Youth Community Resource Guide

www.pppsgv.org
626.798.0706

PPPSGV maintains this list of local organizations that offer a range of services to the community. PPPSGV does not endorse any particular organization in this guide. Please contact the organization directly to inquire or make an appointment.
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If you have any questions or would like to know more information, please call the Patient Navigator for Planned Parenthood of Pasadena & San Gabriel Valley at (626) 794-5737 ext. 199

You can also call the Contact Center to schedule an appointment at (626) 798-0706

If you suspect that your health or safety is jeopardized due to abuse or neglect by parents or other caretaker, contact the appropriate Emergency Response Hotline Number For County Child Protective Services to report the details
**Mental Health**

**Foothill Family** - Provides a broad range of community-based mental health and social services to at-risk children and families in the San Gabriel Valley. They work with children and families through counseling, social services, education, and mental health for all ages
*Group home*

(626) 993-3000
www.foothillfamily.org
@foothillfamilyorg

**Didi Hirsch** – provides mental health services for adults, children, and young adults/teens. They also offer psychiatric services and medication support.

(310) 390-8896
Multiple locations
1540 East Colorado St.
Glendale, CA 91205
Insurance Accepted: Medi-Cal and Medic-Aid part B and uninsured patients
https://didihirsch.org/
@didihirsch

**Hillsides Resource Center** - These centers provide parenting classes, mental health support, and additional crucial resources for vulnerable children and families. They also also provide in-home counseling to families at risk who are unable to access the services in our resource centers

Intake number is (323) 274-3075
Multiple locations
149 Pasadena Ave.
South Pasadena, CA 91030
https://www.hillsides.org/programs/family-resource-centers
@hillsidespasadena

**Our Best Selves** – offers therapy for individuals, groups, family, couples, children (age 0-12), teenagers (age 13-18) LGBTQIA+, womxn of color, immigrants, youth, nonprofit workers, and abuse survivors

(213) 986-6229.
*Group Home*
440 S Marengo Ave
Pasadena, CA 91101
Insurance Accepted: Cash, Check, Sliding Scale, Electronic payment (PayPal, Square, etc.)
http://ourbestselvestherapy.com/
@ourbestselvestherapy

**San Gabriel Children’s Center** - Interventions to help increase positive mental health to our clients and community members. We work in partnership and collaborate with our clients to identify their positive mental health goals and develop a plan of treatment

(626) 859-2089
4740 North Grand Ave.
Covina, CA 91724
https://www.sangabrielchild.com/programs/

**5 Acres** - Five Acres offers individual therapy, family therapy and parent/caregiver support. Offering medication assessment and management, psychological testing, case management and rehabilitation services

(626) 993-3109
760 W. Mountain View St., Altadena CA 91001
https://5acres.org/
@fiveacresorg

**Pacific Clinics** - Serves children, transitional age youth, families, adults, and older adults. They offer mental health, substance use treatment, and supportive services to Medi-Cal eligible individuals and families

(877) 722-2737
800 S. Santa Anita Ave.
Arcadia, CA 91006
Health Resources & Female Reproductive Health

**Alliance for Children’s Rights**
Medical enrollment, answer questions about Medical coverage, obtain specialized care for those with disabilities or developmental delays, link clients to providers, challenges Medi-Cal denials for those in foster care
(213) 368-6010
3333 Wilshire Blvd., Suite 550
Los Angeles, CA 90010
https://allianceforchildrensrights.org/
@allianceforchildrensrights

**Family Planning Associated Medical Group, Reproductive Health**
Focuses on women’s health by providing well-persons exams, birth control, pregnancy testing, STI testing and gynecology services. Can book appointments online or call. Accepts MediCal
West Covina phone #: (626) 572-8800
Multiple locations: Downey, East Los Angeles, Long Beach, Glendale and more
https://www.fpawomenshealth.com/
@fpawomenshealth

**Women’s First Choice**
Physicians are OB/GYN practitioners that provide a variety of services to their patients, including pregnancy counseling, general obstetric care, and medical abortions. Accept MediCal
(626)268-5834
51 Fifth Ave, Arcadia, CA 91006
https://www.womansfirstchoice.com/

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**Medi-Cal Offices**

**Glendale District**
4680 San Fernando Rd
Glendale, CA 91204
(818) 701-8200

**Pasadena District**
955 N. Lake Ave
Pasadena, CA 91104
(626) 569-1399

**San Gabriel Valley District**
3352 Aero Jet Ave
El Monte, CA 91731
(310) 258-7400
(877) 597-4777 to find the nearest Medi-Cal office
apply online at www.dpssbenefits.lacounty.gov
apply online to www.coveredca.com

