 **FOOD PANTRIES**

**HOUSING** 

 **CAL FRESH**

**METRO U-PASS** 

**+ HEALTHCARE**

**& MUCH MORE!**

Student Guide to  
**FREE AND LOW COST  
RESOURCES**

Created and brought to you by  
**Student Support Services**

# FOOD AND SHELTER TASK FORCE

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# INTRODUCTION TO THIS GUIDE

## Dear El Camino College Community,

Our students have many responsibilities as they balance personal responsibilities with homework, class schedules, fees and books. Because they are pulled in so many directions with a multitude of obligations, many students experience increased levels of stress or anxiety while they attend college.

This guide is dedicated to providing students with information on free and low-cost services in an effort to ease some of these pressures, while also serving as a resource for college employees to reference when helping students in need.

It is my sincere hope that this guide serves as a starting point for many students who are unsure of where to begin to ask for help. At El Camino College, it is our collective goal to remove barriers for students so that their college journey ends with the successful completion of their educational objectives.

If you come across students who need support services outside of the areas listed in this guide, please have them call the **211 Directory**. This is a confidential service that connects people with free resources, such as food, clothing, shelter, counseling or medical care in their local area. Simply have the person dial "211" from any phone and let the operator know what area they are in and what services they need.

I look forward to working with everyone in the El Camino College family to create a supportive and welcoming environment for all students.

Sincerely,



Idania Reyes, MPA  
Dean of Student Support Services

# IN NEED OF HELP?












## IMPORTANT NOTICE

At the time of publication, the resources listed in this guide were confirmed to be free or low-cost for persons with low income. Please call to confirm costs (if any) prior to using any of the services listed in this guide. The Student Support Services Division and El Camino College do not endorse any of the services listed in this resource guide. The information is collected for the convenience of El Camino College students.

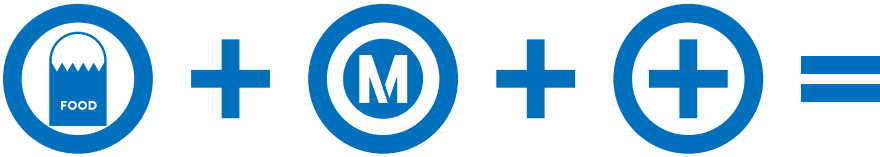
If there are any changes, and edits to this guide, please contact us at:  
**[foodandshelter@elcamino.edu](mailto:foodandshelter@elcamino.edu)**

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# CAMPUS RESOURCES



## CALIFORNIA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

**Students: need money for food?  
Find out if you're eligible!**

- Application Help
- Eligibility Pre-screen
- Required Verifications
- Questions Answered

*Financial Aid Lab SSV-204G*  
Tuesday & Thursday  
10:00 a.m. - 2:00 p.m.  
Contact us at: (310) 660-6057

For more information visit:  
<https://www.getcalfresh.org/>



## HEALTHY WARRIORS FEED YOUR BODY, FEED YOUR MIND.

The Warrior Food Pantry provides free non-perishable food for El Camino College students who face food insecurity.

*PHYS Room 116*

For Warrior Pantry information visit:  
<http://bit.ly/WarriorPantryInfo>





# DEDICATED TO MEETING YOUR NEEDS

<p><b>ECC STUDENTS GET AROUND FOR LESS WITH U-PASS!</b></p>	<p><b>FREE SERVICES BY APPOINTMENT INCLUDE:</b></p>
<p>Purchase a Metro U-Pass good for unlimited rides on Metro, GTrans &amp; Torrance Transit, and Long Beach</p>	<ul style="list-style-type: none"> <li>• Medical office visits</li> <li>• Psychological counseling and workshops</li> <li>• STD testing (including HIV)</li> <li>• FREE condoms</li> <li>• Chiropractic Services: Every Thursday Morning</li> <li>• LOW COST Blood/lab work &amp; medications</li> </ul>
<p><i>Student Development Office</i> Student Activities Center West Wing, Room AC 160 Contact: (310) 660-3593 ext. 3500</p>	<p><i>Student Health Center</i> Located in the Pool Building</p>
<p>For more information visit: <a href="http://bit.ly/ECCMetroUPass">http://bit.ly/ECCMetroUPass</a></p>	<p>For more information visit: <a href="http://www.elcamino.edu/student/studentservices/health/index.aspx">http://www.elcamino.edu/student/studentservices/health/index.aspx</a></p>
	<p><b>ECC STUDENT HEALTH CENTER</b></p>



### **ECC STUDENT HEALTH CENTER**

Located in the Pool Building  
(310) 660-3643

#### **Personal Counseling**

Students who may need support services can make an appointment at the Student Health Center for free, short-term personal counseling.

