

**COMMUNITY SERVICES - LOW OR NO FEE**

CHILD ABUSE	DEPT. OF CHILDREN & FAMILY SERVICES	1-800-540-4000	To report child abuse	Toll Free Number
COUNSELING	CENTER FOR HEALTH CONNECTION FRIENDS OF THE FAMILY THE GATHERING PLACE JEWISH FAMILY SERVICE PROJECT TOUCH 1736 FAMILY CRISIS CENTER RICHSTONE FAMILY CENTER SOUTH BAY CENTER FOR COUNSELING SOUTH BAY CHILDREN'S HEALTH CENTER SOUTH BAY YOUTH PROJECT	(310) 318-7939 (310) 798-3260 (310) 374-6323 (310) 373-0321 (310) 379-5206 (310) 543-9900 X310 (310) 970-1921 (310) 414-2090 (310) 328-0855 (310) 372-7724	Counseling for children through age 12 and their families Counseling for individuals, families and groups Bereavement support groups, info and referral Individuals, couples, families, children and groups Youth Counseling/Socialization All ages Counseling for children, adolescents and adults Individuals, couples, families, children and groups Counseling for children and adolescents Counseling for children, adolescents and adults	Co-Pay Sliding Scale Donation Sliding Scale & Insurance Sliding Scale No Cost Sliding Scale Sliding Scale Medi-Cal/HF Co-Pay
DOMESTIC VIOLENCE	CAVA (COLLABORATIVE FOR ALTERNATIVES TO VIOLENCE & ABUSE) DOMESTIC ABUSE HOTLINE JEWISH FAMILY SERVICE 1736 FAMILY CRISIS CENTER SOUTH BAY CENTER FOR COUNSELING SOUTH BAY YOUTH PROJECT	(310) 241-4353 (800) 978-3600 (310) 373-0321 (310) 370-5902 (310) 414-2090 (310) 372-7724	Info and referrals to shelters; counseling and legal Referrals to services in area (24 hour) Info and referrals; shelter; individual counseling and groups Shelter services for victims of domestic violence Support groups and individual counseling Support groups and individual counseling	No Cost Toll Free Number Sliding Scale & Insurance No Cost Co-Pay Co-Pay
ELDER ABUSE	ADULT PROTECTIVE SERVICES	(877) 477-3646	To report elder abuse	Toll Free Number
EMERGENCY SHELTER/ HOMELESSNESS	EMERGENCY SHELTER HOTLINE HIS HOUSE - SALVATION ARMY - TORRANCE LYDIA HOUSE 2-1-1LA (FORMERLY INFOLINE)	(800) 548-6047 (310) 782-9428 (562) 591-1292 2-1-1	During winter, provides locations & pick-ups for shelter Social service assistance, referrals Shelter for single women and women with children LA Co. data base for referrals to info, support & self-help groups	Toll Free Number No Cost No Cost Toll Free Number
HIV/AIDS TESTING	SOUTH BAY FAMILY HEALTHCARE CENTER	(310) 318-2521 X221	Confidential HIV testing	No Cost
MEDICAL/DENTAL	CENTER FOR HEALTH CONNECTION HARBOR-UCLA MEDICAL CENTER SOUTH BAY CHILDREN'S HEALTH CENTER SOUTH BAY FAMILY HEALTHCARE CENTER	(310) 318-7939 (310) 222-2345 (310) 328-0855 (310) 802-6170	Medical/dental services for children; adult medical Emergency medical and psychiatric services 18 mo to 24 years Primary and pediatric medical services; general dental	Co-Pay Ability to Pay Medi-Cal/HF Sliding Scale
OLDER AND/OR DISABLED ADULTS	BCHD COMMUNITY CARE SERVICES JEWISH FAMILY SERVICE SOUTH BAY SENIOR SERVICES	(310) 374-3426 X144 (310) 373-0321 (310) 325-2141	Care management, peer counseling and support groups Care management, counseling and support groups Information and referrals to community services	Co-Pay for some services No Cost No Cost
