Peer Counseling, Health Education, Pathway to Success, & Interpreter Services
- [Resources](#)

[Helen Keller National Center for DeafBlind Youth & Adults](#)

- Specialized employment & rehabilitation services to individuals with combined vision & hearing loss
- Services include:
 - Comprehensive Vocational Rehabilitation Program
 - Services for Youth
 - Services for Seniors
 - National DeafBlind Equipment Distribution Program
 - Technology, Innovation, & Research Center
 - & More

[Southern California Association for the Deaf \(SCAD\)](#)

- Non-profit organization established to identify & develop services for the deaf community in Southern California; played role in Korean & American communities to create an effective & positive communication between Koreans & Americans
- Services Listed:
 - California Phones
 - CalFresh
 - Deaf Ability Resources
 - Deaf-Blind Programs
 - Department of Rehabilitation
 - California Youth Leadership Forum (YLF)
 - Disability Benefits Counseling
 - GLAD EDD Job Placement

DISABILITY RESOURCES (continued)

Developmental Disabilities:

[Ability First](#)

- Headquarters – (626) 396-1010; email – info@abilityfirst.org; 789 N. Fair Oaks Ave., Pasadena, CA 91106
- helps adults, children & youth with developmental disabilities through various activities, for example:
 - learning new technology & computer skills
 - exploring the local community & volunteering
 - exercise & other physical activities
 - personal care & advocacy

[Autism Society of Los Angeles](#)

- Warm Line - (424) 299-1531; email - info@autismla.org; 21250 Hawthorne Blvd., Suite 500, Torrance, CA 90503
- Warm Line to speak to a Resource Specialist to help navigate the healthcare system or if you have questions about you or your loved one's diagnosis
- [Resource Tools](#)

[Campbell Center](#)

- (818) 242-2434; 6512 San Fernando Road, Glendale, CA 91201
- helps adults with developmental disabilities through a variety of programs:
 - Digital Playbook – teaches basics of online safety
 - Community Integration Program – volunteering, classes, &/or participation on local activities for those not able or ready to seek employment
 - Residential Homes – 3 licensed residential homes in Glendale
 - Supportive Employment – coordinate small crews of clients to work in-house providing packing & shipping services or with local business at the work site
 - Aktion Club of Glendale – community service group composed of adults with developmental disabilities

[Easter Seals](#)

- (714) 834-1111 (Southern California Office); email – inquiry@essc.org; 1063 McGaw Avenue, Suite 100, Irvine, CA 92614
- services for children & adults with disabilities, families & local communities
- programs include:
 - Early Intervention & Early Childhood Education
 - Child Development Screening Tool
 - Inclusive Child Care
 - Family Support & Resources
 - Youth & Transition
 - Camps & Recreation for Children & Adults
 - Employment & Job Training for Adults/Employment for Seniors
 - In-Home Care for Adults/Seniors
 - Day Services for Adults/Seniors
 - Transportation for Adults/Seniors
 - Therapy & Rehabilitative Care for Seniors
 - Veterans Resources
 - Military & Veteran Caregivers

DISABILITY RESOURCES (continued)

- Caregiver Services
- Respite Services for Caregivers
- Adult Day Services Program – (818) 551-0128; 710 W. Broadway, Glendale, CA 91204

[The Help Group – Advance LA Transitioning Teens & Young Adults](#)

- Click on Contact Tab on the webpage to send a message to this program
- gives resources/support to teens & young adults with diagnoses such as Autism Spectrum Disorder, ADHD, Asperger’s Syndrome, executive functioning difficulties, & other social/emotional issues
- services include:
 - One-on-one life skills coaching
 - A transitional living program located on a college campus
 - Conferences & Workshops for teens, young adults, parents, & professionals
 - Social & recreational opportunities
 - College & career planning & support

[Hamilton House – Lanterman Regional Center](#)

- (818) 502-9188; email – ppeterson77@charter.net; 739 W. Glenoaks, Blvd., Glendale, CA 91202
- licensed supervised residential living options for adults with developmental disabilities

[Regional Centers](#) – can use this website to look up a Regional Center near you

- [Frank D. Lanterman Regional Center](#) (local Regional Center)
 - (213) 383-1300; 3303 Wilshire Blvd., Suite 700; Los Angeles, CA 90010
 - serves following health districts – Central, Glendale, Hollywood-Wilshire & Pasadena
 - provides diagnosis of developmental disability & assessment of eligibility
 - helps plan, access, coordinate & monitor services & supports needed
 - no charge for diagnosis & eligibility assessment
 - once eligibility determined, case manager or service coordinator assigned to help develop plan for services
 - most services & supports free regardless of age or income

[Student Training & Education in Public Service \(Steps\)](#) - Students with Autism: Online Resources & Support –

- guide that gives academic resources, social support, & expert tips for school success

[Tierra Del Sol Foundation](#)

- Headquarters – (818) 352-1419; 9919 Sunland Blvd., Sunland, CA 91040
- mission is to empower people with developmental disabilities to fulfill their potential & desire to be productive citizens
- Offices in Sunland (2), Van Nuys, & Upland
 - programs include:
 - [Workforce Development](#)
 - [College to Career](#)
 - [Careers in the Arts](#)

DISABILITY RESOURCES (continued)

Education:

[Los Angeles County Charter - Special Education Local Plan Area \(SELPA\) – Parent Resources](#)

- (562) 401-5737; 9300 Imperial Hwy., Downey, CA 90242
- click on “Parents Rights & Procedural Safeguards” to get information & help with settling disagreements in Special Education (provided in English, Spanish, Korean, Hebrew, Chinese, Arabic, Farsi, & Tagalog)

Housing:

[City of Los Angeles Affordable & Accessible Housing Registry](#)

- (213) 808-8550; 221 N. Figueroa St., 14th Floor, Los Angeles, CA 90012
- Click on “I am an Applicant” to:
 - search for affordable accessible properties for people with disabilities
 - start your pre-application online for new properties
 - track your pre-application status
 - apply for waitlisted properties
 - information & resources
- website offers the following options for translation in upper right-hand corner of the webpage – Armenian, Chinese, Filipino, Japanese, Korean, Russian, Spanish, Thai, & Vietnamese
- [Resources](#)

[Homes For Life](#)

- (310) 337-7417; email – info@homesforlife.org; 8939 S. Sepulveda Blvd., Suite 460, Los Angeles, CA, 90045
- provides transitional & permanent housing for homeless transitional-age youth & adults with mental health diagnoses along with mental health services, rehabilitation & skills development, & case management
- [Programs & Services](#)
- [Housing](#)

[LA County Department of Mental Health – Housing & Job Development Division](#)

- additional links available on page for various housing programs
- provides range of housing services/resources for people who have mental health diagnoses & are homeless including:
 - housing subsidies through the Section 8 Housing Choice Voucher Program & Continuum of Care Program
 - financial assistance for rental assistance, household goods & eviction prevention through the Countywide Housing Assistance Program
 - temporary shelter through the Interim Housing Program

[Project New Hope](#)

- (818) 546-8929; 601 East Glenoaks Blvd., Suite 100, Glendale, CA 91207
- provides safe affordable housing & supportive services, for low- & moderate-income individuals or families with disabilities (such as HIV/AIDS) & seniors, living in Southern California
- two types of Group Living:
 - [Transitional Residential Care Facility \(TRCF\)](#)
 - [Residential Care Facilities for the Chronically Ill \(RCFCI\)](#)
- [Independent Living](#)

DISABILITY RESOURCES (continued)

[SHARE! Collaborative Housing](#)

- (877) SHARE-49 (Toll Free) or (310) 846-5271; housing referrals made from 1:00-6:00 pm by phone or walk in to:
 - 425 South Broadway, Los Angeles, CA 90013 OR
 - 6666 Green Valley Circle, Culver City, CA 90230
- public-private partnership providing affordable, permanent supportive housing to disabled people in single-family houses throughout LA County (vets, mental health services consumers, people with diabetes, trauma issues, etc.)

Independent Living:

[California Foundation of Independent Living Centers](#)

- (916) 325-1690; TTY - (916) 325-1695
- Provides people who have disabilities with the following:
 - Ability Tools
 - Disability Disaster Access & Resources
 - Digital Access Project
 - Freedom Tech
 - Disability Organizing Network
 - YO! Disabled & Proud
- enter City, County, or Zip Code to find your local Independent Living Center

[Foothill Area Community Transition Services Program \(FACTS\)](#)

- (818) 241-7702; 440 W. Lomita Avenue, Glendale, CA 91204
- special needs program serving young adults (18 to 22), living in Glendale Unified & La Canada Unified School districts helping them to transition to adult life through the following:
 - Continuing Education
 - Vocational Activities
 - Domestic Skills Training
 - Involvement in General Community Activities
 - Recreational & Leisure Activities
 - Age-Appropriate Integration with Natural Environments

[Goals, Inc.](#)

- (323) 721-2194 or (626) 576-8093; 660 Monterey Pass Road, #138G, Monterey Park, CA 91754
- gives instruction related to activities of daily living skills, such as hygiene, grooming, personal care for adults & children

[Modern Support Services](#)

- (818) 244-2677; email - info@modernsupportservices.org
- programs support people with significant psychological, emotional & physical challenges diagnosed with Autism, Down Syndrome, Intellectual Disabilities, Seizure Disorder, Cerebral Palsy, Schizophrenia, OCD, Bipolar Disorder, etc.
- provides individualized community & home-based services such as Supported Living Services (SLS) & Independent Living Skills (ILS)

DISABILITY RESOURCES (continued)

Job Placement:

[Easter Seals of Southern California](#)

- Southern CA - (714) 834-1111; 1063 McGaw Avenue, Suite 100, Irvine, CA 92614
- employment & job training for adults with disabilities/seniors
- [Employment & Job Training](#)

[Goodwill Southern California](#)

- (323) 539-2057; 342 San Fernando Road, Los Angeles, CA 90031
- gives work & skills training to people with a diagnosed disability referred by sources like the Department of Rehabilitation & Regional Center

Legal Services:

[Disability Rights CA](#)

- (800) 776-5746 or TTY – (800) 719-5798
- advocates, educates, investigates, & litigates to advance the rights, dignity, equal opportunities, & choices for all people with disabilities
- [Program Information](#)
- [Get Help](#) - see webpage for things that Disability Rights CA cannot help with

[Law Help CA](#)

- webpage that gives legal information about rights of persons with disabilities covering a wide range of topics

Special Needs Populations & Mental Health:

[Wayfinder Family Services](#)

- (800) 352-2290; email – **info@wayfinderfamily.org**
- Main Campus - 5300 Angeles Vista Boulevard, Los Angeles, CA 90043
- provide services to children, youth & adults, from those who have vision loss or profound special needs to foster youth with serious medical conditions or trauma & their families

Visually Impaired:

[Braille Institute](#)

- (800) BRAILLE (272-4553) or (323) 663-1111; email – **la@brailleinstitute.org**
- 741 N. Vermont Avenue, Los Angeles, CA 90029; several Centers throughout CA
- free programs & services for those who are blind or visually impaired
- [Resources](#)

DOMESTIC VIOLENCE RESOURCES

If you are a victim of Domestic Violence & you are not a citizen (undocumented or have temporary legal status) but have children, you may be eligible to apply for immigration status for yourself & children confidentially under the Violence Against Women Act (VAWA).

- *Please go to the Legal Services section of this Directory for referrals to lawyers who can help you to apply for immigration status under VAWA.*

Center for the Pacific Asian Family

- 24-Hour Multilingual Helpline – (800) 339-3940; 3424 Wilshire Blvd, Suite 1000, Los Angeles, CA 90010
- services include:
 - Emergency Shelter
 - Transitional Housing Program
 - Counseling & Case Management
 - Sexual Assault Response Team

Glendale & Pasadena YWCA Domestic Violence Programs

- 24/7 Hotline – (888) 999-7511
- (818) 242-4155; email – info@ywcagp.org; 735 East Lexington Drive, Glendale, CA 91206
- programs/services include
 - emergency shelter
 - domestic violence services center
 - violence prevention program
 - legal services
 - peer, paraprofessional, & professional counseling services
 - housing navigation
 - food pantry

Haven Hills

- 24/7 Crisis Line – (818) 887-6589
- Office – (818) 887-7481; email – safe@havenhills.org; P.O. Box 260, Canoga Park, CCA 91305
- services include:
 - 45-Day Crisis Shelter
 - Up to 18-Month Transitional Housing Shelter
 - Outreach Services
 - Workshops & Trainings
 - Children's Programs
 - CalWORKs Services
 - LGBTQ Community

DOMESTIC VIOLENCE RESOURCES

[Jenesse Center, Inc.](#)

- 24/7 Hotline – **(800) 479-7328**; Office – (323) 299-9496; P.O. Box 8476, Los Angeles, CA 90008
- services include:
 - Case Management
 - Children & Youth Enrichment Programs
 - Client Educational Programs
 - Workforce Development
 - Health Services
 - Housing & Shelter Programs
 - Legal Services
 - Mental Health & Wellness Counseling Services
 - Transportation Services

[Jewish Family Service LA](#)

- 24-Hour Crisis Line – **(818) 505-0900** or **(323) 681-2626**
- (877) 275-4537; email – services@jfsla.org; 330 N. Fairfax Avenue, Los Angeles, CA 90036
- Domestic Violence Shelter services:
 - crisis intervention, individual therapy & support groups
 - food & basic necessities
 - help navigating resources
 - legal advocacy
 - CalWORKs client advocacy
 - parenting education
 - children’s programs
 - connection to/assistance with community resources
 - case management
- Transitional Housing

Child & Family Guidance Center Domestic Violence Directory – gives information on how to get help from crisis hotlines, emergency shelters, financial, legal, & mental health organizations

- [English](#)
- [Spanish](#)

[Los Angeles County Department of Public Social Services](#)

- (818) 701-8200; Glendale Office – 4680 San Fernando Road, Glendale, CA 91204
- [for CalWORKs or GAIN program participants](#) - let your Social Worker know that you need help
- services offered - individual/group counseling; financial planning; safety planning; temporary confidential emergency shelter, food, & clothing; help with protective orders; legal help; referrals to health care; immigration help; household establishment skills education; independent living skills; parenting education; & battered women shelters/walk-in shelters

[Los Angeles County Domestic Violence Council](#)

- Domestic Violence Hotline – **(800) 978-3600**
- [Hotline & Resources](#)
- [Reaching Out Booklet](#) - in following languages – English, Spanish, Armenian, Chinese, Japanese, Korean, Tagalog, & Vietnamese

DOMESTIC VIOLENCE RESOURCES (continued)

National Domestic Violence Hotline

- (800) 799-SAFE (7233); TTY – (800) 787-3224
- [Chat](#)
- Text START to 88788

Peace Over Violence –

- [Hotlines](#)
- [Services](#)
 - call (213) 955-9090 for Case Management Services or Individual Counseling
 - services include – hotlines, case management, accompanying services, legal services & individual counseling
- [Domestic Violence Educational Information](#)

EATING DISORDERS

National Eating Disorders Association (NEDA)

- (212) 575-6200
- largest nonprofit organization dedicated to supporting individuals & families affected by eating disorders
- Help & Support
 - [Screening Tool](#)
 - [Where Do I Start?](#)
 - [Find Treatment](#)
 - [How Do I Help?](#)
 - [Free & Low-Cost Support](#)
 - [Recovery & Relapse](#)
 - [Español](#)

National Association of Anorexia Nervosa & Associated Disorders (ANAD)

- [Eating Disorders Helpline](#) – (888) 375-7767 see webpage for hours of operation/holiday closures
- [Support Groups](#)
 - Eating Disorder Recovery Support Groups
 - Caregiver or Sibling Support Groups
- [Treatment Directory](#)

EDReferral.com

- can search for sliding fee scale eating disorder treatment providers
 - First, choose Payment Options
 - Then, choose Sliding Scale
 - Then, enter city or zip code

FINANCIAL HELP/INFORMATION

Glendale Community College

[GCC Center for Assistance, Resources, & Educational Success \(GCC CARES\)](#)

- email – cares@glendale.edu
- [helps GCC students who are taking noncredit or credit classes](#)
- programs offered:
 - [GCC CARES Market](#) (used to be called Food Pantry)
 - email – foodpantry@glendale.edu; appointment required
 - for students who do not have enough money to buy food each month
 - use link above for most up-to-date information & to schedule appointment online
 - *Two Locations (please see webpage for current hours):*
 - ❖ *Mondays, Tuesdays & Fridays* – Garfield Campus – SO104; X5072
 - ❖ *Wednesdays & Thursdays* – Glendale Civic Auditorium - 1401 N. Verdugo Road, Glendale, CA 91208; X3033
 - Noncredit students visiting Civic Auditorium Market must send email to Tuition@glendale.edu to request free parking permit to park at Civic Auditorium; students must print permit & put it in their car to avoid getting a ticket
 - Students can make one appointment per week; will be given 20 points to spend on GCC CARES Market items including food (for example, fresh produce, meat, & bread & variety of canned goods, pasta, & other non-perishable foods) & hygiene products (for example, soap, shampoo, baby diapers, feminine hygiene products, etc.)
 - [CalFresh Application Assistance](#) - Garfield Campus - SO100; Wednesdays/Thursdays 8:30am-4:30pm
 - X5071; email - calfreshoutreach@glendale.edu
 - for GCC students who need help applying for CalFresh; appointment required
 - [Fresh Success](#) - Garfield Campus - SO100; Wednesdays/Thursdays 8:30am-4:30 pm
 - email – freshsuccess@glendale.edu
 - *Check webpage above for most up-to-date information about student participation requirements, application steps, & benefits*
 - CalFresh employment & training program; encourages participants to gain education & skills that will lead to better employment & path to financial independence
 - Students may be eligible for the following benefits throughout the year:
 - ❖ Up to \$1000 in supportive services & reimbursements for eligible expenses
 - Supportive services include textbook assistance, gift cards, gas cards, utility reimbursements & other financial benefits to help you succeed at GCC
 - 2 to 12 months of rental assistance if you live in Glendale & meet income guidelines
 - ❖ payment of tuition for certain GCC Community Service Education (CSE) courses (for example, Micro Blading, Pharmacy Technician, Certified Phlebotomy Technician, Veterinary Assistant, & Medical Insurance Billing & Coding)
 - Please refer to [CSE Webpage](#) for up-to-date information
 - Students must participate in Financial Literacy & Career Workshops & Case Managing Sessions
 - GCC Student Eligibility:
 - ❖ receive CalFresh (SNAP) benefits
 - ❖ are enrolled in basic skills or career training courses (for example, noncredit ESL, noncredit Adult Basic Education, High School Equivalency or High School Diploma classes, or noncredit Short-Term Vocational classes)
 - ❖ must NOT be receiving CalWORKs benefits

FINANCIAL HELP/INFORMATION (continued)

- [GCC GoPass \(Free Bus Pass\)](#) –
 - X5072; email – gopass@glendale.edu
 - Garfield Campus – SO104; Mondays & Tuesdays 8:30am-4:30pm; Fridays 8:30am-3:30pm
 - must complete application on webpage above first; no appointment necessary to pick up GoPass
 - gives GCC students FREE unlimited rides for the 2023-2024 Year on the following public transportation systems:
 - ❖ All LA Metro buses & rail lines (A, B, C, D, E, & L lines)
 - ❖ All Glendale Beeline buses
 - ❖ & 12 other local municipal transit systems, including City of Commerce Transit, Culver CityBus, Foothill Transit, GTrans, LA County Shuttles, LADOT Dash, Long Beach Transit, Montebello Bus, Norwalk Transit, Pasadena Transit, Santa Monica Big Blue Bus, & Torrance Transit
- [Financial Literacy Program](#)
 - email – finlit@glendale.edu
 - free workshops that help GCC students to learn important financial skills; students who attend 6 workshops will earn a Certificate of Completion; click on webpage above for schedule of workshops
 - up to \$200 of gift cards are raffled off to students who attend the workshops

LA County, State, & Federal Government Agencies

[California Employment Development Department \(EDD\)](#)

- Local EDD Office – (818) 409-0441; 1255 S. Central Avenue, Glendale, CA 91204
- [Office Locator](#) – find an EDD Office near you
- manages the Unemployment Insurance (UI) & State Disability Insurance (SDI) programs (including Disability Insurance, Paid Family Leave, & Nonindustrial Disability Insurance)
 - *Unemployment Insurance*
 - [File for Unemployment – Overview](#)
 - [Qualify for Unemployment](#)
 - [Register & Apply for Unemployment](#)
 - [Certify for Unemployment Benefits](#)
 - [Manage Your Account](#)
 - [Quick Links](#)
 - Armenian Relief Society has an *Unemployment Language Opportunity Program* – helps limited English speaking people with unemployment insurance & other benefits & services offered through EDD
 - ❖ call (818) 241-7533 or email socialservices@arswestusa.org for more information
 - *Disability Insurance*
 - [Disability Insurance \(DI\) Overview](#)
 - [Am I Eligible for DI Benefits?](#)
 - [Options to File for DI Benefits \(Online or by Mail\)](#)
 - [How to File a DI Claim in SDI Online](#)
 - [Disability Insurance Claim Process](#)
 - [DI FAQs](#)
 - [SDI for State Employees](#)
 - *Paid Family Leave*
 - [Paid Family Leave \(PFL\) Overview](#)
 - [Am I Eligible for PFL Benefits?](#)

FINANCIAL HELP/INFORMATION (continued)