#### **Free Medicine**

Students who are sick can visit the Student Health Center free of charge for treatment of acute illnesses, as well as get free non-prescription medicine for colds, allergies and indigestion. The Student Health Center also provides a variety of other free services to students, including visits to see the nurse practitioner or physician.

Some tests, medications and procedures require a minimal fee. For more information, visit [www.elcamino.edu/student/student-services/health/](http://www.elcamino.edu/student/student-services/health/)

### **CAMPUS SHOWERS**

Currently enrolled students can use the college shower facilities during all academic terms (except when school is not in session).

#### **Physical Education Building**

**Men Showers** – PE 102B

**Women Showers** – PE 136

Monday through Friday

8:00 a.m. - 3:00 p.m.

### **HOMELESS YOUTH LIAISON**

**Sharonda Barksdale**

(310) 660-3593 ext. 6350

[sbarksdale@elcamino.edu](mailto:sbarksdale@elcamino.edu)

### **FINANCIAL AID INFORMATION**

#### **California College Promise Grant (CCPG)**

A CCPG waives enrollment fees. To qualify for the Homeless Youth CCPG, students must meet the eligibility criteria. If a student does not meet the eligibility criteria, there are several other ways they may qualify for the CCPG. The CCPG form can be downloaded from the financial aid webpage at [www.elcamino.edu/student-services/fao/](http://www.elcamino.edu/student-services/fao/)  
[The form is available in English and Spanish.]

Complete the FAFSA at

[www.fafsa.ed.gov](http://www.fafsa.ed.gov).

#### **Dream Act**

Assembly Bills 130 & 131, known as the California DREAM Act of 2011, are laws that increase access to financial aid for undocumented students who attend a public university, community college or private college in California. The DREAM act allows undocumented students to receive scholarships administered by public institutions (AB-130) and state funded grants including Cal Grants, California College Promise Grant and university grants (AB-131).

<http://www.elcamino.edu/student/student-services/financialaid/ab540/cadreamact>





## HOTLINES

### 211 Directory

This is a confidential service that connects people with free resources, such as food, clothing, shelter, counseling or medical care, in their local area. Simply dial “211” from any phone or visit [www.211.org](http://www.211.org).

### National Suicide Prevention Lifeline

(800) 273-TALK (8255)

### 24-hour Crisis/Suicide Prevention Hotline for LGBTQ

(866) 488-7386

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### National Immigrant Justice Center

[www.immigrantjustice.org/know-your-rights](http://www.immigrantjustice.org/know-your-rights)

