

Resources for Students and Families



Palmdale School District Helpdesk

Homeless:

Homelessyouth@Palmdalesd.org

Foster:

Fosteryouth@Palmdalesd.org

The helpdesk is available 7:00 am to 4:30 pm Monday through Friday.

Quick Reference Contacts

Dial 211 (Dial 211 from any area code in L.A. County)

Valley Oasis (Family Solutions Center): (661) 942-2758

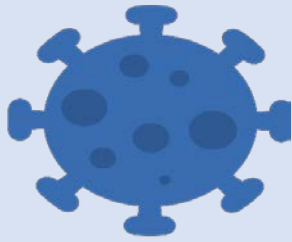
SAVES: (661) 267-5191

Grief/Loss: (Pro-Care Hospice) (661) 951-1146

What I Need (WIN) APP- <https://www.ourchildrenla.org/win-app/> (Must download on a smartphone)

Crime Survivors Resource Center: (844) 853-HOPE or <https://crimesurvivors.org>

Suicide Prevention Lifeline: 1(800) 273-8255



Vaccinate LA County Reservation System- COVID Vaccines

- Groups/Populations eligible (as of 2/16/2021):
 - Healthcare workers
 - Long-Term Care facility residents
 - Adults, 65 and over
- To register:
 - Phone: (833) 540-0473, between 8:00am to 8:30pm
 - Website:
http://www.publichealth.lacounty.gov/media/Coronavirus/vaccine/index.htm?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

COVID-19 Testing:

- Covid-19 testing information
- Website: <https://covid19.lacounty.gov/testing/>

Domestic Violence Shelter Resources



Domestic Violence Shelter Hotlines

- All hotlines are open 24 hours, 7 days a week
 - 1736 Family Crisis Center (323) 737-3900
 - Antelope Valley DV Council (AVDC) (661) 945-6736
 - Center For The Pacific Asian Family, Inc (CPAF)(800) 339-3940
 - Child and Family Center (661) 259-HELP (4357)
 - East LA Womens' Center (800) 585-6231
 - Haven Hills, Inc (818) 887-7481 ext. 113
 - House of Ruth, Inc (877) 988-5559
 - Interval House (562) 594-4555
(714) 891-8121
 - Jenesse Center (800) 479-7328
 - Jewish Family Service of Los Angeles (818) 505-0900
(323) 681-2626
 - The People Concern (310) 264-6644
 - Rainbow Services, Ltd (310) 547-9343
 - South Asian Helpline & Referral Agency (888) 724-2722
 - Su Casa Ending Domestic Violence (562) 402-4888
 - Women's and Children's Crisis Shelter (562) 945-3939
 - Women Shelter of Long Beach (562) 437-4663
 - YWCA of Glendale (888) 999-7511
 - YWCA of San Gabriel Valley (626) 967-0658

The Children's Center of the Antelope Valley- Domestic Violence Support Services (DVSS)

- Provides a network of support to domestic violence survivors so they can overcome barriers to employment and become self-sufficient
- Services offered: Counseling services, support groups, court accompaniment, resources linkages (shelter, legal, mental health), life skills classes, domestic violence education classes, assistance with education and employment.
- Location: 45111 Fern Ave, Lancaster CA 93534
- Phone: (661) 949-1206
- Website: www.CCAV.org

Valley Oasis Shelter

- Provides resources to woman and families who have been exposed to domestic violence
- Services offered: Emergency services, legal and financial assistance services, counseling services, housing services, and others.
- Phone (661) 945-6736

Domestic Violence Support Services

- Provides counseling, support groups, court support, DV education classes, resources, and linkage.
- Location: 45111 Fern Ave, Lancaster, CA 93534
- Phone: (661) 949-1206

Second Wind Project

- Court approved domestic violence (DV) courses and education
- Location: 38733 9th St. E, Palmdale CA, 93550
- Phone: (661) 947-6642

Two Lifestyles

- Woman Empowerment Program provides supportive services, intervention and prevention for women and girls in need.
- Location: 1747 E Ave Q, Palmdale CA 93550
- Phone: (661) 402-3076

Olive Support Services

- 52-week batterers classes, life skills, parenting, anger management, professional training, monitored child visits/exchanges, domestic violence victims' group, and others.
- Location: 45111 Fern Ave. Lancaster, CA
- Phone: (661) 941-8688

