

## Compassion Care Assistance Resource List

Adoption & Pregnancy Support	2
Affordable & Emergency Housing	2
Bill Payment Assistance	3
Child & Family Services	3-4
Clothing Assistance	4
Counseling	4-5
Dental Care Assistance	5
Disabilities / Special Needs	5
Domestic Violence Assistance	6
Employment	6
Financial Guidance	6
Food Assistance	6-7
Grief & Recovery	7-8
Medical Clinics	8
Mental Health	8
Rent Payment Services	8-9
Senior Citizen Assistance	9
Sober Living	9
Substance Abuse Recovery Programs	10
Welfare Office	10

### Adoption & Pregnancy Support

- **CHOSEN** | 626.509.8562 | [www.madeforfellowship.com/chosen](http://www.madeforfellowship.com/chosen) | Provides support and encouragement for adoptive and foster care families in the San Gabriel Valley, hosted by a Fellowship Local Grant.
- **Foothill Pregnancy Resource Center** | 626.358.2122 | [www.foothillsprc.org](http://www.foothillsprc.org) | 924 Buena Vista St. #202, Duarte, CA 91010 | Offers pregnancy-related resources, support, and counseling for individuals and families.
- **God's Covenant House For Young Women** | 626.399.5723 | <http://godscovenanthouse.wix.com/gch4yw> | Offers educational resources, individual & group therapy, and parenting classes to pregnant women 12-18 yrs. old in a faith-based environment.
- **Women's Pregnancy** | 626.440.9400 | [www.obria.org](http://www.obria.org) | 445 N Lake Ave., Pasadena, CA 91101 | Provides medical consultation, pregnancy testing, well women care, and more.

### Affordable & Emergency Housing

- **Affordable Housing LA County** | 877.428.8844 | [www.housing.lacounty.gov](http://www.housing.lacounty.gov) | Assists with affordable housing, unique needs, and emergency housing listed by community.
- **Door of Hope** | 626.304.9130 | <http://www.doorofhope.us> | 669 Los Robles Ave., Pasadena, CA 91101 | Provides faith-based transitional housing, equipping homeless families and abused women and children towards independence and employment.
- **Passageway Intake Center/Union Station Homeless Services** | 626.240.4550 | 825 E Orange Grove, Pasadena, CA 91104 | Provides intake, assessment and referrals to public assistance, transitional housing, counseling, health services and rehabilitation programs.
- **Upward Bound House, First 5 Program** | 310.306.1865 | [www.upwardboundhouse.org](http://www.upwardboundhouse.org) | 12841 W Washington Blvd., Culver City, CA 90066 | Offers support and housing to homeless families with children under the age of 18 yrs.

### Bill Payment Assistance

- **California Alternate Rates for Energy (CARE)** | <http://apaccenter.com/en/our-services/community-assistance-program/care/> | Offers discount on monthly electric and gas bill for eligible households.
- **Consumer Energy Center** | [www.consumerenergycenter.org](http://www.consumerenergycenter.org) | Offers low-income assistance through the state of California.
- **Low-income Housing Energy Assistance Program (LIHEAP)** | 866.675.6623 | [www.csd.ca.gov/services/help-paying-utility-bills.aspx](http://www.csd.ca.gov/services/help-paying-utility-bills.aspx) | Assists low-income households with emergency energy needs such as bills, disconnect notices and other services.
- **San Gabriel Valley Assistance Program** | [info@needhelp-paying-bills.com](mailto:info@needhelp-paying-bills.com) | [http://www.needhelp-paying-bills.com/html/san\\_gabriel\\_valley\\_assistance\\_.html](http://www.needhelp-paying-bills.com/html/san_gabriel_valley_assistance_.html) | Offers assistance with utility bills and other services in the San Gabriel Valley region.

### Child & Family Services

- **Boys and Girls Club of the Foothills** | 626.305.5353 | [www.foothillsbgc.org](http://www.foothillsbgc.org) | 600 S. Shamrock Ave., Monrovia, CA 91016 | Offers programs for children 6-18 years, such as tutoring, homework assistance, organized team sports, and after-school bus pick up.
- **California Health & Human Services Agency** | [www.losangeles.networkofcare.org/mh/](http://www.losangeles.networkofcare.org/mh/) | Offers health care, mental health, public health, alcohol and drug treatment, income assistance, social services and assistance to people with disabilities.
- **Family Solutions Center** | 626.256.9195 | 1755 E Huntington Dr. Suite 103, Duarte, CA 91010 | Offers resources to assist homeless families with housing, drug abuse and social services.
- **First 5 California** | 916.263.1050 | [www.first5california.com](http://www.first5california.com) | Offers resources for children's health and education.
- **Foothill Family Services: Teen Family Services** | 626.993.3000 | <https://www.foothillfamily.org> | Offers case management, mentoring and counseling for pregnant or parenting teens.

