



CARING CONNECTIONS

2017-2018 RESOURCE DIRECTORY



WWW.CARINGCONNECTIONSONLINE.COM

MISSION STATEMENT

OUR COMMITMENT IS TO BE A BRIDGE TO A HEALTHY AND SUCCESSFUL FUTURE FOR CHILDREN AND FAMILIES OF THE BELLFLOWER UNIFIED SCHOOL DISTRICT

DIRECTORY INCLUDES:

After School Education and Safety (ASES) Program, AltaMed Youth Services, Alternative Options, American Cancer Society, American Red Cross, Angel Step Too, Asian Pacific Counseling, Bellflower Brethren Church, Bellflower Health Center, Bellflower Noon Lions Club, Bellflower Sheriff's Substation, Bellflower WIC, Bethany Church, Bethany Manor Development and Learning Center, Boy Scouts of America, C.M. Brakensiek Library, CalFresh Program, Casa Youth Shelter, Cerritos College-Adult Ed & Diversity Programs, Cerritos College-Foster & Kinship Care, Cerritos College-Re-Entry Program, ChildNet Youth and Family Services, Children's Home Society, City of Bellflower, City of Lakewood, Community Family Guidance Center, Community Assessment Services Center (CASC), Covered California, Creative Destinations of Life, Crystal Stairs, Inc., Dairy Council of California, Dr. James Maggiano, O.D., Dreamland Dental, EduWorkshops & Quest Learning Center, Early Childhood Education & State Preschool (BUSD), Encounter Christian Church, Exchange Club Family Support Center, Fair Housing Foundation, FHCCGLA, First Christian Church, Grandparents as Parents, Habitat for Humanity, Helpline Youth Counseling, Inc., Holy Redeemer Lutheran Church, Home Education-Independent Study Program (BUSD), JWCH Institute, Inc.-Wesley Health Centers, Kaiser Permanente, Kingdom Causes, Kiwanis Club of Bellflower, Lakewood First United Methodist Church, Lestonnac Free Clinic, Little House, L.A. County Department of Mental Health, L.A. County Department of Public Health, L.A. County Department of Public Social Services, L.A. County Quilters Guild, Los Angeles Center for Alcohol & Drug Abuse, Los Angeles Universal Preschool, Los Cerritos YMCA, Low Cost Community Counseling Center, Olive Crest, Office of Assemblymember Cristina Garcia, Office of Congresswoman Linda Sanchez, Office of Congresswoman Lucille Roybal-Allard, Optometric Vision Care Associates, Inc., Parkcrest Christian Church, Pathways Community Services, Pathways Volunteer Hospice, Pioneer Medical Group, Power 4 Youth, Project APPLE (BUSD), Rosewood Christian Church, Rotary Club of Bellflower, Salem Christian Homes, Soroptimist International of Bellflower, Southeast Family Resource Center, Southeast Los Angeles County Workforce Development Board (SELACO WDB), Southeast Los Angeles Special Olympics, Southern California Rehabilitation Services, Star View Community Services, St. Johns Well Child & Family Center, Su Casa-Ending Domestic Violence, The ARC, The Children's Clinic, The Children's Dental Clinic, The Guidance Center, The Journey at Mayfair Community Church, The Lord's Church, The Whole Child, University of California Cooperative Extension

A listing in the directory does not constitute an endorsement or certification of a program's services, nor is any exclusion intentional. Contact the resources directly for information on accepted insurance programs.

Caring Connections

Caring Connections is a 501 (c) (3) organization designed to meet the needs of the students and families of Bellflower Unified School District. Caring Connections consists of more than 50 local child and family-serving agencies dedicated to helping children and the community by:

- Improving student achievement and attendance in school
- Increasing awareness of available community resources
- Providing families with connections to community services
- Connecting individuals to high quality programs and services offered by collaborative partners

Case managers work at school sites to ensure that families are aware of community resources and special services available through partnerships with local service providers. Case managers are able to link families with services needed to ensure that children have the tools they need to be successful students.

Caring Connections Motto:
“Healthy Kids Learn Better”



Contact: Renett Banagas, Community Services Coordinator
Bellflower Unified School District Office ~ 16703 S. Clark Ave., Bellflower, CA 90706
(562) 866-9011 ext. 2092 or rbanagas@busd.k12.ca.us

Bellflower Unified School District Schools:

Albert Baxter School
14929 S. Cerritos Ave.
Bellflower, CA 90706
(562) 531-1602

Craig Williams School
6144 Clark Ave.
Lakewood, CA 90712
(562) 804-6540

Ernie Pyle School
14500 W. Woodruff Ave.
Bellflower, CA 90706
(562) 804-6528

Esther Lindstrom School
5900 N. Canehill Ave.
Lakewood, CA 90713
(562) 804-6525

Frank E. Woodruff School
15332 S. Eucalyptus Ave.
Bellflower, CA 90706
(562) 804-6545

Intensive Learning Center
4718 E. Michelson St.
Lakewood, CA 90712
(562) 804-6513

Stephen Foster School
5223 E. Bigelow St.
Lakewood, CA 90712
(562) 804-6518

Ramona School
9351 Laurel St.
Bellflower, CA 90706
(562) 804-6532

Thomas Jefferson School
10027 Rose St.
Bellflower, CA 90706
(562) 804-6521

Washington School
9725 Jefferson St.
Bellflower, CA 90706
(562) 804-6535

Bellflower Middle/High School
15301 S. McNab Ave.
Bellflower, CA 90706
(562) 920-1801

Somerset High School
9242 Laurel St.
Bellflower, CA 90706
(562) 804-6548

Mayfair Middle/High School
6000 N. Woodruff Ave.
Lakewood, CA 90713
(562) 925-9981

BAE Center
6024 Clark Ave.
Lakewood, CA 90712
(562) 356-9904

Las Flores Home Education
10039 E. Palm St., Bellflower, CA 90706
(562) 804-6565

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ACADEMIC ASSISTANCE PROGRAMS

Bellflower Brethren Church - Tutoring Program

www.bellflowerbrethren.org

9405 Flower St., Bellflower, CA 90706

Contact: Von Cashman, Program Coordinator voncashman@verizon.net

(562) 335-3422

Services Provided:

Free homework assistance and tutoring program for students in grades 1-6 attending a Bellflower Unified Elementary School. Program is available on Tuesdays from 3:00-4:00pm. Parent permission is required. Contact any BUSD school site case manager for a referral or program coordinator, Von Cashman at (562) 335-3422; voncashman@verizon.net.

NOTES:

Bethany Church "Tutor Time"

www.bethanycrc.org

17054 Bixby Ave., Bellflower, CA 90706

Services Provided:

Free one-on-one homework assistance and tutoring program for students in grades 1-6 who attend a Bellflower Unified School District Elementary school. Program is available on Tuesdays from 3:30-4:30pm. Parent permission is required. For a referral contact a BUSD case manager or the community services coordinator for Caring Connections at (562) 866-9011 ext. 2092.

NOTES:

C.M. Brakensiek Library

www.colapublib.org/libs/brakensiek

9945 Flower St., Bellflower, CA 90706

(562) 925-5543 / Fax (562) 920-9249

Contact: Am Sukitphaiboon, Children's Librarian asukitphaiboon@library.lacounty.gov

Services Provided:

- **Live Homework Help**—FREE online tutoring for all students in all grades Kindergarten and up, including college age students. Access service at www.librarytutor.org. Must have a L.A. County library card to access program.
- **Family Place**—Family Place libraries are centers for early childhood information, parent education, early literacy, socialization, and family support. Expanding the traditional role of children services, Family Place builds on the knowledge of good health, early living, parent involvement and supportive communities play a crucial role in young children's growth and development.
- **Family Storytime**—For children and their family members of all ages.
- **Summer Reading Program**—Available to all grade levels and is held in June and July
- Free library cards for patrons with access to books, videos, DVD's, musical and spoken word recordings and online database.

NOTES:

EDUWorkshops Inc. & Qwest Homework Learning Center

11530 Lakewood Blvd., Downey, CA 90241

(562) 743-3935 or (562) 861-9119

Contact: Denise Thomas, Director denise@eduworkshops.org or deniseqwh1@gmail.com

Chantel Taylor chanteld2@gmail.com

EDUWorkshops Services Provided:

- FREE Saturday and summer reading & math programs, book club for youth (raffles and prizes at the end of each book reading), computer and typing classes.

Qwest Homework Learning Center Services Provided:

We tutor and work directly with the school's curriculum. We help with homework and prepare students for their weekly tests. Some of the subjects offered are:

- | | |
|-----------|------------|
| • Math | • Health |
| • Reading | • English |
| • Writing | • And More |
| • Science | |

Please call for fees and tuition prices. Scholarships are available throughout the year.

NOTES:

ACADEMIC ASSISTANCE PROGRAMS

Bellflower Unified School District

After School Education and Safety (ASES) powered by Think Together

Contact: Cynthia Garcia, Think Together Quality Assurance Coach
Or Tia Ewing, BUSD Educational Services

(562) 236-3831
(562) 866-9011 Ext. 2058

Services Provided:

The BUSD ASES program provides an opportunity for more than 700 students at seven sites in the school district to receive after school care and academic support. The mission of the program is to engage students in enrichment courses and activities to explore and develop their talents while gaining critical skills needed for success in school and beyond. BUSD has partnered with Think Together to provide after school program services, which support learning in and out of school.

For more information on the BUSD ASES program, please contact Think Together at (562) 236-3831.

NOTES:

Bellflower Unified School District

Home Education-Independent Study Program

Las Flores Educational Center
10039 Palm Ave., Bellflower, CA 90706
Contact: Tamara Zylla, Principal tzylla@busd.k12.ca.us

www.bUSD.k12.ca.us/homeeducation
(562) 804-6565 / Fax (562) 461-2209

Services Provided:

Home Education for home schooled children. Free tuition and curriculum. Two models available to choose from:

CLASSIC MODEL:

Grades K – 8: Parents are the primary teacher five days a week. Students and parents meet at least once a month with a credentialed teacher to review work and set goals. Students may also participate in enrichment learning experiences on Fridays.

CORE MODEL:

Grades K – 8: Students attend school three full days per week and are taught at home two days. Students and parents meet at least once a month with a credentialed teacher to review work and set goals. Students may also participate in enrichment learning experiences on Fridays.

