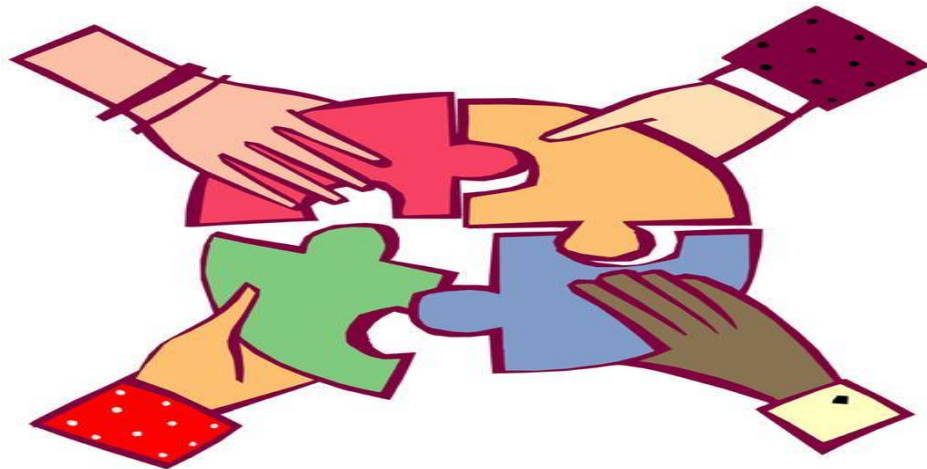


Community

RESOURCE GUIDE

2021-2022



Important Phone Numbers

- Emergency, call 9-1-1
- Lancaster Sheriff's Station
(661) 948-8466
- Palmdale Sheriff's Station
(661) 272-2400
- Valley Oasis Sexual Assault
24 Hr Response Services Hotline
(661) 723-7273
- Valley Oasis Domestic Violence
Shelter (661) 945-6736 or (800) 282-4808

General Referral

Information Helpline for Los Angeles County

Community Resource line for housing, food, shelter and medication. 24/7, no cost, confidential referrals.

Dial 2-1-1 from any touchtone phone or:
(800) 339-6993 www.211LA.org

CalFresh (formerly Food Stamps) Lancaster – 34

349-B East Ave. K-6, Lancaster CA 93535
(866) 613-3777

- Participant Help Line
626-569-1399
310-258-7400
- Open to the Public, Monday through Friday 8am-5pm

CalWORKS - Lancaster – 34

349-B East Ave. K-6, Lancaster CA 93535
(866) 613-3777

- Participant Help Line
626-569-1399
310-258-7400
- Open to the Public, Monday through Friday 8am-5pm

Family Solutions Access Center

This agency is a non-profit charitable organization and United Way agency. Provides meals, shelter, groceries, and clothing to the homeless.

45134 N. Sierra Highway Bldg. B, Lancaster CA 93534

General Relief, Lancaster General Relief Sub Office 67

337 East Ave K-10, Lancaster CA 93535
(866) 613-3777

- Participant Help Line
626-569-1399
310-258-7400
- Open to the Public, Monday through Friday 8am-5pm

Healthy Families Lancaster - 34

349-B East Ave. K-6, Lancaster CA 93535
(866) 613-3777 (888) 747-1222

- Participant Help Line
626-569-1399
310-258-7400
- Open to the Public, Monday through Friday 8am-5pm

Healthy Kids

- LA Care (888) 452-5437 or
- First 5LA (888) 347-7855

LA Homeless Resources

<http://www.lahomeless.org/>

Medi-Cal

Health care program for low-income individuals/families.
www.dpss.lacounty.gov/programs.cfm (877) 597-4777

Medicare Telephone Hotline (800) 633-4227

Social Security Administration

44225 10th St. West Ste A, Lancaster CA 93534
(800) 772-1213

South Antelope Valley Emergency Services (SAVES)

1002 E. AVE Q-12, Palmdale CA 93550
661-267-5191

Tarzana Treatment Center

Low-cost medical & health coverage (First 5 LA, County of LA Public Health)
Antelope Valley, Lancaster (661) 726-2630 Ext.: 1330-4323
Palmdale: (661)729-9000

Women, Infants & Children (WIC) Cost: Free for those who qualify (income guidelines)

Services: Provides breastfeeding support, nutrition education and food for children ages 0-5 and pregnant/breastfeeding women.

- 44216 10th St W, Lancaster CA 93534
 - 661-949-5805. Monday-Friday 8am-5pm
- 2247 E Palmdale Blvd Suite #A Palmdale CA 93550
 - 661-726-6300 Monday – Friday 8am-5pm

ABUSE, DOMESTIC VIOLENCE, BATTERY, RAPE, SEXUAL ASAULT TRAUMA SUPPORT

24-hr Domestic Violence Hotline

(661) 945-6736
(800)799-SAFE (7233)

A Second Wind Violence Prevention Project

This agency offers anger management services, couple and individual counseling, & domestic violence classes.
38733 9th Street East Suite M, Palmdale CA 93550
(661) 947-6642

Advance Counseling Center

44709 North Date Ave, Lancaster CA 93534
(661) 945-6706

Antelope Valley Domestic Council

Valley Oasis Shelter
P.O. Box 2980, Lancaster CA 93539
(661) 945-6736 (800) 282-4808

Battered Women's/Domestic Violence Hotline

(800)978-3600

Child and Family Guidance Center provides mental health services to children and their families. 40005 10th Street West Suite 106, Palmdale CA 93551 www.childguidance.org
(661) 265-8627 (661) 940-9040

Legal Help for Victims – LA Superior Court
Mon-Fri 8am-4:30pm
42011 4th St. West, Lancaster CA
1(800)380-3811

