



Community Resource Guide 2024-2025

INTRODUCTION

Welcome!

This guide, compiled by the Covina-Valley Unified School District Health & Wellness Center, provides a comprehensive listing of community resources categorized for easy navigation. Whether you or someone you know needs assistance with healthcare, social services, or other essential needs, this booklet serves as a valuable starting point.

Finding Help is Easy:

- Browse the table of contents for specific services.
- If the service you need is not listed, the California 2-1-1 resource hotline is available 24/7 to connect you with free and confidential information and referrals (<https://www.211ca.org/>).
- While we strive for accuracy, phone numbers and services may change. Please report any corrections to:

**Covina-Valley Unified School District
Student Services Department
Health & Wellness Center**

4555 N. Lark Ellen Avenue
Covina, California 91723
(626) 974-4500

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DOMESTIC VIOLENCE

Domestic Violence Hotline

Battered Women/Children
P.O. Box 2788
North Hills, CA 91793
(323) 681-2626
(800) 799-7233
24 hr. hotline and emergency shelter for battered women and their children

L. A. County Bar Assoc./L. A. Superior Ct. Domestic Violence Project

111 N. Hill St. Los Angeles CA 90012
(213) 627-2727 Information
[Legal advice/assistance with temporary restraining orders- possible minimal fee

Foothill Unity Center Neighbors Helping Neighbors

790 W. Chestnut Ave.,
Monrovia, CA 91016
191 Oak Ave Pasadena, CA, 91107
(626)358-3486 or (626) 358-8224 (fax)
www.foothillunitycenter.org
-Victims of Domestic Violence support
-Motel Voucher Program
-Clothing/Household Goods Voucher
-Referrals to educational assistance, long-term shelter, etc., housing
-Full family food programs

House of Ruth, Claremont

599 N Main St, Pomona, CA 91768
(909) 623-4364 Info line
877-988-5559 teen crisis line
Emergency shelter, transitional living, child abuse treatment program, community services

YWCA-Domestic Violence Services

101 S. Barranca Ave, Covina, CA 91723
(626)960-2995
(626) 967-0658 24-Hour Hotline/referral
Support for women & families experiencing domestic violence, legal advocacy, 45-day emergency program. Spanish, Chinese, Cantonese spoken
ywcasgv.org

Good Shepherd Shelter

(323) 737-6111
Long-term treatment and education-based shelter for women and their children who are healing from domestic violence.

ALCOHOL / SUBSTANCE ABUSE

Drug/alcohol abuse information & Mental Health Services

1-800-HELP (1-800-662-4357)
<https://www.samhsa.gov/find-help/national-helpline>
24 hour hotline on information and referral to substance abuse programs, free services
Spanish spoken

AEGIS TREATMENT CENTER, West Covina

Outpatient detox program/maintenance (drugs)
Medi-Cal, sliding scale
1825 E. Thelborn St.
West Covina, CA 91791
(626) 915-3844

Safety Education Center DUI/DV

1515 W. Cameron Ave., #300
W. Covina, CA 91790
(626) 960-3977
Website NA
Outpatient program, substance use services, DV services

Alcoholics Anonymous, San Gabriel

849 E Route 66 #D
Glendora, CA 91740
(626) 914-1861 24-Hour Helpline

ALCOHOL/SUBSTANCE ABUSE CONTINUED

Outpatients, medication treatment, groups (18+)
(626) 915-3844

Outpatients, medication treatment, groups

Alanon Family Group Helpline

(888) 425-2666

Assistance with finding meetings for family members

Aurora Charter Oak Behavioral Hospital

800-654-2673 Assessment

1161 E. Covina Blvd, Covina, CA 91724

<https://www.charteroakhospital.com/>

Kaiser Permanente Addiction Medicine

1539 W. Garvey Ave. North

West Covina, CA 91791

(626) 814-6500

www.kp.org

Substance abuse treatment

National Council on Alcoholism and Drug Dependence (NCADD)

4626 N. Grand Avenue

Covina, CA 91724

(626) 331-5316

Referrals to meetings, treatment, drug diversion program, DUI school, group and individual counseling, parenting classes, anger mgmt. Spanish spoken

Puente House

Sober Living, Male/Female 18+

444 W. Badillo Street

Covina, Ca. 91723

(626) 967-3149

www.puenteho

Pasadena (PCADD)

(626) 795-9127

PCADD@socialmodel.com

FSP Service Adolescents 13-18

Works with youth struggling with substance use/addiction use.org

Referral services for alcoholics anonymous meetings in San Gabriel & Pomona Valley area
https://aasgvco.org/contact_us.php

Nat'L Council on Alcoholism/Drug Dependence

656 N. Park Ave.

Pomona, CA 91768

(909) 629-4084

Sliding scale/No one refused

Information/referral for alcohol, substance Abuse, individual counseling/parenting classes/anger mgmt., drug testing

Pacific Clinics

Emphasis on outpatient mental health

(877) 722-2737 – Call Center

(626) 744-5230 Pasadena

(626) 9671667 Covina

(626) 337-3828 Irwindale (only with homeless population, walk-in facility)

Sliding Scale. Medi-Cal

www.pacificclinics.org

River Community Day Treatment

Adult Day Treatment & Outpatient

Co-Occurring Disorders MH & Substance Use

508 S. 2nd Ave Suite #6

Covina, CA 91723

(626) 974-8122

Social Model Recovery Systems

Care Center Screening: 877-507-6242

Substance use/dependency services screening hotline

SAMHSA

National Helpline 1-800-662-HELP (4357) (also known as the Treatment Referral Routing Service)

TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

ALCOHOL/SUBSTANCE ABUSE CONTINUED

SPIRITT Family Services

2000 Tyler Avenue South El Monte, CA 91733
626-442-1400
Monday – Thursday 9 am – 5 pm
Alcohol/Drug Abuse Prevention Program
Family parenting communication skills program
\$75 – 7 sessions

SOBER LIVING

Puente House

444 West Badillo Street
Covina, CA 91723
(626) 967-1819
<https://www.puentehouse.org/>
karlmoris@puentehouse.org

Room to Grow Program

570 S. Edenfield Ave
Covina, CA 91723
(626) 966-9689
Transitional sober living house for single women/women with children. Structured program with in-house meetings. Residents must provide their own food, and are required to work or attend school and attend outside AA/NA meetings.

Welcome to Life Sober Living Centers-

Transitional House/ 12 Step Program/
Rehabilitation – Male adults only
271 East Puente Street, Covina, CA 91724
(626) 318-1000

CHILD ABUSE SUPPORT

The Alliance for Children Rights

3333 Wilshire Blvd.,
Ste. 550
Los Angeles, CA 90010-4111
9am -5:30 pm M-F
(213) 368-6010

Girls & Boys Town National Hotline

(800) 448-3000
Toll free crisis and resource referral services for children and parents. Highly trained telephone counselors to help deal with any problem.

CHILD ABUSE SUPPORT CONTINUED

**Child Protection (Abuse) –
L. A. County Hotline**

Department of Children's Services, 24 HOURS
Services (800) 540-4000 English/Spanish spoken

Child Help U.S.A (Abuse) - Hotline

(800) 422-4453
24 Hours, English only

**Guardianship Pro Per Assistance Program-L.A.
County**

Probate Window
111 North Hill St., #426
Los Angeles, CA 90012
Probate Office/ Information Line
Rm. 258, 8:30am-4:30pm

Forms, fees (online)
(website: www.lasuperiorcourt.org)

**Masonic Center for Youth & Family Services/
The Children's Advocacy Center**

Child Abuse Assessment & Treatment
1650 E. Old Badillo St.
Covina, CA 91724
(626) 251-2200

All 4 Kids

14600 Ramona Blvd.
Baldwin Park, CA 91706
1515 W Cameron Ave Suite 350
West Covina, CA 91790
(626) 337-8811 – Closed Sundays
all4kids.org
After hours phone (213) 342-0100
Mon-Thrus 8:30 to 7:00 pm
Tues-Wed 8:30 to 9:00 pm
Fri 8:30 to 4:30 pm
multi-service child welfare services child abuse,
crisis intervention and shelter, in-home and
office counseling, child respite care, parent
education.

**The Center for Integrated Family and Health
Services**

(626) 966-1577 (adults)
9am – 8pm M-F
Crisis received; hours vary - counseling,
parenting, and anger management.

La Puente Valley Community Mental Health

160 S. 7th. Ave. La Puente, CA 91746
(626) 961-8971
Counseling and mental health Spanish speaking

CURRENT/FORMER FOSTER YOUTH

Office of the Foster Care Ombudsperson

Call (877) 846-1602
A neutral and independent office that helps solve
problems and complaints about the care,
placement, and services of children and youth in
foster care.

Hillsides FRC East San Gabriel Valley

Family Resource Center, Family Preservation, Full
Service Partnership, CalWorks.
13001 Ramona Blvd.
Baldwin Park, CA 91706

**Nuevo Amanecer Latino Children's
Services (NALCS)**

ILP training:: College 101, Financial Aid,
Housing, Money Management, Employment,
Gang Awareness, Drug Awareness, and other
available resources for transitional age youth.

Serenity & David and Margaret

600 S. Grand Avenue
Covina, CA 91724
(626) 859-6200 (855)859-6206
Groups, parent resources

(626) 373-2900

CURRENT/FORMER FOSTER YOUTH *CONTINUED*

Trinity Youth Services

1000 Corporate Center Dr Suite 650
Monterey Park, CA 91754
(626) 966-1776

www.trinityys.org

Foster care and adoptions placement, family support and mental health services

San Gabriel Children's Center

4740 N. Grand Avenue
Covina, Ca 91724
(626) 859-2089

www.sangabrielchild.com

TRANSITIONAL AGE YOUTH 16-21

Foothill Family

Adolescent Family Life Program (AFLP)

Age requirement under age 21
General requirements: expecting or parenting,
living in San Gabriel Valley (Spa 3)

www.Foothillfamily.org

626-993-3000

YWCA San Gabriel Valley

Mental Health Services, Life Skills Workshops,
Case Management and Resource & Linkages
101 South Barranca Ave.

Covina, CA 91723

info@ywcasgv.org

Phone: 626-960-2995

Pacific Clinics- Transitional Age Youth Irwindale

13001 Ramona Blvd, Suite I,
Irwindale, CA 91706
(626) 337-3828

Call us to learn more or if you need to arrange for transportation support. The Hope Drop-In Centers & TAY Tunnel empowers youth ages 16-25 All services are free of charge 5-6 days a week, Monday-Thursday 10:00 a.m.-6:00 p.m. Friday 10:00 a.m.-5:00 p.m. Saturday-Sunday 9:00 a.m.-5:00 p.m.

