

Los Angeles County: Local Community Resources

FOOD RESOURCES FOR East Region – SPA 7

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Food	Commerce Senior Center	<ul style="list-style-type: none"> • Deliver meals 1x week 	Commerce residents 60+	(323) 887-4430	https://wdacs.lacounty.gov/covid-19/	4/1/20
Food	Bell Gardens Senior Center	<ul style="list-style-type: none"> • Deliver meals 2x a week to residents of Bell Gardens 60+ • Non-residents must have meals picked up at: 6722 Clara Street, Bell Gardens, CA 90210 	Individuals 60+	(562) 334-1779	https://wdacs.lacounty.gov/covid-19/	4/1/20
Food	Salazar Park Senior Center – East Los Angeles	<ul style="list-style-type: none"> • Pick up meals 2x/wk • Location: 3864 Whittier Blvd., Los Angeles, CA • Call to make reservation between 9am -1pm 	Individuals 60+	(323) 266-3100	https://wdacs.lacounty.gov/covid-19/	4/1/20
Food	Downey Community Senior Center	<ul style="list-style-type: none"> • Pick-up meals 1x a week. • Call to make reservation 	Downey residents 60+	(562) 862-8800	https://wdacs.lacounty.gov/covid-19/	4/1/20
Food	Paramount Senior Center	<ul style="list-style-type: none"> • Deliver meals 1x a week • Call to make reservation 	Paramount residents 60+	(562) 220-2090	https://wdacs.lacounty.gov/covid-19/	4/1/20
Food	Montebello USD	<ul style="list-style-type: none"> • Breakfast, lunch, supper & snack for pick up • M & W, 10 am-12pm 	All children under 18 yrs.	(562) 806-7900	https://www.montebello.k12.ca.us/nutrition	9/10/20

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Food	Family Church Food Pantry – Whittier	<ul style="list-style-type: none"> • Location: 8435 Greenleaf Ave., Whittier, CA 90602 • Day/Time: Saturday's 11am – 1pm 	All	(562) 698-6737		4/8/20
Food	City Reach Church - Whittier	<ul style="list-style-type: none"> • Food pantry • Location: 7106 Sorensen Ave., Whittier, CA 90606 • Days/Time: Tuesday's; 5pm – 7pm Thursday's; 5pm – 7pm Sunday's; 11am – 1pm (1hr early access for seniors, pregnant women, and persons with disabilities) 	All	(562) 698-2564		4/8/20
Food	LAUSD	Pick up meals at 64 locations	All children under 18yrs.	(213) 443-1300	http://achieve.lausd.net/resources	4/2/20
Food	Hawaiian Gardens Parks and Recreation	<ul style="list-style-type: none"> • Meals delivered to HG residents 1x-2x a week, must call to register • Non-residents must call to register and have meals picked up at: Mary Rodriguez Senior Center 21815 Pioneer Blvd., Hawaiian Gardens, CA 	Individuals 60+ Low income families/individuals	(562) 420-2641 x252	https://wdacs.lacounty.gov/covid-19/	4/1/20

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Food	Salvation Army Whittier Corps	<ul style="list-style-type: none"> • Food boxes/groceries • Location: 7926 Pickering Ave., Whittier, CA • Days/Times: Call 	<p>Low income families</p> <p>Individuals experiencing homelessness</p>	(562) 698-8348	https://whittier.salvationarmy.org/whittier-corps/home/#whatwedo	4/8/20
Food	ABC USD	<ul style="list-style-type: none"> • Grab-n-go school meals • Days/Time: Monday and Wednesday 7:30 am – 9 am • 13 Locations, please visit website 	All children under 18yrs.	(562) 281-7412	https://www.abcusd.us/apps/pages/index.jsp?uREC_ID=1721068&type=d&pREC_ID=1888717	9/10/20
Food	Pico Rivera Senior Center	<ul style="list-style-type: none"> • Frozen meal delivery Monday & Wednesday • Call (562) 948-4844 to enroll • Location: Senior Center 9200 Mine Ave. Pico Rivera, CA 	Pico Rivera residents 60+	(562) 948-4844	http://www.pico-rivera.org/depts/parks/programs/senior/default.asp	9/10/20
Food	Norwalk Senior Center	<ul style="list-style-type: none"> • Meal deliver Monday's and Wednesday • Pick-up meals Monday at 4040 San Antonio Drive, Norwalk, CA 	All individuals 60+	(562) 929-5580	https://www.norwalk.org/city-hall/departments/public-safety/norwalk-emergency-management-office/preparing-for-emergencies/covid-19	9/10/20

