Scan the QR code below for a digital version of the community directory.

@day1do
PREFACE

This directory is intended to help connect residents across the San Gabriel Valley with resources in their local communities and enhance the health and wellness of our communities.

Many of the resources in this guide are concentrated in the cities of Pasadena, Altadena, El Monte, and Pomona which have the highest concentration of community organizations and non-profits.

We extend appreciation to all the agencies, organizations and individuals who contributed by providing, sharing and updating the information necessary to produce this directory.
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| **First United Methodist Church, Pasadena** | - Food distribution, bus passes (15th of each month when available), clothes, hygiene kits.  
   - Services are provided in person.  
   - Serves the low-income and homeless individuals. | - **Address:** 500 E. Colorado Blvd, Pasadena  
   - **Hours:** Tuesdays from 10am-12pm  
   - **Email:** office@fumcpasadena.org  
   - **Phone:** (626) 796-0157 |
| **Foothill Unity Center**                  | - Food distribution services and case management services via phone and email.  
   - Two locations (Pasadena and Monrovia) | **Pasadena Location:** 191 N. Oak Ave  
   - Tuesday: 9am-11:30 am  
   - Wed & Fri.: 9-11:30am  
   - Homeless Services: M-F 9am-4:00pm (bag lunches)  
   - Hygiene Kits: Fridays: 9am-4:00pm  
   - (626) 584-7420  

   **Monrovia Location:** 790 W.Chestnut Ave.  
   - Monday: 1-3:30pm  
   - Wed & Fri.: 9-11:30am  
   - (626) 358-3486  

   - **Web:** foothillunitycenter.org  
   - **Email:** info@foothillunitycenter.org |
| **JWCH Wesley Health Center- Pasadena**    | - This food pantry serves LA County Residents with HIV/AIDS.                  | - **Address:** 1845 N. Fair Oaks Ave. G-122, Pasadena, CA.  
   - **Hours:** Friday: 9am–2pm  
   - **Phone:** (323)234-3030 x 152 (Food Bank)  
   - **Email:** mhernandez@lafoodbank.org |
| **El Monte Community Resource Center**      | - Food distribution                                                           | - **Address:** 3570 Santa Anita Ave. El Monte, CA 91731  
   - **Hours:** Every Wednesday 1pm-4pm  
   - **Phone:** (213) 428-1495 |
| **Our Savior Center**                      | - Food distribution services                                                   | - **Address:** 4368 Santa Anita Ave, El Monte, CA 91731  
   - **Hours:** Tuesdays and Thursday from 9am-1pm  
   - **Email:** info@our-center.org  
   - **Phone:** (626) 579-2190 |
La Puente Outreach Food Pantry

- This food pantry serves LA County Residents with HIV/AIDS.
- Address: 1845 N. Fair Oaks Ave. G-122, Pasadena, CA.
- Hours: Friday: 9am-2pm
- Phone: (323)234-3030 x 152 (Food Bank)
- Email: mhernandez@lafoodbank.org

PHEF WIC Program (Women, Infants and Children)

- Free food and nutrition resources for eligible families.
- WIC serves pregnant, breastfeeding and postpartum women, infants, and children under five with low-income; dads and foster families with eligible children.
- Services provided via phone or text.
- Hours: Mon.-Fri: 9:15-5:30pm
- Email: office@fumcpasadena.org
- Phone: (888)924-2229
- Breastfeeding Assistance Phone: (888)278-6455
- Web: www.phfewic.org
- Email: PHFEWIC@WICEmail.org
- Text: 91997

Pasadena WIC Program (Women, Infants and Children)

- Monthly food benefits, nutrition and breastfeeding education and other resources for eligible families
- Service and support to eligible pregnant women who may be breastfeeding or experiencing postpartum depression. In addition, services for infants, and children under 5 years who are at nutritional risk and qualify under a low-income status.
- Fathers, mothers, foster parents, guardians, grandparents with eligible infants and/or children may qualify.
- Services provided via phone, online and limited in-person contact by appointment only.
- Manual and electric breast pumps loan program available to WIC moms – must meet eligibility requirement.
- Little by Little School Readiness Program – free age appropriate books for increasing child literacy
- Locations: VILLA PARKE 363 E Villa St. Suite 115 Pasadena, CA 91101
- Hours: Mon.-Thurs.: 8am-5pm
- Alternating Fridays: 8am-4pm
- PASADENA PUBLIC HEALTH DEPARTMENT 1845 N. Fair Oaks Ave Room 1131 Pasadena, CA 91103
- Hours: Mon. and Wed. 8am-5pm (Closed 12-1pm for lunch)
- Email: PasadenaWIC@cityofpasadena.net
- Phone: 
- Web: https://www.cityofpasadena.net/public-health/wic/

PHEF WIC Program (Women, Infants and Children)

- Free food and nutrition resources for eligible families.
- WIC serves pregnant, breastfeeding and postpartum women, infants, and children under five with low-income; dads and foster families with eligible children.
- Services provided via phone or text.
- Hours: Mon.-Fri: 9:15-5:30pm
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<td><strong>Pasadena Meals on Wheels</strong></td>
<td>• Low cost meal delivery for seniors, disabled, or sick&lt;br&gt;• Deliver meals at homebound senior citizens.&lt;br&gt;• Serves people ages 55+ years&lt;br&gt;• Meal delivery</td>
<td>• Website: <a href="https://www.pasadenamealsonwheels.org/">https://www.pasadenamealsonwheels.org/</a>&lt;br&gt;• Hours: 11am-1pm&lt;br&gt;• Phone: (626)449-6815&lt;br&gt;• Address: 500 E. Colorado Blvd.&lt;br&gt;Pasadena, CA 91101&lt;br&gt;• Email: <a href="mailto:pasadenamealsonwheels@gmail.com">pasadenamealsonwheels@gmail.com</a></td>
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<td><strong>Catholic Charities of Los Angeles Inc. - San Gabriel Region</strong></td>
<td>• Food distribution, social services (CalFresh application, rental and utility assistance)&lt;br&gt;• Services, provided via telephone and in person.&lt;br&gt;• Contact for eligibility screening.&lt;br&gt;• Serves low-income families and individuals of all ages&lt;br&gt;• Fitness classes for community such as Zumba, Karate, and Yoga</td>
<td>• Address: Food Pantry at 4171 N. Tyler Ave. , El Monte&lt;br&gt;• Hours: 9am-12pm&lt;br&gt;• Phone: (626)575-7652&lt;br&gt;• Email: <a href="mailto:mcortez@charities.org">mcortez@charities.org</a> for El Monte and neighboring cities&lt;br&gt;• Email: <a href="mailto:nalcala@charities.org">nalcala@charities.org</a> (Pomona and neighboring cities)</td>
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<tr>
<td><strong>El Monte/South El Monte Emergency Resources Association</strong></td>
<td>• El Monte/South El Monte Emergency Resources Association serves the low-income community.&lt;br&gt;• Grocery deliveries or pick up, baby supplies (dipers, etc.), basic family needs (clothing, shelter assistance, etc.)&lt;br&gt;• Services, provided via telephone, in-person. Must call for intake.</td>
<td>• Address: 10900 Mulhall Avenue&lt;br&gt;El Monte, CA. 91731&lt;br&gt;• Hours: M-Friday: 8am-5:00pm&lt;br&gt;• Phone: (626)444-7269</td>
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<tr>
<td><strong>Mission Community United Methodist Church</strong></td>
<td>• Food donation trucks ($4 all-you-can-take) and food bank on a first come, first served basis.&lt;br&gt;• Food bank: Seniors age 60+ require valid proof of ID and Income of $1,354/month or less for 1 person or $1,832/month or less for 2 people.&lt;br&gt;• Services are provided in person.</td>
<td>• Address: 9032 Mission Dr.&lt;br&gt;Rosemead, CA&lt;br&gt;• Hours: &lt;br&gt;-Food Donation Truck: Wed. Fri 3-5pm&lt;br&gt;-Food Bank: Every 3rd Wed. of the month 8-11am.&lt;br&gt;• (323) 234-3030 x 152 (Food Bank)&lt;br&gt;• Web: <a href="mailto:mhernandez@lafoodbank.org">mhernandez@lafoodbank.org</a></td>
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<tr>
<td>Our Saviour Center</td>
<td>Our Saviour Center is a pantry that serves low-income individuals.</td>
<td>Address: 4368 Santa Anita Ave., El Monte, CA</td>
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<td></td>
<td>Services include fresh fruits, vegetables, dairy, meat, poultry, fish,</td>
<td>Hours: Tue/Thur. 10am-1:00pm</td>
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<td></td>
<td>clothing, and homeless hygiene kits. Walk-in or drive-thru available,</td>
<td>Phone: (626) 579-2190</td>
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<td></td>
<td>(Bring form of I.D such as driver’s license or CA I.D)</td>
<td>Website: <a href="http://www.our-center.org">www.our-center.org</a></td>
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<td>Email: <a href="mailto:diane@our-center.org">diane@our-center.org</a></td>
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<td>Helping Hands Caring</td>
<td>Helping Hands Caring Hearts Ministry food pantry provides services to all.</td>
<td>Address: 480 W. Monterey Ave, Pomona (rear parking lot)</td>
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<td>Hearts Ministry</td>
<td></td>
<td>Hours: Sunday 1:00pm-5:00pm</td>
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<td></td>
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<td>Phone: (909) 214-8747</td>
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<td>Website: <a href="http://www.hhchpomona.org">www.hhchpomona.org</a></td>
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<tr>
<td>Holy Family Giving Bank</td>
<td>This food bank provides services to the low income from the local community.</td>
<td>Zip codes Served: 91030, 90032, 91801, 9180 and homeless.</td>
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<td>Services provided online and in-person.</td>
<td>Website: holyfamily.org</td>
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<td></td>
<td></td>
<td>Phone: (626) 403-6140</td>
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<td>Hours: 9am-3:00pm</td>
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<td>God’s Pantry</td>
<td>Food donation services provided to all.</td>
<td>Location: Pomona Warehouse</td>
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<td>Services provided at Pomona warehouse (Drive-thru). Register for appointment</td>
<td>Hours: Tue/Thur 2-6pm</td>
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<td>on website.</td>
<td>Phone: (909) 766-8038</td>
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<td></td>
<td>Website: <a href="http://www.gods-pantry.org">www.gods-pantry.org</a></td>
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<td></td>
<td>Email: <a href="mailto:info@gods-pantry.org">info@gods-pantry.org</a></td>
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<td>Facebook and Instagram:</td>
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<td><a href="http://www.facebook.com/godspantryca">www.facebook.com/godspantryca</a></td>
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<td><a href="http://www.instagram.com/godspantry.org">www.instagram.com/godspantry.org</a></td>
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<td>Redeemed Life Church</td>
<td>Food Bank assists families in need (contact via email).</td>
<td>Food Pantry Address: 405 N. Azusa Ave, Azusa (parking lot). Please fill out form at:</td>
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<td>redeemedlife.church</td>
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<td>Hours: Sat. 10-11am/ Sun. 1:30-2:30pm</td>
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<td>Phone: (626) 210-1245</td>
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<td></td>
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<td>Email: <a href="mailto:info@redeemedlife.church">info@redeemedlife.church</a></td>
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<tr>
<td>San Gabriel Valley Service</td>
<td>Provide emergency food assistance program to seniors.</td>
<td>Phone: (626) 575-5431</td>
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<td>Center</td>
<td>Call to make an appointment.</td>
<td>Hours: Mon.-Friday: 8:00am-5pm</td>
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<td>Website: <a href="http://www.ywcasgv.org">www.ywcasgv.org</a></td>
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<tr>
<td>Sowing Seeds for Life</td>
<td>Food pantry at the Fairplex that provides services to all.</td>
<td>Hours: 1st and 3rd Wednesday of each month from 9am-1:00pm</td>
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<td>Dive-thru is accessible by vehicle only.</td>
<td>(909) 623-5111</td>
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<td>St. Louis de Marillac</td>
<td>• Food distribution for residents in the parish boundaries (Covina/Charter Oak) • By appointment only.</td>
<td>• Hours: Mon.-Friday 8am-5pm • Phone: (626) 915-7126</td>
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<tr>
<td>St. John the Baptist Social Services</td>
<td>• Provides limited food bank services to Baldwin Park residents • Services are provided via telephone and in-person. • Consider calling ahead for availability.</td>
<td>• Address: 3912 Stewart Ave. Baldwin Park, CA • Hours: Mon.-Friday 9am-5pm • Phone: (626) 552-7126</td>
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<tr>
<td>Urban Mission</td>
<td>• Urban Mission provides food pantry services and Sunday dinner for all. • Services include: food pantry, veggie giveaway, and Sunday boxed dinner.</td>
<td>• Hours: Food Pantry: Th 9:30-3:30pm, Sun 4-6pm Veggie Giveaway: M-F 12-3pm, Sat. 9-12pm, Sun. 4-6pm. Sunday Boxed Dinner: 5pm • Website: <a href="http://www.umpomona.org">www.umpomona.org</a> • Email: <a href="mailto:stephen@theurbanmission.org">stephen@theurbanmission.org</a></td>
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<tr>
<td>YWCA-SGV</td>
<td>• Provides services and meals to seniors.</td>
<td>• Hours: M-F 8am-5pm and 24/7 message line. • Phone: (626) 214-9465 (24-hour message line); April Williams - (626) 482-1574 (636) 960-2995 (main office) • Website: <a href="https://ywcasgv.xyz/senior-menus">https://ywcasgv.xyz/senior-menus</a> • Email: <a href="mailto:info@ywcasgv.org">info@ywcasgv.org</a></td>
</tr>
<tr>
<td>Friends In Deed</td>
<td>• Friends In Deed is committed to fostering, cultivating, and preserving a culture of diversity, equity and inclusion.</td>
<td>• Address: 3912 Stewart Ave. Baldwin Park • Hours: Tues &amp; Wed 10:00am to 3:00pm, Thurs 10:00am to 1:00pm • Phone:</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>• Food Assistance • After-School Programs • Disaster Response • Senior Housing • Recovery Assistance • Referrals • Weekly Meals • Life Skills Classes • Youth Programs • Ministry • Homeless Assistance • Seasonal Services</td>
<td>• Address: 1000 E. Walnut St., #102 Pasadena 91106 • Food Bank: Monday – Friday 9:00am to 11:30am ; Sunday &amp; Monday: open 24/7</td>
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## FOOD

