

Terry Manor
Apartments



COMMUNITY SERVICES
RESOURCE GUIDE



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ALCOHOL / DRUG ABUSE

HOTLINES

Alcohol

Be Sober	800-237-6237
Alcoholics Anonymous	818-988-3001
AL-ANON (Families of Alcoholics)	818-760-7122
Adult Children of Alcoholics	310-281-9740
NCADD Treatment Hotline.....	800-564-6600

Dugs

Drug Abuse Hotline	800-237-6237
I-ADARP (Adults and Teen)	818-994-7454
Narcotics Anonymous Hotline	800-863-2962
Nar-Anon Drug Prevention.....	888-297-9560
NCADD Treatment Hotline.....	800-564-6600

ALCOHOLISM CENTER FOR WOMEN, INC213-381-8515
1147 S. Alvarado Street, Los Angeles, CA 90006-4100

Substance abuse services, residential treatment for substance abuse, welfare-to-work support services for young girls and women.

CASTLE SUBSTANCE ABUSE PROGRAM (People Coordinated Services)323-732-9124
3021 S. Vermont Avenue, Los Angeles, CA 90007
<http://www.pcs-socal.org>

Outpatient/nonresidential services, intensive outpatient/day program, individual, group and family counseling, program aftercare.

JEFF GRAND MEDICAL GROUP.....213-747-7267
3130 South Hill Street, Los Angeles, CA 90007

Intensive outpatient/day program, medical detoxification, counseling, self-help groups.

SALVATION ARMY: HARMONY HILL213-748-0391
3107 S. Grand Street, Los Angeles, CA 90007

Residential treatment/recovery program, relapse prevention, individual and group counseling, self-help groups.

CHILD ABUSE

HOTLINES

Child Abuse Hotline.....	800-540-4000
Child Help USA (24 Hours)	800-422-4453
LA County Child Abuse Hotline.....	800-540-4000
Rape, Abuse, Incest National Network	800-656-HOPE (4673)

CHILDREN’S BUREAU OF SOUTHERN CALIFORNIA.....323-953-7356
3910 Oakwood Avenue, Los Angeles, CA 90004
<http://www.all4kids.org>

Offers an array of child abuse prevention and treatment services aimed at strengthening families and communities throughout Southern California.

DEPARTMENT OF CHILDREN AND FAMILY SERVICES213-351-5602
Child Protective Services
425 Shatto Place, Suite 600, Los Angeles, CA 90020
<http://dcfs.co.la.ca.us/>

Provides help to abused, neglected, and abandoned children.

CHILD, YOUTH AND FAMILY SERVICES

HOTLINES

California Youth Crisis Line (24 hours)800-843-5200
Foster Youth Information Line.....888-811-1121
National Child – At Risk Hotline800-792-5200

CHILD CARE SERVICES

THE CALIFORNIA CHILD CARE RESOURCE & REFERRAL AGENCY800-543-7793
<http://www.rnnetwork.org/welcome/index.html>

Helps families locate child care services. Also provides information on financial assistance eligibility.

CHILD AND FAMILY SERVICES213-427-2700
Child Care Resource and Referral
155 N. Occidental Blvd., Los Angeles, CA 90026

Offers child care resources and free referrals to all types of child care.

CRYSTAL STAIRS, INC...... 888-KIDS-247
650 W. Adams Blvd., Suite 100, Los Angeles, CA 90007
<http://www.crystalstairs.org>

Families receive free referrals to licensed centers and family child care homes that meet their needs in terms of location, service hours, cost, special care needs, and other factors.

ORGANIZATIONS

BIG BROTHERS AND BIG SISTERS OF GREATER LOS ANGELES.....213-481-3611
800 S. Figueroa Street, Suite 620, Los Angeles, CA 90017
<http://www.bbbslaie.org>

Helping children in need reach their potential through professionally supported, one-to-one mentoring relationships.