COMPASS - David & Margaret

Permanent Supportive Housing Program,
Transitional Housing Program, COMPASS
Training Program

COMPASS Point Drop-in Center

Marissa Scholefield, COMPASS Director

COMPASS@davidandmargaret.org

909-596-5921 x3625

YOUTH IN CRISIS

Runaway Prevention

By calling 1-800-RUNAWAY (1-800-786-2929)
Connect with a trusted, compassionate person
who will listen and help you create a plan to
address your concerns. 1800runaway.org offers
a confidential live chat to assist youth in crisis.

Commercial Sexual Exploitation of Children and Youth

Child Abuse Hotline: 800-540-4000

LA Metro Taskforce: 800-655-4095

National Human Trafficking Hotline:

888-373-7888

CHILD CARE

Covina-Valley Child Development Office

Dept: Student Services
519 E. Badillo St.
Covina, CA 91723
(626) 974-7000

Kids Corner -Extended-Day Child Care
Enrichment Program

Teen Scene - Extended-Day Supervision Program

Pioneer Pre-School - Licensed Pre-school and
Childcare Program

Covina Development Center

Early Intervention Center
437 W. San Bernardino Rd. Covina, 91723
(626) 967-7153

7:15am – 6:15 pm – Daycare-M-F

8:00am – 4:00pm – Office-M-F

Options for Learning

9am – 5pm M-F

885 S Village Oaks Dr. #12,

Covina, CA

(626) 858-0527

COMMUNITY SERVICES

“211” Social Services Line, L. A. County

626) 350-6833 (or “211” –San Gabriel Valley)
Largest & most comprehensive human resource
information/referral service
English/Spanish spoken
24 Hours

First 5 LA

Free school Readiness Program, ages 0-5 yrs.
Intake (866-304-4337)
(213) 482-5902 – Magnolia site

Covina-Valley Children's Center

4400 N. Roxburgh Ave.
Covina, Ca 91722
Phone - (626) 472-6330

Homeless CalWORKs Families Project Prototypes ICAN

11001 E. Valley Mall, #300
El Monte, CA 91731
(626) 442-0710

Assists with Housing, Transportation & Childcare
Also Job leads, Education, Food Stamps &
Medi-cal

Boys and Girls Club of America

328 S. Ramona Ave Monterey Park 91754
(626)573-2831

Offers fun and enriching after-school programs
and summer programs for youth ages 6-18.
Sports leagues, STEM labs and summer camps.
Community engagement and college
scholarships.

Covina United Methodist Church

(626) 339-7386
M-Thur 9am – 4pm
Fri. 9am-12pm

Information and referral service
Group meetings held at church

Los Angeles County Homeless Outreach Portal

www.la-hop.org
Homeless help
Mental-Health Focused
Multi-disciplinary teams

WIC Program

(888) 942-2229 (English/Spanish)

MENTAL HEALTH / COUNSELING

Asian Pacific Treatment Counseling Center

1107 S. Glendora Ave
West Covina, CA 91790
Tel: (626) 653-9913
Fax: (626) 653-9914
Services offered in English, Korean, Spanish,
Cantonese & Mandarin

Baldwin Park Counseling Center

1740 W. Cameron Ave. Suite 102
West Covina, CA 91790
(626) 917-2120
baldwinparkcounseling.com
Sliding scale \$25 and up
Provide individual and family therapy for drug and
alcohol abuse, family/marital problems,
physical/sexual abuse, and adolescent problems.

Care Solace

(888) 515-0595
<https://caresolace.com/site/cvusdparents/>

Co-Dependents Anonymous

Helps to develop healthy relationships
1.888.444.2359
website: www.coda.org

East Valley Community Health Center

Behavioral Health Services
420 S. Glendora Ave.,
West Covina, CA 91790
(626) 919-4333

Five Acres

Ages 0-17
2930 E. Garvey Ave. S #100
West Covina, CA 91791
(800) 696-6793
Services available in Spanish

Azusa Pacific University Community Counseling Center

(626) 815-5421
M- Thur. 9am – 9pm
Fri. 9 am – 6 pm, Sat. 9am – 2pm
Spanish, Mandarin and Cantonese spoken

Hazel Heart - Mental Health

Virtual mental health platform
Follow the link to provide consent and schedule
an appointment.
<https://getstarted.hazel.co/district/cvusd>

Citrus Counseling Center

Ages 0-17
973 N. Grand Ave
Covina, CA 91724
(626) 967-7585

Center for Integrated Fam/Health

Ages 0-17 and adults
540 S. Eremland Dr.
Covina, CA 91723
(626)966-1577
Speaks Spanish. Accepts Medi-Cal for kids.
Adult and children therapy, parenting groups,
anger management classes, adolescent therapy
ages 12-17, teen/adult dependency.

ENKI Youth & Family Services

Ages 0-17 and adults
160 S. 7th Ave.
La Puente, CA 91746
(626) 961-8971
Spanish spoken, provides outpatient services for
adults and children, day treatment programs,
psychiatric emergency care.

McKinley Mental Health Program San Dimas

180 E. Via Verde Ave Suite 200
San Dimas, CA 91773
(909) 599-1227
Counseling & medication, Medi-Cal only

MENTAL HEALTH/COUNSELING CONTINUED

Foothill Family Services

530 W. Badillo Street
Covina, CA 91722
(626) 993-3000
Services available in Spanish

Pacific Clinics Mental Health Services

Children's Intensive Services
1126 N. Grand Ave., Suite D
Covina, CA 91724
(626) 967-1667
Services available in Spanish

ONE & ALL

1404 W. Covina Blvd.
San Dimas, CA 91773
(909) 592-2282
Care & Support Program
Counseling, support groups, life coaching and bereavement support.