Program is open to Los Angeles, Ventura, Kern, San Bernardino and Orange Counties. For more information or to register, visit www.bUSD.k12.ca.us. Check us out on Facebook and Yelp or visit our school website at: <https://sites.google.com/a/bUSD.k12.ca.us/las-flores-home-education/>

NOTES:

Kingdom Causes Bellflower

16429 Bellflower Blvd., Bellflower, CA 90706

www.kcBellflower.org
(562) 804-2189 / Fax (562) 679-4618

Contact: Christina Padilla-Birkey, Executive Director cpbirkey@kcBellflower.org

Services Provided:

- **Homework Club:** Tuesday nights at 7:00 p.m. Kingdom Causes offers free homework club for students in grades K-6. Parents must register their child(ren) on first visit.
- **Community Development:** Neighborhood development, after-school programs, community resources, employment training, homeless outreach, affordable housing projects, community events, and volunteer opportunities.
- **Good Soil Industries** – Social Enterprise and Job training program for Bellflower residents that are “hard to hire.”
- **24-7 Dad** – Fatherhood training class for “second-chance” dads, call office for class schedule.
- **Margaret’s House** – Hospitality home for homeless families to provide case management and transitional housing.
- **Our Place Housing Solutions** – Homeless prevention services for Bellflower, Artesia, Cerritos, Compton, Downey, Lakewood, Norwalk and Paramount.

NOTES:

ACADEMIC ASSISTANCE PROGRAMS

Olive Crest

17800 Woodruff Ave., Suite F, Bellflower, CA 90706

www.olivecrest.org

(562) 866-8956 / Fax (562) 866-4185

Contact: Jaime Zavala, Executive Director (562) 977-6906

Andrea Salazar, Director of Development (562) 977-6960

Jessica Leon, Family Resource Center Coordinator (562) 866-8956 ext. 1649

Services Provided: Foster/adoption services

- Residential homes
- Family preservation program
- Therapeutic education centers
- Transitional and independent living
- Mental Health Services
- Family Resource Center
- Parenting Classes
- Special programs

Tutor Lab-This program is intended to assist children with achieving academic success. Services offered included educational material, onsite tutors, and computer access. Space is limited, please contact Olive Crest Family Resource Center for further information regarding program.

Referral can be made by DCFS (Department of Children and Family Services), L.A. County probation, and Department of Mental Health and/or case manager at school site. Call Olive Crest directly for more information.

NOTES:

Power 4 Youth

www.power4youth.org

5199 E. Pacific Coast Highway #209, Long Beach, CA 90804

(562) 435-2352

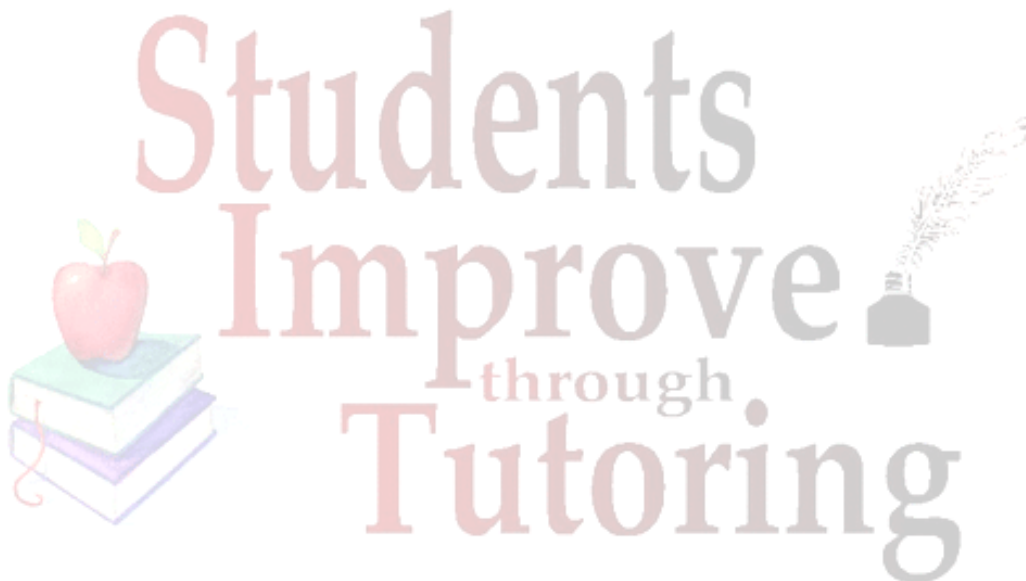
Contact: Samana Budhathoki, Match Supervisor samana@power4youth.org

Val Parker, Executive Director info@power4youth.org

Services Provided:

Site-based one-on-one academic mentoring for middle and high school students. Students may join in 6th through 9th grade, and may stay in the program through high school. Mentoring sites are located in Bellflower, Lakewood and Long Beach. There is a \$10 one time registration fee.

NOTES:



ADULT EDUCATION/EMPLOYMENT SERVICES

Cerritos College - Adult Ed & Diversity Programs

Community Education Building CE-11

11110 E. Alondra Blvd., Norwalk, CA 90650

Contact: Graciela Vasquez, Director gvasquez@cerritos.edu

www.cerritos.edu/aed

Adult Ed Office (562) 467-5098

Direct # (562) 860-2451 ext. 2490

Services Provided:

Adult education in non-credit courses offered to the community.

Services include:

- Courses for older adults (OWL Program)
- ESL, levels from low to high intermediate
- Citizenship classes and Citizenship application services
- Occupational Preparation with computer instruction
- GED test preparation (English and Spanish)
- College Assessment Preparation
- Plaza Comunitaria-This program consists of three levels of progression which teach the Spanish speaking adult to read, write and speak in their native tongue and to complete their first and secondary education. Contact Daryabuth Martinez at (562) 860-2451 ext. 2518 for more information.

Counseling services are available for all students in assistance with their educational planning. Contact office for more information. ESL, GED, and VESL students must take an assessment.

NOTES:

Cerritos College - Re-Entry Program

11110 E. Alondra Blvd., Norwalk, CA 90650

Contact: Shannon Estrada, Re-Entry Specialist sestrada@cerritos.edu

www.cerritos.edu/re-entry-program

(562) 860-2451 ext.2362 / Fax (562) 467-5057

Services Provided:

The Re-Entry Resource Program assists adults returning to school to make a smooth transition, overcome barriers unique to returning adults, and successfully attain their college goals and objectives. Services include:

- Personal assistance
- Workshops based on re-entry student issues
- Orientations
- Peer groups
- Information regarding child-care
- Financial Aid
- Scholarships
- Career counseling
- Job placement
- Community resources

Re-entry students of varied ages find these services relevant to their needs and interests. Contact re-entry program to receive more information.

NOTES:

Southeast L.A. County Workforce Development Board (SELACO W.D.B.)

10900 E. 183rd Street, Cerritos, CA 90703

Contact: Marjean Clements marjeanc@selaco.com

www.selacowib.com

(562) 402-9336 / Fax (562) 809-6897

Services Provided:

We are a private, non-profit organization serving the workforce development needs of individuals and businesses. The public is welcome to visit any of our locations to search for employment opportunities and access any of our no cost services that include:

- Copy and fax machines
- Job leads
- Computers with Internet Access
- EDD services
- Veteran services
- 55+ work experience program
- Direct recruitment
- Services for persons with disability
- Computer classes

Job search assistance and job search workshops are available to those who enroll. No cost to participants. Interested individuals can stop by or call directly.

NOTES:

AFTER SCHOOL PROGRAMS/CHILD-CARE

Bellflower Brethren Church

9405 Flower St., Bellflower, CA 90706
Contact: Von Cashman, Children’s Ministry Director (562) 335-3422

www.bellflowerbrethren.org
(562) 925-6561

Services Provided:

- **Good News Club** – Age appropriate Bible stories, games and songs (K-3rd grades; Wednesdays 1:35-2:45pm at Ramona School)
- **Release Time Club** – Age Appropriate Bible stories, games and songs (4-6th grades; Wednesdays 1:35-2:45pm at the church in room 202)
- **AWANA** – Age appropriate Bible stories, games and activities (3 years through 12 grade; Sunday evenings 5:45-7:30pm at the church)

NOTES:

Children’s Home Society

330 Golden Shore Dr., Suite 20, Long Beach, CA 90802

www.chs-ca.org
(562) 256-7400

Services Provided:

Children’s Home Society offers a wide range of services to parents including referrals to licensed child care. CHS also offers services to current and potential licensed child care providers and other community groups who are concerned with child care issues. All services are free of charge. CHS of California has three Child Care Assistance Programs that provide subsidized child care services to eligible families, including Alternative Payment, CalWORKs, and Child Protective Services.

NOTES:

Encounter Christian Church

10012 Ramona St., Bellflower, CA 90706
Contact: Nichole McGahey, Youth Coordinator nichole@encounterccb.org

www.encounterccb.org
(562) 866-0791 / Fax (562) 867-2319

Services Provided:

- **Summer Day Camp** is held Monday through Friday 10:00am-3:00pm for five weeks during the summer for \$20.00 per week (\$4.00 a day) per child, per week.
- **“Kick It”** - Teaches life skills to children ages 3-12 years old at no cost every Wednesday evening from 7:00pm-8:30pm, September-May.
- **Alpha Teens** - A free program for 7-8 graders, to teach them the importance of a well-balanced life is held Thursday evenings at 7:00pm September-June.
- **Ignite** - A free program for 9-12 graders, recreational activities and small groups held on Tuesdays from 7:15pm September-June.
- **Encounter:** A worship time for the entire family is every Sunday at 10am.

Contact Encounter Church for more information or to sign up for a program.

NOTES:

First Christian Church

17003 S. Clark Ave., Bellflower, CA 90706
Contact: Wayne A. Long, Minister bfccdoc@gmail.com

www.fccbellflower.org
(562) 866-9749 / Fax (562) 866-0683

Services Provided:

- **Infant and Child-Care Services** Hours: Monday-Friday 6:00am – 6:00pm. Fees for child-care are cash, credit cards, and Children’s Home Society. Contact Hedika Herrera for more information.
- **Sunday School at 9:30am and Worship at 10:40am.** Please contact Abby Macias, secretary for more information.

NOTES:

AFTER SCHOOL PROGRAMS/CHILD-CARE

Los Cerritos YMCA

15530 Woodruff Ave., Bellflower, CA 90706

www.lbymca.org

(562) 925-1292 / Fax (562) 925-2191

Contact: Jeremy Echnoz, Executive Director Jeremy.echnoz@lbymca.org

Lauren Burt, Associate Executive Director Lauren.burt@lbymca.org

Krystal Covarrubias, Administrative Assistant II Krystal.covarrubias@lbymca.org

Services Provided:

- **Before and After School Care** From 6:30am to 6:00pm for students in grades k-8 in the Bellflower, Paramount and ABC School Districts.
- **Preschool Program** - Ages 6 months through 4 years. Contact the Long Beach YMCA at (562) 279-1700.

Other programs available:

- Swimming lessons
- Summer & holiday camps
- Youth Basketball League (ages 5-12)
- Youth and Government (Grades 9-12)
- Resident camps
- Before and after-school care

Please call the YMCA for fees and to register for any of the above classes or programs.

NOTES:



CITY/COMMUNITY SERVICES

Bellflower Sheriff's Substation

16615 Bellflower Blvd., Bellflower, CA 90706

Contact: Joel Hockman, Director of Public Safety

www.bellflower.org

(562) 925-0124 / Fax (562) 804-7873

Mission Statement:

The mission of the Public Safety Department is to protect and serve the Bellflower community by providing timely, efficient and effective law enforcement and law enforcement support services.

