



Community Directory



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@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.

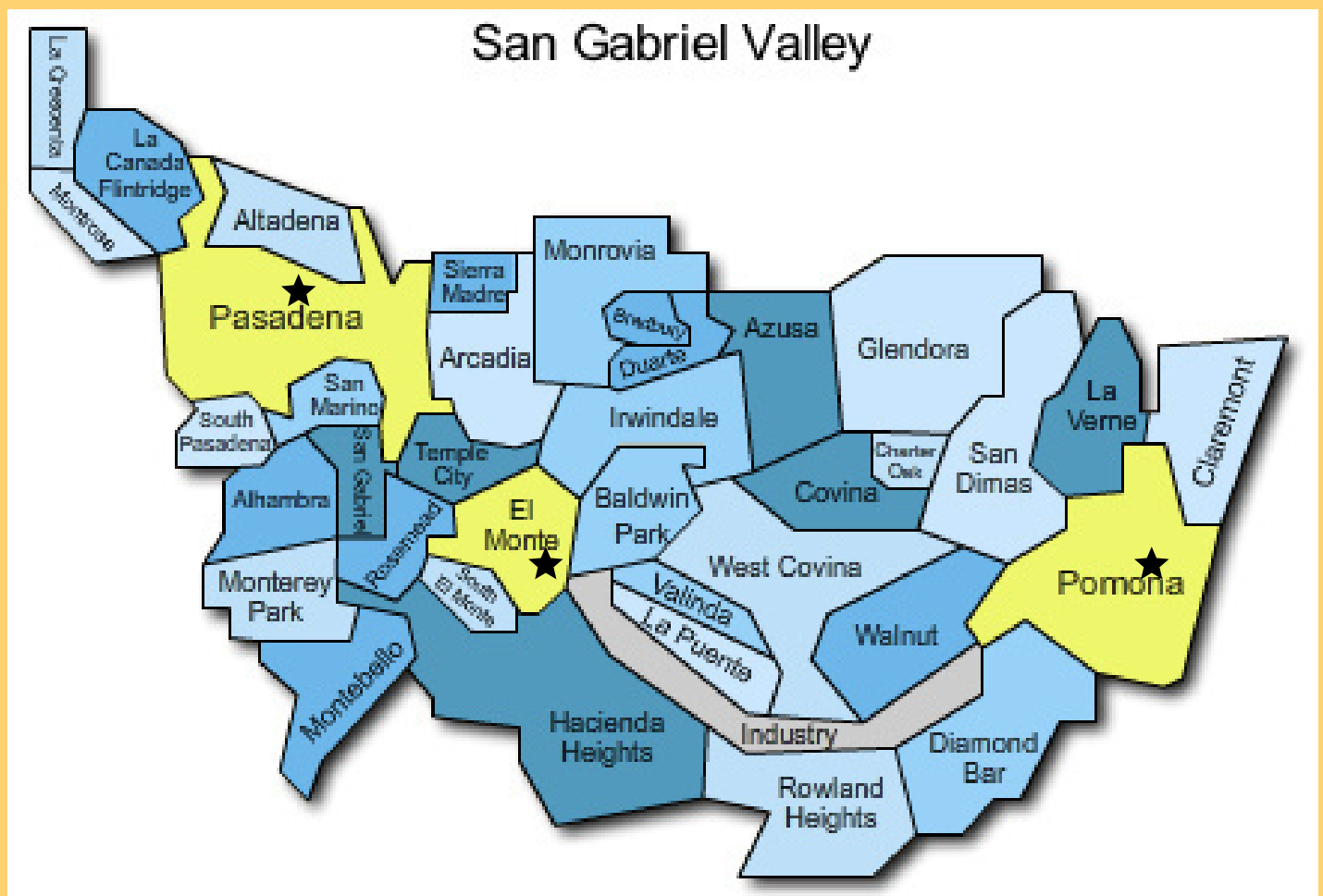


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FOOD

AGENCY	DESCRIPTION	DETAILS
First United Methodist Church, Pasadena	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: 500 E. Colorado Blvd, Pasadena Hours: Tuesdays from 10am-12pm Email: office@fumcpasadena.org Phone: (626) 796-0157
Foothill Unity Center	<ul style="list-style-type: none"> Food distribution services and case management services via phone and email. Two locations (Pasadena and Monrovia) 	<p>Pasadena Location: 191 N. Oak Ave Tuesday: 9am-11:30 am Wed. & Fri.: 9-11:30am</p> <ul style="list-style-type: none"> Homeless Services: M-F 9am-4:00pm (bag lunches) Hygiene Kits: Fridays : 9am-4:00pm (626) 584-7420 <p>Monrovia Location: 790 W.Chestnut Ave. Monday: 1-3:30pm Wed. & Fri.: 9-11:30am</p> <ul style="list-style-type: none"> (626) 358-3486 Web: foothillunitycenter.org Email: info@foothillunitycenter.org
JWCH Wesley Health Center- Pasadena	<ul style="list-style-type: none"> This food pantry serves LA County Residents with HIV/AIDS. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Food distribution 	<ul style="list-style-type: none"> Address: 3570 Santa Anita Ave. El Monte, CA 91731 Hours: Every Wednesday 1pm-4pm Phone: (213) 428-1495
Our Savior Center	<ul style="list-style-type: none"> Food distribution services 	<ul style="list-style-type: none"> 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

FOOD

AGENCY	DESCRIPTION	DETAILS
La Puente Outreach Food Pantry	<ul style="list-style-type: none"> This food pantry serves LA County Residents with HIV/AIDS. 	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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