Employment/Job Readiness



Antelope Valley Work Source Center

- Full service one-stop center providing full range employment and workforce development to job seekers and business.
- Location: 1420 W Ave I, Lancaster, CA 93534
- Phone: (661) 726-4128
- Hours of operation: Monday to Friday 8:30am to 4:30pm

South Valley Work Source Center

- Provide high value employment and training services to participants at no cost.
- Location: 38510 Sierra Hwy, Palmdale CA 93550
- Phone: (661) 265-7421

California Department of Rehabilitation

- Assists people with disabilities to obtain and retain employment
- Location: 43301 Division St, Lancaster, CA 93535
- Phone: (661) 945-3502

Faith Based Services

Grace Chapel

- Caregiver Support Group, "Marriage Maintenance" Group, Divorce Care Group, Domestic Violence Support Group, Grief/Share Group. Bible study, Hispanic ministries, deaf ministries and money management.
- Location: 44648 15th St. West, Lancaster, CA
- Phone: (661) 948-0855

Prevailing Word Christian Center

- Outreach ministries for men, women, and children.
- Location: 44523 Sierra Hwy, Lancaster, CA 93534
- Phone: (661) 951-6500

St. Mary's Catholic Church

- Health and wellness, marriage encounter classes, bible study-Spanish and English, prayer groups, juvenile detention/restorative justice prayer group, Filipino-American Group, and Hispanic Ministries.
- Location: 1600 East, Ave. R-4, Palmdale, CA 93550
- Phone: (661) 947-3306

St. Paul's Episcopal Church

- Dual Recovery and Narcotics Anonymous Group, men and women support groups, homeless shelter meals, sewing groups, premarital counseling, LGBTQ welcomed.
- Location: 502 West Ave., K Lancaster, CA 93534
- Phone: (661) 945-6704

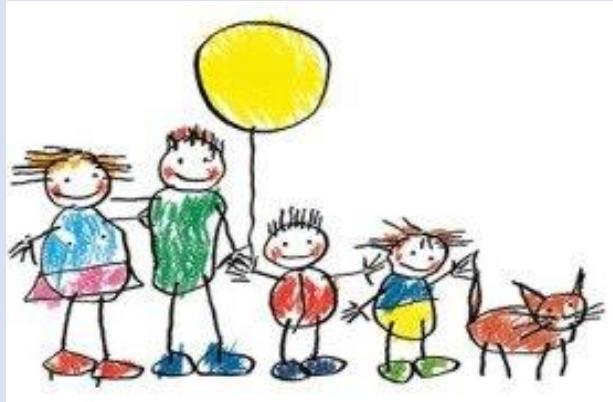
Wayside Christian Church

- Love on Purpose Outreach Ministries, INC. Food pantry/homeless outreach, men and women ministries, and bible study.
- Location: 44219 10th St. West, Lancaster, CA 93534
- Phone: (877) 792-9743

Lancaster United Methodist Church

- Youth Support Association- Teen anger management workshops, youth support groups, men and women ministries, and bible study.
- Location: 918 W Avenue J, Lancaster, CA 93534
- Phone: (661) 949-6615

Family Support & Childcare



AV Partners for Health

- Medical care and prevention, Healthy Homes (HFA), Welcome Baby, Choose Health LA kids, Heal Zone Partnership, safe routes to school, Piute Positive Behavior, United We Mentor, Faith-Based NEOP, and workplace wellness.
- Location: 44226 10th St. W, Lancaster, CA 93534
- Phone: (661) 942-4719

National Alliance on Mental Illness A.V

- Support groups and education for family members of those suffering mental illness
- Location: 44349 Lowtree Ave., Suite 104, Lancaster, CA 93534
- Phone: (661) 341-8041

Child Care Resource Center

- Assistance in finding child care, subsidized child care, Head Start and Early Head Start, child development, and school readiness/preschool.
- Location: 250 Grand Cypress Ave, Palmdale, CA 93551
- Phone: (661) 789-1200

Women, Infants, and Children

- WIC helps families by providing nutrition education, issuing checks for healthy supplemental foods, and making referrals to healthcare and other community services.
- Location: 2247 E Palmdale Blvd, Palmdale, CA 93550
- Phone: (661) 726-6300

AV. Child Abuse Prevention Council-Yes2Kids

- Parenting classes, anger management, and mandated reporter training.
- Location: P.O Box 82, Lancaster, CA 93534
- Phone: (661) 940-9530

Food Resources



Palmdale Community Foundation-S.A.V.E.S.