Outreach Support Group for Domestic Violence
1150 West Avenue I, Lancaster CA 93534
(661) 723-7772

Two Lifestyles Inc. Women/Girls Empowerment Program
1224 East Avenue S Ste. C, Palmdale CA 93550
(661) 402-3076

Assaults Against Women Hotline:
LA Count 24-7, (310) 392-8381

Cedarwood Counseling
44809 N. Fern Ave, Lancaster CA 93534
(661) 945-7608

Child Abuse Hotline & Reporting
(800) 540-4000

Domestic Violence Safety Net Hot Line
<http://da.lacounty.gov/domv.htm>
(800) 978-3600 (661) 259-4357

Family Dynamics Center
1043 W. Ave. M-4 #D, Palmdale, CA 93551
(661) 951-1700

Family Violence Division
213-257-2185

Gay & Lesbian Center, Anti-Violence & Legal
Support for victims of a hate crime and gay bashing.
(323) 993-7670

Life Choices
43260 Challenger Way, Lancaster CA 93536
(661) 723-6587

Los Angeles County – Victim Witness Assistance Program
42011 4th St. West Suite 3530 Lancaster, CA 93534
(661) 974-7717

RAINN (Rape, Abuse & Incest)
To find services for rape victims in your area.
www.rainn.org **(800) 656-4673**

SARS (Sexual Assault Response Services)
1150 W Ave I, Lancaster CA 93534
(661) 949-6143

High Desert Health System, Los Angeles County Facility
335 East Avenue I, Lancaster CA **(661) 471-4000**
<http://dhs.lacounty.gov/wps/portal/dhs/highdesert>

Valley Oasis Domestic Violence/Homeless Shelter
Emergency shelter for victims of domestic violence, domestic violence classes & legal services.
P.O. Box 2980, Lancaster CA 93539
(661) 945-6736 or (800) 282-4808
Kayla's Place: **(661) 949-3269**
Outreach director: 661-483-0557

ADOPTION/FOSTER CARE

Children's Bureau Palmdale
1529 East Palmdale Boulevard # 210, Palmdale CA 93550-2029
(661) 272-9996

Children's Bureau Sunrise Center
921 West Avenue J Suite C, Lancaster CA 93534-3443
(661) 949-0131

Hathaway-Sycamores Child and Family Services
Services include a residential treatment center for youth ages 6-18; foster care and adoption services; a nonpublic school; school-based and outpatient mental health services; wraparound and in-home counseling services; a transitional living program for teens; a family resource center; and a grief & loss center for children.
861 Auto Center Drive, Palmdale, CA, 93551
(661) 942-5749

Penny Lane
This agency provides wrap-a-round services, mental health services and adoption & foster care support. Therapy for ages 0- 21 must have a referral.
43520 Division Street, Lancaster CA 93535
(661) 266-4783 (661) 729-3499

FAMILY ADVOCACY

CASA (Court Appointed Special Advocates)
1040 W. Avenue J, #1153 Lancaster CA 93534
Advocate for foster children, be their voice in court. Volunteer!
www.casala.org **(661)723-2272**

ANIMAL CARE

Lancaster Animal Care Center Animal Shelter No. 5
Promotes & protects public safety and animal care through sheltering, pet placement programs, education & animal law enforcement.
5210 West Avenue I, Lancaster CA 93536 **(661) 940-4190**
Animalcare.lacounty.gov

Palmdale Animal Care Center
38550 Sierra Hwy, Palmdale CA 93550
(661) 575-2888

ASSISTED LIVING SERVICES

The Havens at Antelope Valley
43051 15th St. West, Lancaster CA 93534
(661) 723-8525

South Antelope Valley Emergency Services (S.A.V.E.S)
1002 E Ave Q-12, Palmdale CA 93550
(661) 267-5191

CALIFORNIA HIGHWAY PATROL (CHP)

Antelope Valley Office
2041 West Ave I, Lancaster CA 93536 (661) 948-8541

CELL PHONE & INTERNET ASSISTANCE

The **California LifeLine Program** is a state program that provides discounted home phone and cell phone services to eligible households. The California LifeLine discounts help consumers lower the cost of their phone bills. Only one discount per household is allowed, (except for teletypewriter users and for Deaf and Disabled Telecommunications Program participants). Each household must choose to get the discount either on a home phone or on a cell phone, but not on both. To learn more about the California Public Utility Commission (PUC) LifeLine Program, go to www.cpuc.ca.gov

The **California emerging Technology Fund** is a non-profit that was created to help find low-cost broadband Internet access. This ensures children have access to the Internet for homework and research. Searching for employment or applying for public benefits can all be done more effectively online. Please dial 2-1-1 and ask for more information.

CHAMBERS OF COMMERCE

Antelope Valley Hispanic Chamber of Commerce
819 E. Avenue Q-9, Palmdale CA 93550-4732
(661) 538-0607
www.avhispanichchamber.org

Lancaster Chamber of Commerce
554 West Lancaster Blvd, Lancaster 93534
(661) 948-4518
Lancasterchamber.org

Palmdale Chamber of Commerce
817 East Avenue Q-9, Palmdale CA 93550-4732
(661) 273-3232
www.palmdalechamber.org

Quartz Hill Chamber of Commerce
42043 50th St. West, Quartz Hill CA 93536
(661) 722-4811
Quartzhillchamber.com

CHILD ABUSE SUPPORT & PREVENTION

Child and Family Guidance Center
Provides mental health services to children & their families.
40005 10th Street West Suite 106, Palmdale CA 93551
www.childguidance.org (661) 265-8627

The Children's Center of the Antelope Valley
45111 Fern Avenue, Lancaster CA 93534
(661) 949-1206 <http://www.ccav.org>

High Desert Health System, Los Angeles County facility
335 East Avenue I, Lancaster CA 93535
(661) 471-4000
<http://dhs.lacounty.gov/wps/portal/dhs/highdesert>

Los Angeles County Department of Children and Family Services
39959 Sierra Hwy, Palmdale CA 93550
(661) 223-4200

Optimist Youth Homes & Family Services
www.OYHFS.org
520 W. Palmdale Blvd, Palmdale CA 93551
(661) 272-4733

CHILD CARE & EDUCATION PREP INFORMATION

Child Care Resource Center
Assists parents, childcare professionals, employers, and local communities in all matters related to early care and education.