## FREE RESOURCES OFF CAMPUS

### American Red Cross

376 West Huntington Dr.  
Arcadia, CA 91007  
(626) 447-2193  
[www.redcross.org](http://www.redcross.org)

### American Red Cross – San Gabriel Valley

100 Red Cross Circle  
Pomona, CA 91768  
(909) 259-7006  
[www.redcross.org](http://www.redcross.org)

### Prototypes

#### *Free child care services*

831 E. Arrow Hwy.  
Pomona, CA 91723  
(626) 966-1755  
[www.prototypes.org](http://www.prototypes.org)

### American Red Cross

2065 North Indian Hill Blvd.  
Claremont, CA 91711  
(909) 624-0074  
[www.redcross.org](http://www.redcross.org)

### Arcadia Welfare & Thrift Shop

#### *Free clothes*

323 N. First St.  
Arcadia, CA 91006  
(626) 447-6864

### Youth Center on Highland

#### *Free clothes for LGTBQ*

1220 N. Highland Ave.  
Los Angeles, CA 90038  
(323) 860-2280



## LOCAL FOOD BANKS

### **WITH IN 10 MILES FROM EL CAMINO COLLEGE**

#### **All People Christian Center**

822 E. 20th St.  
Los Angeles, CA 90011  
(213) 747-6357

#### **All Saints Anglican Church**

3801 W. 132nd St.  
Hawthorne, CA 90250  
(310) 644-0100

#### **Amigos Sin Barreras - Friends Without Barriers - Circle Of Life Aids Food Pantry**

21207 S. Avalon Blvd.  
Carson, CA 90745  
(310) 540-1344

#### **Ascension Lutheran Church My Friend's House**

3533 W. 58th Pl.  
Los Angeles, CA 90043  
(323) 292-4939

#### **Assembly of God of Hawthorne**

3841 W. 130th St.  
Hawthorne, CA 90250  
(310) 675-4137

#### **Atherton Baptist Church**

2627 W. 116th  
Hawthorne, CA 90250  
(323) 757-3113

#### **Calvary Presbyterian Church**

13560 Hawthorne Blvd.  
Hawthorne, CA 90250  
(310) 676-1144

#### **Catholic Charities Of Los Angeles - Long Beach Community Services Center**

123 E. 14th St.  
Long Beach, CA 90813  
(562) 591-1351

#### **Crenshaw Baptist Church**

18749 Crenshaw Blvd.  
Torrance CA, 90504  
(310) 323-2115

#### **Food Finders Inc**

3744 N. Industry Ave., Ste. 401  
Signal Hill, CA 90755  
(562) 283-1400

#### **Food Pantry LAX Area**

355 E. Beach Ave.  
Inglewood, CA 90302  
(310) 677-5597

#### **Gardena S.D.A. Church**

16113 S. Denker Ave.  
Gardena, CA 90247  
(310) 324-3992

#### **Gardena Valley Assembly of God**

1473 W. 182nd St.  
Gardena CA, 90248  
(310) 329-6933

#### **Holy Cross Community Center**

104 W. 47th Pl.  
Los Angeles, CA 90037  
(323) 232-3333

**Joy Community Outreach To End Homelessness**

5730 W. Manchester Ave.  
Los Angeles, CA 90045  
(323) 939-5808

**Lady Bug Ministry**

14725 Gramercy Pl.  
Gardena CA, 90247  
(323) 751-3748

**Los Angeles Regional Food Bank**

1734 E 41st St.  
Los Angeles, CA 90058  
(323) 234-3030

**Lutheran Social Services Of Southern California - Long Beach Area Office**

1611 Pine Ave.  
Long Beach, CA 90813  
(562) 599-1321

**New Challenge Ministries, Inc.**

21804 Halldale Ave.  
Torrance, CA 90501  
(310) 320-4171

**New Rock of Ages Baptist Church**

12950 S. Prairie Ave.  
Hawthorne, CA 90250  
(310) 940-1887

**Salvation Army Corps Community Center - Inglewood**

324 E. Queen St.  
Inglewood, CA 90301  
(310) 677-3375

**Salvation Army - His House**

20830 S. Vermont Ave.  
Torrance, CA 90502  
(310) 782-8841

