

How to get Help  
in the  
South Bay

# A Resource Guide



Produced by  
**Toberman Neighborhood Center**  
131 N. Grand Avenue, San Pedro, CA 90731  
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[www.toberman.org](http://www.toberman.org)

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## How to Get Help in the South Bay

# ***A Resource Guide***

Dear Community Stakeholder:

This *Resource Guide* is a list of human services available in the South Bay. It was developed by the staff of Toberman Neighborhood Center to help individuals and organizations quickly access services and make referrals.

Its secondary purpose is to provide social service agencies and the local government with a comprehensive listing of services available in the community.

Toberman Neighborhood Center is a non-profit, multi-purpose neighborhood center, established in 1903, that provides social services to low income individuals and families in the South Bay, helping to move them from poverty to self-sufficiency.

For additional information on Toberman or this guide, please call (310) 832-1145 or visit our website at [www.toberman.org](http://www.toberman.org).

Sincerely,

Gloria Lockhart, MSW  
President and CEO

Gabriel areas; A volunteer or a tape message refers to self help groups. Group meetings are several times a day. For Spanish call (888) 622-4672. SERVES: Westside LA, Santa Monica, Culver City, Venice, Marina Del Rey and Westchester.

### **National Domestic Violence Hotline**

P.O. Box 161810, Austin, TX 78716-3074—(800) 799-7233—(512) 453-8541 FAX  
Information and referral for victims of domestic violence and those who assist victim; also provides crisis intervention, resource materials, bilingual advocates and a nationwide database of resources. OFFICE HOURS: Mon-Fri 8:30am-5:30pm. CST.  
SERVES: USA

### **National Runaway Switchboard —(800) 621-4000**

24 hour hotline for runaway and homeless youth and their families, crisis intervention, info and referral, message delivery and conferencing services. Free bus rides home for runaways through the “Home Free” program.

### **Poison Control System**

(800) 876-4766 — Emergency 24 hour hotline advises in the treatment of poisoning; advises health care professionals, does not identify mushrooms or plants. For literature, call (800) 582-3387

### **Rape / Sexual Abuse**

Rosa Parks Sexual Assault Crisis Center  
4182 S. Western St., Los Angeles, CA 90062—(323) 290-4119—(323) 295-7783 FAX  
24 hour hotline provides crisis intervention services, counseling, accompaniment and advocacy.

### **Substance Abuse Foundation — Sobriety House**

3125 E. 7<sup>th</sup> Street, Long Beach, CA 90804—(888) 476-2743—(562) 987-5722  
(562) 987-4586 FAX — 24 Hours informal alcohol and substance abuse hotline. Provides treatment recovery service referrals to on site and area residential and outpatient programs. OFFICE HOURS: Intake Mon-Fri 8am-5pm.

### **Suicide Prevention Center**

Non-profit Free Service—(877) 727-4747—(310) 754-5372—(310) 391-1253  
24 hour crisis hotline. AAS Certified. Crisis counseling and referrals to resources. Also Survivors after Suicide Bereavement support groups to help cope with loss. Prevention speakers for schools and other community outreach. HOURS: 24 hours/7 days a week.

### **TEEN Helpline — (310) 541-2525**

Helping with issues as loneliness, family problems, suicide, depression and relationships. 24 HOURS

### **Domestic Violence Helpline — Rainbow Services Ltd**

P.O. Box 627, San Pedro, CA 90733—(310) 547-9343—(310) 548-0611 FAX  
Support groups are open to all women experiencing domestic violence. English groups Thursdays at 6p.m. Spanish groups Tuesday/Wednesday at 6p.m. and Friday at 12p.m. Hotline is available 24 hours and services are FREE. Childcare is free during the support groups.

### **Elder Abuse Hotline**

(800) 992-1660—(877) 477-3646—Accepts calls regarding elder and dependent adult abuse victims; hotline takes reports from neglected or abused seniors age 65 + and then takes proper action with the authorities.

### **Gamblers Anonymous — (714) 527-2251**

Recording will refer callers to local contacts; several meetings every week.

### **Hotline of Southern California**

(562) 596-5548—(562) 596-3370 FAX— Comprehensive program for youth affected by dating violence and/or domestic violence. 24 hour teen hotline, emergency and transitional shelter, counseling, drama therapy, legal assistance, teen dating violence prevention programs and community education programs. 24 hours/7 days a week. Serves: Los Angeles and Orange Counties.

### **Los Angeles Homeless Services Authority (LAHSA)**

Shelter Locations and Transportation Schedule  
South Los Angeles Service Planning Area  
MJB Recovery, INC., 11152 S. Main Street, Los Angeles, CA 90061  
Hotline: 1-800-548-6047 or (323) 777-2491

<u>Pick-up Point</u>	<u>Pick-up Address:</u>	<u>P/U Time:</u>
S. Central DPSS Office	10728 S. Central Ave	4:15 p.m.
Southeast Corner	Imperial Hwy & Central Blvd.	4:30 p.m.
Southwest Corner	Wilmington Ave& Imperial Hwy	4:45 p.m.
DPSS Office	1326 W. Imperial Highway	5:20p.m.

### **Nar-Anon/Family/Headquarters**

22527 Crenshaw Boulevard, Suite 200 B, Torrance, CA 90505  
(800) 477-6291—(310) 534-8188  
World Service office serves families and friends of drug addicts. Info and referral to self-help groups in local communities (12-step support group for family and friends of drug abusers, similar to Al-Anon). Call for list of weekly meeting locations; 24 hour answering machine, they will return calls. OFFICE HOURS: Mon-Thurs 9am-4pm.

### **Narcotics Anonymous**

Los Angeles County- Westside — (310) 390-0279 —24 hour helpline for LA and San

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## ALCOHOL AND DRUG REHABILITATION

### Alano Club, Torrance-/Lomita

1645Arlington Avenue, Torrance, CA 90501

(310)320-3861 — A non-alcoholic, non- drug social environment specializing in outpatient, dual diagnosis care.

### Alano Club, San Pedro

12-Step program, 2001 S. Pacific Avenue, San Pedro, CA 90731

(310)833-3525 — (310)833-3525 Fax — Holds approximately 4 meetings per day, 7 days a week, for AA and NA; a safe and sober place to come, TV and video games available. Recovery house and sober living information available, walk-in or call. HRS: Mon-Sat 6:30a.m. - 10 p.m., Sunday 6:30a.m. – 8p.m. Must attend the 12-step meetings. Membership fee: \$10/month

### House of Hope Foundation

P.O Box 921 235 W. 9<sup>th</sup> Street, San Pedro, CA 90731

(310)831-9411 — (310)521-9241 Fax — Houseofhopesp.org —A 6-month residential treatment for single females between the ages of 18-64 years, helping them to strive for reunification with their children. Clothing and food/meals and nutrition program available. HOURS: Mon-Fri 8a.m. – 5p.m

## BATTERED PERSONS / VICTIM / ADULT ABUSE

### Rainbow Services, Ltd.

P.O. Box 627, San Pedro, CA 90733

(310)547-9343 — (310)548-0611 FAX — Support groups are open to all women experiencing domestic violence. English groups Thursdays at 6p.m. Spanish groups Tuesday/Wednesday at 6p.m. and Friday at 12p.m. Hotline is available 24 hours and services are FREE. Childcare is free during the support groups.

### Sexual Assault Response Team (SART)

San Pedro Peninsula Hospital, 1300 W. 7<sup>th</sup> Street, San Pedro, CA 90731

Mon-Fri 9am-5pm. SART team includes: forensic nurse, counselor, and police officer. Team will meet victim at site to assist in sexual assault cases, acting as counselors and investigators, retaining evidence in case of prosecution. All info is kept confidential until trial (if there is a trial). Counseling provided.

## CHILD CARE

### Cabrillo Children's Center

L.A. Unified School District, 741 W. 8<sup>th</sup> Street, San Pedro, CA 90731

(310)832-2809 — (310)833-5956 FAX — HRS: Mon-Fri 6a.m. – 6p.m.

Children 2-8 years old. Open 12 months.

### Alcohol 24 Hour - HELPLINE

(800) 334-0394—Information, referral and crisis interventions; 24 hours/7days a weeks

### BABY SAFE

Safely Surrendered Baby Program—(877)222-9723—Safe haven hotline for nearest locations, which allow parents to safely surrender their babies at any hospital or fire station without fear of legal prosecution; 24hours/ 7days a week.

### Battered Women's Hotline

Family Crisis/South Bay and L.A. —(310) 370-5902—24 hour emergency information for battered women, children and runaway homeless adolescents.

### Child Abuse Hotline

L.A. County Department of Children and Family Services

3075 Wilshire Boulevard, 5<sup>th</sup> Floor, Los Angeles, CA 90010

(800) 540-4000—(213) 639-1321 FAX—Hotline answered 24 hours a day, 7 days a week. Accepts reports of child abuse, offers crisis counseling and refers callers to local agencies for further information and services.

### Child Help USA / Hotline

National Child Abuse Hotline, 15757 N. 78<sup>th</sup> Street, Scottsdale, AZ 85260

(800) 422-4453—(480) 922-8212—(480) 822-7061 FAX— [www.childhelpusa.org](http://www.childhelpusa.org)

Trained professional hotline counselors available 24 hours/7days a week to respond to crisis calls regarding child abuse and related issues. Crisis intervention and contact for mandated reporters, concerned citizens or worried friends and family; info and referrals.

### Children of the Night

14530 Sylvan Street, Van Nuys, CA 91411—(800) 551-1300—(818) 908-1468 FAX Assistance for children forced into prostitution. National 24 hour hotline, shelter home and school receives child prostitutes 24 hours a day from every state. Ages 11-17 years.

### Cocaine Anonymous —(310) 216-4444

12-Step, anonymous, self-help fellowship of men and women who share their common problem and help others to recover from their addictions; meetings held daily.

### Community Crisis Hotline

(800) 603-4673—(310) 756-1222

Crisis intervention, support and referrals to community organizations for all types of crisis including: suicide, domestic violence, drug/alcohol and STD'S. Faith based support available. OFFICE HOURS: Mon-Fri 8:30am-5:30pm. Including 24 hour hotline.

## YOUTH TRANSITION / EMANCIPATION

### Los Angeles Harbor College/EOPS

1111 Figueroa Place, Wilmington, CA 90744-2397—(310) 233-4217  
(310) 233-4124 FAX— EOPS offers info and referral, counseling, education grants, financial aid for books, transportation assist, mentoring, and student work program, emergency no interest loans, and transfer fee waiver. CARE is a special EOPS program for single parents (all ages) receiving government financial assistance and helps with childcare, gas cards and many other services. Also offers program for youth 16-21 years emancipating from foster care or seeking to live independent of their guardians. OFFICE HOURS: Mon-Thurs 9am-4pm; Fri 9am-12pm.