FOOD

AGENCY	DESCRIPTION	DETAILS
Pasadena Meals on Wheels	<ul style="list-style-type: none"> • Low cost meal delivery for seniors, disabled, or sick • Deliver meals at homebound senior citizens. • Serves people ages 55+ years • Meal delivery 	<ul style="list-style-type: none"> • Website: https://www.pasadenamealsonwheels.org/ • Hours: 11am-1pm • Phone: (626)449-6815 • Address: 500 E. Colorado Blvd. Pasadena, CA 91101 • Email: pasadenamealsonwheels@gmail.com
Catholic Charities of Los Angeles Inc. - San Gabriel Region	<ul style="list-style-type: none"> • Food distribution, social services (CalFresh application, rental and utility assistance) • Services, provided via telephone and in person. • Contact for eligibility screening. • Serves low-income families and individuals of all ages • Fitness classes for community such as Zumba, Karate, and Yoga 	<ul style="list-style-type: none"> • Address: Food Pantry at 4171 N. Tyler Ave. , El Monte • Hours: 9am-12pm • Phone: (626)575-7652 • Email: mcortez@charities.org for El Monte and neighboring cities • Email: nalcala@cccharities.org (Pomona and neighboring cities)
El Monte/South El Monte Emergency Resources Association	<ul style="list-style-type: none"> • El Monte/South El Monte Emergency Resources Association serves the low-income community. • Grocery deliveries or pick up, baby supplies (diapers, etc.), basic family needs (clothing, shelter assistance, etc.) • Services, provided via telephone, in-person. Must call for intake. 	<ul style="list-style-type: none"> • Address: 10900 Mulhall Avenue El Monte, CA. 91731 • Hours: M-Friday: 8am-5:00pm • Phone: (626)444-7269
Mission Community United Methodist Church	<ul style="list-style-type: none"> • Food donation trucks (\$4 all-you-can-take) and food bank on a first come, first served basis. • 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. • Services are provided in person. 	<ul style="list-style-type: none"> • Address: 9032 Mission Dr. Rosemead, CA • Hours: <ul style="list-style-type: none"> -Food Donation Truck: Wed. Fri 3-5pm -Food Bank: Every 3rd Wed. of the month 8-11am. • (323) 234-3030 x 152 (Food Bank) • Web: mhernandez@lafoodbank.org

FOOD

AGENCY	DESCRIPTION	DETAILS
Our Saviour Center	<ul style="list-style-type: none"> Our Saviour Center is a pantry that serves low-income individuals. Services include fresh fruits, vegetables, dairy, meat, poultry, fish, clothing, and homeless hygiene kits Walk-in or drive-thru available, (Bring form of I.D such as driver's license or CA I.D) 	<ul style="list-style-type: none"> Address: 4368 Santa Anita Ave. El Monte, CA Hours: Tue/Thur. 10am-1:00pm Phone: (626) 579-2190 Website: www.our-center.org Email: diane@our-center.org
Helping Hands Caring Hearts Ministry	<ul style="list-style-type: none"> Helping Hands Caring Hearts Ministry food pantry provides services to all. 	<ul style="list-style-type: none"> Address: 480 W. Monterey Ave, Pomona (rear parking lot) Hours: Sunday 1:00pm-3:00pm Phone: (909) 214-8747 Website: www.hhchpomona.org
Holy Family Giving Bank	<ul style="list-style-type: none"> This food bank provides services to the low income from the local community. Services provided online and in-person. 	<ul style="list-style-type: none"> Zip codes Served: 91030, 90032, 91801, 9180) and homeless. Website: holyfamily.org Phone: (626) 403-6140 Hours: 9am-3:00pm
God's Pantry	<ul style="list-style-type: none"> Food donation services provided to all. Services provided at Pomona warehouse (Drive-thru). Register for appointment on website. 	<ul style="list-style-type: none"> Location: Pomona Warehouse Hours: Tue/Thur 2-6pm Phone: (909) 766-8038 Website: www.gods-pantry.org Email: info@gods-pantry.org Facebook and Instagram: www.facebook.com/godspantryca www.instagram.com/godspantry_.org
Redeemed Life Church	<ul style="list-style-type: none"> Food Bank assists families in need (contact via email). 	<ul style="list-style-type: none"> Food Pantry Address: 405 N. Azusa Ave, Azusa (parking lot). Please fill out form at: redeemedlife.church Hours: Sat. 10-11am/ Sun. 1:30-2:30pm Phone: (626) 210-1245 Email: info@redeemedlife.church
San Gabriel Valley Service Center	<ul style="list-style-type: none"> Provide emergency food assistance program to seniors. Call to make an appointment. 	<ul style="list-style-type: none"> Phone: (626) 575-5431 Hours: Mon.-Friday: 8:00am-5pm Website: www.ywcasgv.org
Sowing Seeds for Life	<ul style="list-style-type: none"> Food pantry at the Fairplex that provides services to all. Drive-thru is accessible by vehicle only. 	<ul style="list-style-type: none"> Hours: 1st and 3rd Wednesday of each month from 9am-1:00pm Phone: (909) 623-3111

FOOD

AGENCY	DESCRIPTION	DETAILS
St. Louis de Marillac	<ul style="list-style-type: none"> Food distribution for residents in the parish boundaries (Covina/Charter Oak) By appointment only. 	<ul style="list-style-type: none"> Hours: Mon.-Friday 8am-5pm Phone: (626) 915-7126
St. John the Baptist Social Services	<ul style="list-style-type: none"> Provides limited food bank services to Baldwin Park residents Services are provided via telephone and in-person. Consider calling ahead for availability. 	<ul style="list-style-type: none"> Address: 3912 Stewart Ave. Baldwin Park, CA Hours: Mon.-Friday 9am-5pm Phone: (626) 552-7126
Urban Mission	<ul style="list-style-type: none"> Urban Mission provides food pantry services and Sunday dinner for all. Services include: food pantry, veggie giveaway, and Sunday boxed dinner. 	<ul style="list-style-type: none"> 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: www.umpomona.org Email: stephen@theurbanmission.org
YWCA-SGV	<ul style="list-style-type: none"> Provides services and meals to seniors. 	<ul style="list-style-type: none"> 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: https://ywcasgv.xyz/senior-menus Email: info@ywcasgv.org
Friends In Deed	<ul style="list-style-type: none"> Friends In Deed is committed to fostering, cultivating, and preserving a culture of diversity, equity and inclusion. 	<ul style="list-style-type: none"> Address: 3912 Stewart Ave. Baldwin Park Hours: Tues & Wed 10:00am to 3:00pm, Thurs 10:00am to 1:00pm Phone:
Salvation Army	<ul style="list-style-type: none"> Food Assistance After-School Programs Disaster Response Senior Housing Recovery Assistance Referrals Weekly Meals Life Skills Classes Youth Programs Ministry Homeless Assistance Seasonal Services 	<ul style="list-style-type: none"> Address: 1000 E. Walnut St., #102 Pasadena 91106 Food Bank: Monday - Friday 9:00am to 11:30am ; Sunday & Monday: open 24/7

FOOD

AGENCY	DESCRIPTION	DETAILS
Holy Family Church-South Pasadena	<ul style="list-style-type: none"> 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! 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Website: https://www.cityofpasadena.net/parks-and-rec/parks/jackie-robinson-community-center/ Hours: Wednesdays, 5:00pm to 6:30pm / M-F breakfast at 9:45am Phone: (626)765-91590 Address: 1020 N. Fair Oaks, Ave., Pasadena 91103
Pasadena Presbyterian Church	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: 585 E Colorado Blvd, Pasadena, CA 91101 Hours: Thursdays and Sundays, 5:30 - 7:00pm Phone: (626) 793-2191
Pasadena Church	<ul style="list-style-type: none"> Food pantry services to families in need. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provide Saturday Bruch for families in need. 	<ul style="list-style-type: none"> Address: 5619 Monte Vista St., Los Angeles 90042 Hours: Saturday Brunch at 10:00am Phone: (323) 287-7398 Website: https://nela-community.business.site/?utm_source=gmb&utm_medium=referral
Lake Avenue Church	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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