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<tr>
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| **Holy Family Church- South Pasadena** | We try our best to make sure that everyone who walks into our parish feels that they have come to a place which embraces them. I hope that you too will feel the warmth of our welcome when you visit us, especially if you have been away from the Church for a while or are putting an exploratory toe in Catholic waters! | • Address: 1520 Fremont Ave., So Pasadena 91030  
• Hours: M-F 8am-5pm and 24/7 message line.  
• Phone: (626) 799-8908  
• Website: https://holyfamily.org |
| **Jackie Robinson Center** | We work with community-based organizations and agencies that are housed at the Center as well as independent resources to enhance the quality of life for our clientele and serve people of all ages from youth to senior citizens. Many of our services are offered free of charge or for a nominal fee. | • Address: 1020 N. Fair Oaks, Ave., Pasadena 91103 |
| **Pasadena Presbyterian Church** | We welcome all people to serve as Christ's disciples for our diverse multicultural city and world. By nurturing the mind and spirit, celebrating the creative arts and engaging in local and global mission, we proclaim hope. | • Address: 585 E Colorado Blvd, Pasadena, CA 91101  
• Hours: Thursdays and Sundays, 5:30 - 7:00pm  
• Phone: (626) 793-2191 |
| **Pasadena Church** | Food pantry services to families in need. | • Address: 404 E Washington Blvd, Pasadena, CA 91104  
• Phone: (626) 794-2951  
• Hours: Wednesday and Friday 6:00pm to 7:00pm |
| **NELA Drop-In Center** | Provide Saturday Brunch for families in need. | • Address: 5619 Monte Vista St., Los Angeles 90042  
• Hours: Saturday Brunch at 10:00am  
• Phone: (523) 287-7398  
• Website: https://nela-community.business.site/?utm_source=gmb&utm_medium=referral |
| **Lake Avenue Church** | Lake Avenue Church is comprised of many different communities or ministries reflecting God’s family. We are unified across cultural, generational, socio-economic and racial or ethnic differences. | • Website: https://www.lakeave.org/community  
• Hours: 2nd, 3rd, & 4th Sundays of the month  
• Phone: (626) 844-4700  
• Address: 393 N. Lake Ave, Pasadena 91101 |
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| Union Station Homeless Services- Family Services | • Provides housing services for families.  
• Provides services via telephone or email. | • Phone: (626) 337-0140  
• Hours: 8am-5pm  
• Website: unionstationhs.org  
• Email: FSCreferral@unionstationhs.org |
| East San Gabriel Valley Coalition for the Homeless | • Provides services to homeless individuals.  
• Provide meal to go, mail pick-up, TAP cards with subsidy. | • Address: 1345 Turnbull Canyon Rd, Hacienda Heights  
• Phone: (626) 333-7204  
• Website: www.esgvh.org  
• Hours: M-F 8:30am-1:30pm |
| Foothill AIDS Project | • Provides services for individuals and families who have HIV/AIDS.  
• Provide services for housing case management, short term rental and mortgage assistance, food bank.  
• Services by appointment only (call or email) | • Hours: M-F 9am-5:30pm  
• Phone: (909) 482-2066 x 301  
(909) 827-9148  
• Website: fapinfo.org  
• Email: nancy@fapino.org |
| Azusa City Library-Neighborhood Connections Program | • Provide services for all.  
• Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, social services.  
• Services provided via phone or email. | • Hours: M-F 8:30am-5pm  
• Phone: (626)812-5100  
• Website: www.ci.azusa.ca.us/1495/Neightborhood-Connections  
• Email: Sserna@AzusaCA.gov |
| Alexandria House | • Provides domestic violence survivors with housing, crisis intervention and counseling. | • Address: 426 S. Alexandria Ave. Los Angeles 90020  
• Phone: (213) 381-2649  
• Hours: 9am-5pm  
• Website:https://www.alexandriahouse.org/need_help |
| Peace Over Violence | • Provide rape & abuse survivors with emergency response, counseling, legal, & case management services. | • Address: 892 N Fair Oaks, Suite D / Pasadena 91103  
• Phone: (626) 584-6191  
• Website:https://www.peaceoverviolence.org/  
• Hours: M-Friday 9:00am-5:30pm |
| Elizabeth House | • Provides residential care for expecting or single mothers, however, won’t take couples. | • Address: 760 Santa Barbara St, Pasadena, CA 91101  
• Website:https://www.elizabethhouse.net/ |
| Door of Hope | • Provides housing for married couples, single moms with children, and single dads with children.  
• Homelessness Prevention, Transitional Housing, Alumni Support. | • Address: 221 E. Walnut St., #112  
• Website: https://doorofhope.us/  
• Email: carmella@doorofhope.us  
• Phone: 818-425-9722  
• Ages: 0-64 years old  
• English, Spanish, Chinese, Armenian |
# HOUSING/UNHOUSED SERVICES