- Antelope Valley Office
250 Grand Cypress Ave, Palmdale CA 93551
(661) 789-1200

Child Care Hotline (Cal WORKS)
(877) 244-5399
dpss.lacounty.gov/dpss/childcare

Children's Center, The
First 5 LA program provides preschool preparation, in-home services for children 0-5 years of age and other home-based services. 45111 Fern Ave, Lancaster (661) 949-1206

Early Head Start Home Based Program
Palmdale School District
975 East Avenue P-8, Palmdale CA 93550 (661) 273-4710
Mighty Little Giants – provides support, education and hope for mothers and fathers experiencing pre-term deliveries resulting in long-term stays in the hospitals' NICU.
mightylittlegiants.org
(213) 590-4859

CHILD SUPPORT

California Department of Child Support Services
42281 10th St. West, Lancaster CA 93534
(866) 901-3212

CITY OFFICES

City of Lancaster

City Council Meetings on the 2nd & 4th Tuesday @ 5PM 44933
N. Fern Avenue, Lancaster CA 93534
(661) 723-6000

City of Palmdale

City Council Meetings, Suite B
Planning Commission Meetings on 2nd Thursday @ 7PM 38300
N. Sierra Hwy Suite B, Palmdale CA 93550
(661) 267-5100
After Hours Emergency:
(661) 267-5338

CLOTHING/TOILETRIES

American Red Cross

2715 E. Avenue P, Palmdale CA 93550
(661)267-0650

Goodwill Services

- 2043 W. Avenue J, Lancaster CA 93534
(661) 341-3912
- 40125 10th St. West, Palmdale CA 93551
(661)208-4490
- 2140 E. Palmdale Blvd, Palmdale CA 93551
(661) 276-2165

Grace Resource Center

Clothing, counseling, case assessment, referrals, Medi-Cal sign-ups, groceries, hot meals and disaster relief.
45134-A North Sierra Highway, Lancaster CA 93534
(661) 940-5272

Salvation Army

44517 Sierra Highway Lancaster, CA 93534
(661) 948-3418

Salvation Army Store

(Not associated with the Salvation Army Service Location)
1050 Commerce Center Dr, Lancaster CA
(661) 940-5072

South Antelope Valley Emergency Services (SAVES)

1002 E. Ave Q-12, Palmdale
Mon-Thu 8am-5pm
(You can also request bedding & backpacks)
(661) 267-5191

St. Mary's Catholic Church

1600 East Ave R-4, Palmdale CA
(661) 947-3306

St. Stephan's of the Valley Lutheran Church

1737 East Ave R, Palmdale CA (661) 947-6451

St. Vincent de Paul Center

45058 Trevor Ave, Lancaster CA (661) 942-3222

Valley Oasis Shelter Thrift Shop

3030 E. Palmdale Blvd, Palmdale CA (661) 266-1948

CLUBS, GROUPS, SOCIAL & FRATERNAL ORGANIZATIONS

Kiwanis Club of Lancaster

Meets at noon on Thursdays at: Greenhouse Café
1169 Commerce Center Drive, Lancaster CA 93534

Knights of Columbus of Lancaster

719 W Avenue M, Lancaster CA 93551
(661) 942-2751
www.kofc-lancastercouncil2455.org

Friends of the Lancaster Library

601 West Lancaster Blvd, Lancaster CA 93534
(661) 948-5029

Kiwanis Club of Palmdale West

Meets 6:30pm Tuesdays at Sizzler
853 W Palmdale Blvd, Palmdale CA 93551

Knights of Columbus of Palmdale

39110 10th St. East, Palmdale CA 93550
(661) 273-4737

Friends the Palmdale City Library

700 East Palmdale Blvd, Palmdale CA 93550
(661) 267-5600

Friends of the Quartz Hill Library

5040 W Ave M-2, Quartz Hill CA 93536 (661) 943-2454

Bingo:

- **Paraclete High School**
Monday at 6:30 PM
All games pay minimum \$300 42145 30th St. West,
Lancaster CA (661) 943-3255

COMMUNITY COLLEGE

Antelope Valley Community College

3041 W. Ave K, Lancaster CA 93536-5426
(661) 722-6300 www.avc.edu

COUNSELING/ FAMILY/ INDIVIDUAL MENTAL HEALTH/ DEPRESSION/ ANGER MANAGEMENT

Child/Family Center (661) 259-9439

Families in Transition (formerly A Change of Faces) Offering classes in:

- Monitored Visitation/Exchange
- Life Coaching
- Parenting
- Anger Management
- Co-operative Parenting

- Domestic Violence
- Child Sexual Abuse Awareness
- Hands on Parenting for Teens
- Youth and Teen Anger Management

Cost: Some fees based on sliding scale depending on income. 200 W. Pondera Street Lancaster, CA 93534 (661) 948-5312

Mental Health America

506 West Jackman Street Lancaster, CA 93535 (661) 726-2850

COURTHOUSES

Michael D. Antonovich-AV Courthouse

Hours: Mon-Fri 8:30AM-4:30PM

42011 N. 4th St. West, Lancaster CA

Advisor Program (213) 974-9759

Provides free information & assistance to the public on the small claims court process.

