

- 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

MEDI-CAL INFO

Eligibility Status for Health Care Options
800-430-4263

Denti-Cal Provider Search
800-322-6384

PUBLIC AGENCIES

Department of Children & Family Services
2325 Crenshaw Blvd, Torrance 310-972-3111

Social Security
22600 Crenshaw Blvd, Torrance 800-772-1213

Dept of Public Social Services - Rancho Dominguez
17600 B Santa Fe Ave,
Rancho Dominguez 310-761-2030

Beach Cities South Bay One-Stop
1611 S. PCH #104, Redondo Beach 310-792-1300

- 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

We do our best to keep this guide up to date.
Please check with the agency before making a visit.
Beach Cities Health District & SBCEH

- South Bay Family Health Care*
2114 Artesia Blvd, Redondo Beach 310-802-6170
- Harbor-UCLA Family Medicine Free Clinic*
including free dental and optical services (4 pm start)
Journey South Bay Church-2761 190th St.
Redondo Beach, 3rd THURS from 6:30-8:30 pm
- Harbor-UCLA-Medical Center*
1000 W. Carson St, Torrance 310-222-2345
- Torrance Health & Wellness Ctr* 19410 S Vermont Ave
Ste. L102, Torrance 310-323-6887
- El Dorado Community Service Center*
4023 Martine Ave, Lawndale 310-675-9555
- North East Community Clinic*
1403 Lomita Blvd #100, Harbor City 310-784-5800
- Northeast Community Clinic*
200 E Anaheim St, Wilmington 310-816-9700
- Wilmington Community Clinic*
1009 N. Avalon Blvd, Wilmington 310-549-5760
- Wilmington Health Center*
1325 Broad Ave, Wilmington 310-518-8880



**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 ContactSBCEH@gmail.com

TEENS & YOUTH SERVICES

Emergency Shelter for Youth ages 10-17,
1736 Family Crisis Ctr (24 hr) drop in center
1736 Monterey Blvd, Hermosa 310-379-3620

*Dept Children & Family Services for
Transitional Housing for Former Foster
Youth ages 18-21*
213-351-0190

*SSG/Occupational Therapy Training
Program*, 19410 S Vermont Ave Ste. L102,
Torrance 310-323-6887

TEEN LINE, 7 days 6:00 pm to 10:00 pm
PST toll-free from anywhere in California
310-855-HOPE(4673)

Text us by texting "TEEN" to 839863
California Youth Crisis Line
800-843-5200
(live chat 24 hr)

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 Laboure (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
Lennox Link 626-458-5914

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 Adt 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