- [Options to File for PFL Benefits \(Online or by Mail\)](#)
- [How to File a PFL Claim in SDI Online](#)
- [Paid Family Leave Claim Process](#)
- [PFL FAQs](#)
- *Nonindustrial Disability Insurance*
 - [Nonindustrial Disability Insurance \(NDI\)](#)
 - [Family Care Leave \(NDI-FCL\)](#)
 - [NDI Claim Process](#)
 - [NDI FAQs](#)

[LA County Department of Public Social Services \(DPSS\)](#)

- Glendale Office - (818) 701-8200; 4680 San Fernando Road, Glendale, CA 91204
 - [LA County DPSS/GAIN Offices](#)
- government agency that gives Cash Assistance through various programs
- [link to videos describing programs & services with transcripts in different languages](#)
 - [California Work Opportunity & Responsibility to Kids \(CalWORKs\)](#)
 - gives temporary cash assistance & job services to families (with children under 18) who have income & property below State maximum limits for their family size
 - [General Relief \(GR\)](#)
 - cash aid to extremely low-income adults, & children in certain special circumstances who are ineligible for Federal or State program
 - [Cash Assistance Program for Immigrants \(CAPI\)](#)
 - cash to certain aged, blind, & disabled legal non-citizens ineligible to Supplemental Security Income/State Supplemental Payment due to their immigration status
 - [Refugee Cash Assistance \(RCA\)](#)
 - cash assistance, Medi-Cal, & CalFresh to refugees or asylees for 8 months starting with month in which person was admitted into U.S. as a refugee

[Social Security Administration](#)

- (855) 866-9633 or TTY (800) 325-0779; Glendale Office - 225 W. Broadway. Suite 600, Glendale, CA 91204
- provides retirement, disability (SSI or SSDI), & survivor benefits & Medicare benefits
- [Frequently Asked Questions](#)

[Other Agencies/Resources](#)

Armenian Relief Society of Western USA Social Services - helps **ALL** members of community (not just Armenians):

- Main Office - (818) 241-5755; email - socialservices@arswestusa.org; 517 West Glenoaks Blvd., Glendale, CA 91202
- has Offices in Los Angeles & Pasadena as well; services include:
 - Case Management
 - Employment Services, Job Referrals, & Job Placements
 - Senior Services
 - **Completion of Forms & Access/Linkages to Public Benefits**
 - Assistance with Housing & Transportation Issues
 - **Unemployment Language Opportunity Program (EDD)**

FINANCIAL HELP/INFORMATION (continued)

- Homelessness & Rapid-Rehousing
- Educational Workshops
- Translations/Interpretations
- Information & Referrals to Other Community Resources
- gives services in English, Armenian, Farsi, Arabic, Russian, & Spanish

[Catholic Charities – Glendale Community Services Center](#)

- (213) 318-5707; 4322 San Fernando Road, Glendale, CA 91204
- rental & utility assistance, case management & food pantry services
- has offices/programs in other cities as well; please see link above for this information

[California Mortgage Relief Program](#)

- (888) 840-2594 – For Application help; email – info@camortgagerelief.org
- for eligible people who are having a difficult time with missed mortgage payments, late property taxes, loan deferrals, partial claims or other homeowner financial difficulties
- please see webpage for eligibility requirements
- [Frequently Asked Questions](#)

[GetAhead LA](#) – run by County of Los Angeles Department of Consumer & Business Affairs

- (800) 593-8222; 320 W. Temple St., Room G-10, Los Angeles, CA 90012
- free of charge financial resources including:
 - Managing & Debt & Building Wealth - financial & credit counseling, lending services & savings programs
 - Housing Stability - rent payment assistance, foreclosure prevention, & affordable housing
 - Health Care Services - affordable health insurance, low-cost medical care, & food assistance
 - Income Boosts - employment assistance, tax credits, & free tax preparation
 - Safe Financial Products - affordable checking accounts, retirement savings accounts, & micro loans

[Jewish Free Loan Association](#)

- email – info@jfla.org
- *[helps people from all races/ethnicities & religions](#)*
- nonprofit providing short-term loans with no interest & no fees if you meet certain eligibility requirements
 - [Personal Loans](#)
 - Emergencies – loans for Transportation, Preschool, Medical, Emergency, Domestic Violence Victim, Dental
 - Other Uses – loans for US Veterans, Non-Profit Agency Support, Life Cycle Events, Jewish Summer Camp, Jewish Day School Education, In Vitro Fertilization & Adoption, In-Home Healthcare, Children with Special Needs
 - [Business Loans](#)
 - Small Business, Green Energy, Gig Worker & Independent Contractor Help & Assistance
 - [Education Loans](#)
 - Students may apply for Nursing, Medical, Dental, Community College, Vocational or Trade School, Undergraduate Education or Graduate Education programs

FINANCIAL HELP/INFORMATION (continued)

[Los Angeles County Department of Consumer & Business Affairs – Financial Empowerment Services](#)

- (800) 593-8222 (Main Number); LA Headquarters – 320 W. Temple St., Room G-10, Los Angeles, CA 90012
- gives information about financial topics -
 - Opening a Checking Account
 - Financial Tips
 - Financial Services
 - Student Loan Debt
 - Free Tax Preparation
 - [Get Financially Empowered Resource Guide](#)
- gives free webinars for homeowners
- DCBA website also offers information on Consumer Protection, Tenants & Landlords, Homeowners, Labor Equity, Small Claims & Mediation

[PARS Equality Center – Los Angeles Center](#)

- (818) 616-3091; email - education@parsequalitycenter.org; 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps immigrants from Persian-speaking as well as other underrepresented ethnicities
- provides:
 - Social Adjustment Case Management – e.g., help with information about *housing; low-cost energy programs; healthcare coverage & low-cost clinics; mental health counseling; government programs; DPSS benefits; enrolling children in school; EDD; Metro TAP cards; college financial aid; etc.*
 - Free Tax Preparation & *Financial Education*
 - *Financial Assistance Program (case by case basis only)* – rental assistance, utilities, food vouchers, prescription medication, bus passes, vocational training & tuition
 - Career Services
 - Certified Enrollment Center – helps people apply for health care & health insurance programs
 - Legal Services

FOOD RESOURCES

Food Pantries/Banks/Distribution Centers

Glendale & Burbank:

GCC Center for Assistance, Resources, & Educational Success (CARES) Food Programs:

- [GCC CARES Market](#)
 - email – foodpantry@glendale.edu
 - appointment required
 - use link above for most up-to-date information & to schedule appointment online
 - *Two Locations:*
 - *Mondays, Tuesdays & Fridays 11:00am-4:00pm* – Garfield Campus – SO104; X5072
 - *Wednesdays & Thursdays 11:00am-4:00pm* – Glendale Civic Auditorium - 1401 N. Verdugo Road, Glendale, CA 91208; (818) 659-5251
 - ❖ Noncredit students visiting Civic Auditorium Market must send an email to Tuition@glendale.edu to request free parking permit to park at Civic Auditorium; students must print permit & put it in their car to avoid getting a ticket
 - Students can make one appointment per week; will be given 20 points to spend on GCC CARES Market items including food (for example, fresh produce, meat, & bread & variety of canned goods, pasta, & other non-perishable foods) & hygiene products (for example, soap, shampoo, baby diapers, feminine hygiene products, etc.)
- [CalFresh Application Assistance](#) –
 - Garfield Campus - SO100; Wednesdays/Thursdays 8:30am-4:30pm
 - X5071; email - calfreshoutreach@glendale.edu
 - for GCC students who need help applying for CalFresh

Burbank Temporary Aid Center

- (818) 848-2822; email – info@theBTAC.org; 1304 W. Burbank Blvd., Burbank, CA 91506
- gives different kinds of groceries, hygiene items & household goods to housed & unhoused clients; check website for schedule

Catholic Charities - Glendale Community Services Center Food Pantry

- (213) 318-5707; 4322 San Fernando Road, Glendale, CA 91204
- rental & utility assistance, case management, & *food pantry services*

Glendale Central Spanish Seventh Day Adventist Church

- (818) 243-3006; 901 E. Broadway, Glendale, CA 91205

International Families Association – click on Food Bank at top of webpage

- (818) 770-0779; 240 S. Glendale Avenue, Glendale, CA 91205
- free food & merchandise to low-income families

Salvation Army Corps Community Center Food Pantry & Meals on Wheels

- (818) 246-5586; 320 W. Windsor Avenue, Glendale, CA 91204
 - Food Pantry – free fresh produce & canned goods
 - Meals on Wheels – food delivery as well as wellness checks to people who cannot reach food pantry
-

FOOD RESOURCES (continued)

Other Cities in San Fernando Valley:

[Meet Each Need with Dignity \(MEND\)](#)

- (818) 897-2443 or (818) 896-0246; 10641 N. San Fernando Road, Pacoima, CA 91331
- serves following areas – Arleta, Lake View Terrace, Mission Hills, North Hills, Pacoima, Panorama City, San Fernando, Sun Valley, & Sylmar
- services provided (see webpage for more information; some services are for MEND clients only):
 - *Food Box Distribution* – to any community member in need; if available please have picture ID
 - First Step – homeless services
 - Hope & Care – COVID-19 resources
 - Diaper Distribution
 - Here We Thrive
 - Tax Assistance
 - Other Resources

[North Hollywood Interfaith Food Pantry](#)

- (818) 760-3575 11634 Moorpark St., Studio City, CA 91604

[PARS Equality Center – Los Angeles Center](#)

- (818) 616-3091; email - education@parsequalitycenter.org; 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps immigrants from Persian-speaking as well as other underrepresented ethnicities
- provides case management & variety of social services including food vouchers

Los Angeles Area:

[Atheists United – Food Distribution](#)

- (626) 590-4496; 2535 W. Temple St., Los Angeles, CA 90026 (Edendale)

Children’s Hospital Los Angeles – Food Distribution Center

- (323) 361-59815000 Sunset Blvd., Los Angeles, CA 90027 (Los Feliz)

[Chinese Central Community Service Center](#)

- (213) 483-3035; 1725 Beverly Blvd., Suite 1B, Los Angeles, CA 90026 (Edendale)

[Esmirna Pentecostal Church](#)

- (323) 254-0191; email – iglesiaesmirna@yahoo.com; 5414 N. Figueroa St., Los Angeles, CA 90042 (Highland Park)

[Estrella del Mar de Los Angeles – Food Bank - Regis House Community Center](#)

- (213) 380-8168; 2212 Beverly Blvd., Los Angeles, CA 90057 (Flint)

Filipino Christian Church

- (213) 483-5821; 301 N. Union Ave., Los Angeles, CA 90026 (Edendale)

[First Southern Baptist Church of Hollywood – Food Ministry](#)

- (323) 466-9631; 1528 N. Wilton Place, Hollywood, CA 90028

FOOD RESOURCES (continued)

[Glassell Park Spanish Seventh Day Adventist Church](#)

- (323) 920-9859; 5080 N. Maywood Avenue, Los Angeles, CA 90041 (Eagle Rock)

[Healing Urban Barrios Food Give-Away Program](#)

- (323) 648-9817; 163 S. Ave. 24, Suite 203, Los Angeles, CA 90031 (Lincoln Heights)

Hollywood Community Housing – Food Distribution Center

- (323) 454-6204; 5020 Santa Monica Blvd., Los Angeles, CA 90029 (Los Feliz)

[Hollywood Lutheran Church](#)

- (323) 667-1212; email - hollyluth@sbcglobal.net; 1733 N. Hampshire Ave., Hollywood, CA 90027

[Iglesia de la Comunidad Presbyterian Church](#)

- (323) 257-4352; 115 N. Ave 53, Los Angeles, CA 90042 (Highland Park)

Iglesia Pentecostal Peniel

- (323) 944-8410; 2632 Pasadena Ave., Los Angeles, CA 90031 (Lincoln Heights)

[Los Angeles Boys & Girls Club](#)

- (323) 221-9111; 2635 Pasadena Ave., Los Angeles, CA 90031 (Lincoln Heights)

[Metropolitan Community Church of LA \(LGBTQI\)](#)

- (323) 669-3436; 4607 Prospect Ave., Los Angeles, CA 90027 (Los Feliz)

[Our Lady of Guadalupe Church](#)

- (323) 225-4201; email – srtherese@olgrosehill.com; 4509 Mercury Ave., Los Angeles, CA 90032 (El Sereno)

[Rosewood United Methodist Church – Food Bank Distribution](#)

- (323) 225-4201; 4101 Rosewood Ave., Los Angeles, CA 90004 (Oakwood)
-

[Salvation Army Hollywood Corps](#)

- (323) 960-0640; 5941 Hollywood Blvd., Los Angeles, CA 90028 (Fountain)

[Silverlake Community Church](#)

- (323) 663-3151; 2930 Hyperion Avenue, Los Angeles, CA 90027 (Los Feliz)
 - Food & clothing available
 - [Frequently Asked Questions](#)
-

[The Sycamores – Family Resource Center – Food Bank](#)

- (626) 395-7100; 840 N. Ave. 66, Los Angeles, CA 90042 (Highland Park)

[Tri-State Community Healthcare Food Bank](#)

- (844) 444-1424; email – info@tristateclinics.org; 4141 ½ Verdugo Road, Los Angeles, CA 90065 (Glassell Park)
- fresh fruits & vegetables; canned meats, soups & beans; pasta, grains, & more

[Word International Ministries – Eagle Rock – Food Distribution Center](#)

- (323) 344-2337; email – wineaglerock@gmail.com; 3571 Eagle Rock Blvd., Los Angeles, CA 90065 (Glassell Park)
-

FOOD RESOURCES (continued)

[World Harvest Charities & Family Services – Food Bank](#)

- (213) 746-2227; 3100 Venice Blvd., Los Angeles, CA 90019
 - serve working families, individuals, veterans, students or seniors
-

[Los Angeles Regional Food Bank – Pantry/Food Locator](#)

- enter your zip code & radius from zip code
- gives list of Food Pantries/Banks in your area; each food pantry will have their own eligibility requirements & guidelines about how often they can be used & procedures for using them

Program for Women & Children:

[Women, Infants, & Children Program \(WIC\)](#)

- provides benefits to buy healthy foods (as well as nutrition/everyday healthy living tips, nutrition experts, support & information about breastfeeding, help in finding health care & other community services)
 - eligibility requirements:
 - are pregnant, breastfeeding, just had a baby (or recent pregnancy loss) OR
 - have a child or care for a child under age 5; AND
 - have low-to-medium income or receive Medi-Cal, CalWORKs, or CalFresh benefits; AND
 - live in California
 - Brochure:
 - [English](#)
 - [Spanish](#)
-

Program for Seniors:

[City of Glendale Elderly Nutrition Program](#)

- (818) 548-3778
 - seniors ages 60+ must fill out a Universal Intake Form to determine if they are eligible for this program
 - congregate meals program offered at three different sites in Glendale
-

Food Delivery Programs:

[Meals on Wheels](#)

- (888) 998-6325
 - gives nutritious meals, support, & safety checks for those who are aged 60+ who have difficulty moving around & have difficulty shopping for food, preparing meals & socializing with others (age requirements can vary by program & areas served)
 - search by zip code for programs in your area
 - fees on sliding fee scale from no cost to full price
 - other additional services may be available; please see webpage for more information
-

[Project Angel Food – Meal Delivery Program](#)

- (800) 761-8889 or (323) 845-1800; email – info@angelfood.org; 922 Vine St., Los Angeles, CA 90038
 - helps people who have been diagnosed with a life-threatening illness & cannot independently access health food
 - [Becoming a Client](#)
-

GOVERNMENT ASSISTANCE PROGRAMS

Los Angeles County - Department of Public Social Services (DPSS)

- Glendale Office – (818) 701-8200; 4680 San Fernando Road, Glendale, CA 91204
- can search for other Offices on website
 - gives information about government assistance programs/services & eligibility requirements for each
 - Cash Assistance
 - California Work Opportunity & Responsibility to Kids (CalWORKs)
 - Cash Assistance Program for Immigrants (CAPI)
 - General Relief (GR)
 - Refugee Cash Assistance (RCA)
 - Food & Nutrition
 - CalFresh
 - Health Care
 - Medi-Cal
 - ❖ Children & Families
 - ❖ Adults without Children
 - ❖ Pregnant Persons
 - ❖ Long Term Care
 - ❖ Former Foster Youth
 - ❖ Teen Services
 - ❖ Incarcerated Individuals
 - Medicare Savings Program
 - Seniors & Persons with Disabilities
 - Special Programs
 - ❖ Tuberculosis (TB)
 - ❖ Renal Dialysis/TPN
 - ❖ Breast & Cervical Cancer Treatment Program (BCCTP)
 - ❖ Other Health Resources
 - Job Services
 - General Relief Opportunities for Work (GROW)
 - Refugee Employment Program (REP)
 - Greater Avenues for Independence (GAIN)
 - Homeless Services (for those eligible for DPSS Cash Assistance Programs)
 - Seniors & Persons with Disabilities
 - In-Home Supportive Services (IHSS)
 - Restaurant Meals Program
 - General Relief (GR)
 - Community Services
 - Specialized Supportive Services
 - ❖ Mental Health
 - ❖ Substance Use Disorder
 - ❖ Domestic Violence

GOVERNMENT ASSISTANCE PROGRAMS (continued)

- [Toy Loan](#)
- [Community Services Block Grant \(CSBG\)](#)
- [Important Notice to Immigrants about Public Charge](#)
- [Youth Services](#)
 - ❖ [Cal-Learn](#)
 - ❖ [Former Foster Youth](#)
- [Volunteer Services](#)
- [Veterans & US Military Resources](#)

The organizations listed below help people to apply for Government Assistance Programs:

Armenian Relief Society of Western USA Social Services - helps **ALL** members of the community (not just Armenians):

- Main Office - (818) 241-5755; email - socialservices@arswestusa.org; 517 West Glenoaks Blvd., Glendale, CA 91202
- Site Offices in Los Angeles & Pasadena as well
- provides case management & variety of social services including completion of forms & access/linkages to public benefits (DPSS benefits)
- gives services in Armenian, Farsi, Arabic, Russian, & Spanish

PARS Equality Center – Los Angeles Center

- (818) 616-3091; email - education@parsequalitycenter.org; 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps immigrants from Persian-speaking as well as other underrepresented ethnicities
- provides case management & variety of social services including help with Government Programs/ Department of Public Social Services benefits

GRIEF & LOSS SERVICES

Glendale Adventist Medical Center

- (818) 409-8008 or email – Sarkiaa@ah.org; 1509 Wilson Terrace, Glendale, CA 91206
- offers Adult Grief Groups & Survivors of Suicide Groups
- annual group registration fees on sliding scale

Compassionate Friends – Verdugo Hills Chapter

- (818) 212-3506
- P.O. Box 8324, La Crescenta, CA 91224
- support for families who have lost a child

Our House

- (310) 473-1511 or email – ourhouse@ourhouse-grief.org
- 21860 Burbank Blvd., North Building, Suite 195, Woodland Hills, CA 913467
- serve adults, teens, children, & toddlers, which include grief support groups that are specific to age of the griever, length of time since the death, & the relationships to the person who died
- offers Spanish-speaking groups

HEALTH INSURANCE PROGRAMS & HEALTH CARE PROGRAMS

The following is for People who need affordable health insurance OR an affordable health care program:

People Who Do Not Qualify for Medi-Cal or Other Types of Health Insurance

Los Angeles County Department of Health Services

- (844) 804-0055
- helps people get coverage by providing financial help to patients through their Charity Care Program (LA County No-Cost/Low-Cost Programs)
- webpage lists Offices where Patient Financial Services staff can help you
- local Health Center – [Glendale Health Center](#) - (818) 291-8900; 501 N. Glendale Ave., Glendale, CA 91206

My Health LA – (844) 744-6452

- not a health insurance program
- gives free health care for those who do not qualify for health insurance (including people who are undocumented)
- [Information Sheets in Different Languages](#)
 - click on “What is My Health LA & How Do I Enroll”

People Who Do Qualify for Health Insurance

Los Angeles County Department of Public Social Services

- Glendale Office - (818) 701-8200; 4680 San Fernando Road, Glendale, CA 91204; other Offices available on website
- helps people apply for health insurance coverage -
 - [Children & Families](#)
 - [Adults without Children](#)
 - [Pregnant Persons](#)
 - [Medicare Savings Program](#)
 - [Former Foster Youth](#)
 - [Teen Services](#)
 - [Special Programs](#)
 - Tuberculosis (TB)
 - Renal Dialysis/TPN
 - Breast & Cervical Cancer Treatment Program (BCCTP)
 - [Incarcerated Individuals](#)

HEALTH INSURANCE PROGRAMS & HEALTH CARE PROGRAMS (continued)

Covered CA

- Link to find Certified Enroller near you to help you find out which ones you are qualified for & help you apply for coverage
- English - (800) 300-1506
- Other Languages
 - Arabic – (800) 826-6317
 - Cantonese – (800) 339-8938
 - Mandarin – (800) 300-1533
 - Hmong – (800) 771-2156
 - Korean – (800) 738-9116
 - Russian – (800) 778-7695
 - Filipino/Tagalog – (800) 983-8816
 - Armenian – (800) 996-1009
 - Khmer – (800) 906-8528
 - Lao – (800) 357-7976
 - Spanish – (800) 300-0213
 - Vietnamese – (800) 652-9528
- agency that gives information about available health insurance programs
 - [Medi-Cal Insurance Plan Information](#)
 - [Covered CA Health Insurance Plans](#)
 - [Dental Coverage](#)
 - Vision Coverage –
 - [Adult Vision](#)
 - [Children's Vision](#)

Medicare

- health insurance for people ages 65+
- can sign up for Medicare 3 months before you turn 65
- people may be eligible to get it earlier if they have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease)