Services Provided:

Police support services, parking control, fingerprints, and information.

Neighborhood Watch – The Bellflower Neighborhood Watch is a partnership of residents, the Los Angeles County Sheriff's Department, and the City of Bellflower, which works to promote public safety and prevent crime. It is a keystone of the city's Community Policing Program, and has been an instrumental factor in the dramatic reduction of serious crime in Bellflower.

NOTES:

Bellflower WIC Program

Public Health Foundation Enterprises

17610 Bellflower Blvd., Suite 104, Bellflower, CA 90706

Contact: Lucille Wang, Supervisor lucillew@phfewic.org

www.phfewic.org

(562) 461-9602 / Fax (562) 461-0080

1-888-WIC-BABY (toll free)

Services Provided:

The supplemental Food Program for Women, Infants, and Children (WIC), provides nutritional education and specific foods for women, infants, and children from families with low-income. The WIC Program works in conjunction with good health care to serve participants during critical times of growth and development in an effort to prevent health problems and improve health status.

Eligibility Criteria:

- Women must be pregnant, breastfeeding up to one year postpartum, or non-breastfeeding up to six months postpartum (including live birth, still birth, fetal loss, or miscarriage).
- Infants and children less than 5 years of age.
- Participants must meet California WIC income guidelines (call 1-888-WIC-BABY for income eligibility) and provide photo I.D. for women and I.D. for child at enrollment.
- Participants are requested to bring current medical information to the WIC Program and encouraged to get regular check-ups.
- Participants, including children, must be present and provide proof of income and address at enrollment and every 6 months after.

NOTES:

C.M. Brakensiek Library

9945 Flower St., Bellflower, CA 90706

Contact: Am Sukitphaiboon, Children's Librarian asukitphaiboon@library.lacounty.gov

www.colapublib.org/libs/brakensiek

(562) 925-5543 / Fax (562) 920-9249

Services Provided:

- **Live Homework Help**–FREE online tutoring for all students in all grades Kindergarten and up, including college age students. Access service at www.librarytutor.org. Must have a L.A. County library card to access program.
- **Family Place**–Family Place libraries are centers for early childhood information, parent education, early literacy, socialization, and family support. Expanding the traditional role of children services, Family Place builds on the knowledge of good health, early living, parent involvement and supportive communities play a crucial role in young children's growth and development.
- **Family Storytime**–For children and their family members of all ages.
- **Summer Reading Program**–Available to all grade levels and is held in June and July
- Free library cards for patrons with access to books, videos, DVD's, musical and spoken word recordings and online database.

NOTES:

CITY/COMMUNITY SERVICES

City of Bellflower

16600 Civic Center Drive, Bellflower, CA 90706
Contact: Community Development Department

www.bellflower.org
(562) 804-1424 ext. 2268 / Fax (562) 925-7272

Services Provided:

Parks and Recreation - P.J. Mellana, Director (562) 804-1424 ext. 2265

It is the goal of Parks and Recreation to provide comprehensive and innovative recreation services. The department operates three major parks: John Simms Park, T. Mayne Thompson Park/Aquatic Center, and Ruth Caruthers Park/Skate Park. Unsupervised parks include: Riverview Park, Palm Street Park, Constitution Park, Byrum Zinn Park, Pirate Park, Town Center Plaza, and the Library Garden. The supervised parks are generally open weekdays from 10:00am - 9:00pm in the summer. Weekend hours are generally 10:00am - 6:00pm depending on the season. Following are some of the services available through Parks and Recreation: Special Interest Classes, Aquatics, Cultural and Theatrical Programs, Facility Rentals, Nutrition/Meals on Wheels, Bellflower Recreation in Motion (BRIM), Therapeutic Recreation, Local Transit Program, Farmers Market, the Volunteer Center, and special events.

Bellflower Volunteer Center - Cindy Van Meeveren, Recreation Coordinator (562) 925-9003

16610 S. Clark Ave., Bellflower, CA 90706 (Located near the corner of Clark Ave. and Oak St. at Simms Park)

The Bellflower Volunteer Center offers a wide range of volunteer opportunities including:

- Nutrition Program Assistance
- Tutoring/Mentoring Programs
- Assisting at Elementary Sites
- Convalescent visits and activities
- Assisting at community special events, food pantries, and family donation program

If you would like to learn more about becoming a volunteer or if you would like to make a donation of goods or services, please call the Volunteer Center.

NOTES:

City of Lakewood

Department of Recreation and Community Services

5050 Clark Ave., Lakewood, CA 90712

Burns Community Center

5510 Clark Ave., Lakewood, CA 90712

Contact: Caitlin Carioso ccarioso@lakewoodcity.org

www.lakewoodcity.org

(562) 866-9771 ext. 2418 / Fax (562) 866-0505

Services Provided:

Various programs for all ages include:

- Tot Lot
- Preschool
- Parent and Toddler Creative Play
- Ballet
- Jazz
- Tap Dance
- Special interest classes
- Youth Sports Program
- Handicap programs (physical and mental)
- Teen programs available for teens living in or attending Lakewood schools
- AARP Tax Assistance (seasonal)-by appointment only
- Tutoring and homework clubs at various park facilities

Emergency food, utility bill assistance, holiday food basket assistance, and limited gift cards for special needs are available for Lakewood residents. Contact City of Lakewood for recreational activities at (562) 866-9771 ext. 2408 or contact Caitlin Carioso at (562) 866-9771 ext. 2418, Burns Community Center for other assistance programs.

NOTES:

CITY/COMMUNITY SERVICES

Creative Destinations of Life Foundation

9442 Flower St., Bellflower, CA 90706
Contact: Tricia Speed-Graham, CEO/Founder cdol.fd@gmail.com

www.cdolf.org
(562) 361-2096

Services Provided:

Creative Destinations of Life Foundation provides resources and services for the following:

- Childcare referrals
- Food drives and assistance
- Clothing
- Homework assistance
- Mentoring programs
- Shelter referrals
- Backpack distribution
- Coat Drive
- And more

For more information or to make an appointment for services please call (562) 361-2096.

NOTES:

Fair Housing Foundation

3605 Long Beach Blvd., Suite 302, Long Beach, CA 90807
Contact Person: Stephanie Luu, Outreach Coordinator
sluu@fhfca.org

www.fhfca.org
(800) 446-3247 / Fax (562) 989-1836

Services Provided:

- Education and counseling on landlord/tenant rights
- Investigation of housing discrimination
- Free outreach trainings and workshops available

No fees for services and office staff speak English, Spanish and Vietnamese, but can assist with other languages, if needed. Call the 800 number above to be placed on a call list. Fair Housing can help with responses for unlawful detainers.

NOTES:

Habitat for Humanity

8739 Artesia Blvd., Bellflower, CA 90706
Contact: Audrey DeVoe, Youth Programs Coordinator
youthprograms@habitatla.org

www.habitatla.org
(310) 323-4663

Services Provided:

Habitat for Humanity would like to offer our youth programs to Bellflower Unified School District. We have programs for youth ages 5-18. Students can also complete service hours through Habitat for Humanity's volunteer opportunities.

NOTES:

Kingdom Causes Bellflower

16429 Bellflower Blvd., Bellflower, CA 90706
Contact: Christina Padilla-Birkey, Executive Director cpbirkey@kcbellflower.org

www.kcbellflower.org
(562) 804-2189 / Fax (562) 679-4618

Services Provided:

- **Homework Club:** Tuesday nights at 7:00 p.m. Kingdom Causes offers free homework club for students in grades K-6. Parents must register their child(ren) on first visit.
- **Community Development:** Neighborhood development, after-school programs, community resources, employment training, homeless outreach, affordable housing projects, community events, and volunteer opportunities.
- **Good Soil Industries** – Social Enterprise and Job training program for Bellflower residents that are “hard to hire.”
- **24-7 Dad** – Fatherhood training class for “second-chance” dads, call office for class schedule.
- **Margaret’s House** – Hospitality home for homeless families to provide case management and transitional housing.
- **Our Place Housing Solutions** – Homeless prevention services for Bellflower, Artesia, Cerritos, Compton, Downey, Lakewood, Norwalk and Paramount.

NOTES:

CITY/COMMUNITY SERVICES

L.A. County Department of Public Social Services

12727 Norwalk Blvd., Norwalk, CA 90650

www.dpss.lacounty.gov

(866) 613-3777

Services Provided:

The CalFresh program (formerly known as Food Stamps), employment services, financial and homeless assistance through CalWORKS, In-Home Supportive Services for disabled and elderly population, Medi-Cal and other healthcare options through Affordable Care Act, and homeless assistance through General Relief. Contact the number above or visit the DPSS website for other outreach offices in the area.

NOTES:

Los Cerritos YMCA

www.lbymca.org

15530 Woodruff Ave., Bellflower, CA 90706

(562) 925-1292 / Fax (562) 925-2191

Contact: Jeremy Echnoz, Executive Director Jeremy.echnoz@lbymca.org

Lauren Burt, Associate Executive Director Lauren.burt@lbymca.org

Krystal Covarrubias, Administrative Assistant II Krystal.covarrubias@lbymca.org

Services Provided:

- **Before and After School Care** From 6:30am to 6:00pm for students in grades k-8 in the Bellflower, Paramount and ABC School Districts.
- **Preschool Program** - Ages 6 months through 4 years. Contact the Long Beach YMCA at (562) 279-1700.

Other programs available:

- Swimming lessons
- Summer & holiday camps
- Youth Basketball League (ages 5-12)
- Youth and Government (Grades 9-12)
- Resident camps
- Before and after-school care

Please call the YMCA for fees and to register for any of the above classes or programs.

NOTES:

Office of Assemblywoman Cristina Garcia

www.asmdc.org

8255 Firestone Blvd., Suite 203, Downey, CA 90241

(562) 861-5803 / Fax (562) 861-5158

Contact: Edgar Estrada, Senior Assistant Edgar.estrada@asm.ca.gov

Services Provided: State related matters and community resources. Servicing the 58th District.

NOTES:

Office of Congresswoman Linda Sanchez

www.Lindasanchez.house.gov

17906 Crusader Ave., Suite 100., Cerritos, CA 90793

(562) 860-5050 / Fax (202) 226-1012

Contact: Irma Gorrocino, Field Representative Irma.gorrocino@mail.house.gov

Services Provided: Casework assistance and federal help. Servicing the 38th Congressional District.

NOTES:

Office of Congresswoman Lucille Roybal-Allard

www.roybal-allard.house.gov

500 Citadel Drive, Suite 320, Commerce, CA 90040

(323) 721-8790 / Fax (323) 721-8789

Contact: Kim Tachiki-Chin, Senior Field Deputy kimberlie.tachiki@mail.house.gov

Services Provided:

Provides assistance with federal agencies (USPS, Immigration, IRS, Social Security Administration, Medi-Care, Veterans Affairs, etc.). Also provides speakers about the federal government. Servicing the 40th Congressional District.