**Community Clinics**

**CHAP Clinic –multiple locations**
Continual and coordinated care for patients who are insured and patients who are uninsured
Accepts MediCal. Primary care, dental, behavioral health, gynecologists, prenatal care
(626) 398-6300
1855 N. Fair Oaks Ave Suite 200
Pasadena, CA 91103
www.chapcare.org
@chapcareorg

**AltaMed Health Services – multiple locations**
El Monte Location
Offers medical, dental, senior care, and more
(626) 453-8466
10418 E. Valley Blvd. Suit B
EL Monte, CA 91731
https://www.altamed.org/
@altamedhealths

**All for Health, Health for All**
Multiple Locations
Primary care services, mental health services and health plan enrollment
(818)409-3020
519 Broadway Blvd
Glendale, CA 91205
www.all4health.org
@allforhealth_fqhc

Wesley Health Centers
1845 N. Fair Oaks Ave, Pasadena CA 91103
Offers Primary Care, psychiatry, Behavioral health, dental and oral health, food pantry and COVID-19 testing. Accepts Medi-Cal and Medicare
(626)744-6140
http://jwchinstitute.org/
@wesleycares

Domestic Violence and Assault Resources

Angel Step Inn
24-hour hotline, emergency shelter (with consideration of patient’s gender identity), counseling, alcohol and drug counseling, education on domestic violence, case management, as well as a children’s program.
(323) 780-4357
www.angelstepinn.org/home.aspx

Los Angeles LGBTQ Center
Domestic Violence services including support groups, safety planning, court-approved batterer intervention, individual counseling, LGBT legal services, shelters for survivors
(888) 799-723
553 S. Clarence St
Los Angeles, CA 90033
https://lalgbtcenter.org/
@lalgbtcenter

Peace Over Violence – is a multicultural, community based and volunteer centered organization dedicated to building healthy relationships, families and communities free from sexual, domestic, and interpersonal violence. They provide crisis intervention services and violence prevention education, and legal services
(626) 584-6191
892 N Fair Oaks Ave, Suite D
Pasadena, CA 91103
www.peaceoverviolence.org
@peaceovrviolnce

I am Jasmine Strong
Organization that supports youth who have experienced exploitation or human trafficking. Provided resources and tips for healthy relationships.
https://www.iamjasminestrong.com/
@iamjasminestrong

LGBTQ Resources

San Gabriel Valley LGBTQ Center
Offers different programs to anyone under the LGBTQ+ umbrella. They offer peer lead support groups, community events, and have a hotline for linkages for services in your area
(626) 578-5772
Prince Erik Hall
2607 Santa Anita Ave
Arcadia, CA 91006
www.sgvlgbtq.org
@SGVLGBTQ

**Trans Wellness Center**
Provides comprehensive resources and services for trans & non-binary people all under one roof  
**(323) 993-2900**
3055 Wilshire Blvd, Suite 360
Los Angeles, CA 90010
https://mytranswellness.org/
   @transwellnesscenter

**Bienestar**
Provides sexual health services, mental health and substance use, case management, peer navigation, food bank, housing services, as well as prevention education for the Latinx community.  
(Multiple locations)  
**(866) 590-6411 / (626) 444-9453**
3131 Santa Anita Ave, Suite 109
El Monte, CA 91733
https://www.bienestar.org/
   @bienestarla

**Translatin@ Coalition**
Drop in center that provides daily food distribution to all trans folks. As well as support to survivors of immigration detention and incarceration  
**(833) 847-2331**
3055 Wilshire Blvd, Suite 350
Los Angeles, CA 90010
https://www.translatinacoalition.org/
   @translatinacoalition

**The Wall Las Memorias**
Created the Trans Connection Program targeting trans women of color. Services offered include HIV/AIDS prevention and testing, substance abuse counseling, support groups, and safe sex practice counseling. They also host support groups for GNC/NB folks of color  
**(323) 257-1056 ext. 31**
5619 Monte Vista St.
Los Angeles, CA 90042
https://www.thewalllasmemorias.org/
   @the_wall_las_memorias