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| **Sycamores** | Provides housing for Transitional Aged Youth (16 - 24 years old), behavioral health, education support, family resource center, residential services, research and training, advocacy and thought leadership, homeless and housing support, foster and adoptive services. | Address: 100 W Walnut St #375, Pasadena, CA 91124  
Phone: (626) 395-7100  
Hours: 8:30am-5:00pm  
Website: https://www.sycamores.org/homeless-housing-support/ |
| **Foothill Unity** | Provides case management including health, food, housing, employment resources. | Address: 191 N Oak Ave, Pasadena, CA 91107  
Phone: (626) 584-7420  
Hours: M-Friday 9:00am-4:30pm  
Website: https://foothillunitycenter.org/housing-homeless/ |
| **SAFE Parking** | Provides people living in their cars with in showers, bathrooms to use, security, and case management to assist with immediate needs | Hours: M-F 9am-5:30pm  
Phone: 626.358.3486  
Website: https://safeparkingla.org  
Email: melody@foothillunitycenter.org |
| **Los Angeles County Department of Consumer Affairs (DCA)** | Their staff is ready to help you with your foreclosure. All of their services are free. | Phone: 800-973-3370  
Website: Department of Consumer and Business Affairs |
| **U.S. Department of Housing and Urban Development (HUD)** | Their staff is ready to help you with your foreclosure. All of their services are free. | Phone: 888-995-4673 |
| **Union Station Homeless Services- Family Services** | Provides housing services such as outreach, permanent housing, community integration and employment and interim housing for families. | Address: 4501 Santa Anita Avenue, El Monte, CA 91737  
Phone: (626) 442-4357, Call for appointment  
Hours: M-F 8:00 am-4:30 pm  
Website: https://unionstationhs.org/impact/access/ |
| **Beacon Housing Inc.** | At Beacon Housing, we believe we are called to assist, with compassion and care, those who are vulnerable to homelessness to rebuild their lives in peace and stability. We provide affordable permanent housing, transitional housing for single mom families who are domestic violence survivors, and academic enrichment programs.  
Accessible units may be available to individuals with mobility difficulties | Address: 5000 Edenhurst Ave, Los Angeles, CA 90039  
Phone: 818-850-0307  
Email: info@beaconhousing.org  
Website: https://www.beaconhousing.org/  
Services available for all ages |
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| **Young and Healthy Pasadena** | • Provide medical, dental, and mental health treatment and services to low-income families.  
• They also provide enrollment assistance for Covered CA or Medi-Cal and navigation and education by providing support while identifying the type of services people have depending on their insurance.  
• Y&H advocates for their clients and tries to get the best type of care for their clients.  
• Prevention and education Services are also available for dental programs, trauma informed care, referral references, and community partner outreach. | • Website: [https://yhpasadena.org/who-we-are/our-services/](https://yhpasadena.org/who-we-are/our-services/)  
• Phone: (626)795-5166 |
| **JWCH Wesley Health Center- Pasadena, Michael Antonovich Dental Clinic** | • Provide healthcare services via telehealth and in-person.  
• Provide services to people from the San Gabriel Valley residents (including homeless, HIV+)  
• Accept Medicare, LA County HMO Plans, and sliding cash discount.  
• Call for an appointment. | • Hours:  
  **Primary Care:** M 8am-12pm  
  **Mental Health:** M/W 8:30am-1:30pm  
  **Behavioral Health:** M/Tue 8am-5pm  
  **HIV/Pep:** M-W 8am-5pm/ Th 8am-2pm/ Fri (PrEP Only) 8am-1pm  
  **Emergency Dental:** Tue/Th 8am-5pm  
• Phone: (626)744-6140 x 5220  
(626) 733-5924 (Call Center)  
• Website: [jwchinstitute.org/primary-medical-care/wesley-health-centers-pasadena/](http://jwchinstitute.org/primary-medical-care/wesley-health-centers-pasadena/) |
| **A Plus ADHC** | • Provide adult health care and deliver meals.  
• Communicate via telephone and web.  
• Services are limited to existing participants. | • Phone: (626)579-6588 |
| **Planned Parenthood- Pasadena and San Gabriel Valley** | • Provide reproductive and medical health care.  
• Services are provided via telehealth and telephone.  
• Limited on-site services for urgent visits (STI treatment, emergency contraception, abortion services).  
• Call to schedule appointment or schedule online. | • Hours: Monday-Saturday  
• Phone: (626)798-0706  
• Website: [www.plannedparenthood.org/planned-parenthood-pasadena-san-gabriel-valley/online-health-services/telehealth](http://www.plannedparenthood.org/planned-parenthood-pasadena-san-gabriel-valley/online-health-services/telehealth) |
| **Cleaver Family Wellness Clinic (Our Saviour Center)** | • Provide healthcare services via telehealth and in-person to individuals with Medi-Cal and MediMedi | • Hours:  
  M,Tue,Wed 8am-5pm  
  Thur. 10am-7pm  
• Phone: (626)597-2190  
• Website: [www.our-center.org](http://www.our-center.org) |
| **El Proyecto del Barrio- Baldwin Park Community Clinic** | • Provide primary care services, OB/GYN prenatal care services via telephone or in-person. | • Hours:  
  Mon.-Friday 8am-5pm  
• Phone: (626) 678-9296  
• Website: [www.elproyecto.us](http://www.elproyecto.us) |
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| **Herald Christian Health Center** | • Provide emergency dental services via telehealth and in-person at Rosemead site.  
• Provide services to people from the San Gabriel Valley residents (including Chinese and Vietnamese-speaking individuals)  
• Call for an appointment. | **Hours:** M-F 8:30am-5pm,  
Sat 8am-4pm  
**Phone:** (626)286-8700  
**Website:** http://hchcla.org  
**Address:** 3401 Aerojet Ave. El Monte, CA 91731 |
| **Parktree Community Health Center** | • Provide emergency dental services via telephone, telehealth and in-person.  
• Provide services with Medi-Cal, Medi-Cal managed care, Medicare, sliding fee and MHLA.  
• Call for appointments. | **Hours:**  
**Medical:** M-Sat. 8am-9pm  
**Behavioral Health:** M-F 9am-5pm  
**Dental:** Tue-Sat. 8am-4:30pm (Holt Ave. Site Only)  
**Website:** parktreechc.org  
**Phone:** (909)650-7927 |
| **Joyful Adult Day Health Care** | • Provide adult day healthcare.  
• Limited services for existing participants via telephone. | **Hours:** 24/7  
**Phone:** (626) 333-2222 |
| **Mikkon ADHC** | • Provide adult day healthcare.  
• Services limited to existing emergency phone calls only from existing participants via telephone. | **Hours:** Limited  
**Phone:** (626) 967-0812 |
| **Pomona CBAS ADHC** | • Provide adult day healthcare.  
• Limited services for existing participants via telephone. | **Hours:** Limited  
**Phone:** (909)623-7000 |
| **Spring CBAS ADHC** | • Provide adult day healthcare.  
• Services limited to telehealth and meal services for enrolled and priority clients only. | **Hours:** M-Friday 9am-1:30pm  
**Phone:** (626) 965-7835 |
| **Well and Fit Adult Day Health Care** | • Provide adult day healthcare.  
• Limited services (care coordination, triage) for existing participants via telephone and email. | **Hours:** Limited  
**Phone:** (909)860-0061 |
| **Buddhist Tzu Chi Health Center** | • Provide emergency dental services via telephone, telehealth and in-person.  
• Provide services with Medi-Cal, Medi-Cal managed care, Medicare, sliding fee and MHLA.  
• Call for appointments.  
• Alhambra - free clinic for medical & dental care | **Address:** 1000 S. Garfield Ave  
Alhambra, CA - 91801  
**Hours:** 9:00am-2:00pm  
**Website:** https://www.freclinics.com/det/buddhist-tzu-chi-free-clinic  
**Phone:** (626) 281-3383 |
| **ChapCare Fair Oaks** | • Provides programs & Services, Comprehensive Healthcare, Referrals, Community Education and Outreach, Health Insurance Enrollment, Women's Health, Pediatrics, Family Medicine, Behavioral Health, Dental Care, Specialty Care, & Pharmacy. | **Address:** 1855 N Fair Oaks Ave # 200, Pasadena, CA 91103  
**Hours:** 8:00am-5:00pm  
**Website:** https://www.chapcare.org/  
**Phone:** (626) 398-6300 |
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| **HealthRIGHT 360-Prototypes** | Provides primary medical care, mental health services, substance use disorder treatment, social support and re-entry, and dental. | Address: 2650 E Foothill Blvd, Pasadena, CA 91107  
 Hours: 8:00am-5:00pm  
 Phone: (626-557-2261)  
 Website: https://www.healthright360.org |
| **El Monte Health Center** | Provides emergency dental services via telephone, telehealth and in-person.  
 Provide services with Medi-Cal, Medi-Cal managed care, Medicare, sliding fee and MHLA.  
 Call for appointments.  
 Alhambra - free clinic for medical & dental care. | Address: 1000 S. Garfield Ave  
 Alhambra, CA - 91801  
 Hours: 9:00am-2:00pm  
 Website: https://www.freeclinics.com/det/buddhist-tzu-chi-free-clinic  
 Phone:(626) 281-3383 |
| **ChapCare Fair Oaks** | Provides programs & Services, Comprehensive Healthcare, Referrals, Community Education and Outreach, Health Insurance Enrollment, Women's Health, Pediatrics, Family Medicine, Behavioral Health, Dental Care, Specialty Care, & Pharmacy. | Address: 1855 N Fair Oaks Ave # 200, Pasadena, CA 91103  
 Hours: 8:00am-5:00pm  
 Website: https://www.chapcare.org  
 Phone: (626) 398-6300 |
| **City of El Monte Health & Wellness Programs** | Provide and offers health exercise programs such as Hatha Yoga and physical fitness for older adults. | Address: 11333 Valley Boulevard  
 El Monte, CA 91731  
 Hours: 9:00am-2:00pm  
 Phone: (626) 580-2002 |
| **Lineage Performing Arts Center** | Lineage provides free dance, voice and acting classes tailored for adults with neurodegenerative diseases like Parkinson’s, MS, and stroke.  
 All ages are invited, but our free classes are tailored towards adults with neurodegenerative diseases, generally ages 45+ years old.  
 Our Dance for Joy program is specifically designed for adults with neurodegenerative diseases like Parkinson’s, MS, TBI and stroke. It is tailored for persons using wheelchairs and rollator, as well as persons without physical disabilities. Our whole facility is ADA compliant. | Address: 920 E. Mountain St., Pasadena CA 91104  
 Phone: 626-844-7008  
 Email: info@lineagepac.org |
| **Day One** | Day One is a local non-profit that focuses on public health. Services include: health oriented programs, substance use prevention and education, Life Skills Training, environmental education and advocacy, youth development, bike and pedestrian safety, violence prevention, tobacco control and internship opportunities to youth and college students.  
 Day One helps communities advocate for change by empowering youth and families through policy recommendation, providing workshops, civic engagement education, mentorship, and family events that build a more connected community. | Address: 175 N Euclid Ave, Pasadena, CA 91101  
 Phone: (626) 229-9750.  
 Email: ChristyegoDayOne.org  
 Website: https://www.godayone.org  
 Hours: 10:00am-6:00pm  
 Youth Advocate program meets on Wednesdays from 4:30-5:30pm |
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| Young and Healthy Pasadena | • Provide medical, dental, and mental health treatment and services to low-income families.  
• Provide enrollment assistance for Covered CA or Medi-Cal and navigation and education by providing support while identifying the type of services people have depending on their insurance.  
• Prevention and education Services are also available for dental programs, trauma informed care, referral references, and community partner outreach. | • Website: https://yhpasadena.org/who-we-are/our-services/  
• Phone: (626)795-5166 |
| Herald Christian Health Center | • Provide emergency dental services via telehealth and in-person at Rosemead site.  
• Provide services to people from the San Gabriel Valley residents (including Chinese and Vietnamese-speaking individuals)  
• Call for an appointment. | • Hours: M-F 8:30am-5pm, Sat 8am-4pm  
• Phone: (626)286-8700  
• Website: http://hchola.org |
| JWCH Wesley Health Center- Pasadena, Michael Antonovich Dental Clinic | • Provide emergency dental services via telehealth and in-person at Rosemead site.  
• Provide services to the San Gabriel Valley residents (including homeless, HIV+)  
• Accept Medicare, LA County HMO Plans, and sliding cash discount.  
• Call for an appointment. | • Hours for dental emergency: Tue/Thu 8am-5pm  
• Phone: (626)744-6140  
(626) 733-5924 (Call Center)  
• Website: jwchinstitue.org/primary-medical-care/wesley-health-centers-pasadena/ |
## SHOWER/HYGIENE