NOTES:

Stonebridge Funeral and Cremation Services

www.stonebridgefuneral.com

17409 Woodruff Ave., Bellflower, CA 90706

(562) 404-1287 / (562) 679-4611

Contact Person: Robin Snow, Owner robin@stonebridgefuneral.com

Services Provided: Funeral services. Insurance assignments will be waived (\$250 value). Financing is available.

NOTES:

CRISIS/SHELTER RESOURCES

American Red Cross

Greater Long Beach Chapter

3150 E. 29th Street, Long Beach, CA 90806

www.redcrosslb.org

(562) 424-2821 or (562) 595-6341

Services Provided:

The American Red Cross is a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, to provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies. The Red Cross staff and volunteers train millions of people in vital life-saving skills, assists in natural disasters and transmits emergency messages to members of the Armed Forces and Emergency Services. Services include:

- Emergency and Disaster Response
- Preparedness Education
- Health and Safety Classes
- Blood Services
- Service to Armed Forces
- International and War Victims Tracing
- Project Youth

Contact American Red Cross for information on programs or to schedule a presentation.

NOTES:

Angel Step Too

www.scadpinc.org

Southern California Alcohol & Drug Programs/Residential Treatment Supportive Housing Program

16314 Cornuta Ave., Bellflower, CA 90706

(562) 461-9272 / Fax (562) 461-7103

Contact: Marijke Pantus, Program Coordinator
JoDee Nicholson, Administrative Assistant

Services Provided:

Angel Step Too is a 30-60 day supportive housing program for women and children whose lives have been disrupted by domestic violence and maternal substance abuse. Our 30-bed shelter is located in Bellflower, and provides housing, domestic violence and substance abuse counseling, peer support groups, parenting skills training, and support for transition to independent living. Clients are referred to out-patient care after the 30-60 day completion. We accept referrals through Department of Children and Family Services (DCFS) promoting safe and stable families and First 5 programs. The Federal Department of Housing and Urban Development (HUD) also funds program services that include:

- Housing
- Vocational Assistance
- Supportive Services
- Counseling

Contact Angel Step Too for phone assessment and interview.

NOTES:



CRISIS/SHELTER RESOURCES

Casa Youth Shelter

10911 Reagan St., Los Alamitos, CA 90720

Contact: Pamela Sepulveda, LCSW

Community Outreach Director pamelasepulveda@casayouthshelter.org

www.casayouthshelter.org

(800) 914-CASA (2272) / Fax (562) 594-9185

Services Provided:

Casa Youth Shelter is a 24/7 emergency temporary home in Los Alamitos, California. Our mission is to provide a safe haven for run-away, homeless, abandoned or abused youth, ages 12 through 17, with a goal of reuniting them with their family, if safe. We do so by providing a nurturing homelike environment where youth are able to receive individual and group crisis counseling along with family counseling. Intakes are completed 24/7. Walk-ins welcome.

Casa Youth Shelter also focuses on youth homelessness prevention by providing a host of services to at-risk youth and families in crisis in the community. Our outreach services include crisis-prevention education in the local middle schools and high schools, parenting education classes, and public awareness initiatives for the community.

The Parenting Classes are provided on site in English and Spanish. There is a Teen-Drop-In Group held at the same time as the parenting classes, with an aligned curriculum. Parenting classes are held on Mondays from 7:00-8:30 p.m. Casa Youth Shelter also sponsors the Youth Leadership Program, an empowerment program for high school students who are interested in learning more about working with the homeless/runaway youth population while developing leadership skills.

Services are provided on a sliding fee scale based on the parent/guardian's ability to pay. Sliding scale is low cost. Fees are NOT discussed with youth. Legal document status not required.

NOTES:

Little House

9718 Harvard St., Bellflower, CA 90706

www.littlehouseinc.org

(562) 925-2777 / Fax (562) 925-7572

Services Provided:

Little House Inc. is a 6 to 9 month residential treatment center for women. The groups consist of:

- Drug and Alcohol awareness
- Domestic violence
- Anger management
- Self esteem
- Step studies
- Parenting, recovery discussion groups
- Open 12 step meetings on Wednesday and Thursday nights starting at 7:30pm.

Each client has an individual treatment plan and a Counselor to keep them accountable. Resident fees are based on ability to pay. No one is turned away because of lack of funds. Call Little House directly for a phone screening.

NOTES:

Su Casa Ending Domestic Violence

3840 Woodruff Ave., Suite 203, Long Beach, CA 90808

Contact: Maria Rea, Transitional Shelter Manager

mariar@sucasadv.org

www.sucasadv.org

24-Hour (562) 402-4888 / Fax (562) 421-8117

Office: (562) 421-6537

Services Provided:

24-Hour Crisis Hotline -The crisis hotline is staffed 24 hours a day seven days a week with qualified domestic violence counselors.

Emergency Shelter - The 30-day emergency shelter provides emergency housing to 22 clients. The program provides individual and group counseling, transportation, emergency food, and clothing assistance in addition to case management, legal advocacy, CalWORKs assistance, temporary restraining order (TRO) preparation and submission, court accompaniment, parenting education, and transitional services.

Transitional Shelter - The Transitional Shelter Program assists individuals and families with the transition from crisis to independent living. This 3-12 month program provides housing for up to 24 individuals. Residents at this site are offered individual and group counseling and case management, including assistance with household establishment, job skills training, CalWORKs advocacy, and transportation.

Outreach Center (located at address above) - Visitors are provided with referrals for services, crisis intervention counseling, and enrollment in the Safe At Home program (confidential address program).

Contact 24 hour hotline number or e-mail Info@sucasadv.org for more information and/or to make a referral.

NOTES:

DENTAL RESOURCES

Dreamland Dental

16537 Bellflower Blvd., Suite B, Bellflower, CA 90706

www.dreamlanddental.com

(562) 867-2026

Services Provided:

Family dental practice including general, cosmetic, children and orthodontics. Accepts most private insurances, Denti-Cal and payment plans are available.

Dentists are available for oral health education presentations to parent or students in Bellflower Unified School District and can attend community resource fairs.

NOTES:

The Children's Dental Health Clinic

Miller Children's Hospital/Bufum Medical Pavilion

455 E. Columbia St., Suite 32, Long Beach, CA 90806

www.cdhc.org

(562) 933-3141 / Fax (562) 933-2049

Contact: Dr. John Blake, Executive Director

Jean Petrillo, RDH Oral Health Education Coordinator

Satellite Site:

- **Avalon Clinic**
(562) 933-3141
On the grounds of Avalon School, Catalina

Services Provided:

The CDHC serves children ages infant through 19 years old. Services include:

- **Basic Care:** diagnosis aided by digital x-ray, cleaning and preventive and restorative treatments.
- **Specialty Pediatric care:** provides services for children with physical, mental and/or emotional considerations and care for very young children. We offer oral sedation as well as anesthesiologist administered IV sedation and general anesthesia in a hospital setting.
- **Multidisciplinary Care:** Endodontics, Periodontics, and Oral Surgery (Main clinic site only)
- **Orthodontic Care:** at Main clinic only. **No cost consultation.** For more information please call (562) 933-0601.
- **Early Dental Care Project** provides dental screening and education for children 0-5 years old at Main Clinic. Info: (562) 933-0540.

Regular Medi-cal (Denti-Cal) and Delta Healthy Families are accepted. Emergency Medi-Cal covers emergency services. Sliding fee scale depending on family size and income. Family may qualify for other programs based on income resulting in low or no cost treatment. Contact either site for an appointment.

We are a non-profit 501 (c) (3) organization whose mission is to deliver oral health education and comprehensive treatment for economically disadvantaged children, including those with complex medical considerations, while also providing premier training in pediatric and multi-specialty dentistry.

NOTES:



DRUG AND ALCOHOL TREATMENT PROGRAMS

Alternative Options

17326 Edwards Rd., Suite A115, Cerritos, CA 90703

Contact: Jackie Johnston ext. 119

Sue Ferren, Program Director ext. 111 altoptions@aol.com

www.altoptions.com

(562) 921-5701 / Fax (562) 921-5703

Services Provided:

Intensive outpatient, individual, family, and partial day treatment programs for adults and adolescents:

- Substance abuse
- Drug testing services
- Mental health
- Eating disorders
- Dual diagnosis
- Individual therapy
- Family therapy
- Marital counseling
- Parenting skills classes
- Stress management
- Anger management
- Psychiatric/medication evaluation
- Process groups and education
- Significant others group

Parenting classes are offered every Thursday from 6:00-7:00pm for \$10. Alternative Options provides workshops for groups or agencies on awareness of chemical dependency, mental health, and eating disorders.

NOTES:

Angel Step Too

**Southern California Alcohol & Drug Programs/
Residential Treatment Supportive Housing Program**

16314 Cornuta Ave., Bellflower, CA 90706

Contact: Marijke Pantus, Program Coordinator
JoDee Nicholson, Administrative Assistant

www.scadpinc.org

(562) 461-9272 / Fax (562) 461-7103

Services Provided:

Angel Step Too is a 6 month supportive housing program for women and children whose lives have been disrupted by domestic violence and maternal substance abuse. Our 30-bed shelter is located in Bellflower, and provides housing, domestic violence and substance abuse counseling, peer support groups, parenting skills training, and support for transition to independent living. We accept referrals through Department of Children and Family Services (DCFS) promoting safe and stable families and First 5 programs. The Federal Department of Housing and Urban Development (HUD) also funds program services that include:

- Housing
- Vocational Assistance
- Supportive Services
- Counseling

Contact Angel Step Too for phone assessment and interview.

NOTES:

Community Assessment Services Center (CASC)

10355 Slusher Drive, Santa Fe Springs, CA 90670

Contact: Claudia Cotto-Verdon M.S., MFTI, Substance Abuse Navigator
ccottovern@chcada.org

(562) 903-5309

Services Provided:

Substance abuse screening and assessment. Referrals must come through DCFS.

NOTES:

DRUG AND ALCOHOL TREATMENT PROGRAMS

Helpline Youth Counseling, Inc.

14181 Telegraph Rd., Whittier, CA 90604
Contact: Jeff Farber, Executive Director

www.hycinc.org

(562) 864-3722 / Fax (562) 864-4596

Services Provided:

Child Abuse Reduction Effort (CARE) – A prevention program serving families in the cities of Artesia, Bellflower, La Mirada, and Norwalk. Aimed at strengthening family resiliency and parenting capabilities.

Visions Learning Center (VLC) – A therapeutic day treatment program for youth ages 14-18, who require a structured educational and counseling experience.

Youth Services (YSB) – A delinquency prevention and intervention counseling service for children and adolescents displaying behavior, which places them at risk for future delinquency, and must be on probation or are at high risk for involvement with the juvenile authorities. Services are youth and family counseling, on-campus prevention programs including camping, team sports, and field trips.

The Starting Point – A non-residential comprehensive drug/alcohol treatment program for adolescents ages 12 -17. Medi-Cal only.

