

Resources in South Los Angeles – SPA 6

FOOD

FOOD PANTRY/FOOD BANK LOCATOR:

[Los Angeles Food Bank Pantry Locator](#)

LET'S BE WHOLE

Free food giveaway at various locations throughout SPA 6 on Thursdays.

Contact: Nina Womack at (323) 371-6323

LYNWOOD PARKS

Meals for kids ages 1-18. For more information, click [here](#)

Hours: Monday -Friday, 2-3pm

Phone: (310) 886-0453

SOUTH LA HEALTH PROJECTS WIC

South LA Health Projects WIC clinics remain open to issue food benefits onto WIC cards. For families that do not have the new WIC card yet, call or visit the website.

Phone: 323-905-7810

Link: <http://www.slahp.org/wic-centers-by-city/>

SHIELDS FOR FAMILIES – SOCIAL SERVICE AGENCY FOOD BANK

Hours: Thursday, 10:00 am

Phone: 323-242-5000

Location: 11705 Deputy Yamamoto Place
Lynwood, CA 90262

INNER CITY VISIONS

Free groceries for Florence-Firestone Seniors

Phone: (323) 749-7246

More info: [Inner City Visions Senior Help](#)

SHELTERS

BRYANT TEMPLE AME

Winter Shelter Program extended until September 30, 2020. Women only. For more information, click [here](#)

HOME AT LAST

Winter Shelter Program extended until September 30, 2020.

Men's shelter: 323-305-6999

Location: 5171 S. Vermont Ave., Los Angeles 90047

For more information, click [here](#)

Women's shelter: 323-305-6999

Location: 5108 S. Central Ave., Los Angeles 90011

For more information, click [here](#)

GOOD SEED YOUTH DROP-IN CENTER:

Showers, meals, clothing, computer/internet access, peer support groups, linkage to mental health services, substance abuse resources, educational services, employment assistance, and housing assistance

Phone: 855-968-8452

Locations: 2814 W. MLK Jr. Blvd., Los Angeles, CA 90008

1230 Pine Ave, Long Beach, CA 90813

KINGDOM CAUSES BELLFLOWER

Offering shelter and housing services for homeless populations.

Hours: 10am-10:30am, 1:00-1:30 Tuesday-Thursday due to COVID-19.

Location: 16429 Bellflower Blvd, Bellflower CA 90706

Contact: Becky Vanderzee

Phone: (562) 804-2189

Email: bvanderzee@kcbellflower.org

Wellnest – Emotional Health & Wellness

Offering shelter and housing services for homeless populations.

Phone: (323) 373-2400

Location: 3031 South Vermont Avenue
Los Angeles, CA 90007

Email: pacor@wellnestla.org

OTHER RESOURCES

CHILDREN'S INSTITUTE, INC.

Fatherhood support groups (online only)

Contact: Keith Parker

Email: kparker@childrensinstitute.org

CLARIS HEALTH

Free parenting classes by Zoom

Hours: Mon-Fri 9-5pm

Link: www.clarishealth.org

Contact: Stacy Williams

Inglewood office

Email: stacy@clarishealth.org

MENTAL HEALTH

SOUTHERN CALIFORNIA HEALTH & REHABILITATION PROGRAM

Offering free telehealth services for low-income families with Medi-Cal.

Hours: Mon-Fri 8am-5pm

Contact: Gloria Rojas

Email: Gloria.rojas@scharpca.org

Phone: (310) 627-4566

COUNSELING & RESEARCH ASSOCIATES

Offering free telehealth services for low-income families with Medi-Cal.

Hours: Mon-Fri 8:30 am-5pm

Phone: (310) 715-2020

Address: 108 W. Victoria Street
Gardena, CA 90248

Contact: Mirna Cedillo

Email:

GardenaOutptReferrals@masadahomes.org

ASIAN AMERICAN DRUG ABUSE PROGRAM, INC.

Offering mental health, substance abuse services, food distribution, homelessness and job training services.

Hours: Mon-Fri 9am-6pm (By appointment only)

Location: 2900 Crenshaw Blvd, Los Angeles, CA 90016

Contact: Paulina Hong

Phone: 323-293-6284

Email: phong@aadapinc.org or jshimatsu@aadapinc.org

UNDOCUMENTED COMMUNITY

Resources on addressing fear and coping with stress, health access and guidance, connecting to free/low-cost resources, legal rights as employees, and more. Tangible Support for Undocumented Communities during COVID-19 by the organization Immigrants Rising

Email: nancy@immigrantsrising.org

Phone: 323-492-0107

Address: 2514 W. Vernon Ave. 90047

ST. MARGARET'S CENTER/CATHOLIC CHARITIES OF LOS ANGELES

Food distribution, homelessness services and diaper distribution for families, senior, undocumented and justice involved youth.

Hours: Mon-Fri 9am-4pm (By appointment only)

Location: 10217 S. Inglewood Ave, Inglewood CA 90304

Contact: Yesica Villalobos

Phone: 310-672-2208

Email: yvillalobos@ccharities.org