CHALLENGERS BOYS & GIRLS CLUB323-971-6161
5029 S. Vermont Avenue, Los Angeles, CA 90037
<http://www.cbqcla.org>

Optimum social growth of inner city youth ages 6 to 17 through leadership, citizenship and educational development; cultural enrichment; health and physical education; environmental education; social and recreational activities; and parent involvement.

GIRLS INCORPORATED OF GREATER LOS ANGELES213-251-7626
3600 Wilshire Blvd., Suite 1500, Los Angeles, CA 90010
http://www.voala.org/girls_inc/about_girls.html

Girls Incorporated® of Greater Los Angeles is a program of Volunteers of America of Greater Los Angeles, provides girls with tools to make the best choices in life, assert their rights, and become empowered around academic, economic, and social issues.

SOCIAL SERVICES

ASSISTANCE LEAGUE OF SOUTHERN CALIFORNIA323-469-5893
Family Services Agency
1360 N. St Andrews Pl, 2nd Floor, Los Angeles, CA 90028
<http://www.assistanceleague.net/>

Provides parenting classes, domestic violence counseling for children and adults, marital and family counseling, help with single parent issues.

ASSISTANCE LEAGUE OF SOUTHERN CALIFORNIA – CHILDREN.....323-464-4063
Children's Club
5620 DeLongpre Avenue, Los Angeles, CA 90028
http://www.assistanceleague.net/childrens_club.htm

Provides children ages 5-17 access to educational and recreational activities when they are not attending school.

CHILDREN'S BUREAU OF SOUTHERN CALIFORNIA.....323-953-7356
3910 Oakwood Avenue, Los Angeles, CA 90004
<http://www.all4kids.org/>

Non-profit multi-service child welfare agency, providing foster care, child abuse crisis intervention and treatment, in-home and office-based counseling, parent education, foster parent certification.

CENTRO DE NINOS213-484-1515
379 S. Loma Drive, Los Angeles, CA 90017

Provides child care and development services for the working poor, child abuse prevention programs, parent education.

DEPARTMENT OF CHILDREN AND FAMILY SERVICES213-351-5602
425 Shatto Place, Suite 600, Los Angeles, CA 90020
<http://dcfs.co.la.ca.us/>

Provides a comprehensive child protection system of prevention, preservation, and permanency to ensure that children grow up safe, physically and emotionally healthy, educated and in permanent homes.

LOS ANGELES COUNTY PUBLIC SOCIAL SERVICES.....213-744-4344

Toy Loan Program

2615 S. Grand Avenue, 2nd Floor, Los Angeles, CA 90007

<http://dpss.lacounty.gov/dpss/toyloan/tlcenters.cfm>

The Toy Loan Program is designed to build character, integrity and a sense of responsibility in children. Toys are loaned freely; neither fees nor membership dues required.

PARA LOS NINOS213-250-4800

500 Lucas Avenue, Los Angeles, CA 90017

<http://www.paralosninos.org/>

Provides a comprehensive array of social and mental health services that help families create safe, nurturing, and healthy homes in which their children can thrive and build toward a brighter future.

PATHWAYS.....213-427-2700

3550 West Sixth Street, Suite 500, Los Angeles, CA

<http://www.pathwaysla.org/>

From specialized child care referrals, training and resources, to hands-on educational and developmental services, Pathways responds to the needs of children and the needs of those who love and care for children.

CRIME REPORTING

HOTLINES

Anonymous Crime Reporting 800-78-CRIME (800-782-7463)
Anonymous Tip Line877-LAWFULL (877-529-3855)
Crime Victims Hotline..... 866-689-HELP (4357)
Victims of Crime Resource Center800-842-8467

LA COUNTY DISTRICT ATTORNEY VICTIM-WITNESS ASSISTANCE PROGRAM213-974-7499
210 W. Temple Street, 18-607, Los Angeles, CA 90012
<http://da.co.la.ca.us/vwap/default.htm>

Victims are assisted by victim advocates who guide victims through the court process, help victims receive restitution, provide crisis intervention, and provide referrals to counseling and community services.

