



Promise
Health
Plan

Dear Blue Shield of California Promise Health Plan Provider:

In order to help you locate culturally sensitive and linguistically competent services for your diverse patient population, Blue Shield of California Promise Health Plan has developed a Resource Directory, which includes community organizations that are available to your patients.

We have organized resources by subject matter. I hope this format will help you access information quickly.

If you would like to refer your patient to a community-based organization or agency through Blue Shield of California Promise Health Plan, please complete and fax the enclosed CLAS referral form to (323) 889-5407. C&L department will locate a resource for your patient and will let you know where we have referred your patient to within 30 days.

Please document the referral in the patient's chart so we can maintain a closed loop referral process.

Although we do our best to keep all information up-to-date, resource contact information changes frequently. Please call us if any information proves to be incorrect.

Thank You for Your Continuing Support!

Sincerely,

Jennifer Mazariegos
Cultural & Linguistic Specialist



CULTURAL & LINGUISTICALLY APPROPRIATE SERVICES
REFERRAL REQUEST FORM

Providers: Complete sections A-C and fax to the Cultural & Linguistics Department at (323) 889-5407

A. Patient Information				
Member Name:			Gender	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other
Member Address:			City:	
Zip Code:	Phone: ()	DOB:	Language Spoken:	
B. Provider Information				
Requested by:			Date of Request:	
Provider Name:		Phone: ()	Fax: ()	
Finding:				
Comments:				
C. Referral Information				
Service Requested				
<input type="checkbox"/> Social Service	<input type="checkbox"/> Support Group	<input type="checkbox"/> Community Based	<input type="checkbox"/> Other:	
Topic				
<input type="checkbox"/> African	<input type="checkbox"/> Parenting	<input type="checkbox"/> Cultural	<input type="checkbox"/> Stress/Depressio	<input type="checkbox"/> Youth/Teen
<input type="checkbox"/> Asian/Pacific	<input type="checkbox"/> ESL Classes	<input type="checkbox"/> HIV/STD	<input type="checkbox"/> Interpreter	<input type="checkbox"/> Visually
<input type="checkbox"/> Hispanic/Latino	<input type="checkbox"/> Sexuality Issues	<input type="checkbox"/> Domestic	<input type="checkbox"/> Employment	<input type="checkbox"/> Hard of
<input type="checkbox"/> Armenian/Russia	<input type="checkbox"/> Adoption/Foster	<input type="checkbox"/> Citizenship	<input type="checkbox"/> Immigration/Lead Assistance	
<input type="checkbox"/> Other:				
Comments:				
D. Service Information				
Title of Program:		Date:	Time:	
Program Location:				
Address:		City:	Zip Code:	
Program Contact:			Phone: ()	
<input type="checkbox"/> Unable to contact Member		<input type="checkbox"/> Will attend program		
<input type="checkbox"/> Member was contacted on:		<input type="checkbox"/> Refused program		
Instructions/Comments:				
E. Follow-Up				
<input type="checkbox"/> Member attended program		<input type="checkbox"/> Member did not attend program		<input type="checkbox"/> Information not available
Comments:				

Table of Contents

ADOPTION/FOSTER CARE4

COMMUNITY WELLNESS6

COUNSELING15

DIABETES16

DISABILITY RESOURCES18

DOMESTIC VIOLENCE21

HEALTH EDUCATION 23

HEARING/VISION DISABLED.....26

HIV/AIDS SUPPORT.....28

HOMELESS SHELTERS/FOOD.....31

INTERPRETATION SERVICES34

LEGAL SERVICES34

SENIOR RESOURCES – LOS ANGELES COUNTY36

Alzheimer’s & Dementia Resources – Los Angeles County

ADULT DAY SERVICES.....46

ASSISTED LIVING FACILITIES.....46

CARE MANAGEMENT.....48

DIAGNOSTIC CENTERS.....51

DRIVING.....53

ELDER ABUSE.....54

HEALTH ASSOCIATIONS55

HOME CARE.....56

HOSPICE CARE.....56

Table of Contents

HOUSING RESOURCES58

INFORMATION & REFERRAL58

INSURANCE & SOCIAL SECURITY59

LEGAL ASSISTANCE & INFORMATION60

LOCAL SENIOR CENTERS62

MEDICATION COVERAGE.....62

MENTAL HEALTH63

MULTIPURPOSE SENIOR SERVICES PROGRAM65

NUTRITION65

SAFETY65

SENIOR SERVICES67

TRANSPORTATION.....69

SENIOR RESOURCES – ORANGE COUNTY69

TEEN RESOURCES LOS ANGELES/ORANGE COUNTIES.....74

Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

If you need to refer a patient to a community-based organization or agency, please fax the enclosed CLAS referral form to (323) 889-5407. Once a referral is received, CLAS Department will monitor member's attendance to the program. Providers will be informed by fax whether the member attended to the program. Please keep in mind that you need to maintain information provided by Blue Shield of California Promise Health Plan in the member's chart for reference.

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
Adoption/Foster Care			
<u>METROPOLITAN LOS ANGELES</u>			
CHILDREN'S BUREAU HEADQUARTERS 1910 Magnolia Ave. Los Angeles, CA 90007	(213) 342-0100 www.all4kids.org	Varies	E, Sp
OAKWOOD FAMILY CENTER 3910 Oakwood Ave. Los Angeles, CA 90004	(323) 953-7356 www.all4Kids.org	Varies	E, Sp
<u>GREATER LOS ANGELES</u>			
CARSON FAMILY CENTER 460 East Carson Plaza Drive, Suite 122 Carson, CA 90746	(310) 523-9500 www.all4Kids.org	Varies	E, Sp
<u>ANTELOPE VALLEY</u>			
CHILDREN'S BUREAU REGIONAL OFFICE 44404 16th Street West, Suite 208 Lancaster, CA 93534	(661) 951-2191 www.all4Kids.org	Varies	E, Sp
CHILDREN'S BUREAU PALMDALE 1529 East Palmdale Boulevard, Suite 210 Palmdale, CA 93550	(661) 272-9996 www.all4Kids.org	Varies	E, Sp
CHILDREN'S BUREAU SUNRISE CENTER 921 West Avenue J, Suite C Lancaster, CA 93534	(661) 949-0131 www.all4Kids.org	Varies	E, Sp
<u>SAN GABRIEL VALLEY</u>			
CHILDREN'S BUREAU REGIONAL OFFICE 14600 Ramona Blvd. Baldwin Park, CA 91706	(626) 337-8811 www.all4kids.org	Varies	E, Sp

BALDWIN PARK ANNEX

14540 Ramona Boulevard, Suite 210
Baldwin Park, CA 91706

(626) 337-6611
www.all4kids.org

Varies

E, Sp

Provides Adoption, Foster Care & Child Abuse Prevention

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(Ch)inese, (E)nglish, (F)a(Hi)ndi, (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Independent Adoption Center 5777 W Century Blvd., # 1450 Los Angeles, CA 90045	(800) 877-6736 www.adoptionhelp.org	Varies	E, Sp
--	--	--------	-------

Provides Open Adoption Placement and Counseling to Birth & Adoptive Families

Kinship Center

LOS ANGELES COUNTY PROGRAM CENTER 127 N. Madison, Suite 207 Pasadena, CA 91101	(626) 744-2975 www.kinshipcenter.org	Varies	E
--	--	--------	---

ORANGE COUNTY PROGRAM CENTER 18302 Irvine Blvd., Suite 300 Tustin, CA 92780	(714) 957-1004	Varies	E
---	----------------	--------	---

Provides Traditional Mental Health Therapies for Youth and Their Families, Early Intervention Program, and Counseling for Adult Adoptees, Parents, Siblings & Birth Families

Los Angeles County Department of Children & Family Services 425 Shatto Places Los Angeles, CA 9002	1-800-697-4444 TTY: 1-800-272-6699 www.dcfcs.co.la.ca.us	Varies	E
--	---	--------	---

Provides Foster Care & Adoptions Assistance

African American

Institute of Black Parenting 11222 S. La Cienega Blvd., Suites 233 Inglewood, CA 90304	1-877-367-8858	Free	E, Sp
--	----------------	------	-------

Provides Foster Care Placement, Home Study (Domestic), Infant Placement & Post Placement Supervision Prior to Adoption Finalization (Domestic)

Hispanic/Latino

Latino Family Institute

1501 W. Cameron Ave., Suite 240
West Covina, CA 91790

(626) 472-0123
www.lfiservices.org

Free

E, Sp

Provides Adoption, Foster Care, Kinship Care, Training through the Infant Adoption Awareness Training Program (IAATP) & Family Support services

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde)i, (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Community Wellness

Champions of Caring Connections

4513 E. Compton Blvd.
Compton, CA 90221

(310) 635-9536
www.championsofcaringconnections.org

Call for Cost

E

Provides Advocacy for Homeless & Foster Children & Youth

Child & Family Guidance Center

9650 Zelzah Ave.
Northridge, CA 91325

(818) 993-9311
www.childguidance.org

Call for Cost

E, Sp

Provides Aggression Replacement Therapy, Child Parent Psychotherapy, Crisis Oriented Recovery System, Positive Parenting Program & Trauma Focused Cognitive Behavior Therapy

Children's Defense Fund California

634 S. Spring St., Ste 500C
Los Angeles, CA 90014

(213) 355-8787
www.cdfca.org

Call for Cost

E

Provides Freedom Schools Program, Youth Leadership and Development Training, Cradle to Prison Pipeline Campaign & Children's Health Insurance Outreach Project

City Help

2301 Bellevue Ave.
Los Angeles, CA 90026

(213) 273-7125
www.cityhelp.org

Free

E, Sp

Services include Mobile Medical Clinic, Rehabilitation Centers & Comprehensive Primary Care

Community Health Alliance of Pasadena

837 S. Fair Oaks Ave., Suite 204
Pasadena, CA 91105

(626) 993-1212
www.chapcare.org

Free

E, Sp

Provides Medical, Dental & Behavioral Health Services

Community Health Councils			
3731 Stocker St., Ste 201 Los Angeles, CA 90008	(323) 295-9372 www.chc-inc.org	Call for Cost	E

Promotes Social Justice and Achieve Equity in Community & Environmental Resources

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(ri)si, (H)i(nde)i, (H)m(ong), (I)talian, (J)a(pan)ese, (K)h(mer), (K)ore(ian), (L)a(ot)ian, (M)andarin, (R)ussian, (S)a(mo)an, (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
Community Integration Services			
10100 Balboa Blvd. Granada Hills, CA 91344	(818) 772-1155 www.cisadp.org	Call for Cost	E, Sp

Promotes Preventive Health, Diversity and Community Membership for People with Aging Challenges & Disabilities

Families in Good Health			
411 E. 10th St., Suite 207 Long Beach, CA 90813	(562) 491-9100 www.stmarymedicalcenter.org	Call for Cost	E, Sp

Helps the Community Make Informed Choices and to Access Needed Health & Social Resources

JWCH Institute			
5650 Jillson Street Commerce, CA 90040	(213) 484-1186 www.jwchinstitute.org	Call for Cost	E

Provides Primary Medical Care, Homeless Health Care, HIV Services & Specialty Care

Maternal & Child Health Access			
1111 West Sixth St., Suite 400 Los Angeles	(213) 749-4261 www.mchaccess.org	Call for Cost	E, Sp

Assists Individual Women to Achieve Healthy Pregnancies & Obtain Quality Health Care

National Health Foundation			
515 S. Figueroa St., #1300 Los Angeles, CA 90071	(213) 538-0700 www.nhfca.org	Call for Cost	E, Sp

Provides Systemic Solutions to Gaps in Healthcare Access & Delivery

Salvation Army

CORPS COMMUNITY CENTER

125 W. Beryl St. Redondo Beach	(310) 318-2827 www.salvationarmyusa.org	Free	E, Sp
4223 Emerald St. Torrance	(310) 370-4515 www.salvationarmyusa.org	Free	E, Sp, Tag
455 E. Spring Street Long Beach	(562) 426-7637 www.salvationarmyusa.org	Free	E, Sp

Provides Clinics Services, Day Care, Disaster Services, Emergency Financial Assistance & Emergency Shelter

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)aantonese, (C)hinese, (E)nglish, (F)aarsi, (H)i ndi, (H)mong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a moan, (S)p anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Special Services for Groups 605 W. Olympic Blvd., Suite 600 Los Angeles, CA 90015	(213) 553-1800 www.ssgmain.org	Call for Cost	E, Sp
---	--	---------------	-------

Provides Human Services to Ethnic Minority Communities & Groups

Westside Family Health Center 1711 Ocean Park Blvd. Santa Monica, CA 90405	(310) 450-2191 www.wfhcenter.org	Call for Cost	E, Sp
--	--	---------------	-------

Offers Comprehensive Health Care Services for Women, Men & Children

Worksite Wellness LA 5955 S. Western Ave. Los Angeles, CA 90047	(323) 758-9480 www.worksitewellnessla.org	Free	E, Sp
---	--	------	-------

Provides Access Healthcare Benefits, Managing Diabetes, Healthy Eating, & Stress Management

African American

African American Unity Center 944 W. 53rd St. Los Angeles, CA 90037	(323) 789-7300	Call for Cost	E
---	----------------	---------------	---

Provides Social Services Support & Information to the African American Community

Black Women for Wellness Post Office Box 292516 Los Angeles, CA 90029	(323) 290-5955 www.bwwla.com	Free	E
--	--	------	---

Offers Kitchen Diva's, Metamorphosis, Sister's in motion, Tea & Technology & Sisters @ Eight

California Black Women's Health Project 101 N. La Brea, #610 Inglewood, CA 90301	(310) 412-1828 www.cabwhp.org	Call for Cost	E
---	--	---------------	---

Empowers Black Women to Take Personal Responsibility for Their Own Health

Great Beginnings for Black Babies 301 N. Prairie Ave Inglewood, CA 90301	(310) 677-7955 www.gbbb.org	Free	E
---	--	------	---

Programs includes Healthy Moms & Babies, Fatherhood Initiative & Youth Education after School Program

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)aantonese, (C)hinese, (E)nglish, (F)aarsi, (H)i ndi, (H)mong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a moan, (S)p anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
----------------------	----------------	-------------	------------------

African American

Healthy African American Families 4305 Degnan Blvd., Suite 105 Los Angeles, CA 90008	(323) 292-2002 www.haafii.org	Free	E, Sp
---	--	------	-------

Programs include Preterm Delivery, CCHN, Mental Health, Diabetes, Asthma, Kidney Disease, Women's Health, & Male Involvement Project

Los Angeles Urban League 3450 Mount Vernon Drive, Los Angeles, CA 90008	(323) 299-9660 www.laul.org	Call for Cost	E
--	--	---------------	---

Provides Job Placement, Career Management, Head Start Preschool & Youth Development

n-Action Family Network Post Office Box 1715 La Mirada, CA 90637	1-866-299-8817 www.n-actionfamilynetwork.org	Free	E
---	--	------	---

Provides Intervention, Mentoring, Enrichment Opportunities for Women in Transition Support Groups