Juvenile Court:

Alfred J. McCourtney Juvenile Justice Center

1040 W. Avenue J Suite 426, Lancaster CA 93534

661-483-5924

CREDIT COUNSELING, CONSUMER PROTECTION, IDENTITY THEFT

Consumer Protection

Counselors answer questions about purchases, credit, automobiles, landlord tenant; identify theft and other consumer problems. They will investigate your complaint or provide counseling and referrals.

(800) 593-8222 or dca.lacounty.gov

Los Angeles County Department of Consumer Affairs

601 Lancaster Blvd, Lancaster CA 93534

(661) 726-7550

DISABILITY & SPECIAL NEEDS SERVICES

Greater Los Angeles Agency on Deafness, Inc.

2222 Laverne, LA, CA, 90041

(323) 892-2225

<http://www.gladinc.org/events/av-glad>

<https://www.facebook.com/avglad>

AV Special Education Local Plan Area (SELPA)

38345 30th St East, Suite A-2 Palmdale CA 93552

(661) 274-4136

Support for special education students

Baby Steps

Therapy & Early Intervention Services

43860 10th St W, Lancaster, CA, 93534

(661) 945-7878

Department of Rehabilitation:

- Antelope Valley
43301 Division St. #204, Lancaster CA 93535
(661) 945-3502

Desert Haven Enterprises

Job Training for those with disabilities.

43437 Copeland Circle, Lancaster CA 93535

(661) 948-8402

Effective Speech Therapy

44722 Fern, Lancaster CA 93534

(661) 726-4978

Family Focus Resource Center Empowerment

43210 Gingham Ave, Lancaster CA 93535

Support information and referral services for families with children with special needs. Birth to 3 and 3 - 22 yrs.

- Palmdale **(661) 945-9598**

Head Start & Preschool Programs Early Child Education

This program provides free preschool for eligible parents.

Includes programs for children with Special Needs and a Disabled Children Program.

- Palmdale School District
975 East Avenue P-8 Palmdale, CA 93550
(661) 273-4710

North Los Angeles County Regional Center, Antelope Valley Office

43850 10th St W, Lancaster CA 93535

(661) 945-6761

DISASTER SERVICES

American Red Cross:

2715 E. Avenue P (Rancho Vista Blvd), Palmdale CA 93550 **(661) 267-0650**

Grace Resource Center

Clothing, counseling, case assessment, referrals, Medi-Cal sign-ups, groceries, hot meals & disaster relief.

45134-A North Sierra Highway, Lancaster CA 93534

(661) 940-5272

EMERGENCY SERVICES

9-1-1

California Highway Patrol – Lancaster Office

(661) 948-8541

Los Angeles County Fire Department

- **CALL 9-1-1, For emergencies**
- Non-emergency, Antelope Valley Assistance
(661) 948-2631

- Fire Prevention, Lancaster
(661) 949-6319
- Fire Prevention, Palmdale
(661) 537-2901
- Website: <http://fire.lacounty.gov>

Sheriff's Department

- Lancaster Station
501 West Lancaster Blvd, Lancaster CA 93534
(661) 948-8466
- Palmdale Station
750 East Avenue Q, Palmdale CA 93550
(661) 272-2400
- Complaints
(800) 698-8255
(323) 890-5349
- Missing Persons
(323) 890-5504
- Ombudsman
(800) 801-0030
- Custody Division

Inmate location & booking information **(213) 473-6100**

Website: www.lasd.org

EMPLOYMENT JOB TRAINING OCCUPATIONAL PROGRAMS

Antelope Valley Adult School

45110 3rd St. East, Lancaster
Mon-Thu 8am-12:30pm, Fri 8am-3pm
(661) 942-3042
(661) 942-3431, Guidance Center

AV Worksource Center

1420 W. Ave I, Lancaster
Mon-Fri 8am-5pm, Wed 8am-7pm
(661) 726-4128

DPSS Cal WORKS Program

Job search & readiness assistance, vocational training, and post-employment services.

349 East Ave K-6 Suite B, Lancaster CA 93535
(866) 613-3777

Helpline for enrolled client: **(626) 569-1399, (310)258-7400**

EDD (Employment Development Department)

1420 West Ave I, Lancaster CA 93534
Monday-Friday: 8am-5pm Call First!
(800) 300-5616
www.edd.ca.gov
Job service & unemployment claims
(323) 299-1633

Project Joy – empowers, educates and encourages the most vulnerable youth and families.

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

WorkSource, AV One-Stop Career Center

Job search resource center, internet job search, library, resume assistance, computer and fax available.