**Southeast Churches Service Center**

2780 E. Gage Ave.  
Huntington Park, CA 90255  
(323) 585-8254

**St. Catherine Laborer Catholic**

3846 Redondo Beach Blvd.  
Torrance, CA 90504  
(310) 329-0993

**St. Francis Center - Los Angeles**

1835 S. Hope St.  
Los Angeles, CA 90015  
(213) 747-5347

**St. Paul's Methodist Church**

2600 Nelson Ave.  
Redondo Beach, CA 90278,  
(310) 370-4319

**Toberman Neighborhood Center**

131 N. Grand Ave.  
San Pedro, CA 90731  
(310) 832-1145

**Trinity Baptist Church**

2040 W. Jefferson Blvd.  
Los Angeles, CA 90018  
(323) 735-0044



### **At The Fountain Transitional Living**

9556 Flower St., #8  
Bellflower, CA 90706  
(424) 205-0369

### **Catholic Charities Of Los Angeles, Inc. - Los Angeles**

1531 James M. Wood Blvd.  
Los Angeles, CA 90015  
(213) 251-3400

### **Doors Of Hope Women's Shelter**

529 Broad Ave.  
Wilmington, CA 90744  
(310) 518-3667

### **Good Shepherd Shelter - Los Angeles**

1671 Beverly Blvd.  
Los Angeles, CA 90026  
(213) 235-1460

### **GRCN Connecting Communities**

17625 S. Central Ave.  
Carson, CA 90746  
(562) 972-0281

### **Harbor Rose Lodge**

1400 S. Gaffey St. Annex  
San Pedro, CA 90731  
(310) 547-3372

### **Higher Goals Inc.**

10510 S. Vermont Ave.  
Los Angeles, CA 90044  
(323) 755-9702

### **House of Hope Inc.**

235 W. 9th St.  
San Pedro, CA 90731  
(877) 403-8016

### **HPRP - Compton Homeless Assistance**

205 S. Willowbrook Ave.  
Compton, CA 90220  
(310) 605-5527

### **Jovenes, Inc./La Posada Emergency Shelter**

1208 Pleasant Ave.  
Los Angeles, CA 90033  
(323) 260-8035

### **Lamp Inc - Los Angeles**

527 South Crocker St.  
Los Angeles, CA 90013  
(213) 488-9559

### **Los Angeles Shelter for Homeless and Pregnant Women and Girls**

145 E. 935 SO  
Los Angeles, CA 90024  
(213) 479-9475

### **Path Family Solutions - Los Angeles**

3323 West Washington Blvd.  
Los Angeles, CA 90018  
(323) 212-6285

### **The Salvation Army Bell Shelter**

5600 Rickenbacker Rd.  
Bell, CA 90201  
(323) 263-1206



## FEMALES ONLY

### Covenant House

1325 W. Western Ave.  
Los Angeles, CA 90027  
(323) 461-3131

### Good Shepherds

1671 Beverly Blvd.  
Los Angeles, CA 90026  
(213) 482-0252

### Shawl House

936 S. Centre St.  
San Pedro, CA 90731  
(310) 521-9310

## RESIDENTIAL FAMILY SHELTER

Help for children, single mothers and families with low-income housing with services in unemployment, food assistance and medical assistance.

### Foothill Family Shelter, Inc.

1501 W. 9th St.  
Upland, CA 91786  
(909) 920-0453

### Good Shepherds

1671 Beverly Blvd.  
Los Angeles, CA 90026  
(213) 482-0252

### Inland Valley Hope Partners – Our House Shelter

1753 N. Park Ave.  
Pomona, CA 91768  
(909) 622-3806

### Long Beach Rescue Mission Samaritan House Services

1335 Pacific Ave.  
Long Beach, CA 90813  
(562) 591-1292

## MALES ONLY

### Beacon Light Mission

525 Broad Ave.  
Wilmington, CA 90744  
(310) 830-7063

## TRANSITIONAL AGE YOUTH (16-24 years old)

### Enhanced Emergency Shelter Program

3333 Wilshire Blvd. Ste. 550  
Los Angeles, CA 90010  
(213) 738-6194  
[www.file.lacounty.gov/dmh/cms1\\_159331.pdf](http://www.file.lacounty.gov/dmh/cms1_159331.pdf)