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| **Jackie Robinson Community Center** | • Services are offered free of charge or for a nominal fee. Health insurance counseling and advocacy, annual flu shots and health fairs, general information and referrals to other social services available, substance abuse counseling and referrals, case management, emergency assistance to low income families, senior advocacy, Social Security/SSI information and assistance with application forms, income tax assistance and recreational and cultural activities | • **Address:** 1020 N Fair Oaks Ave. Pasadena, CA 91103  
• **Hours:** 8:00am-8:00pm  
• **Phone:** (626) 744-7300  
• **Website:** https://www.cityofpasadena.net/human-services/parks/jackie-robinson-center/ |
| **Friends In Deed**         | • Provide services including food pantry, womens shelter, bad weather shelter, eviction prevention and rental assistance and street outreach and housing. | • **Address:** 444 E Washington Blvd. Pasadena, CA 91104  
• **Hours:** 9:00am-4:00pm  
• **Phone:** (626) 797-2402  
• **Website:** https://friendsindeedpas.org |
| **AltaMed (for dental health)** | • Provides complete dental services including emergency services  
• Offers preventive services and dental care for older adults | • **Address:** 10418 Valley Blvd. Ste B El Monte, CA, 91731  
• **Hours:** 8:00am-5:00pm  
• **Phone:** (888) 499-9303  
• **Website:** https://www.altamed.org/ |
| **Laundry Love**            | • Laundry Love washes the clothes and bedding of low/no income families and person(s) across the US. We brighten the lives of thousands of people through love, dignity, and detergent by partnering with diverse groups and laundromats nationwide. | • **Address:** 2256 Colorado Blvd., #106, Los Angeles 90041  
**Hours:** every 3rd Tuesday of month, 6:00pm to 8:00pm.  
8am-4:30pm (Holt Ave. site only)  
• **Website:** https://laundrylove.org  
• **Phone:** (818) 935-4317 |
| **Holy Family South Pasadena** | Provides hygiene resources/showers to the public every Wednesday from 8:30am-12:30pm. | • **Address:** 1520 Fremont Ave., South Pasadena 91030  
• **Hours:** Every Wednesday 8:30am to 12:30pm  
• **Phone:** (626) 799-8908  
• **Website:** https://holyfamily.org |
| **NELA Drop-In Center**      | • Provides hygiene resources/showers to the public every Wednesday from 8:30am-12:30pm.  
• Also offers a youth program, food drive, backpack drive, toy-drives, adopt a family, adopt a senior, adopt an unhoused neighbor programs. | • **Address:** 5619 Monte Vista St. Los Angeles 90042  
• **Hours:** 10:00am-5:00pm; Every Saturday, 9:00am to 12:00pm  
• **Phone:** (323) 287-7398  
• **Website:** https://nela-community.business.site |
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| Trejo's Clinical Solutions Inc. | • Bilingual (English & Spanish)  
• Serves undocumented and other disadvantaged populations.  
• Psychotherapeutic Services: Mental Health Therapy, Victims of Crime, Trauma Based Psychological Evaluations, and Family/Marital Therapy. | • Appointment only, including weekends.  
• Email: david.trejo.lcswe@icloud.com  
• Phone: (323)333-5749 |
| BRIDGES | • Provide mental health and supportive services to children, transitional age youth, and families who are Medi-Cal eligible in Los Angeles County.  
• Services provide via phone, telehealth, and other as determined necessary. | Email: sdiminguez@bridgesrehab.org  
(intake coordinator)  
Phone: (909)623-6651 x110  
(626) 350-5304 x510 or x523  
Hours: M-F 9am-5pm, some Sat. |
| CIFHS-The Family Center | • Provide mental health and behavioral health services (individual and group therapy, psychiatry, case management, evaluations, anger management, parenting, domestic violence classes) to children and families with Medi-Cal.  
• Services are provided via phone or in-person. | Phone: (626) 966-1577  
Hours: M-W 9am-9pm, Thru. 9am-7pm, Friday 9am-5pm  
Website: www.cifhs.org |
| David & Margaret Youth and Family Services | • Provide mental health services: assessments, therapy, case management linkage, and psychiatric medication to children, adolescents, young adults (Thru age 20) who are medical eligible in areas like Azusa, Claremont, Covina, Dimond Ranch, Glendora, LaVerne, Pomona, San Dimas, W. Covina.  
• Services are provided via phone or teletherapy. | Phone: (909)596-5921  
Hours: M-F 8:30am-5pm  
Website: www.davidandmarget.org |
| DMH- Arcadia Mental Health Center | • Provide mental health services (5150, medications, phone evaluations, hospital and jail discharges)  
• Provide services to people who are discharged from hospitals and crisis/5150. | Hours: M-F 8am-5pm  
Phone: (6626) 254-1400 |
| DMH-East San Gabriel Valley Mental Health | • Provide mental health services to discharged individuals from hospitals and crisis/5150.  
• On-site services are limited to emergency (5150), hospital and jail discharges. | Hours: M-F 8am-5pm  
Phone: (626) 430-2900 |
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| **ENKI Youth & Family Services** | • Provide mental health services to children and adults (up to age 21) with Medi-Cal and individuals with no insurance on a case-by-case basis.  
• Services include: therapy, collateral services, case management and medication services.  
• Services are provided via telephone or telehealth, only crisis or high risk or clinically needed services are provided in person. | • Hours: M-F 8am-5pm  
• Address: 3208 Rosemead Blvd. El Monte, CA 91731  
• Phone: (626) 227-7001 / (626-227-7012- Hospital Discharges)  
• Website: https://www.enkihealth.org |
| **ENKI La Puente Valley Mental Health Center** | • Provide outpatient mental health services to adults with Medi-Cal.  
• Some services are provided via phone or telehealth. | • Hours: M-F 8am-5pm  
• Phone: (866)227-1302  
• Website: www.ehrs.com |
| **Feel Well Empowerment Center** | • Provide mental health services and mensternal health services to pregnant women and families.  
• Services are provided via phone, web. and telehealth. | • Hours: M-F 9:30am-7:30pm  
• Phone: (800)488-3414  
• Website: www.thefeelwell.com  
• Email: hello@thefeelwell.com  
• Social Media: @thefeelwell |
| **Foothill Family Services** | • Foothill Family’s programs support multiple stages of human development with a holistic approach to care. Dynamic and transformational services often intersect and overlap to provide a robust continuum of care for our clients within four key programmatic areas – early childhood development, mental health care, school-based services, and youth and family services. Ages 0-17 and 65-74 years old. | • Phone: 626-993-3034 Option 4  
• Hours: Mon-Friday 8:30am-4:45pm  
• Website: www.foothillfamiliy.org  
• Email: mwilliams@foothillfamily.org  
• Address: 2500 E. Foothill Blvd. Suite 300 Pasadena, CA 91107  
• English/Spanish |
| **Herald Christian Health Center** | • Provide mental health services residents of the San Gabriel Valley including Chine and Vietnamese-speaking individuals.  
• Services are provided via telehealth and in-person at Rosemead site.  
• Call for appointment | • Phone: (626)286-8700  
• Hours: M-F 8:30am-5pm  
• Website: www://hchcla.org |
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| **Heritage Clinic** | Provide outpatient mental health services, behavioral health services and dementia care to adults age 55+ and their families. | • Hours: M-F 8:30am-5pm  
• Phone: (626)577-8480 Option "0"  
• Website: www.heritageclinic.org |
| **JWCH Wesley Health Center- Pasadena** | Provide mental health and behavioral health services via telehealth and in-person.  
Provide services to people from the San Gabriel Valley residents (including homeless, HIV+)  
Accept Medicare, LA County HMO Plans, and sliding cash discount.  
Call for an appointment. | • Hours:  
• Mental Health: M/W 8:30am-1:30pm  
• Behavioral Health: M/Tue 8am-5pm  
• Phone: (626)744-6140 x 5220 (Call Center)  
• Website: jwchstitute.org/primary-medical-care/wesley-health-centers-pasadena/ |
| **Maxim Healthcare Services** | Provide behavioral health services to children with developmental and other needs with autism and ADHD via telehealth and in-person. | • Phone: (909)618-0974  
• Hours: Mon–Friday 8am–5pm  
• Website: www.maximhealthcare.com |
| **Pacific Clinics** | Provide mental health services for existing clients and psychiatric hospital discharges (including Drop-in Center) provided via telephone and telehealth.  
On-site services for crisis, emergency intakes, medication support, hospital discharge intakes, by appointment only.  
Free to Medi-Cal users 60+, (626) 441-4221 and ask for Alejandra Quintero. 66 Hurlbut St for referrals, contact Dominique Salido directly (for 60+ clients only) - (626) 802-8558 for any aged clients - (877) 722-2737 | • Address: 691 E Washington Blvd, Pasadena, CA 91104  
• Phone: 1-877-PC-CARES (722-2737)  
1(877) 722-2727  
1(626)337-3828 (Drop-in Center)  
• Hours: 9am–5pm (telehealth and telephone)  
9am–4pm (on-site at limited locations or by appoint. only) 5–9pm (after hours on-call for existing clients)  
• Website: https://www.pacificclinics.org/find-support/mental-health-treatment |
| **Parktree Community Health Center** | Provide behavioral health services to individuals with Medi-Cal, Medi-Cal managed care, Medicare, sliding fee and MHLA via telephone, telehealth and in-person visits. | • Hours for Behavioral Health:  
M-F 9am–5pm  
• Phone: (909)630-7927  
• Website: parktreeehc.org |
| **Prototypes-Prevention and Aftercare** | Provide mental health, substance use disorder and FSP services to parents and guardians of minor children in the San Gabriel Valley.  
Some services provided in-person, web. or phone, and Prevention and Aftercare services only via phone. | • Hours: M-F 8:30am–5pm  
• Phone: (909)873-9911  
• Website: www.prototypes.org  
• Email: Sportere@prototypes.org |
MENTAL HEALTH/BEHAVIORAL HEALTH

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| **Redeemed Life Church- Celebrate Recovery** | • Provide services to anyone struggling with hurt, pain or addiction.  
• Services provided included Christ-Centered, 12 Step Recovery Program via online, and email. | • Phone: (909)618-0974  
• Hours:  
• Weekly Encouragements Thr. 7pm (FB Live) and Small Group Meeting Thr. 8pm (via Zoom)  
• Email: CRe RedeemedLife.Church  
• Facebook: Redeemedlife.church/LIVE |
| **Social Model Recovery Systems** | • Provide Residential and Outpatient treatment services for substance use disorders and co-occurring disorders to adults (including women who may be pregnant and women with children)  
• Outpatient El Monte (MVO): (626)636-2370  
• Outpatient Covina (RCC): (626)974-8123  
• Pasadena (PCADD): (626)733-4364  
• Women Residential (Stepping Stones): (626)858-4920  
• Men Residential (Omni Center): (626) 453-3406  
• Co-occurring Residential (River Community): (626)974-8123 | • Phone: (626)332-3145 (main)  
• Hours: M-F 8am-5pm (24 hour Services for residential treatment)  
• Website: www.socialmodel.com |
| **SPIRITT Family Services** | • Provide behavioral health services, mental health services, substance use treatment and family services to infants, children, youth, young adults, and their families via telephone, text, zoom, and email. Limited in-person services.  
• Call to schedule an appointment. | • Hours: M-F 9am-5pm  
• Phone: (626)442-1400  
• Website: www.spiritt.org |
| **Teenline** | • Hotline staffed by trained teen and supervised by mental health professional, virtual presentations, and resources for parents.  
• Services are provided to teens and parents via text, email, and web. | • Hours: 6pm-9pm  
• Phone: Text ‘TEEN’ to 839863  
• Website: teenlineonline.org  
• Email: sara@teenlineonline.org  
• Message boards: teenlineonline.org/board |
| **Tri-City Mental Health-Wellness Center** | • Provide mental health and wellness services to the residents of Pomona, La Verne and Claremont.  
• Services are provided via telehealth, telephone, and in-person counseling (limited). Support groups available remotely soon. | • Phone: (909)618-0974  
• Hours: 8am-5pm  
• Phone: (888) 436-3246 (Community Navigators)  
(909) 623-6131 (24-hours crisis; 8am-5pm non-crisis- Chris Anzalone).  
Website: www.tricitymhs.org |
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| **The Whole Child Home Visiting Program** | • Provide mental health, family housing, parent enrichment and nutrition education services via phone or virtually to parents with children from prenatal to 3 years old. | • Hours: M-F 8am-6pm  
• Phone: (626) 204-6175  
• Website: www.thewholechild.org  
• Email: twhomevisiting@thewholechild.org  
• Social Media: @TheWholeChild |
| **Uplift Family Services** | • Provide comprehensive behavioral and mental health intake and services via phone or telehealth to children ages 0-20 who have full scope LA County Medi-Cal and reside in San Bernardino County. | • Hours: 8am-5pm  
• Phone: (909)226-2807  
• Website: upliftfs.org |
| **West Covina Mental Health Services-Children's Bureau** | • Provide mental health services (therapy, collateral, psychiatric support, case management) to children and adolescents age 0-21 via telephone, telehealth and video chatting. | • Phone: (213)442-4547  
• Hours: M/Thr. 8:30am-7pm, Tue/Wed 8:30am- 9pm, Fri. 8:30am-4pm  
• Email: katherinperez@all4kids.org |
| **Rose City Counseling-Sliding Scale** | • Rose City Center is devoted to improving our community through our top-notch training program and our passionate commitment to mental health. Founded in May 2004, Rose City Center is a nonprofit licensed psychology clinic that serves low-to-moderate income residents of the San Gabriel Valley and greater Los Angeles County. | • Address: 595 E Colorado Blvd #418, Pasadena, CA 91101  
• Hours: M-F 7:00am-9:00pm  
• Phone: (626) 793-8609  
• Website: https://www.rosecitycenter.org/ |
| **HealthRIGHT 360** | • Residential or outpatient substance use disorder treatment | • Address: 2650 E Foothill Blvd, Pasadena, CA 91107  
• Hours: 8am-5pm  
• Phone: (626)577-2261  
• Website: https://www.healthright360.org/content/mental-health |
### MENTAL HEALTH/BEHAVIORAL HEALTH