HOUSING/UNHOUSED SERVICES

AGENCY	DESCRIPTION	DETAILS
Union Station Homeless Services- Family Services	<ul style="list-style-type: none"> Provides housing services for families. Provides services via telephone or email. 	<ul style="list-style-type: none"> Phone: (626) 337-0140 Hours: 8am-5pm Website: unionstationhs.org Email: FSCreferral@unionstationhs.org
East San Gabriel Valley Coalition for the Homeless	<ul style="list-style-type: none"> Provides services to homeless individuals. Provide meal to go, mail pick-up, TAP cards with subsidy. 	<ul style="list-style-type: none"> Address: 1345 Turnbull Canyon Rd, Hacienda Heights Phone: (626) 333-7204 Website: www.esgvh.org Hours: M-Friday 8:30am-1:30pm
Foothill AIDS Project	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provide services for all. Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, social services. Services provided via phone or email. 	<ul style="list-style-type: none"> Hours: M-F 8:30am-5pm Phone: (626) 812-5100 Website: www.ci.azusa.ca.us/1495/Neighborhood-Connections Email: Sserna@AzusaCA.gov
Alexandria House	<ul style="list-style-type: none"> Provides domestic violence survivors with housing, crisis intervention and counseling. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provide rape & abuse survivors with emergency response, counseling, legal, & case management services. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provides residential care for expecting or single mothers, however, won't take couples. 	<ul style="list-style-type: none"> Hours: M-F 9am-5:00pm Phone: (626) 577-4434 Address: 760 Santa Barbara St, Pasadena, CA 91101 Website: https://www.elizabethhouse.net/
Door of Hope	<ul style="list-style-type: none"> Provides housing for married couples, single moms with children, and single dads with children. Homelessness Prevention, Transitional Housing, Alumni Support. 	<ul style="list-style-type: none"> Address: 221 E. Walnut St., #112 Website: https://doorofhope.us/ Email: carmella@doorofhope.us Phone: 818-425-9722 Age: 0-64 years old English, Spanish, Chinese, Armenian

HOUSING/UNHOUSED SERVICES

AGENCY	DESCRIPTION	DETAILS
Sycamores	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provides case management including health, food, housing, employment resources. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provides people living in their cars with in showers, bathrooms to use, security, and case management to assist with immediate needs 	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> Their staff is ready to help you with your foreclosure. All of their services are free. 	<ul style="list-style-type: none"> Phone: 800-973-3370 Website: Department of Consumer and Business Affairs
U.S. Department of Housing and Urban Development (HUD)	<ul style="list-style-type: none"> Their staff is ready to help you with your foreclosure. All of their services are free. 	<ul style="list-style-type: none"> Phone: 888-995-4673
Union Station Homeless Services- Family Services	<ul style="list-style-type: none"> Provides housing services such as outreach, permanent housing, community integration and employment and interim housing for families. 	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Address: 5000 Edenhurst Ave, Los Angeles, CA 90039 Phone: 18188500307 Email: info@beaconhousing.org Website: https://www.beaconhousing.org/ Services available for all ages

HEALTH

AGENCY	DESCRIPTION	DETAILS
Young and Healthy Pasadena	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Website: https://yhpasadena.org/who-we-are/our-services/ • Phone: (626)795-5166
JWCH Wesley Health Center- Pasadena, Michael Antonovich Dental Clinic	<ul style="list-style-type: none"> • Provide helthcare 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. 	<ul style="list-style-type: none"> • Hours: Primary Care: M 8am-12pm Mental Health: M/W 8:30am-1:30pm Behavioral Health: M/Tue 8am-5pm HIV/PeEP: 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: jwchinstittue.org/primary-medical-care/wesley-health-centers-pasadena/
A Plus ADHC	<ul style="list-style-type: none"> • Provide adult health care and deliver meals. • Communicate via telephone and web. • Services are limited to existing participants. 	<ul style="list-style-type: none"> • Phone: (626)579-6588
Planned Parenthood- Pasadena and San Gabriel Valley	<ul style="list-style-type: none"> • Provide reproductive and medical health care. • Services are provided via telehealth and telephone. • Limited on-site services for urgent visists (STI treatment, emergency contraception, abortion services). • Call to schedule appointment or schedule online. 	<ul style="list-style-type: none"> • Hours: Monday-Saturday • Phone: (626)798-0706 • Website: www.plannedparenthood.org/planned-parenthood-pasadena-san-gabriel-valley/online-health-services/telehealth
Cleaver Family Wellness Clinic (Our Saviour Center)	<ul style="list-style-type: none"> • Provide helthcare services via telehealth and in-person to individuals with Medi-Cal and MediMedi 	<ul style="list-style-type: none"> • Hours: M,Tue,Wed 8am-5pm Thur. 10am-7pm • Phone: (626)597-2190 • Website: www.our-center.org
El Proyecto del Barrio- Baldwin Park Coomunity Clinic	<ul style="list-style-type: none"> • Provide primary care services, OB/GYN prenatal care services via telephone or in-person. 	<ul style="list-style-type: none"> • Hours: Mon.-Friday 8am-5pm • Phone: (626) 678-9296 • Website: www.elproyecto.us

HEALTH

AGENCY	DESCRIPTION	DETAILS
Herald Christian Health Center	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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)630-7927
Joyful Adult Day Health Care	<ul style="list-style-type: none"> • Provide adult day helthcare. • Limited services for existing participatns via telephone. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (626) 333-2222
Mikkon ADHC	<ul style="list-style-type: none"> • Provide adult day helthcare. • Services limited to existing emergency phone calls only from existing participants via telephone. 	<ul style="list-style-type: none"> • Hours: Limited • Phone: (626) 967-0812
Pomona CBAS ADHC	<ul style="list-style-type: none"> • Provide adult day helthcare. • Limited services for existing participatns via telephone. 	<ul style="list-style-type: none"> • Hours: Limited • Phone: (909)623-7000
Spring CBAS ADHC	<ul style="list-style-type: none"> • Provide adult day helthcare. • Services limited to telehealth and meal services for entolled and priority clients only. 	<ul style="list-style-type: none"> • Hours: M-Friday 9am-1:30pm • Phone: (626) 965-7833
Well and Fit Adult Day Health Care	<ul style="list-style-type: none"> • Provide adult day helthcare. • Limited services (care coordination, triage) for existing participants via telephone and email. 	<ul style="list-style-type: none"> • Hours: Limited • Phone: (909)860-0061
Buddhist Tzu Chi Health Center	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Address: 1855 N Fair Oaks Ave # 200, Pasadena, CA 91103 • Hours: 8:00am-5:00pm • Website: https://www.chapcare.org/ • Phone: (626) 398-6300

