



Compassion Care Assistance

Resource List



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Emergency Hotlines

Los Angeles

211 LA is the central source for providing information and referrals for all health and human services in LA County. Our 2-1-1 phone line is open 24 hours, 7 days a week, with trained Community Resource Advisors prepared to offer help with any situation, any time.

2-1-1 | 211la.org

National Suicide Prevention Lifeline

24-hour suicide prevention hotline available to anyone feeling hopeless or in despair.

800.273.8255 | suicidepreventionlifeline.org

Dept. of Children and Family Services (DCFS)

Hotline to report child abuse or obtain references and/or consultation.

Child Abuse Hotline | 800.854.4000

Crisis Chatline

An online chat service that provides emotional support and crisis intervention.

risischat.org

Teen Line

Support for distressed youths in the form of texting, email, and message boards.

teenlineonline.org

The Trevor Project

Crisis intervention and suicide prevention for LGBTQ Youth.

thetrevorproject.org

RAINN

Rape, Abuse, and Incest National Network.

800.799.7233

Care Resources

Adoption & Pregnancy Support

Foothill Pregnancy Resource Center

Offers pregnancy-related resources, support, and counseling for individuals and families.

626.358.2122 | foothillsprc.org

924 Buena Vista St. #202, Duarte, CA 91010

Women's Pregnancy

Provides medical consultation, pregnancy testing, well women care, and more.

626.440.9400 | obria.org

445 N Lake Ave., Pasadena, CA 91101

God's Covenant House For Young Women

Offers educational resources, individual & group therapy, and parenting classes to pregnant women 12-18 years old in a faith-based environment.

<http://www.godscovenanthouse.wix.com/gch4yw>

626.399.5723

Affordable & Emergency Housing

Door of Hope

Provides faith-based transitional housing, equipping homeless families and/or abused women and children towards independence and employment.

doorofhope.us | 626.304.9130 | info@doorofhope.us

669 Los Robles Ave., Pasadena, CA 91101

Passageway Intake Center/Union Station Homeless Services

Provides intake, assessment and referrals to public assistance, transitional housing, counseling, health services and rehabilitation programs.

825 E Orange Grove, Pasadena, CA 91104

626.240.4550

Affordable Housing LA County

Assists with affordable housing, unique needs, and emergency housing listed by community.

877.428.8844 | www.housing.lacounty.gov

Upward Bound House, First 5 Program

Offers support and housing shelter to homeless families with children under the age of 18 yrs.

upwardboundhouse.org | 310.306.1865

12841 W Washington Blvd., Culver City, CA 90066

Rent Payment Assistance

Housing & Urban Development (HUD) Rental Assistance Programs

California state programs providing assistance and financial aid to low-income households including rent.

http://www.needhelppayingbills.com/html/state_aid_and_assistance_progr.html

The Salvation Army

Offers residential & rental assistance, food, and utility bill assistance to qualified low-income families.

626.773.4400 | salvationarmyusa.org

Bill Payment Assistance

California Alternate Rates for Energy (CARE)

Offers discount on monthly electric and gas bill for eligible households, also offers various immigration services.

<http://www.apaccenter.com/en/our-services/community-assistance-program/care>
9668 Valley Blvd. #103, Rosemead CA 91770
626.291.2200

Consumer Energy Center

Offers low-income assistance through the state of California.

916.654.4287 | <http://www.energy.ca.gov>

Low-income Housing Energy Assistance Program (LIHEAP)

Assists low-income households with emergency energy needs such as bills, disconnect notices and other services.

<http://www.csd.ca.gov/services/help-paying-utility-bills.aspx>
866.675.6623

San Gabriel Valley Assistance Program

Offers assistance with utility bills and other services in the San Gabriel Valley region.

info@needhelppayingbills.com
http://www.needhelppayingbills.com/html/san_gabriel_valley_assistance_.html

Financial Guidance

Foothill Credit Union

Online systems available for budgeting, investing, and calculating loan payments.

626.445.0950 | foothillcu.org

Seed Time: Christian Personal Finance

Offers newsletters, saving tips, courses, and other resources about budgeting and personal finances.

christianpf.com

Ron Blue & Co. Financial Planning

Offers resources for financial planning including retirement, taxes, estates and trusts.