Lancaster Center

1420 West Avenue I, Lancaster CA 93534
(661)726-4128

- Palmdale Center
38510 Sierra Highway, Palmdale CA 93550
(661)265-7421

FREE WIFI SPOTS

Quartz Hill Library

42108 North 50th St, West Quartz Hill CA 93536
(661) 943-2454

Lancaster Library

601 W Lancaster Blvd, Lancaster CA 93534
(661) 948-5029

Palmdale Library

700 E Palmdale Blvd, Palmdale CA 93550
(661) 267-5600

Antelope Valley Mall

1233 Rancho Vista Blvd, Palmdale CA 93551
(661) 266-9150

Sagebrush Café

42104 50th St W, Quartz Hill CA 93536
(661) 722-9480

Starbucks

4033 W Ave L, Lancaster CA 93536
(661) 722-7291

Don Juan Mexican & Seafood

42142 50th St W, Lancaster CA 93536
(661) 722-6160

Farley's Gelato & Coffee Roasting

2025 W Ave K, Lancaster CA 93536
(661) 339-0373

FINANCIAL PUBLIC ASSISTANCE/ RESTITUTION SERVICES

(ONLY IF FUNDS ARE AVAILABLE)

St. Vincent de Paul Center

Mon, Wed-Thu, Sat 9-noon
45058 Trevor Ave, Lancaster
(661) 942-3222

FOOD/ SHELTER/ BASIC NEEDS

American Red Cross

2715 E. Avenue P (Rancho Vista Blvd), Palmdale CA 93550
(661) 267-0650 – Open 8am to 5pm

Central Christian Church

3131 W. Ave J, Lancaster CA, 93534
(661) 945-7902

Lancaster United Methodist Church

918 West Ave J, Lancaster CA 93534
(661) 942-0419

Oasis Church

44231 N. Division St., Lancaster
(661) 942-3238
Friday Breakfast from 9am-10am

Salvation Army

44517 Sierra Highway, Lancaster
(661) 948-3418
Open Tuesday

SAVES: South Antelope Valley Emergency Services

1002 East Ave Q-12, Palmdale
Hours: Tues-Thurs 1pm- 4pm
(661) 267-5191

St. Mary's Catholic Church

1600 East Avenue R-4, Palmdale CA 93550
(661) 947-3306

St. Vincent de Paul

Monday, Wednesday, Thursday & Saturday- Open 9 am-Noon:
Lunch program is 9:30am-10:30am and the family program is
9:30am-11:30am Haircuts on Monday only: 9am-10am
45058 Trevor Ave, Lancaster CA (661) 942-3222

Total Deliverance Church

Food ministry year round & Thanksgiving, toy program in Dec.
3733 W Ave L, Lancaster CA 93535
(661) 951-9881

FUNERAL & GRIEF SUPPORT

Bereavement Support Group

(661) 945-6671 (661) 951-1146

HEALTH CARE

L.A. County Health Services (800) 427-8700

HEALTH CARE BLINDNESS & VISION

Lions Club Palmdale

Meets 2nd, 4th Wed. monthly @ 7PM
Larry Chimbole Cultural Center
38350 Sierra Hwy, Palmdale CA 93550
Palmdalelions.org

HEALTH CARE CANCER

American Cancer Society

100 Corporate Point, Suite 350, Culver City, CA, 90230
Cancer.org
(800) 227-2345

City of Hope Medical Group

44151 15th St. Suite 101
West, Lancaster
(661) 902-5600
www.cityofhope.org

HEALTH CARE DEAFNESS & HEARING AID SERVICES

Beltone Hearing Aid Center

753 W. Lancaster Blvd, Lancaster CA 93534
(661) 948-4573

Comfort Hearing Aid Centers, LLC

620 West Avenue L Suite 105, Lancaster CA 93534
(661) 266-3678

Hear West USA

Hearing tests for ages 4 and older.
2054 W. Avenue K, Lancaster CA 93534
(661) 949-1824

Hearing Aid Help Line

(800) 521-5247

HEALTH CARE DENTAL

Denti-Cal

Cost: Medi-Cal (800) 322-6384
www.denti_cal.ca.gov/

Dentists 4 Uninsured

657 West Ave J, Lancaster CA 93534
(661) 726-1010
www.dentists4uninsured.com

High Desert Health Systems

Cost: Healthy Way LA, Medi-Cal, Medicare, LA County No-Cost/Low- Cost programs.

- 38350 40th St. East Suite 100, Palmdale 93552
(661) 225-3001
- 335 E Ave I Lancaster, CA 93535
(661) 471-4400
<http://dhslacounty.gov/wps/portal/dhs>

Western Dental

Cost: Low cost services, financing available.
510 W. Rancho Vista Blvd, Palmdale CA 93551
(661) 202-3052

HEALTH CARE: INFANT SUPPORT AND SERVICES

Mighty Little Giants – provides support, education and hope for mothers and fathers experiencing pre-term deliveries resulting in long-term stays in the hospitals' NICU.

mightylittlegiants.org
(213) 590-4859

African American Infant and Maternal Mortality (AAIMM)
<https://www.first5la.org/african-american-infant-and-maternal-mortality-aaimm/>

HEALTH CARE: MEDICAL CENTERS & CLINICS

Wesley Health Centers

45104 10th St. West, Lancaster
Hours: Monday-Friday 7:30am- 5pm
Cost: Medi-Cal, HMO or low- cost services
(661) 942-2391

- Urgent Care and Health & Wellness Walk- in Clinic
Home base for Mobile Clinics
45104 10th St. West, Lancaster CA 93534 Monday-Friday 7:30am- 5pm,
Cost: Medi-Cal, HMO or low- cost services
(661) 942-2391
- 2151 East Palmdale Blvd, Palmdale Hours: Monday-Friday 8am-5pm
Cost: Medi-Cal, HMO or low- cost services
(661) 942-2391
- 37926 E 47th St E Palmdale, CA 93550
Hours: Monday-Friday 7:30am-5pm

Antelope Valley Health Center

Hours: M-F 8-4:30pm
335 East Avenue K-6 Unit B, Lancaster CA
(661) 471-4810

Antelope Valley Hospital, Mental Health Services

Call for appointment.
For qualified uninsured families & individuals, some Medi-Cal accepted. Free Breast Exams & Mammograms for qualifying women. (661) 949-5250

Bartz-Altadonna Community Health Center

Adult & pediatric primary care, vaccines, STD test, women's health, mental health care, homeless health care, child health & disability prevention, nutritional services, free or low cost vaccines for youth, plus more.