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Food	Interfaith Food Center	<ul style="list-style-type: none"> • Drive-thru groceries for individuals and families • Lunch program for individuals experiencing homelessness • Location: 11819 Burke St. Santa Fe Springs, CA • Days/Times: M, T, F 8:30 am – 12 pm Tues. evening 4:30 pm – 7pm • *No application required 	Whittier, La Mirada, and Santa Fe Springs residents must present a valid ID Participant's please: <ul style="list-style-type: none"> • Stay in the car • Maintain the window up • Show ID card through the car's window • Food loaded into the trunk of their vehicle 	(562) 903-1478	https://www.interfaithfoodcenter.org/program/ Visit website for registration information.	0/10/20
Food	Little Lake City School District (LLCSD) – Santa Fe Springs	<ul style="list-style-type: none"> • Pre-packaged meals • M, W, F; 11am -12 pm • All school sites 	LLCSD students 1-18 years of age		https://4.files.edl.io/66c8/03/28/20/160736-6dc39d18-4d0a-4e4d-a66d-37a6c88aa7c2.pdf	4/8/20
Food	St. Helen's Church	<ul style="list-style-type: none"> • Food program • Location: 9314 Madison Ave. South Gate, CA 90280 • Days/Times: 4th Sat. of every month at 7am 	All *First come, first serve	(323)563-3522	www.sthelenc.org	4/9/20
Food	Bethany Church	<ul style="list-style-type: none"> • Tuesday, 2pm-3pm • Wed., 4pm-4:30pm • Location: 17054 Bixby Ave., Bellflower, CA 	All	(562) 866-1812		4/17/20

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Food	East Whittier YMCA Family Center	<ul style="list-style-type: none"> • Grab-n-Go meals • Breakfast and lunch • Locations: 15740 Starbuck Street Whittier, CA • Days/Times: M-F; 8am – 9am M-F; 12pm – 1pm • Weekend Meal Kits available starting Friday, April 10. 	All children under 18yrs.	(562) 943-7241	https://ymcawhittier.org/programs/youth-programs/free-meals-for-children-during-school-closure/	4/8/20
Food	Norwalk-La Mirada USD (NLMUSD)	<ul style="list-style-type: none"> • Weekly meal pick-up • Locations: Los Coyotes Middle School ad NLMUSD Central Kitchen • Day/Time: Wednesday, 9am -1pm 	NLMUSD students 1- 18 years of age	(562) 210-2146	http://district.schoolnutritionandfitness.com/norwalk-lamiradausd/files/NLMUSD%20April%20Meal%20Distribution.pdf	4/3/20
Food	Door of Hope Community Center	<ul style="list-style-type: none"> • Distribution Tuesday's 2pm-3pm • Location: 1414 S. Atlantic Blvd., Los Angeles, CA • Arrive early and call 	All	(562) 866-1812		4/17/20
Food	Helpline Youth Counseling (HYC)	<ul style="list-style-type: none"> • Food distribution • Call to obtain day and time as it changes weekly. • Location: Whittier, CA 	Priority given to clients of HYC and any boxes left over open to All	(562)-256-6309	Karen Alfaro kalfaro@hycinc.org	4/13/20

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Food	City of Huntington Park	<ul style="list-style-type: none"> • Pantry Program • Locations: HP Community Center 6925 Salt Lake Ave. Huntington Park, CA • Day/Time: Every 3rd Thursday of every month, 1pm-2:30pm 	<p>All individuals 60+</p> <p>Bring ID with a date of birth</p>	(323)584-6218	www.hpca.gov	4/8/20
Food	Centro Maravilla	<ul style="list-style-type: none"> • Drive-thru emergency food assistance • Call to schedule appt. • Location: 4716 E. Cesar Chavez Ave., Los Angeles • Days/Time: M-F; 9am – 3:30pm 	All	(323) 260-2804		4/8/20
Food	East Los Angeles Service Center	<ul style="list-style-type: none"> • Drive-thru emergency food assistance • Call to schedule appt. • Location: 133 N. Sunol, Los Angeles, CA • Days/Time: Distribution only Tuesday & Friday 	All	(323)260-2801		4/8/20
Food	Mexican-American Opportunity Foundation (MAOF)	<ul style="list-style-type: none"> • Location: 401 N. Garfield Ave., Montebello • Wed. & Thrs., 9am-1pm • Must provide ID 	All	(323) 890-9600		4/17/20