### Pomona Homeless Outreach Volunteers of America Pomona – Family Solution Center

2040 N. Garvey Ave.  
Pomona, CA 91767  
(909) 593-4796

### Volunteers of America Homeless Support Services – Family Solution Center

4501 Santa Anita Ave.  
El Monte, CA 91731  
(626) 442-4357

### Sanctuary of Hope

13245 Hawthorne Blvd.  
Hawthorne, CA 90250  
(323) 786-2413



### **AccountTemps**

990 W 190th St.  
Torrance, CA 90502  
(310) 719-1400

### **Appleone Employment Services**

18538 Hawthorne Blvd.  
Torrance, CA 90504  
(310) 370-0708

### **City of Los Angeles Work Source Centers – Boyle Heights**

1505 E. 1st St.  
Los Angeles, CA 90033  
(213) 629-5800

### **City of Los Angeles Work Source Centers – Downton/Pico Union**

1055 Wilshire Blvd. Ste. 900-A  
Los Angeles, CA 90017  
(213) 353-1677

### **City of Los Angeles Work Source Centers – Northeast Los Angeles**

342 N. San Fernando Rd.  
Los Angeles, CA 90031  
(323) 539-2000

### **City of Torrance Employee Referral Program**

Recruitment Coordinator at  
(310) 618-2966 or at  
Jobs@TorranceCA.Gov.

### **First Call Staffing**

2780 Skypark Dr.  
Torrance, CA 90505  
(310) 539-2884

### **Nelson**

21250 Hawthorne Blvd.  
Torrance, CA 90503  
(424) 212-5757

### **Ultimate Staffing Services**

1411 W 190th St.  
Gardena, CA 90248  
(310) 851-5704

### **Youth Center on Highland – LGTBQ**

1220 N. Highland Ave.  
Los Angeles, CA 90038  
(323) 860-2280



**Curtis R. Tucker Health Center**

123 West Manchester Blvd.  
Inglewood, CA 90301  
(323) 419-5325

**Harbor General Women’s Clinic**

1000 W. Carson Blvd.  
Torrance, CA 90509  
(310) 222-3723 - Torrance  
(310) 763-9344 - Compton

**Harbor UCLA Family Practice**

1403 West Lomita Blvd.  
Harbor City, CA 90710  
(310) 534-7600

**Martin Luther King, Jr. Outpatient Center**

1670 East 120th St.  
Los Angeles, CA 90059  
(424) 338-1000

**Oasis Clinic- HIV/AIDS Services**

1807 E. 120th St.  
Los Angeles, CA 90059  
(310) 668-5033 or (310) 668-4213

**Planned Parenthood**

14623 Hawthorne Blvd., Ste. 300  
Lawndale, CA 90260  
(800) 576-5544

**South Bay LGBT Center**

16610 Crenshaw Blvd.  
Torrance, CA 90504  
(310) 328-6550

**South Bay Family Health Care Services**

**3 Locations**

2114 Artesia  
Redondo Beach, CA 90278  
(310) 318-2521

742 West Gardena Blvd.  
Gardena, CA 90247  
(310) 327-1357

1091 South La Brea Ave.  
Inglewood, CA 90301  
(310) 330-2960

**Torrance Health Center**

711 West Del Amo Blvd.  
Torrance, CA 90502  
(562) 753-2302

**T.H.E (To Help Everyone) Clinic  
Western Clinic**

3834 S. Western Ave.  
Los Angeles, CA 90062  
(323) 730-1920

**Vasek Polak Health Clinic**

13355 Hawthorne Blvd.  
Hawthorne, CA 90250  
(310) 355-0100



### California Hispanic Commission Alcohol & Drug Abuse

11046 Valley Mall  
El Monte, CA 91731  
(626) 444-9000  
[www.chcada.org](http://www.chcada.org)

### Glendale Adventist Medical Center – Alcohol & Drug Center

335 Mission Rd.  
Glendale, CA 91205  
(818) 242-3116  
[www.adventisthealth.org](http://www.adventisthealth.org)

### House of Hope

235 W 9th St.  
San Pedro, CA 90731  
(310) 521-9209  
[www.houseofhopes.com](http://www.houseofhopes.com)

### Latino Family Alcohol & Drug

5801 E. Beverly Blvd.  
Montebello, CA 90640  
(323) 722-4529

### Little House Recovery Home

9718 Harvard St.  
Bellflower, CA 90706  
(562) 925-2777  
[www.littlehouseinc.org](http://www.littlehouseinc.org)

### New Found Life

2211 E Ocean Blvd.  
Long Beach, CA 90803  
(562) 434-4060  
[www.newfoundlife.com](http://www.newfoundlife.com)

### NLH Sober Living

17252 Hawthorne Blvd., #489  
Torrance, CA 90504  
(888) 357-7577  
[www.newlifehouse.com](http://www.newlifehouse.com)

### Pathways Venice Beach

Venice Beach, CA 90291  
(424) 241-6686

### Sarah Marie House

21517 Halldale Ave.  
Torrance, CA 90501  
(310) 699-4750

### South Bay Sober Living

3625 W 190th St. A  
Torrance, CA 90504  
(844) 316-2809  
[www.southbaysoberliving.com](http://www.southbaysoberliving.com)