**Los Angeles LGBTQ Center**
LGBTQ+-specific education and support strategies. Care Coordination staff partner with the child/youth ages 5 to 17, parent/caregiver, to develop positive identity development of LGBTQ+ youth, provide LGBTQ+ education and support to families and caregivers  
**(323) 860-7373**
1125 N McCadden Place
Los Angeles, CA 90038
https://rise.lalgbtcenter.org/youth-and-family-services/
   @lalgbtcenter

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**Housing Resources**

**Youth Moving On**
Transition and permanent housing programs for TAY youth, workforce development, counseling, substance abuse support, scholarships, tutoring  
**(626) 765-6010**
456 East Orange Grove Blvd., Suite 140, Pasadena, CA 91104
www.youthmovingon.org/services/housing
   @youthmovingon

**Healthy Housing Foundation**
Supportive services with sustainable, affordable housing for folks who are homeless and low-income population  
**(323) 841-6237**
*Multiple locations*
https://www.healthyhousingfoundation.net/
   @healthyhousingfoundation

**Union Station Homeless Services**
Day center for individuals 18+, breakfast served daily 9:00 a.m.-9:45 a.m., lunch served daily 12:00 p.m.-12:45 p.m., showers provided daily 7:00 a.m.-12:00 p.m. (first come, first serve), on-site medical services
Tues 8:00 a.m.-12:00 p.m. & Fri 8:00 a.m.-12:00 p.m.
(626) 240-4550
412 S Raymond Ave Pasadena, CA 91105
https://unionstationhs.org/
@ushsnews

Journey House
Services for former foster youth in housing, education, employment, and independent living counseling
(626) 798-9478
1232 N. Los Robles Ave. Pasadena CA 91104
@journeyhouseorg

East San Gabriel Valley Coalition for the Homeless
Help folks by providing emergency and transitional shelter programs, food/meals for patients, assistance with basic needs (hygiene, clothing, and transportation), and offers referrals for other housing programs, jobs, education, and healthcare
(626) 333-7204
1345 Turnbull Canyon Road Hacienda Heights, CA 91745
www.esgvch.org
@esgvch

Enhanced Emergency Shelter Program
60-day temporary shelter for Transitional Age Youth (18-25)
(213) 738-6194 or TayDivision@dmh.lacounty.gov

CalFresh, known federally as the Supplemental Nutrition Assistance Program (SNAP), provides foster youth with monthly benefits to purchase food. If you are having trouble accessing food and you have an open case with DCFS you may be eligible to receive CalFresh

Applying is easy. Just follow three simple steps:
Complete the application online, in person, or by phone.
Complete the interview.
County determines eligibility in 30 days or less

Application:

Pasadena Unified Grab and Go Lunch centers
https://www.pusd.us/domain/2663

Alhambra Unified Grab and Go lunch centers
https://4.files.edl.io/6c85/04/17/21/021840-cd244a8e-1b56-4edb-b665-97abfac77026.pdf

Baldwin Park Unified Grab and Go
https://www.bpusdfoodandnutritionservices.com

San Gabriel Valley Food Pantries
https://www.calstatela.edu/deanofstudents/san-gabriel-food-pantry

North East LA Mercado
Market-style food distribution where families can receive free, fresh produce
Residents can pick up produce every Friday from 1:30-3:30pm at Elysian Valley Community Garden
1816 Blake Ave, Los Angeles, CA 90039
https://www.mas.la/nelamercadito
@mas4la

Altadena SDA Church
Food distribution every 2nd and 4th Tuesday of the month from 9am-12pm

Food Resources
Cal Fresh/ CA Food Stamps
Salvation Army Pasadena Tabernacle
Food distribution every Monday-Friday from 9am-11:30am. Must provide photo id and proof of address
(626) 773–4404
1000 East Walnut Street
Pasadena, CA 91106

Friends in Deed
Food distribution every Tuesday and Wednesday from 10am-3pm. Thursday from 10am-1pm. Must provide photo id
(626) 797–2402
444 East Washington Blvd
Pasadena, CA 91104

Legal Resources
Peace Over Violence
Crisis intervention services and violence prevention education, and legal services for family law and immigration
(626) 584-6191
892 N Fair Oaks Ave, Suite D
Pasadena, CA 91103
www.peaceoverviolence.org
@peaceovrviolnce

Legal Aid Foundation of Los Angeles
Equal access to justice for those living in poverty across Greater Los Angeles
(800) 399-4529
Multiple locations
www.lafla.org
@legalaidla