A \$20 intake/sliding fee scale based on family size and income for individual and group counseling. No one turned away for lack of ability to pay. Contact Helpline for program enrollment. There is a wait list 4-6 weeks. Minimum co-pay of \$10.00, maximum of \$50.00. Minimum of 10 sessions, maximum 15.

NOTES:

Little House

9718 Harvard St., Bellflower, CA 90706

www.littlehouseinc.org

(562) 925-2777 / Fax (562) 925-7572

Services Provided:

Little House Inc. is a 6 to 9 month residential treatment center for women. The groups consist of:

- Drug and Alcohol awareness
- Domestic violence
- Anger management
- Self esteem
- Step studies
- Parenting, recovery discussion groups
- Open 12 step meetings on Wednesday and Thursday nights starting at 7:30pm.

Each client has an individual treatment plan and a Counselor to keep them accountable. Resident fees are based on ability to pay-no one is turned away because of lack of funds. Call Little House directly for a phone screening.

NOTES:

Los Angeles Centers for Alcohol & Drug Abuse

Administration Adult and Youth Outpatient Services:

11015 Bloomfield Ave., Santa Fe Springs, CA 90670

www.lacada.com

(562) 906-2676 / Fax (562) 906-2681

Contact: communityservices@lacada.com
youthservices@lacada.com

Services Provided:

Youth (ages 12-18) and adult services:

- Life skills education
- Crisis intervention and referral
- Drug education
- Domestic violence classes
- UA testing
- Process groups
- Specialized care
- Anger management classes
- Parenting classes
- Relapse program
- HIV/AIDS
- Case management
- Parent support groups
- Recreational activities
- Individual and family counseling
- Court ordered programs

Medi-Cal, sensitive services, sliding fee scale, Prop 36, GR, and many health insurances accepted. Contact LA CADA for more information or services.

NOTES:

FOOD. NUTRITION. AND CLOTHING RESOURCES

Bellflower W.I.C. Program

Public Health Foundation Enterprises

17610 Bellflower Blvd., Suite 104, Bellflower, CA 90706

Contact: Lucille Wang, Supervisor lucillew@phfewic.org

www.phfewic.org

(562) 461-9602 / Fax (562) 461-0080

1-888-WIC-BABY (toll free)

Services Provided:

The supplemental Food Program for Women, Infants, and Children (WIC), provides nutritional education and specific foods for women, infants, and children from families with low-income. The WIC Program works in conjunction with good health care to serve participants during critical times of growth and development in an effort to prevent health problems and improve health status.

Eligibility Criteria:

- Women must be pregnant, breastfeeding up to one year postpartum, or non-breastfeeding up to six months postpartum (including live birth, still birth, fetal loss, or miscarriage)
- Infants and children less than 5 years of age
- Participants must meet California WIC income guidelines (call 1-888-WIC-BABY for income eligibility) and provide photo I.D. for women and I.D. for child at enrollment
- Participants are requested to bring current medical information to the WIC Program and encouraged to get regular check-ups
- Participants, including children, must be present and provide proof of income and address at enrollment and every 6 months after

Walk-in or call for an appointment.

NOTES:

CalFresh Program

www.calfresh.ca.gov

Department of Public Social Services Office

www.dpss.lacounty.gov

12727 Norwalk Blvd., Norwalk, CA 90650

(866) 613-3777

Contact: Erica Camarena ericacamarena@dpss.lacounty.gov

Minerva DeLaCruz, Outreach Mobile Coordinator (626) 569-2905

Services Provided:

The CalFresh program (formerly known as Food Stamps) helps to improve the nutrition of low-income households. Qualified applicants can use CalFresh benefits instead of money at the grocery stores. Contact the number above or visit the DPSS website for other outreach offices in the area.

NOTES:

Dairy Council of California

www.healthyeating.org

10815 Bonavista Lane, Whittier, CA 90604

Contact Person: Candice Sainz, Community Nutrition Advisor

(949) 756-7892

csainz@dairycouncilofca.org

Services Provided:

Since 1919, Dairy Council of California has been an innovator in nutrition education and the dairy industry's contribution to community health. We produce balanced nutrition, education and programs and resources, which are free in California for schools, health professionals' office and workplace wellness programs.

- Nutrition education curriculum
- Mobile Dairy Classroom
- Smarter Lunchroom Technical Advising Professional support
- LSWP assistance
- Peer-to-Peer trainings

NOTES

FOOD. NUTRITION. AND CLOTHING RESOURCES

Holy Redeemer Lutheran Church

14515 Blaine Ave., Bellflower, CA 90706

(562) 867-0714

Contact: Pastor Tracy Williams
twilliams_teacher@yahoo.com

Services Provided: Church Services at 10:00 a.m. and Sunday School at 9:00 a.m.

Food Pantry Program–Holy Redeemer offers the community free food every Friday starting at 10:00am. Please bring a grocery bag or box to carry items in. It is recommended you arrive an hour prior to sign up. Please call the church office for more information on food pantry program or if you would like to donate.

NOTES:

Lakewood First United Methodist Church

www.lakewoodfirstumchurch.com

4300 Bellflower Blvd., Lakewood, CA 90713

(562) 425-1219

Services Provided:

Broken Loaf Food Pantry–First United Methodist Church offers the community free food every Saturday starting at 9:00am-11:00pm. Please call the church office or go on church website for more details or if you would like to donate.

NOTES:

Parkcrest Christian Church-Lakewood

www.parkcrest.org

6236 Woodruff Ave., Lakewood, CA 90713

(562) 925-0251

Services Provided:

Food Pantry–Parkcrest Church offers the community free food every fourth Saturday of the month starting at 11:00am-12:00pm. Please call the church office for more details.

NOTES:

Rosewood Christian Church

www.rosewoodchurch.com

10115 Rose St., Bellflower, CA 90706

(562) 804-4778

Contact Person: Christen Toyama, Administrative Assistant
ctoyama@rosewoodchurch.com

Services Provided:

Food Pantry Program–Rosewood offers the community free food every Friday from 3:00pm-4:00pm. Families are asked to sign-in and provide family size. For donations to the food pantry, please contact the church office.

NOTES:

The Journey at Mayfair Church

www.mayfairchurch.org

6150 Bellflower Blvd., Lakewood, CA 90713

(562) 867-3198

Contact: Tim VanderBaan, Pastor tim@mayfairchurch.org

Services Provided:

Food Pantry Program – First Saturday of each month from 8:45-11:00am. Families are asked to sign-in and provide family size. Donations and volunteers are welcome. Please contact Paula Delp or email foodpantry@mayfairchurch.org for more information.

NOTES:

FOOD. NUTRITION. AND CLOTHING RESOURCES

The Lord's Church

9740 Flower St., Bellflower, CA 90706

(562) 866-8283

Services Provided:

Clothing Closet is available to the community and open every 1st and 3rd Wednesday of each month from 10:00am-12:00pm. The Clothing Closet is located at 9701 Flower Street on the corner of Flower and Orchard. Referral by a school site case manager is preferred but not mandatory. If you would like to donate clothes please drop off items only on the day the Clothing Closet is open. Please do not leave them on the doorstep any other day the Clothing Closet is closed. We cannot guarantee we will receive your items.

The Lord's Church offers the community free food the 2nd and 4th Wednesday and the 3rd Friday of every month after service which starts at 7:00pm.

Contact the church office for more information on these programs.

NOTES:

University of California Cooperative Extension

www.celosangeles.ucanr.edu

700 W. Main St., Alhambra, CA 91801

(626) 586-1984

Contact: Natalie Price, Consumer Sciences Advisor

nmprice@ucanr.edu

Services Provided:

We offer a free 8 week session parent nutrition education class, and 6 session youth (K-12) nutrition education class. Nutrition educators empower participants to adopt healthy lifestyle practices. The goals include providing information about food choices for healthy living and reduced risk for chronic diseases, safe food handling, storage and preparation, and making the most of resources to feed the family. Income restrictions apply.

NOTES:



MEDICAL SERVICES

AltaMed Youth Services

Two locations: 711 Wardlow Road Suite 203, Long Beach, CA 90063
512 S. Indiana St., Los Angeles, CA 90063

(562) 595-8040/Fax (562) 595-8174
(323) 307-0160/Fax (323) 307-0162

Contact Persons: Maria Mariscal, Program Supervisor mmariscal@altamed.org
Cynthia Sanchez, Program Supervisors csanchez@altamed.org

Services Provided:

Provide supportive services to pregnant and/or parenting teens that are receiving cash-aid or are low-income and under 19 years old. Clients must **not** have their high school diploma. We service both male and female clients with enrollment into school, childcare, transportation, diapers, and baby items. We also link teens to housing, mental health therapy, dental screening, birth control referrals to clinics as well as services through our mobile unit events. We accept Medi-Cal.

NOTES:

American Cancer Society

www.cancer.org

936 Pine Ave., Long Beach, CA 90813

(562) 437-0791 / Fax (562) 495-1782
1-800-227-2345 24hr.

Services Provided:

- Community health materials
- Speakers for: nutrition, physical activity, breast, colon, prostate cancer, and tobacco education.
- Wigs, bras, prosthesis, medical equipment, incontinent briefs, transportation, and other services provided free to cancer patients.
- Relay for Life support and fundraising events

Services and health education materials for cancer patients are free. Excessive material orders may incur administrative costs. Please contact any of the above office locations for services or the 1-800 phone number.

NOTES:

Bellflower Health Center

www.dhs.lacounty.gov

10005 E. Flower St., Bellflower, CA 90706

(562) 804-8112

Long Beach Comprehensive Health Center

(562) 599-2153

1333 Chestnut Ave., Long Beach, CA 90813

Contact: Dorothy Jung, Health Education Assistant dolee@dhs.lacounty.gov

Direct # (562) 599-8782

Services Provided:

- Primary Care
- Family Medicine Clinic
- Family Planning
- Prenatal Care
- Women's Health clinic
- Pediatric Clinic
- **Medi-Cal eligibility and enrollment assistance available at the Long Beach Comprehensive Health Center in Long Beach (562) 599-2153 ext. 8706**

Clinic service times may vary. Please call ahead to find out days and times available. No walk-ins, appointments only. Medi-Cal, Medi-Care, CHDP, Family PACT, Healthy Way LA, Ability to Pay (ATP), sliding fee scale, and cash payments are accepted. **PLEASE NOTE:** In recent years clinic services and funding sources have been eliminated at the clinic. Before referring any child or family to the clinic it is recommended that you first call the clinic to find out if particular services are available and what the cost to the family will be.

NOTES:

Covered California

www.coveredca.com

1000 N. Alameda St., Los Angeles, CA 90012

(916)539-4773

Contact: Claudie Kiti-Bustamante, Regional Coordinator Claudie.kitibustamante@civered.ca.gov

Services Provided:

Free and low-cost health care programs and services are available to qualifying individuals. Please visit the website for more information and to locate a Certified Enrollment Counselor near you.

NOTES:

MEDICAL SERVICES

Crystal Stairs, Inc.