800.987.2987 | info@ronblue.com
<http://www.ronblue.com/Services/Financial-Planning>

Clothing Assistance

East San Gabriel Valley Coalition for the Homeless

Offers emergency services, clothing, meals, showers and referrals.

626.333.7204 | www.esgvch.org

1345 Turnbull Canyon Rd., Hacienda Heights, CA 91745

St. John Vianney Catholic Church

Offers free gently used clothing & food pantry on Saturday mornings.

1345 Turnbull Canyon Rd., Hacienda Heights, CA 91745

626.330.2269

Pasadena Tabernacle

Offers full pantry for low-income families, clothing vouchers to homeless and a sandwich program.

626.773.4400 | terry.masango@usw.salvationarmy.org

960 E Walnut St., Pasadena, CA 91106

Food Assistance

Catholic Charities Los Angeles

Offers assistance with food to low-income or homeless individuals and families.

213.251.3400 | info@CatholicCharitiesLA.org

catholiccharitiesla.org/where-we-are/san-gabriel-region

Foothill Unity Center, Inc.

Offers food bank for seniors, singles and qualified families, toiletries distributed weekly and groceries delivered to homebound individuals once a month.

626.358.3486 | www.foothillunitycenter.org

415 W Chestnut Ave., Monrovia, CA 91016

Friends In Deed

Provides food assistance to low-income families, bad weather shelter, clothing and free monthly legal clinics.

626.797.2402 | www.friendsindeedpas.org

444 E Washington Blvd., Pasadena, CA 91104

God Provides

Provides food to low-income families.

626.442.4273 | www.godprovidesministry.org

2453 Troy Ave. South El Monte, CA 91733

Pasadena Tabernacle, Corps Community Center

Provides full pantry for low-income families, clothing vouchers to homeless and sandwich program. Documents required.

626.773.4400 | 960 E Walnut St., Pasadena CA 91106

Shepherd's Pantry

Assists low-income families by providing food, clothing and resource counseling.

Mon & Tues: 9-11AM, Wed & Thurs: 5-7PM.

657 E Arrow Hwy. Ste J, Glendora, CA 91740

626.852.7630

Dental Care Assistance

Community Health Alliance of Pasadena (CHAP)

Offers low-cost comprehensive medical and dental care for low-income and uninsured adults and children.

626.398.6300 | 1800 Lake Ave., Pasadena, CA 91104

San Gabriel Valley Dental Society

Offers an online list of low-cost dental clinics in the San Gabriel Valley.

26.285.1174 | www.sgvds.org

312 Las Tunas Dr., San Gabriel, CA 91776

Welfare Office

Department of Social Services, LA County

Partners with CalWorks and Affordable Acts of Care.

866.613.3777 | dpss.lacounty.gov

Employment

Central San Gabriel Valley Worksource

Offers assistance with job searching, employee training, interview skills preparation, career transitions and resume writing for adults and youth.

1635 East Valley Blvd. Unit G, El Monte, CA 91732

626.258.0365

Foothill Employment & Training Connection

Offers employment resources including recruitment, employer connections, seminars, layoff recovery and job searches.

1207 E Green Street, Pasadena, CA 9110

626.796.5627

Mental Health Resources

Mental Health Resources

Regional Center

Provides and helps coordinate services and support for individuals with developmental disabilities.

213.383.1300

Union Rescue Mission

Provides assistance and linkage to mental health clinics, referrals, and resources for Los Angeles County residents.

800.854.777

LA County Department of Mental Health Access Center

Offers free confidential mental health information, referrals to service providers and crisis counseling 24 hours/day.

800.854.777

Counseling Services

Fellowship Counseling

*Appointment required for pastoral counseling session. Provides referrals to local professionals. *Therapist Referral Sheet offered by request**

Pastor Becky White | 626.509.8563
401 E. Huntington Dr., Monrovia, CA 91016
counseling@madeforfellowship.com

Lake Avenue Church

Offers counseling services based on sliding scale. Application required.