HEARING SERVICES

Hearing Screening Clinics

Clinics will be different in terms of:

- *hearing services offered & populations served*
- *days/hours of operation*
- *availability of free services & eligibility requirements to receive free services*
- *sliding scale fee range for services*
- *proof of income required*
- *insurance accepted (Medi-Cal or other health insurance)*
- *length of waiting lists*
- *languages in which services are offered*
- *availability of other health services like medical, dental, mental health, & vision services*

All For Health, Health for All

- (818) 549-8800; 800 South Central Avenue, Suite 308, Glendale, CA, 91204
- gives hearing screenings
- has more Offices in Glendale

Arroyo Vista Family Health Center

- (323) 254-5221; 6000 N. Figueroa Street, Los Angeles, CA, 90042 (Highland Park)
- gives hearing exams for seniors
- [More Offices](#) in Lincoln Heights & 2 in El Sereno

Comprehensive Community Health Centers

- Glendale Office - (818) 265-2264; 801 South Chevy Chase Drive, Suite 250, Glendale, CA, 91205
- gives hearing screenings
- [More Offices](#) in Eagle Rock, Highland Park, North Hollywood, & Sunland

Hear Center

- (626) 796-2016; email – info@hearcenter.org
- hearing screenings offered at senior community centers
- seniors, who fail a hearing screening, welcome to come to HEAR Center for a free comprehensive audiological evaluation

Queenscare Health Centers

- (323) 344-5233; 4448 York Boulevard, Los Angeles, CA, 90041 (Eagle Rock)
- offers hearing tests
- has more Offices in Echo Park & Hollywood & others areas

Hearing Resource Information

[Guide to Adult Hearing Care](#)

[Hearing Aid & Cochlear Implant Assistance Programs](#)

HOMELESS SERVICES & PROGRAMS

Glendale Community College:

GCC CARES Housing Programs:

- **Emergency Housing Program** – short-term help for GCC students currently enrolled in classes & recently lost their housing
 - up to 5 nights' accommodations at hotel in Glendale
 - email to CARES@glendale.edu for more information & to determine eligibility
- **Rapid Re-Housing Program** – long-term housing help for GCC students currently enrolled in classes & unhoused in the City of Glendale
 - email to CARES@glendale.edu for more information & to determine eligibility

California Community Colleges - Campus Peer Navigator Program –

- for community college students who do not have a safe, secure, or regular place to sleep
- navigators help students explore housing options & next steps, connect with basic resources like food pantries, medical care & social services benefits, & access safe housing alternatives
- email Peer Navigators:
 - Oscar Campos – email – ocampos@thevillagefs.org
 - Gayle Alvarez – email – galvarex@thevillagefs.org

City/County:

City of Glendale Homeless Services – Glendale Continuum of Care Social Services Agencies –

- gives links for:
 - One Stop Social Services (housing, case management, health & mental health services, & emergency shelter)
 - Homeless Prevention (help with food & clothing)
 - Domestic Violence & Rapid Re-Housing
 - Health Care
 - Youth Services (Ages 18-24)

Los Angeles County Homeless Services Authority

- Hotline - **(213) 225-6581**; Hours of Operation – Monday-Friday 7:30 am to 4:30 pm
 - [Adults & Youth](#) in need of shelter – (800) 548-6047
 - [Families with Minor Children in Need of Shelter](#) – Call 211
 - [Seniors in need of shelter or others services](#) – (800) 304-7152
- [Coordinated Entry System \(CES\) Access Directory](#)
- [2022-2023 Interim Housing List](#)
- [Winter Shelter Program \(11/1/22 – 3/31/23\)](#)
 - Hotline – **(800) 548-6047**; email - wintershelter@lahsa.org
 - [English](#)
 - [Spanish](#)

HOMELESS SERVICES & PROGRAMS (continued)

Glendale, Burbank, & San Fernando Valley

Armenian Relief Society of Western USA Social Services - helps **ALL** members of the community (not just Armenians):

- Main Office - (818) 241-5755; email - socialservices@arswestusa.org; 517 West Glenoaks Blvd., Glendale, CA 91202
- Site Offices in Los Angeles & Pasadena as well
 - Case Management
 - Employment Services, Job Referrals, & Job Placements
 - Senior Services
 - Completion of Forms & Access/Linkages to Public Benefits
 - Assistance with Housing & Transportation Issues
 - Unemployment Language Opportunity Program (EDD)
 - **Homelessness & Rapid-Rehousing**
 - Educational Workshops
 - Translations/Interpretations
 - Information & Referrals to Other Community Resources
- gives services in Armenian, Farsi, Arabic, Russian, & Spanish

Ascencia

- (818) 246-7900; email – info@AscenciaCA.org; 1851 Tyburn Street, Glendale, CA 91204
- gives emergency housing, housing programs, laundry & shower facilities, & case management
- Access Center Hours –
 - Monday-Wednesday – 7:00 am-4:00 pm
 - Thursday – 7:00 am-2:00 pm
 - Friday 7:00 am-4:00 pm (closed last Friday of each month)
- [Programs & Services](#)

Burbank Temporary Aid Center

- (818) 848-2822 or email – info@theBTAC.org; 1304 W. Burbank Blvd., Burbank, CA 91506
- [Programs for Homeless Clients](#)

 - Groceries, Hygiene Items, Household Goods
 - Laundry Services
 - Shower Facilities
 - Information & Referrals
- [Programs for Housed Clients](#)

Catholic Charities – Shelter Services

- Glendale Office - (213) 251-5707; 4322 San Fernando Road, Glendale, CA 91204
- [Program Directory by City](#)
- emergency shelter, bridge, & crisis housing programs

HOMELESS SERVICES & PROGRAMS (continued)

[Home Again Los Angeles \(HALA\)](#)

- Administrative Office – (818) 562-7778; P.O. Box 7151, Burbank, CA 91510
- Shelter - (818) 847-1547
- Glendale Site – (818) 396-5555
- email – info@HomeAgainLA.org
- services –
 - [90-Day Shelter](#)
 - [Transitional Housing](#)
 - [Rapid Rehousing](#)
 - [Rental Assistance](#)
 - [Community Workshops](#)

[Project New Hope](#)

- (818) 546-8929; 601 East Glenoaks Blvd., Suite 100, Glendale, CA 91207
- gives safe affordable housing & supportive services, for low- & moderate-income individuals or families with disabilities (such as HIV/AIDS) & seniors, living in Southern California
- [Group Living](#)
 - [Transitional Residential Care Facility](#)
 - [Residential Care Facilities for the Chronically Ill](#)
- [Independent Living](#)
 - [Laguna Senior Apartments](#)
 - [Shelter Plus Care](#)
 - [Low-Income Housing](#)
 - [HUD-811](#)

[Salvation Army Glendale](#)

- Glendale Corps Community Center - (818) 246-5586; 320 W. Windsor Road, Glendale, CA 91204 (other Offices searchable by zip code on website)
- services include:
 - Food Pantry & Meals on Wheels Program
 - Emergency Shelters, Group Homes & Transitional Living Centers, & Family Services Programs
 - Short- & Long-term Housing Assistance, Bill Pay Assistance, & Employment Assistance

[San Fernando Valley Rescue Mission](#)

- gives:
 - [Survivor Outreach Services](#)
 - (818) 691-2965
 - mobile shower & meal program – haircuts, food, clothing & hygiene products
 - check link for Offices & schedules
 - [Life Recovery Program](#)
 - (818) 960-0408; email – rhamness@erescuemission.org
 - 5601 Sunset Blvd., Los Angeles, CA 90027 (Los Feliz)
 - free, 10-month, residential Christian addiction recovery program
 - see website for eligibility requirements & application

HOMELESS SERVICES & PROGRAMS (continued)

- [The Family Shelter](#)
 - Intake Phone Number - (818) 960-0404
 - Home Again 90-Bed Family Shelter in Northridge
- [Other Resources](#)

YMCA of Glendale Hotel

- (818) 696-2580
- offers safe, affordable rooms for single men on a first-come, first-served basis
- [Application Form](#); submit application online to JDReneaud@glenmyca.org

Pasadena & San Gabriel Valley

Armenian Relief Society of Western USA Social Services - helps **ALL** members of the community (not only Armenians):

- (626) 797-6187; 2242 E. Foothill Blvd., Pasadena, CA 91107
- have Offices in Glendale & Los Angeles as well
 - Case Management
 - Employment Services, Job Referrals, & Job Placements
 - Senior Services
 - Completion of Forms & Access/Linkages to Public Benefits
 - Assistance with Housing & Transportation Issues
 - Unemployment Language Opportunity Program (EDD)
 - **Homelessness & Rapid-Rehousing**
 - Educational Workshops
 - Translations/Interpretations
 - Information & Referrals to Other Community Resources
- gives services in Armenian, Farsi, Arabic, Russian, & Spanish

Door of Hope

- (626) 304-9130 X102; email – info@doorofhope.us; 221 E. Walnut St., Suite 112, Pasadena, CA 91101
- emergency rental assistance, case management, landlord remediation, & financial counseling for families at-risk for homelessness
- [Homelessness Prevention](#) – emergency rental assistance
- [Transitional Housing](#)

Foothill Unity Center, Inc.

- serving Altadena, Arcadia, Azusa, Baldwin Park, Bradbury, Duarte, Irwindale, Monrovia, Pasadena, Sierra Madre, South Pasadena, & Temple City
- services include - food program, pet food bank, health program, crisis case management, housing & homeless services, volunteering & job development services
- Offices:
 - Pasadena – (626) 584-7420; 191 N. Oak Avenue, Pasadena, CA 91107
 - Monrovia – (626) 358-3486; 790 Chestnut Avenue, Monrovia, CA 91016
- [Helpful & Free Resources](#)

HOMELESS SERVICES & PROGRAMS (continued)

Union Station Homeless Services

- (626) 240-4550; email – info@unionstationhs.org; 825 E. Orange Grove Blvd., Pasadena, CA 91104
- see webpage for more information about connecting to services for adults, families, & youth
- program information:
 - [Outreach, Intake & Assessment](#) – helps persons who are homeless in San Gabriel Valley (SPA 3)
 - [Interim Housing](#)
 - [Permanent Housing](#)
 - [Community Integration](#)

North Hollywood, Hollywood & Los Angeles

Affordable Living for the Aging

- (323) 650-7988; email – info@alaseniorliving.org
- 937 N. Fairfax Avenue, 5th Floor, West Hollywood, CA 90046
- [Affordable Housing](#)
 - ALA owns & manages 5 affordable housing properties in Los Angeles consisting of 64 units total
- [Permanent Supportive Housing](#)
 - affordable permanent housing & case management for seniors in LA who are chronically homeless
- [Shared Housing](#)
 - program converts spare rooms into affordable housing which allows the senior homeowner to age in place & for housing seekers to secure affordable

Armenian Relief Society of Western USA Social Services - helps **ALL** members of the community (not only Armenians):

- (323) 669-0474; 1205 N. Vermont Avenue, Los Angeles, CA 90029 (Los Feliz)
- have Offices in Glendale & Pasadena as well
 - Case Management
 - Employment Services, Job Referrals, & Job Placements
 - Senior Services
 - Completion of Forms & Access/Linkages to Public Benefits
 - Assistance with Housing & Transportation Issues
 - Unemployment Language Opportunity Program (EDD)
 - **Homelessness & Rapid-Rehousing**
 - Educational Workshops
 - Translations/Interpretations
 - Information & Referrals to Other Community Resources
- gives services in Armenian, Farsi, Arabic, Russian, & Spanish

Covenant House California

- Los Angeles Office - (323) 461-3131; 1325 N. Western Avenue, Hollywood, CA 90027
- homeless shelter & services for ages 18-24
- Housing Programs:
 - Short-term emergency shelter programs
 - Transitional housing programs
 - Supportive apartments
 - Rapid-Rehousing/Permanent Housing programs

HOMELESS SERVICES & PROGRAMS (continued)

- Other services:
 - Street Outreach, Day Outreach, & Drop-In Center
 - Medical & Mental Health
 - Career Services & Education Services
 - Spiritual Ministry

[Good Shepherd Center](#)

- For Shelter - (213) 235-1460; For Drop-In Services – (213) 250-5241
- 1671 Beverly Blvd., Los Angeles, CA 90026 (Edendale)
- shelter, food, case management, & support services for homeless women

[Jovenes, Inc.](#)

- (323) 260-8035; email – jovenesinc@jovenesinc.org; 1208 Pleasant Avenue, Los Angeles, CA 90033 (Boyle)
- serves ages 18–25-year-olds
- Housing Solutions:
 - Short-term Housing
 - Permanent Housing
 - Rapid Rehousing
 - Permanent Supportive Housing
 - & more

[LA Family Housing](#)

- Youth Aged 14-24 – (818) 755-8786
 - [Village Family Services Transitional Age Youth Drop-In Center](#)
 - 6801 Coldwater Canyon, Suite #1E, North Hollywood, CA 91605
- Individual Solution Center - 7843 Lankershim Blvd., North Hollywood, CA 91605
- Family Solution Center - 7817 Lankershim Blvd., North Hollywood, CA 91605

[Los Angeles Mission](#)

- (213) 629-1227 Ext. 400; email – info@lamission.net; 303 East 5th Street, Los Angeles, CA 90013
- services include emergency services, food baskets, rehabilitation program for men, center for women, life start program, bridge housing, free legal clinic, career fairs, mental health treatment, residential program. workforce development, mommy & me, medical & dental services, 12-step classes, anger management, health + wellness classes, domestic violence program, money smart program, recreational activities, relapse prevention, smoking cessation & more

[People Assisting the Homeless \(PATH\)](#)

- (323) 644-2200; email – path@epath.org; 340 N. Madison Avenue, Los Angeles, CA 90004 (Oakwood)
- helps individuals, families & veterans
- gives:
 - homelessness prevention – eviction prevention assistance funding
 - interim/transitional housing
 - rapid re-housing program providing short-term rental assistance, supportive services & case management assistance to find permanent supportive housing
 - permanent supportive housing
 - employment programs to increase jobs skills & find jobs

HOMELESS SERVICES & PROGRAMS (continued)

Safe Parking Sites in Los Angeles

- Intake Phone Line - (323) 210-3375; email – intakes@safeparkingla.org; check website for intake hours
- Office Address – St. Mary’s Episcopal Church - 961 S. Mariposa Street, Los Angeles, CA 90006 (Koreatown)
- night-time program for people who are homeless & sleeping in their cars at night
- gives safe place to park car, access to restrooms & washing stations, security guard, case management (links to services & housing resources including direct support for housing deposits & furniture), emergency/crisis assistance, vehicle related assistance

Union Rescue Mission

- (213) 347-6300; email – thewayhome@urm.org; 545 S. San Pedro St. Los Angeles, CA 90013
- gives:
 - food, shelter, clothing, & personal hygiene products
 - Clinics (dental, mental health, legal)
 - Day Center & Family Community Center
 - Learning Center
 - mail, telephone & banking services
 - assistance & referrals for employment, housing, government aid, substance abuse, recovery & other services
 - life management classes
 - spiritual encouragement
 - please see website for more programs & services offered

Zahn Memorial Center

- (213) 438-1617; 832 James M Wood Blvd., Los Angeles, CA 90015 (Del Valle)
- helps families in Downtown LA with emergency shelter & help to find transitional & permanent housing

211 LA County or call 211 from your phone

- gives resource information; some examples:
 - COVID-19 Vaccines
 - COVID-19 Testing
 - COVID-19 Older Adult Supports
 - Food Assistance & Benefits
 - Landlord/Tenant Assistance
 - Utility Bill Assistance
 - Homeless Support Services
 - Housing Expense Assistance
 - **Emergency Housing & Shelter**
 - Hate/Bullying Prevention & Victim Support
 - & more

HOUSING RESOURCES

Websites to search for Apartments/Homes for Rent

- The following websites will allow you to search using different criteria; for example:
 - City
 - Rent Maximum
 - Number of Bedrooms/Bathrooms
- Some cities have very high rental rates. You may need to search cities that have lower rental rates.
- [AffordableHousing.com](https://www.affordablehousing.com)
- [Apartments.com](https://www.apartments.com)
- [Craigslist.org](https://www.craigslist.org) – click on “apts/housing” under the Housing section
- [ForRent.com](https://www.forrent.com)
- [Hotpads.com](https://www.hotpads.com)
- [Realtor.com](https://www.realtor.com)
- [Redfin.com](https://www.redfin.com)
- [Rent.com](https://www.rent.com)
- [Rentcafe.com](https://www.rentcafe.com)
- [Trulia.com](https://www.trulia.com) – click on Rent in the top left of the page
- [Zillow.com](https://www.zillow.com)

Websites to search for Rooms for Rent – some of these allow you to sign up for free & some may charge fee

- [Apartments.oodle.com](https://www.apartmentsoodle.com)
- [Craigslist.org](https://www.craigslist.org)- click on “rooms wanted” under Housing section
- [Easyroommate.com](https://www.easyroommate.com)
- [Kangaroom.com](https://www.kangaroom.com)
- [Recycler.com](https://www.recycler.com)
- [Roommatelocator.com](https://www.roommatelocator.com)
- [Roommates.com](https://www.roommates.com)
- [Spareroom.com](https://www.spareroom.com)

Other ways to find rooms for rent

- Check local grocery store bulletin boards or other community-based bulletin boards
- Check local newspapers & other local magazines like Penny Saver
- Contact churches, synagogues, mosques, temples, or other religious/spiritual places of worship in the community to see if the people who attend services there may have rooms for rent
- Ask family, friends, co-workers & fellow students if they know of people who may have a room for rent or ask them if they would be willing to send out emails to the people, they know

HOUSING RESOURCES (continued)

Low-Income/Affordable Housing Websites:

[AffordableHousing.com](#)

- find affordable rentals & waiting lists in your area, & apply for free

[HousingApartments.org](#)

- gives affordable housing information:
 - Section 8 Housing
 - Income Based Housing
 - Subsidized Housing
 - Low Income Apartments
 - Low Income Rentals
 - Housing Authorities
- [Search for affordable housing in California](#)

[Housing Rights Center](#)

- (800) 477-5977; 3255 Wilshire Blvd., Suite 1150, Los Angeles, CA, 90060
- have option to download the information as a document or scroll through on the website
- call listed properties directly to verify available vacancies, eligibility, waiting lists & income requirements
- website information includes:
 - Apartment & House Hunter's Checklist
 - Affordable Housing Providers
 - Affordable Rental Listings
 - Senior & Veteran Housing Listings & Open Wait Lists
 - Housing Resources & Programs

[Los Angeles County Housing Resource Center](#)

- (877) 428-8844
- select language in the top right-hand corner of webpage
- click on "*Find Rentals*" toward top right of webpage
- scroll down to find list of cities in LA County to search for housing

[Low-Income Housing US – Glendale Listings](#)

- Low Income Housing Types for Glendale include:
 - Housing & Urban Development (HUD) apartments
 - Section 8 apartments
 - Glendale Housing Authority
 - Public Housing apartments
 - Non-profit senior & family low-income apartments
 - Low-income tax credit apartments (LIHTC)
- if go to [Website Homepage](#) can do searches for other cities as well

HOUSING RESOURCES (continued)

[Public Housing.Com California Affordable Housing](#)

- search through list of low-income apartments & housing assistance organizations & programs
- listings include HUD apartments, Public Housing Apartments, Low Income Apartments, Subsidized Apartments, Senior Subsidized Apartments, Apartments for Disabled, & Local Housing Authority Listings & Apartments
- can search using zip code search or by clicking on cities listed on website

Housing Authorities:

[City of Glendale Housing Authority](#)

- (818) 548-3936; 141 N. Glendale Ave., Suite 202, Glendale, CA, 91206
- on right side of webpage:
 - click on “Sign Up for Affordable Housing Updates” to receive notifications via email about future affordable housing projects to which you can apply
 - click on & “FAQs” to read answers to frequently asked questions
- on the left side of webpage:
 - Click on “Affordable Housing”
 - scroll down to “Existing Affordable Housing Developments” & click on the plus sign
 - scroll down to “Future Affordable Housing Developments” & click on plus sign
 - Click on “Section 8” for information about a federally funded housing program
 - *Waiting List has been closed since January 2001; please keep checking back to see when the Waiting List may open up again*

[City of Burbank Housing Authority](#)

- (818) 238-5160; email – housinginfo@burbankca.gov; 150 N. Third Street, Floor 2, Burbank, CA 91502
- Housing Assistance & Resources
 - [Home Again Los Angeles](#), in partnership with the City of Burbank, is offering Rapid Rehousing program for Burbank households experiencing or on the verge of homelessness
 - [Rapid Rehousing Flyer](#); call (818) 562-7778 for more information
- [Affordable Housing in Burbank](#)
 - [Burbank Housing Corporation \(BHC\)](#)
 - ❖ (818) 559-2336; 1819 Grismer Avenue, Burbank, CA, 91504; email – info@burbankhousingcorp.org
 - ❖ private/non-profit that owns & manages over 300 affordable housing units in Burbank; maintains their own waiting list
 - Senior Housing –
 - ❖ list of Senior Housing developments in Burbank - [Senior Housing in Burbank](#)
 - ❖ each complex keeps its own waiting list; for more information, contact property manager
 - [AB 987 Affordable Housing Database](#)
 - ❖ only a record of affordable housing developments in Burbank; *NOT* a listing of currently available housing (only gives the addresses of the properties but not the phone numbers)
 - [Homeownership Interest List](#) –
 - ❖ list of affordable units for resale to moderate income households
 - ❖ submit your contact information online to be added to this list
 - [Housing Choice Voucher \(Section 8\)](#) – *City of Burbank Section 8 waiting list is currently closed; please check website to find out if has reopened*