DISABLED PERSONS SERVICES

HOTLINES

Crisis Line for the Handicapped800-426-4263

INFOLINES / WEBSITES

DISABILITY BENEFITS 101 (web-site only info)
<http://www.db101.org>

Helps workers, job seekers, and service providers understand the connections between work and benefits. The website explains the variety of work incentive programs and the rules for health coverage, benefit, and employment programs that people with disabilities use.

DISABILITYINFO.GOV (web-site only info)
<http://www.disabilityinfo.gov>

Online resource that provides information on education, employment, housing, transportation, health, benefits, technology, and civil rights.

SUPPORT SERVICES

IN-HOME SUPPORTIVE SERVICES (IHSS)213-744-4477
2707 S. Grand Avenue, Los Angeles, CA 90007
http://www.ladpss.org/dpss/ihss/ihss_title_page.cfm

This is a division of the L A County Department of Public Social Services - Bureau of Health, Nutrition & Specialized Services. It provides in-home supportive services for the disabled and elderly people in Los Angeles County.

WORK-RELATED RESOURCES

CALIFORNIA DEPARTMENT OF REHABILITATION (DOR)213-736-3904
3251 West 6th Street, Suite 300, Los Angeles, CA 90020-5017
<http://www.dor.ca.gov/>

DOR provides Vocational Rehabilitation Services to Californians with disabilities who want to work. Services include employment counseling training and education, mobility and transportation aids, job search and placement assistance.

EMPLOYMENT DEVELOPMENT DEPARTMENT (EDD).....213-833-7900
315 W. 9th Street, Suite 200, Los Angeles, CA 90015
<http://www.edd.ca.gov/eddpwd.asp>

The EDD is committed to enhanced employment opportunities for people with disabilities.
Services include job and training referrals, counseling, and job search assistance and workshops.

DOMESTIC VIOLENCE

HOTLINES

Domestic Violence Hotline	800-978-3600
24-Hour Domestic Violence Response Team	323-226-6806
Emergency Services Hotline	213-626-3393
National Domestic Violence Hotline	800-799-SAFE (7299)
Safe Horizons Domestic Violence Hotline.....	800-621-HOPE (4673)
Victims Information & Notification Hotline	877-846-3452

INFOLINES

VINE: VICTIM INFORMATION & NOTIFICATION EVERYDAY.....877-846-3452

VINE is a free, anonymous, telephone service for victims of violent crimes in Los Angeles county. By calling the VINE number, a victim can determine the custody status of the offender and register to be notified of the release or transfer of the specific inmate.

SHELTERS

1736 Family Crisis Center.....	213-745-6434
Bilingual Shelter (Spanish Speakers).....	213-629-5800
Free Spirit Shelter	213-629-5800
Good Shepherd Shelter	323-737-6111
Jenesse Center	800-479-7328

ABOUT FACE: DOMESTIC VIOLENCE INTERVENTION PROJECT.....213-384-7084
3407 W. 6th Street, Suite 700, Los Angeles, CA 90020

Domestic violence services for people who live in Los Angeles County.

PEACE OVER VIOLENCE.....213-955-9090
605 West Olympic Blvd., Suite 400, Los Angeles, CA 90015

<http://www.peaceoverviolence.org>

Provides information, referrals, and support to victims of violence.

COMMUNITY MENTAL HEALTH CENTER (CMHC)323-221-4134
Violence Intervention Program (VIP)

1721 Griffin Avenue, Los Angeles, CA 90031

<http://www.violenceinterventionprogram.org>

Provides comprehensive mental health services for victims of family violence and sexual assault.

ENGLISH AS A SECOND LANGUAGE (ESL)

CAL AMERICA EDUCATION INSTITUTE.....213-381-3377
3700 Wilshire Blvd., Suite 200, Los Angeles, CA 90010
<http://www.cal-america.com/>

Offers ESL courses that cover the basic English language skills of grammar, reading, writing, listening, and speaking.

