

## **Domestic Violence**

- **House of Ruth**  
24 hour help line (909)988-5559  
Our services are divided into the following programs:  
Residential Programs: Emergency and Transitional Shelter  
Children's Programs  
Counseling  
Community Services  
Prevention and Outreach
- **Project Sister Family Services**  
**Project Sister Family Services (PSFS)** is the foremost agency dedicated to providing services to the women, children, and men survivors of sexual assault and abuse and their families in the East San Gabriel and Inland Valleys in Southern California
  - Sexual Assault Crisis Intervention
  - Outreach and Prevention
  - Professional Counseling
  - Harassment Awareness Training

24 hour Help line (800)656-4673, (909)626-4357

## **Shelters**

- **Volunteers of America of West Covina Access and Outreach Center**  
Walter Solórzano, Lead Access Case Manager / Housing Specialist  
E-mail: [wcaocws@aol.com](mailto:wcaocws@aol.com)  
415 S. Glendora Ave. Suite "F" (Second Floor)  
West Covina, CA. 91790 (626) 918-6346 fax (626) 918-5040
  - 24-hour transportation when released from hospital or jail and will require transitional housing
  - Rotary House: transitional housing, self-help groups, job training, placement programs, assessment and treatment referrals, warm meals, housing referral
  - Safe Haven at The Barracks: transitional housing beds, classrooms, and computer center for chronically homes
  - S.H.A.W.L. House: safe haven for female victims of domestic violence, substance abuse, and mental illness with transitional housing, counseling, domestic violence education
  - H.O.P.E.: offers advocacy for those with physical or mental health disabilities to qualify for Social Security Income and obtain available benefits
- **Los Angeles Mission**  
Men's Services:  
Tim Law  
(213) 629-1227 ext. 323  
[TLaw@lamission.net](mailto:TLaw@lamission.net)  
Program Intake Hours  
Monday – Friday 6:30 am to 8:30 pm

- **Women's Services:**  
Tina Babcock  
(213) 614-0743  
[TBabcock@lamission.net](mailto:TBabcock@lamission.net)  
Monday – Friday 9:00 am to 3:00 pm

\*Our primary emergency services are available free of charge to all in need. We provide hot meals, served three times a day, overnight shelter, clean clothing, showers, shaves and temporary baggage storage.

- **Independent Living Center of East San Gabriel Valley**
  - Advocacy
  - Assistive Technology
  - Cell Phone Program
  - Communications
  - Deaf Services
  - Affordable housing lists
  - Independent Skills training
  - Peer Counseling
  - Personal Assistance referral
  - Youth program
  - SCIL's services are FREE to People with Disabilities seeking assistance in order to achieve or maintain independence.

Services Center for Independent Living  
107 Spring Street  
Claremont, CA 91711  
1520 W. Cameron Ave., #160  
West Covina, CA 91790

**Or you can give us a call at:**

Phone: 1-800-491-6722  
VP/TTY: 909-445-0726

[www.scil-ilc.org/](http://www.scil-ilc.org/)

**Childcare assistance**

- Resource and Referral Agencies (R&Rs) are local agencies that assist parents in locating licensed child care providers and help family licensed exempt child care providers with licensing, fingerprinting, and other issues. R&Rs will also refer families seeking child care to become licensed providers if they so choose.
  - [www.ladpss.org](http://www.ladpss.org)
- **Pomona Unified School District**  
Child Development Program  
CALWORKS  
The Village @ Indian Hill  
1460 E. Holt Blvd.  
Pomona, CA 91767  
(909)397-4740, (800)822-5777
- **Early Head Start**  
720 S. E. St. San Bernardino, CA 92408

(909)888-4577

\*Head Start is a national program administered by the Head Start Bureau within the Administration on Children, Youth and Families, Administration for Children and Families (ACF), and Department of Health and Human Services (DHHS). Head Start provides comprehensive developmental services for low-income children from birth to entry into elementary school

- Options Childcare and Human Services Agency  
[www.optionscc.org](http://www.optionscc.org)  
Options provides a coordinated, interdisciplinary network of quality, professionally delivered early care and educational services for children and families living in the San Gabriel Valley area of Los Angeles County.
- GAIN  
Greater Avenues for Independence  
(877)292-4246, 8:00am-5:00pm M-F  
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. CALWORKS participants receive GAIN services in the GAIN Regional offices.
- CalWorks  
The CalWORKS program provides temporary financial assistance and employment focused services to families with minnow children who have income and property below State maximum limits for their family size. Most able-bodied aided parents are also required to participate in the CalWORKS GAIN employment services program.