- Food services, motel vouchers, and senior food programs for low-income individuals. Must present proof of income, proof of address, and valid identification.
- Location: 1012 East Avenue Q-12, Palmdale, CA. 93550
- Phone: 661-267-5191
- Hours of operation:
 - Food: Tuesday and Thursday, 1:00pm to 5:00pm
- More info: [City of Palmdale SAVES Program](#)

Grace Resource Center, Inc.

- Location: 45134 N. Sierra Hwy, Lancaster, CA. 93534
- Phone: 661-940-5272
- Hours of operation:
 - Hot meals -- Wednesday and Friday at 5:30pm, Sunday at 1:30pm
 - Groceries -- Tuesday and Thursday, 10am to 1pm
 - Spanish-speaking Grocery Service: Wednesday, 10am

Meals and Groceries at Courson Park

- Location: 38226 10th St. East, Palmdale, CA 93550
- Hours of Operation:
 - Groceries: Tuesdays and Thursdays, 10:00am to 12:00pm
 - Lunch: 2nd and 4th Saturday of the month, 12:00pm
 - Hot Meals: Sundays, 4:00pm to 5:00pm

Antelope Valley Partners for Health (AVPH) Food Pantry

- Location: 44226 10th St. West, Lancaster, CA 93534
- Phone: (661) 942-4719 ext.131
- Hours of operation (food distribution):
 - 8:00 am to 11:00 am (first come first serve)
 - 2nd and 4th Friday of the month
 - Emergency meals served by the café every Friday 10:00 am to 12:00 pm.
- Hours of operation (hot meal):
 - 10:00 am to 12:00 pm, every Friday

Shekinah Worship Center

- Location: 42640 10th Street West, Lancaster, CA. 93534
- Phone: 661-940-8378
- Hours of operation (February):
 - Grocery Distribution- Last Saturday of the month from 8:30 to 12:30 pm

The Free Market: A Collaboration of Desert Vineyard & One Love Ministries.

- Location: 1011 E. Avenue I, Lancaster, CA 93535
- Phone: (661) 945-2777
- Hours of Operation:
 - Every Thursday at 5:00pm

Salvation Army – Lancaster Corp

- Location: 44517 Sierra Highway, Lancaster, CA. 93534
- Phone: 661-940-8378
- More info: [Salvation Army Lancaster Facebook](#)

Twin Lakes Community Church

- Drive up, pre-bagged grocery service. Homeless clients will be served in Mt. Olive Church parking lot. Non-Senior clients can have others pick up their food for them with a current piece of mail and a note giving permission.
- Location: 17213 Lake Los Angeles, Palmdale, CA. 93591
- Phone: 661-264-1215
- Hours of operation:
 - Food: Tuesday to Thursday from 9:30am to 12:30pm

Palmdale Lighthouse Assembly of God Church

- Drive-thru grocery pick-up
- Location: 38500 9th St. East, Palmdale, CA. 93550
- Phone: 661-273-2636
- Hours of operation: Last Saturday of the month at 9:30am

California Department of Social Services (CDSS)

- An extension of Pandemic EBT (P-EBT) will be given to those that are still a California registered student, can be assumed to attend school via virtual instruction.
- Can receive up to \$246 and may vary from student to student
- Contact CalFresh Policy Bureau at (916) 651-8047 if you have questioned or need guidance regarding P-EBT extension provisions.

Housing Resources



Valley Oasis (Family Solution Center)

- Assists with permanent housing for families and individuals.
- Phone: (661) 942-2758

Department of Public Social Services (DPSS)

- CalWORKS Homeless Program, assists with permanent housing and provides temporary assistance
- <https://dps.lacounty.gov/en/cash/calworks/homeless.html>
- Location: 349-B E Ave, Lancaster, CA, 93535
- Phone: (866) 613-3777

Los Angeles Homeless Services Authority (LAHSA)

- Resources for individuals and households experiencing homelessness or are at risk of becoming homeless
- <https://www.lahsa.org/get-help>
- Telephone: (213) 225-6581
 - Hours of operation: Monday-Friday, 7:30am to 4:30pm

