

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/>

 @didi_hirsch

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

Insurance accepted: Medical

<https://www.pacificclinics.org/>

 @pacificclinics

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/>

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

East Los Angeles Women's Center

Supports domestic violence, sexual assault and human trafficking survivors with free counseling, support groups, court accompaniments for restraining orders, housing and emergency shelter. Services are being done virtually during COVID.

(800)585-6231 for counseling resources

(323)843-0015 ext. 304, 301, 307 for shelter and housing

1431 S. Atlantic Blvd. Los Angeles, CA 90022

<https://www.elawc.org/>


 @elawc

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

 @peaceoverviolence

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.thewallasmemorias.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


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

Food Resources

Cal Fresh/ CA Food Stamps

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:

<https://dps.lacounty.gov/en/food/calfresh.html>

Pasadena Unified Grab and Go Lunch centers

<https://www.pusd.us/domain/2663>

Alhambra Unifired 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

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

(626) 305-0392

2609 North Lincoln Ave
Altadenam, CA 91706

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

 @peaceovrvioince


Neighborhood Legal Services of Los Angeles County

Provide legal assistance for cases regarding including affordable housing and eviction defense, access to public benefits, support for domestic violence victims, access to healthcare, worker and consumer rights, and employment and training

(800) 433-6251

Multiple locations

<https://nlsa.org/>

 @nlslosangeles


Coalition for Humane Immigrants Rights of Los Angeles (CHIRLA)

Legal assistance for undocumented individuals. DACA renewals on Tuesdays and Thursdays at 8 a.m. For Initial DACA applications, virtual clinics held Mondays and Wednesdays at 8 a.m

(213)201-3797

2533 W. Third St., Suite 101
Los Angeles, CA 90057

www.chirla.org

 @chirla_org


Public Counsel Law Center

Free legal assistance for youth rights, homeless prevention law, domestic violence cases, immigrant rights and veteran rights

(213)385-2977

610 S. Ardmore Ave.
Los Angeles, CA 90005

www.publiccounsel.org

 @public_counsel


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.mylifemyrights.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/ubg1jlbzvh1ud1lz49il4/iFoster-K12-Foster-Youth-Students-Device-Request-Forms.xlsx?dl=0&rkey=eojibvikajdsd2gbb4l5xyt>
[u](#)

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:

https://lworks.plsis.com/mod.php/public/registration/enrollment_interest.php?_sp_window_id=255384125

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:

<https://www.unitedfriends.org/wp-content/uploads/2020/02/Scholars-Referral-Form-PDF-Fillable.pdf>

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 through 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 Vission 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. Accept 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/>

 @hathsync


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.

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/>


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/>

 @opt4learning

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/>

 @elawc


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

<https://parentingclasses4u.com/>

 @parentingclasses4u