626.844.4794 | counseling@lakeave.org
393 N Lake Ave., Pasadena, CA 91101

Fuller Psychological and Family Services

Offers therapy to children, adolescents, adults, couples and families.

fuller.edu/fuller-psychological-and-family-services/
180 North Oakland Ave., Pasadena, CA 91101
626.584.5555

Azusa Pacific Community Counseling Center

Offers therapy to children, adolescents, adults, couples and families.

626.815.5421 | counseling@lakeave.org
918 E Alostia Ave, Azusa, CA 91702

Child & Family Services

Boys and Girls Club of the Foothills

Offers programs for children 6-18 years, such as tutoring, homework assistance, organized team sports, and after-school bus pick up.

626.305.5353 | www.foothillsbgc.org

600 S. Shamrock Ave., Monrovia, CA 91016

California Health & Human Services Agency

Offers health care, mental health, public health, alcohol and drug treatment, income assistance, social services and assistance to people with disabilities.

www.losangeles.networkofcare.org/mh/admin@trilogyr.com

Family Solutions Center

Offers resources to assist homeless families with housing, drug abuse and social services.

<http://unionstationhs.org/programs/family-solutions/>
1755 E Huntington Dr. Suite 103, Duarte, CA 91010
626.256.9195

Foothill Family Services: Teen Family Services

Offers case management, mentoring and counseling for pregnant or parenting teens.

626.993.3000 | <https://www.foothillfamily.org>
**2500 East Foothill Boulevard,
Suite 300 Pasadena, CA 91107 (main office)**

First 5 California

Offers resources for children's health and education.

916.263.1050 | www.first5california.com

Foothill Unity Center, Inc.

Offers back-to-school items, clothes, shoes, toys, educational supplies, backpacks, haircuts, dental exams and vision exams. Application required.

626.358.3486 | <http://foothillunitycenter.org>
415 W Chestnut Ave., Monrovia, CA 91016

Pacific Clinics Drop-In Center

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.

13001 Ramona Blvd. Suite I, Irwindale, CA 91706
626.337.3828

Safe Families

Offers support to children and families during difficult life transitions.

www.safe-families.org | safefamilies@olivecrest.org
800.550.CHILD x 1234 (hotline open 24/7)

Senior Citizen Assistance

A Caring Heart for Seniors

Resources for elder care including residential care homes, assisted living and hospice.

<http://www.acaringheartforseniors.com>
714.300.3985

Santa Anita Family Services, San Gabriel Valley

Offers support for elderly and senior care individuals 60+ years, including caregiver support, tax preparation, taxi vouchers and home-based care.

626.359.9358 | Senior Center: 626.358.1185
603 S Myrtle Ave., Monrovia, CA 91016

Home CARE

Provides at-home support based on home care needs, personality and interests.

626.522.8790 (Pasadena location)
<http://homecareassistance.com/pasadena>
124 S. Lake Avenue, Pasadena, CA 91101

A Place for Mom

Offers senior care housing resources and referrals and in-home caretakers.

<http://www.aplaceformom.com/senior-care-resources>
888.962.5621

Disabilities / Special Needs

California Department of Education

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.

916.327.4014 | cdsadmin@cde.ca.gov
<http://www.cde.ca.gov/re/sd/>

Parent's Place, Family Resource and Empowerment Center

Offers resources and support for families with special needs children 0-22 years of age.

626.919.1091 | www.parentsplacefrc.com
1500 S Hyacinth Ave. Suite B, West Covina, CA 91791

Team of Advocates for Special Kids (TASK)

Provides training, support, resources and referrals for individuals with special needs.

626.300.1043 | www.taskca.org
1000 S Fremont Ave. Building 6, Alhambra, CA 91803

Camp Nights

Provides a free monthly camp-themed night for children with special needs, hosted by a Fellowship Local Grant.

626.239.8019 | fmlocal@madeforfellowship.com
<http://madeforfellowship.com/camp-night/>

San Gabriel / Pomona Regional Center

Offers developmental, behavioral and educational resources, assessments and referrals for individuals with special needs & families of all ages.