Los Angeles Homeless Services Authority (LAHSA) Winter Shelter Program

- Held annually to protect people experiencing homelessness during Los Angeles's colder months.
- Requirements:
 - Must be 18 years old or older
 - Experiencing homelessness
 - Winter shelters not able to serve families
- Located all across the county, and will be operating 24 hours a day this year due to COVID-19. Call or check website for nearest shelter.
- Phone number: 1 (800) 548-6047
- Website: <https://www.lahsa.org/winter-shelter>

Housing Right Center

- Resource for families who have questions about housing and evictions.
- They have a hotline for questions.
- <https://www.housingrightscenter.org/>
- Phone: (800) 346-2883, (800) 447-5977

NO RENT

- Website helps build letter to landlord for those that are struggling with rent
- <https://www.norent.org/en/>

Eviction Network

- Resource for families facing eviction
- www.evictiondefensenetwork.org
- Phone: (213) 385-8112

Los Angeles Homeless Services Authority (LAHSA) Safe Parking Program

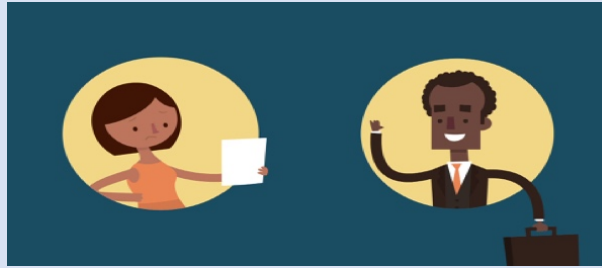
- Provides homeless families and/or individuals with a safe and legal place to park and sleep at night.
 - <https://www.lahsa.org/news?article=592-safe-parking>
- Locations you can park in the Antelope Valley
 - Hope of Valley-
 - Location: 859 East Avenue Q, Palmdale, CA 93550
 - Telephone: (661) 644-0915
 - Email: safeparking1@hopeofthevalley.org
 - Hours of operation: 7:00pm to 7:00am
 - Amenities: Onsite restrooms
 - Volunteers of America Los Angeles
 - Location: High Desert MACC Shelter, located at 45150 60th St W, Lancaster, CA 93536
 - Telephone: (661) 723-4873
 - Email: twooley@voala.org
 - Amenities: Onsite bathrooms
 - Hours of operation: 8:30pm to 6:30am

Homeless Prevention Rapid Rehousing (HPRP)

- Location: 823 E Avenue Q-9, Suite A, Palmdale, CA 93550
- HPRP partners with The Salvation Army to serve households who are homeless or those that will become homeless without HPRP assistance.
- To learn more about the HPRP program, including eligibility requirements please call The Salvation Army at (661) 267-5296.

The Olive Tree Sober Living Organization

- The Park View Home, the first in Olive Services Group, is a local housing option that accepts various county housing vouchers
- Phone number: (310) 396-5270
- Website: <https://soberhousing.net/coalition-membership/>



Neighborhood Legal Services of Los Angeles

- Provide free legal help to resident of LA County, with:
 - COVID-19
 - Housing
 - Healthcare
 - Domestic Violence
 - Public Benefits
 - Immigration
 - Unemployment
 - Medical-Legal Help
 - And others....
- Website: <https://nlsla.org/services/self-help-centers/>
- Phone number: (800) 433-6251

AV Self-Help Legal Access Center

- Free walk-in clinics created to help people help themselves. Litigants receive one-one-one assistance with legal forms and information seeking recourse without a lawyer.
- Location: 42011 4th St. West 3rd Floor, Room 3700 , Lancaster CA 93534
- Phone number: (661) 483-5536

Greater Valley Immigration Services

- Services include citizenship classes, identification cards/passport photos, translation of documents- Spanish to English, attorney referral/consultation, and others.
- Location: 1305 E. Palmdale Blvd #9, Palmdale, CA 93550

Medical Services



Antelope Valley Community Clinic

- Medical clinic
- Locations:
 - Palmdale- 2151 E. Palmdale Blvd, Palmdale, CA 93550
 - Lancaster- 45104 10th St W, Lancaster, CA 93534
- Phone:
 - Palmdale- (661) 575-0009
 - Lancaster- (661) 942-2391