### South Bay Bright Future, Inc.

24404 S. Vermont Ave., Suite 201- 206 Harbor City, CA 90710  
(310) 891-0096—(310) 534-1405 FAX  
Nurturing family environments to facilitate positive transition to adulthood; serves seriously emotionally disturbed children identified as victims of abuse and/or neglect. Services include: home visits, tutoring, psychiatric services, emancipation and independent living. Works with Foster Family Agencies and Youth Development Centers. OFFICE HOURS: Mon-Fri 8:30am-6pm. SERVES: L.A. County.

## HOTLINES / REFERRALS

\*Dial 9-1-1, life threatening emergencies

\*Dial 3-1-1, a city wide toll free number to information and non-emergency services or on the web [www.lacity.org](http://www.lacity.org)

\*Dial 2-1-1, help in finding the services you need or visit the web [www.211LA.org](http://www.211LA.org)

### 1-800-RELAPSE

U.S. Department of Health Services—(800) 729-6686  
Information and referral to substance abuse programs. 24 hour hotline; National Substance Abuse Treatment Center.

### 24-Hour Family Crisis Hotline

1735 Family Crisis Center—(213) 745-6434—(213) 745-6923 FAX  
24 Hour counseling and referral to resources for battered women and children, youth and adults. Additional hotlines: (310) 379-3620, (310) 370-5902, (562) 388-7652

### Hawaiian Avenue Children's Center

L.A.U.S.D Child Care Program, 501 Hawaiian Avenue, Wilmington, CA 90744  
(310)834-7186 — (310)834-3391 FAX — HRS: Mon-Fri 6:30a.m. – 5:30p.m.  
Ages 2-8 years; Preschool, State Pre-K, Early Childhood special education, school-age program. Open 12 months. Capacity: 126.

### Park Western Children's Center

L.A. Unified School District, 1220 Park Western Place, San Pedro, CA 90732  
(310)833-2875 — (310)548-0177 FAX — HRS: Mon-Fri 6a.m.—6p.m.  
Ages 2-8 years. Open 12 months. Limited Capacity.

### San Pedro CAS Early Education Center

L.A. Unified School District. 950 W. Santa Cruz Street, San Pedro, CA 90731  
(310)831-4803 — (310)519-7954 FAX — HRS: Mon- Fri 7a.m. – 4: 30p.m.  
Ages 2-5 years; open 12 months. Limited capacity.

### San Pedro / Wilmington Child Center

L.A. Unified School District  
920 W. 36<sup>th</sup> Street, San Pedro, CA 90731  
(310)833-9271, (310)833-1037 FAX  
Ages 2-5 years; open 12 months. Capacity 74. HOURS: Mon – Fri 7a.m -4p.m

### Toberman Neighborhood Center

131 N. Grand Avenue, San Pedro, CA 90731  
(310)832-1145 — (310)832-7861 FAX — After-school programs for children 5 through 16. Provides homework assistance, tutoring, and athletic and fitness programs.

### YWCA of the Harbor Area & South Bay

WORLD TOTS LA, 100 West 5<sup>th</sup> Street, San Pedro, CA 90731  
(310)732-7697 — HRS: Mon- Fri 6:30a.m. - 6p.m. — A year-round child development program serving children six (6) weeks to five (5) years of age. We provide Toilet Learning! Please call as we have a waiting list.

## COUNSELING

### Alliance for the Mentally Ill

South Bay AMI , 1000 w. Carson Street Bldg 2-South, Torrance, CA 90509  
(310)533-0705  
Volunteer support group for families of people with chronic mental illness; provides a place to talk about stress, understanding and compassion from other families, info and referral for crisis situations. Support services available; please call (310)222-1648. Meet at First Lutheran Church, 2900 Carson Street, Torrance, CA the 3<sup>rd</sup> Monday of the month at 6:00p.m.

### **The Guidance Center**

160 W. 6<sup>th</sup> Street, San Pedro, CA 90731  
(310)833-3135 — (310)833-3572 FAX — Mental health services for children, youth and their families. Services for children 2-17 years includes psychotherapy, substance abuse counseling, inpatient rehab and outpatient child day rehab, Multi-systemic Family Therapy, Intensive mental health, probation and children and family services, school based MHS; early intervention initiative, dual-diagnosis prevention, assessment and treatment, mentoring program, Juvenile Justice and Gang Diversion, Connections Adolescent Day Treatment; also, ADHD assessment and treatment, parenting education, training and support, family preservation and Cal Works MHS support services.

### **Harbor View House**

Residential Care/Mentally Ill Adults, 921 S. Beacon Street, San Pedro, CA 90731  
(310)547-3341 — (310)547-9933 FAX — Residential and intermediate care (nursing) for mentally ill adults; includes day rehab program, life support, 14-day crisis intervention housing for mentally ill homeless adults, counseling, food, shelter and case management. Advocacy for entitlements in the County Mental System and housing assist. Life support provided free of charge under Short-Doyle system. Referral by County Mental Health. Accepts MediCal.

### **San Pedro Mental Health Center**

150 W. 7<sup>th</sup> Street, San Pedro, CA 90731  
(310)519-6100 — (310)832-8208 FAX — HRS: Mon-Fri 8a.m.-5p.m.  
18 years and older, outpatient health services for severely mentally ill. Assessment, medication, short-term individual/group therapy and support; rehab services include life skills classes, art expression and computers. Employment services in work skill assessment and readiness, pre-vocational, work prep, rehab services and job placement. Consumer run socialization group, AMI support and recovery self-help group. Support services to Cal WORKS and GROW. Sliding scale fee, MediCal, Medicare/Insurance.

### **San Pedro Peninsula Hospital**

1300 W. 7<sup>th</sup> Street, San Pedro, CA 90732  
(310)514-5359 — General hospital with inpatient and outpatient psychiatric intensive program for adults with depression, anxiety, stress or other emotional or psychiatric difficulties. Partial hospital program. Hours: 24/7

### **Toberman Neighborhood Center**

131 N. Grand Avenue, San Pedro, CA 90731 — (310)832-1145 — (310)832-7861 FAX-  
FamilySource Center (FSC): FSC is designed to strengthen family units. Case management is the core method for meeting this goal. Individuals / families receive carefully developed case plans, helping them move past barriers to develop healthy, independent lives, through the following programs: Anger Management, Delinquency Prevention, Counseling and Diversion Services, Domestic Violence Counseling, Drug Counseling

### **Toberman Neighborhood Center**

131 N. Grand Ave., San Pedro, CA 90731—(310) 832-1145—(310) 832-6712 FAX  
Toberman Learning Center (TLC) AND Youth Services After school programs that include pick up from the local schools for children participating in this program. Toberman Learning Center is a safe spot, providing 200 children per year, ages 4-16, with homework completion, tutoring, recreational activities and field trips. These programs enable local youth to develop grade level and beyond academics.  
HOURS: Mon-Fri 2pm-6pm. — Sliding scale.

### **Wilmington Teen Center**

612 W. E Street, Wilmington, CA 90744—(310) 835-5133—(310) 835-5133 FAX  
Youth programs for 8-21 years including young alternatives to gangs. Program components consist of narcotic and social health education, tutorial, ages 8-16 years. Activity centers including weight lifting, aerobics, pool table, computer games and L.A. Summer youth Employment Program July and August, ages 14-21 years. Walk-in or call. OFFICE HOURS: Mon-Fri 12pm- 9pm. FREE SERVICES. Serves: Wilmington and nearby areas.

### **YWCA Teen Learning Center**

437 W. 9<sup>th</sup> Street, San Pedro, CA 90731—(310) 547-0831  
“YW Teens” an after school activities and tutoring for girls in 6<sup>th</sup>-12<sup>th</sup> grade; focus on teen pregnancy prevention, improving academic achievement and volunteerism. Girls participate in workshops and volunteer activities each month. HOURS: Mon-Fri 3:30pm-6pm. Extended hours during school breaks and holidays

## **YOUTH SHELTERS**

### **Homeless Adolescents Hotline**

1736 Family Crisis Center, 1736 Monterey Blvd., Hermosa Beach, CA 90254  
(310) 379-3620—(213) 745-6434—(310) 372-6397 FAX  
24-HR emergency information & assistance for runaway, homeless adolescents, battered women & children; 24-hour emergency shelter also available, also call (562) 388-7652, (213) 222-1237, or (310) 370-5902. OFFICE HOURS: Mon-Fri 8am-5pm.

### **National Runaway Switchboard**

3080 N. Lincoln Avenue, Chicago, IL 60657—(800) 621-4000—(773) 929-5150 FAX  
24 hour hotline for youth ages 12-21 years and their families. Crisis intervention, information and referral. Message delivery and conferencing services. Free bus rides home for qualified youth through the Greyhound “Home Free” program. Free services.



## YOUTH EDUCATION / RECREATIONAL ACTIVITIES

### Boys and Girls Club / Harbor City

1220 W. 256<sup>th</sup> Street, Harbor City, CA 90710—(310) 534-0056—(310) 564-7138 FAX  
Youth services for boys & girls. Recreation, informal guidance, league sports, education programs, computer skills training, health & life skills; homework & tutorial services, after-school child care, delinquency prevention, ESL classes, even-start program. OFFICE HOURS: Mon-Fri 9am-7:30pm. Admission Requirements: Ages 6-18 years. Annual membership \$10.

### Boys and Girls Club/San Pedro

1200 S. Cabrillo Ave., San Pedro, CA 90731—(310) 833-1322—(310) 833-4235 FAX  
Youth & delinquency prevention agency for boys & girls ages 7-18 years. Programs include: woodshop, games room, computer skills instruction, gymnasium activities, karate instruction, and job placement program, free tutoring by certified teachers, reading center, story time, playground activities, transportation, counseling services & special events. OFFICE HOURS: Mon-Thur 12pm-8pm; Fri 12pm-6pm; Sat 2:30-10pm (ages 13+). Annual membership \$12. Serves: South Bay and L.A. Harbor Area.

### Boys and Girls Club / Wilmington

1444 West Q Street, Wilmington, CA 90744—(310) 549-8323—(310) 549-2439 FAX  
Youth guidance and prevention program offering academic enrichment & a variety of recreational activities, game room, athletics, karate classes, arts & crafts, computer learning center. Also a full summer of off-track inter-session day camp. Gang prevention through targeted outreach. Mon-Fri 7am-7pm; club hours: Mon-Fri 7am-7pm. Membership \$12 per year for after-school program, \$20 per week for summer and off-track day camp. Serves: Harbor Area

### Lomita Park & Recreation

24428 Eshelman, Lomita, CA 90717—(310) 326-0140—(310) 326-0690 FAX  
Recreational classes and sports teams. Summer park activities and supervised play for kids. Office Hours: Mon-Fri 9am-8:30pm.; Sat 9am-6pm; Sun 11am-5pm. Serves: Lomita Area

### Mahar House Community Center

Catholic Charities, 1115 Mahar Avenue, Wilmington, CA 90744  
Activities for school-aged children and young adults. Parent education class, literacy class, family development network, counseling, case management for low-income families, immigration services provided, computer classes, advocacy. OFFICE HOURS: Mon-Fri 8a.m-4p.m. SERVES: Wilmington

### Volunteers of America/Los Angeles

Harbor City Early Head Start, 1081 W. 257<sup>th</sup> Street, Harbor City, CA 90710  
(310)257-6892 — (310)257-0149 FAX — HRS: Mon-Fri 8a.m.-4:30p.m.  
Home Base and site programs in South Bay area. Educational, social and health services to improve parenting skills, increase awareness in child development, nutrition and health, in an effort to strengthen family unit. Individual, family and group counseling. Serves pregnant women and children up to age 3years.