HEALTH

AGENCY	DESCRIPTION	DETAILS
HealthRIGHT 360-Prototypes	<ul style="list-style-type: none"> Provides primary medical care, mental health services, substance use disorder treatment, social support and re-entry, and dental. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provide and offers health exercise programs such as Hatha Yoga and physical fitness for older adults. 	<ul style="list-style-type: none"> Address: 11333 Valley Boulevard El Monte, CA 91731 Hours: 9:00am–2:00pm Phone: (626) 580-2002
Lineage Performing Arts Center	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: 920 E. Mountain St., Pasadena CA 91104 Phone: 626-844-7008 Email: info@lineagepac.org
Day One	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: 175 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

DENTAL HEALTH

AGENCY	DESCRIPTION	DETAILS
Young and Healthy Pasadena	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Website: https://yhpasadena.org/who-we-are/our-services/ • Phone: (626)795-5166
Herald Christian Health Center	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm, Sat 8am-4pm • Phone: (626)286-8700 • Website: http://hchcla.org
JWCH Wesley Health Center- Pasadena, Michael Antonovich Dental Clinic	<ul style="list-style-type: none"> • Provide emergency dental services via telehealth and in-person at Rosemead site. • 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. 	<ul style="list-style-type: none"> • Hours for dental emergency: Tue/Thu 8am-5pm • Phone: (626)744-6140 (626) 733-5924 (Call Center) • Website: jwchinstitute.org/primary-medical-care/wesley-health-centers-pasadena/

SHOWER/HYGIENE

AGENCY	DESCRIPTION	DETAILS
Jackie Robinson Community Center	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Address: 1020 N Fair Oaks Ave. Pasadena, CA 91103 Hours: 8:00am-8:00pm Phone:(626) 744-7300 Website: https://ww5.cityofpasadena.net/human-services/parks/jackie-robinson-center/
Friends In Deed	<ul style="list-style-type: none"> Provide services including food pantry, womens shelter, bad weather shelter, eviction prevention and rental assistance and street outreaching and housing. 	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> Provides complete dental services including emergency services Offers preventive services and dental care for older adults 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provides hygiene resources/showers to the public every Wednesday from 8:30am-12:30pm. 	<ul style="list-style-type: none"> Address: 1520 Fremont Ave., South Pasadena 91030 Hours: Every Wednesday 8:30am to 12:30pm Phone:(626) 799-8908 Website: https://holysfamily.org
NELA Drop- In Center	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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

MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
Trejo's Clinical Solutions Inc.	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Appointment only, including weekends. Email: david.trejo.lcsweicloud.com Phone: (323)333-5749
BRIDGES	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Email: sdminguez@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	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Phone: (909)596-5921 Hours: M-F 8:30am-5pm Website: www.davidandmarget.org
DMH- Arcadia Mental Health Center	<ul style="list-style-type: none"> Provide mental health services (5150, medications, phone evaluations, hospital and jail discharges) Provide services to people who are discharged from hospitals and crisis/5150. 	<ul style="list-style-type: none"> Hours: M-F 8am-5pm Phone: (6626) 254-1400
DMH-East San Gabriel Valley Mental Health	<ul style="list-style-type: none"> Provide mental health services to discharged individuals from hospitals and crisis/5150. On-site services are limited to emergency (5150), hospital and jail discharges. 	<ul style="list-style-type: none"> Hours: M-F 8am-5pm Phone: (626) 430-2900

MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
ENKI Youth & Family Services	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Provide outpatient mental health services to adults with Medi-Cal. • Some services are provided via phone or telehealth. 	<ul style="list-style-type: none"> • Hours: M-F 8am-5pm • Phone: (866)227-1302 • Website: www.ehrs.com
Feel Well Empowerment Center	<ul style="list-style-type: none"> • Provide mental health services and mental health services to pregnant women and families. • Services are provided via phone, web, and telehealth. 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Phone: 626-993-3034 Option 4 • Hours: Mon-Friday 8:30am-4:45pm • Website: www.foothillfamily.org • Email: mwilliamsefoothillfamily.org • Address: 2500 E. Foothill Blvd. Suite 300 Pasadena, CA 91107 • English/Spanish
Herald Christian Health Center	<ul style="list-style-type: none"> • Provide mental health services residents of the San Gabriel Valley including Chinese and Vietnamese-speaking individuals. • Services are provided via telehealth and in-person at Rosemead site. • Call for appointment 	<ul style="list-style-type: none"> • Phone: (626)286-8700 • Hours: M-F 8:30am-5pm • Website: www.hchcla.org

MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
Heritage Clinic	<ul style="list-style-type: none"> Provide outpatient mental health services, behavioral health services and dementia care to adults age 55+ and their families. 	<ul style="list-style-type: none"> Hours: M-F 8:30am-5pm Phone: (626)577-8480 Option "0" Website: www.heritageclinic.org
JWCH Wesley Health Center- Pasadena	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Hours: Mental Health: M/W 8:30am-1:30pm Behavioral Health: M/Tue 8am-5pm Phone: (626)744-6140 x 5220 (866)733-5924 (Call Center) Website: jwchinstitute.org/primary-medical-care/wesley-health-centers-pasadena/
Maxim Healthcare Services	<ul style="list-style-type: none"> Provide behavioral health services to children with developmental and other needs with autism and ADHD via telehealth and in-person. 	<ul style="list-style-type: none"> Phone: (909)618-0974 Hours: Mon-Friday 8am-5pm Website: www.maximhealthcare.com
Pacific Clinics	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Hours for Behavioral Health: M-F 9am-5pm Phone: (909)630-7927 Website: parktreechc.org
Prototypes- Prevention and Aftercare	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Hours: M-F 8:30am-5pm Phone: (909)873-9911 Website: www.prototypes.org Email: Sporter@prototypes.org

MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
Redeemed Life Church- Celebrate Recovery	<ul style="list-style-type: none"> • Provide services to anyone struggling with hurt, pain or addiction. • Services provided included Christ-Centered, 12 Step Recovery Program via online, and email. 	<ul style="list-style-type: none"> • Phone: (909)618-0974 • Hours: • Weekly Encouragements Thr. 7pm (FB Live) and Small Group Meeting Thr. 8pm (via Zoom) • Email: CR@RedeemedLife.Church • Facebook: Redeemedlife.church/LIVE
Social Model Recovery Systems	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Phone: (626)332-3145 (main) • Hours: M-F 8am-5pm (24 hour Services for residential treatment) • Website: www.socialmodel.com
SPIRITT Family Services	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: M-F 9am-5pm • Phone: (626)442-1400 • Website: www.spiritt.org
Teenline	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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

MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
The Whole Child Home Visiting Program	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Hours: M-F 8am-6pm Phone: (626) 204-6175 Website: www.thewholechild.org Email: twchomevisiting@thewholechild.org Social Media: @TheWholeChild
Uplift Family Services	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Hours: 8am-5pm Phone: (909)226-2807 Website: upliftfs.org
West Covina Mental Health Services-Children's Bureau	<ul style="list-style-type: none"> Provide mental health services (therapy, collateral, psychiatric support, case management) to children and adolescents age 0-21 via telephone, telehealth and video chatting. 	<ul style="list-style-type: none"> Phone: (213)442-4547 Hours: M/Thr. 8:30am-7pm, Tue/Wed 8:30am- 9pm, Fri. 8:30am-4pm Email: katherineperez@all4kids.org
Rose City Counseling-Sliding Scale	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Residential or outpatient substance use disorder treatment 	<ul style="list-style-type: none"> 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

AGENCY	DESCRIPTION	DETAILS
Huntington Hospital-Della Martin Center	<ul style="list-style-type: none"> Our Della Martin Center provides inpatient and outpatient mental health services and chemical dependency recovery services, thoughtfully structured around each patient's needs. We offer the confidentiality and comfort of our modern behavioural health facilities with excellent and compassionate care health care. 	<ul style="list-style-type: none"> Address: 760 S Pasadena Ave, Pasadena, CA 91105 Phone: (626) 397-2305 Hours: 24/7 Website: https://www.huntingtonhospital.org/our-services/mental-health/
Five Acres	<ul style="list-style-type: none"> Provide foster care and adoptions resources, community-based services including mental health, community-based specialty services, deaf services, and private health care services. 	<ul style="list-style-type: none"> Address: 760 Mountain View St, Altadena, CA 91001 Phone: (626) 798-6793 Hours: 8:00am-8:00pm Website: https://5acres.org/programs/
Hillsides	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Address: 940 Avenue 64 Suite A, Pasadena, CA 91105 Phone: (323) 254-2274 Website: https://www.hillsides.org/programs/family-resource-centers
CalHope @USC Telehealth	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: Telehealth Email: usc.telehealth@usc.edu Hours: 24 Hours Phone: (833) 317-HOPE (4673) (866) 740-6502 Website: https://www.calhope.org/pages/current-services.aspx

MENTAL HEALTH/BEHAVIORAL HEALTH

AGENCY	DESCRIPTION	DETAILS
Los Angeles Mental Health hotline	<ul style="list-style-type: none"> Services offered: Free online counseling support services. 	<ul style="list-style-type: none"> Address: Telehealth Phone: (800) 854-777 Hours: 24/7
La Vie Counseling Center	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: 650 Sierra Madre Villa Ave. Suite 110, Pasadena, CA 91107 Phone: 626-351-9616 x130 Hours: 24/7 https://www.laviecounseling.org English, Spanish and Armenian
Alma Family Services (for mental health/behavioral health)	<ul style="list-style-type: none"> Programs include integrated mental health outpatient services, psychotherapy, and medication support 	<ul style="list-style-type: none"> Address: 4024 Durfee Ave Wing D Phone: (626) 279-2530 Website: https://almafamilyservices.org/
Los Angeles Mental Health hotline	<ul style="list-style-type: none"> Services offered: Free online counseling support services. 	<ul style="list-style-type: none"> Address: Telehealth Phone: (800) 854-777 Hours: 24/7
BRIDGES Rehabilitation	<ul style="list-style-type: none"> Provides the following services: prevention and early intervention, outpatient care services, full-services partnership, and residential services. 	<ul style="list-style-type: none"> Address: 11927 Elliott Ave. El Monte, CA 91732 Phone: (909)623-6651 Hours: 8:00am-4:30pm Website: https://www.bridgesrehab.org/
D'Veal Family and Youth Services	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: 2750 E. Washington Blvd., Suite 230 Pasadena, CA 91107 Phone: (626) 296-8900 Hours: 24/7 Email: jmccalledveal.org www.dveal.org English, Spanish and Armenian

EDUCATIONAL

AGENCY	DESCRIPTION	DETAILS
College Access Plan (CAP)	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Phone: (626) 398-8500 Website: https://collegeaccessplan.org
Pasadena Public Library	<ul style="list-style-type: none"> Provide resources to anyone intrested. Provide workshops online, instrument rental, e-books, burbside pick up option available. 	<ul style="list-style-type: none"> Phone: (626)81744-4066 Website: https://www.cityofpasadena.net/library/ Address: 285 East Walnut Street Pasadena, CA 91101 Curbside Hours: M/W/F/Sat 9am-1pm, Tu/Thurs 1pm-5pm, Sun. Closed
Azusa City Library	<ul style="list-style-type: none"> Provides information assistance, electronic databases (VetNow, Mango Language Learning, Local Newspaper Archives, reasearch), ebooks and audiobooks. Services are provided via telephone, email, or web. 	<ul style="list-style-type: none"> Phone: (626)812-5252 Website: www.ci.azusa.ca.us/Library Email: NC@azusaca.gov
Boys & Girls Club of Pasadena	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Admin offices: 3230 E. Del Mar Blvd., Pasadena, CA 91107 Phone: (626) 449-9100 Website: www.bgcpasadena.org
Axia Project	<ul style="list-style-type: none"> Online tutoring services. 	<ul style="list-style-type: none"> Address: 1719 Glen Ave., Pasadena, CA Age: 12-17 years old Phone: 626-429-2296 Website: info@axiaproject.org