Sierra Psychological & Associates

1272 Center Court Drive, Suite 104
Covina, CA 91724
(626) 966-5644

Tri City Mental Health Center

Mental Health Services
(909) 623-6131 (Pomona, La Verne, Claremont only) Adults & Children
2008 N. Garey Ave.
Pomona, CA 91767
Translation services provided

Pacific Clinics - Sierra Family Center

1160 S. Grand Ave.
Glendora, CA 91740
(626) 335-5980
Services available in Spanish
New Hope Christian Counseling Covina
1175 E. Garvey Ste. 102
Covina, CA 91724
(626) 967-6421 by appointment
Christian counseling center.

Los Angeles County Dept. of Mental Health Access Center Hotline

(800) 854-7771

Shepherd's Pantry

657 E. Arrow Hwy #3
Glendora, CA
(626) 852-7630
Counseling Resources & Case Management
Call for information.

Village Oaks Counseling Services

1338 Center Court Drive, Suite 102
Covina, CA 91724
(626) 339-2140

INTENSIVE MENTAL HEALTH RESOURCES

Intensive in-home mental health service program for children ages 0 – 17 and their families

David and Margaret Youth & Family Services

1350 3rd St, La Verne, CA 91750
(909) 596-5921 or (909) 596-3954

Foothill Family Services

530 W. Badillo St., Covina, CA 91722
(626) 993-3098 (626) 993-3088

HATHAWAY-SYCAMORES

1411 North Grand Ave., STE. 100
COVINA, CA 91724
(626) 388-9050 5372 (626) 269-7481

INPATIENT MENTAL HEALTH SERVICES

Hillsides CARES

940 Avenue 64, Pasadena, CA 91105
(323) 641-4842

College Hospital

Children's Psychiatric Inpatient Hospital
10802 College Pl.
Cerritos, CA 90703
(562) 924-9581

ROWI Teen and Parent Wellness Center

1270 E. Garvey Street #100
Covina, CA 91724
(800)721-ROWI

Bridges

11927 Elliott Ave. El Monte, CA 91732-3740 Ph:
(626) 350-5304

Newport Academy

Cortney Fogg
714.942.4522 (Press 1 for admissions)
Address confidential

Aurora Charter Oak

1161 E Covina Blvd
Covina, CA 91724
Phone: (800) 654-2673

TEEN PARENTS RESOURCES

Thaddeus Resource Center

Support Groups, Counseling, Case Management
and Coaching for women and single mothers
(909) 599-2111
220 E. Bonita Ave, Suite 189
San Dimas, CA 91773

Foothill Family Services

Healthy Families America
530 W. Badillo Street
Covina, CA 91722
(626) 993-3000
Personalized Home Visits, Emotional and
Psychological Support, Community Resources,
Educational Activities

AltaMed Youth Services

512 S. Indiana St.
Los Angeles, 90063
(323) 307-0160

GANG PREVENTION RESOURCES

Just Us For Youth

363 S. Park Ave., Suite 104
Pomona, CA 91766
(909) 525-4155

Homeboy Industries

130 Bruno St,
Los Angeles, CA 90012
(323) 526-1254

Learning/Community Works

90 North Daisy Avenue
Pasadena, CA 91107
Phone: 626.564.8762

SPECIAL NEEDS RESOURCES

San Gabriel/Pomona Regional Center

75 Rancho Camino Dr., Pomona, CA 91766
(909) 620-7722

Parents Place / Family Resource Center

1500 S Hyacinth Ave Suite B West Covina, CA
91791. Office: (626) 919-1091

DHH RESOURCES

FIVE ACRES

Deaf Services Program
Individual and Family Therapy Services
Populations Served: Ages 0-65
ASL, English, Spanish, Cantonese, Mandarin
Parenting Workshops
Telehealth
deafservices@5acres.org
(Voice) (626) 773-9222
(Video Phone) (626) 389-8732
West Covina Location:
2934 E. Garvey Ave. South, Suites 100A & 102
West Covina, CA 91791
Insurance Accepted: Medi-Cal

ENKI MENTAL HEALTH SERVICES

Individual and Family Therapy Services
Population Served: Children and Adolescents
Multi-Cultural and Multilingual
Telehealth
(866) 227-1302
1215 West West Covina Parkway
West Covina, CA
Insurance Accepted: Medi-Cal, Medicare,
Healthy Families
and uninsured (sliding fee scale county poverty
level schedule)

EMERGENCY PSYCHIATRIC HOSPITALS

Suicide and Crisis Hotline

CALL 988

Aurora Charter Oak Behavioral Hospital

1161 E. Covina Blvd, Covina, CA 91724
Phone: (626) 966-1632 | (800) 654-2873 24HR
Assessment
<https://www.charteroakhospital.com/>
Ages 13 and Older
Emergency Psychiatric Evaluations, Chemical
dependency, children, adolescents, seniors

Covina Police Department - Mental Health Evaluation Team

444 N. Citrus Avenue
Covina, CA 91723
626.331.3391
covinapd@covinaca.gov

BHC Alhambra- Mental Health Clinic

4619 Rosemead Blvd, Rosemead, CA 91770
Phone: (626) 286-1191 | 1-800-235-5570
Bhcalhambra.com
Ages 13 and Older
Adult/Adolescent, Psychiatric Services, In patient,
Outpatient, Chemical Dependency, Eating
disorders, Child Psychiatry, Linkage to community
resources.

