

1611 S. PCH #104, Redondo Beach 310-792-1300

*Beach Cities South Bay One-Stop*

Rancho Dominguez 310-761-2030

*Dominguez* 17600 B Santa Fe Ave.,

*Dept of Public Social Services - Rancho*

22600 Crenshaw Blvd, Torrance 800-772-1213

*Social Security*

2325 Crenshaw Blvd, Torrance 310-972-3111

*Department of Children & Family Services*

### PUBLIC AGENCIES

800-322-4388

*Denti-Cal Provider Search*

800-426-2924

*Eligibility Status for Health Care Options*

### MEDICAL INFO

### HELP & EMERGENCY SERVICES

Los Angeles County Info-Referral 2-1-1

Life Threatening Emergencies 9-1-1

Child Abuse Hotline 800-540-4000

Domestic Violence Helplines:

Rainbow Services 310-547-9343

1736 Family Crisis Center 310-370-5902

Asian/Pacific Islander 800-339-3940

Los Angeles County 800-978-3600

Legal Aid Foundation 562-435-3501

800-399-4529

Rape & Sexual Assault Hotline:

Asian/Pacific Islander 800-339-3940

YWCA 877-943-5778

Treatment Ctr UCLA 310-319-4000

Area Services 800-656-4673

Suicide Hotline-LA 24 hrs. 877-727-4747

310-518-8800

1325 Broad Ave., Wilmington

310-549-5760

1009 N. Avalon Blvd., Wilmington

310-816-6700

200 E. Anaheim St., Wilmington

310-784-5800

1403 Lomita Blvd #100, Harbor City

310-10-31

4023 Marine Ave., Lawndale

310-323-6887

Stc. L102, Torrance

310-222-2343

1000 W. Carson St., Torrance

310-303-8530

Journey South Bay Church- 2791 190th St, Redondo Beach, 3rd THURS from 6:30-8:30 pm and including free dental and optical services (+ pm start)

Harbor-UCLA Family Medicine Free Clinic

0219-802-8010

2011 Artesia Blvd, Redondo Beach

### MENTAL HEALTH CARE

### MENTAL HEALTH SERVICES

National Alliance on Mental Health (NAMI)

South Bay Office 310-533-0705

Exodus Recovery

923 S. Catalina Ave, Redondo 310-792-5454

LA County Mental Health 24/7 Access Line 800-854-7771

San Martin De Porres Counseling Center

15342 Hawthorne Blvd, Lawndale 310-644-3300

Department of Mental Health San Pedro

150 W. 7th St, San Pedro 310-519-6218

800-843-5200 (live chat 24 hr)

California Youth Crisis Line

Text us by texting "TEEN" to 98686

310-855-HOPE(4673)

PST toll-free from anywhere in California

TEEN LINE, 7 days a week 9:00 am to 9:00 pm

Torrance 7889-323-310

Program L102, 1011 S Vermont Ave Ste. 210

SSG/Occupational Therapy Training

Youth 0610-153-312

Transitional Housing for Former Foster

Dept Children & Family Services for

2093-673-013

1736 Family Crisis Center (at drop center

Emergency Shelter for Youth ages 10-17,

### TEENS & YOUTH SERVICES



Beach Cities/  
Central  
South Bay  
Homeless  
Resource Guide  
(April 2015)

Covering Redondo Beach,  
Hermosa Beach, Manhattan Beach,  
Torrance, Lomita, Carson

Our Mission: To transform and end homelessness  
in the South Bay of Los Angeles through  
education, advocacy and coordination.

670 W. 9th Street, San Pedro, CA 90731  
www.sbceh.org Contact: SBCEH@gmail.com

## HOUSING

- Homeless Individuals - Coordinated Entry System (CES):** 310-831-9123  
**Homeless Family Solution System (HFSS):** 310-831-0589  
**First 5 LA** (Families w/children under 5): 562-594-9492
- Harbor Interfaith Services** (Families)  
 670 W. 9th St, San Pedro 310-831-0603  
**Beacon Light Mission, 7 night emergency shelter for homeless men 4 pm check in**  
 525 Broad Ave, Wilmington 310-830-7063  
**Showers** 8:00a MON & THURS  
**Doors of Hope Women's Shelter, 7 night emergency shelter for homeless women**  
 525 Broad Avenue, Wilmington 310-518-3667  
 Check In 9a-12p, Closed Sunday
- Community's Child** (Single women w/infants)  
 25520 Woodward Ave, Lomita 310-534-4040  
**Winter Shelter Hotline** 800-548-6047
- ALCOHOL & DRUG RECOVERY**
- Alcoholics Anonymous (LA)** 800-923-8722  
 Harbor Area 562-989-7697
- Beacon House**, male residential recovery prog  
 1003 S. Beacon St, San Pedro 310-514-4940
- SHAWL House**, female residential recovery prog  
 936 S. Centre St, San Pedro 310-521-9310
- House of Hope**, female residential recovery prog  
 235 W. 9th St., San Pedro 310-831-9411
- Behavioral Health Services**, 15519 Crenshaw Blvd, Gardena 310-973-2272

