

COMMUNITY INFORMATION & REFERRAL SERVICES - LOW OR NO FEE				
SERVICE TYPE	ORGANIZATION/PROVIDER	PHONE	SERVICE NOTE	COST
LA CO. REFERRAL DATA BASE	2-1-1 Los Angeles	2-1-1 www.healthycity.org	Referrals to wide range of services	Toll Free Number
CHILD ABUSE	DEPT. OF CHILDREN & FAMILY SERVICES	1-800-540-4000	To report child abuse	Toll Free Number
COUNSELING/ MENTAL HEALTH	BCHD CENTER FOR HEALTH CONNECTION EXODUS RECOVERY INC (Redondo) FRIENDS OF THE FAMILY THE GATHERING PLACE PROJECT TOUCH 1736 FAMILY CRISIS CENTER RICHSTONE FAMILY CENTER SOUTH BAY CENTER FOR COUNSELING SOUTH BAY CHILDREN'S HEALTH CENTER-CHILD GUIDANCE SOUTH BAY CHILDREN'S HEALTH CENTER-SBYH TORRANCE/SOUTH BAY YMCA	(310) 318-7939 (310) 792-5454 (310) 798-3260 (310) 374-6323 (310) 379-5206 (310) 543-9900 X310 (310) 970-1921 (310) 414-2090 (310) 328-0855 (310) 316-0183 (310) 325-5885 X2704	Counseling for children, adolescents and adults Meds/rehab/therapy, case management, housing, other services Counseling for individuals, families and groups Bereavement support groups, info and referral Youth counseling/socialization groups All ages Counseling for children, adolescents, adults; home visitation Individuals, couples, families, children and groups Counseling for children and adolescents Counseling for children, adolescents and adults Individuals, couples, families, children and groups	Sliding Scale Medi-Cal Sliding Scale Donation Sliding Scale No Cost Sliding Scale/No Cost Sliding Scale Medi-Cal/HealthyFamilies Co-Pay Sliding Scale
DOMESTIC VIOLENCE	CAVA (COLLABORATIVE FOR ALTERNATIVES TO VIOLENCE & ABUSE) DOMESTIC ABUSE HOTLINE 1736 FAMILY CRISIS CENTER NCADD (NATIONAL COUNCIL ON ALCOHOL & DRUG DEPENDENCY) RAINBOW SERVICES HOTLINE & OUTREACH SOUTH BAY CENTER FOR COUNSELING SOUTH BAY CHILDREN'S HEALTH CENTER	(310) 241-4353 (800) 978-3600 (310) 370-5902 (310) 328-1460 (310) 547-9343 (310) 414-2090 (310) 316-0183	Info and referrals to shelters; counseling and legal Referrals to services in area (24 hour) Shelter services for victims of domestic violence Male batterers treatment, support groups for fathers 24-hour domestic violence services, emergency shelter Support groups and individual counseling Support groups and individual counseling	No Cost Toll Free Number No Cost Sliding Scale Ability to Pay Co-Pay No Cost
ELDER ABUSE	ADULT PROTECTIVE SERVICES	(877) 477-3646	To report elder abuse	Toll Free Number
HIV/STD TESTING	CURTIIS TUCKER HEALTH CENTER - LA COUNTY SOUTH BAY FAMILY HEALTH CARE TORRANCE HEALTH CENTER - LA COUNTY	(310) 419-5333 (310) 802-6170 (310) 354-2300	MWTF 8:30-10:30am; M 12:3-3:30pm; T 10am-12:30pm; 2-5:30pm; Th 12:3-3:30pm Confidential HIV testing, case management, STD testing Walk-in Mon2-5pm, Fri 12-3pm (except 3rd Fri)	No Cost Sliding Scale/No Cost No Cost
MEDICAL/DENTAL	BCHD CENTER FOR HEALTH CONNECTION HARBOR-UCLA MEDICAL CENTER MLK MULTI-SERVICE AMBULATORY CARE CENTER SOUTH BAY CHILDREN'S HEALTH CENTER SOUTH BAY FAMILY HEALTH CARE VASEK POLAK HEALTH CLINIC	(310) 318-7939 (310) 222-2345 Appt (310) 668-5011 Gen Info (310) 668-4921 (310) 316-1212 (310) 802-6170 (310) 355-0100	Medical/dental services for children; adult medical Emergency medical and psychiatric services Walk-in urgent care center, specialty outpatient clinics Dental for ages 3 to 24 years Primary care, prenatal/pediatric medical, general dental Primary care, low cost dental	Co-Pay Ability to Pay Ability to Pay Medi-Cal/HealthyFam/Access Sliding Scale Flat rate, Medi-Cal Rates
OLDER AND/OR DISABLED ADULTS	BCHD COMMUNITY CARE SERVICES CENTER FOR THE PARTIALLY SIGHTED SOUTH BAY SENIOR SERVICES WESTSIDE CENTER FOR INDEPENDENT LIVING SOUTH BAY FAMILY HEALTH CARE	(310) 374-3426 X110 (310) 458-5501 (310) 325-2141 (888) 851-WCIL (9245) (310) 802-6170	(Officer of the Day) Care management, peer support, groups Low vision rehabilitation for people of all ages Information and referrals to community services Services to maximize independence of people w/disabilities Prenatal care and family planning	Co-Pay for some services Medi-Cal/Care, Sliding scale No Cost
PREGNANCY/ BIRTH CONTROL	BEACH CITIES HEALTH DISTRICT (BCHD) NCADD (NATIONAL COUNCIL ON ALCOHOL & DRUG DEPENDENCY) PARENT EDUCATION NETWORK (Pacific Center) RICHSTONE FAMILY CENTER SOUTH BAY CENTER FOR COUNSELING SOUTH BAY CHILDREN'S HEALTH CENTER	(310) 374-3426 x212 (310) 328-1460 (310) 376-6211 www.pensouthbay.org (310) 970-1921 (310) 414-2090 (310) 316-0183 / 316-1212	Parenting classes Parenting classes (Spanish, teens, court approved), groups Referrals to South Bay parent education classes and groups Parenting classes (English and Spanish) Parenting classes and groups (court approved, Spanish) Parenting support groups, tutoring	Sliding Scale Affordable fees Sliding Scale No Cost Sliding Scale Sliding Scale No Cost