National Association for the Advancement of Colored People Post Office Box 56408 Los Angeles, CA 90056	(310) 397-1171 www.naacp-losangeles.org	Call for Cost	E
--	--	---------------	---

Provides Information & Referrals to People Who Believe Their Rights Have Been Violated Serves Ethnic Groups

The African Community Resource Center 3540 Wilshire Blvd., Suite 321 Los Angeles, CA 90010	(213) 381-1088 www.acrcintl.org	Varies	E, Sp, Fa, A, R
--	--	--------	-----------------

Programs include Immigration Services, Counseling, Family Support, African Women Support Group, Food Pantry/Nutrition Planning, Small Business Support, Advocacy & Legal Services

American Indian

American Indian Healing Center 12456 Washington Blvd, Whittier, CA 90602	(562) 693-4325	Free	E
--	----------------	------	---

Offers Chronic Disease Management, Health Maintenance, Health Screenings & Women's Health Care

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

American Indian

Southern California Indian Center 3440 Wilshire Blvd., Suite 904 Los Angeles, CA 90010	(213) 387-5772 www.indiancenter.org	Call for Cost	E
--	--	---------------	---

Special Programs include Child and Family Services, Job Training, Senior Programs & Tutoring for Students in Grades K-12

United American Indian Involvement 1125 W. 6th St., Ste 103 Los Angeles, CA 90017	(213) 202-3970 www.uaii.org	Call for Cost	E
---	--	---------------	---

Provides Public Health Services and Access to Free & Low-Cost Quality Health Care

Armenian/Iranian/Russian

Armenian Relief Society 517 W. Glenoaks Blvd. Glendale, CA 91202	(818) 500-1343 www.arswestusa.org	Free	E, A, Fa, R
--	--	------	-------------

Provides Employment, Immigration, Counseling, English as a Second Language (ESL) Class, Referral, Translation & Advocacy

Asian/Pacific Island

Asians for Miracle Marrow Matches 244 S. San Pedro St., Ste 503 Los Angeles, CA 90012	1-888-236-4673 www.asianmarrow.org	Free	E, K, J, Ch, V
---	--	------	----------------

National Marrow Donor Program, Interpretation, Counseling from Bilingual Psychotherapists & Provide Translated Materials

Asian Pacific Health Care Venture 4216 Fountain Ave. Los Angeles, CA 90029	(323) 644-3880 www.aphcv.org	Varies	Ch, Kh, T, J
--	--	--------	--------------

Provides Primary Care, Prenatal, Women's Health, Youth, Senior Health & HIV/AIDS

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Asian/Pacific

Asian Youth Center 100 W. Clary Ave. San Gabriel, CA 91776	(626) 309-0622 www.asianyouthcenter.org	Varies	E, Sp, Ch
--	--	--------	-----------

After School & Summer School Programs, Health Education, Asian Youth Center, & Teen Program

Cambodian Association of America 2390 Pacific Ave. Long Beach, CA 90806	(562) 988-1863 www.cambodianusa.com	Free	E, Sp, Kh, Tag
---	--	------	----------------

Provides Counseling, Substance Abuse, Domestic Violence, Family Enrichment Services & Senior Center

Chinatown Service Center 767 N. Hill St., Ste 400 Los Angeles, CA 90012	(213) 808-1700 www.cscla.org	Free	E, C, M, Sp, V
--	--	------	----------------

Provides Counseling, Family Health Clinic, Child Development Center, Youth Programs, Community Health Center & Social Services

Chinese American Association of Chino Hills 2545 Chino Hills Parkway, Ste F Chino Hills, CA 91709	(909) 228-3088 www.caach.org	Call for Cost	E, Ca & M
--	--	---------------	-----------

Provides Health Seminars, Chinese School for Adults & Children & Senior Club

Korean American Family Service Center 3727 W. Sixth St., Suite 509 Los Angeles, CA 90020	(213) 389-6755 www.kfamla.org	Call for Cost	E, K
---	--	---------------	------

24-Hour Toll-Free Crisis Hotline: 1-888-979-3800

Programs include Counseling & Life Skills, Family Intervention, Child Care Food Program, Social Services, Outreach & Education & Korean Foster Family Initiative

Korean Resource Center 900 S. Crenshaw Blvd. Los Angeles, CA 90019	(323) 937-3718 www.krcla.org	Call for Cost	E, K
---	--	---------------	------

Offers Legal Counsel, Tax Report, Permanent Resident Ship Renewal, Citizenship, Education & Summer Program for Youth

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoatian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Legal Aid Foundation of Los Angeles 1102 Crenshaw Blvd. Los Angeles, CA 90019	or 1-800-399-4529 (323) 801-7912 www.lafla.org	Call for Cost	E, Sp C, M
--	--	---------------	---------------

Offers Free Legal Assistance to Low Income Communities. Specializes in Consumer and Family Law & Assistance to Asian/Pacific Islander Communities

Asian/Pacific

Little Tokyo Service Center 231 E. 3rd St., Ste G-106 Los Angeles, CA 90013	(213) 473-3030 www.ltsc.org	Call for Cost	E, J
--	--	---------------	------

Serves the Needs of the Elderly, Low Income, Non-English Speaking & Disabled Local Community

Pacific Asian Counseling Services 8616 La Tijera Blvd., Suite 200 Los Angeles, CA 90045	(310) 337-1550 www.pacsla.org	Call for Cost	E, Ch, J, K, Kh, Sa, Sp, Tag
--	--	---------------	---------------------------------

Provides Quality, Culturally Sensitive, Multilingual Mental Health & Social Services

South Asian Network 18173 S. Pioneer Blvd., Suite I Artesia, CA 90701	(562) 403-0488 www.southasiannetwork.org	Call for Cost	E
--	--	---------------	---

Multilingual Culturally Appropriate Program of Directed Service, Community Education and Advocacy in Immigration, Public Health, Domestic Violence & Hate Crime & Discrimination

Thai Community Development Center 6376 Yucca St., Suite B Los Angeles, CA 90028	(323) 468-2555 www.thaicdc.org	Varies	E, T
--	--	--------	------

Programs include Affordable Housing Development, Job Search, Small Business Development, Neighborhood Revitalization, Social Enterprises & Services for Youth

Thai Health and Information Services 1654 N. Harvard Blvd., Los Angeles, CA 90027	(323) 661-2008 www.thaihealth.org	Call for Cost	E, T
--	--	---------------	------

Provides Health Education, Outreach, Job Training & Access to Social Services

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nda)i, (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
United Cambodian Community 2201 E. Anaheim St., Suite 200 Long Beach, CA 90804	(562) 433-2490 www.ucclb.org	Free	E, Kh

Programs include Parenting Classes, ESL, Citizenship Assistance, Translation & Youth Programs

Hispanic/Latino

Bienvenidos Family Services
 316 W. Second St., Suite 800
 Los Angeles, CA 90012
 (213) 785-5906
www.bienvenidos.org
 Call for Cost E, Sp

Provides Food Pantry, Respite Child Care, Parent Training, Peer Support & Individual Programs for Children

Clínica Monseñor Oscar Romero
 123 S. Alvarado St.
 Los Angeles, CA 90057
 (213) 989-7700
www.clinicaromero.com
 Varies E, Sp

Programs include Medical, Dental, Vision, Mental Health & Pharmacy

El Centro de Acción Social
 37 E. Del Mar Blvd.
 Pasadena, CA 91105
 (626) 792-3148
www.elcentropasadena.org
 Free E, Sp

Offers El Centro Youth Leadership Academy, Villa-Parke Senior Network & Cultural Celebrations

Esperanza Community Housing Corporation
 3655 South Grand Ave., Ste 280
 Los Angeles, CA 90007
 (213) 748-7285
www.esperanzacommunityhousing.org
 Free E, Sp

Offers Affordable Housing, Economic Development, Education, Health, Arts & Science Services for Youth

Inner City Struggle
 124 North Townsend Ave.
 Los Angeles, CA 90063
 (323) 780-7605
www.innercitystruggle.org
 Call for Cost E

Promotes Safe, Healthy and Non-Violent Communities to Youth and Families in Boyle Heights & East Los Angeles

La Casa De San Gabriel
 203 East Mission Rd.
 San Gabriel, CA 91776
 (626) 286-2144
www.lacasacommunitycenter.org
 Call for Cost E, Sp

Provides Youth Development, Emergency Assistance, Health and Dental Screenings, Referrals & Resources

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Hispanic/Latino

Latino Resource Organization

610 California Ave.
Venice, CA 90291

(310) 578-6069
www.latinoresource.org

Call for Cost E

Provides HIV/AIDS Education, Senior Services, Immigration Services, Substance Abuse & Tutoring Programs

Mexican American Legal Defense

634 S. Spring Street,
Los Angeles, CA 90014

(213) 629-2512
www.maldef.org

Call for Cost E, Sp

Secures the Rights in the Areas of Employment, Education, Immigrants Rights & Political Access

Mexican American Opportunity

401 N. Garfield Ave.
Montebello, CA 90640

(323) 890-9600
www.maof.org

Call for Cost E, Sp

Provides Resource & Referral Program to Socially & Economically Disadvantaged Children, Youths, Adults & Older Persons

National Association for Hispanic Elderly

234 E. Colorado Blvd., Ste 300
Pasadena, CA 91101

(626) 564-1988
www.anppm.org

Call for Cost E, Sp

Serves the Needs of Hispanic Elderly & Other Low Income Persons

Para Los Niños

500 Lucas Ave.
Los Angeles, CA 90017

(213) 250-4800
www.paraloseninos.org

Varies E, Sp

Provides Educational Enrichment Programs, Counseling, Childcare, After School Programs, & Case Management to Low Income Families

Jewish

Cost Language

Jewish Family Services of Los Angeles

3580 Wilshire Boulevard, Seventh Floor
Los Angeles, CA 90010

(323) 761-8800
www.jfsla.org

Call for Cost E, Sp, Fa, R

Provides Food & Shelter, Counseling Services & Support for Families, Individuals & Seniors

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
National Council of Jewish Women 543 N. Fairfax Ave. Los Angeles, CA 90036	(323) 651-2930 www.ncjwla.org	Call for Cost	E, Sp, R
<i>Provides Counseling Services & Support for Women, and Art & Literacy Programs for Youth</i>			
Counseling Services			
Amanecer Community Counseling Service 1200 Wilshire Blvd., #500 Los Angeles, CA 90017	(213) 481-7464 www.ccsla.org	Varies	E, Sp
<i>Provides Field Clinical Capable Services, Domestic Violence & Adult Outpatient Care</i>			
Barrio Action Group 4970 S. Huntington Drive North, Ste 200 Los Angeles, CA 90032	(323) 221-0779 www.barrioaction.org	Call for Cost	E
<i>Provides Counseling Services for Family, Individuals & Youth with Severe Behavioral Problems, Gang Related & Drug Problems</i>			
Family Resource Counseling Center 11500 W. Olympic Blvd, Ste 420 Los Angeles, CA 90064	(310) 479-9798 www.frccla.com	Call for Cost	E
<i>Provides Professional Counseling and Psychological Services for Children, Adolescents & Adults</i>			
Helpline Youth Counseling 12440 E. Firestone Blvd., #1000 Norwalk, CA 90650	(562) 864-3722 www.hycinc.org	Call for Cost	E, Sp
<i>Provides Counseling Services for Individual, Group & Family</i>			

Asian/Pacific

Asian Pacific Counseling & Treatment Centers 520 S. Lafayette Park Place, #300 Los Angeles, CA 90057	(213) 252-2100 www.apctc.org	Call for Cost	E, Ca, Sp, Tag
<i>Provides Multi-Disciplinary & Culturally Sensitive Approaches to Address Client's Psychological & Social Needs</i>			

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong,

(I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Indochinese Counseling & Treatment 605 W. Olympic Blvd., Los Angeles, CA 90015	(213) 553-1850	Call for Cost	E, T, V
--	----------------	---------------	---------

Provides Outpatient Mental Health Services to Southeast Asian Refugees

KHEIR (Korean Health, Education, Information and Research Center) 3727 W. 6 th St., Ste 230 Los Angeles, CA 90020	(213) 637-1080 www.kfamla.org	Call for Cost	E, K, Sp
--	--	---------------	----------

Provides Counseling & Life Skills, Family Intervention & Social Services

Pacific Asian Alcohol & Drug Program 2001 Beverly Blvd., Suite 201 Los Angeles, CA 90057	(213) 413-1622 www.paadp.org	Varies	E, Sp, Tag
--	--	--------	------------

Provides Alcohol, Drug Prevention, Treatment & Recovery Services to CAL-Works Program Participants

Special Services for Group 605 W. Olympic Blvd., Ste 600 Los Angeles, CA 90015	(213) 553-1822 www.ssgmain.org	Call for Cost	E, Sp, K, Tag, V
--	--	---------------	------------------

Provides Dental Care, Homeless Outreach Program Integrated Care System & Parents Neighborhood Youth Program

Hispanic/Latino

Casa Cardenas Senior & Family 111 W Beverly Blvd. Montebello, CA 90640	(323) 721-7578	Call for Cost	E, Sp
--	----------------	---------------	-------

Offers Counseling for Families & Seniors Dealing with Family Conflict, Grief, Mental Health Issues, Substance Abuse, Domestic Violence, Caregiver Support, Case Management & Bilingual Bereavement Support Groups

DIABETES

American Diabetes Association 611 Wilshire Blvd., Suite 900 Los Angeles, CA 90017	(323) 966-2890 www.diabetes.org	Call for Cost	E
---	--	---------------	---

Provides Information & Other Services to People with Diabetes

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nda)i, (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

CDAPP Sweet Success Resource & Training Center 7835 Trade St., Ste 100 San Diego, CA 92121	(858) 536-5090 www.cdappsweetsuccess.org	Call for Cost	E
--	--	---------------	---

Provides Education Resources for Both Health Care Providers & Pregnant Women with Diabetes

Juvenile Diabetes Foundations of Los Angeles 811 Wilshire Blvd., Suite 1600 Los Angeles, CA 90017	(213) 233-9901 www.jdrf.org	Call for Cost	E
---	--	---------------	---

Provides Online Support & Information about Prevention & Living with Diabetes

Foundation Fighting Blindness 2800 28th Street, Suite 310 Santa Monica, CA 90405	(310) 450-2910 www.blindness.org	Call for Cost	E
--	--	---------------	---

Provides Information on Retinitis Pigmentosa, Macular Degeneration, Usher Syndrome & Stargardt Disease

Greater Los Angeles Agency on Deafness 2222 Laverna Ave. Los Angeles, CA 90041	(323) 478-8000 TTY (323) 550-4226 www.gladinc.org	Free	E, Sp
--	--	------	-------

Services include Health Education, Employment, Public Relations, senior housing & American Sign Language Interpreting Services (LifeSigns)

International Hearing Aid Services 7730 Pacific Blvd. Huntington Park, CA 90255	(323) 588-0742	Call for Cost	E, Sp
---	----------------	---------------	-------

Provides Support & Information about Hearing Aids & Assistive Device

Junior Blind of America 5300 Angeles Vista Blvd. Los Angeles, CA 90043	1-800-352-2290 www.juniorblind.org	Call for Cost	E
--	--	---------------	---