## MEALS

- St. Lawrence Martyr** (sack lunch), 1900 S. Prospect Ave, Redondo Bch, 310-540-0329  
 MON-SAT: 8am-6pm; SUN: 8am-2pm
- St. Margaret Mary** (sack lunch), 25511 Eshelman, Lomita, 310-326-3364  
 MON-FRI: 8-11:30am, 1-3:30pm
- St. Catherine Labouré** (sack lunch), 3846 Redondo Bch Blvd, Torrance, 310-323-8900  
 MON-SAT: 9am-1pm, 2-5:50pm
- St. James Catholic**, 415 Vincent, Redondo Bch, 310-372-5228  
 MON, WED, FRI: 1-2pm
- St. Andrew's Presby**, 301 Ave E, Redondo Bch, 310-540-5252 TU, THUR: 12-1pm
- St. Paul's Methodist**, 2600 Nelson, Redondo Bch, 310-370-4319 TU: 6-7pm
- First United Methodist**, 243 S. Broadway, Redondo Bch, 310-372-8445 WED: 6-7pm
- Journey South Bay**, 2761 190th St, Redondo Bch, 310-371-0411 THUR: 6:30-7pm
- Torrance 1st Baptist**, 2118 W. Carson, Torrance, 310-328-5030 1st SAT: 11am-1pm
- Walteria Methodist**, 3646 Newton St, Torrance, 310-375-0622 2nd SAT: 11am-1pm
- St. Andrew's Episcopal**, 1432 Engracia, Torrance, 310-328-3781 3rd SAT: 11am-1pm
- First United Methodist**, 1551 El Prado, Torrance, 310-328-3242 4th SAT: 11am-1pm
- Riviera Methodist**, 375 Palos Verdes Blvd, Redondo Bch, 310-378-9273 5th SAT: 11am-1pm
- FREE GROCERIES**
- New Challenge Ministries**, 21804 Halldale Ave, Torrance, 310-490-9439 MON-SAT: 9:30 am-12pm
- Coast Christian**, 4000 PCH, Torrance, 310-373-8573 MON: 4-6pm
- St. Andrew's Presby**, 301 Ave E, Redondo Bch, 310-540-5252 TU, THUR: 12-1pm
- St. Philomena Catholic**, 21900 S. Main, Carson, 310-835-7161 TU: 7:30-9:30am
- St. Margaret Mary**, 25511 Eshelman, Lomita 310-326-3364 WED: 8:30-10am
- St. Paul's Methodist**, 2600 Nelson, Redondo Bch, 310-370-4319 1st, 3rd THUR: 9-10:45am
- St. Lawrence Martyr Catholic**, 1900 S. Prospect, RBch, 310-540-0329 SAT: 9-10am

## BUS INFO - METRO LINE

- LA Metro 323-466-3876  
 Torrance Transit 310-618-6266  
 Beach Cities Transit 310-937-6660  
 Serving Redondo Beach, Hermosa Beach, Manhattan Beach, El Segundo
- Carson Transit 310-225-2545  
 Gardena Transit 310-965-8888

## U.S. VETERAN SERVICES

- US Vets Initiative** 310-348-7600  
**Los Angeles Vets Center**, Counseling Center 1045 W Redondo Bch Blvd, #150, Gardena 310-767-1221
- 1736 Crisis Center - Veterans' Outreach**  
 Referral Line 866-249-2557

## SENIORS

- Older Adult/Senior Abuse LA** -In-Home 877-477-3646 Care Facility 800-231-4024
- Older Adlt Case Mgmt:**  
 Bch Cities Health District 310-374-3426 x256  
 SCAN Independence at Home 562-637-7116
- Meals-on-Wheels**
- Beach Cities 310-318-2827  
 Torrance, Lomita 310-542-3434

## LAUNDRY ASSISTANCE

- Clean Scene Laundry** (St. Cross Episcopal), 2301 Artesia Blvd, Redondo Beach  
 Last Wed, 7:00-10 pm (last load 8:45 pm)
- Laundry Fluff & Fold** (NOVA Community Church), 5123 Torrance Blvd, Torrance  
 4th Sat, 4:45-7:00 pm