Antelope Valley Hospital

- Emergency room, trauma center, and medical procedures
- Location: 1600 W Avenue J, Lancaster, CA 93534
- Phone: (661) 949-5000

AV Partners for Health

- Medical care and prevention
- Location: 44226 10th St. W, Lancaster, CA 93534
- Phone: (661) 942-4719

Care Net Women's Resource Center

- Pregnancy, parenting, adoption, and abortion counseling and referrals. STD information and parenting classes.
- Location: 44733 10th St. W. Lancaster, CA 93534
- Phone: (661) 729-4277

High Desert Regional Health Center

- Three clinic providing services in pediatrics, adult internal medicine, and the Women's Clinic.
- Location: 335 E Avenue I, Lancaster, CA 93535
- Phone: (661) 471-4000

Palmdale Regional Medical Center

- Emergency room, general medical and surgical hospital
- Location: 38600 Medical Center Dr., Palmdale CA 93551
- (661) 382-5000

Catalyst Foundation

- Prevention and Outreach Services, STD and HIV clinic, health-general and rehabilitative.
- Location: 44758 Elm Ave, Lancaster, CA 93534
- Phone: (661) 948-8559

Bartz-Altadonna

- General medical clinic, mental health, and wellness activities
- Location: 43322 Gingham Ave #105, Lancaster, CA 93535
- Phone: (661) 874-4050

School Resources



LA County Library-Online Tutoring

- Free online tutoring in English and Spanish with the Public Library - <https://www.lapl.org/onlinetutor>
- Help is available everyday from 11:00 am to 11:00 pm for K-12 students and adults learners.
- Library card and access to a device is needed.

LA County Library- Laptop and Hotspot Loan

- Laptop and hotspot loan and wireless printing service - <https://lacountylibrary.org/express-service/>

IFoster & Learn To Be- Foster Youth Tutoring

- Free 1 on 1 tutoring to Foster Youth, in any subject area
- Available for students K-12
- Phone number: 1-855-936-7837
- <https://www.ifoster.org>

School Based Mental Health



Community Mental Health Agencies- Co-located at Palmdale School District Sites

- Community Mental Health Agencies are located at ALL PSD schools
- If interested in individual, group, or family therapy for your child you can reach out to school administrator or call the mental health agency directly.
- Can help address anxiety, depression, behavioral issues, parenting, and other social/emotional problems.
- Phone numbers are listed under Socio Emotional/Mental Health (Children) section
- School Sites and Co-located Mental Health Agencies:
 - Barrel Springs Child and Family Guidance
 - Buena Vista Hathaway Sycamores
 - Cactus Magnet Children's Bureau
 - Chaparral Children's Bureau
 - Cimarron Children's Bureau
 - David G. Millen Optimist
 - Desert Rose Children's Bureau
 - Dos Caminos Children's Bureau
 - Golden Poppy Children's Center
 - Joshua Hills Children's Bureau
 - Los Amigos Children's Center
 - Manzanita Child and Family Guidance Center
 - Mesquite Child and Family Guidance Center
 - Oak Tree (CDS) Hathaway Sycamores
 - Ocotillo Child and Family Guidance Center
 - Palm Tree Child and family Guidance Center
 - Palmdale Discovery Center Children's Bureau
 - Quail Valley Child and Family Guidance Center
 - SAGE Penny Lane
 - Shadow Hills Children's Center
 - Summerwind Optimist
 - Tamarisk Child and Family Guidance Center
 - Tumbleweed Penny Lane
 - Yellen Child and Family Guidance Center

Social Emotional/Mental Health Support (Children)

If you or your child is in an immediate crisis, call 911. If your child needs an emergency mental health evaluation, you can call the LAC DMH Psychiatric Mobile Response Team 1-800-854-7771 or take your child to the local emergency room.

If you are feeling very anxious or are struggling emotionally, contact a mental health professional, maybe via telehealth. You can call the **National Suicide Prevention Lifeline** at [1-800-273-TALK](tel:1-800-273-TALK).