Helps Children & Adults Who Are Blind, Visually Disabled Achieve Independence

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ainish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Disability resources

Ability First

1300 E. Green Street
Pasadena, CA 91106

(877) 768-4600
www.abilityfirst.org

Call for Cost

E, Sp

Provides Recreational, Socialization and Employment Programs for Children and Adults with Physical and Developmental Disabilities

California Protection and Advocacy System

350 South Bixel St., Ste 290
Los Angeles, CA 90017

1-800-776-5746
TTY 1-800-719-5798
www.disabilityrightsca.org

Free

E, Sp,

Advocate, Educate, Investigate & Litigate to Advance & Protect the Rights of Californians with Disabilities

Community Actively Living Independent & Free

634 South Spring Street, 2nd Floor
Los Angeles, CA 90014

(213) 627-0477
www.califilc1.wix.com

Call for Cost

E

Provides Skills Workshops, Information, Referral, and Housing for Individuals with Disabilities in the Central Los Angeles Area

Community Therapies & Baby Steps

861 Auto Center Drive, Ste D
Palmdale, CA 93551

(661) 945-7878
www.communitytherapies.com

Call for Cost

E, Sp

Works with Children and Adults with Various Disabilities in Need of Speech/Language Therapy Services, Early Intervention for Children Birth to Three with Developmental Delays

Community Rehabilitation Services (CRS)

4716 Cesar E. Chavez Ave.
Los Angeles, CA 90022

(213) 266-0453
www.clnet.ucla.edu/community/crs.html

Call for Cost

E, Sp

SAN GABRIEL BRANCH

135 N. San Gabriel Blvd.
San Gabriel, CA 91775

(818) 309-7676

Programs include Advocacy, Personal Assistance Services, Housing Assistance, Independent Living Skills, Peer Counseling, Transportation & Job Club Services for People with Disabilities

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(ntonese), (C)hinese, (E)nglish, (F)a(arsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
Disabled Resources Center 2750 E. Spring St., #100 Long Beach, CA 90806	(562) 427-1000 www.drcinc.org	Call for Cost	E, Ca, Sp, Tag
<i>Services include Counseling, Peer Support Groups, & Workshops on Topics Related to Disability</i>			
Drew Child Development Corporation 1770 E. 118th Street Los Angeles, CA 90059	(323) 249-2950 www.drewcdev.com	Call for Cost	E, Sp
<i>Promotes Physical, Social, Emotional and Cognitive Development for Children with Special Needs</i>			
Family Focus Resources Center 18111 Nordhoff St., E-109 Northridge, CA 91330	(818) 677-6854 www.csunfamilyfocus.com	Call for Cost	E
<i>Provides Information, Referrals & Support to Children, Youth and Adult with Developmental Disabilities and Special Needs</i>			
Family Resource Center Network 1000 S. Fremont Ave., Suite 6050, #35 Alhambra, CA 91803	(626) 300-9171 www.familyresourcenetworklac.org	Call for Cost	E, Sp
<i>Offers Free Information, Training & Support to People with Developmental Disabilities & Their Families</i>			
Harbor Regional Center 21231 Hawthorne Blvd. Torrance, CA 90503	(310) 540-1711 www.harborrc.org	Call for Cost	E, Sp
<i>Provides Diagnosis, Information & Referral, Individual or Family Service Planning & Family Support</i>			
Independent Living Center of Southern California 14407 Gilmore St., # 101 Van Nuys, CA 91401	(818) 785-6934 TTY (818) 785-7097 www.ilcsc.org	Call for Cost	E
<i>Assists in Obtaining Emergency Services, Food, Shelter & Benefits</i>			

Institute for Families			
4650 Sunset Blvd., Mail Stop 111 Los Angeles, CA 90027	(323) 361-4649 www.instituteforfamilies.org	Call for Cost	E

Provides Counseling, Support, Information & Advocacy to Families

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(r)si, (H)i(NDI), (H)m(ONG), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)ao(t)ian, (M)andarin, (R)ussian, (S)a(m)oa(n), (S)p(ANISH), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
----------------------	----------------	-------------	------------------

Intercommunity Counseling Center			
7702 Washington Ave., 1 st Floor Whittier, CA 90602	(562) 698-1272 www.iccwhittier.org	Call for Cost	E, Sp

Provides Caring, Supportive Mental Health Services at Its Uptown Whittier Location

John Tracy Clinic			
806 West Adam Blvd. Los Angeles, CA 90007	(213) 748-5481 www.jtc.org	Call for Cost	E

Provides Individual & Family Counseling, Parent Education & Support Group

740 E. Wardlow Rd. Long Beach, CA 90807	(562) 426-2257 www.jtc.org	Call for Cost	E
--	--	---------------	---

Offers Families Living in the Long Beach, Orange County, Inland Empire & South Bay Area Diagnostic Testing & Educational Services for Children between Birth & Five Years of Age

Long Beach Family Resource Center			
2801 Atlantic Ave. Long Beach, CA 90806	(562) 933-8050 www.familyresourcenetworklac.org	Call for Cost	E, Sp

Provides Referral, Advocacy, Training & Support Group to Families with Ill or Special Needs

Southern California Resource Services for Independent Living			
7830 Quill Dr., Suite D Downey, CA 90242	(562) 862-6531 www.scrs-ilc.org	Call for Cost	E

Empowers Persons with Disabilities to Achieve Their Personalized Goals through Community Education & Individualized Services

South Central Los Angeles Regional			
650 W. Adams Blvd., Ste 400 Los Angeles, CA 90007	(213) 744-7000 www.sclarc.org	Call for Cost	E, Sp

Offers Families with Special Needs Comprehensive Support

The Parent's Place Family Resource & Employment Center

1500 S. Hyacinth Ave., Ste B
West Covina, CA 91791

(626) 919-1091

Call for Cost

E

www.parentsplacefrc.com

Empowers Families Raising a Child with a Disability through Information/Education, Referrals & Parent-to-Parent Support

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Westside Center for Independent Living

12901 Venice Blvd.
Los Angeles, CA 90066

1-888-851-9245

Call for Cost

E, Sp

www.wcil.org

Assists Persons with Disabilities & Seniors Achieve & Maintain Self-Directed & Community Based Independent Lives

DOMESTIC VIOLENCE

1736 Family Crisis Center

2116 Arlington Ave., Suite 200
Los Angeles, CA 90018

(323) 737-3900

Free

E, Sp

www.1736familycrisiscenter.org

Offers Case Management, Counseling, Job Development & Placement, Legal Help, Life Skills Training, Financial Literacy, Parenting Education, Referrals for Free Medical & Access to Other Services

Domestic Violence Council (DVC)

1-800-978-3600

Free

E, Sp

www.dvcouncil.lacounty.gov

Provides Domestic Violence Council Meeting

East Los Angeles Women's Center

1255 S. Atlantic Blvd.
Los Angeles, CA 90022

(323) 526-5819

Free

E, Sp

www.elawc.org

East Los Angeles Rape & Battering Hotline: 1-800-585-6231

Programs include Sexual Assault, Rape, Battering Program, Domestic Violence Services, Mental Health & Therapeutic Parenting Programs, HIV/AIDS Prevention Services, Testing & Therapeutic Services for HIV+ Women

Injury/Violence Prevention Program

695 S. Vermont Ave., South Tower, 14th Floor (213) 351-7888 Free E, Sp
Los Angeles, CA 90005 www.publichealth.lacounty.gov/ivpp/InjTopicsHome.htm

24-Hour Crisis Line: 1-800-978-3600 (LA County only)

Peace over Violence

1015 Wilshire Boulevard, Suite 200 (213) 955-9090 Free E, Sp
Los Angeles, CA 90017 www.peaceoverviolence.org

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(r)si, (H)i(NDI), (H)m(ONG), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(m)oa(n), (S)p(ANISH), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Peace over Violence

892 N. Fair Oaks Ave., Ste D (626) 584-6191 Free E, Sp
Pasadena, CA 91103 www.peaceoverviolence.org

24 HOUR RAPE & BATTERING HOTLINES: (626) 793-3385 & (213) 626-3393

Provides Individual & Group Counseling for Survivors of Sexual Assault, Domestic & Relationship Violence, Stalking & Child Sexual Abuse

YWCA of Glendale

735 E. Lexington Drive (818) 242-4155 Free E, Sp, A
Glendale, CA 91206 www.glendaleywca.org

Abuse Hotline: 1-888-999-7511

Programs include a 45-Day Safe-Haven for Women & Children, Services including Meals, Housing, Counseling & Social Services; a Children's Counseling Program, Legal Advocacy, Case Management, Housing Assistance, Employment, Education, Healthcare & childcare

American Indian

United American Indian Involvement

1125 W. 6th St., Suite 103 (213) 202-3970 Call for Cost E, Sp
Los Angeles, CA 90017 www.uaii.org

Provides Therapy & Support to Children, Adolescents, Their Families & Females Victims of Domestic Violence & Sexual Assault

Asian/Pacific

Asian Pacific Women's Center
244 S. San Pedro St Suite 504
Los Angeles, CA 90012

(213) 250-2977
www.apwcla.org

Free

E, Chi, Sp, J, K
Tag, V

Programs include Domestic Violence Transitional Shelter, Children's Empowerment Program, Community Education and Empowerment Program, Community Services, & Ivy Terrace Permanent Housing Program

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a/ntonese, (C)hinese, (E)nglish, (F)a/rsi, (H)i/ndi, (H)m/ong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a/moan, (S)p/anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Center for the Pacific Asian Family
543 N. Fairfax Ave., #108
Los Angeles, CA 90036

(323) 966-4590

Free

E, Chi, Sp, J, K
Tag, V

24-Hour Crisis Line: 1-800-339-3940

Offers Emergency Shelters, Programs for Youth include Relationship Violence, Sexual Assault & Violence Prevention Workshops

Hispanic/Latino

Su Casa Ending Domestic Violence
3840 Woodruff Ave., Suite 203
Long Beach, CA 90808

(562) 421-6537
www.sucasadv.org

Free

E, Sp

24-Hour Crisis Line: (562) 402-4888

Provides Counseling, Advocacy Services, Referral, Emergency Shelter & Transitional Shelter

Health Education

American Heart Association
816 S. Figueroa St.
Los Angeles, CA 90017

(213) 291-7000
www.heart.org

Free

E, Ch, Sp, V

Provides Educational Programs, Cook-Books & Credible Heart Disease & Stroke Information for Effective Prevention & Treatment

Asthma & Allergy Foundation of America, California Chapter
 3435 Wilshire Blvd, Ste 350 (323) 937-7859 Free E, Sp
 Los Angeles, CA 90010

Provides Support Groups for Parents of Asthma Children, Free Community & Public Education Programs & Educational Brochures on Variety Asthma/Allergy Topics

Asthma Coalition of Los Angeles County

Maternal, Child, and Adolescent Health Programs (Department of Public Health of LA County)
 600 S. Commonwealth Ave., 8th Floor (213) 639-6400 Free E
 Los Angeles, CA 90005 www.asthmacoalitionla.org

Increases Access to Health Care; Improves Indoor Air Quality in Homes & Outdoor, & Improves Asthma Management in Schools

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a/ntonese, (C)hinese, (E)nglish, (F)a/rsi, (H)i/ndi, (H)m/ong, (I)talian, (J)a/panese, (K)hmer, (K)orean, (L)a/otian, (M)andarin, (R)ussian, (S)a/moan, (S)p/anish, (T)ag/alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

California Family Health Council
 3600 Wilshire Blvd., Suite 600 (213) 386-5614 Call for Cost E
 Los Angeles, CA 90010 www.cfhc.org

Programs include Title X, STD Programs, Teen Outreach & Patient Education

Center for Lupus Care
 100 N. Hillcrest Blvd., Ste 5 (310) 674-0080 Call for Cost E
 Inglewood, CA 90301 www.center4lupuscare.org

Services include Support Group, Seminar, Workshop, Symposium & Psychological Group Counseling

Department of Public Health, County of Los Angeles
 3530 Wilshire Blvd., 8th Floor (213) 351-7890 Free E
 Los Angeles, CA 90010 www.publichealth.lacounty.gov

Programs include Physical Activity, Immunizations, Smoking Prevention, Alcohol & Drug Treatment

Department of Health Services
 313 N. Figueroa Street, Free E
 Los Angeles, CA 90012 www.ladhs.org

Offers Health Information & Programs throughout Los Angeles County

Los Angeles Intergroup of Overeaters Anonymous 6404 Wilshire Blvd., Suite 710 Los Angeles, CA 90048	(323) 653-7652 www.oalaig.org	Free	E
---	--	------	---

Offers Free Self-Help with 12 Step Recovery Program

VA Greater Los Angeles HealthCare 11301 Wilshire Blvd. Los Angeles, CA 90073	(310) 478-3711 www.losangeles.va.gov	Call for Cost	E
--	--	---------------	---

Services include Crisis Prevention, Mental Health, PTSD & Public Health

Asian/Pacific

Herald Christian Health Center SAN GABRIEL CLINIC 923 S. San Gabriel Blvd. San Gabriel, CA 91776	(626) 286-8700	Call for Cost	E, Ca, M
---	----------------	---------------	----------

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(NDI), (H)m(ONG), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ANISH), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Asian/Pacific

Herald Christian Health Center WEST COVINA CLINIC 2707 E. Valley Blvd., Suite 215 West Covina, CA 91792	(626) 667-8500	Call for Cost	E, Ca, M
--	----------------	---------------	----------

Services include Medical, Dental, Women's Health Check up, Health Insurance Enrollment & Health Education Workshops

Korean Health Education Information & Research Center 3727 W. 6th St., Suite 210 Los Angeles, CA 90020	(213) 427-4000 www.lakheir.org	Call for Cost	E, K, Sp
--	--	---------------	----------

Provides Health Education & Information & Referral for Social Services & Health Related Issues

Thai Health and Information Services 1654 N. Harvard Blvd. Los Angeles, CA 90027	(323) 661-2011 www.thaihealth.org	Free	E, T
--	--	------	------



Promise
Health
Plan

Programs include Health & Immunization, Enrollment/Referral Assistance, Seniors & Youth

Hispanic/Latino

El Centro de Amistad
7038 Owensmouth Ave. (818) 347-8565 Call for Cost E, Sp
Canoga Park, CA 91303 www.elcentrodeamistad.org

Programs & Services include Adult Outpatient Services, CALWORKS Program, Children's Outpatient Programs, Field Capable Clinical Services, Multidisciplinary Assessment Team, Case Management & Medication Support

South Bay Family Health Care Center
23430 Hawthorne Blvd., Ste 210 (310) 802-6177 Call for Cost E, Sp
Torrance, CA 90505 www.sbfhc.org

Programs include Adult Medicine, Chronic Disease Management, Women's Health, Prenatal Care, Pediatric Care, Dental Care, Social Services, Pregnancy Testing, Family Planning, HIV/AIDS Testing & Counseling, & Teen Walk-In Clinic

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

HEARING/VISION DISABLED

American Action Fund for the Blind
18440 Oxnard Street (818) 343-3219 Free E
Tarzana, CA 91356 www.actionfund.org