PARENTING CLASSES	JEWISH FAMILY SERVICE NCADD (NATIONAL COUNCIL ON ALCOHOL & DRUG DEPENDENCY) PARENT EDUCATION NETWORK RICHSTONE FAMILY CENTER SOUTH BAY CENTER FOR COUNSELING SOUTH BAY YOUTH PROJECT	(310) 373-0321 (310) 328-1460 <a href="http://pensouthbay.org">pensouthbay.org</a> (310) 970-1921 (310) 414-2090 (310) 372-7724	Info and referral and parenting groups Parenting classes (court approved, Spanish) Referrals to parent education classes Parenting classes (English and Spanish) Parenting classes and groups (court approved, Spanish) Parenting classes and groups	No Cost Sliding Scale No Cost Sliding Scale Sliding Scale Co-Pay
PREGNANCY/BIRTH CONTROL	SOUTH BAY FAMILY HEALTHCARE CENTER	(310) 802-6170	Prenatal care and family planning	Sliding Scale
PSYCHIATRIC	COASTAL ASIAN-PACIFIC MENTAL HEALTH CTR. HARBOR-UCLA MEDICAL CENTER SOUTH BAY MENTAL HEALTH CENTER MENTAL HEALTH URGENT CARE CENTER EXODUS RECOVERY (CULVER CITY)	(310) 217-7312 (310) 222-3151 (323) 241-6730 (562) 790-1860 (310) 253-9494	Psychiatric assessment and services Psychiatric assessment and services Psychiatric assessment and services 24 hr. psychiatric crisis center, 24/7 Psychiatric crisis center, 24/7	Medicare, Medi-Cal and Ability to Pay No Cost No Cost
RUNAWAY/HOMELESS YOUTH	1736 FAMILY CRISIS CENTER	(310) 379-3620	Shelter services for runaway and homeless youth	No Cost
SUBSTANCE ABUSE	NCADD (NATIONAL COUNCIL ON ALCOHOL & DRUG DEPENDENCY) SOUTH BAY CENTER FOR COUNSELING THELMA MCMILLEN CTR ALCOHOLICS ANONYMOUS NARCOTICS ANONYMOUS	(310) 328-1460 (310) 414-2090 (310) 784-4879 (310) 618-1180 (310) 372-9666	Outpatient counseling and referrals to other programs Group Teen Recovery Intervention Program (TRIP) Substance Abuse/Support Groups and Teens Support line - operators on 6 am - 10 pm 24 hour line for support and information	Free or Sliding Scale Sliding Scale Scholarships Available No Cost No Cost
SUICIDE HOTLINE	SUICIDE PREVENTION CENTER	(877) 727-4747	Trained counselors available 24 hrs 7 days week	Toll Free Number
SUPPORT GROUPS	BCHD COMMUNITY CARE SERVICES THE GATHERING PLACE JEWISH FAMILY SERVICE SELF HELP & RECOVERY EXCHANGE (SHARE) SOUTH BAY CENTER FOR COUNSELING SOUTH BAY YOUTH PROJECT THE WELLNESS COMMUNITY - S. BAY CITIES	(310) 374-3426 X144 (310) 374-6323 (310) 373-0321 (877) 742-7349 (310) 414-2090 (310) 372-7724 (310) 376-3550	50+ and caregiver support groups Bereavement support groups, info and referral Call for information Info and referrals to self-help groups Call for information Parent support group For people with cancer and their families	Co-Pay for some services Donation Free or Sliding Scale No Cost Sliding Scale Donation No Cost
MEALS	FIRST UNITED METHODIST CHURCH PROJECT: NEEDS ST. ANDREWS PRESBYTERIAN CHURCH ST. JAMES CHURCH SOUTH BAY COMMUNITY CHURCH OF BRETHEN 1st UNITED METHODIST CHURCH RIVIERA UNITED METHODIST CHURCH	(310) 372-8445 (310) 370-4319 (310) 540-5252 (310) 372-5228 (310) 371-0411 (310) 328-3242 (310) 378-9273	Warm meals Wednesdays from 6-7 pm Dinner Tuesdays from 6-7 pm Sack lunch Tuesdays and Thursdays 12-1 pm Sack lunches Monday, Wednesday & Friday, 1-2 pm Dinner Thursdays 6:30 - 7:30 pm 4th Saturday of month, hot lunch 11 am - 1 pm 5th Saturday of month, hot lunch 11 am - 1 pm	Free Free Free Free Free Free Free