EDUCATIONAL

AGENCY	DESCRIPTION	DETAILS
Fellowship Center for Racial Reconciliation	<ul style="list-style-type: none"> 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. Target population: 18 years old-75+ years old.u 	<ul style="list-style-type: none"> Phone: 626.239.8109 Address: 1599 Navarro Ave Pasadena CA 91103 Website: https://madeforfellowship.com/reconciliation/
Day One	<ul style="list-style-type: none"> 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. 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. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: 2591 Fair Oaks Ave #403, Altadena, CA 91001 Phone: 626-765-5705 Website: altadenaarts.org Email: eugene@altadenaarts.org
Resources for Infant Educators	<ul style="list-style-type: none"> We provide education to parents and professionals on respectful care for infants and toddlers. Serves population under 12 years old. 	<ul style="list-style-type: none"> Address: 65 s grand ave Pasadena ca 91105 Main Offices: 3230 E. Del Mar Blvd., Pasadena, CA 91107 Phone: 626-345-6210 Website: www.rie.org Email: michelle.mapperie.org
Pasadena Altadena Coalition of Transformative Leaders	<ul style="list-style-type: none"> Online tutoring services. 	<ul style="list-style-type: none"> Address: 1719 Glen Ave., Pasadena, CA Age: 12-17 years old Phone: 626-429-2296 Website: info@axiaproject.org

EDUCATIONAL

AGENCY	DESCRIPTION	DETAILS
Thrive Learning Lab NW Pasadena	<ul style="list-style-type: none"> 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". 	<ul style="list-style-type: none"> Phone: 626-487-7259 Address: 169 East Orange Grove, Pasadena, CA, 91104 Website: www.thrivelearninglabnwpasadena.com Email: adjoasvision@gmail.com English, Spanish
Pasadena Unified School District, Family	<ul style="list-style-type: none"> Serves ages: 0-17 years old 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. 	<ul style="list-style-type: none"> 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+

EDUCATIONAL

AGENCY	DESCRIPTION	DETAILS
<p>Pasadena African American Council (Pasadena AAPC)</p>	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Website: www.aapcpusd.com • Email: info@aapcpusd.com

FAMILY/KIDS RECREATIONAL

AGENCY	DESCRIPTION	DETAILS
Day One	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: 175 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
CITY OF SOUTH EL MONTE COMMUNITY SERVICES DEPARTMENT	<ul style="list-style-type: none"> 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, & leisure activities/recreation for youth & adult.s 	<ul style="list-style-type: none"> Address: 1530 Central Ave.South El Monte, Los Angeles 91733 (Physical) Phone: (626) 579-2043 (Recreation and Community Center) Hours: Mon-Fri, 1:00 pm to 8:00 pm. Website: www.ci.south-el-monte.ca.us
YMCA San Gabriel Valley Service Center	<ul style="list-style-type: none"> Senior services, domestic violence services, mental health and case management services. 	<ul style="list-style-type: none"> Phone: Senior Services 24-Hour Message Line (626) 214-9465 Website: https://www.ywcasgv.org/senior-services/
El Monte Library	<ul style="list-style-type: none"> In-person and telephone research assistance, online homework assistance. Programing available for kids and families. 	<ul style="list-style-type: none"> Address: 3224 Tyler Ave El Monte, CA 91731 Phone: (626) 444-9506 Hours: Tues-Sat 10 am-6 pm Website: https://lacountylibrary.org/el-monte-library/

FAITH-BASED SERVICES

AGENCY	DESCRIPTION	DETAILS
Holy Family Giving Bank	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Hours: 9am-3pm Phone: (626) 403-6140 Website: holyfamily.org
Hope Unlimited	<ul style="list-style-type: none"> Provides online services including a kids curriculum and digital life groups. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provides livestream services to anyone via website. 	<ul style="list-style-type: none"> Hours: Sun. 9am, 10:45am Website: www.glenkirkchurch.org
Redem Life Church	<ul style="list-style-type: none"> Provide services to all families in need via livestream services on social media, email, web, phone. 	<ul style="list-style-type: none"> Hours for Online Services: Sun 11am/ Thur. 7pm Website: www.glenkirkchurch.org
The Santa Anita Church	<ul style="list-style-type: none"> Provide individual telephone prayer services for anyone. 	<ul style="list-style-type: none"> 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

AGENCY	DESCRIPTION	DETAILS
Hoving Home	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Hours: 9am-3pm Phone: 626.239.8109 Website: sdeleon@hovinghome.org Address: 127 S. El Molino Ave Phone: 626-405-0950 Website: www.hovinghome.org Services offered for 18+ years old.
Harambee Ministries	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Email: Ericka@harambee.org Address: 1609 Navarro Ave Pasadena, CA 91103 Hours: English: Sun. 9am, 10:30am, 12pm, 2pm Spanish: Tue/Thur 7pm Phone: 626-7987431 Website: https://www.harambeeministries.org Online Services: hopeucla.online.church

LEGAL

AGENCY	DESCRIPTION	DETAILS
Trejo's Clinical Solutions Inc.	<ul style="list-style-type: none"> Bilingual (English & Spanish) Psychological Evaluation Services and Expert Testimony, assistance with CA Victim Compensation applications. Serves undocumented and other disadvantaged populations. 	<ul style="list-style-type: none"> Appointment only, including weekends. Email: david.trejo.lcsw@icloud.com Phone: (323)333-5749
LA District Attorney's Office-Victim Services	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> Provide legal services (housing, domestic violence, family law, immigration, public benefits assistance, health care access) to low income individuals via telephone. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Address: 9354 Telstar Avenue El Monte, CA 91731 Website: http://www.nlsla.org/
Pasadena/ Altadena Coalition of Transformative Leaders (P.A.C.T.L.)	<ul style="list-style-type: none"> Provide life services, food pantry via Champions for Healthy Families, services for professionals, and services for youth. 	<ul style="list-style-type: none"> Website: http://pactl.org/programs Email: info@pactl.org Phone: (626)765-91590 236 West Mountain, Suite #201 Pasadena, Ca 91103

SOCIAL SERVICES

AGENCY	DESCRIPTION	DETAILS
Alzheimer's Association CA Southland Chapter	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (800)272-3900 • Web: alz.org
Azusa City Library-Neighborhood Connections Program	<ul style="list-style-type: none"> • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. 	<ul style="list-style-type: none"> • Phone: (626) 812-5100 • Hours: M-F 8:30am-5pm • Web: www.ci.azusa.ca.us/1495/Neighborhood-Connections • Email: Sserna@AzusaCA.gov
Catholic Charities of Los Angeles Inc.-San Gabriel Region	<ul style="list-style-type: none"> • Provide social services (CalFresh application, rental and utility assistance) via telephone and email. • Contact for eligibility screening. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm • Phone: (626)575-7652 • Email: mcortez@ccharities.org (El Monte and Neighboring cities) nalcala@ccharities.org (pomona and neighboring cities)
Child Development Center at Fairplex	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: M-F 6am-6pm • Phone: (909)796-0157 • Email: office@fumcpasadena.org
First United Methodist Church, Pasadena	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (800)272-3900 • Web: alz.org
Herald Christian Health Center	<ul style="list-style-type: none"> • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. 	<ul style="list-style-type: none"> • Phone: (626) 812-5100 • Hours: M-F 8:30am-5pm • Web: www.ci.azusa.ca.us/1495/Neighborhood-Connections • Email: Sserna@AzusaCA.gov