Assist Blind and Deaf-Blind Persons in Securing Reading Matter & Improve the Quality of Life for the Blind & Deaf-Blind

Blind Children's Center
4120 Marathon St. (323) 664-2153 Free E, Sp
Los Angeles, CA 90029 www.blindchildrenscenter.org

Family-Centered Organization Serving Children with Visual Impairments

Braille Institute Regional Sight Center
741 North Vermont Ave. 1-800-272-4553 Free E
Los Angeles, CA 90029 www.brailleinstitute.org/los_angeles/

Services include Health Education, Employment, Public Relations, senior housing & American Sign Language Interpreting Services (LifeSigns)

International Hearing Aid Services

7730 Pacific Blvd. (323) 588-0742 Call for Cost E, Sp
Huntington Park, CA 90255

Provides Support & Information about Hearing Aids & Assistive Device

Junior Blind of America

5300 Angeles Vista Blvd. 1-800-352-2290 Call for Cost E
Los Angeles, CA 90043 www.juniorblind.org

Helps Children & Adults Who Are Blind, Visually Disabled Achieve Independence

LifeSigns

2222 Laverna Ave. 1-888-930-7776 Call for Cost E, Sp
Los Angeles, CA 90041 www.lifesignsinc.org

Provides Interpreter Referral, Communication Aids & Video Relay Interpreting

The Center for the Partially Sighted

6101 W. Centinela Ave., Suite 150 (310) 988-1970 Call for Cost E
Culver City, CA 90230 www.low-vision.org

Help Individuals with Vision Loss Regain the Ability to Undertake the Tasks That Provide Independence

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)ao-tian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

The Jules Stein Eye Institute

100 Stein Plaza UCLA (310) 825-5000 Call for Cost E
Los Angeles, CA 90095 www.jsei.org

Programs include Care of Patients with Eye Disorders, Research in the Vision Sciences, Education in the Field of Ophthalmology and Outreach to the Community

HIV/AIDS SUPPORT

AIDS Health Care Foundation (AHF)

6255 W. Sunset Blvd., 21st Floor (323) 860-5200 Varies E, Sp
Los Angeles, CA 90028 www.aidshealth.org

Programs include HealthCare Centers, Pharmacy, Health Care Plans, Free HIV Testing, Advocacy & Thrift Stores

AIDS Project Los Angeles 611 S. Kingsley Drive Los Angeles, CA 90005	(213) 201-1600 www.apla.org	Free	E, Sp
---	--	------	-------

Services include Prevention Education, Housing Assistance, Mental Health Counseling, Women's Services, APLA Dental, Home Health, Nutrition Education & Case Management

AIDS Service Center 65, N. Raymond Ave., Suite 20 Pasadena, CA 91103	(626) 441-8495 www.aidservicecenter.org	Free	E, Sp
---	--	------	-------

Programs & Services include HIV Testing, HIV 101 Education, Community Partnership Professional Development, Housing Services, Supplement Food Card Program, Household Goods Resource & Alliance for Housing & Healing

L.A. Gay & Lesbian Center MCDONALD/WRIGHT BUILDING 1625 N. Schrader Blvd. Los Angeles, CA 90028	(323) 993-7400 www.lalgbtcenter.org	Call for Cost	E, Sp
---	--	---------------	-------

Services include Family Violence/STOP Domestic Violence, Health & Medical Services, Mental Health & Counseling.

THE VILLAGE AT ED GOULD PLAZA 1125 N. McCadden Place Los Angeles, CA 90038	(323) 860-7302 www.lalgbtcenter.org	Call for Cost	E, Sp
---	--	---------------	-------

Services include AIDS/Life Cycle, Cultural Arts & Education, Computer/Internet Center, Learning Curve/Self-Enrichment Courses & Senior Services

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

L.A. Gay & Lesbian Center YOUTH CENTER ON HIGHLAND 1220 N. Highland Ave. Los Angeles, CA 90038	(323) 860-2280 www.lalgbtcenter.org	Call for Cost	E, Sp
--	--	---------------	-------

Services include Clothing, Counseling & Social Services, Emergency Overnight Beds, Employment Assistance, Food, GED Program, HIV & STD Testing & Showers

THE SPOT 745 N. San Vicente Blvd. West Hollywood, CA 90069	(323) 993-7440 www.lalgbtcenter.org	Call for Cost	E, Sp
---	--	---------------	-------

Services include HIV/STD Testing & STD Treatment

HIGHLAND ANNEX
1220 N. Highland Ave.
Los Angeles, CA 90038

Call for Cost E, Sp

www.lalgbtcenter.org

Services include Family Services, Hate Crime Victim Assistance, Legal Services & Youth Services

The LGBT/Q Center of Long Beach

2017 E. 4th St.
Long Beach, CA 90814

(562) 434-4455

Call for Cost E

www.centerlb.org

Services include Support Groups, Workshops & Seminars, Youth Services, Legal Assistance, Employment Referrals, Rental and Roommate Referrals, a Hate Crimes Hotline, Mental Health Counseling, Cultural & Social Activities

African American

Black AIDS Institute
1833 W. 8th Street, Ste 200
Los Angeles, CA 90057

(213) 353-3610

Call for Cost E, Sp

www.blackaids.org

Offers HIV/AIDS Prevention Programs, Information & Referrals

Asian/Pacific

Asian Pacific AIDS Intervention Team
1730 W. Olympic Blvd., Suite 300
Los Angeles, CA 90015

(213) 375-3830

Call for Cost E, Ca, M, J, K
Tag, T, V

www.apaitonline.org

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(ntonese), (C)hinese, (E)nglish, (F)a(rsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Asian/Pacific

Asian Pacific AIDS Intervention Team

ORANGE COUNTY OFFICE

12900 Garden Grove Blvd., Ste 220 A
Garden Grove, CA 92843

(714) 636-1349
www.apaitonline.org

Call for Cost E, Ca, M, J, K
Tag, T, V

Programs & Services include HIV Care Programs, Behavioral Health Services, Substance Abuse Programs, HIV Testing, HIV Education & Counseling Programs & Social Support Groups

Hispanic/Latino

Bienestar Human Services

EL MONTE CENTER

3131 Santa Anita Ave. Suite 109
El Monte, CA 91733

(626) 444-9453
www.bienestar.org

Call for Cost E, Sp

EAST LOS ANGELES CENTER

5326 E. Beverly Blvd.
Los Angeles, CA 90022

(323) 727-7896
www.bienestar.org

Call for Cost E, Sp

LONG BEACH CENTER

1464 Cherry Ave.
Long Beach, CA 90813

(562) 438-5800
www.bienestar.org

Call for Cost E, Sp

POMONA CENTER

180 E. Mission Blvd.
Pomona, CA 91766

(909) 397-7660
www.bienestar.org

Call for Cost E, Sp

Programs & Services include Case Management, Housing Assistance, HIV Treatment Education, Mental Health Counseling, Healthy Relationships, Peer Support, Food Bank & HIV & STI Prevention & Education Programs for Gay & Bisexual men, Transgender Women & Substance Users

El Proyecto del Barrio

8902 Woodman Ave.
Arleta, CA 91331

(818) 830-7133
www.elproyecto.us

Call for Cost E, Sp

Services include Family & Youth Services, HIV Services, Employment & Training Services & Drug Abuse Counseling Services

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a)ntonese, (C)hinese, (E)nglish, (F)a)rsi, (H)i)ndi, (H)m)ong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a)moan, (S)p)anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

HOMELESS SHELTERS/food

Covenant House California 1325 N. Western Ave. Hollywood, CA 90027	(323) 461-3131 www.covenanthousecalifornia.org	Free	E, Sp
---	--	------	-------

Toll Free Number: 1-800-999-9999

Offers Advocacy, Outreach, Crisis Shelters, Transitional Living Program & Supportive Apartment Program

Downtown Women Center 442 S. San Pedro St. Los Angeles, CA 90013	(213) 680-0600 www.dwcweb.org	Free	E
---	--	------	---

Services include meals, personalized case management, an on-site medical clinic, health workshops and screenings, computer literacy, government benefits advocacy, support groups, job counseling, and self-expression classes

Food on Foot HOLLYWOOD FEEDING LOCATION 1625 N. Schrader Blvd. Los Angeles, CA 90028	(310) 442-0088 www.foodonfoot.org	Free	E
---	--	------	---

Homeless Health Care Los Angeles 2330 Beverly Blvd. Los Angeles, CA 90057	(213) 744-0724 www.hhcla.org	Free	E
--	--	------	---

Jovenes, Inc 1208 Pleasant Ave. Los Angeles, CA 90033	(323) 260-8035 www.jovenesinc.org	Free	E, Sp
--	--	------	-------

Continuum of Care includes Emergency Shelter, Transitional Housing & Permanent Supportive Housing

Los Angeles Coalition to End Hunger & Homelessness 2500 Wilshire Blvd., Ste 1155 Los Angeles, CA 90057	(213) 251-0041 www.lacehh.org	Free	E
---	--	------	---

Los Angeles Mission 303 East 5th St. Los Angeles, CA 90013	(213) 629-1227 www.losangelesmission.org	Free	E, Sp
---	--	------	-------

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a/ntonese, (C)hinese, (E)nglish, (F)a/rsi, (H)i/ndi, (H)m/ong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)ao/tian, (M)andarin, (R)ussian, (S)a/moan, (S)p/anish, (T)ag/alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
MLK Community Health Foundation			
NEW IMAGE EMERGENCY SHELTER 8720 S. Figueroa St. Los Angeles, CA 90003			
BEYOND SHELTER 7826 S. Broadway St. Los Angeles, CA 90003			
HOPICS (HOMELESS OUTREACH PROGRAM & INTEGRATED CARE SYSTEM) 5175 S. Broadway St., #1 Los Angeles, CA 90037			
My Friend's Place 5850 Hollywood Blvd. Los Angeles, CA 90028	(323) 908-0011 www.myfriendsplace.org	Call for Cost	E
<i>Programs include Safe Haven Program, Transformative Education Program & Health & Well Being Program</i>			
Rio Hondo Temporary Home 12300 4th St., Building 213 Norwalk, CA 90650	(562) 863-8805 www.riohondohome.org	Free	E, Sp
Shelter First 1002 E 7th St. Los Angeles, CA 90021	(213) 622-4972	Free	E, Sp
<i>Provides Short Term & Transitional Shelter to Homeless Men, Women & Children</i>			
Sunshine Mission for Women 2600 South Hoover St. Los Angeles, CA 90007	(213) 747-7419	Free	E, Sp
Weingart Center Association 566 S. San Pedro St. Los Angeles, CA 90013	(213) 627-9000 www.weingart.org	Free	E, Sp
Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties			
Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(NDI), (H)m(ONG), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ANISH), (T)agalog, (T)hai, (V)ietnamese			

Program Title	Contact	Cost	Languages
Union Rescue Mission			



545 S. San Pedro Ave.
Los Angeles, CA 90013

(213) 347-6300
www.unionrescuemission.org

Free

E, Sp

Emergency Services include Food, Shelter, Clothing, Personal Hygiene, Clinics, Day Center, Family Community Center, Hospitality Center, Individual Assessment/Counseling, Life Management Classes & Spiritual Encouragement

U. S. Mission - Hudson House

1154 N. Western Ave.
Hollywood, CA 90029

(213) 465-0247

Free

E, Sp

Valley Shelter

7843 Lankershim Blvd.
North Hollywood, CA 91605

(818) 982-4091

Free

E, Sp

INTERPRETATION SERVICES

Asian Pacific AIDS Intervention Team

1730 W. Olympic Blvd., Suite 300
Los Angeles, CA 90015

(213) 375-3830
www.apaitonline.org

Free

E, Ca, M, J, K
Tag, T, V

ORANGE COUNTY OFFICE

12900 Garden Grove Blvd., Ste 220 A
J, K
Garden Grove, CA 92843

(714) 636-1349

Free

E, Ca, M,

www.apaitonline.org

Tag, T, V

Offers Free Interpretation Services

Pacific Asian Languages Services (PALS for Health)

1730 W. Olympic Blvd., 4th Floor, Ste 3A-200
Los Angeles, CA 90015

(213) 553-1818
www.palsforhealth.org

Free

E, Sp, K, Ca, M
J, T, V

LEGAL SERVICES

Bet Tzedek Legal Services

3250 Wilshire Blvd., 13th Floor
Los Angeles, CA 90010

(323) 939-0506
www.bettzedek.org

Call for Cost

E, Sp, R

Legal Assistance includes Counseling & Representation at Trials, Administrative Hearings & Appeals

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(m)oa(n), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
Center for Human Rights 256 S. Occidental Blvd. Los Angeles, CA 90057	(213) 388-8693 www.centerforhumanrights.org	Call for Cost	E, Sp
<i>Legal Services to Indigent Immigrants & Refugees in Proceedings before the INS & Other Government Agencies</i>			
Coalition for Humane Immigrant Rights 2533 W. 3 rd St., Suite 101 Los Angeles, CA 90057	(213) 353-1333 www.chirla.org	Call for Cost	E, Sp
<i>Provides Legal Representation & Support Network for Immigrants & Refugees</i>			
Harriett Buhai Center for Family Law 3250 Wilshire Blvd., Suite 710 Los Angeles, CA 90010	(213) 388-7515 www.hbcfl.org	Free	E, Sp
<i>Provides Family Law & Domestic Violence Assistance to Low-Income Families</i>			
Los Angeles County Bar Association 1055 West Seventh Street, Suite 2700 Los Angeles, CA 90017	(213) 627-2727 www.lacba.org	Call for Cost	E, Sp
Los Angeles County Bar Association – Public Counsel 601 S. Ardmore Ave. Los Angeles, CA 90005	(213) 385-2977 www.lacba.org	Call for Cost	E, Sp
<i>Assists with Family Law, divorce, paternity, custody, restraining orders, homeownership and tenant defense, and government benefits</i>			
Union Rescue Mission 545 S. San Pedro Ave. Los Angeles, CA 90013	(213) 347-6300 www.unionrescuemission.org	Free	E, Sp

Asian/Pacific

Asian Pacific American Legal Center	(213) 977-7500 (800) 520-2356 (800) 867-3126	Call for Cost	E, J, Tag Ca, M Kh
-------------------------------------	--	---------------	--------------------------

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong,



Promise
Health
Plan

(I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (Sa)moan,
(Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Asian/Pacific

Asian Pacific American Legal Center	(800) 867-3640 (800) 914-9583 (800) 267-7395 www.apalc.org		K T V
-------------------------------------	--	--	-------------

Provides Asian and Pacific Islander and Other Communities with Multi-Lingual, Culturally Sensitive Services & Legal Education including Housing, Domestic Violence, Family Law, Immigration, Citizenship, Consumer Fraud or Discrimination

Hispanic/Latino

Central American Resource Center 2845 W. 7th St. Los Angeles, CA 90005	(213) 385-7800 www.carecen-la.org	Call for Cost	E, Sp, K
--	--	---------------	----------

Empower Central Americans by Defending Human & Civil Rights, Working for Social & Economic Justice & Promoting Cultural Diversity