PSYCHIATRIC	COASTAL ASIAN-PACIFIC MENTAL HEALTH CTR HARBOR-UCLA MEDICAL CENTER SOUTH BAY MENTAL HEALTH CENTER MENTAL HEALTH URGENT CARE CENTER (Long Beach) MENTAL HEALTH URGENT CARE CENTER (Culver City)	(310) 217-7312 (310) 222-3151 (323) 241-6730 (562) 790-1860 (310) 253-9494	Psychiatric assessment and services, counseling, groups Psychiatric assessment/treatment, counseling, groups, Wellness Center Psychiatric crisis center, 24/7 (Long Beach) Psychiatric crisis center, 24/7 (Culver City)	Medical/Care, Fee/No-fee Medical/Care, Fee/No-fee No Cost No Cost
SUBSTANCE ABUSE	NCADD NATIONAL COUNCIL ON ALCOHOL & DRUG DEPENDENCY SOUTH BAY CENTER FOR COUNSELING THELMA MCQUEEN CTR. FOR CHEMICAL DEPENDENCY TREATMENT BEHAVIORAL HEALTH SERVICES (BHS) ALCOHOLICS ANONYMOUS NARCOtics ANONYMOUS	(310) 338-1460 (310) 414-2090 (310) 784-4879 (310) 679-9126 (310) 618-1180 (310) 372-9666	Adult/adolescent alcohol/drug education programs Group Teen Recovery Intervention Program (TRIP) Drug outpatient treatment/groups/testing (Teens/Adults) Substance abuse treatment, residential, detox, outpatient Support line - operators on 6 am - 10 pm 24 hour line for support and information	Free or Sliding Scale Sliding Scale Scholarships Available Free or Sliding Scale No Cost No Cost
SUICIDE HOTLINE	SUICIDE PREVENTION CENTER (Cecil Hirsch Mental Health Center)	(877) 727-4747	Trained counselors available 24 hrs 7 days week	Toll Free Number
SUPPORT GROUPS	SELF-HELP & RECOVERY EXCHANGE (SHARE) BCHD COMMUNITY CARE SERVICES THE GATHERING PLACE SOUTH BAY CENTER FOR COUNSELING SOUTH BAY CHILDREN'S HEALTH CENTER THE WELLNESS COMMUNITY - S. BAY CITIES	(877) 742-7349 (310) 374-3426x144 (310) 374-6323 (310) 414-2090 (310) 316-0183 / 316-1212 (310) 376-3550	Info and referrals to self-help groups 50+ and caregiver support groups Bereavement support groups, info and referral Call for information Parenting support groups, tutoring For people with cancer and their families	No Cost Co-pay for some services Donation Sliding Scale No Cost No Cost
EMERGENCY SHELTER/ HOMELESSNESS	1736 FAMILY CRISIS CENTER EMERGENCY SHELTER HOTLINE RUNAWAY HOTLINE BELL SHELTER (Bell) HARBOR VIEW HOUSE (San Pedro) HOUSE OF YAHWEH (Lawndale) HIS HOUSE - SALVATION ARMY - TORRANCE LYDIA HOUSE (Long Beach Rescue Mission) RAINBOW SERVICES HOTLINE & OUTREACH SELF-HELP & RECOVERY EXCHANGE (SHARE) WOMEN & CHILDREN SHELTER PROGRAM (Compton) US VETS	(310) 379-3620 (800) 548-6047 (800) RUNAWAY (323) 263-1206 (310) 547-3341 (310) 675-1384 (310) 782-8841 (562) 591-1292 (310) 547-9343 (877) 742-7349 (310) 651-5193 (562) 388-8012	Shelter services for runaway and homeless youth During winter, provides locations & pick-ups for shelter (800) 786-2929 - www.runaway.org: 12-20 yrs. Emergency shelter, VA services, addiction recovery Shelter, partial day-treatment, support Shelter, transitional housing and other services Social service assistance, referrals Shelter for single women and women with children Domestic violence emergency shelter Housing (w/roommate) within LA County Emergency/homeless shelter for women/children under 10 yrs Supported housing, employment assistance for homeless vets	No Cost Toll Free Number Toll Free Number Ability to Pay Ability to Pay No Cost No Cost Ability to Pay \$500/month or less (SSI) No Cost No Cost
MEALS	1st BAPTIST CHURCH OF TORRANCE 1st LUTHERAN CHURCH OF TORRANCE 1st UNITED METHODIST CHURCH (Redondo) 1st UNITED METHODIST CHURCH (Torrance) 1st UNITED METHODIST CHURCH (Gardena) HOUSE OF YAWEH (Lawndale) PROJECT NEEDS-ST. PAUL'S UNITED METHODIST RIVIERA UNITED METHODIST CHURCH (Redondo) SOUTH BAY CHRISTIAN CHURCH (Redondo) SB COMMUNITY CHURCH OF BRETHEN (Redondo) ST. ANDREWS EPISCOPAL CHURCH (Torrance) ST. ANDREWS PRESBYTERIAN CHURCH (Redondo) ST. JAMES CATHOLIC CHURCH (Redondo) ST. JOHNS CHURCH ST. LAWRENCE MARTYR CATHOLIC CHURCH (Redondo) WALTERIA UNITED METHODIST CHURCH (Torrance) LOVE INC. HELPLINE LA REGIONAL FOOD BANK	(310) 328-5030 (310) 320-9920x101 (310) 372-8445 (310) 328-3242 (310) 327-1105 (310) 675-1384 (310) 370-4319 (310) 378-9273 (310) 376-8862 (310) 371-0411 (310) 328-3781 (310) 340-5252 (310) 372-5228 (310) 676-8804 (310) 540-0329 (310) 375-0622 (310) 831-5683 / 831-7338 (323) 234-3030	1st Saturday of the month, hot lunch 11am-1pm (Kent) - 5th Saturday of the month, hot lunches 11am-1pm Wednesdays from 6-7pm, hot meal 4th Saturday of month, hot lunch 11am-1pm, pantry Every Saturday, hot lunch; clothing once a month 2 Food programs Monday-Friday - call for information Tuesday, dinner 6-7:30pm; 1st & 3rd Thur. pantry 9-11am 5th Saturday of month, hot lunch 11am-1pm Every Sunday, breakfast 8am Every Thursday, dinner 6:30-7:30pm 3rd Sat of the month, hot lunch 11am-1pm; pantry 11am Every Tues/Thurs, sack lunch 12-1pm; clothing, pantry Monday/Wednesday/Friday, sack lunch 1-2pm Every Sunday, sack lunch 12:30pm Every day, sack lunch 10am-7pm, pantry 2nd Saturday of the month, lunch 11am-1pm Help in a crisis situation www.lafoodbank.org - zip code search for food banks	Free Free Free Free Free Free Free Free Free Free Free Free Free Free Free Free Free Free Free