HOUSING RESOURCES (continued)

[City of Pasadena Housing Authority](#)

- (626) 744-8300; 649 N. Fair Oaks, Suite 202, Pasadena, CA, 91103
- [Pasadena Housing Search](#) – free housing search website
- scroll down to “Find Housing” towards the middle of the page; will find links for:
 - Affordable Units to be Available
 - How to Search for Senior Housing
 - How to Search for Housing
- [Section 8](#) – currently closed; check website periodically to see if it has reopened

Housing Authority of the City of Los Angeles –

- [Public Housing](#)
 - (213) 252-1020; 2600 Wilshire Blvd., Los Angeles, CA 90057
 - manages 14 large family public housing offices (more than 6,300 units) throughout Los Angeles
 - webpage gives information about eligibility requirements & how to apply
- [Section 8 Housing](#) - *the City of LA Section 8 Waiting List is currently closed; please check website to find out if it has reopened*

Los Angeles County Development Authority (LACDA) –

- Alhambra Office - (626) 262-4511; 700 W. Main Street, Alhambra, CA 91801
- [Public Housing](#)
- [Section 8](#) - *the LACDA Section 8 Waiting List is currently closed; please check the website to find out if it has reopened*

[US Department of Housing & Urban Development \(HUD\)](#)

- Customer Service Center - (800) 955-2232
- [Rental Assistance](#) – including apartment search for privately-owned apartments with reduced rents
- [Find Your Local Public Housing Agency](#)
- [Rent Relief Resources](#)
- [Report Housing Discrimination](#)

Agencies that Help with Housing:

[Affordable Living for the Aging](#)

- (323) 650-7988; email – info@alasseniorliving.org; 937 N. Fairfax Avenue, 5th Floor, West Hollywood, CA 90046
- [Affordable Housing](#)
 - ALA owns & manages 5 affordable housing properties in Los Angeles; 64 units total
- [Enhanced Care Management](#)
 - for LA area residents receiving Medi-Cal benefits experiencing homelessness, severe mental illness, substance use disorders, frequent hospitalizations & those at risk of institutionalization
- [Permanent Supportive Housing](#)
 - affordable housing & case management for seniors
- [Shared Housing](#)
 - ALA screens, matches, & monitors two people to share a home based on living preferences & compatibility

HOUSING RESOURCES (continued)

Armenian Relief Society of Western USA Social Services - helps ALL members of the community (not just Armenians):

- Main Office - (818) 241-5755; email - socialservices@arswestusa.org; 517 West Glenoaks Blvd., Glendale, CA 91202
- site Offices in Los Angeles & Pasadena as well
- provide case management & variety of social services including:
 - Assistance with Housing
 - Homelessness & Rapid-Rehousing
- gives services in Armenian, Farsi, Arabic, Russian, & Spanish

[PARS Equality Center](#)

- (818) 616-3091; email - education@parsequalitycenter.org; 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps immigrants from Persian-speaking as well as other underrepresented ethnicities
- provides case management & variety of social services including help to find housing

[Housing Programs for People with Disabilities](#)

[City of Los Angeles Affordable & Accessible Housing Registry](#)

- (213) 808-8550; 221 N. Figueroa St., 14th Floor, Los Angeles, CA 90012
- Click on “I am an Applicant” to:
 - search for affordable accessible properties for [people with disabilities](#)
 - start your pre-application online for new properties
 - track your pre-application status
 - apply for waitlisted properties
 - information & resources; you will be required to Create an Account

[LA County Department of Mental Health \(DMH\) – Housing & Job Development Division](#)

- [Federal Housing Subsidies Unit \(FHSU\)](#)
 - housing subsidies make units affordable for clients who pay limited percentage of their income for rent with balance paid to owner by Housing Authority
 - clients must meet Housing & Urban Development (HUD) qualifications, including being assessed & entered into LA Coordinated Entry System (CES)
 - clients receiving services at a DMH-operated or DMH contract agency may access FHSU subsidies through their DMH provider
- [Countywide Housing Assistance Program](#)
 - gives funding to assist mental health consumers without or limited financial resources to afford costs such as paying security deposit, purchasing household goods &/or avoiding possible eviction due to unexpected financial hardship
 - for more details see Program Guidelines & Procedures on this page
- [DMH Interim Housing Program](#)
 - temporary shelter services for adults with mental illness & their minor children who are homeless & who not have adequate income to pay for temporary housing
 - goal is to help clients transition to permanent housing
- [Enriched Residential Care Program](#)
 - Placement of clients who require 24/7 care & supervision into licensed residential facilities

HOUSING RESOURCES (continued)

[SHARE! Collaborative Housing](#)

- (877) SHARE-49 OR 310-846-5271
- Public-private partnership providing affordable, permanent supportive housing to disabled people in single-family houses throughout LA County (vets, mental health services consumers, people with diabetes, trauma issues, etc.)
- see webpage for eligibility requirements as well as benefits of the program

[Homes For Life](#)

- (310) 337-7417; email – info@homesforlife.org
- 8939 South Sepulveda Blvd., Suite 460, Los Angeles, CA, 90045
- gives permanent housing for homeless persons with mental health diagnoses
- types of housing programs include:
 - Transition-Age Youth Housing
 - Transitional Adult Housing
 - State Licensed Group Homes
 - Supportive Apartments
 - Semi-Independent Group Home

IMMIGRANT PROGRAMS & SERVICES

Community College Resources

Glendale Community College Dream Resource Center

- (818) 240-1000 X5810; email - anthonyg@glendale.edu; GCC Verdugo Campus – Sierra Madre Rm 267
- gives services & support to undocumented GCC credit & noncredit students
 - [Community Resource Guide](#)
 - non-profit organizations that offer support to undocumented families
 - includes, food pantries, clothing centers, healthcare/mental health, legal services, financial assistance, support groups, & emergency shelter services
 - [Deferred Action for Childhood Arrivals \(DACA\)/AB 540](#)
 - [Know Your Rights](#)

Higher Education Legal Services –

- free immigration legal services & case support for students, staff, & faculty on California Community College Campuses statewide or virtually
 - Legal consultation to screen for possible paths to immigration
 - Deferred Action for Childhood Arrivals (DACA) Renewals
 - Family-Based Petitions
 - Naturalization/Citizenship Applications
 - Public Charge Information
- *this program does not provide legal services for Removal Defense or Asylum Applications*
- CARECEN is the legal services provider assigned to Glendale Community College
- **to schedule a FREE appointment with CARECEN - FindYourAlly.com**
 - enter Glendale Community College Garfield Campus
 - pick virtual (phone or Zoom) or On-Campus & In-Person Appointment
 - choose type of legal service
 - choose available date/time
 - provide your information requested

Undocumented Student Resources

My Undocumented Life

- website that gives information & resources from many organizations across the United States

Immigrants Rising

- website that gives information about educational supports (e.g., scholarships, fellowships) as well as financial & legal supports

United We Dream

- largest Immigrant Youth-Led Network in the United States
- includes guides & toolkits focus on advocacy, legal advice, & mental health for undocumented youth & allies

Informed Immigrant

- website that gives legal updates & advice (e.g., immigrant rights & updates on changes in immigration policy)

IMMIGRANT PROGRAMS & SERVICES (continued)

[National Immigration Law Center](#)

- website that gives legal resource information including information about DACA, healthcare, immigration enforcement, workers' rights, education, Driver's Licenses, economic support, & taxes

[UndocuWisdom](#)

- website that gives life lessons & advice on how to live well despite the challenges of undocumented status
- includes survival guide, immigration books & media & the Undocumented Stress Cycle

[Federal, State, & Los Angeles County Resources](#)

[CA Courts Immigration Resource Guide](#)

- click on Immigration Resource Directory link
- Basic Immigration Information – articles to read about various immigration-related topics
- Immigration Legal Help – how to find an immigration lawyer
- Immigrant Families & Children – specific immigration information for families & children

[California Department of Consumer Affairs - Expedited Licensure Process for Refugees, Asylees, & Holders of Special Immigrant Visas](#)

- Language Assistance Services available – (833) 498-2006
- please see website for more information about who qualifies for program & types of paperwork needed

[California Department of Social Services – Refugee Programs Bureau](#)

- (916) 654-4356; email – RPB@dss.ca.gov
- provides a Refugee Resettlement Program that helps eligible Afghan & Iraqi Special Immigrant Visa holders, Amerasians from Vietnam, Asylees, Certified Human Trafficking Victims, Cuban/Haitian Entrants, Refugees (including Ukrainians), Repatriates, Unaccompanied Refugee Minors, & Victims of Human Trafficking, Domestic Violence, & Other Serious Crimes

[California Immigrant Guide](#)

- gives information in 11 different languages about:
 - Public Benefits – food & nutrition, unemployment insurance, paid family or sick leave, workers' compensation, disability insurance, & many more
 - Jobs & Entrepreneurship
 - Education
 - Immigration Services & Citizenship
 - Get Citizenship Services
 - DACA Updates
 - Know Your Rights
 - Public Charge
 - & more

IMMIGRANT PROGRAMS & SERVICES (continued)

Los Angeles County Office of Immigrant Affairs

- (800) 593-8222; 320 W. Temple Street, Los Angeles, CA 90012
- webpage gives information about resources –
 - Food
 - Health & Vital Records
 - Money
 - Housing
 - Transportation
 - Education & Employment
 - Legal & Public Safety
 - Immigration Legal Resources
 - Business
 - [Asylees](#)
 - [Citizenship](#)
 - [Public Charge](#)
 - [Immigration Fraud](#)
 - [DACA](#)
 - [Domestic Workers](#)

US Citizenship & Immigration Services

- Local Field Office - (800) 375-5283; 300 N. Los Angeles Street, Los Angeles, CA 90012
- gives information about green cards, citizenship, working in US, & other tools & resources

Other Organizations That Help Immigrants

Armenian Relief Society of Western USA Social Services - helps **ALL** members of community (not just Armenians):

- Main Office - (818) 241-5755; email - socialservices@arswestusa.org; 517 West Glenoaks Blvd., Glendale, CA 91202
- Site Offices in Los Angeles & Pasadena as well; services include:
 - Case Management
 - Employment Services, Job Referrals, & Job Placements
 - Senior Services
 - Completion of Forms & Access/Linkages to Public Benefits
 - Assistance with Housing & Transportation Issues
 - Unemployment Language Opportunity Program (EDD)
 - Homelessness & Rapid-Rehousing
 - Educational Workshops
 - Translations/Interpretations
 - Information & Referrals to Other Community Resources
- gives services in Armenian, Farsi, Arabic, Russian, & Spanish

IMMIGRANT PROGRAMS & SERVICES (continued)

Catholic Charities Immigration Services

- Glendale Office - 4322 San Fernando Road, Glendale, CA 91204; please see webpage for more Offices in other cities & program information
- *Employment Support Partnership* - case management; life skills workshops; employment readiness & placement support to marginalized communities new to the US, including refugees, asylees, immigrants, & foreign-born trafficking survivors
 - (213) 318-5716
- *Immigration Services* - resettlement, early employment, & family reunification services to refugees, asylees, & victims of trafficking, & also immigration consultation; naturalization; & family-based immigration services
 - (818) 409-0057
- *Glendale Community Services Center* – rental & utility assistance, case management & food pantry services
 - (213) 318-5707

Coalition for Human Immigrant Rights (CHIRLA)

- (888) 6CHIRLA (888-624-4752); email – info@chirla.org; 2533 West 3rd Street, Suite 101; Los Angeles, CA 90057
- gives information on variety of topics - for example, COVID-19, DACA, Elections, Know Your Rights, Public Charge, & Renters
- can search for Advice, Fact Sheets, Hotlines, etc.
- gives legal assistance as well

Council on American-Islamic Relations – Immigrants’ Rights Center

- (714) 776-1847; email – ircla@cair.com; 2180 W. Crescent Avenue, Suite F, Anaheim, CA 92801
- provide legal services
- [Outreach & Education & more](#)

El Rescate

- [Spanish](#)
- [English](#)
- (213) 387-3284; email – contact@elrescate.org; 1605 W. Olympic Blvd., Suite 516, Los Angeles, CA 90015
- provide legal services as well as other services to immigrants (primarily Latinos) through:
 - Asylum Program
 - Violence Against Women Act (VAWA) Program
 - Citizenship Classes
 - Special Cases Needing Legal Representation [Unaccompanied Minors, U-Visa, Temporary Protected Status (TPS) Adjustments]
 - DACA, Legal Clinics
 - Other Services – for example, Family Petition, Adjustment of Status, Appeals for INA, Asylum, Advance Parole, Cancellation of Removal, Affidavit of Support, Citizenship, FOIA Requests, Fiancé Visas, Resident Card Renewal, Work Permit Renewal, & more

IMMIGRANT PROGRAMS & SERVICES (continued)

Immigo Immigration Services

- (818) 730-0140; email – info@immigola.org; 5623 Lankershim Blvd., Suite A, North Hollywood, CA 91601
- offers free- & low-cost immigration legal services – US Citizenship, Family Petitions, Military Family, Fiancé Petitions, Green Card Renewals, Victims of Crime (U-Visa), Domestic Violence (VAWA), Adjustment of Status, Consular Processing, Immigration Waivers, Work-Permit Renewals, DACA Renewals, Advance Parole, & More
- services offered in English & Spanish

Immigration Center for Women & Children

- (213) 614-1165; email – info@icwclaw.org; 634 South Spring Street, Suite 727, Los Angeles, CA 90014
- gives legal services on a sliding scales fee based on income & family size
- legal services offered –
 - Asylum for Unaccompanied Children
 - Deferred Action for Childhood Arrivals (DACA)
 - Immigration Court Help Desk (ICH)
 - Legal Orientation Program for Custodians (LOPC)
 - Special Immigrant Juvenile Status (SIJS)
 - U & T Visas (Victims of Trafficking & Violence)
 - Violence Against Women Act (VAWA)
- [Resources](#)
- [Victim Benefits \(Including Those Who Are Undocumented\)](#)

Immigrant Defenders Law Center (ImmDef)

- (213) 634-0999; email – info@immdef.org; 634 S. Spring Street, 10th Floor, Los Angeles, CA 90014
- programs include:
 - Litigation & Advocacy
 - Children’s Representation Project
 - Cross Border Initiative
 - Post-Conviction Relief
 - Family Unity Project
 - Detained Youth Empowerment Project
 - Defense Against ICE
 - Representation for Those with Serious Mental Disorders
 - Deported Veterans Project, & more

Immigrants Rising – *Very Helpful for Undocumented Students!*

- P.O. Box 411512, San Francisco, CA 94141
- [Staff Members’ Contact Information](#)
- Topics – Immigration Law; Making Money; Mental Health & Wellness; Higher Education; Supporting Students; Beyond DACA; Advance Parole; Life Outside the US
- Programs – Financial Support; Leadership Opportunities
- Services – Wellness Support Groups; Mental Health Connector; Immigration Legal Intake Service; Facilitated Activity Groups; California In-State Tuition Tool
- Resources – Art & Empowerment; Entrepreneurship & Freelancing; Higher Education; Law & Policy; Life Outside the US

IMMIGRANT PROGRAMS & SERVICES (continued)

[International Institute of Los Angeles – Immigration & Legal Services](#)

- General Questions - (323) 224-3800; Immigration Legal Services - (323) 264-6217; offices in Glendale & El Monte; Corporate Office in Los Angeles
- Glendale Office – (818) 244-2550; 3800 La Crescenta Ave., #207, Glendale, CA 91214
- provide services to immigrants, refugees, & survivors of human trafficking
- services include: child care, social services, immigrant & refugee services, legal services, & nutrition services

[International Rescue Committee \(IRC\)](#)

- (818) 550-6220; 625 N. Maryland Avenue, Glendale, CA 91206
- helps refugees, asylees, victims of human trafficking, survivors of torture & other immigrants
- gives case management services, housing & food assistance, health care, educational services, job placement, financial literacy, social services/community support, & legal services towards residency & citizenship

[Immigration Resource Center of San Gabriel Valley](#)

- (626) 509-9472; email – info@ircssgv.org; 303 W. Colorado Blvd., Monrovia, CA 91016
- Services Offered –
 - DACA Applications & Renewals
 - Green Card Replacement/Renewals
 - Survivors of Domestic Violence & other crimes
 - Employment Authorization/Replacements/Renewals
 - Family-Based Visa Petitions
 - Adjustment of Status
 - Naturalization
 - USCIS Fee Waivers
 - Referrals to Immigration Lawyers, other non-profit immigration legal services, & local social service resources
- [Resources](#)

[Interfaith Refugee & Immigration Service \(IRIS\)](#)

- (323) 667-2271; email – iris@ladiocese.org; 3621 Brunswick Avenue, Los Angeles, CA 90039
- offers:
 - Refugee Resettlement Assistance
 - Employment Placement
 - Immigration Legal Aid

[Korean Resource Center](#)

- (323) 937-3718; 900 Crenshaw Blvd., #B, Los Angeles, CA 90019
- offers:
 - Legal Services
 - Naturalization
 - DACA initial applications & renewals
 - Green Card renewals
 - Family Petitions
 - VAWA

IMMIGRANT PROGRAMS & SERVICES (continued)

- T-Visas
- U-Visas
- SIJS & other forms of immigration relief
- Help with Getting Healthcare & Other Public Benefits
- Housing Counseling
 - Affordable Housing
 - Senior Housing
 - Low Income Housing
 - & more

[Legal Aid Foundation of Los Angeles](#)

- (800) 399-4529; webpage translatable in several languages
- Offices:
 - Westlake – 1550 W. 8th Street, Los Angeles, CA 90017
 - East Los Angeles – 5228 Whittier Blvd., Los Angeles, CA 90022
 - South Los Angeles – 7000 S. Broadway, Los Angeles, CA 90003
- helps adults & minors who have been survivors of crime, either in the US or in their home countries
- help survivors adjust their status, navigate the immigration process, & keep their families together
- [Know Your Rights – Public Charge](#)

[Mexican American Legal Defense & Education Fund \(MALDEF\)](#)

- Latino legal civil rights organization
- [MALDEF Scholarship Resource Guide \(2022-2023\)](#)

[Mil Mujeres](#)

- (213) 568-4720; email – lastaff@milmujeres.org; 631 South Olive Street, Suite 220, Los Angeles, CA 90014
- immigration legal services to low-income persons in Latino community
- Asylum, U-Visa (for victims of specific crimes), VAWA, T-Visa (victims of human trafficking)

[Neighborhood Legal Services of Los Angeles County – Immigration Services](#)

- (800) 433-6251; has Offices in Glendale, Pacoima & El Monte
 - 1104 East Chevy Chase Drive, Glendale, CA 91205
 - 13327 Van Nuys Blvd., Pacoima, CA 91331
 - 3629 Santa Anita Avenue, #109, El Monte, CA 91731
- [How to Apply](#) (By Phone, In-Person, & Online)
- Immigration Help for:
 - Survivors of Domestic Violence & Other Crimes (U-Visa & VAWA)
 - Survivors of Sex & Labor Trafficking (T-Vis)
- Legal Permanent Residency & Citizenship
 - I-751 – Removing Conditions on Residence
 - Legal Permanent Residency (Green Card)
 - Naturalization (Citizenship)

IMMIGRANT PROGRAMS & SERVICES (continued)

[PARS Equality Center – Los Angeles Center](#)

- (818) 616-3091; email - education@parsequalitycenter.org; 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps immigrants from Persian-speaking as well as other underrepresented ethnicities
- gives:
 - Social Adjustment Case Management – e.g., help with information about housing; low-cost energy programs; healthcare coverage & low-cost clinics; mental health counseling; government programs; DPSS benefits; enrolling children in school; EDD; Metro TAP cards; college financial aid; etc.
 - Free Tax Preparation & Financial Education
 - Financial Assistance Program (case by case basis only) – rental assistance, utilities, food vouchers, prescription medication, bus passes, vocational training & tuition
 - Career Services
 - Certified Enrollment Center – helps people apply for health care & health insurance programs
 - Legal Services

[Ukrainian Culture Center](#)

- (323) 665-3703; 4315 Melrose Avenue, Los Angeles, CA 90029
- dedicated to the promotion, preservation & development of Ukrainian culture, language, & traditions; supports organizations such as the Chervona Kalyna Dance Ensemble, Ukrainian Art Center, California Association to Aid Ukraine & other community groups
- [Community Bulletin Board](#) – posts job opportunities & requests for support or other assistance for Ukrainians &/or Ukrainian refugees
- [Community Aid Organizations](#)
- [Information for Refugees](#)
- [Resources](#)

[Uniting for Ukraine \(USCIS\)](#)

- gives a pathway for Ukrainian Citizens & their immediate family members who are outside the US to come to the US & stay temporarily in a 2-year period of parole
- participants must have a supporter in the US who agrees to provide them with financial support while they are living in the US
- the first step is of the US-based supporter to file an [I-134A – Online Request to be a Supporter & Declaration of Financial Support](#)
- [Department of Homeland Security Information about Uniting for Ukraine](#)

INTERNET SERVICES

California Connects

- (866) 325-3222
- program sponsored by the Foundation for California Community Colleges
- includes a mobile hotspot that lets you stay connected to the internet in school, at home, & on the go
- [Sign Up Today](#)

FCC – Affordable Connectivity Program (ACP)

- (877) 384-2575; email – ACPSupport@usac.org
- [Do I Qualify?](#)
- [Apply](#)
- [Help](#)

