

HOUSING

- Family Promise South Bay. 310-782-8196. 2930 El Dorado Street, Torrance.
- Homeless Family Solution System (HFSS): 310-831-0589
- First 5 LA (Families w/children under 5): 562-594-9492 H
- Harbor Interfaith Services (Families) 670 W. 9th St, San Pedro 310-831-0603
- Beacon Light Mission, 7 night emergency shelter for homeless men 4 pm check in 525 Broad Ave, Wilmington 310-830-7063 Showers 8:00a MON & THURS
- Doors of Hope Women's Shelter, 7 night emergency shelter for homeless women 525 Broad Avenue, Wilmington 310-518-3667 Check In 9a-12p, Closed Sunday
- Community's Child (Single women w/infants) 25520 Woodward Ave, Lomita 310-534-4040 Winter Shelter Hotline 800-548-6047.
- Long Beach Rescue Mission. 562-591-1292. 1335 Pacific Ave. Long Beach.
- Union Rescue Mission 213-347-6300. 545 S. San Pedro St. Los Angeles.
- United Way Greater Los Angeles. 213-808-6220. 1150 S Olive St, Los Angeles, CA 90015

GENERAL RESOURCES

- Stillman Sawyer Family Services Center 310-835-1986 M-F 9:00 a.m. – 12:30 p.m.

GROCERIES

- Coast Christian, 4000 PCH, Torrance, 310-373-8573 MON: 4-6pm
- St. Andrew's Presby, 301 Ave E, Redondo Bch, 310-540-5252 TU, THUR: 12-1pm
- St. Margaret Mary, 25511 Eshelman, Lomita 310-326-3364 WED: 8:30-10am
- St. Paul's Methodist, 2600 Nelson, Redondo Bch, 310-370-4319 1st, 3rd THUR: 9-10:45am

ALCOHOL & DRUG RECOVERY

- Alcoholics Anonymous (LA) 800-923-8722 Harbor Area 562-989-7697
- Beacon House, male residential recovery prog 1003 S. Beacon St, San Pedro 310-514-4940
- SHAWL House, female residential recovery prog 936 S. Centre St, San Pedro 310-521-9310
- House of Hope, female residential recovery prog 235 W. 9th St., San Pedro 310-831-9411
- Behavioral Health Services, 15519 Crenshaw Blvd, Gardena 310-973-2272

BUS INFO - METRO LINE

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

MEDI-CAL INFO

- Eligibility Status for Health Care Options 800-430-4263
- Denti-Cal Provider Search 800-322-6384
- PUBLIC AGENCIES Department of Children & Family Services 2325 Crenshaw Blvd, Torrance 310-972-3111
- Social Security 22600 Crenshaw Blvd, Torrance 800-772-1213
- Dept of Public Social Services - Rancho Dominguez 17600 B Santa Fe Ave, Rancho Dominguez 310-761-2030
- Beach Cities South Bay One-Stop 1611 S. PCH #104, Redondo Bch 310-792-1300

HEALTH CARE

- South Bay Family Health Care 2114 Artesia Blvd, Redondo Bch 310-802-6170
- Harbor-UCLA Family Medicine Free Clinic including free dental and optical services (4 pm start)

- Journey South Bay Church- 2761 190th St. Redondo Beach, 3rd THURS from 6:30-8:30 pm
- Harbor-UCLA-Medical Center 1000 W. Carson St.,Torrance 310-222-2345
- Torrance Health & Wellness Ctr 19410 S Vermont Ave Ste. L102, Torrance 310-323-6887
- El Dorado Community Service Center 4023 Marine Ave, Lawndale 310-675-9555
- North East Community Clinic 1403 Lomita Blvd #100, Harbor Cty 310-784-5800
- Northeast Community Clinic 200 E Anaheim St., Wilmington 310-816-9700
- Wilmington Community Clinic 1009 N. Avalon Blvd., Wilmington 310-549-5760
- Wilmington Health Center 1325 Broad Ave., Wilmington 310-518-8800

U.S. VETERAN SERVICES

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

TEENS & YOUTH SERVICES

- Emergency Shelter for Youth ages 10-17, 1736 Family Crisis Ctr (24 hr) drop in center 1736 Monterey Blvd, Hermosa 310-379-3620
- Dept Children & Family Services for Transitional Housing for Former Foster Youth ages 18-21 213-351-0190
- SSG/Occupational Therapy Training Program, 19410 S Vermont Ave Ste. L102, Torrance 310-323-6887
- TEEN LINE, 7 days 6:00 pm to 10:00 pm PST toll-free from anywhere in California 310-855-HOPE(4673) Text us by texting "TEEN" to 839863
- California Youth Crisis Line (live chat 24 hr) 800-843-5200

SENIORS

- Older Adult/Senior Abuse LA -In-Home 877-477-3646 Care Facility 800-231-4024
- Older Adt Case Mgmt: Bch Cities Health District3 10-374-3426 x256 SCAN Independence at Home 562-637-7116
- Meals-on-Wheels Beach Cities 310-318-2827 Torrance, Lomita 310-542-3434

LAUNDRY ASSISTANCE

- Clean Scene Laundry (St. Cross -Episcopal), 2301 Artesia Blvd, Redondo Beach Last Wed, 7:30-10 pm (last load 8:45 pm)
- Laundry Fluff & Fold (NOVA Community Church), 5123 Torrance Blvd, Torrance 4th Sat, 4:45-7:00 pm. 310-371-1274.

MEALS

- St. Lawrence Martyr (sack lunch), 1900 S. Prospect Ave, Redondo Bch, 310-540-0329 MON-SAT: 8am-6pm; SUN: 8am-2pm St.
- Margaret Mary (sack lunch), 25511 Eshelman, Lomita, 310-326-3364 MON-SAT: 8-11:30am, 1-5p; SUN: 8am-1pm
- St. Catherine Laboure (sack lunch), 3846 Redondo Bch Blvd, Torrance, 310-323-8900 MON-SAT: 9am-1pm, 2-5:50pm
- St. James Catholic, 415 Vincent, Redondo Bch, 310-372-5228 MON,WED,FRI: 1-2pm
- St. Andrew's Presby, 301 Ave E, Redondo Bch, 310-540-5252 TU,THUR: 12-1pm
- St. Paul's Methodist, 2600 Nelson, Redondo Bch, 310-370-4319 TU: 6-7pm
- First United Methodist, 243 S. Broadway, Redondo Bch, 310-372-8445 WED: 6-7pm
- Journey South Bay, 2761 190th St, Redondo Bch,310-371-0411 THUR: 6:30-7pm Torrance
- 1st Baptist, 2118 W. Carson, Torrance, 310-328-5030 1st SAT: 11am-1pm
- WALTERIA Methodist, 3646 Newton St, Torrance, 310-375-0622 2nd SAT: 11am-1pm

- St. Andrew's Episcopal, 1432 Engracia, Torrance, 310-328-3781 3rd SAT: 11am-1pm
- First United Methodist, 1551 El Prado, Torrance, 310-328-3242 4th SAT: 11am-1pm
- Riviera Methodist, 375 Palos Verdes Blvd, Redondo Bch, 310-378-9273 5th SAT: 11am-1pm
- St. John's Evangelical Luthern 14517 Crenshaw Blvd. Gardena, 310-676-8804. SUN noon; MON 6:30 p.m.; WED & FRI 6:00 p.m.; SAT 11:30 a.m. & 4:00 p.m.