SOCIAL SERVICES

AGENCY	DESCRIPTION	DETAILS
Herald Community Center	<ul style="list-style-type: none"> • Provide social services (CalFresh application, rental and utility assistance) via telephone and email. • Contact for eligibility screening. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm • Phone: (626)575-7652 • Email: mcortez@ccharities.org (El Monte and Neighboring cities) nalcala@ccharities.org (pomona and neighboring cities)
Huntington Senior Care Network	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: M-F 6am-6pm • Phone: (909)796-0157 • Email: office@fumcpasadena.org
Just US 4 Youth	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (800)272-3900 • Web: alz.org
Options for Learning	<ul style="list-style-type: none"> • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Provide social services (CalFresh application, rental and utility assistance) via telephone and email. • Contact for eligibility screening. 	<ul style="list-style-type: none"> • Hours: M-F 8:30am-5pm • Phone: (626)575-7652 • Email: mcortez@ccharities.org (El Monte and Neighboring cities) nalcala@ccharities.org (pomona and neighboring cities)

SOCIAL SERVICES

AGENCY	DESCRIPTION	DETAILS
Services Center for Independent Life (SCIL)	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: 24/7 • Phone: (800)272-3900 • Web: alz.org
The Whole Child Home Visiting Program	<ul style="list-style-type: none"> • Provide information and referrals for housing evictions, tenants rights, legal advocacy, employment, and social services provided via phone or email. 	<ul style="list-style-type: none"> • Phone: (626) 812-5100 • Hours: M-F 8:30am-5pm • Web: www.ci.azusa.ca.us/1495/Neighborhood-Connections • Email: Ssernae@AzusaCA.gov
PCS Family Services	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: M-F 6am-6pm • Phone: (909)796-0157 • Email: office@fumcpasadena.org
Social Services Catholic Charities of Los Angeles Inc.- San Gabriel Region:	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Address: 4171 North Tyler Avenue, El Monte, CA 91731 • Hours: M-F 8:30am-5pm • Phone: (213-251-3400 • Website: https://catholiccharitiesla.org
Day One	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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

SUBSTANCE USE TREATMENT

AGENCY	DESCRIPTION	DETAILS
Prototypes- Prevention and Aftercare	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: M-F: 8:30am-5pm • Phone: (909) 837-9922 • Website: www.prototypes.org • Email: sporter@prototypes.org
Social Model Recovery Systems	<ul style="list-style-type: none"> • Provide services to adults (men and women (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. 	<ul style="list-style-type: none"> • 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) 733-4364 • Women residential (Stepping Stones) (626) 858-4920 • Men residential (Omni Center) (626) 453-3406 • Co-occurring residential (River Community) (626)974-8123 • Website: www.socialmodel.com
SPIRITT Family Services	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Hours: M-F: 9am-5pm • Phone: (626)442-1400 • Website: www.spiritt.org • Call to schedule an appointment.
Salvation Army: Adult Rehabilitation Center	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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/
Grandview Foundation	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Address: 1230 N Marengo Ave, Pasadena, CA 91103 • Hours: M-F: 8:00am-5pm • Phone: (626) 797-1124 • Website: https://grandviewfoundation.com

SUBSTANCE USE TREATMENT

AGENCY	DESCRIPTION	DETAILS
Impact House	<ul style="list-style-type: none"> 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 & Attorneys, Case Management Services, Appropriate Cultural and Language Services, Small Group Therapy, Transitional Housing, Grief & Loss Counseling, Seeking Safety, Trauma Informed Group Therapy, Regular Attendance at 12- Step Meetings, Random Mandatory Drug & Alcohol Testing, Psychological Services, Whole Health & Well Being, Parenting Counseling/Education. 	<ul style="list-style-type: none"> Hours: Hours vary depending on services offered. Address: Pasadena, CA 91103 Phone: 1-888-588-1188 Website: https://www.impacthouse.com/services/
People in Progress	<ul style="list-style-type: none"> Provides substance abuse treatment, food distribution center, and mental health services. 	<ul style="list-style-type: none"> Address: 1636 Wilshire Boulevard, Los Angeles, CA - 90017 Hours: M-F: 9am-7pm / 24/7 Phone: (213) 384-6689 / (213) 377-3770 Website: https://www.freerehabcenters.org/details/peopleinprogress
Pinnacels Treatment Center	<ul style="list-style-type: none"> Provides a connection to substance abuse treatment centers including: Alcohol use disorder, drug addiction, opioid addiction, and Co-Occuring 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. 	<ul style="list-style-type: none"> Address: 1450 N. Lake Avenue, #150 Pasadena 91104 Hours: M-F: 6:30am-3pm Phone: (626) 794-1161 Website: https://pinnacle-treatment.com/location/california/pasadena/aegis-treatment-centers-pasadena/
Volunteers of America El Monte Outreach and Access Center	<ul style="list-style-type: none"> The agency provides homeless support services for people of all ages in Los Angeles County including substance use treatment. 	<ul style="list-style-type: none"> Address: Pasadena, CA 91103 Phone: Service/Intake and Administration (626) 442-4357 Hours: Mon.-Fri., 7:00 am- 6:00 pm
CA Hispanic Commission on Alcohol and Drug Abuse	<ul style="list-style-type: none"> Offer addiction treatments for substance use, intensive outpatient program, an outpatient program. 	<ul style="list-style-type: none"> Address: 11046 Valley Mall Boulevard El Monte, CA 91731 Phone: 626-444-9000 Website: https://www.chcada.org/

TRANSPORTATION

AGENCY	DESCRIPTION	DETAILS
Dial-a-Ride	<ul style="list-style-type: none">• Curb to curb service for seniors & disabled, sliding scale	<ul style="list-style-type: none">• Phone: (626) 744-4094
Metro	<ul style="list-style-type: none">• 3 months free TapCard – good for buses and trains	<ul style="list-style-type: none">• Website: https://www.metro.net/riding/life/