## DEATH / HOSPICE / GRIEF SUPPORT

### Good Grief Group

Neighborhood Church, 415 Paseo Del Mar, Palos Verdes, CA 90274  
(310)378-9353 — (310)373-5554 FAX  
Grief support group for those who have lost a loved one. Meets during the Spring and Fall. Office hours: Mon- Fri 9a.m. - 4p.m. Call to register. SERVES: South Bay

### Grief Share

HOPE Chapel, 461 W. 9<sup>th</sup> Street, San Pedro, CA 90274 — (310)832-4673  
[www.hopesanpedro.com](http://www.hopesanpedro.com) — Service Thursday nights at 7p.m. Those dealing with the death of a loved one, whether recent or long passed, are encouraged to come and be strengthened through the love of God and the courage of a wonderful couple who has walked through this process together.

### Haven Health & Hospice

2895 Temple Avenue, Signal Hill, CA 90755  
(877)366-4466 — (562)989-9409 FAX — [www.havenhealth.org](http://www.havenhealth.org) — Compassionate medical care that provides dignity and grace to those with a terminal illness. Personalized home care includes doctor visits, nursing care, bathing assistance, emotional support, spiritual services and companion services to patients of all ages. Accepts all insurance, Medicare and Medi-cal. SERVES: L.A. and Orange Counties.

### Neptune Society

562 S Palos Verdes Street, San Pedro, CA 90731—(310)831-0664—(310)833-2864  
Cremation Services. Office Hours: 8:30a.m. – 5p.m. SERVES: L.A. and Orange Counties.

## DENTAL CARE

### Assistance League of San Pedro/South Bay

1441 W. 8<sup>th</sup> Street, San Pedro, CA 90732 — (310)832-5295 — (310)832-8460 FAX  
Provides quality low-cost dental care to children from preschool to high school students coming from low income families.

### **Child Health/Disability Prevention Program (CDHP)**

Department of Health Services/Children Medical Services  
P.O. BOX 475, 1000 W. Carson Street, Torrance, CA 90509  
(310) 222-2324 — (310) 212-5267 FAX

Refers babies, children and teens to approved physicians and clinics for free, comprehensive health exams. The goal is the early detection and prevention of disease and disabilities. Services include: basic lab tests, a physical exam, immunizations, dental and nutrition assessments, vision and hearing testing and health education and information.

### **South Bay Family Healthcare Center**

742 W, Gardena Blvd., Gardena, CA 90247  
(310)327-1357 — (310)327-5386 FAX

Comprehensive health services. Anonymous HIV antibody testing, case management, info & referral, general medical, STD, family planning, prenatal, well-baby, pediatric services and dental services. For appointment, call (310)802-6170. Mon—Fri 8:30a.m. – 5p.m. Office Hours: Mon 7:30a.m. - 5pm; Tues 8am-6:30pm; Weds/Fri 7:30am-4:30pm; Thurs 8am-5:30pm. Accepts sliding scale fee or donation.

### **South Bay Family Healthcare Center**

2114 Artesia Blvd., Redondo Beach, CA 90278  
(310)318-2521 — (310)545-8842 FAX — HRS: Mon/Wed/Fri 8am-4:30pm;Tues/Thurs 10am. -7:30pm. Preventive health and dental care for uninsured adults and children. Sliding scale fee.

## **DISASTER / SAFETY / EMERGENCY**

**For life threatening emergencies, please call 9-1-1**

### **Fire Departments**

#### **Carson:**

<i>Station #116</i> 755 E. Victoria Street Carson, CA 90746-1534	<i>Station #36</i> 127 W 223rd Street Carson, CA 90745-3702	<i>Station #127</i> 2049 E 223rd St Carson, CA 90745-2940
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#### **Gardena:**

<i>Station #159</i> 2030 W. 135 <sup>th</sup> Street Gardena, CA 90249	<i>Station #95</i> 137 W Redondo Bch Blvd Gardena, CA 90249	<i>Station #158</i> 1650 W 182nd Street Gardena, CA 90249
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#### **Lomita:**

*Station #6*  
25517 S. Narbonne Avenue  
Lomita, CA 90717-2511

#### **Palos Verdes Estates**

*Station #2*  
340 Palos Verdes Drive  
Palos Verdes Estates, CA 90274

### **Wilmington Teen Center**

612 W. E Street, Wilmington, CA 90744—(310) 835-5133—(310) 835-5133 FAX  
Youth programs for 8-21 years including young alternatives to gangs. Program components consist of narcotic and social health education, tutorial, ages 8-16 years. Activity centers including weight lifting, aerobics, pool table, computer games and L.A. Summer youth Employment Program July and August 14-21 years. Walk-in or call. OFFICE HOURS: Mon-Fri, 12pm- 9pm. FREE SERVICES. Serves: Wilmington and nearby areas

## **YOUTH / HIGH RISK**

### **The Guidance Center**

160 W. 6<sup>th</sup> Street, San Pedro, CA 90731—(310)833-3135—(310)833-3572 FAX  
Mental health services for children, youth and their families. Services for children 2-17 years includes psychotherapy, substance abuse counseling, inpatient rehab and outpatient child day rehab, Multi-systemic Family Therapy, Intensive mental health, probation and children and family services, school based MHS; early intervention initiative, dual-diagnosis prevention, assessment and treatment, mentoring program, Juvenile Justice and Gang Diversion, connections Adolescent Day Treatment, also, ADHD assessment and treatment, parenting education, training and support, family preservation and Cal Works MHS support services.

### **Los Angeles Harbor College / EOPS**

1111 Figueroa Place, Wilmington, CA 90744-2397—(310) 233-4217  
(310) 233-4124 FAX— EOPS offers info and referral, counseling, education grants, financial aid for books, transportation assist, mentoring, and student work program, emergency no interest loans, and transfer fee waiver. CARE is a special EOPS program for single parents (all ages) receiving government financial assistance and helps with childcare, gas cards and many other services. Also offers program for youth 16-21 years emancipating from foster care or seeking to live independent of their guardians. OFFICE HOURS: Mon-Thurs 9am-4pm; Fri 9am-12pm.

### **Toberman Neighborhood Center**

131 N. Grand Avenue, San Pedro, CA 90731—(310) 832-1145—(310) 832-6712 FAX  
[www.toberman.org](http://www.toberman.org) — A non-profit, multi-purpose neighborhood center that provides various social service programs to low-income individuals and families living in the South Bay, moving them from poverty to self-sufficiency. Programs available for children and youth 5-18: after-school programs, athletics and fitness, team sports, counseling, mentoring, support groups, job preparedness training, etc.



## YOUTH AND ANTI-GANG RESOURCES

### Boys and Girls Club/ Wilmington

1444 W. Q Street, Wilmington, CA 90744—(310) 549-8323—(310)549-2439 FAX  
Youth guidance and prevention program offering academic enrichment and a variety of recreational activities, game room, athletics, karate classes, arts and crafts and computer learning center. Also, a full summer and off-track inter-session day camp. Gang prevention through targeted outreach. OFFICE HOURS: Mon-Fri, 7am-7pm. Ages 6-18 years. Membership \$12 per year for after-school program, \$20 per week for summer and off-track day camp. Sliding fee scale and scholarships for low-income families and bus service. Serves: Harbor Area

### GAP-Gang Alternative Program

P.O. BOX 408, San Pedro, CA 90733—(310) 519-7233—(310) 519-8730 FAX  
[www.gangfree.org](http://www.gangfree.org) —The components of the GAP program are a school-based youth gang prevention curriculum for 4<sup>th</sup> and 6<sup>th</sup> grades, a court approved parent education program, an extensive graffiti abatement program, a bulky items pick up program, community beautification, job training and development, case management and outreach and referral services. Since 1986, GAP has grown from 3 to 45 employees. GAP now serves several South Bay communities. GAP links with other community based organizations, community and reduce gang membership. See our website for more program information.

### The Guidance Center

160 W. 6<sup>th</sup> Street, San Pedro, CA 90731—(310)833-3135—(310)833-3572 FAX  
Mental health services for children, youth and their families. Services for children 2-17 years includes psychotherapy, substance abuse counseling, inpatient rehab and outpatient child day rehab, Multi-systemic Family Therapy, Intensive mental health, probation and children and family services, school based MHS; early intervention initiative, dual-diagnosis prevention, assessment and treatment, mentoring program, Juvenile Justice and Gang Diversion, connections Adolescent Day Treatment, also, ADHD assessment and treatment, parenting education, training and support, family preservation and Cal Works MHS support services.

### Harbor Community Clinic and Teen Resource Center

593 W. 6<sup>th</sup> Street, San Pedro, CA 90731—(310) 547-0202—Coping with Crisis: Recognize your feelings about the situation and talk to others about your fear— Know that these feelings are a normal response to an abnormal situation—Be willing to listen to family/ friends and encourage them to seek counseling —Be patient with people; fuses are short when dealing with crisis and others may be feeling as much stress as you— Recognize normal crisis reactions, such as sleep disturbances and nightmares, withdrawal, reverting to childhood behaviors and trouble focusing on work or school—Take

### Rancho Palos Verdes:

Station #83  
83 Miraleste Plaza  
R.P.V., CA 90275-5935

Station #53  
6124 Palos Verdes Drive South  
R.P.V., CA 90275-5935

### Rolling Hills:

Station#56  
12 Crest Road West  
Rolling Hills, Ca 90274-5058

Station #106  
27413 Indian Peak Road  
Rolling Hills, CA 90274

### Harbor City:

Station #85  
1331 W. 253<sup>rd</sup> Street  
Harbor City, CA 90710

### Harbor Gateway:

Station #79  
18030 So. Vermont Avenue  
Gardena, CA 90248

### Wilmington:

Station #38  
124 E.I Street  
Wilmington, CA 90744

### Ports O'Call:

Station #112  
444 S. Harbor Blvd., Berth 86  
San Pedro, CA 90731

### San Pedro:

Station #48  
1601 S Grand Avenue  
San Pedro, CA 90731

### San Pedro / South Shores:

Station #101  
1414 25<sup>th</sup> Street  
San Pedro, CA 90732  
90731

Station #40  
330 Ferry Street  
SanPedro, CA 90731

Station #111  
1444 S Seaside Avenue  
Terminal Island, CA  
Berth 260

## DRUG AND ALCOHOL ADDICTION

### AEGIS Medical Systems, Inc.

1322 N. Avalon Blvd., Wilmington, CA 90744 — (310)513-1300 — (310)513-1311 FAX  
Outpatient drug and alcohol treatment program. Detox, methadone maintenance, dual-diagnosis. Licensed program. Office Hours: 5am- 1:30pm.