El Rescate Legal Services 1501 West 8th St., Suite 200 Los Angeles, CA 90017	(213) 387-3284 www.elrescate.org	Call for Cost	E, Sp
--	--	---------------	-------

SENIOR RESOURCES – LOS ANGELES COUNTY

Antelope Valley Senior Center 777 W. Jackman St. Lancaster	(661) 726-4403	Call for Cost	E
--	----------------	---------------	---

Alicia Broadous-Duncan MSC* 11300 Glenoaks Blvd. Pacoima, CA 91331	(818) 834-6100	Call for Cost	E, Sp
--	----------------	---------------	-------

Altadena Senior Center 560 E. Mariposa St. Altadena, CA 91001	(626) 798-0505	Call for Cost	E
---	----------------	---------------	---

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(ntonese), (C)hinese, (E)nglish, (F)a(rsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ainish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
SENIOR RESOURCES – LOS ANGELES COUNTY			
Arcadia Senior Services 365 Campus Drive Arcadia	(626) 574-5130	Call for Cost	E
Artesia MSC* 18750 Clarkdale Artesia	(562) 924-6509	Call for Cost	E
Azusa Senior Center 740 N. Dalton Ave. Azusa, CA 91702	(626) 812-5204	Call for Cost	E, Sp
Barbara Riley Senior Center 12458 Rives Ave. Downey	(562) 904-7226	Call for Cost	E
Barlett Senior Center 1318 Cravens Ave. Torrance	(310) 320-5918	Call for Cost	E
Bell Community Center 6250 Pine Ave. Bell	(323) 773-1596	Call for Cost	E
Bell Community Center 6250 Pine Ave. Bell	(323) 773-1596	Call for Cost	E
Bell Gardens MSC* 6800 Florence Ave. Bell Gardens	(562) 806-5400	Call for Cost	E
Bernardi Senior MSC* 6514 Sylmar Ave. Van Nuys, CA 91401	(818) 718-1101	Call for Cost	E, Sp
Beverly Hills Roxbury Park Community Center 471 S. Roxbury Drive Beverly Hills	(310) 285-4761 www.beverlyhills.org	Call for Cost	E

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
SENIOR RESOURCES – LOS ANGELES COUNTY			
Bradley MSC* 10957 S. Central Ave. Los Angeles, CA 90059	(323) 923-2753	Call for Cost	E
Burbank Joslyn MSC* 1301 W. Olive Ave. Burbank	(818) 238-5353	Call for Cost	E
Carson Senior Social Services 801 E. Carson St. Carson, CA 90745	(310) 835-0212	Call for Cost	E, Sp
Cerritos MSC* 12340 South St. Cerritos, CA 90703	(562) 916-8550	Call for Cost	E
City of Downey Community Senior Services 7810 Quill Dr. Downey, CA 90241	(562) 904-7223	Call for Cost	E
City of La Puente Senior Center 16001 E. Main St. La Puente, CA 91744	(626) 855-1585	Call for Cost	E, Sp
Claremont Joslyn Senior Center 660 N. Mountain Ave. Claremont, CA 91711	(909) 399-5488	Call for Cost	E, Sp
Commerce Senior Citizens Center 2555 Commerce Way Commerce	(323) 887-4430 www.ci.commerce.ca.us	Call for Cost	E
Covina Joslyn Senior Center 815 N. Barranca Ave. Ch, Sp Covina, CA 91723	(626) 966-6378	Call for Cost	E,

Culver City Senior Center 4095 Overland Ave. Culver City, CA 90232	(310) 253-6700	Call for Cost	E, C, I
--	----------------	---------------	---------

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(ntonese), (C)hinese, (E)nglish, (F)a(rsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

SENIOR RESOURCES – LOS ANGELES COUNTY

Delta Sigma MSC* 2528 West Blvd. Los Angeles	(323) 735-5799	Call for Cost	E
--	----------------	---------------	---

Duarte Senior Center 1610 Huntington Drive Duarte, CA 91010	(626) 357-3513	Call for Cost	E
---	----------------	---------------	---

East Los Angeles Neighborhood Center 133 North Sunol Drive Los Angeles	(323) 260-2823	Call for Cost	E
--	----------------	---------------	---

East Valley MSC* 5056 Van Nuys Blvd. Sherman Oaks, CA 91603	(818) 766-5165	Call for Cost	E
---	----------------	---------------	---

El Monte Community & Senior Center 3120 N. Tyler Ave. El Monte, CA 91731	(626) 580-2210	Call for Cost	E, Sp
--	----------------	---------------	-------

El Dorado Senior Center 2800 Studebaker Rd. Long Beach, CA 90815	(562) 570-3227	Call for Cost	E
--	----------------	---------------	---

El Segundo Joslyn Senior Center 339 Sheldon St. El Segundo, CA 90245	(310) 524-2705	Call for Cost	E
--	----------------	---------------	---

Felicia Mahood Senior MSC* 11338 Santa Monica Blvd. Los Angeles, CA 90025	(310) 479-4119	Call for Cost	E, Fa, Sp
---	----------------	---------------	-----------

Gardena Senior Citizens Day Care Center 14517 Crenshaw Blvd. Gardena	(310) 217-9550	Call for Cost	E
--	----------------	---------------	---

George & Helen Thomas MSC* 2475 Washington Blvd. Los Angeles	(323) 734-9091	Call for Cost	E
--	----------------	---------------	---

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(tonese), (C)hinese, (E)nglish, (F)a(rsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

SENIOR RESOURCES – LOS ANGELES COUNTY

Glendale Senior Center 201 E. Colorado St, Glendale	(818) 548-3778	Call for Cost	E
---	----------------	---------------	---

Glendale Sparr Heights Senior Center 1613 Glencoe Way Glendale	(818) 548-2187	Call for Cost	E
--	----------------	---------------	---

Hawthorne Senior Center 3901 El Segundo Blvd. Hawthorne	(310) 349-1650	Call for Cost	E
---	----------------	---------------	---

Hollywood MSC* 1360 North St. Andrews Place A, R Los Angeles	(323) 957-3900	Call for Cost	E, Sp,
---	----------------	---------------	--------

Huntington Senior Care Network 837 S. Fair Oaks Ave., Ste 100 Huntington Park	(626) 397-3110	Call for Cost	E, Ch, Sp
---	----------------	---------------	-----------

Huntington Park Old Timer Foundation 3355 East Gage Ave. Huntington Park	(323) 589-7100	Call for Cost	E
--	----------------	---------------	---

Inglewood Senior Center 330 Centinela Ave. Inglewood, CA 90302	(310) 412-5338	Call for Cost	E
--	----------------	---------------	---

International Institute of LA MSC* 435 S. Boyle Ave. Los Angeles	(323) 264-6210	Call for Cost	E
Interval Senior Services 943 Grand Ave. Covina	(626) 858-8382	Call for Cost	E
Irwindale Senior Center 16116 Arrow Hwy. Irwindale	(626) 430-2283	Call for Cost	E

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nda)i, (H)m(ong), (I)talian, (J)a(pan)ese, (K)h(mer), (K)ore(ian), (L)a(ot)ian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

SENIOR RESOURCES – LOS ANGELES COUNTY

Jack Crippen MSC* 3120 N. Tyler Ave. El Monte	(626) 580-2210	Call for Cost	E
Jaycees Foundation Inc. MSC* 1148 N. Avalon Blvd. Wilmington	(310) 518-4533	Call for Cost	E
Joslyn Adult Center 210 N. Chapel Ave. Alhambra, CA 91801	(626) 570-3220	Call for Cost	E, C, M, Sp
Ken Nakaoka MSC* 1670 W. 162 St., Ste B Gardena	(310) 217-9552	Call for Cost	E
La Fetra Senior Center 333 East Foothill Blvd. Glendora	(626) 914-0560	Call for Cost	E
La Mirada Older Adult Services 13710 La Mirada Blvd. La Mirada	(562) 902-3160	Call for Cost	E

La Verne Senior Center 3680 D St. La Verne	(909) 596-8777	Call for Cost	E
Lawndale Senior Center 14701 South Burin Ave. LawndaleCost	(310) 679-3344	Call for Cost	E
Lennox Senior Center 10828 Condon Ave. Lennox, CA 90304st	(310) 412-5439	Call for Cost	E, Sp
Lincoln Heights Senior Center 2323 Workman St. Los Angeles	(323) 225-9339	Call for Cost	E, Sp

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)aantonese, (C)hinese, (E)nglish, (F)aarsi, (H)i ndi, (H)mong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a moan, (S)p anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

SENIOR RESOURCES – LOS ANGELES COUNTY

Long Beach Senior Center 1150 E. 4 th St. Long Beach, CA 90802	(562) 570-3500	Call for Cost	E
Manhattan Beach Senior Center 1601 N. Valley Drive Manhattan Beach	(310) 802-5447	Call for Cost	E
Monterey Park Langley MSC* 400 West Emerson Ave. Monterey Park	(626) 307-1395	Call for Cost	E
Maywood Senior Citizen Program 4801 E. 58th St. Maywood	(323) 562-7043	Call for Cost	E
Mid-Valley Senior Center 14450 Valerio St. Van Nuys	(818) 786-4282	Call for Cost	E

Northeast Valley MSC* 11300 Glenoaks Blvd. Pacoima, CA 91331	(818) 834-6100	Call for Cost	E, Sp
Norwalk Senior Citizens Center 14040 San Antonio Dr. Norwalk	(562) 929-5580	Call for Cost	E
One Generation MSC* 17400 Victory Blvd. Van Nuys, CA 91406	(818) 705-2345	Call for Cost	E, Sp
Palmdale Senior Center 1002 E. Avenue Q-12 Palmdale	(661) 267-5551	Call for Cost	E
Palomares City Hall Senior Program 499 E. Arrow Hwy, Pomona, CA 91767	(909) 620-2324	Call for Cost	E, Sp

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
SENIOR RESOURCES – LOS ANGELES COUNTY			
Paramount MSC* 14400 Paramount Blvd. Paramount	(562) 220-2090	Call for Cost	E
Pasadena Senior Center 85 E. Holy St. Pasadena, CA 91103	(626) 795-4331	Call for Cost	E
Peninsula Seniors/Palos Verdes 810 Silver Spur Rd., Ste C Rolling Hills Est.	(310) 377-3003	Call for Cost	E
Peter Schabarum MSC* 1556 Central Ave. South El Monte	(626) 448-0131	Call for Cost	E

Pico Rivera Senior Center 9200 Mines Ave. Pico Rivera, CA 90660	(562) 948-4844	Call for Cost	E, Sp
Redondo Beach Senior & Family Services 320 Knob Hill Ave. Redondo Beach	(310) 318-0650	Call for Cost	E
Robert M. Wilkinson MSC* 8956 Vanalden Ave. Northridge, CA 91324	(818) 756-7741	Call for Cost	E
Rosemead Community Recreation Center 3936 N. Muscatel Ave. Rosemead, CA 91770	(626) 569-2251	Call for Cost	E, Sp
San Dimas Senior Center 201 E. Bonita Ave. San Dimas	(909) 394-6290	Call for Cost	E
San Gabriel Senior Center 324 South Mission Drive San Gabriel	(626) 308-2822	Call for Cost	E

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)aantonese, (C)hinese, (E)nglish, (F)aarsi, (H)i ndi, (H)mong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a moan, (S)p anish, (T)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

SENIOR RESOURCES – LOS ANGELES COUNTY

Santa Anita Family Services Senior Center 603 S. Myrtle Ave. Monrovia, CA 91016	(626) 358-1185 (800) 667-3646	Call for Cost	E
Santa Clarita Valley Senior Center 22900 Market St. Santa Clarita, CA 91321	(661) 259-9444	Call for Cost	E, Ch, Sp
Santa Fe Springs MSC* 9255 Pioneer Blvd. Santa Fe Springs	(562) 692-0261	Call for Cost	E

Sierra Madre Senior Center 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024	(626) 355-7135	Call for Cost	E, Ch, Sp
Slauson Park MSC* 5306 S. Compton Ave. Los Angeles	(323) 846-5395	Call for Cost	E
South El Monte Senior Center 1556 Central Ave. South El Monte, CA 91733	(626) 448-0131	Call for Cost	E, Sp
St. Barnabas Senior Center 675 S. Carondelet St. Los Angeles, CA 90057	(213) 388-4444	Call for Cost	E, A, K, Sp Tag
Theresa Lindsay MSC* 429 E. 42 nd Place Los Angeles, CA 90011	(323) 846-1920	Call for Cost	E, Sp
Valley Storefront Jewish Family Services 12821 Victory Blvd. North Hollywood	(818) 984-1380	Call for Cost	E
Walnut Senior Center 21215 La Puente Rd. Walnut	(909) 598-6200	Call for Cost	E

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nda), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

SENIOR RESOURCES – LOS ANGELES COUNTY

Weingart Senior Recreation Center 5220 Olivia Ave. Lakewood, CA 90712	(562) 630-6141	Call for Cost	E, Sp
West Covina Senior Citizens Center 2501 E. Cortez West Covina, CA 91791	(626) 331-5366	Call for Cost	E, Sp

West Hollywood Service Center 7377 Santa Monica Blvd. West Hollywood	(323) 851-8202	Call for Cost	E
Whittier Senior Center 13225 Walnut St. Whittier	(562) 464-3370	Call for Cost	E
Wilmington MSC* 1371 N. Eubank Ave. Wilmington, CA 90744	(310) 518-4533	Call for Cost	E, Sp
Wise MSC* 1527 4 th St. Santa Monica	(310) 394-9871	Call for Cost	E

Armenian/Iranian/Russian

Armenian Senior Center 407 E. Colorado Blvd. Glendale	(818) 241-8690	Call for Cost	E, A
---	----------------	---------------	------

Asian/Pacific

Asian Pacific Coalition on Aging 1543 W. Olympic Blvd., Suite 200-A1 Los Angeles	(213) 365-6252	Call for cost	E, V, K, Tag
--	----------------	---------------	--------------

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a)ntonese, (C)hinese, (E)nglish, (F)a)rsi, (H)i)ndi, (H)m)ong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a)moan, (S)p)anish, (T)ag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

SENIOR RESOURCES – LOS ANGELES COUNTY

Hispanic/Latino

Language El Sereno Senior Citizens Center 4818 Klamath Pl. Los Angeles	(323) 222-2040	Call for Cost	E, Sp
---	----------------	---------------	-------

Alzheimer's & Dementia Resources – Los Angeles County

ADULT DAY SERVICES

Adult Day Services are programs designed to provide stimulation in a safe environment during the day for adults with physical and mental functional impairment, including individuals with Alzheimer's disease and related disorders. These programs offer an opportunity for social interaction, promote health maintenance, foster independence, provide much-needed respite for family caregivers, or offer family members a safe place for their loved one to stay while they work.