## Daycare Registry

- Metro Daycare  
<http://metrodaycare.com/>  
MetroDaycare.com is America's choice for locating quality child day care online in your area. We currently have over 150,000 listings, and offer several different methods to find the *right* provider in your area. Its as easy as entering your zip code!
- Daycare Match  
<http://www.daycarematch.com/>  
Need **daycare**? Welcome to our directory of child care openings and daycare listings. You just might find a **babysitter** or **nanny** too. Our child care provider profiles are thorough - including photos, education, experience, hours, cost, and more - making your search for daycare easier. Serving infants, toddlers, pre-school, and school age.
- Daycare.com  
<http://www.daycare.com/>
- Nannies4hire  
<http://www.nannies4hire.com/index.asp?gclid=CLuRuKaH2KICFR5rgwod8nFuyg>  
Choosing a nanny for your children is a very important decision. We understand, and we're here to alleviate your concerns and make the process easy and reassuring. We've made hundreds of thousands of successful, happy matches over the years, and we're eager to do the same for you.

## County of Los Angeles Department of Social Services

- Homeless Prevention  
[http://dpss.lacounty.gov/dpss/homeless\\_case\\_mgmt/default.cfm](http://dpss.lacounty.gov/dpss/homeless_case_mgmt/default.cfm)  
Services offered:
  - Temporary Homeless Assistance
  - Permanent Homeless Assistance
  - Permanent Homeless Arrearage Payment

- Once-in-a-Lifetime Payments
- 8-month rental subsidy assistance
- Emergency Assistance to Prevent Eviction (EAPE) Program
- The Moving Assistance Program (MA)

### **Free/Low Cost Medical Clinics**

- **East Valley Community Health Center/West Covina**  
West Covina  
420 South Glendora Avenue  
West Covina, CA 91790  
(626)919-4333  
For Clinic Appointments  
(626)919-5724 x2110.
- **East Valley Community Health Center/Pomona**  
680 Fairplex Drive  
Pomona, CA 91768  
(909)623-4861  
For Clinic Appointments  
(909)620-8088 x3100
- **STD Testing**  
Free and Low Income Health Clinics  
**Alta Med Health Services**  
3945 Whittier Blvd.  
East Los Angeles, CA 90023  
Phone: (866) 709-9378
- **Arroyo Vista Family Health Center**  
6000 North Figueroa Street  
Los Angeles, CA 90042-4232  
Phone: (323) 254-5291
- **Asian/Pacific Health Care Venture**  
1530 Hillhurst Avenue, Suite 200  
Los Angeles, CA 90027-5516  
Phone: (323) 644-3888
- **Chinatown Service Center**  
767 North Hill Street  
Los Angeles, CA 90012  
Phone: 213-808-1718
- **Community Health Alliance of Pasadena**  
1855 North Fair Oaks Ave, Ste 2  
Pasadena, CA 91103  
Phone: 626-398-6300
- **East Valley Community Health Center, Inc.**  
420 South Glendora Avenue  
West Covina, CA 91790-3001  
Phone: (626) 919-5724 x200
- **Eisner Pediatric and Family Medical Center**  
1530 South Olive Street  
Los Angeles, CA 90015  
Phone: (213) 747-5542

- **Franciscan Clinics**  
1300 North Vermont Avenue  
Los Angeles, CA 90027-6005  
Phone: 1-800-454-1800
- **JWCH/Clinic Institute**  
1910 W. Sunset Boulevard, Suite #650  
Los Angeles, CA 90026-3281  
Phone: (213) 484-1186
- **Los Angeles Mission Community Clinic**  
311 Winston Street  
Los Angeles, CA 90013-1519  
Phone: (213) 893-1960
- **Northeast Community Clinic**  
2550 West Main Street  
Alhambra, CA 90042  
Phone: 626-547-6900
- **Saint Anthony Medical Centers**  
6388 Hollywood Blvd  
Los Angeles, CA 90028  
Phone: 323-469-5555
- **South Central Family Health Center**  
4425 S. Central Ave.  
Los Angeles, CA 90011-3629  
Phone: 323-908-4200
- **T.H.E. Clinic, Inc.**  
3834 S. Western Avenue  
Los Angeles, CA 90062  
Phone: (323) 730-1920
- **Umma Community Clinic**  
711 W Florence Avenue  
Los Angeles, CA 90044  
Phone: 323-789-5610
- **Bill Moore Community Health Clinic**  
1460 N. Lake Ave., Suite 107  
Pasadena, CA  
(626) 398-3796
- **Community Health Alliance of Pasadena**  
1855 N. Fair Oaks Ave.  
Pasadena  
(626) 398-6300

### **Medical Health Care Service Options**

- **Medical Clinics Health Programs**  
Ability to Pay Plan (ATP)  
Outpatient Reduced-Cost Simplified Application (ORSA)  
Under these plans, you can get medical care, including prenatal and maternity services, at County hospitals and clinics at no-cost or at low-cost. If you get medical care at no cost under ATP/ORSA, you can get medicines at no cost. If you get clinic care at lower cost, you get medicines at no extra cost. Although you can get these plans at any County medical center, you can apply for them only at [specified centers](#).
- **Los Angeles County Guide to Free and Low-Cost Health Care Services**

[http://www.ladpss.org/dpss/wgyc/pdf\\_files/English%20WGYC.pdf](http://www.ladpss.org/dpss/wgyc/pdf_files/English%20WGYC.pdf)

Information on Services:

- Pregnant Women
- Children: birth up to 21
- Adults
- Blind or Disabled or 65 years and older
- Immigrant Information
- Consumer Information
- 211 LA County

\* **Medi-Cal**

<http://www.medi-cal.ca.gov/>

Medi-Cal is California's Medicaid program. This is a public health insurance program which provides needed health care services for low-income individuals including families with children, seniors, persons with disabilities, foster care, pregnant women, and low income people with specific diseases such as tuberculosis, breast cancer or HIV/AIDS. Medi-Cal is financed equally by the State and federal government.

## **Dental Programs**

- [www.medicaldiscounts.com](http://www.medicaldiscounts.com)  
(866)909-7645
- Dental Referral List for Denti-Cal  
<http://www.denti-cal.ca.gov/WSI/Bene.jsp?fname=ProvReferral>
- For a list of dentist please access the following website:  
<http://dcfs.co.la.ca.us/health/Free%20and%20Low%20Cost%20Dental%20Care%20in%20LAC.pdf>
- 1000 S. Garfield Ave.  
Alhambra, CA 91801  
(626)281-3383
- Glendora Dental Surgery  
906 S. Grand Ave.  
Glendora, CA  
(626)852-9500
- Burbank YMCA Dental Clinic  
321 E. Magnolia Blvd. 2<sup>nd</sup> Floor  
Burbank, CA 91502  
(818)841-8010
- Pasadena City College Dental Hygiene Clinic  
1570 Colorado Blvd.  
Pasadena, CA 91106  
(626)585-7241
- San Gabriel Valley Dental Health Clinic  
14101 E. Nelson Ave.  
La Puente, CA 91746  
(626)934-2894
- St. John's Well Child Center Dental Clinic-Lincoln High School  
2512 Alta St.  
Los Angeles, CA 90031  
(323)441-2139

## **Mental Health**

- Ask about a sliding scale/based on ability to pay.  
La Puente Mental Health Center  
(626)961-8971, (626)227-7018

- California Family Counseling Networks, Inc.  
P.O. Box 1929  
Frazier Park, CA 93225  
(626)332-5395
- APC Counseling Center  
700 S. First Ave.  
Arcadia, CA  
(626)445-1078  
Family Services of Pomona Valley/ Counseling Center  
436 W. 4<sup>th</sup> st Suite 215  
Pomona, CA  
(909)620-1776
- Arcadia Mental Health Core/Wellness Services  
330 E. Live Oak  
Arcadia, CA  
(626)821-5858
- **Suicide prevention,**  
24 Hour Suicide and Crisis  
877-727-4747

### **Substance Abuse.**

- **VOALA SUBSTANCE ABUSE PROGRAMS** include assessment, treatment, case management, and individual and group therapies. We also provide warm meals, referrals for medical and psychiatric needs, benefits counseling, referrals to sober living arrangements, and vocational and education opportunities.
- AEGIS Medical Systems, INC.  
30 Narcotic Treatment Programs Throughout California  
14418 E. Pacific Ave., Baldwin Park, Ca 91706, (626)962-8797
- 11041 E. Valley Blvd., El Monte, CA 91731, (626)442-4177
- 614 W. Manchester Blvd., Inglewood, CA 90301, (310)412-0879
- 324 N. Laurel St., Ontario, CA 91762, (909)986-4550
- 1724 E. Washington Blvd., Pasadena, CA 91104, (626)794-1161
- 1050 N. Garey Ave., Pomona, CA 91767, (909)623-6391
- 1825 E. Thelborn St., West Covina, Ca 91791, (626)915-3844
- Alcohol and Drug Abuse Services  
1-800-ALCOHOL, 800-252-6465
- Alcohol Drug Treatment Referral  
800-454-8966
- Narcotics Anonymous  
323-933-5395

### **Tattoo Removal/Piercing Removal/Repair**

- Sunrise Community Outreach Center  
Tattoo Removal Laser Clinic  
A 50© (3) Non-Profit Organization  
2105 Beverly Blvd.  
Suite 219  
Los Angeles, CA 90057  
(213)483-2655

- Laser Away Tattoo & Hair Removal Experts  
Marina Del Rey (310)823-2929  
Santa Monica (310)393-2929  
West Hollywood (310)385-8329  
Sherman Oaks (818)377-7200
- Celebrity Laser Spa  
11053 Santa Monica Blvd.  
Los Angeles, Ca 90025  
(310)312-1231
- Tattoo MD  
11053 Santa Monica Blvd.  
Los Angeles, CA 90025  
(310)312-1231
- TCL Skin Laser Center  
12027 Venice Blvd. Suite B  
West Los Angeles, CA 90066  
(310)915-8060

### **Transportation**

- Call 511 for the latest traffic alerts and transportation updates
- Metro  
<http://www.metro.net/>  
800-COMMUTE OR 323-GO-METRO
- Foothill Transit  
<http://www.foothilltransit.org/>  
800-RIDE-INFO, 800-743-3463  
For Customer service: 626-931-7210, 909-621-2126  
ASK ABOUT A STUDENT DISCOUNT!
- Sunset Taxi Inc.  
136 South Glendora Ave  
West Covina, CA (626)918-6040
- Los Angeles Cities Cab  
601 E. Francisquito Ave  
West Covina, CA (626)918-4270
- United Taxi of Southwest  
(323)653-5050
- Independent Taxi Company  
(800)521-8294
- City of Los Angeles Taxi Services  
<http://www.taxicabsla.org/>

### **FOOD BANKS**

- Complete List of Los Angeles Regional Food Banks please visit:  
<http://www.lafoodbank.org/get-help/agencies-serving-daily-meals.aspx>
- Azusa Community Food Bank  
501 E. Foothill Blvd.  
Azusa, CA 91702  
Please call prior to visit:  
(626)969-2397



- Cory's Kitchen  
1418 Arrow Highway  
Irwindale, CA 91706  
(626)305-0392
- Assembly of God Church  
250 E. San Bernardino Rd.  
Covina, CA  
(626)966-4488
- God Provides Ministry Food Center  
2453 Troy Ave  
South El Monte, CA  
(626)442-4273
- Food Stamps  
[http://dpss.lacounty.gov/dpss/food\\_stamps/fs\\_brochures.cfm](http://dpss.lacounty.gov/dpss/food_stamps/fs_brochures.cfm)  
Please access the above link to determine if you qualify for food stamp benefits.  
You may also call (877)597-4777, or stop by some schools community centers, or WIC offices.

## **Please Call 211 Los Angeles County**

- [www.211LACounty.org](http://www.211LACounty.org)
- Free and Confidential
- 24 hour/ 7 days a week
- Multilingual
- TTY Accessible
- Services Offered
  - Qualify for Medi-Cal
  - Senior Services
  - Homeless or in Crisis
  - Substance Abuse
  - Health Insurance for kids
  - Food Stamps
  - Domestic Violence
  - Lanlord/tenant issues
  - Health and Legal Services

### **GED Testing**

- California GED Testing Centers  
For a list of local testing centers please visit:  
<http://www.cde.ca.gov/ta/tg/gd/gedtestcntrs.asp>  
For more information on the GED test or tutoring offered at your campus please see the campus director or student advisor.