### Alano Club / Torrance-Lomita

1645 Arlington Avenue, Torrance, CA 90501 — (310)320-3861  
A non-alcohol, non-drug social environment specializing in outpatient, dual diagnosis care. Club hours start at 7am. Morning, afternoon and evening meetings available.

### Alano Club / San Pedro

2001 S. Pacific Avenue, San Pedro, CA 90731— (310)833-3525 — 310)833-3525 FAX  
Holds approximately 4 meetings per day, 7 days a week, for A.A and N.A.; a safe sober place to come. T/V and video games available. Recovery house and sober living info available. Walk in or call. Must attend the 12-step meetings. Membership fee: \$10/ month.

### **Alcoholics Anonymous / South Bay**

South Bay Central Office, 1411 Marcelina Avenue, Torrance, CA 90501  
(310)618-1180 — HRS: Mon-Sun 6am- 10pm. Answering service after hours.  
Help for the suffering alcoholic who wants to stop drinking. Free services.

### **Behavioral Health Services, Inc.**

Wilmington Community Recovery Center-DUI Program  
13118 N. Avalon Blvd., Suite A, Wilmington, CA 90744  
(310)549-2710 — (310)549-2715 FAX — HRS: Mon-Fri 9a.m.-6p.m. - Sliding Scale  
Outpatient adolescent / adult drug / alcohol education and treatment. Individual /group  
counseling. Approved 1<sup>st</sup> time DUI program servicing persons referred by the court.

### **Fred Brown Recovery Services**

P.O. BOX 2734, 270 W. 14<sup>th</sup> Street Suite 3, San Pedro, CA 90731  
(310)519-8723 — (310)519-9428 FAX — HRS: 24 hours — Sober-living home.  
Residential treatment, outpatient services. Men / Women 18 years+, must be detoxed.

### **Joint Efforts, Inc.**

505 S. Pacific Avenue Suite 205, San Pedro, CA 90731  
(310)831-2358 — (310)831-2356 FAX — HRS: Mon-Thurs 8:30a.m - 5:30p.m. Fri  
8:30a.m.-5:30pm. Outpatient drug / alcohol treatment. Parenting classes, dual diagno-  
sis, HIV/STD testing / counseling. 18 years+

### **Little Company of Mary**

San Pedro Hospital, 1300 W. 7<sup>th</sup> Street, San Pedro, CA 90732  
(310)832-3311 — (310)514-5314 FAX — 387 bed with acute care hospital with mater-  
nity ward. Services include adult chemical dependency program, pediatrics unit, 24  
hour emergency room with doctor on duty, ICU, oncology, industrial care center, blood  
donor center, MRI, skilled nursing pavilion, hospice program, home health care pro-  
gram, cardiac cath lab.

### **Little Company of Mary**

Peninsula Recovery Center, 1386 W. 7<sup>th</sup> Street, San Pedro, CA 90732  
(310)514-5300 — (866)404-7346 — (310)514-5376 FAX — Chemical dependency  
recovery center. Detox, residential treatment, partial hospitalization, outpatient services,  
relapse treatment, family program, codependency and counseling. 24 hour services.

### **Palm House, Inc**

2515 E. Jefferson Street, Carson, CA 90810 — (310)830-7803 — (310)830-6606 FAX  
Mon-Fri, 8 a.m.-5 p.m. 18 Bed residential treatment facility. AA meetings. Sliding scale.

### **SHAWL: Support for Harbor Area Women's Lives**

936 S. Centre Street, San Pedro, CA 90731—(310)521-9310 — (310)521-0359 FAX  
11-Bed treatment for substance abusers. A.A & N.A. Individual, domestic violence, and  
health/nutrition counseling, ages 18-64. OFFICE HRS: 9a.m - 5p.m.

### **Toberman Neighborhood Center**

131 N. Grand Avenue, San Pedro, CA 90731—(310) 832-1145—(310) 832-6712 FAX  
[www.toberman.org](http://www.toberman.org) — Toberman welcomes volunteers. Our creative programming can  
accommodate teen internships and community service hour projects. For a listing of  
our opportunities, please see our website.

### **Volunteer Center/South Bay**

Main Office, 1230 Craven Avenue, Torrance, CA 90501  
(310) 212-5009—(310) 212-7201 FAX  
Recruits and refers volunteers to nonprofit agencies. Provides technical assistance and  
conducts workshops. Walk -in or call. OFFICE HOURS: Mon-Fri, 8:30am-4pm.  
SERVES: South Bay, Harbor Area and Long Beach.  
Office locations: 638 S. Beacon Street, Suite 601  
San Pedro, CA 90731—(310) 519-0052  
  
1407 E. 4<sup>th</sup> Street  
Long Beach, CA 90802—(562) 590-8844

## **WOMEN'S GROUPS / SERVICES**

### **Casa De Los Angelitos**

954 Koleeta Drive, Harbor City, CA 90710—(310) 325-8208—(310) 325-8217 FAX  
We provide a safe, secure, compassionate, yet structured environment for women in  
crisis pregnancies and their infants. We encourage our residents to continue their edu-  
cation, establish goals and move forward in a positive, responsible way to ensure a full,  
happy and productive life for their new family. We acknowledge the stresses of an un-  
planned pregnancy and commend our residents for choosing life for their child. We  
support our residents throughout their pregnancy and provide limited services after  
residency is completed.

### **YWCA/ Harbor Area and South Bay**

437 W. 9<sup>th</sup> Street, San Pedro, CA 90731—(310) 547-0831—(310) 547-4443 FAX  
Infant, preschool and latchkey childcare, day camp, low fee parenting class (available  
in English and Spanish), cradle closet for pregnant women and teens, youth anger  
management classes, conflict resolution, info and referral services for families in crisis,  
seminars and support groups for women and girls, ENCORE PLUS a breast and cervi-  
cal cancer early screening program, thrift shop. OFFICE HOURS: Mon-Fri 8am-  
4:30pm, childcare 6:30am-6pm. Serves: San Pedro, Long Beach, Harbor City, Wil-  
mington, Carson, Lomita, Harbor Gateway, Palos Verdes, Torrance and South Bay  
cities.

### **Meals on Wheels / San Pedro**

(310) 832-7335—Donation \$5.50 for lunch and dinner.

### **Meals on Wheels / Gardena**

(310) 217-9552—Delivers Hot meals Mon-Fri, \$2.25 per meal.

## **TRANSPORTATION**

### **Carson Senior Social Services**

3 Civic Plaza, Carson, CA 90745—(310) 952-1775—(310) 835-0160 FAX

Senior services programs include: information, referral and assistance, dial-a-taxi and para-transit bus services, case management, crisis intervention, in-home supportive services, geriatric aide, friendly visitors, phone reassurance, homemaker and handyman registry, senior discounts, tax assistance. OFFICE HOURS: Mon-Fri, 7am-6pm. SERVES: Carson

### **Dial-A-Ride / Lomita**

P.O. BOX 339, 24300 Narbonne Avenue, Lomita, CA 90717

(310) 325-7110—(310) 325-4024 FAX — Transportation for seniors age 65 years + or disables in the City of Lomita. Fee \$1/tickets, buy at City Hall. Maximum: 20 rides per month. OFFICE HOURS: Mon-Fri, 8am-5pm

### **Palos Verdes Transit Authority**

P.O. BOX 2656, Palos Verdes Peninsula, CA 90274

(310) 544-7108—(310) 544-7109 FAX

Transportation for the general public including seniors and disabled from Palos Verdes Estates, Palos Verdes Peninsula, Rancho Palos Verdes and Rolling Hills Estates. OFFICE HOURS: Mon-Fri, 11am-4pm. Pre-registration required. Tickets required. Purchase by mail or in office. SERVES: Palos Verdes Peninsula area.

### **Torrance Senior Ride Program**

3031 Torrance Boulevard, Torrance, CA 90503—(310) 618-2536

Transportation for seniors 65 years + or permanently disabled in the City of Torrance and nearby hospital and medical facilities. 24 hour services and taxi services. OFFICE HOURS: Mon-Thurs, 10am-5pm., open alternate Fridays.

## **VOLUNTEER OPPORTUNITIES**

### **Retired and Senior Volunteer Program (RSVP)**

1339 Post Avenue, Torrance, CA 90501—(310) 320-3322—(310) 320-3949 FAX

Provides fulfillment to seniors by offering them volunteer opportunities in education, safety, health and the environment. HRS: Mon-Thur, 9am-4:30pm. Services are free.

### **Toberman Neighborhood Center**

131 N. Grand Avenue, San Pedro, CA 90731

(310)832-1145 — (310)832-7861 FAX — Delinquency prevention, counseling, child abuse prevention, drug counseling and testing, domestic violence counseling, independent home studies high school. Office hours: Mon- Fri 9a.m- 5p.m. , Tuesday, Wednesday, and Thursday until 8 p.m. Fee for drug testing, counseling. Serves: San Pedro, Harbor City, Harbor Gateway, and Wilmington.

### **Western Health Harbor City Clinic**

1647 W. Anaheim Street, Harbor City, CA 90710-3213

(310)534-5591 — (310)534-5591 FAX — HRS: Mon-Fri, 5:30-11:30 a.m.

Outpatient Detox; alcohol and drug abuse treatment, dual-diagnosis, psychiatric, sober living program, HIV/AIDS testing. Licensed program. Sliding scale fee.

## EMERGENCY ASSISTANCE OF BASIC NEEDS

### Emergency Preparedness Department

200 N. Main Street, Los Angeles, CA 90012 — (213)484-4803 — HRS: M-F 9am-4pm  
Provides information on how to be prepared for disasters. Email: [Lisa.hayes@lacity.org](mailto:Lisa.hayes@lacity.org)

### Harbor Interfaith Services

670 W. 9<sup>th</sup> Street, San Pedro, CA 90731 — (310)831-0603 — (310)831-0791 FAX  
Multi-service agency: emergency shelter, food, advocacy on public benefits, job placement and transitional housing. Emergency shelter for homeless families is provided at a different address. OFFICE HOURS: Mon-Fri 9:30a.m.-11:30a.m., 1:30p.m. - 5p.m.

### His Helping HANDS

25501 Oak Street, Lomita, CA 90717 — (310)326-2757(310)326-2499 FAX  
Distributes food the 2<sup>nd</sup> & 4<sup>th</sup> Thursday at 6pm; also offers baby food, info & referral, holiday baskets. SERVES: Harbor City, Lomita, San Pedro, and Torrance.

### House of Hope Foundation

P.O Box 921 235 W. 9<sup>th</sup> Street, San Pedro, CA 90731 — Houseofhopesp.org  
(310)831-9411 — (310)521-9241 Fax — A 6-month residential treatment for single females between ages of 18-64, helping them to strive for reunification with their children. Clothing and food/meals and nutrition program available. HRS: 8 a.m.—5 p.m.