Websites Related to Adult day services



California Association of Adult Day Services

www.caads.org

California Department of Health Care Services

www.dhcs.ca.org

California Department of Social Services, Community Care Licensing

www.cclcd.ca.gov

Assisted living facilities

A Place for Mom

Provides referrals to RCFEs
& nursing facilities

(877) 311-6099

Call for Cost

E, Sp

Accent on Seniors

Provides referrals to RCFEs
& nursing facilities statewide

(888) 954-6637

Call for Cost

E, R, Sp

www.accentonseniors.com

California Registry

Provides referrals to RCFEs
& nursing facilities statewide

(800) 777-7575

Call for Cost

E

www.calregistry.com

Concepts for Living

Provides referrals to RCFEs

(818) 340-7272

Call for Cost

E

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(ri)si, (H)i(nde)i, (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Assisted living facilities (CONT')

Connections

Provides referrals to RCFEs

(800) 330-5993

Call for Cost

E, Sp

Elderlink Referral Services				
Provides referrals to RCFEs & nursing facilities	(800) 613-5772	Call for Cost	E	
Heartlight				
Provides referrals to RCFEs	(310) 204-2223	Call for Cost	E	
Senior Homes				
Provides referrals to RCFEs & nursing facilities statewide	(866) 700-1545	Call for Cost	E	
Senior Placement Hotline				
Provides referrals to RCFEs & nursing facilities in Los Angeles County	(877) 353-3756	Call for Cost	E	
Senior Residential Choices				
Provides referrals to RCFEs	(800) 584-1855 www.sr-choices.com	Call for Cost	E	
Southern California Senior Resources				
Provides referrals to RCFEs	(866) 697-3646	Call for Cost	E, Sp	



Websites Related to Assisted living facilities

CareFinder – an online guide for informed choices when selecting residential care

www.alz.org/carefinder

CareMavens – an online database of professional elder care providers and RCFEs

www.alzla.org/resources

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(Ch)inese, (E)nglish, (F)a(ri)si, (H)i(Indi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (Sp)anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

CARE MANAGEMENT



Care management helps older adults and their families determine their needs and find the best available resources to meet those needs.

GREATER LOS ANGELES (ALL AREAS)

Alzheimer's Association, California 4221 Wilshire Blvd, Ste 400 Los Angeles, CA 90010	(844) 435-7259 www.alzgl.org	Call for Cost	E, Sp
---	--	---------------	-------

Offer classes, workshops and educational materials for those with memory loss concerns and their families.

ANTELOPE VALLEY

Antelope Valley Senior Center 777 W. Jackman St. Lancaster, CA 93534	(661) 726-4400	Call for Cost	E, Sp
--	----------------	---------------	-------

LOS ANGELES

Access Healthcare Associates 9233 West Pico Blvd., Ste 230 Los Angeles, CA 90035	(310) 356-8146	Call for Cost	E
--	----------------	---------------	---

AltaMed PACE 5425 E. Pomona Blvd. Los Angeles, CA 90022	(323) 728-0411	Call for Cost	E, Sp
---	----------------	---------------	-------

API CARE – Asian Pacific Counseling & Treatment Center 520 Lafayette Park Place, 3rd Fl Los Angeles, CA 90057	(213) 252-2100	Call for Cost	E
---	----------------	---------------	---

Center for Health Care Rights 520 Lafayette Park Place, Ste 214 Los Angeles, CA 90057	(213) 383-4519	Call for Cost	E
---	----------------	---------------	---

Center for the Partially Sighted 6101 W. Centinela Ave., Ste 150 Culver City, CA 90230	(310) 988-1970	Call for Cost	E
--	----------------	---------------	---

Choice Home Care 16906 Parthenia St., Ste 303 Culver City, CA 90230	(818) 894-4151	Call for Cost	E
---	----------------	---------------	---

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)aantonese, (C)hinese, (E)nglish, (F)aarsi, (H)i ndi, (H)mong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a moan, (S)p anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

CARE MANAGEMENT (Cont')

City of South Pasadena Community Services 1102 Oxley St. South Pasadena, CA 91030	(626) 403-7360	Call for Cost	E, C, Sp
Didi Hirsch Community Mental Health Center 4760 S. Sepulveda Blvd. Culver City, CA 90230	(310) 390-6612 ext. 896	Call for Cost	E, A, Sp
Excellent In-Home Care 16601 Ventura Blvd., Ste 506 Encino, CA 91436	(818) 755-4900	Call for Cost	E, Fa
Gardena Senior Citizen's Bureau 1670 W. 162 nd St. Gardena, CA 90247	(310) 217-9552	Call for Cost	E, J, Sp
Glendale Adult Recreation Center 201 E. Colorado St. Glendale, CA 91205	(818) 548-3775	Call for Cost	E, A, Sp
Gus Velasco Neighborhood Center 9255 Pioneer Blvd. Santa Fe Springs, CA 90670	(562) 692-0261	Call for Cost	E
Houghton Park Community Center 6301 Myrtle Ave. Long Beach, CA 90805	(562) 570-1640	Call for Cost	E, Sp
Human Services Association 6800 Florence Ave. Bell Gardens, CA 90201	(562) 806-5400	Call for Cost	E, Sp
La Fetra Center 333 E. Foothill Blvd. Glendora, CA 91741	(626) 914-8235	Call for Cost	E
Lawndale Community Center 14700 Burin Ave. Lawndale, CA 90260	(310) 973-3270	Call for Cost	E, Sp

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)aantonese, (C)hinese, (E)nglish, (F)aarsi, (H)i ndi, (H)mong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a moan, (S)p anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
<u>Alzheimer's & Dementia Resources – Los Angeles County</u>			
CARE MANAGEMENT (Cont')			
LivHome 5670 Wilshire Blvd., Ste 500 Los Angeles, CA 90036	(323) 933-5885	Call for Cost	E, J, R, Sp
Los Angeles Caregiver Resource Center 732 Mott St., Ste 150 San Fernando, CA 91340	(818) 847-9141	Call for Cost	E, C, M, Sp
ONEgeneration 17400 Victory Blvd. Van Nuys, CA 91406	(818) 708-6625	Call for Cost	E, Sp
The Caring Connection 10727 Wilshire Oak Ave., Ste 206 Granada Hills, CA 91344	(818) 368-5007	Call for Cost	E, Sp, V
Wise and Healthy Aging 1527 4 th St. Ken Edwards Bldg., 2 nd Fl Santa Monica, CA 90401	(310) 394-9871	Call for Cost	E, Fa, Sp
Your Care Manager 6320 Wilshire Blvd., #820 Los Angeles, CA 90048	(323) 395-7068	Call for Cost	E
Asian/Pacific			
Little Tokyo Service Center 231 E. 3 rd St., Ste G106 Los Angeles, CA 90013	(213) 473-1602	Call for Cost	E, Ch, J, Sp
Chinatown Service Center 112 N. Chandler Ave., Ste 105 M Monterey Park, CA 91754	(626) 293-8733	Call for Cost	E, C, M
Live Oak Park Community Center 10144 Bogue St. Temple City, CA 91780	(626) 579-0461	Call for Cost	E, Ch, J, Sp
Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties			



Promise
Health
Plan

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(r)si, (H)i(NDI), (H)m(ONG), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(m)oa(n), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

CARE MANAGEMENT (Cont')

Long Beach Asian Pacific Mental Health 4510 E. Pacific Coast Hwy., Ste 600 Long Beach, CA 90804	(562) 346-1100	Call for Cost	E, Ch, Kh, K J, Tag, V
---	----------------	---------------	---------------------------

Jewish

JFS/Senior Outreach Seniors 4311 Wilshire Blvd., Ste 209 Los Angeles, CA 90010	(323) 932-0316	Call for Cost	E
--	----------------	---------------	---

Jewish Family Services Freda Mohr Center 330 N. Fairfax Ave. Los Angeles, CA 90036 Multipurpose Senior Services Program	(323) 937-5930	Call for Cost	E, R, Sp
--	----------------	---------------	----------

Jewish Family Services of Los Angeles 12821 Victory Blvd. North Hollywood, CA 91606	(818) 984-1380	Call for Cost	E
---	----------------	---------------	---

JFS/West Hollywood Comprehensive Service Center 7377 Santa Monica Blvd. West Hollywood, CA 90046	(323) 851-8202	Call for Cost	E, R
--	----------------	---------------	------

Pico-Robertson Family Resource Ctr. Jewish Family Services 8838 W. Pico Blvd. Los Angeles, CA 90035	(310) 247-0864	Call for Cost	E, Fa
---	----------------	---------------	-------

Diagnostic centers

Diagnostic centers provide complete medical, neurological and psychological examinations to determine the possible causes of changes in memory.

LOS ANGELES

Alzheimer's Disease Research Center Memory & Aging Center, USC 1520 San Pablo St., Ste 3000 Los Angeles, CA 90033	(213) 740-7777	Call for Cost	E
--	----------------	---------------	---

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nda), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Diagnostic centers (Cont')

Geriatric Neurobehavior Center

USC/Rancho Los Amigos National Rehabilitation Center
7601 E. Imperial Hwy., 800 West Annex (562) 401-8130 Call for Cost E
Downey, CA 90242

Mary S. Easton Center for Alzheimer's Disease Research at UCLA

UCLA Memory Disorders Clinic at UCLA Medical Center, Westwood
UCLA Neurological Services
300 UCLA Medical Plaza, Ste B200 (310) 794-6039 Call for Cost E
Los Angeles, CA 90095-6975

Memory Disorders Clinic

At the Sports Concussion Institute
5230 Pacific Concourse Dr., Ste 300 (310) 643-9595 Call for Cost E
Los Angeles, CA 90045

VA Greater Los Angeles Healthcare System

West Los Angeles Medical Center
Department of Geriatric Psychiatry
11301 Wilshire Blvd., Bldg 401 (310) 478-3711 Call for Cost E
Los Angeles, CA 90073

SAN FERNANDO VALLEY

Mary S. Easton Center for Alzheimer's Disease Research at UCLA

Disease Research at UCLA
Memory Disorders Clinic at Olive View-UCLA Medical Center Clinic B 2A-185 Room 8
14445 Olive View Dr. (818) 212-4597 Call for Cost E
Sylmar, CA 91342-1437

Family Medicine Center

801 S. Chevy Chase Dr., Ste 230 (818) 500-5586 Call for Cost E
Glendale, CA 91205

Northridge Neurological Center

18433 Roscoe Blvd., Ste 108 (818) 349-2503 Call for Cost E
Northridge, CA 91325

S+AGE @ Sherman Oaks Hospital

4911 Van Nuys Blvd., Ste 100 (818) 341-7243 Call for Cost E
Sherman Oaks, CA 91403

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(ntonese), (C)hinese, (E)nglish, (F)a(rsi), (H)i(nda), (H)m(ong), (I)talian, (J)a(panese), (K)h(mer), (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moa)n, (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Diagnostic centers (Cont')

VA Greater Los Angeles Healthcare System

Sepulveda Ambulatory Care Center 16111 Plummer St. North Hills, CA 91343	(818) 891-7711	Call for Cost	E
--	----------------	---------------	---

SAN GABRIEL VALLEY

Huntington Memorial Hospital

Geriatric Assessment Clinic 100 West California Blvd. Pasadena, CA 91105	(626) 397-3127	Call for Cost	E
--	----------------	---------------	---

Persona Neurobehavioral Group

625 Fair Oaks Ave., Ste 390 South Pasadena, CA 91030	(626) 449-2484	Call for Cost	E
---	----------------	---------------	---

SOUTH BAY/HARBOR

Harbor UCLA Family Health Center

1403 Lomita Blvd., Ste 200 Harbor City, CA 90710	(310) 534-7600	Call for Cost	E
---	----------------	---------------	---

Driving

California law requires that physicians report people diagnosed with dementia, including Alzheimer's, to the County Health Department. There are driving evaluation programs through area hospitals that assess whether a person can continue to drive safely. These evaluation programs require a physician's referral and are usually offered by appointment only. Fees vary.

Cedars-Sinai Medical Center

444 S. San Vicente Blvd., Ste 103 Los Angeles, CA 90048	(310) 423-9242	Call for Cost	E
--	----------------	---------------	---

Northridge Hospital

18300 Roscoe Blvd., 4 th Floor, IFL Bldg Northridge, CA 91328	(818) 885-5460	Call for Cost	E
---	----------------	---------------	---

Rancho Los Amigos Medical Center			
7601 E. Imperial Hwy. 900 Building Room 91 Downey, CA 90242	(562) 401-7111	Call for Cost	E

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi, (H)i(NDI, (H)m)ong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan, (S)p)anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Early stage Community services

People are being diagnosed with dementia at earlier stages of the disease.

Gilbert Table Tennis Program			
Westside Jewish Community Center			
5870 W. Olympic Blvd. Los Angeles, CA 90036	(323) 933-3751	Call for Cost	E

Leeza's Care Connection at Providence Saint Joseph Medical Center			
501 S. Buena Vista St. Burbank, CA 91505	(818) 847-3686 www.leezasplace.org	Call for Cost	E

OPICA Adult Day Services and Counseling Services			
11759 Missouri Ave. Los Angeles, CA 90025	(310) 478-0226	Call for Cost	E

WISE & Healthy Aging			
11759 Missouri Ave. Los Angeles, CA 90025	(310) 394-9871	Call for Cost	E

Elder abuse

Elder abuse is the mistreatment or neglect of an older adult, either self-inflicted or inflicted by someone else. It can take the form of physical, sexual, and/or financial abuse. People with dementia are particularly vulnerable to elder abuse. Please contact any of the following agencies if you suspect abuse of an older adult.

Adult Protective Services: Provides assistance and assessments for cases of suspected abuse.

- Los Angeles County (until 5:00 pm) (213) 351-5401
- Los Angeles 24-Hour Line 1-800-992-1660 & 1-877-477-3646
- Outside of California 1-800-677-1116

California Department of Aging (CDA): The CDA administers programs that serve older adults, adults with



Promise
Health
Plan

disabilities, family caregivers, and residents in long-term care facilities throughout the State.

➤ Senior Information Line 1-800-510-2020 www.aging.ca.gov

Center of Excellence on Elder Abuse & Neglect:

➤ University of California, Irvine School of Medicine (714) 456-6466
www.centeronelderabuse.org

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)aantonese, (C)hinese, (E)nglish, (F)aarsi, (H)i ndi, (H)mong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a moan, (S)p anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County
Elder abuse (Cont')

Center of Excellence on Elder Abuse & Neglect:

- Los Angeles County Department Community & Senior Services Phone: 2-1-1 <http://css.lacounty.gov>
- City of Los Angeles Dept. of Aging Phone: 3-1-1 <http://aging.lacity.org>

WISE & Healthy Aging – Long Term Care Ombudsman Program: Provides assistance in dealing with abuse associated with professional long-term care settings such as assisted living facilities, board and care homes and skilled nursing home.

➤ WISE & Healthy Aging (310) 393-3618 & 1-800-334-9473 www.wiseandhealthyaging.org

Ombudsman:

➤ University of California, Irvine - Ombudsman Crisis Line (24/7) 1-800-231-4024
www.aging.ca.gov/programs/ombudsman.asp

Health associations

American Heart Association & American Stroke Association 816 S. Figueroa Los Angeles, CA 90017	(213) 291-7000 www.heart.org	Call for Cost	E
--	--	---------------	---

American Diabetes Association 5200 W. Century Blvd., Ste 480	(800) DIABETES (342-2383)	Call for Cost	E
---	---------------------------	---------------	---

The Association for Frontotemporal Degeneration: Provides general information regarding frontotemporal degeneration.