### The Gilmore House

12322 Gilmore Ave.  
Los Angeles, CA 90066  
(310) 435-7370  
[www.gilmorehousesoberliving.com](http://www.gilmorehousesoberliving.com)

### Thelma McMillen Center For Alcohol and Drug Treatment

3333 Skypark Dr.  
Torrance, CA 90505  
(310) 784-4879  
[www.torrancememorial.org](http://www.torrancememorial.org)

### Roots Through Recovery

3939 Atlantic Ave., Ste. 102  
Long Beach, CA 90066  
(562) 473-0827  
[www.roots-recovery.com](http://www.roots-recovery.com)

Open 24 Hrs

Open 24 Hrs

Open 24 Hrs

Open 24 Hrs





**COUNSELING SERVICES**

**Airport Marina Counseling**

7891 La Tijera Blvd.  
Westchester, CA 90045  
(310) 670-1410

**Coastal Asian-Pacific Mental Health/  
LA County**

14112 S. Kingsley Dr.  
Gardena, CA  
(310) 217-7312

**DIDI Hirsch Mental Health Services**

Intake (310) 390-8896  
Culver City (310) 390-6612  
Inglewood (310) 677-7808

**1736 Family Crisis Center**

21707 Hawthorne Blvd., Ste. 300  
Torrance, CA 90503  
(310) 543-9900 ext. 310  
(310) 379-3620

**Harbor/UCLA Outpatient Psychiatric Clinic**

1000 W. Carson St.  
Torrance, CA 90502  
(310) 222-3151  
Crisis/Emergency -  
(310) 222-3144

**LGBTQ Center of Long Beach**

2017 East 4th St.  
Long Beach, CA 90814  
(562) 434-4455

**Long Beach - Mental Health Clinic**

1975 Long Beach Blvd.  
Long Beach, CA 90806  
(562) 256-2900

**L.A. County Department of Mental Health  
Navigator Services**

21081 S. Western # 250  
Torrance, CA 90501  
(310) 533-6600

**Los Angeles Veteran's Center**

1045 W. Redondo Beach Blvd., Ste. 150  
Gardena, CA 90247  
310-767-1221

**San Pedro Mental Health Center/ LA County**

150 West 7th St.  
San Pedro, CA 90731  
(310) 519-6100  
[Serves San Pedro, Wilmington & Palos Verdes]

**South Bay Mental Health/ LA County**

2311 W. El Segundo Blvd.  
Hawthorne, CA 90250  
(323) 241-6730

**Maple Counseling Center**

9107 Wilshire Blvd.  
Beverly Hills, CA 90210  
(310) 271-9999

**South Bay Center for Counseling**

360 N. Sepulveda Blvd., #2075  
El Segundo, CA 90245  
(310) 414-2090

**Alma Family Services/Centro Estrella**

4701 E. Cesar Chavez Ave.  
Los Angeles, CA 90022  
(323) 881-3799



### **Asian American Drug Abuse Program Youth Outpatient Treatment**

13931 Van Ness Ave.  
Gardena, CA 90249  
(310) 768-8018

### **Behavioral Health Services Pacifica House**

2501 West El Segundo Blvd.  
Hawthorne, CA 90250  
(323) 754-2816

### **Behavioral Health Services Patterns**

12917 Cerise Ave.  
Hawthorne, CA 90250  
(310) 675-4431