### WIC PROGRAM (Women, Infants & Children) Carson

Public Health Foundation, 860 E. Carson Street, Suite 108-109, Carson, CA 90745  
(888) 942-2229 — (626) 851-0481 FAX — WIC is a supplemental food program providing nutrition education and coupons for purchasing specific foods such as milk, cheese, eggs, fruit and infant formula. Program serves pregnant and breastfeeding women as well as infants up to 5 yrs. Serves at Locations throughout Orange & L.A. County. OFFICE HOURS: Mon-Fri 8:30am – 5pm.

### WIC PROGRAM( Women, Infants & Children) San Pedro

Public Health Foundation, 312 N. Gaffey Street, Suite 101-103, San Pedro, CA 90731  
(888) 942-2229 — (626) 851-0481 FAX — HRS: Mon-Fri 8:30am – 5pm.— WIC is a supplemental food program providing nutrition education and coupons for purchasing specific foods such as milk, cheese, eggs, fruit and infant formula. Program serves pregnant and breastfeeding women as well as infants up to 5 yrs.

### WIC PROGRAM (Women, Infants & Children) - Wilmington

Public Health Foundation, 133-137 East L Street, Wilmington, CA 90744  
(888) 942-2229 — (626) 851-0481 FAX — CountyHRS: Mon-Fri 8:30am – 5pm.  
WIC is a supplemental food program providing nutrition education and coupons for purchasing specific foods such as milk, cheese, eggs, fruit and infant formula. Program serves pregnant and breastfeeding women as well as infants up to 5 yrs.

## YWCA of the HARBOR Area & South Bay

Encore plus Program, 437 W. 9<sup>th</sup> Street, San Pedro, CA 90731—(310) 547-0831  
Free breast and cervical cancer early screening and education program. Contact Sylvia for appointment and/or information. Hours: Mon-Fri, 8am-4:30pm

## SENIOR / NUTRITION SERVICES

### Community Meal Site for Seniors

YMCA Site / Carson Community Center  
801 E. Carson Street (East Wing), Carson, Ca 90745  
(310) 835-0212—(310) 835-0160 FAX  
Hot meals for seniors 60 years +. Mon-Fri, 11:30am. \$2.25 donation. Reserve 24 hours ahead.

### Community Meal Site for Seniors

Harbor Towers, 340 S. Mesa Street, San Pedro, CA 90731  
(310) 831-8981—(310) 831-0187 FAX  
Hot meals for seniors 62 years +. Mon-Fri, 11:30am. Donation \$1.50.

### Community Meal Site for Seniors

Anderson Memorial Senior Center  
828 S. Mesa Street, San Pedro, CA 90731-3218—(310) 548-7596  
Hot meals for seniors 60 years +. Mon-Fri, 11:30am. Donation \$1.50.

### Community Meal Site for Seniors

San Pedro Service Center  
769 W. 3<sup>rd</sup> Street, San Pedro, CA 90731—(310) 519-6091—(310) 548-4880 FAX  
Hot meals for seniors 60 years +. Mon-Fri, 11:30am-12pm. Donation \$1.50. Serves: Harbor Area

### Community Meal Site for Seniors

Wilmington Multi-purpose Center  
1371 Eubank, Wilmington, CA 90744—(310) 518-4533 —(310) 518-9912 FAX  
Meals for Seniors 60 years +. Mon-Fri, 12pm. Donation \$1.50. Sponsored by Wilmington Jaycee Foundation.

### Home Delivered Meals/ Wilmington

Wilmington Senior Center  
1371 Eubank, Wilmington, CA 90744—(310) 518-4533—(310) 518-9912 FAX  
Meals delivered Mon-Fri, 10am-12pm. Donation \$1.50. Seniors 60 years +. Serves: Wilmington, San Pedro, Harbor City, and Harbor Gateway.

### **Normandale Recreation Center**

22400 Halldale Avenue, Torrance, CA 90501—(310) 328-3689  
Senior lunch site Mon-Fri, 10:30am, Donation of \$1.50. Some recreation activities and a senior club. Transportation provided to senior lunch program. OFFICE HOURS: Mon-Fri, 8am-10am; Sat and Sun, 9am-5:30pm.

### **Oasis at the Harbor**

Harbor Terrace Retirement Community  
435 W. 8<sup>th</sup> Street, San Pedro, CA 90731—(310) 547-0090—(310) 547-5998 FAX  
Older Adult Service and Information Systems (OASIS) offer cultural, education classes and events enabling adults 60 years + to enrich their lives by renewing past interests and learning new skills and talents. OFFICE HOURS: Mon, Tues, Thur, 10am-4pm.  
Open to all people regardless of income. Most classes are free or nominal fee.

### **Peninsula Seniors**

810 Silver Spur Road, Suite C, Rolling Hills Estates, CA 90274-3801  
(310) 377-3003—(310) 544-6147 FAX  
Senior center activities include: education, bridge, exercise, swim club, writer's workshop, legal assistance, financial counseling services, podiatrist, muscle strengthening, trips and tours, social worker, chi gong, and social activities. OFFICE HOURS: Mon-Fri, 10am-4pm. SERVES: Palos Verdes Peninsula and nearby.

### **Social Security Administration**

336 N. Gaffey Street, Suite 101, San Pedro, CA 90731—(310) 326-0207  
(800) 772-1213—(310) 514-6498 FAX  
Information on Social Security and SSI benefits, SS cards, Medicare benefits and sign up, survivor and burial benefits. TTY (800) 325-0778. Office hours: Mon-Fri, 9am-4pm.

### **Toberman Neighborhood Center**

131 N. Grand Avenue, San Pedro, CA 90731—(310) 832-1145—(310) 832-6712 FAX  
Toberman's Seniors Club: This program provides aged members of our community with social activities, aerobic exercise and trips to cultural and recreational venues. OFFICE HOURS: Mon-Fri, 9am-5pm.

### **Wilmington Jaycee Foundation**

Wilmington Senior Citizen Multipurpose Center  
1371 N. Eubank Ave., Wilmington, CA 90744—(310) 518-4533—(310) 518-9912 FAX  
Congregate nutrition, home delivered meals, transportation, legal, case management, in-home services, info and referrals. Call or walk in. OFFICE HOURS: Mon-Fri, 8am-4:30pm. SERVES: Wilmington, San Pedro, Harbor City, and Harbor Gateway.

### **Mary Star Christian Care**

853 W. 7<sup>th</sup> Street, San Pedro, CA 90731 — (310)548-1645 — (310)833-3541 —  
Serves San Pedro only — Lunch is served Mon-Fri 11:30a.m. - 12:30a.m. Groceries given twice a month, clothing for adults and children, call for more information. Holiday food bags are given with pre-registration. Call for sign up times (4 wks before holiday). Must show I.D. for groceries.

### **Salvation Army/ San Pedro**

San Pedro Corps, 138 S. Bandini Ave., San Pedro, CA 90731  
(310)832-7228 — (310)832-0496 FAX — Emergency food, clothing (as available), referrals to shelter and other social services. OFFICE HOURS: Mon- Fri 8am- 4:30p.m. Photo I.D. required, call for details. SERVES: San Pedro, Wilmington, Carson, Lomita, Harbor City area.

### **Sisters of Charity**

28600 Palos Verdes Drive East, Rancho Palos Verdes, CA 90275  
(310)831-4104 — (310)831-7301 FAX — Emergency food. Clothing for anyone in need; furniture when available. OFFICE HOURS: Mon, Tues, Thurs- Sat 9am-3:30pm; closed Wednesdays.

### **St. Margaret Mary Alacoque Church**

Parish Christian Service, 25511 Eshelman Ave., Lomita, CA 90717  
(310)326-3364 — (310)539-1570 FAX — Emergency Food Wed 8:30a.m- 10:30a.m for residents of Lomita and Harbor City. Homeless given lunch and hygiene items as needed during office hours. OFFICE HOURS: Mon- Fri 8am-4pm. ADM REQ: ID, and current bill in person's name, children with vaccination records or birth certificates.

### **South Bay Crossing**

395 W. 7<sup>th</sup> Street, San Pedro, CA 90731 — (310)831-5418 — (310)539-2675 FAX —  
HRS: Mon-Fri, 12noon-4p.m. — Emergency food & clothing Mon-Fri 8am- 5pm. Also offer baby food, holiday baskets & job referrals.

### **Toberman Neighborhood Center**

131 N. Grand Avenue, San Pedro, CA 90731 — (310)832-1145 — (310)832-6712 FAX  
Family Welfare/Emergency Assistance: Provides food, clothing and advocacy to those in need, as well as referrals to additional crisis intervention agencies. Auxiliary Thrift-Shop: Run by Toberman's 23-year old volunteer Auxiliary, the Thrift Store sells gently-used household items, clothing and accessories to our neighboring community. Proceeds from the Thrift Store support Toberman programs.



## EMPLOYMENT PLACEMENT / JOB TRAINING

### **Barton Hill Neighborhood Organization (BHNO)**

131 N. Grand Avenue, San Pedro, CA 90731 — (310)832-1145 ext. 116, Email: [mperez@toberman.org](mailto:mperez@toberman.org) and [pfoster@toberman.org](mailto:pfoster@toberman.org) — BHNO works with residents in the community on issues such as, Employment, Ethnic services, Hotlines and referrals, Legal services, Housing, Barton Hill Welfare/Income assistance that they want to address and find solutions. Community Meetings held: Mon-Fri and 4<sup>th</sup> Saturday of the month.

### **Harbor Work Source Center—WIN- Workforce Investment Network**

1851 N. Gaffey Street, Suite F, San Pedro, CA 90731— (310) 732-5700 — (310)241-0249 FAX — HRS: Mon-Fri 8a.m – 5a.m. — State sponsored employment service; job placement assistance. Services include workshops, case management, education support, internet-based automated system (CalJOBS) which enables employers to search, screen and select employees from a database of resumes.

### **Harbor Community Adult School**

LAUSD/Vocational/ESL/Adult Programs, 950 W. Santa Cruz St., San Pedro, CA 90731 (310)547-4425—(310)832-3489 FAX—HRS: Mon-Thur 8a.m-9p.m; Fri 8a.m—4:30p.m. ESL, high school diploma & GED prep, citizenship prep, computer classes, family literacy programs, parent education, programs for adults with disabilities and older adults. Free tuition for eligible students. SERVES: Harbor City, Harbor Gateway, Lomita, San Pedro, and Wilmington.

### **Los Angeles Harbor College / EOPS**

1111 Figueroa Place, Cafeteria Room 104, Wilmington, CA 900744-2397 (310) 233-4265 — (310) 233-4124 FAX — HRS: Mon-Thur 9am-4:30pm. EOPS offers info & referral, counseling, educational grants, financial aid for books, transportation assistance, mentoring, and student work program, emergency no interest loans and transfer fee waiver. CARE is a special EOPS program for single parents (all ages) receiving government financial assistance & helps with child care, gas cards and other services. Also offer program for youth ages 16-21 years emancipating from foster care or seeking to live independent of their guardians.