OTHER SERVICES

AGENCY	DESCRIPTION	DETAILS
Inland Valley Volunteer Resource Center	<ul style="list-style-type: none"> Provide volunteer opportunities, court order community service programs via web, email and telephone. 	<ul style="list-style-type: none"> Hours: Online registration only. Phone: (909) 973-6713 Website: www.socialservicecorps.org
Shaolin Temple Cultural Center USA	<ul style="list-style-type: none"> Provide free online, livestreaming, QiGong, Kung Fu and meditation classes via social media. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Provide counseling support groups, intakes, helplines to domestic violence victims. Provides 45-day emergency shelter. Services are provided via telephone. 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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! 	<ul style="list-style-type: none"> Website: https://docs.google.com/spreadsheets/d/1lKaGwDqOYfkSdmtBbstlc5s27HbXFtSC80ahnHUBzQ/edit#gid=0

OTHER SERVICES

AGENCY	DESCRIPTION	DETAILS
Pasadena Tournament of Roses	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Phone: 626.817.9335 Address: 391 S. Orange Grove Blvd., Pasadena, CA 91184 Email: rjohnson@tournamentofroses.com Website: tournamentofroses.com
TeenTix LA	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Black and Brown Business Listing for the Cities of Pasadena and Altadena. Local Community Markets to highlight small businesses. Local Grass Roots Organization. 	<ul style="list-style-type: none"> Website: HoodLiberation.com Email: HoodLiberation@gmail.com English/Spanish Ages 0-75+
Pasadena Executive Roundtable	<ul style="list-style-type: none"> 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! 	<ul style="list-style-type: none"> Email: pasadenaexecutiveroundtable@gmail.com Address: 75 So. Grand Avenue, Pasadena, CA 91105 Phone: 818-606-5809 Website: https://pasadenaexecutiveroundtable.org/ All age groups

OTHER SERVICES

AGENCY	DESCRIPTION	DETAILS
Jericho Road Pasadena	<ul style="list-style-type: none"> • Fee consultants and skill based volunteers for non-profits in Pasadena and surrounding areas. • Services are not age based. 	<ul style="list-style-type: none"> • Phone: 626-714-7234 • Address: 75 S. Grand Ave, Pasadena, CA 91105 • Email: execdirector@jrpasadena.org • Website: Jrpasadena.org
Pasaden/ Altadena Coalition of Transformative Leaders (P.A.C.T.L.)	<ul style="list-style-type: none"> • 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. • 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. 	<ul style="list-style-type: none"> • Website: https://pactl.org/ • Email: info@pactl.org • Phone: (626)765-9150 • Address: 236 West Mountain, Suite #201 Pasadena, Ca 91103

YOUTH DEVELOPMENT/SERVICES

AGENCY	DESCRIPTION	DETAILS
A Step Ahead	<ul style="list-style-type: none"> 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! Youth Services, Youth sports, Performing Arts & Mentoring Services: Ages 12-34 years old. Daycare for young disabled adults 	<ul style="list-style-type: none"> Email: astepahead61@gmail.com Address: 1265 N Altadena Dr. Pasadena CA. Pasadena CA 91107 Phone: 636 786-0548 Website: astepaheadweb.org
Adelante Youth Alliance	<ul style="list-style-type: none"> Services: Mentoring, Tutoring, Workshops. Provides services to individuals ages 12-18 years old. 	<ul style="list-style-type: none"> Address: 805 N. Madison Ave. Pasadena, CA 91104 contact email address: adelante@adelanteya.org phone number: 626-798-1538
Day One	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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

HOTLINES

AGENCY	DESCRIPTION	DETAILS
National Suicide Prevention		<ul style="list-style-type: none"> • Phone: 1-800-273-TALK (8255) • Hours: (24 hour hotline)
Suicide Crisis Line		<ul style="list-style-type: none"> • Phone: 1-877-727-4747 • Hours: (24 hour hotline)
Elder Abuse Hotline		<ul style="list-style-type: none"> • Phone: 1-877-4R SENIORS (1-877-477-3646) • Hours: 24 hour hotline
National Domestic Violence Hotline		<ul style="list-style-type: none"> • Phone: 1-800-799-7233 • Hours: 24 hour hotline
211 Information Line		<ul style="list-style-type: none"> • Phone: 211 • Hours: 24 hour hotline
SAMHSA National Helpline		<ul style="list-style-type: none"> • Phone: 1-800-662-HELP (4357) • Hours: 24 hour hotline
Community Help Line		<ul style="list-style-type: none"> • Phone: 1-877-541-2525 • Hours: Monday – Sunday, 8AM – 8PM
Friendly Warm Line		<ul style="list-style-type: none"> • Phone: 1-855-952-9276 • Hours: Monday – Sunday, 10PM – 6AM, including holidays
Department of Mental Health Access Line		<ul style="list-style-type: none"> • 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

AGENCY	DESCRIPTION	DETAILS
Hope Navigation Center	<ul style="list-style-type: none"> Locator of Safe Parking, Clothes, Showers, Food 	<ul style="list-style-type: none"> Website: www.hopenavigationcenter.org
Find Help	<ul style="list-style-type: none"> Locator of over 5,000 programs in Pasadena area alone - Food, Housing, Goods, Transportation, Health, Money, Care, Education, Work, Legal 	<ul style="list-style-type: none"> Website: https://www.findhelp.org/
Heritage Clinic	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Website: http://heritageclinic.org/gem/ Phone: 626-744-7200 Address: Jackie Robinson Center (1020 N Fair Oaks Ave, Pasadena, CA 91103)
Care Portal	<ul style="list-style-type: none"> Network that connects children and families with resources in the area, mostly made up of churches. 	<ul style="list-style-type: none"> Website: https://www.careportal.org/about-us/
Los Angeles County Service Locator	<ul style="list-style-type: none"> Resources that helps people find all types of resources available throughout Los Angeles County. 	<ul style="list-style-type: none"> Website: https://locator.lacounty.gov
Los Angeles County Service and Bed Locator	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Website: https://sapccis.ph.lacounty.gov/sbat/

APPLYING FOR RESOURCES

AGENCY	DESCRIPTION	DETAILS
Apply for CalFresh/ Food Stamps	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Website: https://www.getcalfresh.org/en https://drive.google.com/file/d/1m4Xl1BznV5U9At4hKNOW0k01a54wEstv/view?usp=sharing Contact/phone: Desiree Gonzalez at Cell: (213) 561-0642, Dgonzalez@lafoodbank.org
Social Security Office		<ul style="list-style-type: none"> Address: 104 N Mentor Ave, Pasadena, CA 91106 Phone: (800) 772-1213 Hours: 9am-4pm
Dept. of Motor Vehicles		<ul style="list-style-type: none"> Address: 49 S Rosemead Blvd, Pasadena, CA 91107 Phone: (800) 777-0133 Hours: 8am-5pm
LA County Public Social Services- General Relief		<ul style="list-style-type: none"> 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.