## COMMUNITY INFORMATION & REFERRAL SERVICES - LOW OR NO FEE

PSYCHIATRIC COASTAL ASIAN-PACIFIC MENTAL HEALTH CTR. (310) 217-7312 Psychiatric assessment and services, counseling, groups  
MediCal/Care, Fee/No-fee

HARBOR-UCLA MEDICAL CENTER (310) 222-3151 Psychiatric assessment and services MediCal, No-fee

SOUTH BAY MENTAL HEALTH CENTER (323) 241-6730 Psychiatric assessment/treatment, counseling, groups, Wellness Center MediCal/Care, Fee/No-fee

MENTAL HEALTH URGENT CARE CENTER (Long Beach) (562) 790-1860 Psychiatric crisis center, 24/7 (Long Beach) No Cost

MENTAL HEALTH URGENT CARE CENTER (Culver City) (310) 253-9494 Psychiatric crisis center, 24/7 (Culver City) No Cost

SUBSTANCE ABUSE NCADD (NATIONAL COUNCIL ON ALCOHOL & DRUG DEPENDENCY) (310) 328-1460 Adult/adolescent alcohol/drug education programs  
Free or Sliding Scale

SOUTH BAY CENTER FOR COUNSELING (310) 414-2090 Group Teen Recovery Intervention Program (TRIP) Sliding Scale

THELMA MCMLLEN CTR. FOR CHEMICAL DEPENDENCY TREATMENT (310) 784-4879 Drug outpatient treatment/groups/testing (Teens/Adults) Scholarships Available

BEHAVIORAL HEALTH SERVICES (BHS) (310) 679-9126 Substance abuse treatment, residential, detox, outpatient Free or Sliding Scale

ALCOHOLICS ANONYMOUS (310) 618-1180 Support line - operators on 6 am - 10 pm No Cost

NARCOTICS ANONYMOUS (310) 372-9666 24 hour line for support and information No Cost

SUICIDE HOTLINE SUICIDE PREVENTION CENTER (Didi Hirsch Mental Health Center) (877) 727-4747 Trained counselors available 24 hrs 7 days week Toll  
Free Number

SUPPORT GROUPS SELF-HELP & RECOVERY EXCHANGE (SHARE) (877) 742-7349 Info and referrals to self-help groups No Cost