### **LAUSD / Adult and Career Education**

Banning Adult Learning Center, 1527 Lakme Avenue, Wilmington, CA 90744 (310) 549- 7880 — Adult education, vocational, older adult, adults with disabilities, ESL and citizenship classes. HRS: Mon/Wed 3:30pm; Tues 5:30pm; Thur 2pm; Fri-closed. Serves: Wilmington

### **LAUSD / Education and Career Center**

Harbor Occupational Center- San Pedro & Wilmington — [www.harboroc.org](http://www.harboroc.org) — Provides vocational training, academic courses and job placement services. Age 16 & up.

## SENIOR / MULTIPLE SERVICES

### **Active Aging Program**

Little Company of Mary, San Pedro Hospital  
1300 W. 7<sup>th</sup> Street, San Pedro, CA 90732 — (310) 832-3311  
Motivation and support to adults age 50+ years who want to become more physically active and/or maintain their activity level. Participants are matched up with a trained telephone support buddy. A newsletter, a series of related lectures, info and referral to community exercise resources and other benefits are also provided. OFFICE HOURS: Mon-Fri, 8am-4:30pm. Serves: South Bay and Harbor Communities.

### **Anderson Memorial Senior Center**

828 S. Mesa Street, San Pedro, CA 90731-3218—(310) 548-7596—(310) 548-7597  
Multiple social service programs, information and referral, wholesome recreational, intellectual and social activities including sewing classes, bingo clubs, trips, and hot meals. OFFICE HOURS: Mon-Thur; 8:30am-5pm; Fri 8:30am-4pm. SERVES: San Pedro.

### **Banning Pool**

L.A. City, Department of Parks and Recreation  
1450 N. Avalon Boulevard, Wilmington, CA 90744—(310) 548-7420  
Therapeutic swimming classes for disabled children and adults; located in Banning High School. Also open to public for recreational swimming; year around, outdoor, heated pool. Parent must accompany children under 7 years. Special Olympics swim team program. No wheel chair ramp or lift. Call first for special activities schedule. OFFICE HOURS: Mon-Fri, 3:30pm-8pm; Sat and Sun 1pm- 5pm. Free for disabled and seniors ages 65+. Ages 17 years and under \$0.50, adults \$1.50.

### **Carson Senior Social Services**

3 Civic Plaza, Carson, CA 90745—(310) 952-1775—(310) 835-0160 FAX  
Senior services programs include: information, referral and assistance, dial-a-taxi and paratransit bus services, case management, crisis intervention, in-home supportive services, geriatric aide, friendly visitors, phone reassurance, homemaker and handyman registry, senior discounts, tax assistance. OFFICE HOURS: Mon-Fri, 7am-6pm. SERVES: Carson.

### **Gardena Senior Citizens Bureau**

1670 W. 162<sup>nd</sup> Street, Gardena, CA 90247—(310) 217-9552—(310) 323-1429 FAX  
Information and referral, case management, home delivered meals, congregate meals, phone reassurance and home visitation, plus income tax assistance, monthly legal clinic and recreation programs. Suggested donation for all services. OFFICE HOURS: Mon-Fri, 8am-4pm. Age 60 years +, and low income. SERVES: Gardena / Lawndale.

### **Cocaine Anonymous**

Central Office, P.O. BOX 45472, 9100 Sepulveda Blvd., Suite 216, Los Angeles, CA 90045 — (310) 216-4444 — (310) 216-7729

12- Step, Anonymous, self-help fellowship of men and women who share their common problem and help others to recover from their addiction. Meetings held daily.

### **Community Crisis Hotline**

P.O. Box 300, Torrance, CA 90501 — (800) 603-4673 — (310) 756-1222  
(310) 756-2148 FAX — Crisis intervention, support and referrals to community organizations for all types of crisis, including: suicide, domestic violence, drug/alcohol, STD's etc. Faith based support available. Office Hours: Mon-Fri, 8:30am-5:30pm. 24 hour hotline.

### **Debtors Anonymous/ Southern California**

5521 Grosvenor Boulevard, Los Angeles, CA 90066 — (310) 822-7250  
(310) 822-7250 FAX — Daily meetings throughout Southern California, also literature for compulsive spenders and debtors. Monthly workshops available. Recorded message outlines 12-step program. Meeting information line (310) 855-8752. Office Hours: Wed 6pm-9pm; Sat 10am- 1pm.

### **Domestic Violence Helpline**

Rainbow Services, LTD, P.O. BOX 627, San Pedro, CA 90733  
(310) 547-9343 —(310) 548-0611 FAX  
Support groups are open to all men and women experiencing domestic violence. English groups Wednesday at 1pm.; Thursdays at 6pm. Spanish groups Tues & Weds 6am -1pm; Fri 12:30pm. Hotline is available 24 hours. SERVICES ARE free. Childcare is free during support groups.

### **Individual Development Accounts/ Los Angeles**

4060 S. Figueroa Street  
Los Angeles, CA 90037  
(323) 233-1900  
IDA/LA is a matched savings program designed to help families save money and acquire an asset through workshops and seminars. Office Hours: Mon-Fri, 10am-6pm.

### **Narcotics Anonymous**

L.A. County  
(323) 933-5395  
(888)-622-4672 Spanish  
24 hour helpline for Los Angeles County and San Gabriel areas. A volunteer or a tape message refers to self help groups. Group meetings several times a day.

### **One-Stop Center / San Pedro**

HACLA/ Career Services Center, 1851 N. Gaffey Street, Suite F, San Pedro, CA 90731  
(310) 732-5700 — (310) 241-0249 FAX — HRS: Mon -Fri 8am-5pm.

Comprehensive services for business, job seekers and students. Several agencies co-located in one place in order to serve an individual's employment or job training needs. The agency representation may include: WIA, Social Services, Dept of Rehab, EDD, ROP, community colleges etc. Clients coming to this office should find answers to a wide range of employment related questions. SERVES: Harbor City, Wilmington, Carson, Rancho Palos Verdes and San Pedro.

### **Harbor Occupational Center**

740 N. Pacific Avenue, San Pedro, CA 90731  
(310) 547-5551 — Vocational training courses with an emphasis on job placement. Vocational counseling and resources. Reading, GED prep & high school diploma classes. Open entry & open exit. Programs serve adults and teens. Classes are offered day, evening and Saturday. Also offers training programs at San Pedro Skills Center and Wilmington Skills Center. OFFICE HOURS: Mon-Thurs 8am-8pm; Fri/Sat 8am-3:30pm. Small fee for classes. SERVES: South Bay and nearby cities.

### **Wilmington Skills Center**

Harbor Occupational Center, 217 Island Avenue, Wilmington, CA 90744  
(310) 549-9831 — (310) 834-9674 FAX— HRS: Mon-Fri. 8a.m.-4p.m.  
Job training for adults, ESL, vocational classes. SERVES: L.A County.

## **FAMILY PLANNING / PREGNANCY / CHILD BIRTH**

### **Family Planning Clinic / Wilmington**

Wilmington Family Health Center, 1325 N. Broad Avenue, Wilmington, CA 90744  
(310)518-8800 — (310)835-2970 FAX — HRS: Mon-Fri 7:30am-5pm.

### **Harbor Community Clinic**

593 W. 6<sup>th</sup> Street, San Pedro, CA 90731  
(310) 547-0202 — (310) 547-5096 FAX — HRS: MON-Fri, 8a.m.-12:30p.m., 1:30-5p.m. — Pregnancy testing, options counseling, prenatal care, primary health care, well-baby, immunization, STD clinic, sick child care, teen health counseling, men's clinic, psychological counseling, community outreach. Pediatric site hours: Tue/Thurs 9am -5pm; Sat 9am-1pm. Located at 731 S Beacon St. San Pedro. For info call (310) 732-5887. Free.

**WIC Program- Carson** — see page 12

**WIC Program- San Pedro** — see page 12

**WIC Program- Wilmington** — see page 12

### **Women's Health Care Clinic**

Harbor-UCLA Medical Center, 1124 W. Carson St Building N-28, Torrance, CA 90502 (310) 222-3723 — (310) 222-5226 FAX — Birth Control, pregnancy testing and options counseling, education in fertility awareness, vasectomy services. Teen services available. STD treatments and HIV testing (confidential). OFFICE HOURS: Mon 8am-7pm; Tu-Th 8am-4:30pm; Fri 8am-2pm. Free to low cost services

## **FOOD DISTRIBUTION AND CLOTHING NEEDS**

### **Holy Trinity Catholic Church**

209 N. Hanford Street, San Pedro, Ca 90732 — (310)548-6535

The Christian Service Program is made up of parish volunteers working to reach out and provide assistance to individuals and families in the community. Support services include referrals, food and intervention. The group collects food once a month for distribution in the community. Food and gift boxes are prepared and distributed during the holidays.

### **Mary Star Christian Care**

853 W. 7<sup>th</sup> Street, San Pedro, CA 90731 — (310)548-1645 — (310)833-3541

Lunch is served Mon-Fri 11:30a.m. - 12:30a.m. Groceries given twice a month and clothing for adults and children, call for more information. Holiday food bags are given with pre-registration. Call for sign up times (4 weeks before holiday). Must show I.D. for groceries; SERVES: San Pedro only.

### **San Pedro United Methodist Church**

580 W. 6<sup>th</sup> Street, San Pedro, CA 90731 — (310) 548-101— (310) 548-4289 FAX

Email: [sanpedroumc@sbcglobal.net](mailto:sanpedroumc@sbcglobal.net) — Provides a hot meal each Sunday to the city's homeless and poor, which includes a meat dish, vegetables, salad, soup and dessert. We also provide groceries to those in need. Meal is served at 5pm Sunday evening and groceries are dispensed after the meal.

### **Sisters of Charity**

28600 Palos Verdes Drive East, Rancho Palos Verdes, CA 90275

(310)831-4104 — (310)831-7301 FAX

Emergency food. Clothing for anyone in need; furniture when available. OFFICE HOURS: Mon, Tues, Thurs- Sat 9am-3:30pm; closed Wednesdays.

## **YWCA/ Harbor Area and South Bay**

437 W. 9<sup>th</sup> Street, San Pedro, CA 90731—(310) 547-0831—(310) 547-4443 FAX

Infant, preschool and latchkey childcare, day camp, low fee parenting class (available in English and Spanish), cradle closet for pregnant women and teens, youth anger management classes, conflict resolution, info and referral services for families in crisis, seminars and support groups for women and girls, ENCORE PLUS a breast and cervical cancer early screening program, thrift shop. OFFICE HOURS: Mon-Fri 8am-4:30pm, childcare 6:30am-6pm. Serves: San Pedro, Long Beach, Harbor City, Wilmington, Carson, Lomita, Harbor Gateway, Palos Verdes, Torrance and South Bay cities.