Starview Behavioral Health Urgent Care- Industry

18501 Gale Ave Ste. 100, City of Industry, CA
91748
Phone: (626) 626-4997 | Fax: (626) 956-0963
<https://www.starsinc.com/bhucc-industry/>
Ages 13 and Older
24/7 outpatient program, Rapid mental health
assessment, crisis intervention, and medication
support, Case management, Linkage to
recovery-oriented community resources and
on-going mental health services *All insurance
plans accepted (individuals without insurance
are also able to receive services)

Exodus Recovery Center

Urgent Care Center
1920 Marengo St, Los Angeles, CA 90033
Phone: (323) 276-6400 | Fax (323) 276-6499
<https://www.exodusrecovery.com/l-a-eastside-ucc/>
Ages 12 and Younger
Mental health assessment,
Medication evaluation, and management,
Therapeutic interventions. Social services and
referrals including a variety of discharge plans
that range from home to hospital

Glendora Hospital

A College Behavioral Health Hospital
 150 W. Route 66, Glendora, CA 91740
 Phone: (866) 410-5454
<https://www.glendorahospital.com/>
 Ages 18 and Older
 Mental health assessment,
 Medication evaluation, and management,
 Therapeutic interventions.

Kaiser Baldwin Park Emergency Room- 1st floor

1011 Baldwin Park Blvd, Baldwin Park, CA 91706
 Phone: (833) 574-2273
 A psychiatric medical screening exam -All Ages
<https://thrive.kaiserpermanente.org/care-near-you/southern-california/baldwin-park/emergency-urgent-care/>

Psychiatric Mobile Response Teams (PMRT) Field Response Operations

(800) 854-7771
 DMH clinicians are designated to perform evaluations for involuntary detention of individuals determined to be at risk of harming themselves or others or who are unable to provide food, clothing, or shelter as a result of a mental disorder.
<https://dmh.lacounty.gov/our-services/countywide-services/eob/>

EMERGENCY SERVICES

Physical Health/Safety related crisis: CALL 911

Children's Hospital, LA

4650 Sunset Blvd, Los Angeles, CA 90027
 (323) 660-2450

Emanate Health Foothill Presbyterian Hospital, Glendora

250 S Grand Ave, Glendora, CA 91741
 (626) 963-8411

Kaiser Baldwin Park

1011 Baldwin Park Blvd, Baldwin Park, CA 91760
 (833) 574-2273

Pomona Valley Hospital

1798 N. Garey Ave Pomona, CA 91767
 (909) 865-9500

Covina Police Department - Mental Health Evaluation Team

444 N. Citrus Avenue
 Covina, CA 91723
 626.331.3391
covinapd@covinaca.gov

Emanate Health Inter-Community Hospital

210 W. San Bernardino Rd. Covina, CA 91723
 (626) 331-7331

Emanate Health Queen of the Valley Hospital

210 W San Bernardino Rd, Covina, CA 91723
 (626) 962-4011

San Dimas Community Hospital

1350 W.Covina Blvd San Dimas, CA 91773
 (909) 599-6811

POLICE DEPARTMENTS

Covina Police Department
(626) 384-5595

Irwindale Police Department
(626) 430-2244

Glendora Police Department
(626) 914-8250

West Covina Police Department
(626) 939-8500

San Dimas Sheriff Department
(909)450-2700

EMERGENCY HOTLINES

Suicide and Mental Health Crisis Hotline
CALL 988

Crisis Text line

Text HOME to 741741

Connect with a crisis counselor to receive high quality text-based mental health support & crisis intervention 24/7

California Youth Crisis Line
(800) 843-5200
24-hour, confidential hotline

Child Protection Hotline
(800)540-4000

LA County ACCESS Center 211 (24 hr info Helpline)
(800) 854-7771

Runaway National Safeline
(800) 786-2929 or (800) runaway

National Sexual Assault Hotline
(800)656-4673
Domestic & Dating Violence
(800)799-SAFE
Sexual Assault & Harassment
(800)656-HOPE

Teen Line Cares
(800)852-8336 or Text TEEN to 839863
Teens helping teens
6:00 pm – 10:00 pm

Trevor Project - LGBTQ Youth
(866) 488-7386 (Crisis)

Poison Control Hotline
(800) 222-1222

FOOD ASSISTANCE

County Services - 2-1-1
www.211LACounty.org

Action Food Pantry
Grace Lutheran Church 17880 East Covina Blvd,
Covina, CA 91722 (626) 319-0554 Food
distribution: Thursdays 12 p.m. - 3 p.m.
Participants must provide ID and recent mail
with address required. Closed on Thanksgiving,
Christmas Eve, and Christmas.

Christ's Church of the Valley

1404 West Covina Blvd. San Dimas, CA 91773
 (909) 592-2282
 Food Bank Partner www.ccvsocial.com
 Counseling Service (sliding scale)

Elim Community Pantry

550 S. Hollenbeck Ave., Covina, Ca 91723
 (626) 915-5300
www.elimpantry.org
 Food Distribution: Saturdays 7 a.m. - 9 a.m.