43322 Gingham Avenue Ste. 105, Lancaster CA 93535
(661) 874-4050 <http://www.bartz-altadonna-chc.org/>

Child Health & Disability Prevention (CHDP) Program: Department of Health Care Services – Medi-Cal

Free CHDP Physicals, immunizations, etc. Refer to website for current list of providers. <http://www.medi-cal.ca.gov/default.asp>

High Desert Regional Health Center
335 E Ave I, Lancaster CA 93535
(661)471-4000

Littlerock Community Clinic
8201 Pearblossom Hwy, Littlerock CA 93543
(661)225-3155
Appointment Only

HEALTH CARE: DEPRESSION, ANGER MANAGEMENT, MENTAL HEALTH

Adult Anger Management Group

Meets on Mondays from 6:30-8PM Family Resource Foundation
38345 30th Street East Suite A-2, Palmdale
(661) 266-8700

American Health Services

Medical and mental health services.
2720 East Palmdale Blvd Suites 128 & 129, Palmdale CA 93550
(661) 947-3333
<http://www.americanhealthservices.or/g/palmdale-california.html>

Antelope Valley Mental Health Center

349 East Ave. K-6 Suite A, Lancaster CA
Mon-Fri 8am-5pm (661) 723-4260pr

Children's Bureau of Southern California

Free/Low-Cost Mental Health Care

- 1529 E. Palmdale Blvd Suite 102, Palmdale CA 93550
- 921 W. Ave J Suite C, Lancaster CA 93534
(661) 949-0131
<https://www.all4kids.org/home.html>

Los Angeles County Department of Mental Health, Antelope Valley

349 E Ave K-6 A, Lancaster CA 93535
(800) 854-7771 (661) 723-4260
Up to age 25: (661) 223-3816
Ages 26-59: (661) 223-3813
Ages 60+: (213) 738-2329

Project Joy – empowers, educates and encourages the most vulnerable youth and families.

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

HIV/AIDS SERVICES & SUPPORT

Wesley Health Center

Aids Project in Los Angeles
Free STD Testing, HIV testing, Rapid HIV Blood testing
858 W Jackson St, Suite 101, Lancaster, CA, 93534
(213) 201-1434 www.apla.org

Bartz Altadonna Community Health Center

Community Based Organization General Public. HIV testing is available to anyone age 13 or older.

43322 Gingham Ave Suite 105, Lancaster CA 93535
(661) 874-4050

Planned Parenthood, Antelope Valley Health Center
Monday-Friday 8:30am-4:00pm
Cost: Medicaid, Medi-Cal, state-funded program, lower fee scale.
533 E Palmdale Blvd Ste. 533-A1, Palmdale CA 93550
(800) 576-5544 (800) 230-7526

HOME REPAIR

Antelope Valley Partners for Health Handyworker Program
44226 10th Street West, Lancaster CA 93534
Services: Free minor home repairs to homeowners in unincorporated areas. www.avph.org
(661) 942-4719

Assert Inc.
Weatherize your home free to low-income residents.
(661) 729-2424 (800) 932-2933

HOMELESS SHELTERS/ TRANSITIONAL & EMERGENCY HOUSING, PROGRAMS & MISSIONS

St. Vincent de Paul Center
(Food/Clothing & more, call for schedule):
• Lancaster: (661) 942-3222

HUD Information Line (800) 697-6967

Women & Children Crisis Shelter (24 Hours) (562) 945-3939

Year-Round Emergency Shelter
(800) 548-6047 TTY: (800) 660-4026

HOSPITALS

Antelope Valley Hospital
1600 West Avenue J, Lancaster CA 93534
(661) 949-5000

Palmdale Regional Medical Center
38600 Medical Center Drive, Palmdale CA 93551
(661) 382-5000

HOTLINES

Battered Women's/Domestic Violence (800) 978-3600

Bi-Lingual Helpline Your Family
(Health Related)
(866) 783-264

HOUSING ASSISTANCE, RENTAL ADVOCATES, TENANTS RIGTH & EVICTION ASSISTANCE

Valley Oasis (Family Solutions Center)
Provides meals, showers, laundry facilities, and clothing for the homeless, permanent housing for families and individuals.
Call to make an appointment!
310 E Palmdale Blvd, Palmdale, CA, 93550
(661) 942-2758

Antelope Valley HUD
43460 32nd St. West, Lancaster CA 93536
(661) 943-6600

Housing Authority
Housing assistance, Section 8, rental list, financial education.
2323 East Palmdale Blvd, Palmdale CA 93550
(661) 575-1511

Family Self-Sufficiency Program
5028 W. Ave L-12 Unit 20
Lancaster, CA 93536
(661) 718-2303

IMMIGRATION SERVICES

A.V. Adult School (661) 942-3042

Cash Assistance Program for Immigrants (CAP)
(877) 481-1044

CHIRLA (888) 624-4752

Greater Valley Immigration, Citizenship and Education Services
1305 East Palmdale Blvd # 9, Palmdale CA 93550
(661) 272-1424

LAUNDRY/WASH

Good Scents Laundry
43535 Gadsden Ave, Lancaster
(661) 860-1986

Sandy's Coin Wash, Inc.
sandyscoinwash.com

- 1306 W Ave I, Lancaster CA (661) 948-6886
- West Lancaster Plaza Shopping Center
2863 W Ave L Lancaster, CA (661) 722-0151
- 124 E Ave J Lancaster, CA (661) 948-3077

LEGAL MATTERS & ASSISTANCE

AV Self Help Legal Access Center
Family law, immigration, public benefits, housing, employment, health, community and consumer law.