**Toberman Neighborhood Center** — see page \_\_\_\_

## **SELF HELP AND SUPPORT GROUPS**

### **Adult Children of Alcoholics (ACA)**

ACA World Service Organization, INC., P.O. BOX 3216, Torrance, CA 90510

(310) 534-1815 — Self help, 12-step program of recovery for individuals who grew up in an alcoholic or dysfunctional household. Send self-addressed stamped business size envelope to the above address for information. Write for meeting times and places. OFFICE HOURS: Volunteer staffed; no physical office location. Suggested donation: \$5.

### **Alcoholics Anonymous/ Spanish**

Oficina Intergrupar Sur de la Bahia, 16319 New Hampshire Avenue, Gardena, CA 90247 — (310) 516-8626

Referral to AA self-help meetings in Spanish for men and women who want to stop drinking. Office Hours vary, 24-hour message. Spanish spoken. Free services. Serves: LA. County and parts of Orange County.

### **A.R.K. - Action Response Krew**

Toberman Neighborhood Center, 131 N. Grand Avenue, San Pedro, CA 90731

(310) 832-1145 — (310) 832-6712 FAX

A bible study group that volunteers their services around Harbor Area; please contact David Kuaea during office hours 9am- 5pm for more information.

### **Co-Dependents Anonymous, Inc.**

(323) 969-4995 — Referral message line to meetings in Los Angeles. Office Hours: 24 hour info line.

## **PREGNANT AND PARENTING TEENS**

### **Casa De Los Angelitos**

954 Koleeta Drive, Harbor City, CA 90710—(310) 325-8208—(310) 325-8217 FAX  
Home for pregnant women in crisis, 18 yrs+. Women must come in with proof of TB test, STD tests and drug tests. Free counseling, parent & life skills education. Call for information and openings. Office hours: Mon-Fri. 8am-5pm. Fee \$225 per month, must supply own food.

### **Pregnant Minor Program/ L.A.U.S.D.**

Riley High School/ Gardena, 1618 W. 184<sup>th</sup> Street, Gardena, CA 90247

(310) 324-8942—(310) 217-9255 FAX

Public education for pregnant girls in grades 7-12. Additional information on nutrition and child birth classes, career education. Office Hours: 7:30am-2:30pm. Services are free.

### **WIC PROGRAM (Women, Infants & Children) Carson**

Public Health Foundation, 860 E. Carson Street, Suite 108-109, Carson, CA 90745  
(888) 942-2229—(626) 851-0481 FAX— WIC is a supplemental food program providing nutrition education and coupons for purchasing specific foods such as milk, cheese, eggs, fruit and infant formula. Program serves pregnant and breastfeeding women as well as infants up to 5 yrs. Serves at Locations throughout Orange & L.A. County. OFFICE HOURS: Mon-Fri 8:30am – 5pm. Serves: L.A. COUNTY

### **WIC PROGRAM (Women, Infants & Children) San Pedro**

Public Health Foundation, 312 N. Gaffey Street, Suite 101-103, San Pedro, CA 90731  
(888) 942-2229—(626) 851-0481 FAX

WIC is a supplemental food program providing nutrition education and coupons for purchasing specific foods such as milk, cheese, eggs, fruit and infant formula. Program serves pregnant and breastfeeding women as well as infants up to 5 yrs. Serves at Locations throughout Orange & L.A. County. OFFICE HOURS: Mon-Fri 8:30am – 5pm. SERVES: L.A. COUNTY

### **WIC Program- (Women, Infants & Children) Wilmington**

Public Health Foundation, 133-137 East L Street, Wilmington, CA 90744  
(888) 942-2229—(626) 851-0481 FAX

WIC is a supplemental food program providing nutrition education and coupons for purchasing specific foods such as milk, cheese, eggs, fruit, and infant formula. Program serves pregnant and breastfeeding women, as well as infants up to 5 years. OFFICE HOURS: Mon-Fri 8:30am-5pm

### **Toberman Neighborhood Center**

131 N. Grand Avenue, San Pedro, CA 90731 —(310) 832-1145—(310) 832-6712 FAX  
Family welfare/Emergency assistance: Provides food, clothing and advocacy to those in need, as well as referrals to additional crisis intervention agencies. OFFICE HOURS: Mon-Fri 9am - 3pm. First time participants must bring valid identification.

### **YWCA of the Harbor Area & South Bay**

Cradle Closet, 437 W. 9<sup>th</sup> Street, San Pedro, CA 90731 — (310) 547-0831

Provides maternity and baby items for pregnant women and new mothers with children ages up to 24 months; serves by Appointment only, please ask for Rosa for assistance.

## **HEALTH CARE / MEDICAL / HEALTH ASSISTANCE**

### **Harbor Community Clinic**

593 W. 6<sup>th</sup> Street, San Pedro, CA 90731

(310) 547-0202 — (310) 547-5096 FAX — Pregnancy testing, options counseling, prenatal care, primary health care, well-baby, immunization, STD clinic, sick child care, teen health counseling, men's clinic, psychological counseling, community outreach. Pediatric site hours: Tue/Thurs 9am -5pm; Sat 9am-1pm. Located at 731 S Beacon St. San Pedro. For info call (310)732-5887. OFFICE HOURS: Mon- Fri 8am-12:30pm, 1:30pm-5pm. Free services, SERVES: South Bay & Harbor Area.

### **Wilmington Community Clinic**

1009 N. Avalon Blvd, Wilmington, CA 90744

(310) 549-5760 — (310) 549-2277 FAX — Medical services includes birth control, pregnancy testing and counseling, ambulatory care, well-baby CHDP, prenatal, immunizations, STD testing and treatment, sick child care, physical exams, general medicine. OFFICE HOURS: Mon/Thur/Fri 8am-5pm; Tues 8am-8pm; Weds 8am-6:30pm. Accepts Medi-Cal, services are provided on a donation basis to anyone in need. Sliding fee scale for prenatal. SERVES: L.A. County.

### **Health Insurance Counseling Advocacy Program**

520 S. Lafayette Park Place, Suite 214, Los Angeles, CA 90057

(213) 383-4519 — (800) 824-0780 FAX — Provides counseling for people that need help with or have questions concerning Medi-Care or health insurance. OFFICE HOURS: Mon- Fri 9AM-4PM.

### **Shriners Hospitals for Children/ Los Angeles**

3160 Geneva Street, Los Angeles, CA 90020-1199

(213) 388-3151 — (213) 387-7528 FAX — (888) 486-KIDS — [www.shrinershq.org](http://www.shrinershq.org)  
Provides free medical care for children with orthopedic disabilities or burns.



## HOMELESS RESOURCES AND PROGRAMS

### Beacon Light Mission

525 N. Broad Avenue, Wilmington, CA 90745 — (310) 830-7063—(310)830-3260 FAX  
21 Bed shelter for men only, ages 18 +. Maximum length of stay is 7 nights every 2 months. Dinner is served nightly to men, women and children who attend chapel services at 7pm. OFFICE HRS: Mon –Fri 9am-6pm; Sat-Sun 4pm- 7pm. Admission requirements: Photo I.D., clean & sober.

### Harbor Interfaith Services

670 W. 9<sup>th</sup> Street, San Pedro, CA 90731 — (310)831-0603 — (310)831-0791 FAX  
Multiservice agency: emergency shelter, food, advocacy on public benefits, job placement and transitional housing. Emergency shelter for homeless families is provided at a different address. OFFICE HRS: Mon-Fri 9:30a.m.-11:30a.m., 1:30p.m. - 5p.m.  
SERVES: South Bay area.

### Harbor View House

Residential Nursing Care/Mentally Ill Adults  
921 S. Beacon Street, San Pedro, CA 90731 — (310) 547-3341 — (310)547-9933 FAX  
Residential and intermediate care (nursing) for mentally ill adults; includes day rehab program and life support. 14-day crisis intervention housing for mentally ill homeless adults includes: counseling, food, shelter & case management. OFFICE HOURS: Mon-Fri 8:30am- 5pm. Referral by County Mental Health. Accepts Medi-Cal.

### SHAWL — see page 10

Support for Harbor Area Women's Lives  
936 S. Centre Street, San Pedro, CA 90731—(310)521-9310 — (310)521-0359 FAX

## HOSPITALS

### Community Hospital / Gardena

1246 W. 155<sup>th</sup> Street, Gardena, CA 90247 — (310) 323-5330—(310) 323-0952 FAX  
58 Acute medical and surgical beds and 20 sub-acute, skilled nursing beds; urgent care clinic at same location. Serves: South Bay.

### Kaiser Permanente

25825 S. Vermont Avenue, Harbor City, CA 90710 — (310) 325-5111—(310) 517-2234  
231 bed hospital. Obstetrics, cardiology, oncology, specialized surgery, nephrology, orthopedics, chemical dependency program, family recovery services. Doctor at the facility 24 hours. Serves: L.A and Orange Counties.

## California Assembly- District 54—Assembly Member

**Bonnie Lowenthal** — 110 Pine Avenue, Suite 804, Long Beach, CA 90802  
(562) 495-2915—(562) 495-2983 FAX—Democrat. Term length: 2 years. Term expires 2010. Serves: Artesia, Avalon, Long Beach, Bellflower, Cerritos, Downey, Hawaiian Gardens, Lakewood, Palos Verdes Estates, Rancho Palos Verdes, Rolling Hills, Rolling Hills Estates, San Pedro and Signal Hill.

## California Senate- District 28—Senator Jenny Oropesa

2512 Artesia Boulevard, Suite 200, Redondo Beach, CA 90278  
(310) 318-6994—(310) 318-6733 FAX— Democrat. Term length: 4 years. Term expires: 2012. Serves: Carson, Compton, El Segundo, Harbor City, Hermosa Beach, Lomita, Manhattan Beach, Marina Del Rey, Playa Del Rey, Redondo Beach, Torrance, Venice, Westchester, Wilmington, San Pedro, and West Los Angeles.

## L.A. City Council- District 15—Honorable Councilwoman

**Janice Hahn** — 200 N. Spring Street, Room 435, Los Angeles, CA 90012  
(213) 473-7015—(213) 626-5431 FAX  
San Pedro Office: 638 S. Beacon Street, San Pedro, CA 900731—(310) 732-4515  
Serves: L.A. City, San Pedro, Harbor City/Harbor Gateway, and Wilmington

## U.S. Representative- District 36—Representative Jane Harmon

2321 Rosecrans Avenue, Suite 3270, El Segundo, CA 90245  
(310) 643-3636—(310) 643-6445 FAX

## U.S. Representative- District 37—Representative Laura Richardson

100 W. Broadway West Tower, Suite 600, Long Beach, CA 90802  
(562) 436-3828—(562) 437-6434 FAX  
Democrat. Term Length: 2 years. Term expires 2010. Serves: Carson, Compton, Lynwood, Harbor City, Harbor Gateway, part of Watts, Wilmington district, parts of Long Beach and Gardena.