- **Foothill Unity Center, Inc.** | 626.358.3486 | <http://foothillunitycenter.org> | 415 W Chestnut Ave., Monrovia, CA 91016 | Offers back-to-school items, clothes, shoes, toys, educational supplies, backpacks, haircuts, dental exams and vision exams. Application required.
- **Pacific Clinics Drop-In Center** | 626.337.3828 | 13001 Ramona Blvd. Suite I, Irwindale, CA 91706 | Provides assistance to homeless youth ages 16-25 years. Support includes showers, clothing, food, blankets, emergency housing, computer lab, classes and service referrals. Application required.
- **Safe Families** | 800.550.CHILD x 1234 | [www.safe-families.org](http://www.safe-families.org) | Offers support to children and families during difficult life transitions.

### Clothing Assistance

- **East San Gabriel Valley Coalition for the Homeless** | 626.333.7204 | [www.esgvch.org](http://www.esgvch.org) | 1345 Turnbull Canyon Rd., Hacienda Heights, CA 91745 | Offers emergency services, clothing, meals, showers and referrals.
- **Pasadena Tabernacle** | 626.773.4400 | 960 E Walnut St., Pasadena, CA 91106 | Offers full pantry for low-income families, clothing vouchers to homeless and a sandwich program.
- **St. John Vianney Catholic Church** | 626.330.2269 | 1345 Turnbull Canyon Rd., Hacienda Heights, CA 91745 | Offers free gently used clothing on Saturday mornings.

### Counseling

- **Fellowship Counseling** | Pastor Becky White | 626.509.8563 | [counseling@madeforfellowship.com](mailto:counseling@madeforfellowship.com) | The Fellowship Center, 401 E. Huntington Dr., Monrovia, CA 91016 | Appointment required for pastoral counseling session. Provides referrals to local professionals.
- **Fuller Psychological and Family Services** | 626.584.5555 | <http://fuller.edu/fuller-psychological-and-family-services/> | 180 North Oakland Ave., Pasadena, CA 91101 | Offers therapy to children, adolescents, adults, couples and families.
- **Lake Avenue Church** | 626.844.4794 | 393 N Lake Ave., Pasadena, CA 91101 | Offers counseling services based on sliding scale. Application required.

- **Suicide Prevention Crisis/Counseling** | 877.727.4747

#### Dental Care Assistance

- **Community Health Alliance of Pasadena (CHAP)** | 626.398.6300 | 1800 Lake Ave., Pasadena, CA 91104 | Offers low-cost comprehensive medical and dental care for low-income and uninsured adults and children.
- **San Gabriel Valley Dental Society** | 626.285.1174 | www.sgvds.org | 312 Las Tunas Dr., San Gabriel, CA 91776 | Offers an online list of low-cost dental clinics in the San Gabriel Valley.

#### Disabilities / Special Needs

- **California Department of Education** | <http://www.cde.ca.gov/re/sd/> | California Unified School Districts offer a variety of services and resources for children with special needs including special day classes, inclusive preschool services and behavioral services.
- **Camp Nights** | 626.509.8562 | [fmlocal@madeforfellowship.com](mailto:fmlocal@madeforfellowship.com) | <http://madeforfellowship.com/camp-night/> | Provides a free monthly camp-themed night for children with special needs, hosted by a Fellowship Local Grant.
- **Parent's Place, Family Resource and Empowerment Center** | 626.919.1091 | [www.parentsplacefrc.com](http://www.parentsplacefrc.com) | 1500 S Hyacinth Ave. Suite B, West Covina, CA 91791 | Offers resources and support for families with special needs children 0-22 years of age.
- **San Gabriel / Pomona Regional Center** | 909.620.7722 | [www.sgprc.org](http://www.sgprc.org) | 75 Rancho Camino Dr., Pomona, CA 91766 | Offers developmental, behavioral and educational resources, assessments and referrals for individuals with special needs & families of all ages.
- **Team of Advocates for Special Kids (TASK)** | 626.300.1043 | [www.taskca.org](http://www.taskca.org) | 1000 S Fremont Ave. Building 6, Alhambra, CA 91803 | Provides training, support, resources and referrals for individuals with special needs.