God's Pantry/ONE&ALL Food Distributions

1st Saturday- ONE&ALL San Dimas 1404 W.
 Covina Blvd San Dimas 91773
 2nd Saturday- Citrus Elementary 925 W 7th St,
 Upland, CA 91786
 3rd Saturday- ONE&ALL Rancho 7576 Etiwanda
 Ave Rancho Cucamonga 91739
 4th Saturday- ONE&ALL West Covina 1305 E.
 Cameron Ave West Covina 91790

Project 29:11 Food Bank and Economic Relief Center

418 N. Second Ave., Covina, CA 91723
 (626) 634-5319
<https://project2911.net/>
 Food Bank: Fridays from 1 p.m. to 3 p.m. Service
 is for anyone living in Los Angeles County.
 Participants must provide proof of residency such
 as a driver license or utility bill.

St. Frances of Rome, Azusa

St. Frances of Rome Church
 506 N. Soldano Avenue, Azusa, CA 91702
 (626) 969-1829 (proof of residency needed)
 First Saturday of the month 9 am – 11 am

Holy Name of Mary Catholic Church

724 E Bonita Ave, San Dimas, CA 91773
 (909) 599-1243
 Hours: Monday, Wednesday, Thursday, Saturday
 10am-1pm

David and Margaret Youth and Family Services

Compass Program
 1350 3rd Street
 La Verne, ca 91750
 909-596-5921
 Clothing for youth 17-25

Foothill Community Church

777 E. Alostia Ave, Azusa, CA 91702 Clothing
 Distribution: Saturday 11 a.m. - 12:30 p.m.
 Community Meal: Saturday 11 a.m. - 1 p.m.

Meals on Wheels- YWCA of San Gabriel Valley

(626)960-2995
 Intervale Senior Services (Meals on Wheels) Hot
 meal for a fee or frozen meals delivered to home
 (\$3 suggested donation)

Shepherd's Pantry

Glendora Location: 657 E. Arrow Hwy, Suite J.,
 Glendora, CA 91740 (626) 852-7630
 Food/Clothing Distribution and Haircut:
 Wednesday/Thursday 5 p.m. - 7 p.m. Food
 Delivery on Wednesdays 4 p.m. - 6 p.m. Call
 (626) 852-7801
Irwindale Location: 1418 Arrow Highway,
 Irwindale, CA 91706 (626) 305-0392 Weekly
 Food Distribution: Tuesday 5 p.m. - 7 p.m.
 Homeless Food Distributions: Wed/Thurs/Fri 11
 a.m. - 12 p.m.
Baldwin Park Location: 13020 Francisquito
 Avenue, Baldwin Park, CA 91706 (626) 671-0090
 Food Distribution: Fridays 5 p.m. - 7 p.m.
[https://www.loc8nearme.com/california/glendora/
 /shepherds-pantry/5368860/](https://www.loc8nearme.com/california/glendora/shepherds-pantry/5368860/)
 Service is for anyone living in Los Angeles
 County. On the first visit, bring proof of
 residency such as a driver license or utility bill.

HEALTH/OUTPATIENT SERVICES

East Valley Community Health Center: West Covina

420 S. Glendora Avenue
West Covina, CA 91790
(626) 919-4333

Emanate Health Care Center - Queen of the Valley Hospital

1135 S. Sunset Avenue
Suites 200 & 401
West Covina, CA 91790
(626) 483-2150

Azusa Health Center

150 N. Azusa Ave. Azusa CA 91702
(626) 969-7885

El Proyecto del Barrio, Inc. Baldwin Park

3942 Maine Avenue
Baldwin Park, CA 91706
(626) 962-4011

No identification documents necessary

Advent Home Health Care Services

1128 E. Route 66
Glendora, CA 91740
(626) 852-1985

Western Dental Services, Inc.

1208 W. Francisquito Ave. Ste E.
West Covina, CA 91790
626-917-0900

College Street Family Dental

152 W. College St.
Covina, CA 91723
626-498-2472

Dentist

(800) DENTIST (336-8478)

www.1800dentist.com

Resource to local/preferred dental services

VSP Vision - Eyes of Hope

<https://www.vspvision.com/eyes-of-hope>

Contact a school nurse for more information

East Valley Community Health Center: Covina

276 West College Street
Covina, CA 91723
(626) 919-5724

AltaMed Medical Group- West Covina

1300 South Sunset Avenue
West Covina, CA 91790
(888) 499-9303

Pomona Health Center

750 South Park Avenue Pomona, CA 91767
(909) 868-0262

El Proyecto del Barrio, Inc. Azusa

150 N. Azusa Ave
Azusa, CA 91702
(626) 963-8411

No identification documents necessary

El Monte Comprehensive Health Center

10953 Ramona Blvd.
El Monte, CA 91731
(626) 434-2500

Arnold Dental Group

259 E. Workman St. Floor 1
Covina, CA 91723
626-332-0638

Children's Choice Dental Care

641 W. Route 66 Ste E
Glendora, CA 91740
626-914-7645

All About Vision

www.allaboutvision.com/locator

Low cost eye exam & prescription locator

New Eyes

Apply online for prescription glasses

<https://new-eyes.org/>

Citrus Optometry

924 N Citrus Ave
Covina, CA 91722
626-331-2020

WU, Raymond H OD Optometry

911 N Grand Ave
Covina, CA 91724
626-967-3794

Accuvision Optometry

236 S Citrus St
West Covina, CA 91791
626-935-8886

Golden Optometric Group

1026 W West Covina Pkwy
West Covina, CA 91790
626-962-5868

**American Lung Association of
Los Angeles County
California Smokers' Helpline**
(800) 586-4872

Centers for Disease Control & Prevention

<https://www.cdc.gov/std/hiv/default.htm>
STDs Facts and Treatment Resource

HIV-AIDS

1-800-367-2437
Southern California Hotline providing information
about Hepatitis & STDs