LOS ANGELES TRADE TECHNICAL COLLEGE213-763-7000
400 West Washington Blvd., Los Angeles, CA 90015
<http://www.lattc.edu/>

Basic listening, reading, speaking, writing skills for ESL learners with zero to minimum English language skills.

POLY LANGUAGES INSTITUTE323-933-9399
4221 Wilshire Blvd., Suite 300-A, Los Angeles, CA 90010
<http://www.polylanguages.com/ESL/ESLClasses.aspx>

Offers an intensive 23 hours a week program of reading/writing, speaking/listening, and a semi-intensive 18 hours a week program.

LANGUAGE SYSTEMS – LOS ANGELES213-985-3665
3250 Wilshire Blvd., #200, Los Angeles, CA 90010
<http://www.languagesystems.com/>

Offers English language classes at a variety of proficiency levels focusing on reading/writing, listening/speaking, grammar/vocabulary.

FAMILY PLANNING

HOTLINES

California Office of Family Planning Information & Referral Service	800-942-1054
Crisis Pregnancy Center of San Fernando Valley.....	818-830-2499
Pregnancy Hotline.....	800-848-5683
National Abortion Federation Hotline (www.prochoice.org)	800-772-9100
National Life Center (www.nationallifecenter.com)	800-848-5683
Teen Pregnancy Referral Hotline.....	800-522-5006

DOROTHY HECKT CENTER (PLANNED PARENTHOOD)800-576-5544
8520 S. Broadway, Los Angeles, CA 90003
<http://www.plannedparenthood.org/los-angeles/>

Offers comprehensive family-planning services including pregnancy tests, birth control, and testing and treatment for sexually-transmitted diseases.

EL NIDO FAMILY CENTERS – LOS ANGELES323-242-5020
9300 S. Broadway, Los Angeles, CA 90003
<http://www.elnidofamilycenters.org>

Provides services for pregnant/parenting teens, teen pregnancy prevention and delinquency prevention, child abuse prevention/intervention, parenting education.

LOS ANGELES PREGNANCY SERVICES213-382-5643
2524 West 7th Street, Los Angeles, CA 90057
<http://www.lapsforlife.org>

Pregnancy counseling and referral services.

FINANCIAL ASSISTANCE PROGRAMS

CALWORKS.....323-260-3718

2855 E. Olympic Blvd., Los Angeles, CA 90023

<http://www.ladpss.org/dpss/calworks/default.cfm>

The *Ca/WORKs* program provides temporary financial assistance and employment focused services to families with minor children who have income and property below State maximum limits for their family size.

FOOD PROGRAMS & RESOURCES

DEPARTMENT OF PUBLIC SOCIAL SERVICES.....800-339-6993
2855 E. Olympic Blvd., Los Angeles, CA 90023323-260-3718
<http://www.ladpss.org/>

Food stamps, financial and employment assistance.

EMERGENCY FOOD RESOURCES

LOS ANGELES REGIONAL FOODBANK323-234-3030
1734 E. 41st Street, Los Angeles, CA 90058
<http://www.lafightshunger.org>

Making every effort to get more food out to low-income residents who are facing hunger.

ST. AGNES CATHOLIC CHURCH.....323-731-2464
2625 S. Vermont Avenue, Los Angeles, CA 90007

The church provides emergency food and personal goods primarily for people who live within parish boundaries.

ST. JOHN'S EPISCOPAL CHURCH 213-747-6285, ext 112
514 W. Adams Blvd., Los Angeles, CA 90007

This church provides emergency food for people in Los Angeles County, including people who are homeless or undocumented. There are no geographic restrictions.

ST. MARK'S EVANGELICAL LUTHERAN CHURCH323-731-6104
3651 S. Vermont Avenue, Los Angeles, CA 90007

The church provides emergency food, holiday assistance, homeless support services and personal goods.

ST. VINCENT DE PAUL CHURCH.....213-749-8950
621 W. Adams Blvd., Los Angeles, CA 90007

The church provides emergency food assistance services.