- *The Association for Frontotemporal Degeneration* 1-866-507-7222

Lewy Body Dementia Association: Provides general information regarding lewy body dementia.

- *Lewy Body Dementia Association* www.lbda.org

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(NDI), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Health associations (Cont')

Parkinson's Disease Association: Provides general information regarding Parkinson's disease.

- *Parkinson's Disease Association* 1-800-223-2732 www.apdaparkinson.org

Home care

Government-Funded Homecare Programs: A Los Angeles County Program that assists low income seniors by paying for in-home care.

- *In-Home Supportive Services (IHSS)* 1-888-944-4477

In-Home Supportive Services (IHSS) Ombudsman: Provides assistance in resolving problems related to IHSS, as well as information about the program.

- *In-Home Supportive Services (IHSS) Ombudsman* 1-888-678-4477

Financial Assistance for Homecare: Provides interest-free loans of up to \$2,000 for in-home care.

- *Jewish Free Loan Association* (323) 761-8830 www.jfla.org

Los Angeles Caregiver Resources Center: Provides limited financial home care assistance for those who

Hospice care

All Care Hospice			
100 W. Broadway Ave., Ste 810 Glendale, CA 91210	(818) 241-9108	Call for Cost	E

Assisted Home Hospice			
8550 Balboa Blvd., Ste 282 Northridge, CA 91325	(818) 830-5003	Call for Cost	E

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a/ntonese, (C)hinese, (E)nglish, (F)a/rsi, (H)i/ndi, (H)m/ong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a/moan, (S)p/anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
----------------------	----------------	-------------	------------------

Alzheimer's & Dementia Resources – Los Angeles County

Hospice care (Cont')

Los Angeles Hospice			
3807 Wilshire Blvd., Ste 1228 Northridge, CA 90010	(213) 389-4700	Call for Cost	E

Roze Home Hospice			
5455 Wilshire Blvd., Ste 810 Los Angeles, CA 90036	(323) 938-1155	Call for Cost	E

Silverado Hospice			
601 S. Glenoaks Blvd., Ste 201 Los Angeles, CA 91502	1-888-469-1810	Call for Cost	E

Skirball Hospice			
6345 Balboa Blvd., Ste 315 Encino, CA 91316	(818) 774-3040	Call for Cost	E

St. Martin Hospice			
1925 W. Temple St., Ste 210 Los Angeles, CA 90026	(213) 413-7871	Call for Cost	E

Trinity Care Hospice				
5315 Torrance Blvd., Bldg 1 Torrance, CA 90503	1-800-535-8446	Call for Cost	E	
VA Greater Los Angeles Healthcare System				
11301 Wilshire Blvd. Los Angeles, CA 90073	(310) 478-3711	Call for Cost	E	
Visiting Nurse Association				
3452 W. Foothill Blvd., Ste 130 Pasadena, CA 91107	(626) 568-2588	Call for Cost	E	
VITAS Innovative Hospice Care				
1343 N. Grand Ave. Covina, CA 91724	(626) 974-2000	Call for Cost	E	

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a/ntonese, (C)hinese, (E)nglish, (F)a/rsi, (H)i/ndi, (H)m/ong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a/moan, (S)p/anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Hospice care (Cont')

Websites Related to Hospice Care



- California Hospice Foundation www.hospicefoundation.info
- Hospice Education Institute www.hospiceworld.org
- Hospice Foundation of America www.hospicefoundation.org

Housing resources

The following agencies assist individuals in locating low-income housing and in dealing with tenants' rights.

Alternative Living for the Aging: Provides co-operative housing and free roommate matching service.

- Housing Alternatives for Seniors (323) 650-7988

➤ Rent Stabilization Division 1-866-577-7368

Los Angeles County Housing Resource Center Phone: 2-1-1 www.housing.lacounty.gov

Menorah Housing Foundation: Offers affordable senior housing for those who qualify. (310) 475-6083

U.S. Department of Housing and Urban Development (HUD): Provides information on rental assistance and subsidy programs.

➤ Office of Public Health (213) 894-8000

Information & referral

The following are helpful resources for information related to government, social services, healthcare, or Medicare/Medi-Cal-related issues in Los Angeles County.

Alzheimer's Association California South Chapter			
4221 Wilshire Blvd., Ste 400	1-800-272-3900	Call for Cost	E
Los Angeles, CA 90010			

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Information & referral

Los Angeles Department of Aging			
3580 Wilshire Blvd., Ste 300	1-800-510-2020	Call for Cost	E, Ch, K, Tag
Los Angeles, CA 90010	www.aging.ca.gov		Sp, V

211 Los Angeles County Phone: 2-1-1 www.infoline-la.org

Provides referrals to government, transportation, health and social services in Los Angeles County 24 hours/day, 7 days/week. Services also in Spanish

Insurance & social security

The services listed below are sponsored by State and Federal government and may assist you in financial planning and determining healthcare options.

CA Department of Insurance Consumer Hotline: Assists with insurance complaints, claims, information and

CA Dept. of Insurance Consumer Hotline: 1-800-927-HELP (4357) & (213) 897-8921

Center for Healthcare Rights: Provides insurance counseling related to benefit enrollment and general questions.

- Center for Healthcare Rights 1-855-613-7080 www.cahealthadvocates.org

Department of Public Social Services: Request a printed Med-Cal (aka Medicaid) application.

- Department of Public Social Services 1-877-597-4777

Health Care Options: Select or make changes to Medi-Cal managed care health plans.

- Health Care Options 1-800-430-4263

Medi-Cal Managed Care Ombudsman: Provides assistance resolving problems with Medi-Cal managed care plans.

- Medi-Cal Managed Care Ombudsman 1-888-452-8609

Medi-Cal Telephone Service Center: Select or make changes to Medi-Cal managed care health plans.

- Medi-Cal Telephone Service Center 1-800-541-5555

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(NDI), (H)m(ONG), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County
Insurance & social security (CONT')

Medicare: Provides health benefits determined by age and severe disability.

- Medicare 1-800-MEDICARE (633-4227)

Social Security: Provides assistance with Social Security matters and Medicare complaints.

- Social Security 1-800-772-1213 www.ssa.gov



Websites Related to insurance & Social security

- Administration on Aging www.aoa.gov
- Centers for Medicare & Medicaid Services www.cms.gov
- Covered California www.coveredca.com/HICAP
Determine eligibility and apply for Medi-Cal (aka Medicaid) on-line
- Free Benefits Checkup www.benefitscheckup.org
Determine eligibility for programs
- Government Info for Seniors www.usa.gov
- California Dept. of Health Care Services www.dhcs.ca.gov
Medical Forms
- U.S. Dept. of Health & Human Services www.hhs.gov

Legal assistance & information

Asset protection, advance directives, and conservatorships are very important issues to consider when planning for your future and making plans for care. It is wise to consult with professional attorneys, financial planners, or other specialists to help you with your legal and financial needs.

Bet Tzedek Legal Services: Provides free legal assistance to low-income older adults. Also focus on prevention of elder abuse.

- Bet Tzedek Legal Services (323) 939-0506 www.bettzedek.org

California Advocates for Nursing Home Reform (CANHR): Provides consumer counseling, family council organizing, legal support, advocacy support and attorney referral service.

- Consumer Hotline 1-800-474-1116 www.canhr.org

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(Ch)ntonese, (C)hinese, (E)nglish, (F)a(ri)si, (H)i(Indi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Legal assistance & information (CONT')

Center for Health Care Rights: Provides legal assistance for Medicare & Medi-Cal beneficiaries. (Los Angeles only)

➤ Center for Health Care Rights

1-800-824-0780 & (213) 383-4519

H.E.L.P. Health Care & Elder Law Programs: Provides free legal assistance and referrals.

➤ H.E.L.P.

(310) 533-1996

Office of the Public Guardian: Provides information on conservatorships and assistance in locating family members of people who have died. Also provides estate management.

➤ Office of the Public Guardian

(213) 974-0515

Los Angeles County Bar Association Lawyer Referral & Information Service:

➤ LA County Bar Association

(213) 243-1525

Los Angeles Caregiver Resource Center: Provides attorney referrals.

➤ LA Caregiver Resource Center

1-800-540-4442

Smart Law: Provides free legal information line

➤ Smart Law

(213) 243-1500



Websites Related to legal & financial issues

➤ American Bar Association Commission on Law and Aging

www.abanet.org/aging

➤ Bet Tzedek

www.bettzedek.org

➤ California State Bar

www.calbar.ca.gov

➤ Caring Connections

www.caringinfo.org

➤ National Academy of Elder Law Attorneys

www.Naela.org

➤ State of California

www.ca.gov

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi, (H)i(NDI, (H)m)ong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan, (S)p)anish, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Local senior centers

These centers often provide care management services and access to the Meals on Wheels Program. To receive a list of local senior centers, call 1-800-272-3900. The following Agencies on Aging can provide referrals to local senior centers and information about services available to older individuals in their communities.

- Los Angeles County Area Agency on Aging (213) 738-2600 www.css.lacounty.gov/aaa.aspx
- City of Los Angeles Dept. of Aging 1-800-510-2020 & (213) 252-4000 www.aging.lacity.org

Medication coverage

When purchasing prescription drugs online, patients should exercise caution. The Federal Food and Drug Administration offers pointers on its websites: www.fda.gov

- American Association of Retired Persons (AARP) 1-800-456-2277 www.aarp.com
- Costco 1-800-607-6861 www.costco.com
- Partnership for Prescription Assistance 1-877-477-2669 www.pparzx.org
- Peoples Prescription Plan 1-800-591-4279 www.peoplesrxcard.com
- Prescription Solutions 1-800-788-4863 www.rxsolutions.com
- Rx Hope 1-877-267-0517 www.rxhope.com
- Veterans Administration 1-877-222-VETS www.va.gov

The services listed below provide affordable medication to low-income seniors:

- Novartis Patient Assistance Foundation 1-800-277-2254 www.pharma.us.novartis.com
- Pfizer 1-866-776-3700 www.pfizer.com

Mental health

A variety of services are available to assist caregivers and people with Alzheimer's or other dementias during the stages of the disease process. While many caregivers benefit from support groups, some may find that they need more support. The following agencies offer assistance in the area of counseling to help with feelings of depression, anxiety, anger, and/or frustration. When contacting an agency, please keep in mind that services differ from one place to another. We encourage you to ask questions that will help you determine which services best meet your needs.



Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nda)i, (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)iетnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Mental health (CONT')

Los Angeles County Mental Health Programs:

- Department of Mental Health
Provides referrals & crisis intervention
1-800-854-7771 <http://dmh.lacounty.gov>
- Genesis Program
Offers mental health assessments for people over the age of 60
(213) 351-7284
- Los Angeles Caregiver Resource Center
Assists those who care for adults in Los Angeles County who are permanently brain impaired and 18 years or older
1-800-540-4442
- Department of Mental Health
Provides referrals & crisis intervention
1-800-854-7771 <http://dmh.lacounty.gov>
- Genesis Program
Offers mental health assessments for people over the age of 60
(213) 351-7284
- Los Angeles Caregiver Resource Center
Assists those who care for adults in Los Angeles County who are permanently brain impaired and 18 years or older
1-800-540-4442
- AltaMed Senior Health & Activity Center
Provides referrals & crisis intervention
1-800-854-7771 <http://dmh.lacounty.gov>
- Asian Pacific Health Care Venture, Inc.
Services also in Cantonese, Cambodian, Japanese, Mandarin, Spanish, Thai, and Tagalog
(323) 644-3880
- Chinatown Service Center
Services also in Cantonese, and Mandarin
(213) 808-1700
- Didi Hirsch Community Mental Health Center
Services also in Spanish
(310) 390-6612 & (310) 390-8896
- East Los Angeles Mental Health Services
Services also in Spanish
(323) 725-1337
- Little Tokyo Service Center
Services also in Chinese, Japanese, Korean, and Spanish
(213) 473-1602



Promise Health Plan

- *Mental Health America* 1-888-242-2522 & (213) 413-1130
- *Tingstad Older Adult Counseling Services* (213) 740-3493

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(Ch)ntonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(Indi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County
Mental health (CONT')

- *Women Helping Women Services* (323) 655-3807

Community Mental Health Programs – San Fernando Valley:

- *Alexa Healthcare Services* (310) 806-1165
- *Northridge Hospital Medical Center Mental Health Services* (818) 885-5484
- *S+AGE @ Sherman Oaks Hospital* (818) 341-7243

Community Mental Health Programs – San Gabriel Valley:

- *Center for Aging Resources* (626) 577-8480

Community Mental Health Programs – San Gabriel Valley (Cont'):

- *Glendale Adventist Medical Center Psychiatric Institute* (818) 409-8027
- *Las Encinas Hospital-Pasadena* (626) 795-9901
- *Huntington Hospital Senior Care Center Network-Pasadena* (626) 397-3110
- *Pacific Clinics* (626) 441-4221
Services also in Spanish

Community Mental Health Programs – South Bay/Harbor:

- *Bridges Program San Pedro Peninsula Hospital* (310) 514-5359

- Beach Cities Health District (310) 374-3426
- Jewish Family Services (562) 427-7916
- San Pedro Peninsula Hospital (310) 514-5359

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(r)si, (H)i(NDI), (H)m(ONG), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(m)oa(n), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Multipurpose Senior Services Program

MSSP is only for individuals who receive Medi-Cal and helps coordinate and manage services to ensure that they get the help needed. These services are specifically designed for frail older adults who are at high risk for placement in nursing home.

AltaMed Health Services Corp. 512 S. Indiana St. Los Angeles, CA 90063	(323) 307-0200	Call for Cost	E, Sp
Huntington Memorial Hospital 837 S. Fair Oaks Ave., Ste 100 Pasadena, CA 91105	(626) 397-3110	Call for Cost	E, Sp
Partners in Care Foundation 732 Mott St., Ste 150 San Fernando, CA 91340	(818) 837-3775	Call for Cost	E, Sp

nutrition

Los Angeles County Health & Nutrition Hotline: Provides information on nutritional programs in Los Angeles County

- Health & Nutrition 1-877-597-4777

Los Angeles Regional Food bank Brown Bag Program: Provides food distribution for low income seniors

- Brown Bag Program (323) 234-3030

St. Vincent Meals on Wheels Program: Provides home delivered meals to the elderly. Meals on Wheels



safety

Alzheimer's causes changes in the brain that may affect safety. Depending on the stage of the disease, these can include changes in judgment, abstract thinking, sense of time/place, and behavior. Taking measures to ensure safety at all times can help prevent injuries, and it can help people with dementia feel relaxed and less overwhelmed.