California Public Utilities Commission – Low-Cost Internet Plans

- can do a search by zip code to find low-cost internet plans in your area

CheapInternet.com – Cheap Internet Service Options in California –

- gives information about low-income & low-cost internet options

LA County Hotspot Locator

- can search for Wi-Fi Hotspots
 - shows all known Wi-Fi hotspots provided by Governments (County of LA & Cities) & businesses
 - school district information is provided & where available

United Way of California

- text INTERNET to 211-211 to start the process on your phone or use Self-screen calculator on the link above
- helps people get connected to a low-cost internet program
- see website for eligibility requirements & other resources

JOB/CAREER RESOURCES

Career Counseling

GCC Garfield Campus Career Counseling –

- call (818) 240-1000 X5035 or X5099 for an appointment; students taking GCC noncredit classes can meet with a Career Counselor who helps with:
 - Career/Vocational Assessments & Job/Career Information
 - Job Searching & Networking skills
 - [GCC College Central Online Job Board](#)
 - Job Applications
 - Resumes & Cover Letters
 - Interviewing Skills

Career Exploration

Occupational Outlook Handbook

- for each job/occupation, gives information about:
 - what workers do
 - the work environment
 - education, training & other qualifications
 - pay & job outlook (state/area data)
 - similar jobs/occupations
 - & more

O*Net

- gives detailed descriptions of 900+ jobs/occupations
- can search jobs/occupations based on your goals & needs
- gives information about requirements, characteristics, & available opportunities for different occupations

JOB/CAREER RESOURCES (continued)

Job Assistance Programs

America's Small Business Development Centers (SBDC)

- gives small business owners & people wanting to start a new business with no-cost business consulting & low-cost training
- [Find Your Nearest SBDC](#)

Armenian Relief Society of Western USA Social Services - helps **ALL** members of the community (not just Armenians):

- Main Office - (818) 241-5755; email - socialservices@arswestusa.org; 517 West Glenoaks Blvd., Glendale, CA 91202
- Offices in Los Angeles & Pasadena as well
- Provides case management & variety of social services including:
 - Employment Services, Job Referrals, & Job Placements
 - Unemployment Language Opportunity Program (EDD)
- gives services in Armenian, Farsi, Arabic, Russian, & Spanish

California Department of Rehabilitation

- 425 W. Broadway, Suite 200, Glendale, CA 91204
- Jonathan Pelletier (DOR Counselor for Garfield Campus Students) – (818) 551-2152; email – Jonathan.Pelletier@dor.ca.gov
- helps people with disabilities, or those experiencing obstacles, to finding or keeping employment
- examples of services – counseling & guidance; job search & placement assistance; assistance with training services; transportation allowance; job coaching & training; clothing for interview; tools for the job; vocational certification
- [Get Started](#)
- [Programs](#)

CARECEN Day Labor Center

- (213) 483-0136; email – daylaborcenter@carecen-la.org
- 1675 Wilshire Blvd., Los Angeles, CA 90017
- connects documented as well as undocumented workers to small businesses & homeowners in Los Angeles area
- funded by City of Los Angeles funds; contact Center directly to determine eligibility based on where you live
- some examples of work assignments include but are not limited to:
 - Domestic Work
 - Home & Office Cleaning
 - Child Care Assistance
 - Construction
 - Maintenance & Repairs
 - Demolition
 - Remodeling
 - Roofing
 - Painting
 - Carpentry

JOB/CAREER RESOURCES (continued)

- Electrical Work
- Welding
- Plumbing
- Gardening/Landscaping
- Events
 - Setup/Teardown
 - Catering
 - Dishwashing
 - Parking Attendants
 - Security
- Logistics
 - Shipping & Receiving
 - Commercial/Residential Moving
 - Loading/Unloading
 - Freight Shipment & Handling

Career OneStop Centers

- help people search for jobs, find training, & answer other employment-related questions
- can search for Career OneStop Offices near your home

Catholic Charities – Glendale – Employment Support Partnership

- (213) 318-5716; 4322 San Fernando Road, Glendale, CA 91204; also have Office in Canoga Park
- employment readiness & placement support to people new to US including refugees, immigrants, & foreign-born trafficking survivors

Chrysalis

- (213) 394-2390 or email – CS@changelives.org
- 522 S. Main Street, Los Angeles, CA 90013 (Downtown LA office; see link above for other offices in Southern CA)
- helps people prepare for, find, & keep jobs
- free services include – One-on-One Support from Employment Specialist; Job Search Toolkit & Employment Preparation Classes; Tips of Addressing Convictions with Employers, Resume Writing Services & Practice Interviews; Online Job Application Assistance; Computer Lab & Telephone Access; Professional Attire & Hygiene Items; Transitional Employment Opportunities; Referrals to Community Partners

Foothill Unity Center, Inc. – Job Development Program

- serving Altadena, Arcadia, Azusa, Baldwin Park, Bradbury, Duarte, Irwindale, Monrovia, Pasadena, Sierra Madre, South Pasadena, & Temple City
- offer job development services for those who are unemployed & underemployed
 - Onsite Clinics & Workshops
 - Job Search, Training, & Placement
- services also include food program, pet food bank, health program, case management, housing & homeless services
- Offices:
 - Pasadena – (626) 584-7420; 191 N. Oak Avenue, Pasadena, CA 91107
 - Monrovia – (626) 358-3486; 790 Chestnut Avenue, Monrovia, CA 91016

JOB/CAREER RESOURCES (continued)

[Foothill Employment & Training Connection One Stop Career Center](#)

- (626) 796-5627; email – info@fwdbworks.org; 1207 E. Green Street, Pasadena, CA 91106
- serves Arcadia, Duarte, Monrovia, Sierra Madre, South Pasadena, & Pasadena
- services include job search services/tools/postings, layoff recovery, workshops & seminars, recruiting activities, veterans' services, youth services, partners & community resources, & more
- [Frequently Asked Questions](#)

[Glendale Youth Alliance](#)

- (818) 937-8073; 1255 South Central Avenue, Glendale, CA 91204
- offers variety of employment programs serving youth in Glendale, Burbank, La Canada & Greater Los Angeles County; please see link above for eligibility requirements for each program
 - *STEP – Student Training & Employment Program* – 120 hours of paid work experience to in-school youth with disabilities between ages of 16-21
 - Contact Jasmine Venegas-Goulet – (818) 937-8055 or Mia Titilah – (818) 937-8005 for more information
 - *Employment Incentive Program* – helps young adults ages 18-24 who will be placed in primarily private businesses to get skills & experience; program pays for initial 200 training hours as an incentive for the employer to hire the young adult
 - Contact Laura Isaacs-Galvan – (818) 937-8057, Jasmine Venegas-Goulet – (818) 937-8055 or Mia Titilah – (818) 937-8005 for more information
 - *TEAM - Training, Employment & Mentoring Program* – prepares students aged 14-21 for post-secondary education & work
 - *Youth@Work Summer & Year-Round Employment Program* – youth ages 14-24 get life skills, pre-employment training, & paid work experience
 - *GYEP - Glendale Youth Employment Partnership* – youth that succeed in Summer Brush Clearance Program are hired to perform hillside brush clearance on private properties for a fee; youth can also be hired for other general labor tasks
 - *GREAT - Glendale's Resource for Employment & Training* – youth ages 18-24 with proven work ethic & previous job experience placed in career exploration jobs; wages paid by business that hires them
- [Apply Now](#)

[Initiating Change In Our Neighborhood \(ICON\) Community Development Corporation](#)

- Email – info@icondc.org; see link above for more information about free services offered
- two Offices:
 - (818) 302-6114; 13168 Van Nuys Blvd., Pacoima, CA 91331
 - (818) 616-4118; 14553 Delano Street, Suite 212, Van Nuys, CA 91411
- helps documented as well undocumented persons, living in certain Los Angeles City Zip Codes, to start a business, grow a business, & fund a business;
 - can help people who do not have a Social Security number to get an ITIN Number & start a business using this number
- services offered in English & Spanish

JOB/CAREER RESOURCES (continued)

[PARS Equality Center – Los Angeles Center](#)

- (818) 616-3091; email - education@parsequalitycenter.org; 4954 Van Nuys Blvd., Suite 201, Sherman Oaks, CA 91403
- helps Persian-speaking immigrants as well as immigrants from other countries
- provides case management & variety of social services including:
 - Employment Development Department (EDD) Applications
 - Career Services:
 - Job Search Training Program for Immigrants & Refugees
 - Mentorship & Career Development

[The Job Center – Hope The Mission](#)

- (818) 691-1191; email – jobcenter@hopeofthevalley.org
- 11839 Sherman Way, North Hollywood, CA 91605
- helps connect documented *as well as undocumented workers* to employers in the area
- free services from Employment Specialists include:
 - Job Placement & Education Support
 - Job Application Assistance, Resume Building & Practice Interviews
 - Computer Lab Access
 - Limited Financial Help
 - Referrals to Legal Counseling Regarding Immigration & Employment Issues
 - Food & Clothing
 - and More

[Verdugo Jobs Center](#)

- (818) 937-8000; email – AskVJC@glendaleca.gov; 1255 South Central Avenue, Glendale, CA 91204
- helps people living in Glendale, Burbank & La Canada-Flintridge
- offers free services:
 - career counseling
 - resume preparation & interview skills workshops
 - job search assistance
 - professional development & training opportunities
 - job/recruitment fairs
- Walk-In Resources Room – provides computers with internet access, copy/fax machines, phone, assistive technology, job bulletins, & employment library
- [Programs](#)

[WorkSource Centers](#)

- provide free services (in various languages including Armenian, Farsi, Korean, Russian, Spanish & Tagalog):
 - Job Training, Resume Building & Interview Skills
 - Phone & Computer Access; Skills Workshops
 - Employment Referrals
 - Customized Job Matching via CalJOBS
 - Career Guidance & Placement Assistance
 - website lists WorkSource Centers found in the following areas - Central & East LA Areas; South & West LA Areas; Harbor Area; & San Fernando Valley Area

JOB/CAREER RESOURCES (continued)

Job Search Websites

CA Employment Development Department (EDD)

- [CalJOBS](#) – official job site of the State of CA
- [Jobs](#)
 - [Overview for Job Seekers](#)
 - [Toolbox for Job Seekers](#)
 - [Job Fairs & Workshops](#)
 - [Training Resources for Job Seekers](#)

CalCareers

- website to search for California State Jobs
- [Get a State Job](#) – gives you information about how to apply for a State job
- [Veterans](#)
- [Persons with Disabilities](#)

GCC College Central

- job search website that lets you search, save, & instantly apply to jobs that match your skills & interests

Glassdoor

Indeed

LA Jobs Portal

- helps unemployed/underemployed people to find & apply to jobs

LinkedIn

- search for jobs by geographical area, job type, experience level, etc.

Nonprofit Job Boards

- lists webpages that specialize in jobs for the non-profit sector

USAJobs

- official job site of the federal government

ZipRecruiter

Remote/Work-From-Home Job Search Websites

FlexJobs

- search for remote, work-from-home & flexible job opportunities; not free

Remote.co

- learn about & search for remote jobs

JOB/CAREER RESOURCES (continued)

Temporary Employment Agencies – help you find temporary or contract work opportunities

Express Employment Professionals

- Glendale Office - (818) 507-8579; 1209 N. Central Avenue, Suite 200, Glendale, CA 91202

Randstad

- Glendale Office - (818) 299-9300; 655 N. Central Avenue, Suite 2210, Glendale, CA 91203

Ultimate Staffing Services

- Pasadena Office - (626) 449-9898; email – pasadena@ultimatestaffing.com
- 790 E. Colorado Blvd, Suite 705, Pasadena, CA 91101

LEARNING/TUTORING RESOURCES

Glendale Community College

GCC Garfield Campus Disabled Students Programs & Services (DSPS)

- For Appointments (818) 240-1000 X5035 or X5099
- Office – Garfield Campus Career & Counseling Center - MP221
- students can call to make an appointment with a DSPS Counselor to discuss if they are qualified for a learning evaluation
- Learning Specialists provide learning evaluations to help students figure out:
 - the best strategies for learning in the classroom & when studying outside of the classroom that match their individual learning style
 - what learning accommodations students are qualified for, if any; for example:
 - note-taking services
 - special equipment
 - extra time on tests

GCC Garfield Campus - Noncredit ESL Learning Café – Tutoring

- Email – kfogartly@glendale.edu
- In-Person Office – Garfield Campus - TR212
- gives in-person & online free conversation practice, quizzes, & tutoring
 - practice conversation skills in small groups
 - improve grammar with practice quizzes
 - get tutoring for classwork, writing, & grammar
- see webpage for online & in-person hours
- [Self-Enrollment Link](#)

GCC Verdugo Campus Learning Center – Tutoring

- (818) 240-1000 X5333; email – learningcenter@glendale.edu
- Office – Verdugo Campus – AD232
- gives:
 - free in-person & remote tutoring to both noncredit & credit students from trained GCC Learning Center tutors during normal business hours
 - workshops (e.g., writing workshops & Keys to College Success workshops)
 - After-Hours Online Tutoring through [NetTutor](#)
 - One-hour Appointments for [Grammarly Premium](#)
 - digital writing assistant that helps students catch writing mistakes

LEARNING/TUTORING RESOURCES (continued)

[GCC Garfield Campus Library](#)

- (818) 240-1000 X5098; Office – Garfield Campus, TR201
- Learning Resources
 - ESL Resources
 - Student Success Center Resources
 - Career Resources
 - [EBSCO Learning Express PrepSTEP Database](#)
 - Math
 - Science
 - English
 - College Success
 - Computers
 - Careers/Jobs
 - High School Equivalency - GED/HiSET
 - Mango Languages Database – helps strengthen everyday communication skills in over 70 languages including English
- Device & Textbook Borrowing – students can borrow textbooks & devices including Chromebooks, Hotspots, Desk Top Computers, Calculators

[Self-Paced Programs to Supplement Learning](#)

[Khan Academy](#)

- offers practice exercises, instructional videos, & a personalized learning dashboard to study at your own pace & to supplement what you are learning in your GCC Noncredit classes
- some examples of Topic Areas/Course Listings available:
 - Math
 - Get Ready Courses
 - High School & College Courses
 - Science
 - Biology
 - Chemistry
 - Physics
 - Environmental Science
 - & more
 - Arts & Humanities
 - US History
 - US Government & Civics
 - World History
 - & more
 - Reading & Language Arts
 - Grammar
 - Economics

LEARNING/TUTORING RESOURCES (continued)

- Life Skills
 - Careers
 - Personal Finance
 - Growth Mindset
 - Internet Safety
 - Etc.

[Learning Styles & Strategies Online Resources](#)

[VARK Guide to Learning Preferences](#)

- gives questionnaires that help students to figure out how they learn best (what is their best learning style)
 - use drop down menu to see available questionnaires

[What is My Learning Style?](#)

- gives a learning style inventory test & what learning strategies to use that match each learning style

[How to Study](#)

- webpage that gives helpful articles about topics such as:
 - college
 - language arts
 - math
 - notetaking
 - remembering
 - studying
 - taking tests

[Learning Disabilities Information](#)

[Learning Disability Association of America](#)

- gives information about:
 - what causes learning disabilities
 - the relationship to intelligence
 - the types of learning disabilities & related disorders
 - Adults with Learning Disabilities –
 - [Overview](#)
 - [Supports & Resources for Adults with Learning Disabilities](#)

[Learning Disability Association of California](#)

- gives information about:
 - learning disability statistics
 - the types of learning disabilities & related disorders

[HelpGuide.org – Learning Disabilities & Disorders](#)

- gives information about:
 - signs & symptoms of learning disabilities at different ages
 - the types of learning disabilities & other disorders that affect learning
 - the brain's ability to change & how the brain works
 - diagnosing & testing for learning disabilities & disorders

LEARNING/TUTORING RESOURCES (continued)

MedlinePlus – Learning Disabilities

- gives following information:
 - What is a learning disability?
 - What causes learning disabilities?
 - Symptoms
 - Diagnosis & Tests
 - Treatments & Therapies
 - & more

Understood – Signs of Learning & Thinking Difference in Adults

- website also gives information on topics such as:
 - root causes
 - avoiding & procrastinating
 - frustration
 - staying organized
 - focus & attention
 - confidence & self-esteem
 - stress & anxiety
 - & more

LD Online – Adults with LD

- gives articles for adults with learning disability challenges:
 - in college
 - preparing for the world of work
 - how to become a self-advocate
 - assistive technology
 - & more
- [LD topics](#)

LEGAL SERVICES

Free- & Low-Cost Legal Clinics

Armenian Bar Association Pro-Bono Clinics

- (818) 937-3152 or email - Info@ArmenianBar.org
- areas of law include - immigration to family law, landlord/tenant to government benefits, employment to personal injury, housing to elder rights, & more

Bet Tzedek

- (323) 939-0506 or email – intake@bettzedek.org; 3250 Wilshire Blvd., 13th Floor, Los Angeles, CA 90010
- areas of law include services for:
 - Seniors & Dependent Adults – elder abuse & fraud protection; Holocaust Survivor Support; advance planning, supported decision-making, & conservatorship; healthcare (Medi-Cal & IHSS) & public benefits; guardianships
 - Taxpayers, Workers, & Small Business Owners – taxes; employee rights; small claims; small business development & opportunities for entrepreneurship
 - Tenants, Homeowners, & Unhoused Individuals – eviction defense for tenants; preventing & ending homelessness; homeownership protection; Property Assessed Clean Energy (PACE) fraud; home foreclosure prevention
 - Children & Families – guardianship for minors; undocumented minors; transgender youth
 - Transgender Individuals – denials to health insurance & benefits; changes to legal names & gender markers; employment discrimination & retaliation; landlord-tenant disputes, evictions, & denials to housing or shelter; discrimination at school
- [Get Help](#)
- [Resource Library](#)

Higher Education Legal Services

- free immigration legal services & case support for students, staff, & faculty on California Community College Campuses
 - Legal consultation to screen for possible paths to immigration
 - Deferred Action for Childhood Arrivals (DACA) Renewals
 - Family-Based Petitions
 - Naturalization/Citizenship Applications
 - Public Charge Information
- this program does not provide legal services for Removal Defense or Asylum Applications
- **CARECEN** is the legal clinic assigned to Glendale Community College
- to schedule a FREE appointment with CARECEN – FindYourAlly.com
 - enter Glendale Community College Garfield Campus
 - pick Virtual (Phone or Zoom) or On-Campus/In-Person Appointment
 - choose type of legal service
 - choose available date/time
 - enter your information
 - click SCHEDULE APPOINTMENT

LEGAL SERVICES (continued)

[CHIRLA – Coalition for Humane Immigrant Rights Los Angeles](#)

- (213) 201-3797 (to leave a message requesting an appointment); email – info@chirla.org; 2533 West 3rd Street, Suite 101, Los Angeles, CA 90057
- offers low-cost immigration legal services in-person & on the phone – please refer to website for days/times consultations are provided & important requirements
- Immigrant Assistance Line – (888) 6-CHIRLA (888-624-4752) - information & referral phone line
- [Resources](#)

[Immigo Immigration Services](#)

- (818) 730-0140; email – info@immigola.org; 5623 Lankershim Blvd., Suite A, North Hollywood, CA 91601
- offers free- & low-cost immigration legal services – Family & Spouse Petitions; Consular Processing of Green Cards; Victims of Crime (U-Visa); Naturalization/Citizenship; Renewal of Green Cards; DACA Renewals; Replacement of Lost/Stolen Citizenship Certificates; Getting Your Immigration Records; Waivers; Victims of Domestic Violence (VAWA); Adjustment of Status; Work-Permit Renewals; Removal of Conditions; Changes of Address; Affidavits; Parole-in-Place; Fiancé Petitions; Tourist Visas/Invitations for US Visa; Help with USCIS Calls; Help with Interpreting at Interviews; Translations of Vital Records
- services offered in English & Spanish

[International Institute of Los Angeles – Immigration & Legal Services](#)

- General Questions - (323) 224-3800; Legal Assistance - (323) 264-6217
- 3845 Selig Place, Los Angeles, CA 90031
- provide services to immigrants, refugees, & survivors of human trafficking
- services include: child care, social services, immigrant & refugee services, *legal services*, & nutrition services
- [Resources for Afghans](#)
- [Resources for Ukrainians](#)

[Legal Aid Foundation of Los Angeles](#)

- (800) 399-4529; 3 offices in Los Angeles & Offices in Long Beach & Santa Monica
- gives free legal services to those who meet eligibility requirements; please see webpage for eligibility requirement information
- areas of law include – Asian Pacific Islander Community Outreach; Domestic Violence/Family Law; Employment; Eviction Defense; Expungement; Government Benefits; Housing & Homelessness; Immigration; Medical-Legal Partnerships; Nonprofit Assistance; Student Loan Issues; Torture Survivors Project; Veterans Justice Center
- apply online, by phone or in-person (on walk-in basis)
- website information available in 15 languages

[Los Angeles Center for Law & Justice](#)

- (323) 980-3500; email – info@LACLJ.org; 5301 Whittier Blvd., 4th Floor, Los Angeles, CA 90022
- gives services to survivors of Domestic Violence & Sexual Assault including – Domestic Violence Restraining Orders; Family Law; Immigration; Housing; Education; Employment; Criminal Justice Advocacy; and More
- [Apply for Services](#)
- [Resources](#)

LEGAL SERVICES (continued)

Neighborhood Legal Services

- (800) 433-6251 or (818) 433-6251; Glendale Office – 1102 E. Chevy Chase Drive, Glendale, 91205; also has Offices in Pacoima & El Monte
- areas of law include – COVID-19, healthcare, housing, domestic violence/family, public benefits, immigration, clean slate, unemployment benefits, medical-legal community partnership, self-help centers, disaster assistance project, education rights (Antelope Valley)
- [Apply for Help](#)
- [Resources & Referrals](#)