[National Suicide Prevention Hotline](tel:1-800-273-8255) 1-800-273-8255

[Crisis Text Line](tel:661-272-9996) Text “HELLO” to 741741

Alafia Mental Health

- Location: 43845 10th St. W. Suite 2B, Lancaster, CA 93534
- Phone:(661) 940-9040

Children’s Bureau

- Location (Lancaster): 921 W. Ave J, Lancaster, CA 93534
- Location (Palmdale): 1529 East Palmdale Blvd #210, Palmdale, CA 93550
- Phone (Lancaster): (661) 949-0131
- Phone (Palmdale): (661) 272-9996

Children’s Center

- Location: 45111 Fern Ave, Lancaster, CA 93534
- Phone: (661) 949-1206

Child and Family Guidance Center

- Location: 40005 10th St. West #106, Palmdale, CA 93551
- Phone: (661) 265-8627

Hathaway Sycamores

- Location: 44738 Sierra Hwy, Lancaster, CA 93534
- Phone: (661) 942-5749

Masada Homes

- Location: 311 E. Ave K-4, Lancaster, CA 93535
- Phone: (661) 726-5500

Optimist Youth

- Location: 520 W. Palmdale Blvd. Suite H, Palmdale, CA 93551
- Phone: (661) 575-8395

Penny Lane

- Location: 43520 Division St. Lancaster, CA 93535
- Phone: (661) 266-4783

Tarzana Treatment Center

- 44447 10th St. W, Lancaster, CA 93534
- Phone: (661) 726-2630

Kaiser Permanente Behavioral Health

- Phone: (661) 951-0080

Social Emotional/Mental Health Support (Adults)



If you or your child is in an immediate crisis, call 911. If your child needs an emergency mental health evaluation, you can call the LAC DMH Psychiatric Mobile Response Team 1-800-854-7771 or take your child to the local emergency room

If you are feeling very anxious or are struggling emotionally, contact a mental health professional, maybe via telehealth. You can call the **National Suicide Prevention Lifeline** at [1-800-273-TALK](tel:1-800-273-TALK).

[National Suicide Prevention Hotline 1-800-273-8255](tel:1-800-273-8255)

[Crisis Text Line](text:HELLO) Text "HELLO" to 741741

LA CO DMH Admin, Adult Navigator

- Phone: (661) 223-3813

Antelope Valley Mental Health Professionals- Lancaster

- Location: 349A E. Ave K-6, Lancaster ,CA 93535
- Phone: (661) 723-4260

Palmdale Mental Health Center

- Center provides mental health services for adults with chronic and persistent mental health disorders.
- Location: 1529 E. Palmdale Blvd., Ste. 150, Palmdale CA 93550
- Phone Number: (661) 575-1800

Mental Health America

- Community-based nonprofit that provides
- Location: 506 W Jackman St, Lancaster, CA 93534
- Phone: (661) 726-2850

Mental Health America- Discovery Resource Center

- Location: 1609 E. Palmdale Blvd #G, Palmdale, CA 93550
- Phone: (661) 947-1595

Antelope Valley Wellness Center

- Mental health clinic that provides diagnostic, treatment, and prescriptive services related to mental and behavioral disorders
- Location: 251 E Ave K 6, Lancaster, CA 93550
- Phone: (661) 974-8400

El Dorado Community Service Centers

- Provides health, mental health, and substance abuse services for people of all ages
- Location: 2720 E. Palmdale Blvd. #128-129, Palmdale, CA 93550
- Phone: (661) 947-1595
- Website: <https://www.americanhealthservices.org>

Bartz-Altadonna

- Provides mental health services and wellness activities
- Location: 43322 Gingham Ave #105, Lancaster, CA 93535
- Phone: (661) 874-4050

The Village Mental Health Support Group for Black/African American Mothers

- Los Angeles County Department of Mental Health, in collaboration with partners from Antelope Valley AAIMM CAT
- Virtual, must have access to computer, tablet, or smartphone
- Topics: building healthy relationships, addressing trauma, depression, anxiety, stress, empowering Black/African American women, etc.
- Wednesdays, 11:00am
- Please contact Denise Theus at CTheus@dmh.lacounty.gov or (213) 247-6678 if you are interested in attending.