Education Resources
College Access Plan (CAP)
Prepare PUSD students and graduates to succeed in college.
College Access Plan – Dream Bigger!
(626) 398-8500
871 E Washington Blvd #207, Pasadena, CA 91104
https://collegeaccessplan.org/
@iheartcollege
My Life, My Rights - A Guide for Los Angeles Foster Youth
This website is a guide to getting an education, getting a job, and getting on with your life after foster care. Get answers to common questions for foster youth. Learn about your rights and take charge of your future.
http://www.myifoster.org/

iFoster
For assistance in providing foster youth students with technological equipment during their distance learning transition.
For further assistance contact serita@iFoster.org
(530)-550-9645
Technology request form:
https://www.dropbox.com/scl/fi/ubg1jlbzvh1ud1lz49i4/iFoster-K12-Foster-Youth-Students-Device-Request-Forms.xlsv?dl=0&rlkey=eoizbvikajsd2gbb4l5xyt

Learning Works Charter School
The mission of the Learning Works Charter School (LW) is to provide a personalized, rigorous academic program and relevant life skills to traditionally underserved, at-risk students in grades 9-12 who have withdrawn or are in danger of withdrawing from mainstream education without attaining a high school diploma
(626) 564-2871
Online enrollment form:
90 North Daisy Avenue, Pasadena, CA 91107 @learningwks

Homeboy Art Academy
Homeboy Art Academy is a trauma-informed arts center that provides culturally competent and asset-based arts education and community convenings for formerly gang-involved and previously incarcerated youth and adults
(323) 685-8005
https://homeboyindustries.org/services/art-academy/
@homeboyindustries

LA County Office of Education Tutoring
Referral form:
https://www.lacoe.edu/Student-Services/Foster-Youth-Services/Tutoring

United Friends of the Children Scholars Program - Housing, Education, & Resources for Foster Youth in Southern California
Offers an 11-year education support continuum that follows LA County foster youth from the sixth grade through the completion of a Bachelor’s Degree.
(213)580-1850
Scholars@unitedfriends.org
Referral form:

Financial Resources
Jewish Free Loan Association
Interest-free loans on a non-sectarian basis to individuals whose needs are urgent and who may not qualify though normal financial resources
(323) 761-8830
6505 Wilshire Boulevard Suite 715
Los Angeles, 90048
https://www.jfla.org/for-borrowers/types-of-loans/
@jewishfreeloanassociation

Southern CA Edison, Energy Assistance Fund (EAF)
Utility assistance support. EAF provides one-time bill payments of up to $100. Also provide appliance replacement assistance
(800) 736-4777
https://www.sce.com/tl/residential/assistance/energy-assistance-fund
@sce

Low-Income Home Energy Assistance Program (LIHEAP)
Maravilla Foundation
Aid with energy costs by helping pay for utilities and efficiency upgrades
Multiple Locations
(323) 721-4162
http://maravilla.org/Services/Utility-Assistance
@maravillafoundation

Employment Resources

Archdiocesan Youth Employment Services (AYE)
Provides job training, educational, career services and job placement assistance through an extensive network of employers and community organizations
(323) 887-7122
Multiple locations
https://ayela.org/
@AYEjobs

Job Corps Los Angeles
Job Corps is a tuition-free training and education program that connects eligible young people with the skills and educational opportunities they need to establish real careers
(800) 733-5627
https://www.jobcorps.gov/
@doljobcorps

Jobs Vision Success SoCAL, BankWork$ -
prepares job seekers ages 14-24 for positions as bank tellers, a first step on the career ladder in the financial services industry
(310) 309-6000 ext. 249
https://www.jvs-socal.org/program/bankworks/
@jvssocal

Substance Use Resources

Bienestar
Substance use, case management, peer navigation, food bank, housing service and support groups. Substance prevention program for males 13-24 yrs. “New Dawn” outpatient intervention program for men 18+. All services free
(866) 590-6411 ext. 403, Miguel Romero
(Multiple locations)
3131 Santa Anita Ave, Suite 109
El Monte, CA 91733
www.bienestar.org
@bienestarla

PAX House Recovery
Outpatient treatment programs for substance abuse. Acept Medi-Cal. Dual treatment programs for mental illness and addiction
(626) 398-3897
2052 N Lake Avenue, Ste. F
Altadena, Los Angeles County, CA 91001
https://paxhouserecovery.com/
@paxhouserecovery