5110 W. Goldleaf Circle, Suite 150, Los Angeles, CA 90056

www.crystalstairs.org
Hotline (323) 299-9295

Services Provided:

Health insurance enrollment assistance for children ages 0-19 years. They also assist with re-certification or troubleshooting for health insurance programs.

NOTES:

FHCCGLA Family Health Care Centers of Greater Los Angeles

6501 S. Garfield Ave., Bell Gardens, CA 90201

www.fhccgla.org

(562) 776-5000

Downey Family Medical Center

12113 Woodruff Ave., Suite A, Downey, CA 90241

(562) 803-1430

Contact: Elizabeth Mejorado, Patient engagement Specialist
emejorado@fhccgla.org

Services Provided:

- General Medicine
- Women's Health
- Pediatrics
- Adolescent and Teen Health
- Men's Health Care
- Prenatal Care
- Dispensary
- Dental Services (only at Bell Gardens)

Services may vary by site. Sliding fee scale, Medi-Cal, Medicare, Family Pact, CHDP, MHLA, Aetna, Anthem Blue Cross, Blue Shield, California Care, Care 1st, Central Health Plan, Cigna, Citizen's Choice, Easy Choice, Health Net, LA Care, Molina Medi-Connect & Commercial Private Insurance – HMO.

NOTES:

JWCH Institute, Inc.

Wesley Health Centers-Bellflower Medical Clinic

14371 Clark Ave. Bellflower, CA 90706

www.jwchinstitute.org

Appointments (866) 733-5924

(562) 867-7999

Contact: Daniela Espinoza despinoza@jwchinstitute.org

Maria Mendoza. Enrollment Specialist (Bellflower) mmendoza@jwchinstitute.org

Services Provided:

JWCH (John Wesley Community Health) provides comprehensive healthcare. Services Include:

- Primary Health Care
- Pediatrics
- Optometry
- Podiatry
- Diabetes Care
- Prenatal Care
- Behavioral Health
- Reproductive Health
- Laboratory services
- Enrollment Specialist on-site

Services may vary by site. Wesley Health Centers provides affordable comprehensive healthcare. We accept most health coverage including Medi-Cal, Medi-Care, and Covered CA. All enrollment specialists accept walk-ins for health coverage application assistance. No one is turned away for inability to pay.

NOTES:

MEDICAL SERVICES

Kaiser Permanente

Public Affairs Department

12200 Bellflower Blvd., Downey, CA 90242

Contact: Lana Peterson, Public Affairs and Brand Communications Director
lane.e.peterson@kp.org

www.kp.org/downey
(562) 622-4076 / Fax (562) 622-3882

www.twitter.com/kpdowneynews
www.facebook.com/kaiserpermanentedowney

Services Provided:

- Kaiser Permanente is a full service hospital offering all care including emergency room services.
- Kaiser Permanente health insurance plans are available through Covered California.
- For more than 25 years, Kaiser Permanente has brought health education to our communities through the Educational Theater Program (ETP). Through music, comedy, and drama, our live theater programs are offered to schools and communities free of charge. No other organization serves more children through educational theater and nationally Kaiser Permanente employs the largest ensemble of actors. Our ethnically diverse group of professional actors also serve as skilled workshop facilitators, health educators, and role models to the people they meet every day. ETP have been presented to more than 15 million people. For schools looking to schedule a performance, please contact the Public Affairs Department.

NOTES:

L.A. County Department of Public Health

Whittier Public Health Center

7643 S. Painter Ave., Whittier, CA 90602

Contact: Heidi Lopez, Public Health Nurse helopez@ph.lacounty.gov

www.publichealth.lacounty.gov
(562) 464-5350 / Fax (562) 698-8857

Services Provided:

Walk-in immunizations and booster shots are provided for children. Some adult immunizations are also available. Immunizations days and times vary. Please call ahead for schedule and immunization fees.

Whittier Health Center also offers services for Sexually Transmitted Diseases, TB, Communicable Diseases, and Public Health Nurse.

NOTES:

Lestonnac Free Clinic

www.lestonnacfreeclinic.org

Nearby Locations:

11423 187th St., Suite 101, Artesia, CA 90701

9449 Firestone Blvd., Downey, CA 90241

409 E. Palmer, Compton CA 90221

(562) 865-680

(562) 622-0519

(424) 237-0575

Services Provided:

- Primary Care
- Dental Care
- Mental Health Services
- Optometry
- Diagnostic Imaging
- Specialty Care

Lestonnac is a FREE walk-in clinic to low-income, uninsured adults and children. Services are provided by volunteer doctors. Services vary by site. Days and times vary. Please visit website for more information.

NOTES:



MEDICAL SERVICES

Pioneer Medical Group

Administrative Office

17777 Center Court Drive, Suite 400, Cerritos, CA

Contact: Cheryl Hirtler, Marketing Manager chirtler@pioneermedicalgroup.com

Melody Cayabyab, Communications mcayabya@pioneermedicalgroup.com

www.pioneermedicalgroup.com

(562) 229-9452

Local Clinics:

10251 E. Artesia Blvd., Bellflower, CA 90706

(562) 867-8681

10234 Rosecrans Ave., Bellflower, CA 90706

(562) 920-1632

16510 Bloomfield Ave., Cerritos, CA 90703

(562) 229-0902

Services Provided:

Pioneer Medical Group (PMG) has seven locations and is a full services medical practice with over 45 primary care and specialty physicians. PMG is the choice for people who prefer a multi-service "one-stop" doctor's office for themselves and their families. Some of the services include:

- Family and General Practice
- Pediatrics
- Allergy and Immunology
- Cardiology
- Chiropractor
- Optometry
- Podiatry
- Diagnostic Radiology
- OB/GYN
- Internal Medicine
- Rheumatology
- Senior Care Center

PMG is open to the public and accepts most insurance plans including HMO's, PPO's, EPO's, Medicare, cash and credit card payments. Contact any of the local offices for hours or to make an appointment.

NOTES:

St. John's Well Child & Family Center

www.wellchild.org

East Compton Community Health Center at Casa Dominguez

Appointments (323) 541-1411

15715 S. Atlantic Ave., 2nd Floor, E. Rancho Dominguez, CA 90221

(310) 604-5000

Services Provided:

- Medical Services
- Dental services
- Pediatric Services
- Women's Health
- Mental Health
- Homeless Health Services (mobile Health Unit)
- HIV-AIDS
- Transgender Health Program
- Health Education

Other nearby locations are available. Services may vary by site. We accept most health coverage including Medi-Cal and Medicare. No one is turned away for inability to pay.

NOTES:

The Children's Clinic

www.thechildrensclinic.org

455 Columbia St., Long Beach, CA 90806

(562) 933-0400

Satellite Site: The Children's Clinic Family Health Center in Bellflower

(562) 461-1179

17660 Lakewood Blvd., Bellflower, CA 90706

Services Provided:

- General pediatric well care
- Primary health care for adults and adolescents
- Community outreach and education
- Walk-in immunizations and TB testing (adult TB \$15 charge)
- Laboratory testing
- Teen Clinic
- Prescribed medication
- Linkage to community resources
- Chronic disease management (asthma, obesity, diabetes, and depression)

Services may vary by site. We accept most health coverage including Medi-Cal and Medicare. No one is turned away for inability to pay. On site Medi-Cal enrollment appointments on Wednesdays. Contact Gloria Raab at (562) 305-2711 or (562) 933-0950 ext. 74311 to make an appointment for insurance enrollment.

NOTES:

MENTAL HEALTH SERVICES

Asian Pacific Counseling and Treatment Centers

11050 E. Artesia Blvd., Suite F, Cerritos, CA 90703
Contact: Hsiang-Ling Hsu, Psy.D. hhsu@apctc.org

www.apctc.org
(562) 860-8838 / Fax (562) 860-0248
Direct # (562) 653-8991

Services Provided:

- Children out-patient mental health services
- Adult out-patient
- School-based mental health services
- Full service partnership (intensive program for ages 6-25)
- Counseling
- Case management
- Psychiatric medication
- Housing and employment rehabilitation for qualified clients

Medi-Cal covered services only. Sliding fee scale may be available to qualified clients. Please call Asian Pacific to make a referral. Agency staff will contact family to gather more information and verify eligibility to receive services.

NOTES:

ChildNet Youth and Family Services

5150 E. Pacific Coast Hwy., Suite 100, Long Beach, CA 90804
Contact: Julie Turvey, School Based Supervisor jturvey@childnet.net
Anaissa Ibrahim, Caring Connections Site Coordinator aibrahimi@childnet.net

www.childnet.net
(562) 490-7600 / Fax (562) 490-7601
(562) 490-7619

Services Provided:

- Outpatient mental health services for children ages 0-18
- Foster care network
- Adoption services
- Wraparound services

Medi-Cal covered services only. Serving Long Beach, South Bay, Bellflower, and Lakewood. Services available in English and Spanish. Contact intake department directly or fax referral and consent forms to (562) 997-4450. Referrals coming from a B.U.S.D. case manager should indicate "Caring Connections" on the referral source.

NOTES:

Community Family Guidance Center

10929 South St., Suite 208B, Cerritos, CA 90703
8320 Iowa St., Suite 201, Downey, CA 90241
Contact: Andrea Lee, Supervisor of School Based Services

www.cfgcenter.com
(562) 924-5526 / Fax (562) 924-1040
(562) 904-4815 / Fax (562) 923-3273

Services Provided: Community Family Guidance Center is a non-profit agency that provides a comprehensive range of mental health services for children, adolescents, and families which include:

OUTPATIENT:

- Individual and family therapy
- Child abuse prevention and comprehensive child abuse treatment program
- Psychotropic medication, evaluation and monitoring (only for current clients)
- Consultation to professional groups and organizations
- School-based mental health treatment services
- Crisis intervention
- Teen parent/minor program
- Case Management support services
- Evidenced Based Programs

INTENSIVE OUTPATIENT SERVICES

- FCCS (Field Capable Clinical Services)
- Full Service Partnership (FSP)

Medi-cal accepted. Contact Community Family Guidance Center to request services at (855) 329-8080.

NOTES:

MENTAL HEALTH SERVICES

Helpline Youth Counseling, Inc.
14181 Telegraph Rd., Whittier, CA 90604
Contact: Jeff Farber, Executive Director

www.hycinc.org
(562) 864-3722 / Fax (562) 864-4596

Services Provided:

Child Abuse Reduction Effort (CARE) – A prevention program serving families in the cities of Artesia, Bellflower, La Mirada, and Norwalk. Aimed at strengthening family resiliency and parenting capabilities.

Visions Learning Center (VLC) – A therapeutic day treatment program for youth ages 14-18, who require a structured educational and counseling experience.

Youth Services (YSB) – A delinquency prevention and intervention counseling service for children and adolescents displaying behavior, which places them at risk for future delinquency, and must be on probation or are at high risk for involvement with the juvenile authorities. Services are youth and family counseling, on-campus prevention programs including camping, team sports, and field trips.