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<td><strong>Huntington Hospital-</strong></td>
<td>- Our Della Martin Center provides inpatient and outpatient mental health services and chemical dependency recovery services, thoughtfully structured around each patient’s needs.</td>
<td>- <strong>Address:</strong> 760 S Pasadena Ave, Pasadena, CA 91105&lt;br&gt;- <strong>Phone:</strong> (626) 397-2305&lt;br&gt;- <strong>Hours:</strong> 24/7&lt;br&gt;- <strong>Website:</strong> <a href="https://www.huntingtonhospital.org/our-services/mental-health/">https://www.huntingtonhospital.org/our-services/mental-health/</a></td>
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<tr>
<td><strong>Della Martin Center</strong></td>
<td>- We offer the confidentiality and comfort of our modern behavioural health facilities with excellent and compassionate care health care.</td>
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<tr>
<td><strong>Five Acres</strong></td>
<td>- Provide foster care and adoptions resources, community-based services including mental health, community-based specialty services, deaf services, and private health care services.</td>
<td>- <strong>Address:</strong> 760 Mountain View St, Altadena, CA 91001&lt;br&gt;- <strong>Phone:</strong> (626) 798-6793&lt;br&gt;- <strong>Hours:</strong> 8:00am-8:00pm&lt;br&gt;- <strong>Website:</strong> <a href="https://5acres.org/programs/">https://5acres.org/programs/</a></td>
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<td><strong>Hillsides</strong></td>
<td>- Offers the following services: Hillside Cares, Educational Center, Family Resource Centers, Residential Treatment Services, Youth Moving On, Foster Care and Adoptions, Trauma Informed Care, and mental healthcare for children and parents</td>
<td>- <strong>Address:</strong> 940 Avenue 64 Suite A, Pasadena, CA 91105&lt;br&gt;- <strong>Phone:</strong> (323) 254-2274&lt;br&gt;- <strong>Website:</strong> <a href="https://www.hillsides.org/programs/family-resource-centers">https://www.hillsides.org/programs/family-resource-centers</a></td>
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<td><strong>CalHope @USC Telehealth</strong></td>
<td>- CalHOPE delivers crisis support for communities impacted by a national disaster. This is a Crisis Counseling Assistance and Training Program, Individual and Group Crisis Counseling and Support, Individual and Public Education, Community Networking and Support, Connection to Resources, and Media and Public Service Announcements.</td>
<td>- <strong>Address:</strong> Telehealth&lt;br&gt;- <strong>Email:</strong> <a href="mailto:usc.telehealth@usc.edu">usc.telehealth@usc.edu</a>&lt;br&gt;- <strong>Hours:</strong> 24 Hours&lt;br&gt;- <strong>Phone:</strong> (833) 317-HOPE (4673)/ (866) 740-6502 &lt;br&gt;- <strong>Website:</strong> <a href="https://www.calhope.org/pages/current-services.aspx">https://www.calhope.org/pages/current-services.aspx</a></td>
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<td><strong>Los Angeles Mental Health hotline</strong></td>
<td>Services offered: Free online counseling support services.</td>
<td>Address: Telehealth  Phone: (800) 854-777  Hours: 24/7</td>
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<td><strong>La Vie Counseling Center</strong></td>
<td>Christian counseling center that offers therapy services to adults, children, teens, couples and families. Serves all age groups from 0-75+ years old. Provides services for people who are neuro-atypical including ADHD and those on the autism spectrum. Programs include integrated mental health outpatient services, psychotherapy, and medication support.</td>
<td>Address: 650 Sierra Madre Villa Ave. Suite 110, Pasadena, CA 91107  Phone: (626) 351-9616 x130  Hours: 24/7  Website: <a href="https://www.laviecounseling.org">https://www.laviecounseling.org</a></td>
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<tr>
<td><strong>Alma Family Services (for mental health/behavioral health)</strong></td>
<td>Services offered: Free online counseling support services.</td>
<td>Address: 4024 Durfee Ave Wing D  Phone: (626) 279-2530  Website: <a href="https://almafamilyservices.org">https://almafamilyservices.org</a></td>
</tr>
<tr>
<td><strong>Los Angeles Mental Health hotline</strong></td>
<td>Services offered: Free online counseling support services.</td>
<td>Address: Telehealth  Phone: (800) 854-777  Hours: 24/7</td>
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<td><strong>BRIDGES Rehabilitation</strong></td>
<td>Provides the following services: prevention and early intervention, outpatient care services, full-services partnership, and residential services.</td>
<td>Address: 11927 Elliott Ave. El Monte, CA 91732  Phone: (909)623-6651  Hours: 8:00am-4:30pm  Website: <a href="https://www.bridgesrehab.org/">https://www.bridgesrehab.org/</a></td>
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<td><strong>D’Veal Family and Youth Services</strong></td>
<td>Comprehensive out-patient mental health services to children and families. Services include assessment and referral, individual and family therapy utilizing evidence-based practices, group therapy, psychological assessment, psychiatric evaluation and medication consultation. Population served: kids-24 years old.</td>
<td>Address: 2750 E. Washington Blvd., Suite 230 Pasadena, CA 91107  Phone: (626) 296-8900  Hours: 24/7  Email: <a href="mailto:jmccall@dveal.org">jmccall@dveal.org</a>  Website: <a href="http://www.dveal.org">www.dveal.org</a>  English, Spanish and Armenian</td>
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| **College Access Plan (CAP)** | • CAP offers a Drop-In programs where students in four PUSD high schools can have a one-to-one college advising.  
  • Some key focused services involve providing support to students before they apply to college and during the process of applying to college.  
  • The support involves helping students submit a financial aid application, identifying scholarships, college application assistance, review of scholarship essays or personal statements, housing assistance, and anything college related.  
  • CAP also helps identify alternative educational option for students, provide workshops and test preparations. | • Phone: (626) 398-8500  
  • Website: [https://collegeaccessplan.org](https://collegeaccessplan.org) |
| **Pasadena Public Library** | • Provide resources to anyone interested.  
  • Provide workshops online, instrument rental, e-books, burbside pick up option available. | • Phone: (626) 81744-4066  
  • Website: [https://www.cityofpasadena.net/library](https://www.cityofpasadena.net/library)  
  • Address: 285 East Walnut Street  
  • Curbside Hours: M/W/F/Sat 9am-1pm, Tu/Thur 1pm-5pm. Sun. Closed |
| **Azusa City Library** | • Provides information assistance, electronic databases (VetNow, Mango Language Learning, Local Newspaper Archives, research), ebooks and audiobooks.  
  • Services are provided via telephone, email, or web. | • Phone: (626) 812-5232  
  • Website: [www.ci.azusa.ca.us/Library](http://www.ci.azusa.ca.us/Library)  
  • Email: NC@azusacca.gov |
| **Boys & Girls Club of Pasadena** | • BGCP provides after school and Summer programs for kids 6-18  
  • Focus on Academic Success, Healthy Lifestyles, and Good Character and Leadership  
  • Activities and programs include homework help, mindfulness, arts, STEM, robotics, sports and games, computer lab, and MORE!  
  • Snacks and meals included  
  • Two main Clubhouses in Pasadena + 2 school site programs at Odyssey Charter Schools  
  • Program runs year-round from school dismissal until 6:30 p.m. | • Admin offices: 3230 E. Del Mar Blvd., Pasadena, CA 91107  
  • Phone: (626) 449-9100  
  • Website: [www.bgcpasadena.org](http://www.bgcpasadena.org) |
| **Axia Project** | • Online tutoring services. | • Address: 1719 Glen Ave., Pasadena, CA  
  • Age: 12-17 years old  
  • Phone: 626-429-2296  
  • Website: [info@axiaproject.org](mailto:info@axiaproject.org) |
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| Fellowship Center for Racial Reconciliation | The Fellowship Center for Racial Reconciliation is committed to the evolving and ongoing work of reconciliation which includes the practices of truth-telling, repentance, repair, healing and forgiveness. Its aim is to build an ever enlarging community of people committed to gospel reconciliation through collaborative efforts and embodied practices. We do this through experiential learning opportunities, sharing stories from the margins, and looking at our past in a way that acknowledges the historical wounds in order to advocate for a just future. | Phone: 626.239.8109  
Address: 1599 Navarro Ave Pasadena CA 91103  
Website: https://madeforfellowship.com/reconciliation/  
Target population: 18 years old-75+ years old. |
| Day One | Day One is a local non-profit that focuses on public health. Services include: health oriented programs, substance use prevention and education, Life Skills Training curriculum, environmental education and advocacy, youth development, bike and pedestrian safety, violence prevention, tobacco control and internship opportunities to youth and college students. Day One helps advocate for change by empowering youth and families through policy recommendation, providing workshops, education, mentorship, free family oriented events, toy drives and many more. | Address: 75 N Euclid Ave, Pasadena, CA 91101  
Phone: (626) 229-9750  
Email: Christy@godayone.org  
Website: https://www.godayone.org  
Hours: 10:00am-6:00pm  
Youth Advocate program meets on Wednesdays from 4:30-5:30pm |
| Altadena Arts | Altadena Arts promotes public art, produces an arts festival, and provides in-school arts education programs. Provides services to all ages. Our programs are accessible differently-abled individuals and can be modified if necessary. Altadena Arts is an arts organization and there was no program category listed. | Address: 2591 Fair Oaks Ave #403, Altadena, CA 91001  
Phone: 626-765-5705  
Website: altadenaarts.org  
Email: eugene@altadenaarts.org |
| Resources for Infant Educators | We provide education to parents and professionals on respectful care for infants and toddlers. Serves population under 12 years old. | Address: 65 s grand ave Pasadena ca 91105  
Main Offices: 3230 E. Del Mar Blvd., Pasadena, CA 91107  
Phone: 626-345-6210  
Website: www.rieorg  
Email: michelle.mapp@rie.org |
| Pasadena Altadena Coalition of Transformative Leaders | Online tutoring services. | Address: 1719 Glen Ave., Pasadena, CA  
Age: 12-17 years old  
Phone: 626-429-2296  
Website: info@axiaproject.org |
Thrive Learning Lab
NW Pasadena

An After-School and Summer 8 week Day Camp with a mission to cultivate young minds to receive excellence on their life long journey through Education, Relationships and Community. We do this by ensuring the confidence needed. After school for our kids Monday through Thursday to succeed is invested into them through our program. We also want to provide a space to empower and engage parents to learn how to navigate their public school pipeline system that their children will be travelling through from Pre K through to 12th grade. All our programs seeded and developed from a biblical foundation from the Word - Corinthians 12:31.. "And yet I will show you a more excellent way".

- Phone: 626-487-7259
- Address: 169 East Orange Grove, Pasadena, CA, 91104
- Website: www.thrivelearninglabnwpasadena.com
- Email: adjoasvision@gmail.com
- English, Spanish

Serves ages: 0-17 years old

Pasadena Unified School District, Family

- Parent University classes and workshops on a wide variety of topics to support your child’s academic journey. Adult education classes including English as a second language, CTE Career Technical Educational Training Programs, and high school diploma and GED classes. Family Resource Center tools, learning guides, and other information to keep families informed about the latest resources to help their child learn and excel in school.
- Involvement opportunities, including school volunteer processing services and support for parent committees to partner with schools and the district to lead continuous growth. Referrals to a wealth of district resources and services, including school enrollment, families in transition for families experiencing homelessness, student wellness services, tutoring, and after-school and summer programs.
- Pasadena Unified School District is committed to the educational success of all students. The special education department provides services from Early Start (infant) through age 22 years in the Adult Transition and Workability programs.