### **Behavioral Health Services South Bay Family Recovery Center**

15519 Crenshaw Blvd.  
Gardena, CA 90249  
(310) 679-9031 ext. 1235

### **BHS National Council on ALC and Drug Dep**

1334 Post Ave.  
Torrance, CA 90501  
(310) 328-2095  
(310) 328-1460

### **Driver Benefits INC Southwest Driver Benefits Program**

2370 West Carson St., Ste. 150  
Torrance, CA 90501  
(310) 320-9550

### **ENKI/East L.A.**

1436 Goodrich Blvd.  
Commerce, CA 90022  
(323) 725-1337

### **Family United and New Beginnings**

11616 Hawthorne Blvd., Ste. 202  
Hawthorne, CA 90250  
(310) 644-5600

### **Intercommunity Counseling Center**

7702 Washington Ave.  
Whittier, CA 90602 1st Floor  
(562) 698-1272

### **Labiomed/Options For Recovery Stork Club**

1124 West Carson St., Building N-33  
Torrance, CA 90502  
(310) 222-5410

### **Lawndale Medical and Mental Health Services**

4023 Marine Ave.  
Lawndale, CA 90260  
(310) 675-9555

### **Mental Health of Cerritos**

17707 S. Studebaker Rd.  
Cerritos, CA 90703  
(562) 402-0688

### **New Hope Drug and Alcohol Treatment Program**

1841 West Imperial Highway  
Los Angeles, CA 90047  
(323) 750-2850

### **South Bay Drug Abuse Coalition**

2370 West Carson St., Ste. 136  
Torrance, CA 90501  
(310) 328-0780



**Twin Town Treatment Centers**

**Twin Town Torrance**

20300 Vermont Ave., Ste. 245  
 Torrance, CA 90502  
 (310) 787-1335

**SELF HELP GROUPS  
& SERVICES**

**Access Center**

24-Hour Mental Health Hot line  
 (800) 854-7771

**Al-Anon Family Groups**

(818) 760-7122  
 (888) 684-6444  
[www.alanonla.org](http://www.alanonla.org)

**Alcoholics Anonymous**

(310) 618-1180 (English)  
 (310) 516-8626 (Spanish)  
[www.SouthbayAA.org](http://www.SouthbayAA.org)

**Community Helpline**

(877) 541-2525  
 [confidential crisis and referral hotline.]

**Crisis Text Line:**

Text the word COURAGE to 741741.  
 [24/7 support and information.]

**Domestic Sexual Assault**

Crisis Resource  
 (310) 392-8381

**Suicide Prevention Center**

24-Hour Phone  
 (877) 727-4747

**Warmline**

(855) 952-9276  
 [free and confidential telephone service providing emotional support and resources.]

**211LA.Org – OR DIAL 211**

[Shelter, food, domestic violence, transportation, mental health, substance abuse, legal assistance and LGBTQ.]



### Community Legal Services

11834 Firestone Blvd.  
Norwalk, CA 90650  
(562) 864-9935

### LEGAL AID FOUNDATION OF LOS ANGELES

#### 6 Offices

(800) 399-4529

[www.lafla.org](http://www.lafla.org)