L.A Care Community Resource Center

- Online Parenting Class
- Tuesdays, 10:15am to 11:45am
- Register by calling (213) 438-5580

L.A Care Community Resource Center

- Online Anger Management Class
- Tuesdays, 12:00pm to 1:30pm
- Register by calling (213) 438-5580

L.A Care Community Resource Center

- On Demand Classes on YouTube channel, include: Fitness and exercise classes (Yoga, Zumba, etc), nutrition and healthy cooking classes, health education classes, children's classes.
- You can access classes at <https://www.youtube.com/activehealthyinformed>

Psychiatric/Psychological Emergency Services

If you or your child is in an immediate crisis, call 911. If your child needs an emergency mental health evaluation, you can call the LAC DMH Psychiatric Mobile Response Team 1-800-854-7771 or take your child to the local emergency room

Suicide Prevention Lifeline through Didi Hirsch

- Lifeline to call when you or someone you know may be considering suicide
- Call even if it isn't a crisis
- 24 hours a day, 7 days a week
- Phone Number: 1 (800) 273-8255

Department of Mental Health (DMH) Helpline

- Hotline for anyone seeking emotional support, mental health services, or navigating services for a loved one.
- Available 24 hours a day, 7 days a week
- Phone Number: 1 (800) 854-7771
- Text: "LA" to 741741

Emotional Support Warm Line

- One of the options when calling the DMH Helpline, for country residents who may not want mental health services but would like to talk with a trained listener.
- Hours: 9:00 am to 9 pm (PST phone)
- Phone Number: 1 (800) 854-7771 (option 2 when calling the DMH Helpline)

CA Youth Crisis Hotline

- Emergency response system for youth (ages 12-24) and families in crisis
- 24 hours a day, 7 days a week
- Phone number: 1 (800) 843-5200

Antelope Valley Hospital

- Mental health evaluation and hospitalization if necessary. Medication and mental health stabilization.
- Location: 1600 W Avenue J, Lancaster, CA 93534
- Phone: (661) 949-5000
- Website: <https://calyouth.org/cycl/>

Psychiatric Mobile Response Team (PMRT)

- Provides Mental Health Evaluation and Hospitalization if necessary
- Phone: (661) 226-3838 (daytime), (800) 854-7771 (afterhours)

Olive View Community Mental Health UCC

- Mental health urgent care walk-in center
- Location: 14445 Olive View Dr, Sylmar, CA 91342
- Phone: (818) 485-0888

Valley Coordinated Children's Services

- Crisis intervention and stabilization age 0-17.
- Location: 19231 Victory Blvd #110, Reseda, CA 91335
- Phone: (818) 708-4500

Mission City

- Emergency mental health medications for children 0-7
- Location: 9919 Laurel Canyon Blvd, Pacoima, CA 91331

Other Resources

- Phone: (818) 895-3100



Safelink Free Government Phone Program

- Program provides Wireless Phones to eligible households.
- Certain eligibility requirements must be met, which are set by each State where the service is provided.
- <https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/zipcode>

California LifeLine

- Provides discounted home phone and cell phone services to qualified households.
- <https://www.cpuc.ca.gov/General.aspx?id=2752#qualify>

Crime Survivors

- Resource guide website
- Provides anyone in need with guides for finding an advocate, obtaining crisis support, learning about victim's rights, paying for crime-related expenses, healing and recovery, and much more.
- https://dev--crimesurvivors.netlify.app/Los_Angeles_County

What I Need (WIN) app

- Application available for download in a smartphone (must download the app)
- <https://www.ourchildrenla.org/win-app/>
- Connects families and youth to resources

Food Bank app

- Website that connects individuals and families to food banks
- <https://www.feedingamerica.org/find-your-local-foodbank>

Find Help Org

- Find food assistance, help paying bills, and other free or reduced cost programs
- <https://www.findhelp.org>

Resources for Parents (Tools to Navigate COVID)

Supporting your child's mental health as they return to school (UNICEF)

How parents can help their children navigate their feelings during school reopening

- Link: <https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

'What will a return to school during COVID-19 pandemic look like?' (UNICEF)

What parents need to know about school reopening in the age of coronavirus

- Link: <https://www.unicef.org/coronavirus/what-will-return-school-during-covid-19-pandemic-look>

Starting a New School Year Following a Summer of Change (Psych Central)

Resources for helping students transition back to school

- Link: <https://psychcentral.com/lib/starting-a-new-school-year-following-a-summer-of-change/>

Helping Children Cope with Changes Resulting From COVID-19 (National Association of School Psychologists)

Tip for parents on helping children during the COVID-19 pandemic

- Link: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Helping Kids Grieve (Sesame Street in Communities)

Tips and resources for parent on helping children who lost a loved one

- Link: <https://sesamestreetincommunities.org/topics/grief/>