- Address: 351 S. Hudson Avenue, Room 121
- Phone: 626.396.3600 ext: 88191
- Website: pusd.us/family, pusd.us/familia
- Email: familycenter@pusd.us
- Ages: 0-75+
The African American Parent Council (AAPC) is a coalition of Pasadena Unified parents, students, and community stakeholders. The AAPC respects and embraces the diverse cultures of the Pasadena community, facilitates educational equity and improvements in academic outcomes, values varied forms of parent involvement to foster the healthy development of all students, and provides the tools and skills necessary for families to access information to purposefully participate in a rapidly changing world.

The AAPC has two signature programs:

- Math Power Hour, a math intervention program for the district’s earliest learners (grades 1-2)
- The Black History Living Museum, a culturally responsive enrichment experience for upper elementary school students (grades 3-5)

The AAPC also takes action against educational policies that negatively impact Black students and families, including successfully advocating to revise the district’s suspension policy to reduce Black disproportionality in suspensions.

The AAPC meets monthly (on the 1st Tuesday of the month) as a full body. These meetings include engaging speakers and parent-to-parent discussions that focus on educational issues that center Black students and families. All are welcome to attend these virtual meetings. Please visit aapcpusd.com to get the recurring meeting link.

**Pasadena African American Council (Pasadena AAPC)**

**Website:** www.aapcpusd.com

**Email:** info@aapcpusd.com
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<td><strong>Day One</strong></td>
<td>• Day One is a local non-profit that focuses on public health. Services include: health oriented programs, substance use prevention and education, Life Skills Training curriculum, environmental education and advocacy, youth development, bike and pedestrian safety, violence prevention, tobacco control, tutoring and internship opportunities for youth and college students. • Day One helps advocate for change by empowering youth and families through policy recommendation, providing workshops, education, mentorship, free family oriented events, toy drives and many more.</td>
<td>• <strong>Address:</strong> 175 N Euclid Ave, Pasadena, CA 91101 • <strong>Phone:</strong> (626) 229-9750 • <strong>Email:</strong> ChristyegoDayOne.org • <strong>Website:</strong> <a href="https://www.godayone.org">https://www.godayone.org</a> • <strong>Hours:</strong> 10:00am-6:00pm • <strong>Youth Advocate program meets on Wednesdays from 4:30-5:30pm</strong></td>
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<td><strong>CITY OF SOUTH EL MONTE COMMUNITY SERVICES DEPARTMENT</strong></td>
<td>• The department provides recreational programs for people of all ages who live in South El Monte such as aerobic (adults), arts and crafts (youth), dance instruction (children), drop-in child care, homework health programs, &amp; leisure activities/recreation for youth &amp; adults.</td>
<td>• <strong>Address:</strong> 1530 Central Ave. South El Monte, Los Angeles 91735 (Physical) • <strong>Phone:</strong> (626) 579-2043 (Recreation and Community Center) • <strong>Hours:</strong> Mon-Fri, 1:00 pm to 8:00 pm. • <strong>Website:</strong> <a href="http://www.ci.south-el-monte.ca.us">www.ci.south-el-monte.ca.us</a></td>
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<td><strong>YMCA San Gabriel Valley Service Center</strong></td>
<td>• Senior services, domestic violence services, mental health and case management services.</td>
<td>• <strong>Phone:</strong> Senior Services 24-Hour Message Line (626) 214-9465 • <strong>Website:</strong> <a href="https://www.ywcasgv.org/senior-services/">https://www.ywcasgv.org/senior-services/</a></td>
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<td><strong>El Monte Library</strong></td>
<td>• In-person and telephone research assistance, online homework assistance. Programing available for kids and families.</td>
<td>• <strong>Address:</strong> 3224 Tyler Ave El Monte, CA 91731 • <strong>Phone:</strong> (626) 444-9506 • <strong>Hours:</strong> Tues-Sat 10 am-6 pm • <strong>Website:</strong> <a href="https://lacountylibrary.org/el-monte-library/">https://lacountylibrary.org/el-monte-library/</a></td>
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## FAITH-BASED SERVICES

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| Holy Family Giving Bank | • Provides services to low income from local communities (Zip Codes: 91030, 90032, 91801, 91803) and homeless.  
• Provide food bank, live stream of masses, and other services.  
• Services are provided online and in person. | • Hours: 9am-3pm  
• Phone: (626) 403-6140  
• Website: holyfamily.org |
| Hope Unlimited          | • Provides online services including a kids curriculum and digital life groups. | • Hours:  
  - English: Sun. 9am, 10:30am, 12pm, 2pm  
  - Spanish: Tue/Thur 7pm  
• Phone: (626) 372-2330  
• Website: hopeuc.com/la  
• Online Services: hopeucla.online.chrch |
| Glenkirk Church         | • Provides livestream services to anyone via website.                       | • Hours: Sun. 9am, 10:45am  
• Website: www.glenkirkchurch.org |
| Reedem Life Church      | • Provide services to all families in need via livestream services on social media, email, web, phone. | • Hours for Online Services:  
  - Sun 11am/ Thur. 7pm  
• Website: www.glenkirkchurch.org |
| The Santa Anita Church  | • Provide individual telephone prayer services for anyone.                 | • Hours:  
  - Mon-Fri. 9:30am–2:30pm  
  (626) 446-8206 x 16  
  - Mon-Fri. 3-8pm, Sat./Sun. 10am-8pm  
  (626) 324-0253 |
## FAITH-BASED SERVICES

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<td><strong>Hoving Home</strong></td>
<td>• We offer a safe place of love and transformation by the power of Jesus Christ. We are a faith based program. Long term residential treatment (6-9 months). • Daily biblical classroom study in our “Benton Academy” that deals with core issues • Parenting class • Anger Management Class • A structured daily work program that develops good work ethics • Extra-curricular activities • Career prep/GED* • Celebrate Recovery Group • Leadership Academy</td>
<td>• <strong>Hours:</strong> 9am-3pm&lt;br&gt;• <strong>Phone:</strong> 626.239.8109&lt;br&gt;• <strong>Website:</strong> <a href="mailto:sdeleon@hovinghome.org">sdeleon@hovinghome.org</a>&lt;br&gt;• <strong>Address:</strong> 127 S. El Molino Ave&lt;br&gt;• <strong>Phone:</strong> 626-405-0950&lt;br&gt;• <strong>Website:</strong> <a href="http://www.hovinghome.org">www.hovinghome.org</a>&lt;br&gt;• Services offered for 18+ years old.</td>
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| **Harambee Ministries** | • Harambee BEE Program provides tuition-free academic enrichment to underserved youth of color in Pasadena and its surrounding communities. The BEE Program serves scholars ages 6-17, and is dedicated to increasing academic success through rigorous tutoring and accountability. The Harambee BEE Program partners with Pasadena Unified School students and families to ensure they have access to a community of adults who are committed to advocating for their academic well-being. The BEE Program also provides culturally responsive curriculum for Eliot & Altadena Arts Magnet schools that empower scholastic improvement, character development, and intergenerational leadership for youth. Harambee Performing Arts (HPA) is a trailblazing creative arts branch of Harambee Ministries. With a focus on serving the Pasadena community, HPA strives to produce passionate artists through mentorship, and development of skills in music, dance, visual arts, theater training and performance to enrich, inspire and transform the lives of its students. Harambee provides creative outlets in their summer programs, after school enrichment, and community outreach efforts. | • **Email:** Ericka@harambee.org<br>• **Address:** 1609 Navarro Ave Pasadena, CA 91103<br>**Hours:** English:  
  Sun. 9am, 10:30am, 12pm, 2pm  
  Spanish: Tue/Thur 7pm<br>• **Phone:** 626-7987431<br>• **Website:** https://www.harambeeministries.org<br>• **Online Services:** hopeucla.online.church |
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| **Trejo’s Clinical Solutions Inc.** | - Bilingual (English & Spanish)  
- Psychological Evaluation Services and Expert Testimony, assistance with CA Victim Compensation applications.  
- Serves undocumented and other disadvantaged populations. | - Appointment only, including weekends.  
- **Email**: david.trejo.lcsw@icloud.com  
- **Phone**: (323)333-5749 |
| **LA District Attorney’s Office-Victim Services** | - Provide services to victims of violent crimes or any person needing information or resources.  
- Provide legal services (including referrals, assistance with CA Victim Compensation applications.  
- Services are provided via telephone. | - **Adriana Garcia**-Pomona  
- **Phone**: (909)620-3373  
- **Maria Foster**- El Monte, Temple City, Rosemead, Baldwin Park  
- **Phone**: (626)575-5565 |
| **Neighborhood Legal Services of LA County (NLSLA)** | - Provide legal services (housing, domestic violence, family law, immigration, public benefits assistance, health care access) to low income individuals via telephone. | - **Hours**: 9am-5pm  
- **Phone General Helpline**: (808) 433-6251  
- **Health Helpline**: (808)896-3202  
- **Pomona Self-Help Center**: (818) 485-0572  
- **Web**: www.nlsla.org  
- **Email**: PSHpublic@nlsla.org |
| **Neighborhood Legal Services-El Monte location** | - Resources: Provide legal aid, COVID-19 resources, Housing resources, Domestic Violence/Family resources, Public Benefits, Immigration, Clean Slate Initiatives, Worker’s Rights, Medical-Legal Partnership, Self-Help Centers, Disaster Assistance Project, Education Rights, Legal Workshops & Clinics. | - **Address**: 9354 Telstar Avenue  
- El Monte, CA 91731  
- **Website**: http://www.nlsla.org/ |
| **Pasadena/ Altadena Coalition of Transformative Leaders (P.A.C.T.L.)** | - Provide life services, food pantry via Champions for Healthy Families, services for professionals, and services for youth. | - **Website**: http://pactl.org/programs  
- **Email**: info@pactl.org  
- **Phone**: (626)765-91590  
- 236 West Mountain, Suite #201  
- Pasadena, Ca 91103 |
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| **Alzheimer's Association CA Southland Chapter** | - Provide educational programs, support groups, care consultations, information and referrals to individuals with Alzheimer's and dementia, including their families and caregivers.  
- Services are provided via phone and web. | - **Hours:** 24/7  
- **Phone:** (800)272-3900  
- **Web:** alz.org |
| **Azusa City Library-Neighborhood Connections Program** | - Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. | - **Phone:** (626) 812-5100  
- **Hours:** M-F 8:30am-5pm  
- **Web:** [www.ci.azusa.ca.us/1495/Neighborhood-Connections](http://www.ci.azusa.ca.us/1495/Neighborhood-Connections)  
- **Email:** Sserna@AzusaCA.gov |
| **Catholic Charities of Los Angeles Inc.-San Gabriel Region** | - Provide social services (CalFresh application, rental and utility assistance) via telephone and email.  
- Contact for eligibility screening. | - **Hours:** M-F 8:30am-5pm  
- **Phone:** (626)575-7652  
- **Email:** mcortez@ccharities.org (El Monte and Neighboring Cities)  
naclalaeccharities.org (Pomona and neighboring cities) |
| **Child Development Center at Fairplex** | - Provide free childcare services for first responders and essential workers to children age 1-12 year old (first responders and essential worker families).  
- Services provided at 1101 W. Mckinley Ave, Pomona (Gate 1).  
- Please call or email to request application. | - **Hours:** M-F 6am-6pm  
- **Phone:** (909)796-0157  
- **Email:** office@fumcpasadena.org |
| **First United Methodist Church, Pasadena** | - Provide educational programs, support groups, care consultations, information and referrals to individuals with Alzheimer's and dementia, including their families and caregivers.  
- Services are provided via phone and web. | - **Phone:** (800)272-3900  
- **Web:** alz.org |
| **Herald Christian Health Center** | - Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. | - **Phone:** (626) 812-5100  
- **Hours:** M-F 8:30am-5pm  
- **Web:** [www.ci.azusa.ca.us/1495/Neighborhood-Connections](http://www.ci.azusa.ca.us/1495/Neighborhood-Connections)  
- **Email:** Sserna@AzusaCA.gov |
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| Herald Community Center | • Provide social services (CalFresh application, rental and utility assistance) via telephone and email.  
• Contact for eligibility screening. | • Hours: M-F 8:30am-5pm  
• Phone: (626)575-7652  
• Email: mcortez@ccharities.org (El Monte and Neighboring cities)  
nalcal@ccharities.org (pomona and neighboring cities) |
| Huntington Senior Care Network | • Provide free childcare services for first responders and essential workers to children age 1-12 year old (first responders and essential worker families).  
• Services provided at 1101 W. Mckinley Ave, Pomona (Gate 1).  
• Please call or email to request application. | • Hours: M-F 6am-6pm  
• Phone: (909)796-0157  
• Email: office@fumcpasadena.org |
| Just US 4 Youth | • Provide educational programs, support groups, care consultations, information and referrals to individuals with Alzheimer's and dementia, including their families and caregivers.  
• Services are provided via phone and web. | • Hours: 24/7  
• Phone: (800)272-3900  
• Web: alz.org |
| Options for Learning | • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. | • Phone: (626) 812-5100  
• Hours: M-F 8:30am-5pm  
• Web: www.ci.azusa.ca.us/1495/Neighborhood-Connections  
• Email: Sserna@AzusaCA.gov |
| Parents in Partnership-Pomona | • Provide social services (CalFresh application, rental and utility assistance) via telephone and email.  
• Contact for eligibility screening. | • Hours: M-F 8:30am-5pm  
• Phone: (626)575-7652  
• Email: mcortez@ccharities.org (El Monte and Neighboring cities)  
nalcal@ccharities.org (pomona and neighboring cities) |
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<tr>
<td>Services Center for Independent Life (SCIL)</td>
<td>• Provide educational programs, support groups, care consultations, information and referrals to individuals with Alzheimer's and dementia, including their families and caregivers. • Services are provided via phone and web.</td>
<td>• Hours: 24/7 • Phone: (800)272-3900 • Web: alz.org</td>
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<tr>
<td>The Whole Child Home Visiting Program</td>
<td>• Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email.</td>
<td>• Phone: (626) 812-5100 • Hours: M-F 8:30am-5pm • Web: <a href="http://www.ci.azusa.ca.us/1495/Neighborhood-Connections">www.ci.azusa.ca.us/1495/Neighborhood-Connections</a> • Email: SsernaAzusaCA.gov</td>
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<tr>
<td>PCS Family Services</td>
<td>• Provide free childcare services for first responders and essential workers to children age 1-12 year old (first responders and essential worker families). • Services provided at 1101 W. Mckinley Ave, Pomona (Gate 1). • Please call or email to request application.</td>
<td>• Hours: M-F 6am-6pm • Phone: (909)796-0157 • Email: <a href="mailto:office@fumcpasadena.org">office@fumcpasadena.org</a></td>
</tr>
<tr>
<td>Social Services Catholic Charities of Los Angeles Inc.-San Gabriel Region: Day One</td>
<td>• Provide free childcare services for first responders and essential workers to children age 1-12 year old (first responders and essential worker families). • Services provided at 1101 W. Mckinley Ave, Pomona (Gate 1). • Please call or email to request application.</td>
<td>• Address: 4171 North Tyler Avenue, El Monte, CA 91731 • Hours: M-F 8:30am-5pm • Phone: (213-251-3400 • Website: <a href="https://catholiccharitiesla.org">https://catholiccharitiesla.org</a> • Address: 75 N Euclid Ave, Pasadena, CA 91101 • Phone: (626) 229-9750 • Email: <a href="mailto:Christy@godayone.org">Christy@godayone.org</a> • Website: <a href="https://www.godayone.org">https://www.godayone.org</a> • Hours: 10:00am-6:00pm • Youth Advocate program meets on Wednesdays from 4:30-5:30pm</td>
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Day One helps advocate for change by empowering youth and families through policy recommendation, providing workshops, education, mentorship, free family oriented events, toy drives and many more.
# Substance Use Treatment