42011 4th St. West 3rd Floor, Rm. 3700
(LA Superior Court, Lancaster) <http://www.nls-la.org>

LA County Mental Health Crisis Line (800) 854-7771
Spanish Language Suicide Helpline AV Self Help Legal Access Center
Family law, immigration, public benefits, housing, employment, health, community and consumer law.
42011 4th St. West 3rd Floor, Rm. 3700
(LA Superior Court, Lancaster) <http://www.nls-la.org>

L.A. County Public Defenders Offices:
Antelope Valley (661) 945-6474

Legal Aid Foundation of Los Angeles
Provide civil legal services to low income people in LA County.
(800) 399-4529

Registrar-Recorder
(661) 945-6446
County Clerk, Birth Certificates

Social Security Office
44451 20th Street West, Lancaster CA 93534
(800) 772-1213
1-800-SUICIDA (784-2432)

LIBRARY INFORMATION COMPUTER ACCESS

Family History Center
44330 27th St West, Lancaster CA 93536
CA_Lancaster@ldsmail.net (661) 946-4675

Lancaster Regional Library
601 W. Lancaster Blvd, Lancaster
(661) 948-5029
www.colapublib.org

Palmdale City Library
700 E. Palmdale Blvd, Palmdale
(661) 267-5600
www.cityofpalmdale.org/library

Quartz Hill Public Library
5040 W Ave M-2, Quartz Hill
(661) 943-2454
www.colapublib.org/libs/quartzhill

LITERACY/ESL PROGRAMS

Antelope Valley Adult Literacy Program
Seeking students interested in improving their reading, writing and mathematics skills.
(661) 943-3133

Antelope Valley Adult School
Offers literacy services, diploma, GED, ESL, citizenship classes.
45110 3rd St. East, Lancaster CA 93535
(661) 942-3042 www.avadult.org

Literacy Word AV

- Adult Program: (866) 967-3281
- Youth Program (ages 5-17): (661) 436-6488
P.O. Box 901394 Palmdale, CA 93590
www.word.av.org

Palmdale Library Literacy Program
700 East Palmdale Blvd. Palmdale, CA 93550
(661) 267-5600

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Michael D Antonovich Supervisor, Fifth District
Kenneth Hahn Hall of Administration 500 West Temple Street,
Room 869 Los Angeles, CA 90012
(213) 974-5555 Office
Toll Free (661) 272-0964 Ext. 5555
Email: FifthDistrict@lacbos.org <http://www.antonovich.com>
Antelope Valley Field Office
1113 West Avenue M-4 Suite A, Palmdale CA 93551
(661) 726-3600

LOS ANGELES COUNTY DEPARTMENT OF CHILDREN AND FAMILY SERVICES (DCFS)

DCFS, Lancaster office
300 E Avenue K6 Lancaster CA 93535
Reception (661) 471-1001

DCFS Palmdale office
39959 Sierra Hwy, Palmdale, CA 93550
Reception (661) 223-4200
(661) 223-4111 (661) 471-1369

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC SOCIAL SERVICES (DPSS)

Cal Fresh Food Stamps
(877) 847-3663
www.calfresh.ca.gov
Lancaster-34
349 East Ave K-6, Lancaster CA 93535
(866) 613-3777

Cal WORKS
www.cdss.ca.gov/calworks
General Relief Sub Office Cash aid and other services for eligible families.
Monday – Friday 8a-5p
(866) 613-3777 or (661) 723-4001

GROW

349 East Ave K-6, Lancaster CA 93535 Monday – Friday 8a-5p
(866) 613-3777

Medi-Cal

349 East Ave K-6, Lancaster CA 93535
(866) 613-3777

PARKS AND RECREATION

Apollo Park (County Park)

4555 West Ave. G, Lancaster 93534
(661) 940-7701

George Lane Park (County Park)

5520 West Avenue L-8, Quartz Hill CA 93536
(661) 722-4301 Pool
(661) 722-7780

Lancaster City Parks & Recreation

After school programs, sports, swimming, preschool and other recreational activities
44933 Fern Avenue, Lancaster CA 93534
(661) 723-6000
www.cityoflancaster.ca.org

Palmdale City Parks

38300 Sierra Highway, Palmdale CA 93550
(661) 267-5611

www.cityofpalmdale.org/department/parks

After school programs, sports, swimming, preschool and other recreational activities.

Palmdale Playhouse (Acting, drama, choir).

SCHOOL DISTRICTS

Antelope Valley Union High School District

Diploma program, GED, ESL, ABE, citizenship, career tech prep
44811 N. Sierra Hwy, Lancaster CA 93534
(661) 948-7655

- **S.O.A.R. High School**
A specialized high school located on the Antelope Valley College campus but it is part of the Antelope Valley Joint Union High School District. It is an Early College High School, which integrates college courses into the high school curriculum. SOAR students will be treated as college students.
Dr. Stephanie Herrera, Vice Principal at:
(661) 722-6509
- **Palmdale High School, F.A.S.T. Academy**
A 4-year engineering and design- focused program.
Megan Andrews, Coordinator (661) 273-3181, ext. 410

Desert Sands Charter High School

Independent study high school program 44103 20th St. W,
Lancaster CA 93534
(661) 942-3357