Peace Over Violence Legal Advocacy Project

- (626) 584-6191; email – lap@peaceoverviolence.org; West San Gabriel Valley Center – 892 N. Fair Oaks Ave., Suite D, Pasadena, CA 91103-3046
- gives free, legal services for sexual assault & domestic violence survivors & their families with immigration & family law issues

Public Counsel

- (213) 385-2977; Main Office – 610 South Ardmore Avenue, Los Angeles, CA 90005; 4 satellite offices in LA as well
- gives free legal services to those who meet eligibility requirements
- service areas include – bankruptcy; children, youth & families; community-campaign assistance; debt collection, foreclosure & fraud; eviction defense; federal court; housing & homelessness; immigration; nonprofits; small businesses; veterans; women & girls; clinics & self-help centers
- [Resources](#)

Stay Housed LA

- (888) 694-0040
- Helps tenants to know & understand their rights & offers free legal services to eligible tenants facing eviction
 - [Learn About Your Rights](#)
 - [Join a Workshop](#)
 - [Defend Yourself in Court](#)
 - [Get Legal Help](#)

Lawyer-Referral Services

Glendale Bar Association – Lawyer Referral Service -

- (747) 231-7417; email - info@glendalebar.com

San Fernando Valley Bar Association – Lawyer Referral Service

- (818) 697-1426

Los Angeles County Bar Association – Lawyer Referral Service (referrals are not for free services)

- (213) 243-1525

LEGAL SERVICES (continued)

[California Bar Association](#)

- [Using a Certified Lawyer Referral Services](#)
- [Search for a Certified Legal Specialist](#)
- [Find Free Legal Help](#)
- [Find Help with Immigration](#)
- [Advice/Tips to Find Legal Help, Work with your Attorney, & Avoid or Resolve Problems](#)

[Law Help CA - Find Legal Help](#)

- can search for legal clinics by county & legal topic & legal problem

[Self-Help/Legal Information Websites](#)

[Law Help CA](#)

- website to search for information about legal topics - housing; families & kids; consumer & small claims; protection from abuse; public benefits; seniors; work; immigration; disability; health; individual & civil rights; probate & estate planning; veterans & military disaster; Native American issues; HIV/AIDS; expungement & record clearing; & disaster assistance

[Superior Court of County of Los Angeles Self-Help Center](#)

- can search for information about legal topics – abuse & harassment; divorce & separation; families & children; evictions, landlords, & tenants; traffic violators; wills, estates, & trusts; small claims; help resources & assistance

[California Courts - Immigration Resource Guide](#)

- Basic Immigration Resources – information about legal rights, naturalization, & citizenship
- Help for Children & Families - resources for parents who may be detained or deported as well as resources for children who have been abused or abandoned
- Enforcement & Court Cases – information from the federal government about citizenship, asylum, detention & deportation, Department of Homeland Security notices, & immigration court cases
- Legal Help – information on finding a lawyer who specializes in immigration & finding organizations that offer free- or low-cost legal help

[California Courts - Self-Help Guide to the California Courts](#)

- Resources & information to help you navigate your court cases, including step-by-step guides for following procedures & help with understanding your options
 - Get help with papers I was served
 - Start a court case
 - Work on my court case
 - Get information about a legal topic
 - Look up a court case or citation
 - Get help from the court
 - [Get free or low-cost legal help](#)

LGBTQIA+ RESOURCES & SERVICES

[Glendale Community College - Pride Center](#)

- (818) 240-1000 X3574; email – Pride.GCC@glendale.edu
- located on the GCC Verdugo Campus – 1500 N. Verdugo Road, Glendale, CA, 91208; Sierra Madre Building – Room SM267
- gives community resource information for people who identify as LGBTQ+ as well as an events calendar, LGBTQ+ informational videos, & more

[Glendale Community College - Sexuality & Gender Alliance \(SAGA\) Student Club](#)

- email - saga.gcc@gmail.com
- for LGBTQIA+ students & their allies
- gives a place of inclusivity, respect & understanding for all people of different genders & sexualities meets

[Bienestar](#)

- (866) 590-6411; email – info@Bienestar.org
- Hollywood Office – 4955 W. Sunset Blvd., Los Angeles, CA 90027
- other Offices in East LA, Hollywood, Long Beach, Pomona, San Fernando Valley, South Los Angeles
- support programs for Latinx & LGBTQ populations
- services include:
 - [Men's Health](#)
 - [Trans Health](#)
 - [Harm Reduction Center](#)
 - [Food Bank](#)
 - [Housing](#)
 - [Youth Empowerment](#)

[The Center for Transyouth Health & Development at CHLA](#)

- (323) 361-2153; email – ctyhd@chla.usc.edu; 4650 Sunset Blvd., Los Angeles, CA 90027
- services include:
 - gender affirming medical treatment & mental health services
 - family support services & linkage to outside resources
 - case management services (including assistance with legal name & gender marker changes)
 - peer support groups
 - sexual health education (including groups; one-on-one navigation services; & HIV/STD screening & treatment)
 - access to PEP & PrEP for HIV prevention

[City of West Hollywood Transgender Guide](#)

[Colors LGBTQ+ Youth Counseling Services](#)

- (310) 574-2813 X3366; email – colors.aula@antioch.edu; 400 Corporate Pointe, Culver City, CA 90230
- free LGBTQAI+ affirming counseling & healing psychotherapeutic services to youth under 25 & their families in greater LA area

LGBTQIA+ RESOURCES & SERVICES (continued)

[Lambda Legal Help Desk](#)

- (213) 382-7600; 800 South Figueroa Street, Suite 1260, Los Angeles, CA 90017
- does not give legal advice; is not able to help with emergencies or time-sensitive requests for legal help
- gives general legal information & resources relating to discrimination based on sexual orientation, gender identify, gender expression, & HIV status

[211 LA LGBTQ+ Resource Page](#)

- call 211 from any phone or use the link above
- gives information about free & low-cost health, human, & social services information & referrals for LGBTQ+ community including but not limited to COVID-19 tests, groceries, rent assistance, health care, reporting hate crimes, support groups, legal referrals, & shelter

[It Gets Better Project – Support & Resources](#)

- email – info@itgetsbetter.org
- mission to uplift, empower & connect lesbian, gay, bisexual, transgender & queer youth
- types of help/information offered – Advocacy/Awareness; Community/Social; Crisis; Family; Food & Housing; Legal; Medical & Sexual Health; Mental Health; School/Education

[Los Angeles Gay & Lesbian \(LGBT\) Center](#)

- [Offices](#)
- Services & Programs:
 - [Health Services](#)
 - [Social Services & Housing](#)
 - [Culture & Education](#)
 - [Leadership & Advocacy](#)

Lesbian, Gay, Bisexual, Transgender, Queer, & Intersex (LGBTQI+) Resources

- from the [SAMHSA website](#)

[LGBT National Help Center](#)

- helps the lesbian, gay, bisexual, transgender, queer & questioning community
- free & confidential peer support & local resource information
- LGBT National Hotline – (888) 843-4564
- LGBT National Youth Talk Line – (800) 246-7743
- LGBT National Senior Hotline – (888) 234-7243
- LGBT National Coming Out Support Hotline – (888) 688-5428 (888-OUT-LGBT)

[Los Angeles County Department of Mental Health Access Line](#)

- **(800) 854-7771** - 24-Hour Crisis & Access Line
- connects people to mental health professionals who are specially qualified to work with LGBTQ+ individuals & families

[VeryWellMind](#) - Mental Health Resources to Support the LGBTQ+ Community

LGBTQIA+ RESOURCES & SERVICES (continued)

National Alliance on Mental Illness – LGBTQI Resources & Information

- website shares information about importance of taking care of one's mental health including how to find the right mental health professional
- also included are various kinds of LGBTQI resources

Parents, Families, & Friends of Lesbians & Gays (PFLAG)

- helps lesbian, gay, bisexual, transgender, & queer (LGBTQ+) people, their parents/families, & allies
- [Get Support](#)
- [Find a Local Chapter](#)

REACH LA

- (213) 622-1650; email – info@reachla.org; 1400 E. Olympic Blvd., #240, Los Angeles, CA 90021
- services include - HIV prevention education, HIV testing, linkage to care & support services for HIV positive & high-risk negative youth & young adults
- programs - Sexual Health Services, Social Groups, & Creative Arts Programs

A Resource Guide to Coming Out

SAGE National LGBT Elder Hotline

- (877) 360-LGBT (5428)
- for LGBT seniors or those who care for one
- provide crisis intervention services as well as information & community resources including but not limited to caregiving, cultural competency, discrimination, healthcare, HIV/AIDS, housing, legal & financial, LGBTQ+ aging

Trans Lifeline

- (877) 565-8860 (English & Spanish)
- peer support service run by trans people, for trans & questioning peers
- call if in crisis, or just need someone to talk to, even if it's just about whether or not you're trans
- [Frequently Asked Questions](#)
- [National Resources](#)

The Trevor Project

- gives crisis intervention & suicide prevention services to lesbian, gay, bisexual, transgender, queer & queer questioning young people under 25
- Crisis Intervention
 - Trevor Lifeline – (866) 488-7386
 - [Trevor Chat](#)
 - Trevor Text – Text "START" to 678-678
- [Explore Topics](#)

LIBRARY RESOURCES

[Glendale Community College – Garfield Campus Library](#)

- Location - Tropic Building Room 201; webpage offers:
 - How to Borrow a Device (Desktop Computers, Chromebooks, Hotspots, & Laptops) or Textbook
 - How to Return a Device or Textbook
 - ESL Resources
 - Student Success Center (Adult Basic & Secondary Education) Resources
 - Adult Basic Education
 - High School Diploma
 - High School Equivalency
 - Career Resources
 - Recommended Databases – EBSCO Learning Express/PrepSTEP & Mango Languages

[Glendale Community College – Verdugo Campus Library](#)

- noncredit students may use this library as well
- Location - Library Building at Verdugo Campus – 1500 N. Verdugo Road – Glendale, CA 91208

[Glendale Public Library](#)

- email – Libraryinfo@GlendaleCA.gov
- Central Library – (818) 548-2021; 222 E. Harvard St., Glendale, CA 91205; other Offices available
- [Computers, Printing & Copying](#)
- [Frequently Asked Questions](#)

[Los Angeles County Library](#)

- FREE library resources on your computer or device
 - download or stream eBooks, audiobooks, music, movies & TV shows, & magazines
 - get help with homework, learn a language, take an online class
- [Laptop & Hotspot Loans](#)
- [Offices](#)

MEDICAL SERVICES

Please see the section on Health Insurance Programs & Health Care Programs first ([Pages ??-??](#) of this Directory), to see what type of program you may be qualified for before contacting Medical Clinics below.

Free, Low-Cost, Sliding Scale Fee, & Medi-Cal Medical Clinics

Many clinics have Certified Enrollment Counselors to help find out if you are eligible for health insurance or a healthcare plan & help with enrollment.

Clinics will be different in terms of:

- medical services offered & populations served
- days/hours of operation
- availability of free services & eligibility requirements to receive free services
- sliding scale fee range for services
- proof of income required
- insurance accepted (Medi-Cal or other health insurance)
- length of waiting lists
- languages in which services are offered
- availability of other health services like dental, mental health, hearing & vision services

Glendale & Surrounding Areas:

[Comprehensive Community Health Centers](#)

- (818) 265-2264; 801 South Chevy Chase Drive, Suite 250, Glendale, CA, 91205
- also has Offices in Eagle Rock, Highland Park, North Hollywood, & Sunland as well

[All for Health, Health for All](#)

- (818) 549-8800; 800 South Central Avenue, Suite 308, Glendale, CA, 91204
- [Offices](#)

[Glendale Health Center](#)

- (818) 291-8900; 501 North Glendale Avenue, Glendale, CA, 91206

[Glendale Community Free Clinic](#)

- (818) 245-8109; 134 North Kenwood Street, Room 330, Glendale, CA, 91206
- very limited hours of operation & medical conditions treated; please look at website for this information

Burbank & San Fernando Valley & Other Areas:

[All-Inclusive Federally Qualified Community Health Center](#)

- email – info@aichc.org
- Burbank Office - (818) 843-9900; 1311 N. San Fernando Road, Burbank, CA 91504
- Eagle Rock Office - (323) 255-5225; 3920 Eagle Rock Blvd., Suite A, Los Angeles, CA, 90064
- Northridge Office – (818) 646-1771; 17114 Devonshire St., Suite 200, Northridge, CA 91325
- [Frequently Asked Questions](#)

MEDICAL SERVICES (continued)

Los Angeles Area:

[Arroyo Vista Family Health Center](#)

- (323) 254-5221; 6000 N. Figueroa Street, Los Angeles, CA, 90042 (Highland Park)
- [Other Los Angeles Offices](#)

[Hollywood Sunset Free Clinic](#)

- (323) 660-7959; email – hollywoodsunsetfreeclinic.1968@gmail.com
- 3324 West Sunset Blvd., Los Angeles, CA, 90026 (Edendale)

[Northeast Community Clinics](#)

- General Number - (888) 311-6322; email – health@necc.net
- [Offices in Greater Los Angeles Area](#)
- [Frequently Asked Questions](#)

[Queenscare Health Centers](#)

- (323) 953-7330 for Questions
- (323) 344-5233; 4448 York Boulevard, Los Angeles, CA, 90041 (Eagle Rock)
- [4 other Offices](#)

[Saban Community Clinic](#)

- (323) 653-1990; 6043 Hollywood Blvd., Los Angeles, CA, 90028 (Hollywood)
- [Other Offices](#)

[St. Anthony Medical Centers](#)

- (323) 469-5555; 6368 Hollywood Blvd., Los Angeles, CA, 90028 (Hollywood)
- [Other Offices](#)

[Los Angeles General Medical Center](#)

- (323) 409-1000; 2051 Marengo Street, Los Angeles, CA 90033

Pasadena & San Gabriel Valley Areas:

[ChapCare](#)

- (626) 398-6300; 1855 North Fair Oaks Avenue, Suite #200, Pasadena, CA 91103
- [Other Offices in Pasadena & San Gabriel Valley](#)

North Hollywood & San Fernando Valley Areas:

[Valley Community Healthcare](#)

- (818) 763-8836 – Appointments; (818) 301-6311 - Cancellations
- North Hollywood Office - 6801 Coldwater Canyon Avenue, North Hollywood, CA, 91605
- North Hills Office – 9119 Haskell Avenue, North Hills, CA 91343

MENTAL HEALTH SERVICES

Glendale Community College

Garfield Campus

- call (818) 240-1000 X5035 or X5099 for an appointment
- 1122 E. Garfield Avenue, Mariposa Bldg., Room MP221, Glendale, CA 91203
- free, short-term, confidential mental health counseling for students attending GCC Noncredit classes only

Crisis Services, Urgent Care, & Crisis Lines

Los Angeles County Department of Mental Health (LACDMH)

- (800) 854-7771
- 24-Hour Access Center/Crisis Line/Psychiatric Mobile Response Team (PMRT)
- call 24 hours/day to find mental health counseling whether you have health insurance coverage or not & regardless of immigration status

Exodus Recovery 24-Hr Psychiatric Urgent Care Center

- (323) 276-6400
- 1920 Marengo Street (Boyle Heights), Los Angeles, CA 90033
- serving adults and youth 12 years & older

988 Suicide & Crisis Lifeline – Dial 988

- three-digit dialing code that will connect callers for suicide & crisis help
- when people call, text, or chat 988, they will be connected to trained counselors that are part of Lifeline network
- trained counselors will listen, understand how their problems are affecting them, provide support, & connect them to resources if necessary

Helping Your Loved One Who is Suicidal: A Guide for Family & Friends

- SAMHSA guide that helps people see warning signs & know what to do to help others who are thinking about suicide

Take Action for Mental Health – Find Help Now – Crisis Text Line: “HOME” TO 741741

- En Español
- gives information about:
 - when to look for support for your mental health & where to find help
 - how to notice warning signs of suicide
 - mental health self-care tips

MENTAL HEALTH SERVICES (continued)

Local Mental Health Clinics – Contracted by Los Angeles County Department of Mental Health

[Didi Hirsch Mental Health](#)

- (818) 244-7257; 1540 East Colorado Street, Glendale, CA 91205
- outpatient therapy for low-income children, teens, young adults, adults, older adults & families
- psychiatric services & medication support
- substance use services

[Northeast Mental Health Center](#)

- (323) 478-8200; 3303 North Broadway, Los Angeles, CA 90031

Mental Health Resources for Undocumented Persons

[Undocumental Health](#)

- gives California Specific Mental Health Resources as well as National Directories

[Immigrants Rising Mental Health Connector](#)

- connects undocumented persons to therapists who provide free & confidential mental health services

Free, Low-Cost, Sliding Scale Fee, & Medi-Cal Mental Health Counseling Clinics

Clinics will be different in terms of:

- *mental health services offered & populations served*
- *days/hours of operation*
- *availability of free services & eligibility requirements to receive free services*
- *sliding scale fee range for services*
- *proof of income required*
- *insurance accepted (Medi-Cal or other health insurance or no insurance accepted)*
- *length of waiting lists*
- *languages in which services are offered*
- *availability of other health services like medical, dental, hearing & vision services*

City of Glendale:

[All 4 Health - Glendale Individual & Family Treatment \(GIFT\) Program](#)

- (818) 839-4010; 141 S. Cedar, Glendale, CA 91205
- helps families in the community where children struggle with a variety of behavioral, learning, & emotional issues

Armenian Relief Society – Child, Youth, & Family Guidance Center –

- (818) 546-2744; 517 W. Glenoaks Blvd., Glendale, CA 91202
- for appointments - call number above & follow prompts to leave voicemail for call back
- helps children, adolescents, & adults
- priority given to uninsured clients in the Greater Los Angeles area who do not have access to mental health services
- *all ethnicities welcome*
- services – individual, couples, & family counseling
- *services offered on a donation basis; no minimum donation required*

MENTAL HEALTH SERVICES (continued)

Comprehensive Community Health Centers

- Behavioral Health Department - (818) 660-2210
- Glendale Office – (818) 265-2264; 801 South Chevy Chase Drive, Suite 250, Glendale, CA 91205
- more [Offices](#) in other Eagle Rock, Highland Park, North Hollywood, & Sunland
- offers behavioral/mental health & social services given by Licensed Clinical Social Workers
- [Insurance, Payment & Sliding Fee Discount Program](#)

Glendale Psychology Center

- (818) 551-1800; 1222 South Glendale Avenue, Suite 4, Glendale, CA 91025
- offers affordable, psychotherapy for individuals, couples, families, children, & groups 7 days a week
- sliding scale fees based on ability to pay; initial appointment fee - \$25.00

Harmony Psychotherapy, Inc.