Overeaters Anonymous

1157 E. Arrow Hwy., #4, Glendora 91740
All eating struggles
<https://www.oasgvie.org/>

**Pasadena Planned Parenthood of Pasadena &
San Gabriel Valley**

1045 N. Lake Ave., Pasadena, CA
(626) 798-0706

Pregnancy Help Center

5626 N. Rosemead, Temple City
(626) 309-0788
24/7 Hotline (626) 309-0788

Select Physical Therapy

750 W. Route 66, Ste N. Glendora, CA
(626) 335-4077

Physical Therapy For All

(858) 740-8017
<https://www.ptforall.org/>
Low cost physical therapy services

HOUSING SERVICES

**East San Gabriel Valley Coalition for the
Homeless (ESGVCH)**

15701 Hill St., La Puente, CA 91744
Hours: 8:30am - 1:30pm Monday thru Friday
(626) 333-7204
The program provides emergency food,
information and referral, personal goods and
transportation assistance for homeless people in
the East San Gabriel Valley area.

**Inland Valley Hope Partners-Our House
Shelter Intake (Housing Office)**

1753 N. Park Ave. Pomona, CA 91768
(909) 622-3806 x106
The program serves children and their parents,
as well as single women. The program's goal is
to move families and single women from
homelessness into safe, stable and affordable
housing.
<https://www.inlandvalleyhopepartners.org/>

Our Saviour Center - El Monte

4368 Santa Anita Ave, El Monte, CA 91731
(626) 579-2190
Food Pantry - Tuesday - Thursday
9:00 am - 12:00 pm

Volunteers of America

4501 Santa Anita Ave., El Monte, CA 91731
(626) 337-9878

Emergency Shelter - By Appointment Only
(626) 774-4082

Catholic Charities11

Pomona Community Services

1460 E. Holt Ave., Pomona, CA 91767
Monday - Friday 9:00 a.m. – 5:00 p.m.
(909) 629-1331

Foothill Unity Center

790 W. Chestnut Ave., Monrovia, CA 91016
(626) 358-3486
Provides increasingly more permanent and temporary placement solutions and services, such as motel vouchers, rental assistance, eviction prevention, navigation, retention, temporary housing, rapid rehousing, and related services to those experiencing urgent emergency and chronic housing needs.

Family Promise of San Gabriel Valley

1005 E. Las Tunas Blvd #525 San Gabriel, California 91776
(626) 569-0991
Monday - Friday 8:00 am - 4:00 pm
Requirements: Families must have at least one child under the age of 18 years old. No geographic restrictions.
Must apply online:
<https://www.familypromisesgv.org/programs/apply.html>

St. John's Vianney Church, Hacienda Heights.

1345 Turnbull Canyon Rd., Hacienda Heights
(626) 330-2269 (behind church)
Zip codes: 91744-48 only
Call to inquire about homeless services (i.e. shelter & food bank)

Peregrinos De Emaus

447 Soldano Ave. Azusa, CA 91702
(800) 949-5391
Online Application:
<https://www.emaus1.org/housing-programs>

Union Station Homeless Services

825 E. Orange Grove Blvd, Pasadena, CA 91104

Emergency shelters, rapid re-housing and financial support, linkages to permanent supportive housing for individuals and families

Pacific Clinics - Hope Drop-In Center

13001 Ramona Blvd., Ste. I Irwindale, CA 91706
(626) 337-3828
A safe place for youth and adults ages 15-25.
<https://211la.org/resources/site/pacific-clinics-hope-center>

Project Independence

(Outpatient & Residential Services)

11927 Elliott Ave., El Monte, CA 91732
(626) 350-5304 x526
The agency provides outpatient mental health services for youth, ages 4 through 21, and residential mental health services for adults in Los Angeles County.

Time for Change Foundation

2164 N. Mountain View Ave, San Bernardino, CA 92405
(909) 886-2994
This program offers a full continuum of housing from emergency shelter, permanent – supportive housing, and affordable housing for families and individuals

Foothill Family Shelter - Upland

1501 W. 9th Street, Suite D, Upland CA 91786
(909) 920-0453
The agency provides transitional shelter for homeless families with children.

Operation School Bell/Assistance League of Covina

636 E. San Bernardino Rd. Covina, CA 91723
(626) 332-3474 (Speak with a school site staff for referral. Appointment needed for service)

Door of Hope - Pasadena

221 E. Walnut St. Ste 112, Pasadena, CA 91101

(626) 240-4550

Hours: Monday - Friday 8:30am - 5:00pm
Union Station is the San Gabriel Valley's largest and most comprehensive social service agency assisting homeless and very low-income people. Their mission is to help men, women, and children rebuild their lives and end homelessness.

Sycamores TAY(Transition Age Youth) Programs

851 N. Oakland Ave., Pasadena, CA 91104
(626) 395-7100 or (855) 600-0777
Hours: Monday - Friday 9:00am - 5:00pm
Housing and essential (shelter, clothing, and food) services for youth between the ages of 18-25:
Hotel voucher program for young adults

Angel's Flight for Runaway & Homeless Youth

357 S. Westlake, Los Angeles, CA 90057
(213) 318-5730
Open 24 Hours
Emergency shelter for homeless, runaway, and at-risk youth between the ages of 10-17; Offers services for food, clothing, and medical care

(626) 304-9130

The agency provides Christian-oriented transitional housing for two-parent families (married), single fathers with children, and single mothers with children.