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| **Prototypes—Prevention and Aftercare** | • Provide services to parents and guardians of minor children in SPA 3  
• Provide mental health, substance use disorders and FSP services.  
• Some service provided in-person, web or phone; Prevention and Aftercare services only via phone. | • **Hours:** M-F: 8:30am-5pm  
• **Phone:** (909) 837-9922  
• **Website:** [www.prototypes.org](http://www.prototypes.org)  
• **Email:** sporter@prototypes.org |
| **Social Model Recovery Systems** | • Provide services to adults (men and women who may not be pregnant and women w/ children).  
• Residential and outpatient treatment services for substance use disorders and co-occurring disorders.  
• Services are provided via telephone, telehealth, and in person.  
• 24 hour service for residential treatment. | • **Hours:** M-F: 8:00am-5pm  
• **Phone:** (626)323-3145 (main)  
• Outpatient El Monte (MVO): (626) 636-2370  
• Outpatient Covina (RCC): (626)733-4364  
• Outpatient Pasadena (PCADD): (626) 735-4364  
• Women residential (Stepping Stones): (626) 858-4920  
• Men residential (Omni Center): (626) 453-5406  
• Co-occurring residential (River Community): (626)974-8123  
• **Website:** [www.socialmodel.com](http://www.socialmodel.com) |
| **SPIRITT Family Services** | • Provide services to infants, children, youth, young adults, adults, and their families.  
• Mental health, behavioral health, substance use treatment, family services.  
• Services are provided via telephone, text, zoom, and email, limited in-person services. | • **Hours:** M-F: 9am-5pm  
• **Phone:** (626)442-1400  
• **Website:** [www.spiritt.org](http://www.spiritt.org)  
• Call to schedule an appointment. |
| **Salvation Army: Adult Rehabilitation Center** | • Provides the following services: disaster relief, LGBTQ+, Homeless Shelters, Spiritual Healing, Grassroots services, Solutions to Human Trafficking, Services for the Aging, After-School Programs, Holiday Giving, Commitment to Diversity, Food Pantries, Life Skills to Escape Poverty, & Job Training. | • **Address:** 56 W Del Mar Blvd, Pasadena, CA 91105  
• **Hours:** M-F: 9am-7pm  
• **Phone:** (626) 795-8075  
• **Website:** [https://www.salvationarmyusa.org/usn/rehabilitation/](https://www.salvationarmyusa.org/usn/rehabilitation/) |
| **Grandview Foundation** | • The Grandview Foundation provides individualized drug and alcohol addiction treatment for Los Angeles residents age 18 and older who want to take control of their addiction once and for all. | • **Address:** 1230 N Marengo Ave, Pasadena, CA 91103  
• **Hours:** M-F: 8:00am-5pm  
**Phone:** (626) 797-1124  
• **Website:** [https://grandviewfoundation.com](https://grandviewfoundation.com) |
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<td>Impact House</td>
<td>• Provide the following services: Evidence Based Individual Counseling, Family and Couples Counseling / Education, Relapse Prevention, Anger Management, Nutritional, Nutritional Counseling/Education, Vocational Counseling, Progress Reports for Courts &amp; Attorneys, Case Management Services, Appropriate Cultural and Language Services, Small Group Therapy, Transitional Housing, Grief &amp; Loss Counseling, Seeking Safety, Trauma Informed Group Therapy, Regular Attendance at 12-Step Meetings, Random Mandatory Drug &amp; Alcohol Testing, Psychological Services, Whole Health &amp; Well Being, Parenting Counseling/Education.</td>
<td>• Hours: Hours vary depending on services offered. • Address: Pasadena, CA 91103 • Phone: 1-888-588-1188 • Website: <a href="https://www.impacthouse.com/services/">https://www.impacthouse.com/services/</a></td>
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<tr>
<td>People in Progress</td>
<td>• Provides substance abuse treatment, food distribution center, and mental health services.</td>
<td>• Address: 1636 Wilshire Boulevard, Los Angeles, CA 90017 • Hours: M-F: 9am-7pm / 24/7 • Phone: (213) 384-6689 / (213) 377-3770 • Website: <a href="https://www.freerehabcenters.org/details/peopleinprogress">https://www.freerehabcenters.org/details/peopleinprogress</a></td>
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<td>Pinnacels Treatment Center</td>
<td>• Provides a connection to substance abuse treatment centers including: Alcohol use disorder, drug addiction, opioid addiction, and Co-Occurring Disorders through diagnosing and treatment planning, levels of care, detox, inpatient-residential treatment, partial hospitalization (PHP), intensive outpatient treatment, general outpatient treatment, medication-assisted treatment, office-based treatment.</td>
<td>• Address: 1450 N. Lake Avenue, #150 Pasadena 91104 • Hours: M-F: 6:30am-3pm • Phone: (626) 794-1161 • Website: <a href="https://pinnacletreatment.com/location/california/pasadena/aegis-treatment-centers-pasadena/">https://pinnacletreatment.com/location/california/pasadena/aegis-treatment-centers-pasadena/</a></td>
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<tr>
<td>Volunteers of America El Monte Outreach and Access Center</td>
<td>• The agency provides homeless support services for people of all ages in Los Angeles County including substance use treatment.</td>
<td>• Address: Pasadena, CA 91103 • Phone: Service/Intake and Administration (626) 442-4357 • Hours: Mon.-Fri., 7:00 am-6:00 pm</td>
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<tr>
<td>CA Hispanic Commission on Alcohol and Drug Abuse</td>
<td>• Offer addiction treatments for substance use, intensive outpatient program, an outpatient program.</td>
<td>• Address: 11046 Valley Mall Boulevard El Monte, CA 91731 • Phone: 626-444-9000 • Website: <a href="https://www.chcada.org/">https://www.chcada.org/</a></td>
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<tr>
<td>Dial-a-Ride</td>
<td>• Curb to curb service for seniors &amp; disabled, sliding scale</td>
<td>• Phone: (626) 744-4094</td>
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<td>Metro</td>
<td>• 3 months free TapCard - good for buses and trains</td>
<td>• Website: <a href="https://www.metro.net/riding/life/">https://www.metro.net/riding/life/</a></td>
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| Inland Valley Volunteer Resource Center | - Provide volunteer opportunities, court order community service programs via web, email and telephone. | - **Hours:** Online registration only.  
- **Phone:** (909) 973-6713  
- **Website:** www.socalservicecorps.org |
| Shaolin Temple Cultural Center USA | - Provide free online, livestreaming, QiGong, Kung Fu and meditation classes via social media. | - **Hours:** Sat. 10am (Health/Qi Gong)  
Sat. 11am (Kung Fu)  
- **Phone:** (626)283-0011  
- **Website:** www.socialmodel.com  
- **Email:** info@shaolinus.com  
- **Facebook:** www.facebook.com/ShaolinUS  
- **Youtube:** www.youtube.com/c/ShaolinUS |
| YWCA_SGV WINGS Domestic Violence Service | - Provide counseling support groups, intakes, helplines to domestic violence victims.  
- Provides 45-day emergency shelter.  
- Services are provided via telephone. | - **Hours:** M-F: 8am-5pm/ 24/7 helpline  
- **Phone:** (626) 967-0658 (24-hour crisis helpline)  
(626) 960-2995 (main office)  
- **Website:** www.ywcasgv.org  
- **Email:** info@ywcasgv.org |
| Black Lives Matter Resources | - This resources includes donations, petitions, and resources to discover more ways to be involved are listed. This sheet will be updated as new opportunities and updates are discovered. Thank you for your support! | - **Website:** https://docs.google.com/spreadsheets/d/11KaGvDqOYfK5dmtBbsttc5s27HbXFtSC80ahnHUBzQ/edit#gid=0 |
## Other Services