- (626) 403-3040; email – dr.violet@harmony-psychotherapy.com; 520 E. Broadway, Suite 302, Glendale, CA 91205
- offer individual therapy & play therapy for children ages 3 & older, adolescents, family therapy, parenting coaching, & workshops
- offers sliding scale fee (limited space for therapy session at a reduced rate based on financial situation)

Institute for Multicultural Counseling & Educational Services

- Glendale Office - (818) 240-4311; 121 W. Lexington Drive, Suite 300, Glendale, CA 91203
- Offices in Los Angeles & West Covina as well
- see link above for more information about services offered, fees, &/or insurance accepted

Mission City Community Network Glendale Clinic – On-Site Behavioral Health

- (818) 895-3100; 1204 S. Central Avenue, Glendale, CA 91204
- call for more information about services offered, fees, &/or insurance accepted

Pacific Clinics – Hye-Wrap

- (818) 547-9544; 237 N. Central Ave., Suite C, Glendale, CA 91203
- culturally-sensitive school and community-based programs for children, youth, & their families
- multilingual services in English, Armenian, & Spanish
- call for information about fees &/or insurance accepted

City of Burbank:

All-Inclusive Federally Qualified Community Health Center

- Email – info@aichc.org
- Burbank Office - (818) 843-9900; 1311 N. San Fernando Road, Burbank, CA 91504
- [Offices](#) in Los Angeles, & Northridge as well
- offers behavioral health & substance abuse services
- [Sliding Fee Scale Information](#)
- [Frequently Asked Questions](#)

Family Service Agency of Burbank

- (818) 845-7671; 2721 W. Burbank Blvd., Burbank, CA 91505
- offers many different [Counseling Programs](#)
- call for information about fees &/or insurance accepted

MENTAL HEALTH SERVICES (continued)

City of Pasadena & San Gabriel Valley:

[ChapCare Behavioral Health](#)

- (626) 398-6300
- Offices:
 - 1855 North Fair Oaks Avenue, Pasadena, CA 91103
 - 3160 East Del Mar Boulevard, Suite 100, Pasadena, CA 91107
 - 513 East Lime Avenue, Suite 102, Monrovia, CA 91106
- offers short-term counseling to children & adults; see link above for more information
- accepts Medi-Cal & most insurance plans; offers sliding fee discount to those who are eligible

[City of Pasadena Public Health Department - Social & Mental Health Division](#)

- (626) 744-6339; 1845 N. Fair Oaks Ave., 2nd Floor, Pasadena, CA 91103
- call for more information about types of mental health services offered & fees &/or insurance accepted
- [Pasadena Mental Health Resource Guide](#)

[Foothill Family Services](#)

- (626) 993-3000
- Pasadena Family Center – 897 Granite Drive, Pasadena, CA 91101
- [more Offices in Covina, Duarte, El Monte, Pomona, & West Covina](#)
- services for children & adults, individuals & families
- call for information about fees &/or insurance accepted

City of Los Angeles:

[Arroyo Vista Family Health Center – Behavioral Health Services](#)

- Highland Park Office - (323) 256-3884; 6000 N. Figueroa Street, Los Angeles, CA 90042 (Highland Park)
- more [Offices](#) in Lincoln Heights & two in El Sereno
- offers short-term individual counseling
- [Payment Options](#) – offers My Health LA & other low-income healthcare programs; have discount & payment plans for those who qualify

[Asian Pacific Counseling & Treatment Centers](#)

- Main Center - (213) 252-2100; 520 S. La Fayette Park Place, #300, Los Angeles, CA 90057
- more [Offices](#) in Los Angeles, Alhambra, Cerritos, Van Nuys, West Covina, Riverside, & Moreno Valley
- offers services to adults, children, & youth
- services available in Cambodian, Chinese (Cantonese, Mandarin & Taiwanese), Japanese, Khmer, Korean, Laotian, Filipino (Cebuana, Ilocano, & Tagalog), Spanish, Thai, & Vietnamese
- [Frequently Asked Questions](#) – including information about fees

[LA Gay & Lesbian Center](#)

- (323) 993-7500 Ext 5; 1625 N. Schrader Blvd., Los Angeles, CA 90028
- offers individual, couples, family, and group therapy as well as psychiatric services to LGBTQ persons
- more [Offices](#) in LA
- services provided on a sliding scale fee based on your income & household size; also accept Medi-Cal, Medicare & many insurance plans

MENTAL HEALTH SERVICES (continued)

[Northeast Community Clinics](#)

- (323) 256-3884; 5420 N. Figueroa Street Los Angeles, CA 90042 (Highland Park_
- fees charged on a sliding scale fee basis
- more [Offices](#)

[Queenscare Health Centers – Behavioral Health](#)

- for information on behavioral health services call (323) 635-1140
- Eagle Rock Office - (323) 344-5233; 4448 York Boulevard, Los Angeles, CA, 90041 (Eagle Rock)
- more [Offices](#) in Echo Park, Hollywood, East LA & Westlake North
- [Patient Guide](#) – gives information about insurances accepted & programs for low-income persons who need help to pay for their healthcare costs

[St. Anthony Medical Center](#)

- (323) 469-5555; 6368 Hollywood Blvd., Los Angeles, CA 90028 (Hollywood/Fountain)
- more [Offices](#) in Compton, Imperial, & Pico areas
- [Sliding Scale](#) - offers a sliding scale fee based on household income & family size – no one turned away for if they cannot pay
 - [STAMC Sliding Fee Discount Schedule](#)

City of North Hollywood:

[The Center for Professional Counseling](#)

- (818) 761-2227; email – info@thecenterpro.org; 5445 Laurel Canyon Blvd., North Hollywood, CA 91607
- helps individuals, couples, families, children, & adolescents
- [Frequently Asked Questions](#) – includes information about fees

[Valley Community Health – Behavioral Health](#)

- (818) 763-8836; email – info@vchcare.org; 6801 Coldwater Canyon Avenue, North Hollywood, CA 91605
- also has an [Office](#) in North Hills
- helps teens, individuals, couples, families & groups
- [Frequently Asked Questions](#) – includes information about fees and healthcare programs available to help low-income persons pay for services

Los Angeles County:

[Pacific Clinics](#)

- (877) PC-CARES (877-722-2737)
- [Offices in Los Angeles County](#)
- helps children, teens, & older youth
- see link about for more information about services provided

MENTAL WELLNESS RESOURCES & WARM LINES

CalHOPE Services

- CalHOPE Warm Line – (833) 317-HOPE (4673) –
 - connects callers to other people who have been able to get through struggles with stress, anxiety, depression – emotions triggered by the COVID-19 pandemic; peer counselors listen with compassion, provide non-judgmental support & guide you to additional resources that can give them hope & help them cope
- CalHOPE Connect –
 - offers safe, secure, & culturally sensitive emotional support for all Californian’s who may need support relating to COVID-19; individuals in need of emotional &/or crisis support can receive “visits” by phone, videoconference, smart device, or computer chat
 - depending on needs & situation, family &/or group support sessions are also available
 - please click on the appropriate link below for more information
 - [All Californians](#)
 - [African American/Black](#)
 - [Asian & Pacific Islanders](#)
 - [Latino/Latinx](#)
 - [LGBTQ+ Community](#)
 - [Parents/Caregivers](#)
 - [Veterans](#)
 - [Young Adults](#)
- CalHOPE Red Line –
 - peer support program
 - phone, chat & video chat services providing National, State, & County resources, referrals, & trauma-informed support for Urban Indian & Tribal populations
 - includes resources related to COVID-19, social services & financial resources
- CalHOPE Together for Wellness Website –
 - web-based coping & stress management skills (English & Spanish); has easy-to-navigate wellness tools; educates about stress-management & coping skills
 - [Together for Wellness](#) – English
 - [Juntos por Nuestro Bienestar](#) – Spanish

California Community College Health & Wellness Website

- gives community resource information for students, as well as psychoeducational information about taking care of one’s mental health & importance of seeking out support when overwhelmed, stressed, or in distress
- [Resources](#)

Very Well Mind - 9 Mental Health Resources for the LatinX Community

Armenian Mental Health Resources – resource list made by National Alliance on Mental Illness (NAMI) Glendale

Asian Mental Health Project

- [Find Help](#)
- [Resources](#)

MENTAL WELLNESS RESOURCES & WARM LINES (continued)

Asian Mental Health Collective

- [Therapist Directory](#) – search for an Asian Therapist
- [Support Groups](#) – led by Asian mental health professionals; groups run for 8 weeks; no cost to attend sessions
- [Lotus Therapy Fund](#) – needs-based, first-come, first-served basis; may receive financial support for equivalent of 8 therapy sessions in a given round

Black Emotional & Mental Health Collective

- community programs focused on Black mental health & healing
- [Get Support](#)
- [Programs](#)
- [Wellness Tools](#)

Each Mind Matters

- California's Mental Health Movement; provides tools you can use to improve mental health, prevent suicide & promote student mental health
 - [African-American](#)
 - [Asian/Pacific Islander](#)
 - [Faith-Based Communities](#)
 - [Latinx/Hispanic](#)
 - [LGBTQ+](#)
 - [Native American](#)
 - [Older Adults](#)
 - [Young Adults](#)
- [Resources](#)

Immigrants Rising Mental Wellness Resources (for Undocumented Persons)

- [Mental Health Connector](#) – helps people get connected to free, confidential mental health counseling (for CA residents only)
- [Immigrants Rising Wellness Support Groups](#) – offers different types of online wellness support groups
- Additional Wellness Resources
 - [Undocu-Immigrant Mental Health Grounding & Self-Care Toolkit](#)
 - [Mental Health: Taking Care of Yourself & Loved Ones](#)

iPrevail – Mental Health Support for LA County

- Free (offered through LA County Department of Mental Health for those living in LA County only)
- provides:
 - Live coaching sessions – help you talk out how you're feeling, explain concepts, or give you someone to check in with
 - Lessons about our minds – explain about thoughts, feelings & emotions; give you ways to reframe/refocus on things that matter
 - Support groups – connects you to others who face similar situations & know what you are going through
- [En Español](#)

MENTAL WELLNESS RESOURCES & WARM LINES (continued)

[Lesbian, Gay, Bisexual, Transgender, Queer, & Intersex \(LGBTQI+\) Mental Health Resources](#)

[Mental Health America](#)

- promote mental health as important part of being healthy, including prevention services for everyone; early identification & intervention for those at risk; integrated care, services, & supports for those who need them
 - [Get Help](#)
 - [Mental Health Conditions & Major Topics in Mental Health](#)
 - [Tools 2 Thrive](#)
 - [B4Stage4 Philosophy](#)
 - [Staying Mentally Healthy](#)
 - [Tools for Mental Wellness](#)

[National Alliance on Mental Illness \(NAMI\) Glendale](#)

- Warm Line - (213) 797-0494; 1540 East Colorado Street, Glendale, CA 91205
- provide support groups, education classes, advocacy & resources, to those living with mental illness, their families, & loved ones
- [Support Groups](#)
 - support groups offer people living with mental illness (depression, anxiety, bipolar disorder, schizophrenia, etc.), their families, friends, & loved ones, a confidential, supportive, & safe environment to share, vent, listen, learn, & network with those with the same experiences
- Identity & Cultural – please click on links below for mental health related information for different groups:
 - [Asian American & Pacific Islander](#)
 - [Black/African American](#)
 - [Hispanic/Latinx](#)
 - [LGBTQI](#)
 - [People with Disabilities](#)

[National Alliance on Mental Illness \(NAMI\) – San Gabriel Valley](#)

- Warm Line – (626) 577-6697; 2550 E. Foothill Blvd, #335, Pasadena, CA 91107
- free of charge support groups & educational programs for:
 - people living with mental illness (e.g., depression, anxiety, bipolar disorder, schizophrenia, etc.)
 - family members, friends, & caretakers of people living with mental illness
- speaker meetings & lecture series
- outreach presentations for community groups & school audiences
- quality of life program – serves board & care homes by providing activities & materials to the residents of the homes

[Self-Compassion Guided Meditation Practices & Exercises](#)

- free guided meditations to help people to be kind, understanding, supportive, & encouraging to themselves to improve their coping & resilience as well as mental & physical wellbeing

[UCLA Mindful Awareness Research Center – Free Guided Meditations](#)

- free guided meditations available in Armenian, Cantonese, Farsi, Filipino, French, Hindi, Japanese, Korean, Mandarin, Mixtec (high), Mixtec (low), Russian, Spanish, Vietnamese, American Sign Language

[Veterans Mental Health Resources](#)

PARENTING RESOURCES

[Glendale Community College Noncredit Parent Education Classes](#)

- free parent education classes at many Offices in Glendale & surrounding areas
- provides a side-by-side learning experience for parents & their young children (birth-6 years old)
 - students participate in music, dance, stories, & art activities with their children in an observational preschool setting
 - children also have the opportunity to learn social skills with their peers
 - parenting issues explored in discussion groups lead by professional parent educators
- examples of additional classes offered:
 - Working Parents
 - Positive Parenting
 - Anger Management & Discipline
- contact Administrative Assistant, Sofia Nazari - snazari@glendale.edu for more information
- [Class Schedule](#)
- [Glendale College Parent Education Association](#)

[City of Glendale Public Library](#)

- [Programs for Kids](#)
- [Teen Library](#)

[City of Glendale Youth & Family Services](#)

- gives free information & referral services to at-risk youth (ages 13-17 or young adults 18-21) & their families
- supports the family unit by providing guidance in decision-making & by linking individuals with supportive services
- no income or residency requirements needed
- self-referrals & referrals from other agencies accepted
- [Youth & Family Services Program Brochure](#)
- [Youth & Family Services Community Resource Guide](#)

[Child Care Resource Center \(CCRC\)](#)

- San Fernando Valley Office - (818) 717-1000; 20001 Prairie Street, Chatsworth, CA 91311
- more Offices in Antelope Valley, San Bernardino, & Victorville
- gives information to early childcare & education
 - Funded Child Care & Development Options
 - How to begin childcare search?
 - What does qualify child care look like?
 - Book, Toy & Resource Library
 - Head Start
 - Home Visiting
 - Family Resource Directory
 - Family Literacy
 - Subsidized Child Care
 - Family Child Care Home Education Network
 - Subsidized Child Care Parent Handbook
 - Ages & Stages of Child Development

PARENTING RESOURCES (continued)

- Child Care Payment Process
- Parent Orientation
- Experiences for the Whole Family

[Child & Family Guidance Center – Free Resource Directories](#)

- Parents can download free resources directories (English & Spanish) covering the following topics:
 - Adult Volunteer
 - Autism
 - Child Care
 - COVID-19
 - Domestic Violence
 - Emergency
 - Family Housing
 - Food & Clothing
 - Foster Youth
 - Information & Referral
 - LGBT Youth
 - Mental Health & Substance Abuse Services
 - *Parent Education* –
 - [English](#)
 - [Spanish](#)
 - Responding to Children’s Reactions to Disasters
 - Services for Children with Special Needs
 - Summer Camp & Recreational
 - Transitional Youth Housing
 - Transportation
 - Tutoring Services
 - Vocational
 - Volunteer Opportunities for Youth
 - Wellness
 - Youth

[Department of Child & Family Services \(DCFS\) LA County](#)

- Child Protection Hotline – (800) 540-4000; TDD/Hearing Impaired – (800) 272-6699
- [Regional Office Locator](#)
- [Frequently Asked Questions](#)
- Categories of resources include:
 - Parents with DCFS Cases
 - Preventive & Support Services
 - New & First-Time Parents
 - Clothing, Diapers, & Supplies
 - Head Start Early Childhood Education
 - Child Health & Mental Health

PARENTING RESOURCES (continued)

- Additional County Supports
 - Medical Health Services
 - Domestic Violence Services
 - Mental Health & Counseling
 - Substance Abuse Services
 - Financial Services
 - Homeless Services
 - Food Assistance
 - 211 for Children & Families

[First 5 California](#)

- website info available in English & Spanish
- [Find Help](#) – California’s Programs & Services
- California Parent Guide –
 - [English](#)
 - [Spanish](#)
- additional information:
 - Browse by Ages
 - Explore Topics
 - Videos
 - Activities & More

[First 5 LA](#)

- (213) 482-5902; 750 North Alameda Street, Suite 300, Los Angeles, CA 90012
- [Parenting Websites](#)

[Los Angeles County Perinatal & Early Childhood Home Visitation Consortium – Resources for Parents](#)

- program for pregnant women &/or families with children through the age of 5
- gives supportive services for health pregnancy, birth & infancy; healthy infant/child development; school readiness; & prevention of negative childhood experiences

[Los Angeles County Public Library – Parenting Tips](#)

[Los Angeles County Charter - Special Education Local Plan Area \(SELPA\) – Parent Resources](#)

- (562) 401-5737; 9300 Imperial Hwy., Downey, CA 90242
- gives information about parents’ rights & help with settling disagreements in Special Education
- click on Parents Rights & Procedural Safeguards to find information in English, Spanish, Arabic, Chinese, Hebrew, Farsi, & Korean, & Tagalog

PARENTING RESOURCES (continued)

[American Psychological Association – Top Parenting Resources List:](#)

- [Info About Kids](#) - topics areas include:
 - Body
 - Mind
 - Emotions
 - Relationships
 - General Resources
 - Blog
- [Effective Child Therapy](#) - topics areas include:
 - Concerns, Symptoms & Disorders
 - Evidence Based Therapies
 - Tips & Tools
 - Free Assessment Center
 - When to Seek Help for Your Child
 - Advice for Choosing a Psychologist
 - Featured Content
- [ACT Raising Safe Kids Program](#) - teaches positive parenting skills to parents & caregivers of children from birth to age 10
- [Coursera – Everyday Parenting Course](#) - free online parenting course that provides a toolkit of behavior-change techniques parents can use (subtitles available in Spanish & Chinese)
- [APA Resilience Booster – Parent Tip Tool](#) - gives parents & caregivers tips on how to increase children’s resilience when they have negative experiences
- [APA Magination Press Children’s Books](#) –
 - can search by subject for books that help therapists, teachers, parents/other caregivers guide children through many life challenges
 - some books are written for therapists to use in sessions with clients, but many are for children & parents to read together
 - every book includes a section for parents & caregivers, written by a psychologist, that provides the psychological science behind the story as well as practical tools & strategies that parents can use with their children

[Child Mind Institute Family Resource Center](#) -

- information to help parents support children who are struggling with mental health, behavior or learning challenges
 - [Explore Topics](#)
 - [Concerned About Your Child? - Symptom Checker](#)
 - [Resource Finder](#)
 - [Parenting Guides](#)
 - [Ask An Expert](#)
 - [Terms A-Z](#)
 - [Connect to Care](#)

PRESCRIPTION ASSISTANCE PROGRAMS

California Rx Card

- free statewide discount prescription assistance program
- helps uninsured & underinsured residents afford their prescriptions
- no income, age, pre-existing condition, deductible, or waiting period restrictions
- helps patients who do not have prescription drug coverage or who have coverage but are subject to large deductibles, large co-pays, formulary limitations, dosing limitations, gaps, &/or any cash out-of-pocket expenses

California Department of Aging's Health Insurance Counseling & Advocacy Program (HICAP)

- (800) 434-0222
- counselors trained to assist those who receive Medicare benefits with choosing &/or enrolling in Prescription Drug Plans

Good Rx

- (855) 268-2822
- free price comparison resource that helps you save money every month by finding the lowest prescription prices at your local pharmacies
- gives you access to coupons that can help you save up to 80% on almost all FDA-approved drugs – brand name & generic

Medicine Assistance Tool

- provides search tool to help find drug discount cards & other prescription assistance resources to help people cover the cost of prescription medicines
- [Savings Cards](#)
- [Frequently Asked Questions](#)

Needy Meds Drug Discount Card

- Helpline - (800) 503-6897
- lowers cost of prescription medications
- no income, insurance, age or residency requirements
- cannot be used in combination with insurance
- cannot be used to lower copayment
- ask pharmacist to process discount card through pharmacy system, as well as insurance card, then choose whichever offers best savings

Rx Assist

- email – info@rxassist.org
- teaches ways to use pharmaceutical company programs & other resources to help reduce medication costs
- [Resources](#)
- [Frequently Asked Questions](#)

SELF-HELP GROUPS (FOR ALCOHOL, DRUG, & FOOD ADDICTIONS)

Al-Anon Family Groups

- Meeting Information - (888) 425-2666 (888-4AL-ANON)
- for family members of those who struggle with alcohol addiction
- [Find a Meeting](#)
- [Frequently Asked Questions](#)

Al-Anon Teen Corner

- Meeting Information - (888) 425-2666 (888-4AL-ANON)
- for teens who have family members who struggle with alcohol addiction
- [Find a Meeting](#)
- [Frequently Asked Questions by Teens](#)

Alcoholics Anonymous

- for people who struggle with alcohol addiction
- [Los Angeles Central Office](#); (323) 936-4343
 - [Find a Meeting](#)
 - Oficina Central Hispana – (323) 750-2039
 - Oficina Hispana Del Este De LA – (323) 722-4175

Narcotics Anonymous – for people who struggle with drug addiction

- [Greater Los Angeles Area](#); (323) 933-5395
 - [Find a Meeting](#)
- [Southern California Region](#)
 - English – (800) 863-2962 (800-TODAYNA)
 - Spanish – (888) 622-4672 (888-NAAHORA)

Nar-Anon Family Groups – Southern California Region

- (800) 477-6291
- for those who have family members that struggle with drug addiction
- [Find a Meeting](#)
- [Narateen](#) – for teens who have people that are important to them who struggle with drug addiction
 - [Find a Narateen Meeting](#)
 - [Narateen Frequently Asked Questions](#)

Overeaters Anonymous – Metro West

- (800) 875-0001; email - contact@metrowestoa.org
- for those who struggle with food addiction
- [Find a Meeting](#)

SENIOR SERVICES

Agencies & Information

Affordable Living for the Aging

- (323) 650-7988; email – info@alaseniorliving.org
- 937 N. Fairfax Avenue, 5th Floor, West Hollywood, CA 90046
- [Affordable Housing](#)
 - ALA owns & manages 5 affordable housing properties in Los Angeles (64 units total)
- [Enhanced Case Management](#)
 - program to help LA area residents who are experiencing homelessness, severe mental illness, substance use disorders, frequent hospitalizations, & those at risk of institutionalization
- [Permanent Supportive Housing](#)
 - affordable permanent housing & case management for seniors in LA who are chronically homeless
- Shared Housing:
 - [I Have a Room to Rent](#)
 - [I Am Seeking Housing](#)

Armenian Relief Society of Western USA Social Services - helps **ALL** members of the community (not just Armenians):

- (818) 500-1343; email - socialservices@arswestusa.org; 517 West Glenoaks Blvd., Glendale, CA 91202
- serve new immigrants, refugees, adult, older adults, & adults with disabilities, who have difficulties accessing services due to language barriers & hardships in adjusting to their new lives
- provide services in the following languages – English, Armenian, Arabic, Farsi, Russian, & Spanish

Alzheimer's Association

- National 24/7 Helpline - (800) 272-3900
- help & support for people with Alzheimer's & Dementia & their families as well as information about Brain Health
- [California Southland Chapter](#)
 - (323) 309-8821; 9606 S. Santa Monica Blvd., Suite 200, Beverly Hills, CA 90210

California Department of Aging

- CA Aging & Adult Information Line - (800) 510-2020
- To Find Services in Los Angeles County - (626) 414-6439
- website provides a "How Do I?" section with links for questions seniors may have
- Gives information about different kinds of services for seniors, including:
 - Aging & Disability Resource Connection
 - CalFresh Healthy Living (Nutrition & Exercise)
 - Caregiver Resource Center
 - Community-Based Adult Services (Adult Day Health Centers)
 - Digital Inclusion
 - Dignity at Home Fall Prevention Program
 - Family Caregiver Services
 - Food & Nutrition
 - Health Promotion
 - Home & Community Services
 - Legal Services

SENIOR SERVICES (continued)

- Long-Term Care Ombudsman
- Medicare Counseling (HICAP)
- Multi-Purpose Senior Services Program
- Senior Employment Training
- The Office of the Long-Term-Care Patient Representative
- [Services for City of Los Angeles](#)
 - (213) 482-7252; 221 N. Figueroa Street, Suite 500, Los Angeles, CA 90012
- [Services for Los Angeles County – Older & Dependent Adult Services](#)
 - (213) 738-4004; 3175 West 6th Street, Los Angeles, CA 90020