909.620.7722 | www.sgprc.org
75 Rancho Camino Dr., Pomona, CA 91766

Domestic Violence Assistance

Santa Anita Family Services

Provides therapeutic services to children & families in the areas of child abuse, drug & alcohol related problems, behavioral health, domestic violence and foster placement.

626.359.9358

www.SantaAnitaFamilyService.org

safsmonrovia@santaanitafamilyservice.org

Monrovia location

605 S. Myrtle Ave., Monrovia, CA 91016

Covina location

716 N Citrus Ave., Covina, CA 91702

Casa de Alegria (House of Joy)

Offers faith-based transitional housing for abused women and children, and a residential program with case management services.

323.256.6975 | 469 N Ave. 52, Highland Park, CA 90042

Grief & Recovery

Celebrate Recovery

Offers faith-based grief and healing recovery classes, held in local churches.

<http://grouplocator.crgroups.info>

Huntington Hospital

Offers "Transitions," a grief and loss support group.

626.397.5074

Methodist Hospital

Offers grief and loss recovery support groups.

626.358.0155 | 300 Huntington Dr., Arcadia, CA 91007

Judson's Legacy

Offers 24-hour general help line for those experiencing emotional pain, depression, anxiety, and needing hope.

818.583.7661 & 800.639.5433

340 S Lemon Suite 2720, Walnut, CA 91789

Living Proof Recovery Center

Offers resources and support towards treatment of chemical dependency, codependency and eating disorders.

626.205.2518 | gpat357@yahoo.com

<http://www.lprconline.com>

324 W Foothill Blvd., Monrovia, CA 91016

MISS Foundation

A volunteer-based organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child.

888.455.6477 | info@missfoundation.org

www.missfoundation.org

Medical Clinics

Community Health Alliance, Monrovia Location

Offers low-cost comprehensive walk-in medical care for low-income and uninsured adults and children and services for homeless.

513 E Lime Ave., Suite 101, Monrovia, CA 91016
626.486.9729

Young & Healthy

Provides access to high-quality health care for uninsured and underserved children and families.

626.795.5166 | yhpasadena.org
136 W Peoria Street Pasadena, CA 91103 (office)

Foothill Unity Center, Inc.

Offers case management, transportation, referrals and access to medical, dental, vision and mental health care for low-income, homeless or uninsured clients.

626.358.3486 | foothillunitycenter.org
415 W Chestnut Ave., Monrovia, CA 91016

Sober Living

Angels Way Sober Living

A residential 12-step program for men only. Monthly rent is required.

626.808.3488 | www.angelswaysoberliving.com
166 Mar Vista Ave., Pasadena, CA 91106

Casa Treatment Center

Based in Pasadena, a residential program with programs for women. Offers sober living, detox, counseling, vocational and employment support. Monthly rent required.

626.792.2770 | www.casatreatmentcenter.org
info@casatreatmentcenter.org
160 N. El Molino Avenue Pasadena, CA 91101

Dixon House Sober Living

Promotes long-term recovery from alcoholism and addiction.

626.332.1857 | www.soberhousing.net
http://www.soberhousing.net/san_gabriel.html
17902 E Edna Pl., Covina, CA 91722

La Casita

Offers six-month residential treatment, case management, substance abuse treatment, life skills training, parenting skills and trauma therapy.

10603 Downey Ave., Downey, CA 90246
562.622.2268

Substance Abuse Recovery Programs

Grandview Foundation

Drug recovery program based in Pasadena, offering both outpatient and residential programs.

**1230 Marengo Ave, Pasadena, CA 91103
626.797.1124**

Recovery Center – Public Health City of Pasadena

Substance Abuse and Treatment Program provides addiction recovery services to individuals and families in a professional, safe, and non-judgmental setting.

626.744.6001

Pacific Clinics

Based in Pasadena, non-residential drug prevention and treatment services for men, women and youth.

**2550 E Foothill Blvd, Pasadena, CA 91107
626.744.5230**

The Walter Hoving Home

Faith-based residential non-profit home for women 18+ years who are recovering from substance abuse and other addictions.

**626.405.0950 | whhca@walterhovinghome.com
www.walterhovinghome.com
127 El Molino, Pasadena, CA 91107.**