## U.S Senator—Senator Barbara Boxer

312 N. Spring Street, Suite 1748, Los Angeles, CA 90012  
(213) 894-5000—(213) 894-5042 FAX  
Democrat. Term Length: 6 years. Term expires: 2010 — Office Hours: Mon- Fri, 8:30am-5:30pm.

## U.S. Senator—Senator Diane Feinstein

1111 Santa Monica Boulevard, Suite 915, Los Angeles, CA 90025  
(310) 914-7300—(202) 228-3954 FAX  
Democrat. Term length: 6 years. Term expires: 2012



### **Volunteers of America / Los Angeles**

Harbor City Early Head Start, 1081 W. 257<sup>th</sup> Street, Harbor City, CA 90710  
(310) 257-6892—(310) 257-0149 FAX— Home Base and site programs in South Bay area. Educational, social and health services to improve parenting skills, increase awareness in child development, nutrition and health, in an effort to strengthen family unit. Individual, family and group counseling. Serves pregnant women and children up to 3 years. OFFICE HOURS: Mon-Fri 8am-4:30pm. Home base office is located at 1135 W. 257<sup>th</sup> Street, Harbor City. Serves: Wilmington, San Pedro and Lomita, parts of Torrance, Carson, Lennox, Hawthorne and Gardena.

### **YWCA / Harbor Area and South Bay**

437 W. 9<sup>th</sup> Street, San Pedro, CA 90731—(310) 547-0831—(310) 547-4443 FAX  
Infant, preschool and latchkey childcare, day camp, low fee parenting class (available in English and Spanish), cradle closet for pregnant women and teens, youth anger management classes, conflict resolution, info and referral services for families in crisis, seminars and support groups for women and girls, ENCORE PLUS a breast and cervical cancer early screening program, thrift shop. OFFICE HOURS: Mon-Fri 8am-4:30pm, childcare 6:30am-6pm. Serves: San Pedro, Long Beach, Harbor City, Wilmington, Carson, Lomita, Harbor Gateway, Palos Verdes, Torrance and South Bay cities.

## **POLITICAL LEADERS / PUBLIC OFFICIALS**

### **California Assembly- District 53—Assembly Member Ted W. Lieu**

1700 E. Walnut Avenue, Suite 601, El Segundo, CA 90245—(310) 615-3515  
(310) 615-3515 FAX— Democrat. Term Length: 2 years. Term expires: 2010.  
SERVES: El Segundo, Hermosa Beach, Lomita, Manhattan Beach, Mar Vista, Marina Del Rey, Redondo Beach, Torrance, Venice and Westchester.

### **California Senate- District 27—Senator Alan Rosenthal**

115 Pine Avenue, Suite 430, Long Beach, CA 90802—(562) 495-4766  
(562) 495-1876 FAX— Democrat. Term length: 4 years. Term expires 2012  
Serves: Palos Verdes Peninsula, San Pedro, Los Angeles and Long Beach harbors, Signal Hill and Catalina Island.

### **California Assembly- District 55—Assembly Member**

**Warren T. Furutani** — 4201 Long Beach Blvd, Suite 327, Long Beach, CA 90807—(562) 989-2919—(562) 989-5494 FAX— Democrat. Term length: 2 years. Term expires: 2010. Serves: Carson, Wilmington, Harbor City, Compton, Lakewood and Long Beach.

### **LAC-Harbor / UCLA Medical Center**

1000 W. Carson Street, Torrance, CA 90509—(310) 222-2345—(310) 328-9624 FAX  
553 bed acute care hospital with level 1 trauma center, maternity ward, psychiatric unit, pediatrics, NICU, CCU, ICU, CTU, RTU, outpatient clinic, MRI, outpatient surgery, cardiac cath, etc. Some county contracted mental health services at this facility. 24 hour emergency room with doctor on duty, Serves: Southwestern LA County.

### **Little Company of Mary — San Pedro and Peninsula Hospital**

1300 W. 7<sup>th</sup> Street, San Pedro, CA 90732—(310) 832-3311—(310)514-5314 FAX  
387 bed acute care hospital with maternity ward. Services include adult chemical dependency ward, pediatrics units, 24 hour emergency room with doctor on duty, ICU, oncology, industrial care center, blood donor center, MRI, skilled nursing pavilion, hospice program, home health care program, cardiac cath lab.

### **Memorial Hospital of Gardena**

1145 W. Redondo Beach Boulevard, Gardena, CA 90247—(310) 532-4200  
(310) 532-6680 FAX — 200 bed acute care hospital with maternity ward, ICU, CCU, M.R.I., CAT scan, surgical services, on-site skilled nursing facility. 24 hour emergency room with doctor on duty. SERVES: Southern California

### **Torrance Memorial Medical Center**

3330 W. Lomita Blvd., Torrance, CA 90505—(310) 325-9110—(310) 784-4801 FAX  
385 bed acute care hospital. Basic 24 hour emergency services, certified for heart and pediatric emergency and base station for LA County Paramedics; open heart surgery, inpatient oncology unit; NICU with 24-hour neonatologist staffing; burn center; psychiatric units; sleep disorders program; outpatient rehab and surgery services; breast diagnostic center; transitional care general health info line; extensive community health education and business health programs. SERVES: South Bay for primary services

## **LAW ENFORCEMENT**

### **Anonymous Crime Hotline-WE TIP**

(800) 782-7463—(909)987-2477 FAX—24 hours, 7 days a week

### **California Highway Patrol/South Los Angeles**

19700 Hamilton Avenue, Torrance, CA 90502—(310) 516-3355—(310) 323-5411 FAX

### **Los Angeles County Sheriff/ Carson Station**

21356 S. Avalon Boulevard, Carson—(310) 830-1123—(310) 549-3017 FAX

**Los Angeles County Sheriff/Lomita / Rancho Palos Verdes/ Rolling Hills** 26123 S. Narbonne Ave. Lomita, CA 90717—(310) 539-1661—(310) 534-0318

### **LAPD Harbor Division / San Pedro / Harbor Area**

2175 John S. Gibson Blvd., San Pedro, CA 90731—(310) 726-7700—  
(310) 518-6387 TDD/TTY

### **Torrance Police Department**

3300 Civic Center Drive, Torrance, CA 90503—(310) 328-3456—(310) 618-5532 FAX

## **LEGAL ASSISTANCE**

### **Immigration and Refugee Department**

1530 James M. Wood Boulevard, Los Angeles, CA 90015—(213) 251-3460  
Help immigrants obtain their U.S. Citizenship if they have been a legal resident for five (5) years or have been married to a U.S. Citizen for three (3) years. OFFICE HOURS: Mon-Fri 8:30am-5pm.

### **L.A. County Child Support Services / Bureau of Family Support**

20221 S. Hamilton Avenue, Torrance, CA 90502—(800) 615-8858  
Establishes paternity and child support order, collect child and spousal payments and modify orders and provide medical enforcement services. This office serves Norwalk, Compton, Torrance, Lakewood, Paramount, San Pedro, Long Beach, Harbor City and Carson. OFFICE HOURS: Mon-Fri 8am-5pm.

### **L.A. County Public Defender / Torrance Branch**

3655 Torrance Boulevard, Suite 200, Torrance, CA 90503—(310) 543-4300  
(310) 543-43118 FAX — OFFICE HOURS: Mon-Fri 8am-5pm.

### **Los Angeles County Superior Court / San Pedro**

#### **San Pedro Courthouse / South District**

515 S. Centre Street, San Pedro, CA 90731—(310) 519-6201—(310) 548-3214 FAX  
OFFICE HOURS: Mon-Fri 8:30am-4:30pm

### **Los Angeles County Superior Court / San Pedro Annex Courthouse**

638 S. Beacon Street, Room 676, San Pedro, CA 90731—(310) 519-8015  
(310) 514-0314 FAX—OFFICE HOURS: Mon-Fri 8:30am- 4:30pm

### **San Pedro Community Legal Services (SPCLS)**

P.O. BOX 311, San Pedro, CA 90733—(310)521-1180—(310) 831-6122 FAX  
Legal assistance to those who are victims of domestic violence. Civil non-criminal issues, family law, immigration, restraining orders. OFFICE HOURS: Mon-Fri 9am-5pm.

### **Victim-Witness Assistance**

L.A. City Attorney's Office, 638 S. Beacon Street, Suite 326, San Pedro, CA 90731  
(310) 732-4611—(310) 732-4618 FAX—Victim Assistance Program provides direct services to victims and their families. OFFICE HOURS: Mon-Fri 9am-5pm.

## **PARENTING RESOURCES AND EDUCATION**

### **Bandini Healthy Start/ Family Resource Center**

425 N. Bandini Street, San Pedro, CA 90731—(310) 832-0282  
[Lleno7@lausd.k12.ca.us](mailto:Lleno7@lausd.k12.ca.us) — A healthy start-multi disciplinary team of professionals who collaborate with families, schools, and communities to facilitate an equitable access to health, mental health and human services necessary to maximize the academic achievement and well being of students. OFFICE HOURS: Mon-Fri 8am-2:30pm.

### **Harbor Regional Center**

HRC Resource Center, 21231 Hawthorne Boulevard, Torrance, CA 90503  
(310) 540-1711—(310) 543-0691—(310) 540-8471 FAX — Resources for persons with development disabilities & their families. Info & referral, advocacy, training, parent support groups, social opportunities for families. Computer lab, assistive tech lab and a resource library. Networks with other Family Resource Centers in L.A. County. OFFICE HOURS: Mon-Fri 8:30am-5:30pm. Free services, SERVES: South Bay

### **L.A. County Child Support Services / Bureau of Family Support**

20221 S. Hamilton Avenue, Torrance, CA 90502—(800) 615-8858  
Establishes paternity and child support order, collect child and spousal payments and modify orders and provide medical enforcement services. This office serves Norwalk, Compton, Torrance, Lakewood, Paramount, San Pedro, Long Beach, Harbor City and Carson. OFFICE HOURS: Mon-Fri 8am-5pm.

### **Mahar House Community Center**

Catholic Charities of Los Angeles, 1115 Mahar Avenue, Wilmington, CA 90744  
(310) 834-7265—(310) 834-8813 FAX — Activities for school-aged children and young adults. Citizenships class, parent education class, literacy class, job readiness and search, family development network, counseling management for low income families, immigration services provider, computer classes and advocacy. OFFICE HOURS: Mon-Fri 8am-4pm. SERVES: Wilmington

### **Toberman Neighborhood Center**

131 N. Grand Avenue, San Pedro, CA 90731—(310)832-1145—(310)832-7861 FAX  
FamilySource Center (FSC): A hub for all of our family services, FSC is designed to strengthen family units. Case management is the core method for meeting this goal. Individuals and families receive carefully developed case plans, helping them move past barriers to develop healthy, independent lives, through the following programs: Parent/Teen Program; strengthening family units through open communications, effective parenting skills and developing respectful teen attitudes.