## Domestic Violence Assistance

- **Casa de Alegria (House of Joy)** | 323.256.6975 | 469 N Ave. 52, Highland Park, CA 90042 | Offers faith-based transitional housing for abused women and children, and a residential program with case management services.
- **Santa Anita Family Services** | 626.359.9358 | <http://www.SantaAnitaFamilyService.org> | Monrovia location: 605 S. Myrtle Ave., Monrovia, CA 91016 | Covina location: 716 N Citrus Ave., Covina, CA 91702 | Provides therapeutic services to children & families in the areas of child abuse, drug & alcohol related problems, behavioral health, domestic violence and foster placement.

## Employment

- **Central San Gabriel Valley Worksource** | 626.258.0365 | 11635 East Valley Blvd. Unit G, El Monte, CA 91732 | Offers assistance with job searching, employee training, interview skills preparation, career transitions and resume writing for adults and youth.
- **Foothill Employment & Training Connection** | 626.796.5627 | 1207 E Green Street, Pasadena, CA 91106 | Offers employment resources including recruitment, employer connections, seminars, layoff recovery and job searches.

## Financial Guidance

- **Foothill Credit Union** | [www.foothillcu.org](http://www.foothillcu.org) | Online systems available for budgeting, investing, and calculating loan payments.
- **Ron Blue & Co. Financial Planning** | <http://www.ronblue.com/Services/Financial-Planning> | Offers resources for financial planning including retirement, taxes, estates and trusts.
- **Seed Time: Christian Personal Finance** | <http://christianpf.com> | Offers newsletters, saving tips, courses, and other resources about budgeting and personal finances.

## Food Assistance

- **Catholic Charities Los Angeles** | 626.575.7652 | <http://catholiccharitiesla.org/where-we-are/san-gabriel-region/> | Offers assistance with food to low-income or homeless individuals and families.

- **Foothill Unity Center, Inc.** | 626.358.3486 | [www.foothillunitycenter.org](http://www.foothillunitycenter.org) 415 W Chestnut Ave., Monrovia, CA 91016 | Offers food bank for seniors, singles and qualified families, toiletries distributed weekly and groceries delivered to homebound individuals once a month.
- **Friends In Deed** | 626.797.2402 | [www.friendsindeedpas.org](http://www.friendsindeedpas.org) | 444 E Washington Blvd., Pasadena, CA 91104 | Provides food assistance to low-income families, bad weather shelter, clothing and free monthly legal clinics.
- **God Provides** | 626.442.4273 | [www.godprovidesministry.org](http://www.godprovidesministry.org) | 2453 Troy Ave. South El Monte, CA 91733 | Provides food to low-income families.
- **Pasadena Tabernacle, Corps Community Center** | 626.773.4400 960 E Walnut St., Pasadena CA 91106 | Provides full pantry for low-income families, clothing vouchers to homeless and sandwich program. Documents required.
- **Shepherd's Pantry** | 626.852.7630 | 657 E Arrow Hwy. Ste J, Glendora, CA 91740 | Assists low-income families by providing food, clothing and resource counseling. Mon & Tues: 9AM-11AM, Wed & Thurs: 5PM-7PM.

### Grief & Recovery

- **Celebrate Recovery** | <http://grouplocator.crgroups.info> | Offers faith-based grief and healing recovery classes, held in local churches.
- **Huntington Hospital** | 626.397.5074 | Offers "Transitions," a grief and loss support group.
- **Judson's Legacy** | 818.583.7661 & 800.639.5433 | 340 S Lemon Suite 2720, Walnut, CA 91789 | Offers 24-hour general help line for those experiencing emotional pain, depression, anxiety, and needing hope.
- **Living Proof Recovery Center** | 626.205.2518 | <http://www.lprconline.com> 324 W Foothill Blvd., Monrovia, CA 91016 | Offers resources and support towards treatment of chemical dependency, codependency and eating disorders.
- **Methodist Hospital** | 626.358.0155 | 300 Huntington Dr., Arcadia, CA 91007 Offers grief and loss recovery support groups.

- **MISS Foundation** | 888.455.6477 | [info@missfoundation.org](mailto:info@missfoundation.org) | [www.missfoundation.org](http://www.missfoundation.org) | A volunteer-based organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child.