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| ** Pasadena Tournament of Roses** | • Our organization is internationally known for the Rose Parade and Rose Bowl Game, which happens once a year, but the organization prides itself in giving back to the community year-round. Currently, our four philanthropic pillars are enhancing educational opportunities, strengthening community business partnerships, investing in our community, and experiences that make a difference.  
• Rose Parade Ticket Donations  
• Ages: 0-75+ years old | • Phone: 626.817.9335  
• Address: 391 S. Orange Grove Blvd., Pasadena, CA 91184  
• Email: rjohnson@tournamentofroses.com  
• Website: tournamentofroses.com |
| **TeenTix LA** | • TeenTix LA exists to break down the barriers that prevent teens from accessing art in our community, such as ticket or admission cost. ANY teenager (13-19 years old) can sign up for a free TeenTix pass! The pass entitles teens to purchase $5 day-of-show tickets at any of our growing list of partner organizations in the Los Angeles area, including the San Gabriel Valley. Plus, we make sure teens know WHERE they can use their TeenTix pass once they get it - explore the LA.TeenTix.org Calendar for all the events available to you on a specific day, or in a specific genre, including the San Gabriel Valley.  
• Ages: 13-19 years old | • Hours: Sat. 10am (Health/Qi Gong)  
Sat. 11am (Kung Fu)  
• Phone: (626)283-0011  
• Website: la.teentix.org  
• Email: info@la.teentix.org |
| **Hood Liberation** | • Black and Brown Business Listing for the Cities of Pasadena and Altadena. Local Community Markets to highlight small businesses.  
• Local Grass Roots Organization. | • Website: HoodLiberation.com  
• Email: HoodLiberation@gmail.com  
• English/Spanish  
• Ages 0-75+ |
| **Pasadena Executive Roundtable** | • Professional group for non-profit Executive Directors to provide support, training and expert speakers to enhance non-profit operations in the community  
• The Pasadena Executive Roundtable is an informal consortium of local nonprofit executive directors who meet to discuss leadership and management issues of common concern and hear presentations by speakers of interest. We help the community service leaders lead better and more effectively! | • Email: pasadenaexecutiveroundtable@gmail.com  
• Address: 75 So. Grand Avenue, Pasadena, CA 91105  
• Phone: 818-606-5809  
• Website: https://pasadenaexecutiveroundtable.org/  
• All age groups |
### Jericho Road
**Pasadena**
- Fee consultants and skill based volunteers for non-profits in Pasadena and surrounding areas.
- Services are not age based.
- **Phone:** 626-714-7234
- **Address:** 75 S. Grand Ave, Pasadena, CA 91105
- **Email:** execdirector@jrpasadena.org
- **Website:** Jrpasadena.org

### Pasadena/Altadena Coalition of Transformative Leaders (P.A.C.T.L.)
- PACTL is a Family Resource Center offering comprehensive wrap around services that include Parent as Teachers classes that are court approved, Home visitation program, Adult Education for completing Primary and Secondary Education in Spanish, Peer to Peer support groups for youth and adults. Case Management and system navigation for families. Ignite Youth a program for youth and their parents, academic support and advocacy, Saturday Academy to support elementary school children to reach grade level reading and math. Tenant Rights, Immigration support, Emergency Payments, Bread and Food Pantry.
- **Website:** https://pactl.org/
- **Email:** info@pactl.org
- **Phone:** (626)765-9150
- **Address:** 236 West Mountain, Suite #201 Pasadena, Ca 91103
- **Home Visitation, advocacy and system navigation.**
- **We are a prevention program focusing on strengthening families, children and youth**
- **Services for ages: 0-64 years old.**
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<tr>
<td><strong>A Step Ahead</strong></td>
<td>• Professional group for non-profit Executive Directors to provide support, training and expert speakers to enhance non-profit operations in the community&lt;br&gt;• The Pasadena Executive Roundtable is an informal consortium of local nonprofit executive directors who meet to discuss leadership and management issues of common concern and hear presentations by speakers of interest. We help the community service leaders lead better and more effectively!&lt;br&gt;• Youth Services, Youth sports, Performing Arts &amp; Mentoring&lt;br&gt;• Services: Ages 12-34 years old.&lt;br&gt;• Daycare for young disabled adults</td>
<td>• Email: <a href="mailto:astepahead61@gmail.com">astepahead61@gmail.com</a>&lt;br&gt;• Address: 1265 N Altadena Dr. Pasadena CA. Pasadena CA 91107&lt;br&gt;• Phone: 636 786-0548&lt;br&gt;• Website: astepaheadweb.org</td>
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<td><strong>Adelante Youth Alliance</strong></td>
<td>• Services: Mentoring, Tutoring, Workshops.&lt;br&gt;• Provides services to individuals ages 12-18 years old.</td>
<td>• Address: 805 N. Madison Ave. Pasadena, CA 91104&lt;br&gt;• contact email address: adelanteadelanteya.org&lt;br&gt;• phone number: 626-798-1538</td>
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<tr>
<td><strong>Day One</strong></td>
<td>• Day One is a local non-profit that focuses on public health. Services include: health oriented programs, substance use prevention and education, Life Skills Training curriculum, environmental education and advocacy, youth development, bike and pedestrian safety, violence prevention, tobacco control, tutoring and internship opportunities for youth and college students.&lt;br&gt;• Day One helps advocate for change by empowering youth and families through policy recommendation, providing workshops, education, mentorship, free family oriented events, toy drives and many more.</td>
<td>• Address: 75 N Euclid Ave, Pasadena, CA 91101&lt;br&gt;• Phone: (626) 229-9750&lt;br&gt;• Email: <a href="mailto:Christy@godayone.org">Christy@godayone.org</a>&lt;br&gt;• Website: <a href="https://www.godayone.org">https://www.godayone.org</a>&lt;br&gt;• Hours: 10:00am-6:00pm&lt;br&gt;• Youth Advocate program meets on Wednesdays from 4:30-5:30pm</td>
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| National Suicide Prevention | | • Phone: 1-800-273-TALK (8255)  
• Hours: (24 hour hotline) |
| Suicide Crisis Line | | • Phone: 1-877-727-4747  
• Hours: (24 hour hotline) |
| Elder Abuse Hotline | | • Phone: 1-877-4R SENIORS (1-877-477-3646)  
• Hours: 24 hour hotline |
| National Domestic Violence Hotline | | • Phone: 1-800-799-7233  
• Hours: 24 hour hotline |
| 211 Information Line | | • Phone: 211  
• Hours: 24 hour hotline |
| SAMHSA National Helpline | | • Phone: 1-800-662-HELP (4357)  
• Hours: 24 hour hotline |
| Community Help Line | | • Phone: 1-877-541-2525  
• Hours: Monday - Sunday, 8AM - 8PM |
| Friendly Warm Line | | • Phone: 1-855-952-9276  
• Hours: Monday - Sunday, 10PM - 6AM, including holidays |
| Department of Mental Health Access Line | | • Phone: 1-800-854-7771 (24 hour hotline)  
Press 1 for MH resources, referrals or crisis services  
Press 2 for Emotional Support/COVID Line  
Press 3 for Veteran Support |
## SERVICE LOCATORS

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<td><strong>Hope Navigation Center</strong></td>
<td>Locator of Safe Parking, Clothes, Showers, Food</td>
<td>Website: <a href="http://www.hopenavigationcenter.org">www.hopenavigationcenter.org</a></td>
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<tr>
<td><strong>Find Help</strong></td>
<td>Locator of over 5,000 programs in Pasadena area alone - Food, Housing, Goods, Transportation, Health, Money, Care, Education, Work, Legal</td>
<td>Website: <a href="https://www.findhelp.org/">https://www.findhelp.org/</a></td>
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| **Heritage Clinic**           | EM Link for seniors, Case management linkage: medical, dental, mental health, and substance abuse referrals, Housing linkage and system navigation, Benefits navigation, including Medi-Cal, Medicare, General Relief (GR), and Social Security, Showers, Meals (breakfast and lunch), Laundry | Website: [http://heritageclinic.org/gem/](http://heritageclinic.org/gem/)  
Phone: 626-744-7200  
Address: Jackie Robinson Center (1020 N Fair Oaks Ave, Pasadena, CA 91103) |
| **Care Portal**               | Network that connects children and families with resources in the area, mostly made up of churches. | Website: [https://www.careportal.org/about-us/](https://www.careportal.org/about-us/) |
| **Los Angeles County Service Locator** | Resources that helps people find all types of resources available throughout Los Angeles County. | Website: [https://locator.lacounty.gov](https://locator.lacounty.gov) |
| **Los Angeles County Service and Bed Locator** | The Service & Bed Availability Tool (SBAT) can help you find the substance use services you, your client, or loved one is looking for. The SBAT is a web-based tool that provides a dashboard of available substance use services throughout Los Angeles County, including: outpatient and intensive outpatient treatment, different levels of residential treatment, withdrawal management, Opioid Treatment Programs (methadone clinics), Recovery Bridge Housing, and DUI programs. | Website: [https://sapccis.ph.lacounty.gov/sbat/](https://sapccis.ph.lacounty.gov/sbat/) |
### Apply for CalFresh/Food Stamps

- CalFresh is California’s food stamps (SNAP) program. Apply to get up to $194 a month per household member on an EBT card.

- You can qualify for 3 day Expedited Service if: your household makes less than $150 in monthly income and has less than $100 on hand right now; or your household's combined monthly income and money on hand are less than your household's combined monthly rent and utilities; or you are a migrant or seasonal farm worker and have less than $100 on hand right now.

- **Website:**
  - [https://www.getcalfresh.org/en](https://www.getcalfresh.org/en)
  - [https://drive.google.com/file/d/1m4XIlBznV5U9At4hKn0w0k0a54wEstv/view?usp=sharing](https://drive.google.com/file/d/1m4XIlBznV5U9At4hKn0w0k0a54wEstv/view?usp=sharing)

- **Contact/phone:** Desiree Gonzalez at Cell: (213) 561-0642,
  Dgonzalez@lafoodbank.org

### Social Security Office

- **Address:** 104 N Mentor Ave, Pasadena, CA 91106
- **Phone:** (800) 772-1213
- **Hours:** 9am-4pm

### Dept. of Motor Vehicles

- **Address:** 49 S Rosemead Blvd, Pasadena, CA 91107
- **Phone:** (800) 777-0133
- **Hours:** 8am-5pm

### LA County Public Social Services-General Relief

- **Address:** 955 N Lake Ave, Pasadena, CA 91104
- **Phone:** (626) 569-1399
- **Hours:** 8am-4:30pm
Day One builds vibrant, healthy cities by advancing public health, empowering youth, and igniting change.

@Day1do

Cover Art by phenomenal, local multidisciplinary artist Brenda Barrios. Brenda is a First Generation, nontraditional student with a disability attending UCLA. Her art varies from sculpture, painting, performance, and illustrations.