Eastside Union School District

45006 N. 30th St. East, Lancaster CA 93535
(661) 952-1200

Hughes Elizabeth Lake

16633 Elizabeth Lake Road, Lake Hughes CA 93532
(661) 724-1231

Keppel Union School District

34004 128th St E, Pearblossom CA 93553
(661) 944-2155

Lancaster School District

44711 North Cedar Avenue, Lancaster CA 93534
(661) 948-4661

Palmdale School District

39139 10th St. East, Palmdale 93550
(661) 947-7191

Westside Union School District

41914 50th Street West, Quartz Hill CA 93536-2963
(661) 722-0716

STATE AGENCIES

Department of Corrections and Rehabilitation

(877) 256-6877

www.cdcr.ca.gov/Victim_Services

Department of Health Services, Office of Women's Health

www.dhs.ca.gov/director/owh/

Department of Motor Vehicles www.dmv.ca.gov

Confidential Records Unit:

(916) 657-7142 (800) 777-0133

SUICIDE HOTLINE & INFORMATION

Suicide Crisis Intervention (888) 784-2433

Suicide Hot Line

English: **(800) 273-8255**

Spanish: **(800) 628-9454**

TRANSLATION AND INTERPRETATION

Michael D Antonovich Los Angeles Superior Court (NLSLA)

42011 4th Street West Room # 3700, Lancaster CA 93534

Public Services – Monday-Thursday 8:30am-4:30pm,

Friday 8:30- 12:30pm

(Translation of Court forms)

(800) 433-6251

Lancaster Translation Services (888) 294-3032

TRANSPORTATION

Antelope Valley Transit Authority (AVTA)

Dial-a-Ride (Seniors & Disabled) Local bus service in the AV, Commuter services, bus passes those 65 years and older. Mon-Fri 6am-7:30pm, Sat-Sun 8am- 6pm
42210 6th St. West, Lancaster CA 93536

- AV (661) 945-9445 General Info www.avta.com

Department of Motor Vehicles (DMV) Hotline

(800) 777-0133
www.dmv.ca.gov

Dial-A-Ride

(661) 945-9445 www.avta.com

MetroLink

(800) 371-5465

- **Lancaster Station**
44812 Sierra Highway, Lancaster CA 93534
- **Palmdale Station**
39000 Clock Tower Plaza Drive, Palmdale CA 93550
www.Metrolinktrains.com

South Antelope Valley Emergency Services (SAVES)

1002 E. AVE Q-12, Palmdale CA 93550
661-267-5191

UTILITY BILL SUPPORT

If you need help finding local energy assistance resources, call the National Energy Assistance Referral hotline toll-free at: (866) 674-6327 or email energyassistance@ncat.org.

Energy Hot Line (800) 342-5397

Department of Water & Power

(800) 342-5397

Los Angeles Department of Water and Power

(800) 342-5397

Email: ccenter@ladwp.com

- **Residential Low-Income Rate:** This rate reduces the cost of electricity, water and sewer services for a permanent, primary residence up to 15 percent.
- **Senior Citizen Lifeline Rate:** Senior citizens 62 or older with an annual household income of less than the allowed maximum may be eligible for a discount.
- **Life Support Device Discount:** A discount on the electric bill is available to DWP customers who have a device in their home which is an essential life-support unit powered by electricity or water.
- **Paraplegic, Quadriplegic and Multiple Sclerosis Discount:** The discount available in addition to the

Senior Citizen, Disabled Individual or Life- Support Devices discount provisions for which the customer is eligible.

Salvation Army

- Electric Bill Assistance- Thursdays from 9am-noon
YOU MUST CALL AHEAD!
- Gas Bill Assistance – some Fridays from 9am-Noon
YOU MUST CALL AHEAD!

44517 Sierra Hwy, Lancaster, CA
(661) 948-3418

YOUTH: SOCIAL & RECREATIONAL COMMUNITY ACTIVITIES

Antelope Valley 4H Clubs

Looking for members interested in arts, crafts, cooking, shooting sports, livestock and more!

Main: 335 East Ave K-10, Lancaster CA 93535

Charlene Moore (661) 974-8824

Email: moore@ucanr.edu

- **Neenach 4-H**
(661) 754-1195
- **Palmdale Hills 4-H**
(661) 810-2218

Antelope Valley Special Olympics

(661) 945-6210

Antelope Valley Family YMCA

www.ymcala.org/antelope-valley

- Main:43001 10th Street West, Lancaster CA
Temporarily Closed
(661)723-9622
- **Quartz Hill Program Center**
41820 50th St. West, Quartz Hill CA 93536
(661) 943-3303

George Lane Park

Youth Programs (call for complete schedule)

After School Program

M-F 2pm-6pm for ages 5-13 Cost \$55/month

5520 W. Ave L-8, Quartz Hill CA 93536

(661) 722-7780

Santos Boxing USA

Free boxing lessons to children ages 4-12 4:00pm -5:00pm and

teens ages 13-16 6pm-7pm every Friday

211 East Ave. K-6, Lancaster

(661) 390-0841

santosboxingusa@gmail.com

YOUTH AND YOUNG ADULT DEVELOPMENT & SUPPORT

Child Support Services

42281 10th St. West, Lancaster CA 93534
(866) 901-3212

Penny Lane

This agency provides wrap-a-round services, mental health services and adoption & foster care support. Therapy for ages 0-21 must have a referral.
43520 Division Street, Lancaster CA 93535
(661) 266-4783 (661) 729-3499

Tough Love

(For parents with problem youth)
(800) 599-8820

YMCA

43001 10th St. West, Lancaster CA 93534
(661) 723-9622

VIDA Academy (Vital Intervention Directional Alternatives)

Program for "at risk" youth ages 11- 17.5
Coordinated by Deputy Sheriffs.

Lancaster Court

1040 W Ave J
Lancaster, CA 93535
(661) 949-6585

Oaktree Learning Center

38136 35th St East Palmdale, CA, 93550
(661) 265-8910