HEALTH CENTERS

HOTLINES

Child Health & Disability Prevention Program (CHDP)	800-993-2437
Healthy Families – Medi-Cal for Children.....	888-747-1222
LA County Health & Nutrition Hotline	877-597-4777

California Managed Risk Medical Insurance Board.....916-324-4695
<http://www.mrmib.ca.gov>

Lists detailed information on a number of different health care programs available to families and people who are uninsured, including Health Families Program, the Access for Infants and Mothers program, and the Major Risk Medical Insurance Program (for Californians unable to obtain individual health insurance coverage because of pre-existing conditions).

PUBLIC-PRIVATE PARTNERSHIP (PPP) & HEALTH CENTER REFERRALS800-257-2342

Refers primary care services to uninsured patients.

DISABILITIES / SPECIAL NEEDS HEALTH CENTERS

JOHN TRACY CLINIC800-522-4582
806 W. Adams Blvd., Los Angeles, CA 90007
<http://www.jtc.org>

The clinic guidance and encouragement to families of infants and preschool children with hearing losses by providing free, parent-centered services worldwide.

SOUTH CENTRAL LOS ANGELES REGIONAL CENTER213-744-7000
650 W. Adams Blvd., Bldg. 4, Suite 200, Los Angeles, CA 90007
<http://www.sclarc.org/>

The center provides services for people of all ages with developmental disabilities and their families.

INDIVIDUAL / FAMILY HEALTH CENTERS

ST. JOHN’S WELL CHILD AND FAMILY CENTER.....213-749-0947
515 W. 27th Street, Los Angeles, CA 90007
<http://www.wellchild.org>

The center provides medical and dental services for low-income people of all ages who live in the Los Angeles county area.

H. CLAUDE HUDSON COMPREHENSIVE HEALTH CENTER213-744-3945
2829 S. Grand Avenue, Los Angeles, CA 90007
<http://www.ladhs.org/clinics/pppinfo.htm>

The program provides health care services to low income and uninsured residents of Los Angeles County.

HOUSING

HOTLINES

LA County Housing Authority – Section 8 Rent Subsidy Application 800-731-4663
Housing Grants & Loan Programs 323-890-7244 & 7239

FAIR HOUSING FOUNDATION 323-295-3302
4401 Crenshaw Blvd., #317, Los Angeles, CA 90043
<http://www.fhfla.com/>

Supports and promote freedom of residence through education, advocacy, and litigation, to ensure that all persons have the opportunity to secure safe and decent housing.

HOUSING RIGHTS CENTER 800-477-5977
520 S. Virgil Avenue, Suite 400, LA, CA 90020
<http://www.hrc-la.org/>

Supports and promotes fair housing through education and advocacy to the end that all persons have the opportunity to secure the housing they desire and can afford.

JOB INFORMATION / TRAINING

INFOLINES

Job Corps (ages 16 to 24).....213-741-5376
Job Info County of Los Angeles 24-Hour Hotline213-351-LIST (5478)
<http://www.co.la.ca.us/hr/main.html-ssi>

ADULT SCHOOLS

Adult schools offer job preparation and readiness, computer instruction, literacy and ESL programs. For information:

LA Unified School District..... 213-62-LEARN (625-3276)
LA County Office of Education562-922-6111

CALWORKS (DEPARTMENT OF PUBLIC SOCIAL SERVICES)213-744-4862
2615 S. Grand Avenue, Los Angeles, CA 90007
<http://www.ladpss.org/>

Provides job search and job readiness assistance, vocational education and training, education directly related to employment, adult basic education, and post-employment services.

GAIN (GREATER AVENUES FOR INDEPENDENCE)323-730-6301
3833 S. Vermont Avenue, 3rd Floor, Los Angeles, CA 90037

The GAIN program provides employment-related services to CalWORKs participants to help them find employment, stay employed, and move on to higher paying jobs, which will ultimately lead to self-sufficiency and independence.

WILSHIRE-METRO WORKSOURCE CENTER.....213-365-9829
3550 Wilshire Blvd., Suite 500, Los Angeles, CA 90010
<http://communitycareer.org>

The center provides access to job listings, help with preliminary skill assessment, information about local education and training providers.