Center for Health Care Rights (CHCR)

- (213) 383-4519 or Toll Free (800) 824-0780; 520 S. La Fayette Park Place, Suite 214, Los Angeles, CA 90057
- provides free Medicare, Medi-Cal & other health insurance education, counseling, informal advocacy & legal services to Los Angeles County residents who are age 65 & older or Medicare beneficiaries of any age
- [How to Get Services](#)

City of Glendale Senior Services Resource Guide – October 2021

- gives resources for adult day healthcare, assisted living, dental, disability/rehabilitation, emergency/financial/utility, healthcare, homeless, housing, immigration, legal, mental health, nutrition, transportation, & senior wellness programs

Eldercare Locator – Administration for Community Living/Administration on Aging

- (800) 677-1116
- can search on webpage by zip code or city/state
- Learn More About:
 - Support Services
 - Housing
 - Elder Rights
 - Insurance & Benefits
 - Health
 - Transportation
 - Alzheimer's & Brain Awareness
 - Helpful Resources
- [Caregiver Corner](#)
- [Resources](#)
 - links include COVID-19, Long Term Care Planning, Consumer Publications, Helpful Links, & Caregiver Corner

Helping Hands Senior Foundation

- (818) 279-6580; email – info@helpinghandsla.org
- help for seniors & their families to find free, paid through insurance, or heavily subsidized care & placements/housing
- [I need help setting up care](#)
- [I need help with placement](#)

SENIOR SERVICES (continued)

[In-Home Supportive Services \(IHSS\) – LA County Department of Public Social Services](#)

- program that helps pay for services for those who are low-income elderly, blind or disabled, including children so that they can remain safely in their own home
- website:
 - gives program information, eligibility requirements, application procedures, IHSS helpline, etc.
 - allows you to search for DPSS Office by zip code

[Older & Dependent Adult Services - Workforce Development, Aging, & Community Services](#)

- (888) 211-0644 or email – info@wdacs.lacounty.gov
- gives information about different kinds of services for seniors, some examples include:
 - Meals & Nutritional Programs
 - Supportive Services Program (SSP)
 - Health Insurance Counseling & Advocacy (HICAP)
 - Traditional Legal Assistance Program (TLAP)
 - Caregiving Services – Older & Dependent Adults
 - Senior & Community Centers
 - Senior Community Service Employment Program (Title V SCSEP)

[Retire Guide](#)

- gives information to help seniors make good decisions about Medicare, life insurance, annuities, & retirement planning
- [Guides](#)
 - Medicare
 - Retirement & Lifestyle
 - Health

[Social Security Administration](#)

- (855) 866-9633 or TTY (800) 325-0779; Glendale Office - 225 W. Broadway, Suite 600, Glendale, CA 91204
- provides retirement, disability & survivor, SSI, & Medicare benefits
- [Frequently Asked Questions](#)

[Recreational & Community Centers](#)

[City of Glendale Adult Recreation Center](#)

- (818) 548-3775; 201 E. Colorado Street, Glendale, CA 91205
- provides health screenings & wellness programs, housing & legal assistance, life-long learning classes, travel & volunteer opportunities, recreational activities & special events

[City of Glendale Sparr Heights Community Center](#)

- (818) 548-2187; 1613 Glencoe Way, Glendale, CA 91208
- provides health services, nutrition education, social services, leisure activities, classes & special events

SENIOR SERVICES (continued)

Wellness Programs

[Dignity Health Glendale Memorial Hospital 50Plus Program](#)

- (877) 209-9343
- benefits include health education seminars, AARP Mature Driving class, strength training & plyometric classes, 50% parking discount, 10% cafeteria discount

[Glendale Adventist Live Well Senior Program](#)

- free wellness program for people age 60+
- membership benefits include:
 - weekly newsletters
 - educational webinars with physician speakers
 - Zoom training seminars
 - wellness & fitness classes
 - weekly virtual bingo
 - Alzheimer's education
 - Let's Talk senior support group
- [Membership Application](#)

[Verdugo Hills Hospital Stepping Stones Outpatient Program](#)

- (818) 949-4011; 1812 Verdugo Blvd., Glendale, CA 91208
- provides assessment, classes about aging, therapies & a wide variety of emotional & mental health care options for adults ages 50+ suffering from:
 - decline in daily functioning
 - insomnia or other sleep issues
 - sadness
 - isolation
 - low motivation or changes in energy levels
 - panic & anxiety
 - persistent thoughts, pain or discomfort
 - unresolved grief or other feelings of loss
- Inpatient Program – (818) 952-2270

TAX PREPARATION SERVICES

[IRS Volunteer Income Tax Assistance \(VITA\) & Tax Counseling for the Elderly \(TCE\) Programs –](#)

- offer free basic tax return preparation to qualified individuals
 - people who generally make \$57,000 or less,
 - persons with disabilities,
 - limited English-speaking taxpayers AND
 - those who are 60 years of age & older
- specializing in questions about pensions & retirement-related issues unique to seniors
- webpage can be translated into several languages
- [VITA Site Locator](#)
 - put your zip code & how many miles from that zip code you are willing to drive
 - different languages available at different sites within 25 miles of Garfield Campus
 - Spanish, Armenian, Farsi, Korean, Chinese, Mandarin, Cantonese, Tagalog, Vietnamese, Japanese, Sign Language

[Free Tax Prep LA](#)

- website to search for VITA sites that offer free tax preparation help
- gives information about what you need to bring to your tax preparation appointment

TRANSPORTATION SERVICES

[GCC GoPass \(Free Bus Pass\)](#)

- Garfield Campus – SO104; Mondays & Tuesdays 8:30am-4:30pm; Fridays 8:30am-3:30pm
- must complete application on webpage above; no appointment necessary to pick up GoPass
- X5072; email – gopass@glendale.edu
- gives GCC students FREE unlimited rides for the 2023-2024 Year on the following public transportation systems:
 - ❖ All LA Metro buses & rail lines (A, B, C, D, E, & L lines)
 - ❖ All Glendale Beeline buses
 - ❖ & 12 other local municipal transit systems, including City of Commerce Transit, Culver CityBus, Foothill Transit, GTrans, LA County Shuttles, LADOT Dash, Long Beach Transit, Montebello Bus, Norwalk Transit, Pasadena Transit, Santa Monica Big Blue Bus, & Torrance Transit

[Access](#)

- [Link for information about eligibility requirements](#)
- webpage can be translated into many languages
- Info Line – (800) 827-0829; TDD – (800) 827-1359
- curb-to-curb shared-ride services for functionally disabled individuals in LA County
 - provides transportation within ¾ mile of fixed-route bus & rail lines in LA County
 - operates on same schedule as most buses
 - regular service offered 4:00 am – 12:00 am, 7 days a week
 - limited service available from 12:00 am – 4:00 am
 - one-way fare based on distance traveled with maximum fare of \$3.50
 - may not be able to transport wheelchair or mobility device larger than 30” wide & 48” long & weighing more than 600 lbs. when occupied
- [Frequently Asked Questions](#)

[Dial-A-Ride](#) – City of Glendale

- (818) 548-3960 to request paper registration form or complete [Online Registration Form](#)
- curb-to-curb transportation services to residents who are 65 or older & disabled residents of any age
- certification from a doctor required if resident under 65 years of age
- service area – Glendale, Montrose, La Crescenta, & La Canada Flintridge
- can be used for medical & non-medical purposes
- fee is \$1.50 for each one-way trip; see webpage for more information about fees & fee waivers
- after receiving letter in mail confirming registration, call (818) 247-0691 to make a reservation
- information sheets available on website in English, Armenian, & Spanish

[Glendale Beeline – Trip Planner](#)

- (818) 548-3960; email – beeline@glendaleca.gov; 1759 Gardena Avenue, Glendale, CA 91204
- 12 fixed bus routes serving Glendale, La Canada, La Crescenta & Montrose
- complements Metro routes
- offers Senior, Student K-12, & College/Vocational discounted rates

[LA County Metropolitan Transit Authority – Metro Rider’s Guide](#)

- (323) GO METRO or (323) 466-3876
- information about Metro Bus, Metro Rail, & Metro Bike Share transportation services
- offers Senior, Student K-12, College/Vocational, Disabled/Medicare, Blind discounted rates

TRANSPORTATION SERVICES (continued)

[LA Department of Transportation \(DOT\) Transit](#)

- gives information about several different transportation programs including:
 - DASH
 - Commuter Express
 - City Ride
 - LAnow
 - etc.

UTILITY ASSISTANCE/DISCOUNT PROGRAMS

Utility Assistance Programs

Armenian Relief Society of Western USA Social Services - helps **ALL** members of the community (not just Armenians):

- (818) 500-1343; email - socialservices@arswestusa.org; 517 West Glenoaks Blvd., Glendale, CA 91202
- helps new immigrants, refugees, adult, older adults, & adults with disabilities, who have difficulties accessing services due to language barriers & hardships
- offers utility assistance in addition to many other services
- provide services in following languages – English, Armenian, Arabic, Farsi, Russian, & Spanish

Burbank Temporary Aid Center

- (818) 848-2822 or email – info@theBTAC.org; 1304 W. Burbank Blvd., Burbank, CA 91506
- offers rent & utility assistance to those who meet eligibility requirements & who live in Burbank

Catholic Charities – Glendale Community Services Center

- (213) 318-5707; 4322 San Fernando Road, Glendale, CA 91204
- rental & utility assistance, case management & food pantry services

Low Income Home Energy Assistance Program (LIHEAP)

- gives help to eligible low-income families with their heating & cooling needs (including financial assistance)
- please go to website for more information & additional funding source information

City of Glendale Utility Programs

Glendale Care

- \$17.50 monthly discount for low-income customers who qualify

Utility Users Tax Exemption

- households with at least one member that is 62 years of age or older & income below \$13,950 OR low-income households with a disabled person age 55 or older may be eligible

Helping Hand

- emergency assistance to Glendale Residents of up to \$150.00 per account

City of Burbank Utility Programs

City of Burbank Water & Power –

- [Financial Help](#)
 - (818) 238-3700; email – BWPCustomerService@burbankca.gov
 - [Utility Bill Payment Arrangements](#)
 - Income-Eligible Financial Assistance Programs
 - [Burbank Utility Service Subsidy \(BUSS\) Program](#)
 - [Low Income Home Energy Assistance Program \(LIHEAP\)](#)
 - [Project Share](#)
 - [Lifeline Program](#)

UTILITY ASSISTANCE/DISCOUNT PROGRAMS (continued)

City of Los Angeles Utility Programs

Southern California Edison - Bill Assistance Programs

- [Income Qualified Programs](#)
- [Energy Assistance Fund](#)
- [Low Income Home Energy Assistance Program \(LIHEAP\)](#)
- [Budget Billing Plan](#)
- [Arrearage Management Plan](#)
- [Medical Baseline Allowance](#)
- [Summer Discount Plan](#)
- & more

City of Pasadena Utility Programs

Bill Assistance & Low-Income Programs

- (626) 744-4005; 100 North Garfield Avenue, Room N106, Pasadena, CA 91101
- Payment Plan Arrangement - for more information & to enroll, call Customer Service at (626) 744-4005
- [Monthly Bill Payment Assistance](#)
- [LIHEAP – Low-Income Energy Assistance](#)
- [LIHWAP - Low-Income Household Water Assistance](#)
- [Medical Equipment Assistance](#)

VETERANS PROGRAMS & RESOURCES

[Glendale Community College Verdugo Campus](#)

- [Veterans Resource Guide](#)
- [Veterans Peer Access Network](#) (VPAN) – Los Angeles County Department of Mental Health Program

[City of Glendale Veterans Services](#)

[US Department of Veteran Affairs](#)

- [California Department of Veterans Affairs \(CalVET\)](#)
- [Los Angeles Regional Office](#)
 - (800) 827-1000; 11000 Wilshire Blvd., 5th Floor, Los Angeles, CA 90024
- [Find VA Offices](#); can search for the following types of facility types:
 - VA Health
 - Urgent Care
 - Emergency Care
 - Community Providers (in VA's network)
 - Community Pharmacies (in VA's network)
 - VA Benefits
 - VA Cemeteries
 - Vet Centers
- [eBenefits](#)
 - website where you can apply for & manage your benefits online

[Get Help](#)

- *Veterans in Crisis* – **Call 988 & Press 1**
 - helps Veterans & Service members in crisis & their family & friends
 - [Chat Online](#)
 - **Text 838255**
- *National Call Center for Homeless Veterans*
 - (877) 424-3838
 - available 24/7
 - for Veterans who are homeless or at risk of becoming homeless
 - resources also available to Veterans' family members & friends
 - [VA Homeless Programs](#)
 - gives information about:
 - ❖ US Dept of Housing & Urban Development VA-Supportive Housing (HUD-VASH) Program
 - ❖ Homeless Providers Grant & Per Diem (GPD) Program
 - ❖ Enhanced-Use Lease (EUL) Program
 - ❖ Supportive Services for Veteran Families (SSVF) Program
- *Quit VET* –
 - (855) QUIT-VET (855-784-8838)
 - tobacco quit line
 - can speak with a tobacco cessation counselor

VETERANS PROGRAMS & RESOURCES (continued)

- *War Vet Call Center*
 - (877) WAR-VETS (877-927-8387)
 - confidential call center where combat Veterans & their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life
- *Women Veterans Call Center*
 - (855) VA-Women (855-829-6636)
 - provides VA services & resources to women Veterans, their families, & caregivers
 - [Women Veterans Health Care](#)
 - can search for available health services & resources available to women Veterans
- *Real Warriors*
 - (866)-966-1020
 - available 24/7
 - gives information & resources about psychological health, Posttraumatic Stress Disorder (PTSD), & traumatic brain injury
- [VA Caregiver Support Program](#)
 - (855) 260-3274
 - 8 am – 8 pm ET; Monday – Friday
 - offers training, educational resources, & variety of tools & advice on being a caregiver
 - [Link to Find Your Caregiver Support Coordinator](#)
- *Coaching Into Care*
 - (888) 823-7458; email - CoachingIntoCare@va.gov
 - guidance to Veterans' family members & friends for encouraging a reluctant Veteran they care about to reach out for support with a mental health challenge

Find Local Care

- [Community Mental Health Point of Contact \(POC\) Locator](#)
- [VA Resources](#) - can search for:
 - VA Medical Centers
 - Outpatient Clinics
 - Vet Centers
 - PTSD Programs
 - Suicide Prevention Coordinators
 - VA Chaplains
 - Veterans Benefits Administration Offices
 - Substance Use Disorder Programs
 - & more
- [PTSD Program Locator](#)
 - can search for different types of PTSD programs
- [Veteran Centers](#)
 - community-based counseling centers that provide a wide range of social & psychological services, including professional readjustment counseling to eligible Veterans, active-duty service members, including National Guard & Reserve components & their families
- [National Resource Directory](#)
 - database of validated resources that support recovery, rehabilitation, & reintegration for service members, veterans, family members, & caregivers

VISION (EYE) SERVICES

Free Vision Services Program - Sponsored by Burbank Lions Club for GCC Noncredit Students

- To qualify, students must be:
 - taking GCC Noncredit classes
 - not have vision services as part of their health insurance coverage
 - receiving one or more of the following benefits:
 - Medi-Cal or My Health LA
 - CalFresh
 - CalWORKs or GAIN or General Relief (GR) or GROW
 - Social Security Disability Insurance (SSDI)
 - Supplemental Security Income (SSI)
 - living in the following areas:

Glendale	Lakeview Terrace	South Pasadena
Altadena	Los Feliz	Studio City
Arleta	Montrose	Sunland
Atwater	North Hollywood	Sun Valley
Burbank	Pacoima	Sylmar
Eagle Rock	Panorama City	Toluca Lake
Glassell Park	Pasadena	Tujunga
Griffith Park	San Fernando	Valley Glen
Highland Park	Sherman Oaks	Valley Village
La Crescenta	Silver Lake	

- Call (818) 240-1000 X5035 or X5099 to make an eligibility screening appointment

Free-, Low-Cost, Sliding Scale Fee, & Medi-Cal Vision Clinics –

- for people who don't have vision insurance or do not qualify for Free Vision Services Program above –
- clinics will be different in terms of:
 - vision services offered & populations served
 - days/hours of operation
 - availability of free services & eligibility requirements to receive free services
 - sliding scale fee range for services
 - proof of income required
 - insurance accepted (Medi-Cal or other health insurance)
 - length of waiting lists
 - languages in which services are offered
 - availability of other health services like medical, dental, mental health, & hearing services

Comprehensive Community Healthcare Centers

- Glendale Office – (818) 265-2264; 801 S. Chevy Chase Drive, Suite 250, Glendale, CA 91205
- Sunland Office – (818) 273-8800; 8316 Foothill Blvd., Sunland, CA 91040

America's Best Contacts & Eyeglasses

- Glendale Office – (818) 254-1006; 320 N. Glendale Avenue, Glendale, CA 91206
- Burbank Office – (747) 261-7317; 2484 W. Victory Blvd., Burbank, CA 91506
- Pasadena Office – (626) 325-9323; 3705 E. Foothill Blvd., Pasadena, CA 91107
- Los Angeles Office – (323) 762-2294; 5818 Santa Monica Blvd., Los Angeles, CA 90038
- [Find Other Offices](#)

VISION (EYE) SERVICES (continued)

[Queenscare Health Centers – Optometry](#)

- Echo Park Office – (213) 380-7298; 150 N. Reno Street, Los Angeles, CA 90026
- Hollywood Office – (323) 953-7170; 4618 Fountain Avenue, Los Angeles, CA 90029
- East LA Office – (323) 780-4510; 4816 East 3rd Street, Los Angeles, CA 90022

[Arroyo Vista Family Health Center](#)

- Highland Park Office - (866) 616-9344; 6000 N. Figueroa Street, Los Angeles, CA 90042
- [More Offices](#) in Lincoln Heights & 2 in El Sereno

[ChapCare](#)

- (626) 398-6300
- Lincoln Office – 2055 Lincoln Avenue, Pasadena, CA 91103
- Lime Office – 513 E. Lime Avenue, Suite 102, Monrovia, CA 91016

[Valley Community Healthcare – Optometry & Vision Care](#)

- (818) 763-8836
- North Hollywood Office - 6801 Coldwater Canyon Avenue, North Hollywood, CA 91605
- North Hills Office – 9119 Haskell Avenue, North Hills, CA 91343

The following are not clinics that offer vision services. They give information about different organizations & programs that offer financial help for vision services to different populations.

[California Optometric Association](#)

- (833) 206-0598

[Get Free or Low-Cost Eye Care – National Eye Institute](#)

- Information for all ages, older adults, children as well as information about health insurance & eye care

[Where to Get a Free Eye Exam & Glasses – All About Vision](#)

VOLUNTEER OPPORTUNITIES

Glendale Community College:

[GCC Noncredit ESL Service-Learning Program](#)

- click on “Garfield Service Learning”
- volunteering opportunities for Noncredit ESL students in Levels 4 or 5 or in Advanced Conversation
- *due to the COVID-19 pandemic, this program has not been available; please contact the NCESL Department at (818) 240-1000 X5033 to find out when the program will restart*

[GCC Service Learning](#)

- the GCC Multicultural & Community Engagement Center (MCEC) at the Verdugo Campus has an Agency List that lists non-profit, civic & governmental agencies that are willing to accept GCC students as volunteers
- noncredit students can contact the agencies directly to ask if they have any current volunteer positions available
- [Agency List](#)

City of Glendale:

[City of Glendale – Community Services & Parks Department - Possible Volunteer Locations](#)

[City of Glendale Police Department – Volunteers](#)

[Glendale Adventist Hospital](#)

[Glendale Memorial Hospital](#)

[YWCA of Glendale & Pasadena](#)

Los Angeles & California:

[American Red Cross](#)

[International Rescue Committee](#)

[California Volunteers](#)

- in charge of the AmeriCorps programs in California

[Discover Los Angeles – Guide to Volunteer Opportunities in Los Angeles](#)

[L.A. WORKS](#)

- gives information about a variety of volunteering opportunities in the LA area
- some examples include but are not limited to - adult education, animals, arts & culture, children & youth education, civic & community, environment, family services, health & wellness, hunger & homelessness, special needs, senior services, sports & recreation

[LA’s Volunteer Portal](#)

VOLUNTEER OPPORTUNITIES (continued)

LA County Departments:

[LA County Department of Children & Family Services](#)

- opportunities available in the following areas:
 - Performing office & clerical support
 - Tutoring children & youth
 - Monitoring children & youth
 - Visitation
 - Running errands
 - Providing support to Clinical Social Workers
 - Completing special projects
 - Assisting with holiday activities
 - Staff special events
 - Court Appointed Special Advocates
 - KidSave Buddy Program

[LA County Department of Health Services](#)

[LA County Department of Mental Health](#)

[LA County Department of Public Health – Internships & Volunteers](#)

[LA County Department of Public Social Services](#)

- some examples of volunteer opportunities offered:
 - Toy Loan Centers
 - Clerical Support
 - Adopt-A-Family
 - Community Outreach Events

Other Organizations:

[Great Nonprofits](#)

- can search by Causes & by city

[LinkedIn](#)

- must have a LinkedIn account to search for volunteer positions

[Volunteer Match](#)

- can search for volunteering opportunities by city or zip code; can also search for virtual volunteering opportunities

[Volunteers of America](#)

- scroll down to Local Volunteers of America Offices or Senior Living & Care Communities for more information