BCHD COMMUNITY CARE SERVICES (310) 374-3426 x144 50+ and caregiver support groups Co-Pay for some services

THE GATHERING PLACE (310) 374-6323 Bereavement support groups, info and referral Donation

SOUTH BAY CENTER FOR COUNSELING (310) 414-2090 Call for information Sliding Scale

SOUTH BAY CHILDREN'S HEALTH CENTER (310) 316-0183 / 316-1212 Parenting support groups, tutoring No Cost

THE WELLNESS COMMUNITY - S. BAY CITIES (310) 376-3550 For people with cancer and their families No Cost

EMERGENCY 1736 FAMILY CRISIS CENTER (310) 379-3620 Shelter services for runaway and homeless youth No Cost

SHELTER/EMERGENCY SHELTER HOTLINE (800) 548-6047 During winter, provides locations & pick-ups for shelter Toll Free Number

HOMELESSNESS RUNAWAY HOTLINE (800) RUNAWAY (800) 786-2929 - www.runaway.org; 12-20 yrs. Toll Free Number

BELL SHELTER (Bell) (323) 263-1206 Emergency shelter, VA services, addiction recovery Ability to Pay

HARBOR VIEW HOUSE (San Pedro) (310) 547-3341 Shelter, partial day-treatment, support Ability to Pay

HOUSE OF YAHWEH (Lawndale) (310) 675-1384 Shelter, transitional housing and other services Ability to Pay

HIS HOUSE - SALVATION ARMY - TORRANCE (310) 782-8841 Social service assistance, referrals No Cost

LYDIA HOUSE (Long Beach Rescue Mission) (562) 591-1292 Shelter for single women and women with children No Cost

RAINBOW SERVICES HOTLINE & OUTREACH (310) 547-9343 Domestic violence emergency shelter Ability to Pay

SELF-HELP & RECOVERY EXCHANGE (SHARE) (877) 742-7349 Housing (w/roommate) within LA County \$500/month or less (SSI)

WOMEN & CHILDREN SHELTER PROGRAM (Compton) (310) 631-5193 Emergency/homeless shelter for women/children under 10 yrs No Cost

US VETS (562) 388-8012 Supported housing, employment assistance for homeless vets No Cost

MEALS 1st BAPTIST CHURCH OF TORRANCE (310) 328-5030 1st Saturday of the month, hot lunch 11am-1pm Free

1st LUTHERAN CHURCH OF TORRANCE (310) 320-9920 x101 (Kent) - 5th Saturday of the month, hot lunches 11am-1pm Free

1st UNITED METHODIST CHURCH (Redondo) (310) 372-8445 Wednesdays from 6-7pm, hot meal Free

1st UNITED METHODIST CHURCH (Torrance) (310) 328-3242 4th Saturday of month, hot lunch 11am-1pm, pantry Free

1st UNITED METHODIST CHURCH (Gardena) (310) 327-1103 Every Saturday, hot lunch; clothing once a month Free

HOUSE OF YAWEH (Lawndale) (310) 675-1384 2 Food programs Monday-Friday - call for information Free

LOVE INC. HELPLINE (310) 831-5683 / 831-7338 Help in a crisis situation Free

LA REGIONAL FOOD BANK (323) 234-3030 www.lafoodbank.org - zip code search for food banks Free

PROJECT NEEDS-ST. PAUL'S UNITED METHODIST(C31H0U) R37C0H-4(3R1e9dondo) Tuesday, dinner 6-7:30pm; 1st & 3rd Thur, pantry 9-11am Free

RIVIERA UNITED METHODIST CHURCH (Redondo) (310) 378-9273 5th Saturday of month, hot lunch 11am-1pm Free

SOUTH BAY CHRISTIAN CHURCH (Redondo) (310)376-8862 Every Sunday, breakfast 8am Free

SB COMMUNITY CHURCH OF BRETHEN (Redondo)(310) 371-0411 Every Thursday, dinner 6:30-7:30pm Free