LEGAL SERVICES

CALIFORNIA WOMEN'S LAW CENTER323-951-1041

6300 Wilshire Blvd., Suite 980, Los Angeles, CA 90048

<http://www.cwlc.org>

Provides programs that enable individuals to use the law that governs their rights and to assist them in addressing the legal issues that perpetuate women's growing poverty.

LAWHELPCALIFORNIA.ORG(website only)

<http://www.lawhelpcalifornia.org>

Helping Californians find legal aid referrals & self-help resources.

LEGAL AID FOUNDATION OF LA800-399-4LAW (4529)

<http://www.lafla.org/>

Provides civil legal services to low income people in Los Angeles.

LITERACY SERVICES

INFOLINES

Literacy Network of Greater Los Angeles 800-707-READ (7323)
<http://www.literacynetwork.org>

LITERACY NETWORK OF GREATER LOS ANGELES213-237-4810
c/o The Los Angeles Times
202 W. 1st Street, Los Angeles, CA 90012
<http://www.literacynetwork.org>

Making literacy resources easily accessible to learners.

LOS ANGELES PUBLIC LIBRARY – EXPOSITION PARK323-732-0169
3665 S. Vermont Avenue, Los Angeles, CA 90007
<http://www.lapl.org>

Adult basic reading and writing, children’s literacy.

LOS ANGELES UNIFIED SCHOOL DISTRICT – BEYOND THE BELL BRANCH213-744-1502
151 W. 30th Street, Los Angeles, CA 90007
<http://www.btb.lausd.net>

Family literacy/parent education, children’s literacy, basic math.

READING IS FUNDAMENTAL OF SOUTHERN CALIFORNIA.....323-890-0876
Motivational Reading Program – LA Child Guidance Clinic
7250 Bandini Blvd., Suite 208, Los Angeles, CA 90040
<http://www.rifsocal.org>

Family literacy/parent education, children’s literacy. Promotes literacy by motivating children to read and inspiring them to become lifelong readers.

MENTAL HEALTH

HOTLINES

Suicide Prevention Hotline Center (24 Hours)310-391-1253
LA County ONLY877-727-4747
West Valley Mental Health Ctr-Psychiatric Mobile Full Response Team.....800-854-7771

DEPARTMENT OF MENTAL HEALTH 213-738-4601 or 213-738-4957
Information and Referral800-854-7771
550 South Vermont Avenue, 12th Floor, Los Angeles, CA 90020

Provides a full range of mental health services, including acute inpatient care, day treatment services, activity centers, outpatient programs, rehabilitation services, prevention and community education efforts, and 24-hour psychiatric emergency services.

SAN FERNANDO VALLEY CHILD GUIDANCE CLINIC818-993-9311
9650 Zelzah Avenue, Northridge, CA 91325

Provides mental health and other related treatment to emotionally troubled and abused children and their parents. Programs include outpatient treatment services, the Northpoint School Day treatment program, child abuse prevention, and trauma and early intervention services.

SAN FERNANDO VALLEY MENTAL HEALTH CENTER.....818-832-2400
10605 Balboa Blvd., Suite 100, Granada Hills, CA 91344

Provides case management, assessments, a day-treatment program, and employment and training program, group therapy, telephone assistance, the Adult Target Case Management program, education, and information and referrals.

WEST VALLEY MENTAL HEALTH CENTER818-598-6900
Psychiatric Mobile Full Response Team800-854-7771
7621 Canoga Avenue, Canoga Park, CA 91304

Provides a day-treatment program, case management, assessments, employment programs, medication groups, individual and group therapy, and information and referrals.

RAPE & DATING VIOLENCE

HOTLINES

Crisis Helpline800-235-1191
Rape & Abuse & Incest National Network..... 800-656-HOPE (4673)
Valley Trauma Center (24 Hours)818-886-0453
Victim-Witness Assistance818-756-8488

BREAK THE CYCLE310-286-3366
5200 W. Century Blvd., Suite 300, Los Angeles, CA 90045
<http://www.breakthecycle.org>

Break the Cycle engages, educates, and empower youth to build lives and communities free from domestic and dating violence.