Door of Hope's Homelessness Prevention Program Screening Application:

https://docs.google.com/forms/d/e/1FAIpQLSeSanP06hUmNvaziZ7N4gSTumYPLR_s8oh0EWDQtNHV8KmhtA/viewform

Hillsides YMO Peer Resource Center

456 E. Orange Grove Blvd #140, Pasadena, CA
(626) 765-6010
Hours: Monday & Friday - 9:00am - 6:00pm
Tuesday & Thursday - 10:30am - 8:00pm
Wednesday - 10:30am - 6:00pm
The program serves transition-aged youth 16-25 with temporary housing services, a drop-in center for training and support, and workforce development.

LEGAL SERVICES

The Alliance For Children's Rights

3333 Wilshire Blvd., Ste. 550
Los Angeles, CA 90010-4111
(213) 368-6010

District Attorney's Victim-Witness Assistance

Pomona Courthouse
(909) 620-3381 or 3382
400 Civic Center Plaza, Room 201
Pomona, CA 91768

We, the People, Pasadena

963 E. Colorado Blvd. Pasadena, CA
(626) 535-0100
Prepares legal documents

Covina Crime Stoppers/Tip Line

(626) 384-5595 or (800) 78-CRIME
Will pay you for information leading to arrest.
DO NOT need your name.

LA County Neighborhood Legal Services

(800) 433-6251
<https://nlscla.org/>

We Tip National Hotline

(800) 782-7463
<https://www.wetip.com/national-crime-tip-hotline/>
24 Hour tip line - will receive information anonymously about persons suspected of selling drugs or committing major crimes

San Gabriel Valley LRS

(626) 966-5530
 1175 E Garvey Ave, Ste 105
 Covina, CA 91724
 Immigration, Bankruptcy, Employment and Family
<https://lawyers.justia.com/legalservice/san-gabriel-valley-lrs-9073>

Community Legal Aid SoCal

(800) 834-5001
 11834 Firestone Blvd
 Norwalk, CA 90650
 Immigration, Domestic Violence, Elder & Family
<https://lawyers.justia.com/legalservice/community-legal-aid-socal-11089>

ADULT/SENIOR RESOURCES**Baldwin Park Adult & Community Education**

4640 North Maine Ave., Baldwin Park, CA 91706
 (626) 939-4456
<https://bpace.bpused.net/>

Covina Senior and Community Center

815 N. Barranca Ave
 Covina, CA 91723
 (626) 966-6378
 Information and referrals, lunches, recreational activities. Assistance with medical, legal & financial services

West Covina Senior Citizens Center

2501 East Cortez St., West Covina, CA 91791
 (626) 331-5366
 Offers Recreational activities, information & referrals, lunches, Assistance with social security, taxes, medical & educational services.

YWCA Intervale Senior Services

943 N. Grand Ave. Covina, CA 91724
 (626) 960-2995
“Urgency case management” to seniors with unique needs and challenges

Senior Citizens Information & Assistance

(909) 948-6235 (San Bernardino County)
 (213) 738-4004 (Los Angeles County)

After Hours Elder Abuse Hotline

(877) 477-3646

OTHER SERVICES**American Red Cross**

Orange County - (714) 481-5300
 San Bernardino County - (909) 888-1481
 Riverside County - (888) 831-0031
 Coachella Valley/Morongo Basin - (888) 831-0031
 San Diego County - (858) 309-1200
 Imperial County - (760) 352-4541

Covina Parks and Recreation

1250 N. Hollenbeck Ave. Covina, CA 91722
 (626) 384-5340

Local Chapter: San Bernardino County
 10600 Trademark Parkway, Suite 406
 Rancho Cucamonga, CA 91730
 Provide help with:
 Temporary Sheltering/Housing
 Mental Health Assistance
 Financial Assistance
 Health Services
 Disaster-related assistance

California Highway Information - CalTrans

(800) 427-7623 24 hour messages

Department of Public Social Services - DPSS

2040 W. Holt, Pomona
 (866) 613-3777 (M-F 8-5pm)
 AFDC, general relief, food stamps, Medi-Cal, Cal-Works

Employment Development Department (EDD)

933 S. Glendora Ave.
West Covina, CA (M-F 8am-5pm)
(626) 814-8234
Job search
Assistance in filing unemployment claims
www.edd.ca.gov

L.A. County Graffiti Hotline

(626) 812-5253 Azusa
(626) 939-8800 W. Covina
(800) 675-4357- other L. A. Counties

Medi-Cal phone Support

(800) 541-5555

Pomona Neighborhood Services Center

999 W. Holt Ave. Suite D, Pomona, CA 91768
(909) 620-7691

Social Security Office

(800) 772-1213

California Healthy Families

1-800-880-5305
CHIP provides low-cost comprehensive health coverage to children, and sometimes pregnant women, for families that earn too much money to qualify for Medicaid.
<https://www.benefits.gov/benefit/1596>

Support Solutions Homeless Services

267 E. Badillo St, Covina, CA
(626) 502-4709
info@supportsolutionssgv.org

San Gabriel Valley - Probation Department

(626) 575-4059

San Gabriel Valley Service Center

(626) 575-5431

Volunteers of America

West Covina – (626) 869-3192
El Monte – (626) 442-4357