The Starting Point – A non-residential comprehensive drug/alcohol treatment program for adolescents ages 12 -17. Medi-Cal only.

A \$20 intake/sliding fee scale based on family size and income for individual and group counseling. No one turned away for lack of ability to pay. Contact Helpline for program enrollment. There is a wait list 4-6 weeks. Minimum co-pay of \$10.00, maximum of \$50.00. Minimum of 10 sessions, maximum 15.

NOTES:

L.A. County Department of Mental Health

550 S. Vermont Ave., 3rd Floor, Los Angeles, CA 90005
Contact: Maria Cevallos, MSW mcevallos@dmh.lacounty.gov

www.dmh.lacounty.gov
(213) 926-7151

Services Provided:

- Outpatient mental health services
- Field Capable Clinic Services (FCCS)
- Full Service Partnership (FSP)
- Wellness and Recovery
- Outreach and Engagement Presentations
- Emergency and non-emergency helpline
24/7 phone line access 1-800-854-7771

NOTES:

Low Cost Community Counseling Center

12025 Florence Ave., Suite 301, Santa Fe Springs, CA 90670
Contact: Deana Porter LMFT, Director deana_p3@yahoo.com
Sally Navarrete, Office Manager

www.lccccc.org
(562) 903-7777 / Fax (562) 903-7776

Services Provided: Low cost counseling services for children and adults. Fees are based on a sliding fee scale depending on family size and income. Please call for more information or to make an enrollment appointment. The following groups are also offered for a low fee.

- Women's Support
- Victim's Support
- Bereavement
- Substance Abuse
- Parenting
- Domestic Violence
- Anger Management

NOTES:

MENTAL HEALTH SERVICES

Olive Crest

17800 Woodruff Ave., Suite F, Bellflower, CA 90706

www.olivecrest.org

(562) 866-8956 / Fax (562) 866-4158

Contact: Jaime Zavala, Executive Director (562) 977-6906

Andrea Salazar, Director of Development (562) 977-6960

Jessica Leon, Family Resource Center Coordinator (562) 866-8956 ext. 1649

Services Provided:

- Foster/adoption services
- Residential homes
- Family preservation program
- Therapeutic education centers
- Transitional and independent living
- Mental Health Services
- Family Resource Center
- Parenting Classes
- Special programs

Tutor Lab-This program is intended to assist children with achieving academic success. Services offered included educational material, onsite tutors, and computer access. Space is limited, please contact Olive Crest Family Resource Center for further information regarding program.

Referral can be made by DCFS (Department of Children and Family Services), L.A. County probation, and Department of Mental Health and/or case manager at school site. Call Olive Crest directly for more information.

NOTES:

Pathways Community Services

21520 S. Pioneer Blvd., Hawaiian Gardens, CA 90716

www.pathways.com

(562) 865-3644 / Fax (562) 865-5244

Contact: Mike Morkos, Regional Director michael.morkos@pathways.com

Marta Lear, Program Director marta.lear@pathways.com

Services Provided:

- Outpatient Mental Health Services (Outpatient MHS)
- Child Parent Psychotherapy (CPP)
- Parent-Child Interaction Therapy (PCIT)
- Therapeutic Behavioral Services (TBS)
- Resilience, Recovery, Reintegration (RRR)
- Full Service Partnership (FSP) Children
- Full Service Partnership (FSP) Transitional Age
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Incredible Years (IY)
- Triple P (parenting focus)

Medi-Cal accepted and some funding for non Medi-Cal clients (indigent, undocumented, and/or no insurance). Contact Pathways for services. Referrals can be faxed to Evelyn Gonzalez at (562) 207-4490.

NOTES:

Pathways Volunteer Hospice

3701 Michelson St., Lakewood, CA 90712

www.pathwayshospice.org

(562) 531-3031 / Fax (562) 531-3037

Contact: Cindy Skovgard, Executive Director Cindy@pathwayshospice.org

Vickie Kaefer, Operations Manager Vickie@pathwayshospice.org

Sarah Hicks, MSW Bereavement Counselor Sarah@pathwayshospice.org

Services Provided:

Pathways provides compassionate care to children and families living with illness and loss. Specifically, within the Bellflower Unified School District, Pathways responds to a number of death related incidents including: sudden, violent and/or traumatic death incidents affecting school campuses. Services include:

- On campus grief education
- Peer support groups
- Individual student assessment
- Crisis intervention
- School-faculty workshops
- Classroom presentations
- Resource and referral
- Community bereavement programs for children and families
- Case management and volunteer support for hospice patients and the frail/elderly

Services are free. Donations are accepted. Contact Pathways for days and times of programs. Pathways can also help with families experiencing a life-threatening illness and families caring for frail-elderly and aging adults.

NOTES:

MENTAL HEALTH SERVICES

Star View Community Services

100 East Wardlow Road, Long Beach, CA 90807

Additional Office: 10230 Artesia Blvd., Suite 104, Bellflower, CA 90706

Contact: Mark F. Burns, Director of School Based services mburns@starsinc.com

Niki Hoffmann, Assist. Director of School Based Services nhoffmann@starsinc.com

Andrew Preston, Supervisor of Field Capable Clinical Services apreston@starsinc.com

www.starsinc.com

(562) 427-6818

Services Provided:

- Full Service Partnership (FSP)
- School-based Programs
- The Transitional Age Youth (TAY) Hot Spot
- Educationally Related Mental Health Services (ERMHS)
- Evidence-based and Evidence-informed Practices
- Therapeutic Behavioral Services
- Wraparound

Medi-Cal accepted. Referral Center Phone number (888) 535-3288 / Fax (310) 868-5396.

NOTES:

The Guidance Center

Administration: 4335 Atlantic Ave., Long Beach, CA 90807

Hinchman House-Outpatient Mental Health Services

3711 Long Beach Blvd., 6th Floor, Long Beach, CA 90807

www.tgclb.org

(562) 485-3095

(562) 595-1159

Services Provided:

- Individual therapy/counseling
- Group therapy/counseling
- Family therapy/counseling
- Psychiatric medication and evaluation
- Case Management linkage
- Parenting education
- Training and support
- Psychological testing
- Crisis intervention
- In-Home services available

Special services are also available for CALWORKS parents, DCFS referred families for Family Preservation and youth on probation. Medi-Cal and most insurance plans accepted. Individuals can contact Client Services at **(562) 485-3085** for more information and/or intake.

NOTES:

The Whole Child

10155 Colima Rd., Whittier, CA 90603

Contact: Susan Lam, Director of School Based Services

slam@thewholechild.info

www.thewholechild.info

(562) 692-0383 ext. 246

Services Provided:

- Outpatient (EPSDT)
- Specialized Foster Care (SFC)
- Field Capable Clinical Services (FCCS)
- Full Service partnership (FSP)
- Family Preservations (FP)
- Multidisciplinary Assessment Team (MAT)
- Evidence Based Practices (EBP)
- Family Solutions (Non DMH Programs)

Accepts private insurances, cash for service and Medi-Cal.

NOTES:

PARENTING SUPPORT RESOURCES

Cerritos College- Foster & Kinship Care

11110 E. Alondra Blvd., Norwalk, CA 90650

Contact: Joseph Navarro, Program Facilitator
jnavarro@cerritos.edu

www.cerritos.edu/fkce

(562) 860-2451 ext. 2548/ Fax (562) 467-5008

Services Provided:

We provide free parenting classes & workshops for foster parents, relative caregivers, other parents, and foster teens on a variety of topics.

Classes are offered during the days, evenings, and Saturdays. Contact the number above or visit the website to get a list of upcoming classes/workshops that you can attend. Please RSVP for class you are interested in.

NOTES:

Exchange Club Family Support Center

8320 Iowa St., Downey, CA 90241

Satellite Office: 1032 N. Redondo Ave., Suite B, Long Beach, CA 90804

Contact: Georganne Bruce familysupport@earthlink.com

www.downeyfamilysupport.com

(562) 904-9590 / Fax (562) 904-9593

(562) 434-6899

Services Provided:

- In-home Parent Aide Program for families who are at risk for child abuse/neglect
- Parent Education classes in English and Spanish
- Child development and appropriate methods of discipline are taught
- Resource and referral services provided
- Community outreach programs

Parenting classes are provided at a nominal rate. In-home services are free.

NOTES:

Grandparents As Parents (GAP)

Executive Office: 22048 Sherman Way # 217, Canoga Park, CA 91303

Contact: Carmen Garcia Hoffman, Chief Operating Officer
cgarcia@grandparentsasparents.org

www.grandparentsasparents.com

(818) 264-0880

Services Provided:

- **Mental Health Services** include support groups, individual and family crisis counseling, family recreational activities and respite care.
- **Safety Net Services** include emergency resource referrals and a Warmline
- **Education and Child-Focused Advocacy** by providing classes, trainings, and workshops on parenting skills and a range of other topics related to raising grandchildren.

In addition, GAP provides advocates to work with families in their interactions with DPSS, DCFS, schools, doctors, and courts on an as needed basis, and a quarterly "Filling the GAP" Newsletter. Services are free. Contact GAP for days and times of the weekly support groups.

NOTES:

PARENTING SUPPORT RESOURCES

Low Cost Community Counseling Center

12025 Florence Ave., Suite 301, Santa Fe Springs, CA 90670

Contact: Deana Porter LMFT, Director deana_p3@yahoo.com

Sally Navarrete, Office Manager

www.lccccc.org

(562) 903-7777 / Fax (562) 903-7776

Services Provided: Low cost counseling services for children and adults. Fees are based on a sliding fee scale depending on family size and income. Please call for more information or to make an enrollment appointment. The following groups are also offered for a low fee.

- Women's Support
- Victim's Support
- Bereavement
- Substance Abuse
- Parenting
- Domestic Violence
- Anger Management

NOTES:

Olive Crest

17800 Woodruff Ave., Suite F, Bellflower, CA 90706

Contact: Jaime Zavala, Executive Director (562) 977-6906

Andrea Salazar, Director of Development (562) 977-6960

Jessica Leon, Family Resource Center Coordinator (562) 866-8956 ext. 1649

www.olivecrest.org

(562) 866-8956 / Fax (562) 866-4158

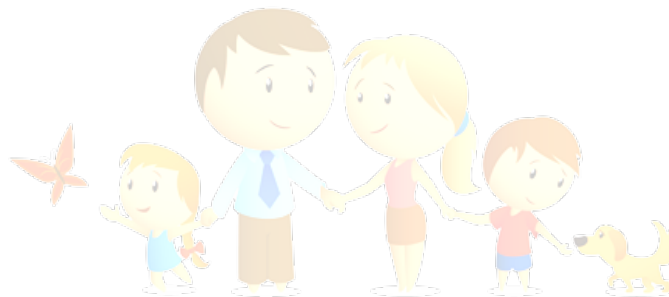
Services Provided:

- Foster/adoption services
- Residential homes
- Family preservation program
- Therapeutic education centers
- Transitional and independent living
- Mental Health Services
- Family Resource Center
- Parenting Classes
- Special programs

Tutor Lab-This program is intended to assist children with achieving academic success. Services offered included educational material, onsite tutors, and computer access. Space is limited, please contact Olive Crest Family Resource Center for further information regarding program.