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Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Food	YWCA GLA Walnut Park	<ul style="list-style-type: none"> • Meal distribution 1x/wk (Tuesday's) • Call to enroll • Location: 7515 Pacific Blvd., Walnut Park, CA 	All seniors 60+	(562)806-5400 ext. 261 or 227	Contact Maria Elena Chavez (213)516-3575 mariaelena.chavez@ywcagla.org	4/8/20
Food	Uptown Whittier YMCA Family Center	<ul style="list-style-type: none"> • Grab-n-Go meals • Breakfast and lunch • Location: 12510 Hadley St., Whittier, CA • Days/Times: M-F; 7:30am – 8:30 am M-F; 12:30pm – 1:30pm • Weekend Meal Kits available starting Friday, April 10. 	All children under 18yrs.	(562) 907-6530	https://ymcawhittier.org/programs/youth-programs/free-meals-for-children-during-school-closure/	4/3/20
Food	Human Services Association Headquarters	<ul style="list-style-type: none"> • Home Delivered Meals Program • Location: various sites • Days/Times: 1x per week and varies with site *Call for more information 	Individuals 60+ that apply to the program	(562)806-5400	www.hsala.org/locations	4/9/20
Food	St. Gregory the Great	<ul style="list-style-type: none"> • Food baskets • Location: 13935 Telegraph Rd. Whittier, CA • Days/Times: Every second and fourth Friday of the month M-F offer breakfast to first come first serve 	All	(562)777-2475	Call first as days and times can change	4/13/20

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Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Food	Catholic Rainbow Church	<ul style="list-style-type: none"> • Providing food • Location: 1419 Carmenita Rd., Whittier, CA • Days/Times: MTWF and 2nd & 4th Saturdays 11 am-1 pm • Must arrive at 10:30 am to receive a # 	All	(562) 781-8247 (call for food and questions) (562) 897-2095 (562) 556-4449	https://catholicrainbowoutreach.com/	4/10/20
Food	Centro Cristiano Manatial	<ul style="list-style-type: none"> • Food • Location: 10035 Washington Blvd., Bellflower • Days/Times: Monday's at 6 pm 	All	(562) 481-1642		4/10/20
Food	Heart of Compassion	<ul style="list-style-type: none"> • Foodbank • Location: Applied Technology Center High School- 1200 W. Mines Ave. Montebello, CA. 90640 • Days/Times: Tues. 11am -1pm Wed. 12:30pm – 1:30pm • \$5 Donation 	Low-income, Individuals experiencing homelessness, anyone in need of food	(323) 727-7997	http://www.heartofcompassionca.org/	4/13/20
Food	Interfaith Based Church	<ul style="list-style-type: none"> • Foodbank distribution • Location: Varies. Call • Days/Times: Thurs. and Fri. at 1:30 until run 	All	(424) 308-2155 Pastor Mago		4/16/20

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Food	Salvation Army	<ul style="list-style-type: none"> • Emergency food distribution • Location: 2965 E. Gage Ave., Huntington Park, CA • Thursday's 2pm-4pm • Any form of ID 	All	(323) 587-4221		4/16/20
Food	Salvation Army	<ul style="list-style-type: none"> • Senior brown bag • Location: 2965 E. Gage Ave., Huntington Park, CA • Every 3rd Friday of the month • Any form of ID 	Individuals 60+	(323) 587-4221		4/16/20
Food	Salvation Army	<ul style="list-style-type: none"> • Hot meals • Location: 2965 E. Gage Ave., Huntington Park, CA • Tues., Thurs., Fri., 11:20am-12:20pm • Any form of ID 	Individuals experiencing homelessness	(323) 587-4221		4/16/20
Food	Montebello Senior Center	<ul style="list-style-type: none"> • Deliver meals to residents of Montebello. Thursdays 10am-2pm • Call to make reservations on Mon. • \$3 per meal (60 +) • \$5 per meal (under 60) 	All	(323) 887-4575 or (626) 960-2995	www.cityofmontebello.com/nutrition-programs	4/16/20
Food	Hawaiian Gardens Food Bank	<ul style="list-style-type: none"> • Location: 22121 Norwalk Blvd., Hawaiian Gardens • T, W, Thrs., 10am-3pm • Bring Valid ID & bags 	All	(562) 860-9097 Or (562) 425-4001		4/23/20