### Medical Clinics

- **Community Health Alliance, Monrovia Location** | 626.398.6300  
513 E Lime Ave., Suite 101, Monrovia, CA 91016 | Offers low-cost comprehensive walk-in medical care for low-income and uninsured adults and children and services for homeless.
- **Foothill Unity Center, Inc.** | 626.358.3486 | [www.foothillunitycenter.org](http://www.foothillunitycenter.org) | 415 W Chestnut Ave., Monrovia, CA 91016 | Offers case management, transportation, referrals and access to medical, dental, vision and mental health care for low-income, homeless or uninsured clients.
- **Young & Healthy** | 626.795.5166 | <http://yhpasadena.org> | 1905 N Lincoln Ave. Building D, Room 416, Pasadena, CA 91103 | Provides access to high-quality health care for uninsured and underserved children and families.

### Mental Health

- **Fellowship Open Door Pastor (ODP)** | 626.509.8562 | Fellowship has an Open Door Pastor available every weekday to assist with spiritual needs or crisis situations. Call to schedule an appointment.
- **Kay Warren** | <http://kaywarren.com> | Website with faith-based mental health resources.
- **LA County Department of Mental Health Access Center**  
800.854.7771 | Offers free confidential mental health information, referrals to service providers and crisis counseling 24 hours/day.

### Rent Payment Assistance

- **Housing & Urban Development (HUD) Rental Assistance Programs** | [www.needhelppayingbills.com/html/state\\_aid\\_and\\_assistance\\_progr.html](http://www.needhelppayingbills.com/html/state_aid_and_assistance_progr.html) | California state programs providing assistance and financial aid to low-income households including rent.



- **The Salvation Army** | 626.773.4400 | [www.salvationarmyusa.org](http://www.salvationarmyusa.org) | Offers residential & rental assistance, food, and utility bill assistance to qualified low-income families.

### Senior Citizen Assistance

- **A Caring Heart for Seniors** | 714.300.3985 | <http://www.acaringheartforseniors.com> | Resources for elder care including residential care homes, assisted living and hospice.
- **A Place for Mom** | 888. 857.0796 | <http://www.aplaceformom.com/senior-care-resources> | Offers senior care housing resources and referrals and in-home caretakers.
- **Home CARE** | 626.773.4490 | <http://homecareassistance.com/pasadena> | 124 S. Lake Avenue, Pasadena, CA 91101 | Provides at-home support based on home care needs, personality and interests.
- **Santa Anita Family Services, San Gabriel Valley** | 626.359.9358 | Senior Center: 626.358.1185 | 603 S Myrtle Ave., Monrovia, CA 91016 | Offers support for elderly and senior care individuals 60+ years, including caregiver support, tax preparation, taxi vouchers and home-based care.

### Sober Living

- **Angels Way Sober Living** | 626.808.3488 | <http://www.angelswaysoberliving.com> | 166 Mar Vista Ave., Pasadena, CA 91106 | A residential 12-step program for men only. Monthly rent is required.
- **Casa Treatment Center** | 626.792.2770 | <https://www.casatreatmentcenter.org> | Based in Pasadena, a residential program with programs for women. Offers sober living, detox, counseling, vocational and employment support. Monthly rent required.
- **Dixon House Sober Living** | 626.332.1857 | [www.soberhousing.net](http://www.soberhousing.net) | 17902 E Edna Pl., Covina, CA 91722 | Promotes long-term recovery from alcoholism and addiction.
- **La Casita** | 562.622.2268 | 10603 Downey Ave., Downey, CA 90241 | Offers six-month residential treatment, case management, substance abuse treatment, life skills training, parenting skills and trauma therapy.

### Substance Abuse Recovery Programs

- **Grandview Foundation** | 626.797.1124 | Drug recovery program based in Pasadena, offering both outpatient and residential programs.
- **Pacific Clinics** | 626.744.5230 | Based in Pasadena, non-residential drug prevention and treatment services for men, women and youth.
- **Recovery Center – Public Health – City of Pasadena** | 626.744.6001 | Substance Abuse and Treatment Program provides addiction recovery services to individuals and families in a professional, safe, and non-judgmental setting.
- **The Walter Hoving Home** | 626.405.0950 | [www.walterhovinghome.com](http://www.walterhovinghome.com) | 127 El Molino, Pasadena, CA 91107. Faith-based residential non-profit home for women 18+ years who are recovering from substance abuse and other addictions.

### Welfare Office

- **Department of Social Services, LA County** | 866.613.3777 | <http://dpss.lacounty.gov> | Partners with CalWorks and Affordable Acts of Care.