#### Los Angeles

South Los Angeles Office  
7000 S. Broadway  
Los Angeles, CA 90003

#### South Los Angeles Office

7000 S. Broadway  
Los Angeles, CA 90003  
(213) 640-3950

#### West Los Angeles Office

634 S. Spring St., Ste. 400A  
Los Angeles, CA 90014

#### East Los Angeles Office

5228 Whittier Blvd.  
Los Angeles, CA 90022

#### Long Beach Office

601 Pacific Ave.  
Long Beach, CA 90802

#### Inglewood Courthouse

1 E Regent St,  
Inglewood, CA 90301

### Legal Aid Society of Compton

725 W. Rosecrans Ave.  
Compton, CA 90222  
(310) 638-6194

### LEGAL AID SOCIETY ORANGE COUNTY

#### 4 Offices

(800) 834-5001

#### Santa Ana

2101 N. Tustin Ave.  
Santa Ana, CA 92705  
**Appt. Only**

#### Anaheim

250 E. Center St.  
Anaheim, CA 92805  
**Appt. Only**

#### Compton

725 W. Rosecrans  
Compton, CA 90221  
**Appt. Only**

#### Norwalk

11834 E. Firestone Blvd.  
Norwalk, CA 90650  
**Appt. Only**



**Alliance For Children’s Rights**

11616 Hawthorne Blvd., Ste. 202  
Hawthorne, CA 90250  
(310) 644-5600

**Los Angeles Family Law Facilitator  
Torrance Courthouse**

825 Maple Ave.  
Torrance, CA 90503  
(310) 787-3700

**Appt. Only**

**Los Angeles LGBT Center**

8475 Santa Monica Blvd.  
West Hollywood, CA 90069  
(323) 993-7440

**Pepperdine University School of  
LawLegal Aid Clinic**

545 S. San Pedro St.  
Los Angeles, CA 90013  
(213) 347-6300

**South Bay LGBT Center**

16610 Crenshaw Blvd.  
Torrance, CA 90504  
(310) 328-6550



## FREE LAUNDRY SERVICES

### LAUNDRY LOVE

The Laundry Love program helps people who are struggling financially by assisting them with cleaning their laundry. For those living below the poverty line, washing clothes presents both a logistical problem and a financial hardship. Laundry Love partners with local laundromats in cleaning the clothes of those living in shelters, motels, cars, garages and on the streets. As of the printing date of this publication, the following establishments are Laundry Love participants:

### CARSON

#### Coin-Op Laundry

23521 Avalon Blvd,  
Carson, CA 90745  
3rd Wednesday of each month  
4:30 p.m. - last load at 6:30 p.m.  
(310) 347-9170

### INGLEWOOD

#### Lenox Coin Laundry

10816 S. Inglewood  
Inglewood, CA 90304  
2nd & 3rd Wednesday of the month  
7:00 p.m. - 11:00 p.m.  
(818) 993-2039

### LOS ANGELES

#### Aroma Laundry & Water

1448 N. Alvarado St.  
Los Angeles, CA 90026  
Third Tuesday of every month  
6:00 p.m. - 9:00 p.m.  
(323) 400-8531

### Coin's Laundry

5610 York Blvd.  
Los Angeles, CA 90042  
Last Sunday of every month  
4:00 p.m. - 5:00 p.m.  
(323) 559-5269

### Lauderland Coin Laundry

2256 Colorado Blvd. Unit 106  
Los Angeles, CA 90041  
Last Friday of every month  
7:00 p.m. - 9:00 p.m.  
(323) 641-6764

### Los Lavaderos Coin Laundry

4371 Melrose Ave.  
Los Angeles, CA 90029  
Last Wednesday of every month  
7:00 p.m. - 9:00 p.m.  
(865) 776-6234

### REDONDO BEACH

#### Clean Scene

2301 Artesia Blvd,  
Redondo Beach, CA 90278  
Last Wednesday of every month  
7:00 p.m. - 10:00 p.m.  
(310) 346-0070

**El Retiro Branch Library**

126 Vista Del Parque  
Redondo Beach, CA 90277  
(310) 375-0922

**Gardena Mayme Dear Library**

1731 W. Gardena Blvd.  
Gardena, CA 90247  
(310) 323-6363

**Henderson Branch Library**

4805 Emerald St.  
Torrance, CA 90503  
(310) 371-2075

**Katy Geissert Civic  
Center Library**

3301 Torrance Blvd.  
Torrance, CA 90503  
(310) 618-5959

**Lawndale Library**

14615 Burin Ave.  
Lawndale, CA 90260  
(310) 676-0177

**Masao W. Satow Library**

14433 South Crenshaw Blvd.  
Torrance, CA 90506  
(310) 679-0638

**North Torrance Library**

3604 Artesia Blvd.  
Torrance, CA 90506  
(310) 323-7200

**Schauerman Library  
University Library**

16007 Crenshaw Blvd.  
Torrance, CA 90506  
(310) 660-3525

**South East Branch Library**

23115 S. Arlington Ave.  
Torrance, CA 90501  
(310) 530-5044

**Walteria Branch Library**

3815 W. 242nd St.  
Torrance, CA 90505  
(310) 375-8418



**El Camino College**  
16007 Crenshaw Blvd.,  
Torrance, CA 90506  
1-866-ELCAMINO  
[www.elcamino.edu](http://www.elcamino.edu)

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