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Food	LA Food Bank and Via Care	<ul style="list-style-type: none"> • Mobile Food Pantry • Location: 4755 E Cesar E Chavez Ave., Los Angeles • Days/Times: Every 4th Friday 9am-11am • Bring own cart or reusable bag 	All	(323) 268-9191		4/20/20
Food	St. Mary's Place	<ul style="list-style-type: none"> • Drive-up meal pick-up at parish hall • Location: 7215 Newlin Ave., Wittier, CA • Days/Times: Saturday 10am-12pm 	All	(562) 698-0107		4/23/20
Food	Los Angelitos Bakery	<ul style="list-style-type: none"> • Free bread for each child present • Location: 2881 E. Florence Ave., Huntington Park, CA • Days/Times: M-F 12pm-2pm 	Children 5-13 y/o	(323) 587-2253		4/23/20
Food	Inner City Vision	<ul style="list-style-type: none"> • Grocery delivery Please call 	65+ individuals in Florence-Firestone area who are: Disabled, unable to leave their home, or have no social support	(323) 749-7246		4/23/20

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Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Food	City of Bell Gardens	<ul style="list-style-type: none"> • Grab-n-Go Breakfast • Location: Ford Park • Days/Times: • Mon.- Fri. 9am-10:30am 	1-18 years old	(562) 806-7650	www.bellgardens.org	9/10/20
Food	City of Bell Gardens	<ul style="list-style-type: none"> • Grab-n-Go Supper • 3 Location: Veterans Park 6662 Loveland St., Bell Gardens John Ansen Ford Park 8000 Park Lane, Bell Gardens Neighborhood Youth Center 5856 Ludell St., Bell Gardens • Days/Times: Beginning 4/27/20 Monday – Friday 3pm-4pm 	1-18 years old	(562) 806-7650	www.bellgardens.org	9/10/20

HOMELESS SUPPORT RESOURCES FOR East Region – SPA 7

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Homeless (Youth)	Penny Lane: With a little help from my friends	<ul style="list-style-type: none"> • Shower • Meals • Clothing • Computer/internet access • Laundry services • Mental health • Substance abuse • Location: 5628 E. Slauson Ave., Commerce, CA • Days/Times: Tues.- Fri. 1pm -7pm Sat. 8am – 8pm 	Transitional Age Youth 16-25 y/o experiencing homelessness, LGBTQ identified or questioning, and foster youth	(323) 318-9960	https://www.pennylane.org/pennylane/transitional-age-youth-tay-drop-in-center/	4/23/20
Temporary Housing	Open Hearts Home Inc.,	<ul style="list-style-type: none"> • Housing • Call: 866-676-4787 from 8am-8pm 	Low income families and single women	(866) 676-4787	https://openheartshomes.org/	4/23/20

BEHAVIORAL HEALTH RESOURCES FOR East Region – SPA 7

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Mental Health/Behavioral Health	La County DMH	Mental Health Services/Support	All	24/7 Access Line at (800) 854-7771	https://dmh.lacounty.gov/	4/8/20
Mental Health/Behavioral health	RISE	Virtual resources for anxiety & mental health	All	None	https://www.virusanxiety.com/	4/2/20
Mental Health/Behavioral Health	Helpline Youth Counseling (HYC)	Counseling, parenting classes, and group counseling via phone or zoom	All (please call for more information)	(562) 256-6309	Karen Alfaro kalfaro@hycinc.org	4/13/20

BEHAVIORAL HEALTH RESOURCES FOR East Region – SPA 7

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Mental Health/Behavioral Health	The Village Family Services	<ul style="list-style-type: none"> • Accepting new clients via Telehealth • Individual/family counseling, domestic violence groups, psychiatry, medication supervision, targeted case management, crisis prevention • Therapy services Free of charge for children, youth and adult victims of crime 	Children, youth, families, and victims of crime	(323) 277-4752	Liliana Hernandez SouthEastLA@thevillagefs.org	4/17/20
Mental Health/Behavioral Health	The Whole Child	<ul style="list-style-type: none"> • Mental health services including parenting enrichment • Via video/ phone conferencing 	Children and families	(562) 692-0383	<ul style="list-style-type: none"> • Parent enrichment: TWCHomeVisiting@thewholechild.org • Mental health: twcservicecoordination@thewholechild.org 	4/30/20
Mental Health/Behavioral Health	Children's Institute (CII)– Project Fatherhood	<ul style="list-style-type: none"> • Virtual zoom room groups for dads to stay connected and gains skills to strengthen relationship with kids • Offered in Spanish and English 	Dads across all CII campuses	(213) 260-7604	https://www.childrensinstitute.org/	4/30/20
Mental Health/Behavioral Health	Teen Line	Virtual Outreach Program Topics include gender & sexuality, healthy relationships, and general information	Teens	(800) TLC-TEEN from 6-10 PM (PST) nightly. They can also text "TEEN" to 839863	Teenline.org/outreach	9/10/20