Referral can be made by DCFS (Department of Children and Family Services), L.A. County probation, and Department of Mental Health and/or case manager at school site. Call Olive Crest directly for more information.

NOTES:



PRESCHOOL PROGRAMS

Early Childhood Education and State Preschool

Bellflower Unified School District
9301 Flower St., Bellflower, CA 90706

www.busd.k12.ca.us/childed
(562) 461-2227

Services Provided:

- Program for low-income families serving children ages 3-4 years old
- Also serving children with special needs/disabilities
- The program provides health and social services for the entire family
- Dual Immersion Program
- Free classes/workshops for parents on a variety of topics

For further information or to enroll your child please call the office.

NOTES:

Los Angeles Universal Preschool (LAUP)

888 S. Figueroa St., Los Angeles, CA 90017

www.laup.net
(213) 416-1200

Services Provided:

LAUP assists families with making high quality preschools available to every 4 year old child in Los Angeles County, regardless of their income. Parents may select a no or low-cost preschool from the LAUP list of providers. Family must live in LA County to qualify. No other requirements are needed for enrollment. Annual fees vary by zip code. You can access website for a list of preschools or call number above for more information.

NOTES:

Los Cerritos YMCA

15530 Woodruff Ave., Bellflower, CA 90706

www.lbymca.org
(562) 925-1292 / Fax (562) 925-2191

Contact: Jeremy Echnoz, Executive Director Jeremy.echnoz@lbymca.org
Lauren Burt, Associate Executive Director Lauren.burt@lbymca.org
Krystal Covarrubias, Administrative Assistant II Krystal.covarrubias@lbymca.org

Services Provided:

- **Before and After School Care** From 6:30am to 6:00pm for students in grades k-8 in the Bellflower, Paramount and ABC School Districts.
- **Preschool Program** - Ages 6 months through 4 years. Contact the Long Beach YMCA at (562) 279-1700.

Other programs available:

- Swimming lessons
- Summer & holiday camps
- Youth Basketball League (ages 5-12)
- Youth and Government (Grades 9-12)
- Resident camps
- Before and after-school care

Please call the YMCA for fees and to register for any of the above classes or programs.

NOTES:



SERVICES FOR INDIVIDUALS WITH DISABILITIES

Bethany Manor Development and Learning Center

15415 S. Pioneer Blvd. Norwalk, CA 90650
Contact: Renee Koska, Executive Director Koska13@yahoo.com

www.bethanymanor.org
(562) 868-1517
Fax (562) 868-1763

Services Provided: Full inclusion/early intervention program for children ages 18 months to five years old who have developmental delays or disabilities.

NOTES:

Salem Christian Homes

6921 Edison Ave., Chino, CA 91710
Contact: Victor Sanchez vsanchez@salemchristianhomes.org

www.salemchristianhomes.org
(909) 614-0579

Services Provided: Residential care and training for adults with developmental disabilities. Homes located in Chino, Ontario and Lakewood.

NOTES:

Southeast Family Resource Center (SEFRC)

California Early Start
Mailing: P.O. Box 307, Lakewood, CA 90714
Office: 15415 S. Pioneer Blvd., Norwalk, CA 90650
Contact: Alice B. Cunningham, Program Manager sofrcbaby@msn.com

www.southeastfamilyresourcecenter.org
www.FRCNCA.org
www.dds.ca.gov/earlystart
(562) 926-7256 / Fax (562) 926-7254

Services Provided:

The SEFRC is one of the 47 Early Start Family Resource Centers in California and is one of the four family resource centers servicing the Harbor Regional Center southeast area. The SEFRC mission is to provide parent-to-parent support, information, resources and referrals to families of children birth to age 3 with developmental disabilities, developmental delays or who have an established risk condition with high probability of resulting in delay. Families have the opportunity to access the lending library and participate in monthly educational support groups. The SEFRC can assist with referrals to Harbor Regional Center and School Districts. Please call SEFRC for more information.

NOTES:

Southeast Los Angeles Special Olympics

14920 Cerritos Ave., Bellflower, CA 90706
Contact: Jeanette Gosden jcgosden@ca.rr.com

www.sosc.org
(562) 866-5558

Services Provided: Year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. Special Olympics gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

NOTES:

Southern California Rehabilitation Services (SCRS)

7830 Quill Dr., Suite D, Downey, CA 90242

www.scrs-ilc.org
(562) 862-6531 / TTY (562) 869-0931

Services Provided:

Advocacy, Independent living skills training, Assistive technology assistance, Housing Assistance, Information and referral, Youth Transition, Benefits Counseling, Vocational services, and more. Most services are free of charge. Visit the website or contact SCRS for more information.

NOTES:

The ARC Los Angeles & Orange Counties

12409 Woodruff Ave., Downey, CA 90241

www.thearcaoc.org
(562) 803-4606

Services Provided: The ARC provides advocacy and referral services, adult services, adult special classes, and employment services to individuals with intellectual and other developmental disabilities. Please call for more information.

NOTES:

SERVICE CUBS/ORGANIZATIONS

Bellflower Noon Lions Club

P.O. Box 366, Bellflower, CA 90707

Contact: Jose Ramirez, President

www.blions.org

(562) 335-6179

Services Provided:

Professional and business service organization involved in local charitable works. The Bellflower Noon Lions Club meets every Wednesday at noon at the Moose Lodge located at 9320 Alondra Blvd. in Bellflower.

Eye exams and glasses provided for students and adults who do not have vision insurance or cannot afford care or glasses. Application process for vision or hearing referrals must go through a Bellflower Unified School District case manager or the Community Services Coordinator for Caring Connections at (562) 866-9011 ext. 2092.

Hearing services and hearing aides are also provided for those who cannot afford care.

NOTES:

Boy Scouts of America - Long Beach Area Council

401 E 37th Street, Long Beach CA 90807

Contact: Richard Downing, Polaris District Commissioner
richard.downing3@verizon.net

www.longbeachbsa.org

Office (562) 427-0911 / Fax (562) 492-9437
(562) 867-8170

Services Provided:

A quality Scouting program that develops leadership skills and builds character, citizenship, and personal fitness. Service on local work projects for welfare of community. Projects designed especially for Eagle Scout project, flag ceremonies and community services.

Adults

- Direct leadership of Cub Scouts, Boy Scouts, and Venturing Crews
- Program, activity, and event coordinators
- Merit Badge counselors (great way to apply your professional, vocational, or hobby knowledge to help youth)
- Help at various camps on weekends and summers
- Committees on finance, membership, marketing, and properties
- Mentoring inner city youth in the Scouting program
- Networking with community-minded individuals and businesses

Youth

- Excellent leadership opportunities
- Outdoor adventures: year round camping, backpacking and more
- Achievements including science, sports, music, technology, and academics
- Peer to peer teamwork, decision making, problem solving
- Community service projects, giving back to help others
- More than 120 relevant, fun, and challenging badges
- Four national camps in the US and international activities
- National recognition of the Eagle Scout, especially from college

Servicing the Bellflower, Lakewood, Long Beach, Signal Hill, and Avalon areas in English and Spanish.

NOTES:



SERVICE CUBS/ORGANIZATIONS

Kiwanis Club of Bellflower

P.O. Box 601, Bellflower, CA 90707

Contact: Victor Sanchez, President

www.kiwanis.org

(562) 706-5267

Services Provided:

International and community service club; volunteers and financial assistance in support of youth; sponsors of key, builders, and K-Kids at local schools; scholarships. Club meets Fridays at noon at Kiwanis Hall located at 9302 Laurel Street (adjacent to BUSD office) in Bellflower.

NOTES:

L.A. County Quilters Guild

9712 Julius Ave., Downey, CA 90240

Contact: Ginie Mains gmains@aol.com

www.quiltguildla.org

(562) 927-3635

Services Provided:

The philanthropy section of the Los Angeles County Quilter's Guild "Helping Hands" makes and distributes child-size quilts to non-profit organizations within SPA 7. Our Helping Hands group meets on the second Tuesday of each month from 9:00am-12:00pm at the First Christian Church located at 13820 Studebaker Rd. in Norwalk.

NOTES:

Rotary Club of Bellflower

P.O. Box 124, Bellflower, CA 90707

Contact: Linda Nesst, President

www.clubrunner.ca/bellflower

(714) 714-9496

Services Provided:

Rotary Club brings together professional and business leaders that join together to exchange ideas and take action in servicing our community. Rotary Club of Bellflower has serviced the community of Bellflower since 1925. We are one of the oldest service clubs in the City that supports the needs of its citizens through volunteer efforts. For 91 years, The Rotary Club of Bellflower has included members who are residents or business men and women in Bellflower and the surrounding sister cities. Members have also come from the professional, service, educational and government sectors. Members can become actively involved in any number of Rotary's Avenues of Service. We are united for the common goal to accomplish many worthwhile missions over the year. Rotarians also connect with leaders from all continents, cultures and occupations. We are the heart of Rotary with dedicated people who share a similar passion for both community service and friendship. We change our community by volunteering on local projects. The Rotary Club's main mission is "Service Above self." The Bellflower Rotary Club meets Thursdays at 12:10 p.m. at Rosewood's Restaurant located at 10769 South St. in Lakewood.

NOTES:

Soroptimist International of Bellflower

P.O. Box 301, Bellflower, CA 90707

Contact: Susan Held, President info@soroptimistbellflower.org

www.soroptimistbellflower.org

www.facebook.com/SIBellflower

(562) 809-1187

Services Provided:

Scholarships to graduating seniors, educational grants to women who are head of household and returning to school, and cash rewards to teen girls who are community volunteers. Grant application due in January. Call for an application. Scholarships are awarded in May. Call for more information. Soroptimist of Bellflower meets the first Tuesday of the month at noon at First Missionary Baptist Church located at 9246 Rosser St. in Bellflower.

NOTES:

VISION SERVICES

Dr. James Maggiano, O.D.

16801 S. Bellflower Blvd., Bellflower, CA 90706

Contact: James Maggiano, O.D.

www.jamesmaggianoeyedoc.com

(562) 867-4220 / Fax (562) 920-4375

Services Provided:

- Eye examinations for adults and children
- Fitting and adjusting of glasses
- Contact lenses

Medi-Cal, VSP, and private insurances accepted. Please see website for a listing of insurance programs accepted. Contact office for more information or for an appointment.

NOTES:

Optometric Vision Care Associates, Inc.

16816 S. Clark Ave., Bellflower, CA 90706

Contact: Sarah E. Wolff, OD

www.optometricvision.com

(562) 925-6591 / Fax (562) 867-8719

Services Provided: Eye examinations

- Glasses
- Contact lenses

We accept Medicare, Vision Service Plan (VSP) and MES Vision Services.

Mention Caring Connections and receive 20% discount on the eye examination for those with no insurance.

NOTES:

