

## Multiple Services Offered

*These agencies offer assistance such as food, shelter, clothing, and transportation services.*

### **Multiservice Center**

1301 West 12th St.  
Long Beach, CA 90813  
**562.733.1147**

### **Christian Outreach and Action**

515 E. 3rd St.  
Long Beach, CA  
**562.432.1440**

### **Long Beach Senior Center**

1150 E. 4th St.  
Long Beach, CA  
**562.570.3500**

### **Villages at Cabrillo**

2001 River Ave.  
Long Beach, CA  
**562.388.8000**  
Services to veterans only

### **Catholic Charities**

123 E. 14th St.  
Long Beach, CA 90813  
**562.591.1351**

### **Force of Hope EDC**

Los Angeles Host Site for Angel Food Gift Box service. Referral services for Employment and Apprenticeship Training, Property Foreclosure Mitigation, Temporary & Emergency Housing, Interview Clothing, Bus Passes, Gas Vouchers and Food Certificates.  
20920 Chico St. (at Dominguez Street)  
Carson, California 90746  
**310.323.2600**

## Transportation Services

### **Torrance Transit**

Apply for reduced fare i.d. and Dial-A-Lift services for disabled persons. Apply in person. Bring proof of disability. Fee for application \$2.00.  
3031 Torrance Blvd.  
Torrance, CA 90501  
**310.618.6266**

### **Gardena Special Transit**

Apply for reduced fare i.d. for disabled persons. Apply in person. Bring proof of disability. Fee for application \$2.00.  
15340 S. Van Ness Ave.  
Gardena, CA 90249  
**310.715.0646**  
Curb-to-curb services for seniors/disabled call:  
**310.217.9552**

### **Dial-A-Ride/Carson**

Curb-to-curb transportation services for seniors/disabled. Must apply/qualify for services.  
801 Carson St.  
Carson, CA 90745  
**310.835.0212**

### **Dial-A-Lift/Long Beach**

Curb-to-curb transportation services for seniors/disabled. Must apply/qualify for services.  
1963 E. Anaheim St.  
Long Beach, CA 90813  
**562.591.8753**

### **Refugee Employment Training Program**

LAUSD/ St. Luke's Episcopal Church  
525 E. 7th St. Room 116  
Long Beach, CA 90813  
**562.432.1755**  
Free employment and training services to refugees.

## Medical Services

*Variety of medical outpatient services.*

### **CARE Program and Clinic**

411 E. 10th Suite 107  
Long beach, CA 90813  
**562.491.9905**

*Variety of medical outpatient services.*

### **Long Beach City Health Dept.**

2525 Grand Ave  
Long Beach, CA 90015  
**562.570.4000**

*Variety of medical outpatient services.*

### **Harbor Free Clinic**

593 West 6th St.  
San Pedro, CA 90731  
**310.547.0202**

### **Adult Outpatient Psychiatric Services**

*medications, case management, and counseling services.*

### **Long Beach Mental Health Center**

1975 Long Beach Blvd.  
Long Beach, CA 90806  
**562.579.6101**

### **San Pedro Mental Health Center**

769 W. 3<sup>rd</sup> St. Suite 201  
San Pedro, CA 90731  
**310.519.6100**

### **South Bay Mental Health Center**

2311 W. El Segundo Blvd.  
Hawthorne, CA 90250  
**323.241.6730**

### **Mental Health Association/The Village**

456 Elm Ave  
Long Beach, CA 90802  
**562.437.6717**

## Shelters/Housing

### **Long Beach Rescue Mission**

1335 Pacific Ave.  
Long Beach, CA 90801  
**562.591.1292**

### **New Hope TLC, Inc.**

4300 Long Beach Blvd., Suite 775  
Long Beach, CA  
**562.498.7726**  
Serves Women only.

### **Travelers Aid**

947 E. 4th St.  
Long Beach, CA 90802  
**310.432.3485**

### **The Beacon House Association of San Pedro**

1003 S. Beacon St.  
San Pedro, CA 90731  
**310.514.4940**

### **House of Hope Foundation, Inc.**

205 West 9th St.  
San Pedro, CA 90731  
**310.521.9209**

### **Joint Efforts, Inc.**

505 S. Pacific Ave.  
San Pedro, California 90731  
**310.831.2358**

### **Utility Assistance**

Utility Services (Gas, Water, etc.)  
333 W. Ocean Blvd.  
Long Beach, CA 90802  
**562.570.5700**

Low Income Home Energy Assistance Program (LIHEAP)- Call to find location to apply.  
**866.675.6623**

A Resource Guide  
for You....

This pamphlet is designed for people who are in transition. It does not include a complete listing of all available services. Public assistance programs offered by the government and community based organizations are tailored to meet local needs, so the level of services is different in each program. When contacting various agencies for help, be persistent in order to get the results you need. Ask questions if information is not clear to you.

California State University, Long Beach Master's in Social Work students prepared this brochure in collaboration with Force Of Hope EDC, to help meet your needs. The Force Of Hope EDC, an economic development corporation which administers both economic and community development outreach programs and projects made this guide accessible. Their mission statement is to serve the underserved, provide hope to the distressed, address the needs of the community, serve as a referral resource network for citizens in need; promote voter education, economic vitality and financial literacy, encourage business and home ownership, and is a beacon of light to those in the community we serve. **Special thanks to our sponsors who made this project possible.**



## A Resource Guide to the Essentials

Long Beach/South Bay Area

CSULB

KELLY PAPER™

Relief Plus

Medical Printing Services



### Important Phone Numbers to Know

In case of an emergency, please call **9-1-1**.

#### **LA County 211**

For general assistance and finding of locales for food, shelter, transportation, and other essentials  
**Dial: 2-1-1.**

#### **RideInfo**

Referrals to over 200 transportation services in L.A.  
**1.800.431.7882.**

**National Coalition for Homeless Veterans**  
**1.800.838.4357**

#### **Relief Plus**

Free Consultation on MediCal and Medicare services.  
**888.528.8538**

### Toll Free Crisis Hotline Numbers

**Suicide Prevention 24 hour hotline**  
**1.800.827.7571**

**Depression Suicide Crisis Hotline**  
**1.800.442.4673**

**National Center for Victims of Crime**  
**800-FYI-CALL or 800.394.2255**  
Serves families, communities, and individuals harmed by crime

**National Runaway Switchboard**  
**800.786.2929 (800.RUNAWAY)**  
Serves runaway and homeless youth, families.

**National Domestic Violence Hotline**  
**800.799.SAFE (800.799.7233)**  
Serves Children, parents, friends, offenders.

**Childhelp**  
**800.4ACHILD (800.422.4453)**

### Work Source Centers

*Offering employment assistance and training. Please Call before you visit an office.*

**Career Worksource Center**  
3447 Atlantic Ave.  
Long Beach, CA 90807  
**562.570.3700**

**Compton Career Link Worksource Center**  
700 N. Bullis Rd.  
Compton, CA 90221  
**310.605.3050**

**Carson Worksource Center**  
1 Civic Plaza Drive  
Carson, CA 90745  
**310.518.8100**

**Harbor Worksource Center**  
1851 N. Gaffey Ave.  
San Pedro, CA 90731  
**310.732.5700**

**South Bay Worksource Business and Career Center**  
320 Knob Hill Ave Room 4  
Redondo Beach, CA 90277  
**310.318.0645 ext. 3254**

**Hawthorne Work Source Center**  
11633 Hawthorne Blvd. 4th Floor  
Hawthorne, CA 90250  
**310.219.3770**

**GROW**  
17600 South Santa Fe Ave  
Rancho Dominguez, CA 90221  
**310.900.3108**  
General Relief participants only