UTILITY RESOURCES FOR East Region – SPA 7

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Utilities	SoCal Gas	<p>Residential Customers Service disconnects temporarily suspended. Offering assistance with paying your bill</p> <p>Small Business Customers Waiving late payment fee</p>	All	(877)427-2200	https://www.socalgas.com/coronavirus	4/3/20
Utilities	Salvation Army	<ul style="list-style-type: none"> • Assistance with So Cal Gas and Edison utilities • Location: 2965 E. Gage Ave., Huntington Park, CA • Call (323)587-4221 to make appt. Monday's @ 11am • If line busy, please keep trying 	Anyone in need of assistance with utility bills	(323) 587-4221		4/16/20
Internet	AT&T Access	<ul style="list-style-type: none"> • \$10 internet service • 2months free 	Individuals/families who qualify via income or participation in the National School Lunch or Head Start programs	(855) 220-5225	https://www.att.com/shop/internet/access/index.html?source=ECmj0000000000mbU&wtExtndSource=access#!//#%2F	4/22/20

FINANCIAL RESOURCES FOR East Region – SPA 7

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Financial	California Department of Insurance	<ul style="list-style-type: none"> • Affordable low-cost liability insurance for low-to-moderate income households. • Easy qualifications online. • 60-day insurance premium waivers are available check with your insurance carrier • AB60 license holders accepted • If your license has expired due to COVID19, you can still apply for coverage 	Low-income		https://www.mylowcostauto.com/ http://www.insurance.ca.gov/	4/9/20

EDUCATION RESOURCES FOR East Region – SPA 7

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Education	LA County Libraries	<ul style="list-style-type: none"> • Virtual Storytime Program • Location: Live on Instagram and Facebook. • Days/Time: Monday-Thursday @ 11am & 3:30pm • Temporary Digital Library Card access to: eBooks, audiobooks, magazines, movies, TV, homework help, online classes and more. 	All		www.lacountylibrary.org	4/9/20

OTHER RESOURCES FOR East Region – SPA 7

Topic	Agency	Description of Services	Population Served	Phone Number	Website/ E-mail	Updated
Baby	Salvation Army	<ul style="list-style-type: none"> • Baby diapers • Walk-ins • Location: 2965 E. Gage Ave., Huntington Park, CA • Wednesday's & Friday's after 2pm • Need child's birth certificate for verification 	All	(323) 587-4221		4/16/20
Child-Care	YMCA of Greater Whittier	<ul style="list-style-type: none"> • Childcare for 18 mos – 8th grade • Financial aid available • M-F 6:30am -6:30pm • Locations: Uptown Whittier YMCA 12510 Hadley St., Whittier, CA East Whittier YMCA 15740 Starbuck St., Whittier, CA Off-site childcare at 11 school sites across the Whittier service area 	All	Uptown Whittier YMCA (562) 907-6530 East Whittier YMCA (562) 943-7241	For information click here	09/10/20
Housing	LACDA – Los Angeles County Development Authority	<ul style="list-style-type: none"> • Information/referrals • Available via phone or email • Case management 	All	Jo Ann Eros-Delgado JoAnn.Eros@LACDA.org (562) 946-2425	https://www.lacda.org/home/coronavirus-update	4/20/20
Fitness/ Nutrition	The Whole Child	<ul style="list-style-type: none"> • Nutrition education via social media platforms 	All	Sophia Gonzalez sgonzalez@thewholechild.org	https://www.facebook.com/TheWholeChildCA https://www.instagram.com/thewholechildca/	4/30/20

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Fitness Nutrition & Health Education	LA Care – Family Resource Center	<ul style="list-style-type: none"> • Virtual programming: <ol style="list-style-type: none"> 1. Fitness and Exercise Classes 2. Nutrition and Healthy Cooking Classes 3. Classes for Kids and Families 	All	(213) 438-5570	Community Resource Centers' YouTube channel https://www.youtube.com/channel/UC7gl-PNZQz9w1Ju2ArTT9mg/	4/30/20
Tele Health	LA Care	<ul style="list-style-type: none"> • Access to tele-health from home 	Eligible LA Care Members			
Baby	HYC – Helpline Youth Counseling and Baby2Baby	<ul style="list-style-type: none"> • Free diapers • Pick-up Thursday's by appointment only 	All	(562)331-2751	Call Jocelyn Ramirez Click here for more information	09/10/10
Misc.	La County Libraries	<ul style="list-style-type: none"> • Free printing services available at all sidewalk service locations. Print up to 10 pages Monday-Friday. • Laptop and hotspot loans: East Los Angeles Library, Huntington Park Library, and South Whittier Library 	All		https://lacountylibrary.org/express-service/	9/10/20