Hathaway- Sycamores Child and Family Services
In-patient substance abuse programs that emphasizes the connection between trauma and substance abuse while teaching skills for coping and communication. Accepts Medi-Cal.
(818) 896-8366
100 W. Walnut St., Suite 375 Pasadena, CA 91124
https://www.hathaway-sycamores.org/
Tarzana Treatment Center Inc.
Behavioral healthcare organization that provides high quality, cost-effective substance use and mental health treatment to adults and youth. They also have a transitional age youth (16-25 yrs old) program specifically for LGBTQ+ called We Exist; they host support groups and referrals to resources.
(818) 927-6246
18646 Oxnard Street, Tarzana, CA 91356
www.tarzanatc.org
@tarzanatreatmentcenters

Hotline Resources
CA Youth Crisis Line at 1-800-843-5200
The Suicide Hotline at 1-877-727-4747
The Warm Line, Mental Health Hotline at 1-855-845-7415
RAINN (Rape, Abuse, and Incest National Network) – 24 hour sexual assault hotline
(800) 656-HOPE (4673)
SAMHSA (Substance Abuse and Mental Health Services Administration) (800) 662-4357
Human Trafficking Hotline - 1-888-373-7888 or text “Jasmine” to 233733

Online/Apps
KnowB4Ugo App
App with resources for youth in foster care
Download the App - Know Before You Go (knowb4ugo.org)

Trevor Project
Crisis intervention and suicide prevention services
LGBTQ young people under 25
(866) 488-7386 or text START to 678678
www.thetrevorproject.org

TAY Services
Youth Moving On
Health and wellness, workforce development, life skills, financial literacy and a transitional housing program
(626) 765-6010
456 East Orange Grove Blvd., Suite 140, Pasadena, CA 91104
https://www.youthmovingon.org/
@youthmovingon

Journey House
Case management, resource linkage, educational and vocational assistance, clothing, groceries, transportation, medical, and mental health assistance for people 18+
(626) 798-9478
1232 N. Los Robles Ave. Pasadena, CA 9110
https://www.journeyhouseyouth.org/
@journeyhouseorg

Athena Homes (Homes for Life Foundation)
Rent free, mental health services, laundry, employment, education and social services
506 East Fairview Avenue, San Gabriel CA 91776
*Grouphome
(626) 524-6145
http://www.homesforlife.org/athena-homes/

B.R.I.D.G.E.S.
Transitional residential treatment & social rehab programs for people with chronic mental illness or drug/alcohol abuse history
*Grouphome
(626) 350-5304
11927 Elliot Ave. El Monte, CA 91732
http://www.bridgesrehab.org/

Back to Life Community Living House
Provides transportation, one meal a day and support group. Must be in a program or in school.

Revised 04/01/2021
Rent, $300/shared room or $500-550 private room
*Grouphome
(626) 277-8135
280 W. Washington Blvd. Pasadena CA, 91103

Parenting

**TASK (Team Advocates for Special Kids)**
Parent training and information center that serves all ages and all disabilities. Provides resources, parenting classes, and online support groups for parents available in English or Spanish
(626)300-1043
1000 S. Fremont Ave. Bldg. A-1, Ste. 1110, Unit 54 Alhambra, CA 91803

[https://taskca.org/](https://taskca.org/)

Options for Learning

Low-cost and free Provides day-care and after school programs for six-week old infants and children up to age 12. Will need proof of income and proof of residency.
Multiple Locations for child-care
(626) 967-7848
[https://www.optionsforlearning.org/](https://www.optionsforlearning.org/)

[https://parentingclasses4u.com/](https://parentingclasses4u.com/) @parentingclasses4u

Pasadena City College Parenting Classes
Non-credit classes teaching parenting skills such as, discipline, nutrition, sleep training, language, art and dance, large and small group activities. Parent’s must be enrolled into PCC to register to classes
Enroll online or call (626)817-3532 to learn more.

East Los Angeles Women’s Center
Offers free parenting classes required by DCFS. Also offer a Fathers Support group, sexual assault and domestic violence support groups. Classes are online due to COVID-19.

(800)585-6231
1431 S. Atlantic Blvd. Los Angeles, CA 90022
[https://www.elawc.org/](https://www.elawc.org/)

[https://www.elawc.org/](https://www.elawc.org/)

Parenting Classes 4 U
DCFS required parenting classes, documentation required. $99 enrollment fee, which can be reimbursed through DCFS. During COVID in person appointments must be scheduled
Call or text **626.708.0072**
1055 E. Colorado Blvd 5th floor
Pasadena, CA 91106