ST. ANDREWS EPISCOPAL CHURCH (Torrance) (310) 328-3781 3rd Sat of the month, hot lunch 11am-1pm; pantry 11am Free

ST. ANDREWS PRESBYTERIAN CHURCH (Redondo) (310) 540-5252 Every Tues/Thurs, sack lunch 12-1pm, clothing, pantry Free

ST. JAMES CATHOLIC CHURCH (Redondo) (310) 372-5228 Monday/Wednesday/Friday, sack lunch 1-2pm Free

ST. JOHN'S CHURCH (310) 676-8804 Every Sunday, sack lunch 12:30pm Free

ST. LAWRENCE MARTYR CATHOLIC CHURCH (Redondo) (310) 540-0329 Every day, sack lunch 10am-7pm, pantry Free

WALTERIA UNITED METHODIST CHURCH(Torrance) (310) 375-0622 2nd Saturday of the month, lunch 11am-1pm Free

YMCA CONGREGATE MEAL PROGRAMS  
(310) 325-5885x2732 (Torrance)  
(310) 318-0650 (Beach Cities)  
(310) 505-5253 (Carson)

Daily hot lunch, socialization, advanced reservation  
required before 11 a.m. the day of the meal \$2.50 Suggested Donation



# Free Meals in the South Bay

MAP	LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
A	St. Lawrence Martyr Catholic Church 1900 S. Prospect Ave., Redondo Beach	10a-7psack lunch	10a-7psack lunch	10a-7psack lunch	10a-7psack lunch	10a-7psack lunch	10a-7psack lunch	10a-7psack lunch
B	St. James Catholic Church 415 Vincent, Redondo Beach		2p		2p		2p	
C	St. Margaret's Center 10217 Lennox, Inglewood		10a-12p		10a-12p		9a-12p	
D	His House 20830 S. Vermont, Torrance							
E	St. Andrew's Presbyterian Church 301 Avenue E, Redondo Beach		12-1p				12-1p	
F	St. Paul's United Methodist (Proj. Needs) 2600 Neilson, Redondo Beach		6-7:30p				1st & 3rd 9-11a Food Pantry	
G	1st United Methodist Church 243 S. Broadway, Redondo Beach						6-7p	
H	South Bay Community Church of the Brethren 2761 190th, Redondo Beach						5p	
I	South Bay Christian Church 128 North Broadway, Redondo Beach						8a	
J	1st United Methodist Church 813 West 165th Place, Gardena						12p	
K	St. John Lutheran Church 14517 Crenshaw Blvd., Gardena	6:30p		6p		11:30a		12:15p
L	Torrance 1st Baptist Church 2118 W. Carson, Torrance						1st Sat. 11a-1p	
M	Walteria United Methodist Church 3646 Newton St., Torrance						2nd Sat. 11a-1p	
N	St. Andrew's Episcopal Church 1432 Engracia, Torrance						3rd Sat. 11a-1p	



- O **1st United Methodist Church** 1551 El Prado, Torrance 4th Sat. 11a-1p
- P **Riviera United Methodist Church** 375 Palos Verdes Blvd., Redondo Beach 5th Sat. 11a-1p
- Q **House of Yaweh** 4046 Marine Ave., Lawndale 2 food programs Monday-Friday - call (310) 675-1384 for more information.

**Love Inc. Helpline** Help in a crisis situation - call (310) 831-5683 / 831-7338 for more information.

**LA Regional Food Bank** [www.lafoodbank.org](http://www.lafoodbank.org) - zip code search for nearest food banks; (323) 234-3030.

**YMCA Congregate Meal Programs** Daily hot lunch, socialization, advanced reservation required before 11:00 am the day of the meal. \$2.50 suggested donation. (310) 325-5885x2732 (Torrance); (310) 318-0650 (Beach Cities); (310) 505-5253 (Carson)