HOME MODIFICATION:

Accessible Design and Consulting	(310) 215-3332	Call for cost	E
6207 W. 83 rd Place Los Angeles, CA 90045	www.accessibleconstruction.com		

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(NDI), (H)m(ONG), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ANISH), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
----------------------	----------------	-------------	------------------

Alzheimer's & Dementia Resources – Los Angeles County

Safety (CONT')

Forever Active	(626) 466-3020	Call for cost	E
18 E. Bellevue Drive Pasadena, CA 91105	www.foreveractivemed.com		

Stayhome Safe	(626) 792-0070	Call for cost	E
30 N. Raymond Ave. Pasadena, CA 91103	www.stayhomesafe.com		

➤ Active Homes Aging in Place Home Modification 1-855-924-7663 www.aginginplacemods.com

➤ Jewish Family Services Beverly Hills Handyworker Program (310) 272-7890
Free minor home repairs for low-income individuals, seniors and disabled adults living in Beverly Hills.

OTHER SAFETY SERVICES:

➤ Alzheimer's Association Comfort Zone 1-877-259-4850 www.alz.org/comfortzone
A web-based service that uses the Internet and a GPS device to track the location of a person with Alzheimer's. Families can set-up safety zones in a Web application and receive alerts. All Comfort Zone plans come with MedicAlert® + Alzheimer's Association Safe Return®. To learn more, call the above listed number.

➤ MedicAlert® + Alzheimer's Association Safe Return® 1-800-272-3900
A 24-hour nationwide emergency response service for individuals who wander or have a medical



Promise
Health
Plan

emergency. We provide 24-hour assistance, no matter when or where the person is reported missing. There is an initial enrollment fee of \$55 and a \$35 annual program fee. Scholarships are available for families in financial need. Contact helpline for information and enrollment.

To report a wandering incident, call 911. Then call 1-800-625-3780

➤ Lifeline: Cedars-Sinai Medical Center

(310) 423-5468

A personal response service that provides 24-hour assistance via a push button device worn by the individual registered in the program.

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde), (H)m(ong), (I)talian, (J)a(n)ese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
<u>Alzheimer's & Dementia Resources – Los Angeles County</u>			
<u>Senior services</u>			
American Association of Retired Persons (AARP) 200 S. Los Robles Ave., Ste 400 Pasadena, CA 91101	1-866-448-3615 www.aarp.org	Call for Cost	E
Asian Pacific Health Care Venture 1530 Hillhurst Ave., Ste 200 Los Angeles, CA 90027	(323) 644-3880	Call for Cost	E, C, J, Kh, M, Sp, Tag, T, V
Beach Cities Health District 514 N. Prospect Ave., 3 rd Floor Redondo Beach, CA 90277	(310) 374-3426	Call for Cost	E
California Telephone Access Senior Telephone Program 2002 Iowa Ave., Ste 106 Riverside, CA 92507	1-800-806-1191	Call for Cost	E
Eldercare Locator 514 N. Prospect Ave., 3 rd Floor Redondo Beach, CA 90277	1-800-677-1116	Call for Cost	E



Promise
Health
Plan

Los Angeles Department of Aging
3580 Wilshire Blvd., Ste 300
Los Angeles, CA 90010
1-800-510-2020
Call for Cost
E

Life Long: Sisters Staying Healthy
2239 W. Washington Blvd.
Los Angeles, CA 90018
(310) 732-1350
Call for Cost
E

Lumina Healthcare
5220 Pacific Concourse Dr., Ste 120
Los Angeles, CA 90045
1-888-958-6462
www.luminahealthcare.com
Call for Cost
E

Provides mobile dental care

Mexican American Opportunity Foundation
972 S. Goodrich Blvd.
City of Commerce, CA 90022
(323) 890-1555
Call for Cost
E, Sp

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

Senior services (Cont')

National Asian Pacific Center on Aging
3727 W. 6th St., Ste 619
Los Angeles, CA 90020
(213) 365-9005
Call for Cost
E

Oasis-Baldwin Hills
Baldwin Hills Crenshaw Plaza, Macy's, 3rd Floor
4005 Crenshaw Blvd.
Los Angeles, CA 90008
(323) 291-3414
Call for Cost
E

Oasis-West Los Angeles
Westside Pavilion, Macy's, 3rd Floor
10730 W. Pico Blvd.
Los Angeles, CA 90064
(310) 446-8053
Call for Cost
E

The Salvation Army Golden Agers Club
1533 4th St.
Santa Monica, CA 90401
(310) 451-1358
Call for Cost
E

UCLA Healthcare 50 Plus



Promise
Health
Plan

1821 Wilshire Blvd., Ste 600
Santa Monica, CA 90403

1-800-516-5323

Call for Cost

E

UCLA Family Caregiver Support Center

3715 McClintock Ave.
Los Angeles, CA 90089

1-855-872-6060

Call for Cost

E

WISE & Healthy Aging

1527 4th St., 2nd Floor
Santa Monica, CA 90401

(310) 394-9871

Call for Cost

E

American Diabetes Association

5200 W. Century Blvd., Ste 480
Los Angeles, CA 90045

(800) DIABETES (342-2383)
www.diabetes.org

Call for Cost

E

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nda)i, (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moa)n, (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

Alzheimer's & Dementia Resources – Los Angeles County

transportation

The following are transportation services for seniors and/or disabled individuals including people with dementia. It is important to keep in mind that these services may or may not provide additional assistance when needed. Please call ahead to ensure your special needs can be met.

TLC Senior Helpers

6245 Bristol Parkway, Ste 429
Culver City, CA 90203

(310) 338-7247

Call for cost

E

1-888-TLC-DRVE (852-3783)

➤ Access Services

1-800-827-0829

Provides transportation for disabled individuals including people with Alzheimer's.

➤ Cityride Dial-a-Ride & Taxi Service

(323) 666-0895 & (818) 908-1901

To register for the program call (213) 808-7433

➤ Little Tokyo Service Center

(213) 473-3030



Promise
Health
Plan

Provides transportation services to SSI and medical appointments in specific geographic areas in Los Angeles County.

- **Wise & Healthy Aging Senior Services** (310) 394-9871 www.wiseandhealthy.org
This service provides low-cost, shared ride service and curb-to-curb transportation in the West Los Angeles area.

SENIOR RESOURCES –ORANGE COUNTY

Anaheim Independencies 10841 Garza Anaheim	(714) 821-0460	Call for Cost	E
Anaheim Senior Center 250 E. Center Anaheim	(714) 765-4510	Call for Cost	E
Brea Senior Center 500 S. Sievers Ave. Brea	(714) 990-7750	Call for Cost	E
Buena Park Senior Center 8150 Knott Buena Park	(714) 236-3870	Call for Cost	E
Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties			

Language Guide: (A)rmenian, (A)rabic, (C)a(n)tonese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(nde), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

SENIOR RESOURCES –ORANGE COUNTY

Costa Mesa Senior Center 695 W. 19 th Costa Mesa	(949) 645-2356	Call for Cost	E
Oasis Senior Center 80 Marguerites Corona Del Mar	(949) 644-3151	Call for Cost	E
West Anaheim Senior Center 2271 W. Crescent Anaheim	(714) 765-3415	Call for Cost	E

Asian/Pacific

Abrazar Senior Center 7101 Wyoming	(714) 893-3581	Call for Cost	E
--	----------------	---------------	---

Asian American Senior Center 850 N. Birch Santa Ana	(714) 560-8877	Call for Cost	E, Ca, M, V
Florence Sylvester Senior Center 23721 Moulton Pkwy Laguna Hills	(949) 380-0155	Call for Cost	E
Huntington Beach Senior Outreach 1718 Orange Huntington Beach	(714) 960-2478	Call for Cost	E
La Habra Center 101 W. La Habra Blvd. La Habra	(562) 905-9708	Call for Cost	E
Laguna Beach Senior Center 384 Legion Laguna Beach	(949) 497-2441	Call for Cost	E

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a/ntonese, (C)hinese, (E)nglish, (F)a/rsi, (H)i/ndi, (H)m/ong, (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a/moan, (S)p/anish, (T)a/galog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
SENIOR RESOURCES –ORANGE COUNTY			
Lakeview Senior Center 20 Lake Rd. Irvine	(949) 724-6900	Call for Cost	E
Los Alamitos Senior Center 10911 Oak St. Los Alamitos	(562) 430-1073	Call for Cost	E
Midway City Community Center 14900 Park Lane Midway City	(714) 898-0203	Call for Cost	E

Asian/Pacific



Promise
Health
Plan

Norman P. Murray Senior Center

24932 Veterans Way (949) 470-3062 Call for Cost E
Mission Viejo

North Orange Senior Center

16561 E. Lincoln (714) 998-4010 Call for Cost E
Orange

O.C. Korean American

9888 Garden Grove Blvd. (714) 530-6419 Call for Cost E, K
Garden Grove

Orange Senior Center

170 S. Olive St. (714) 538-9633 Call for Cost E
Orange

Placentia Senior Center

143 S. Bradford (714) 986-2332 Call for Cost E
Placentia

Rancho Senior Center

3 Sandburg Way (949) 724-6800 Call for Cost E
Irvine

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(ri)si, (H)i(nde)i, (H)m(ong), (I)talian, (J)a(pan)ese, (K)h(mer), (K)ore(ian), (L)aotian, (M)andarin, (R)ussian, (S)a(mo)an, (S)p(ani)sh, (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
SENIOR RESOURCES –ORANGE COUNTY			
San Clemente Senior Center 242 Avenida Del Mar San Clemente	(949) 498-3322	Call for Cost	E
San Juan Capistrano Senior Center 25925 Camino Del Avion San Juan	(949) 443-6358	Call for Cost	E
Santa Ana Senior Center 424 W. Third St. Santa Ana	(714) 647-6540	Call for Cost	E

Asian/Pacific

Sea Country Senior Center 24602 Aliso Creek Road Laguna Niguel	(949) 425-5151	Call for Cost	E
Seal Beach Senior Center 707 Electric Seal Beach	(562) 799-9660	Call for Cost	E
Southern California Indian Center 10175 Slater Fountain Valley	(714) 962-6673	Call for Cost	E
St. Anselm's Cross Culture Center 13091 Galway Garden Grove	(714) 537-0608	Call for Cost	E
Tustin Senior Center 200 S. C St. Tustin	(714) 573-3340	Call for Cost	E
Vietnamese Community of Orange County 1618 W. 1 st Santa Ana	(714) 558-6009	Call for Cost	E, V

MSC* = Multipurpose Senior Center

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a/ntonese, (C)hinese, (E)nglish, (F)a/rsi, (H)i/ndi, (H)m/ong, (I)talian, (J)a/panese, (K)hmer, (K)orean, (L)a/otian, (M)andarin, (R)ussian, (S)a/moan, (S)p/anish, (T)a/galog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
SENIOR RESOURCES –ORANGE COUNTY			
Vietnamese Hope Community Center 1538 Century Blvd. Santa Ana	(714) 265-1181	Call for Cost	E, V
Westminster Senior Center 8200 Westminster Westminster	(714) 895-2878	Call for Cost	E
Yorba Linda Community Center 4501 Casa Loma Yorba Linda	(714) 961-7181	Call for Cost	E

Jewish

Cypress Senior Center 9031 Grindlay Cypress	(714) 229-2005	Call for Cost	E
Dana Point Senior Center 34052 Del Obispo, Ste B Dana Point	(949) 496-4252	Call for Cost	E
Fountain Valley Senior Citizens Club 16400 Brookhurst Fountain Valley	(714) 593-4446	Call for Cost	E
Fullerton Senior Center 340 W. Commonwealth Fullerton	(714) 738-6305	Call for Cost	E
H. Louis Lake Senior Center 11300 Stanford Ave. Garden Grove	(714) 741-5253	Call for Cost	E
Jewish Community Center 1 Federation Way, #220 Irvine	(949) 435-6460	Call for Cost	E

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)ao-tian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
TEEN RESOURCES – LA/Orange counties			
Big Brothers and Big Sisters of Los Angeles 6022 Wilshire Blvd., Suite 202 Los Angeles	(213) 481-3611	Call for Cost	E, Sp
Los Angeles Friends of the Family/Young Moms 14522 Kittredge Ave. Van Nuys	(818) 988-4430	Call for Cost	E

Offers Information & Support Program for Young Mothers between the Ages of 15-25 Years
Transportation, Meals, & Childcare Are Provided for Eligible Participants.

Help Line Youth Counseling



Promise
Health
Plan

12440 E. Firestone Blvd #1000
Norwalk

(562)864-3722

Call for Cost

E, Sp

Pregnant Minor Program

6119 Agra
Bell Gardens

(323) 887-7946

Call for Cost

E, Sp

Provides Services to Pregnant Teens Who Want to Continue Their Education

Project Jade

8650 California Ave.
South Gate

(323) 564-5233

Call for Cost

E, Sp

Offers Youth Diversion & Delinquency Prevention Program, Providing Family & Group Counseling, Parenting Classes, Tutorial Assistance & Gang Prevention

Reiss Davis Child Study Center

3200 Motor Ave.
Los Angeles

(310) 204-1666

Call for Cost

E

Provides Short & Long Term Psychotherapy for Children, Adolescents, Parent Guidance, & Special Programs for Divorcing Families, Stepfamilies & for Children with Learning Problems

St. Anne's Outreach

155 N. Occidental Blvd.
Los Angeles

(213)381-2931

Free

E, Sp

www.stannes.org

Probation or DCFS Has to Refer Teenagers, Ages 12-18. Program Provides Residential Care for Teenagers & Their Baby's Birth-4 Years

Blue Shield of California Promise Health Plan Health Plan Directory of Cultural & Linguistic Services of Los Angeles/Orange Counties

Language Guide: (A)rmenian, (A)rabic, (C)a(nton)ese, (C)hinese, (E)nglish, (F)a(rsi), (H)i(ndi), (H)m(ong), (I)talian, (J)apanese, (K)hmer, (K)orean, (L)aotian, (M)andarin, (R)ussian, (S)a(moan), (S)p(anish), (T)agalog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages
---------------	---------	------	-----------

TEEN RESOURCES – LA/Orange counties

Star View Community Services

5420 N. Figueroa St.
Los Angeles

(323) 999-2404

Call for Cost

E

www.starsgroup.org

Outpatient Mental Health Program for Adolescents & Their Families, Foster Families or Group Homes

Teen Parents

235 E. 8th St.
Long Beach

(562) 997-8000

Call for Cost

E

Provides Education for Pregnant & Parenting Teens



YMCA – Greater Long Beach
15530 Woodruff Ave.
Bellflower

(562) 925-1292

Call for Cost

E

Provides Teen Leadership & Mentoring

Asian/Pacific

Korean Town Youth & Community
680 S. Wilton Pl.
Los Angeles

(213) 365-7400

Call for Cost

E, Sp, K

www.kyccla.org

Offers Programs & Services That Are Specifically Directed towards Recently Immigrated Economically-Disadvantaged Youth & Their Families Who Experience Coping & Adjustment Difficulties due to Language & Cultural Barriers

Jewish

Jewish Big Brothers Association
5700 Wilshire Blvd., Suite 1215
Los Angeles

(323) 761-8675

Call for Cost

E, R

Serves Jewish Single Parent Children, 6-18 Years, Pairing Them with Adult Male Role Models Parent & Child Counseling Are Available