VIOLENCE INTERVENTION PROGRAM (VIP)323-221-4134
Community Mental Health Center (CMHC)
1721 Griffin Avenue, Los Angeles, CA 90031
<http://www.violenceinterventionprogram.org>

Provides comprehensive mental health services for victims of family violence and sexual assault.

VIOLENCE INTERVENTION PROGRAM (VIP)323-226-3961
Forensic Medical Clinic
1240 North Mission Road, Trailer-11, Los Angeles, CA 90033
<http://www.violenceinterventionprogram.org/>

24-hour crisis intervention, medical evaluation and treatment, forensic evaluation and evidence collection, case management and advocacy.

SENIOR SERVICES

HOTLINES

Adult Protective Services	213-351-5401
Department of Aging Information and Assistance.....	800-510-2020
Elder Abuse 24-Hour Hotline	800-992-1660
Elder Abuse Community Education	310-394-9871
Senior Citizens Information and Assistance.....	213-738-4004

MEDICARE

CALMEDICARE.ORG (*free Medicare help*)..... 800-434-0222
<http://www.calmedicare.org>

Provides free information about Medicare eligibility, coverage, benefits, claims and appeals for people who live in California.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP) 800-824-0780
520 S. Lafayette Park Place, Suite 214, Los Angeles, CA 90057
<http://www.healthcarerights.org>

HICAP counselors provide assistance with Medicare claims, appeals, denials, or delays of service or treatment.

SOCIAL SECURITY

UNITED STATES GOVERNMENT SOCIAL SECURITY ADMINISTRATION 818-837-9536
456 San Fernando Mission Blvd., San Fernando, CA 91340

SENIOR CENTERS

COMMUNITY AND SENIOR SERVICES.....213-738-2600
3175 West Sixth Street, Los Angeles, CA 90020
<http://dcss.co.la.ca.us/>

Agency refers elderly to appropriate nursing home care according to patient needs and profile.

SUPPORT SERVICES

IN-HOME SUPPORTIVE SERVICES (IHSS).....213-744-4477
2707 S. Grand Avenue, Los Angeles, CA 90007
http://www.ladpss.org/dpss/ihss/ihss_title_page.cfm

This is a division of the L A County Department of Public Social Services - Bureau of Health, Nutrition & Specialized Services. It provides in-home supportive services for the disabled and elderly people in Los Angeles County.

TRANSPORTATION

ACCESS SERVICES INC.800-827-0829
Reservations800-883-1295
PO Box 71684, Los Angeles, CA 90071
<http://www.asila.org/>

Transportation for severely disabled persons and senior citizens of Los Angeles County.

CITYRIDE818-808-RIDE (7433)
<http://www.ladottransit.com/other/cityride/>

Transportation subsidy program benefiting seniors 65 years or older and disabled persons of any age.

TRANSPORTATION

INFOLINES

Personalized Bus Routes/Schedules, Rail, Ride-Share Information..... 800-COMMUTE

ACCESS SERVICES INC.800-827-0829
Reservations800-883-1295

PO Box 71684, Los Angeles, CA 90071

<http://www.asila.org/>

Provides transportation for severely disabled persons and senior citizens of Los Angeles County.

CITYRIDE818-808-RIDE (7433)

<http://www.ladottransit.com/other/cityride/>

Transportation subsidy program benefiting seniors 65 years or older and disabled persons of any age.

METROPOLITAN TRANSPORTATION AUTHORITY (MTA)213-922-6000

1 Gateway Plaza, Los Angeles, CA 90012

<http://www.mta.net/>

Bus schedules and information.

SOUTHERN CALIFORNIA REGIONAL RAIL AUTHORITY (SCRRA) 800-371-LINK (5465)

<http://www.metroinktrains.com>

Metrolink stations and schedules.