

COMMUNITY YOUTH RESOURCE GUIDE



Antelope Valley Partners for Health

Community Collaborative Promoting Health and Wellness

44226 10th Street West

Lancaster CA, 93534

661-942-4719



This guide provides a list of youth services and programs available in the community of the Antelope Valley. If you have any questions, please contact Kimberly Pichinte at (661) 942-4719 xt.151 or at kpichinte@avph.org

This directory is meant as a general inventory of programs for children and youth; it may be utilized by families, service providers, friends, and youth themselves. The services in this directory are provided in the community and are accessible to young people meeting program criteria. Services listed do not require a referral from a physician or mental health provider, nor will the services listed require referral from child welfare or juvenile justice systems or from the court system.

Antelope Valley Partners for Health (AVPH) (Lancaster, CA (661) 942-4719) The Youth Services Department helps youth in the community grow by providing education, resources and creating a safe place for each youth to succeed in the Antelope Valley. As a department we will strive to meet each youth right where they are in their lives, to promote and teach a lifestyle that encourages physical and mental health.


**Linkage to resources please contact Kimberly Pichinte at kpichinte.org or (661) 942-4719 ext.151*

{Programs Included/Services Provided}

- ❖ **Supporting Young Victims (SYV):** Deliver the most current information, services, and support to children and youth ages 6-17 years old who are crime victims because of the opioid crisis.
- ❖ **United Way:** Providing career speakers to multiple schools in the AV. We are very excited as a team to bring specific career speakers to your campus in the career fields you the student have chosen, such as entrepreneur, videographer, nurse, police officer, and many more.
- ❖ **Social Services Explorers:** Equipping and building up young leaders to impact their schools and communities today.
- ❖ **Ready to Rise:** Provides and establishes a comprehensive, community driven and multidisciplinary response to youth ages 11-24 who are in the juvenile system or at risk to be in the juvenile system.
- ❖ **Antelope Valley Youth Opioid Coalition:** Through partnerships with local organizations, and agencies we will advocate for each youth by addressing and bringing awareness to the opioid crisis in the Antelope Valley. For more information regarding meeting date/time please contact David Pedraza @ (661) 942-4719 ext.109


Bartz-Altadona Community Health Center (Lancaster, CA (661) 874-4050) provides, patient-centered, high-quality, trauma-informed health and wellness care services to residents of the Antelope Valley regardless of ability to pay. For children and youth, Bartz-Altadonna offers Behavior Health and Pain Management services which provide the following:

- ❖ Psychiatry
- ❖ Medically Assisted Treatment(MAT) integrated with Primary Care
- ❖ Individual Counseling
- ❖ Drug and Alcohol Dependency (Non court-ordered)
- ❖ Alanon Family Group (Tuesdays at 5:15-6:15PM, open to the community)
- ❖ SMART recovery group (Open to BACHC Primary Care patients, call for more information)
- ❖ Plus, other special groups for specific issues

 **Change Lanes Youth Support Services (Lancaster, CA (661) 948-2555)** provides prevention, intervention, education and outreach services to youth ages 7 - 17 years of age. Many of the youth we serve have experienced some type of trauma in their lives. Our goal is to provide a healthy environment for them surrounded by individuals who understand and can guide them without adverse consequences. We aide in helping our young people reduce further trauma and transition into adulthood with a positive mindset, achievable goals and better outcomes.

Services offered include: **All programs listed have a 30\$ registration fee. For accommodation please contact office.*

- ❖ Life Skills Development
- ❖ Afterschool Program
- ❖ Parent Education
- ❖ Child Sexual Awareness & Child Safety
- ❖ Community service for youth only

 **Child and Family Guidance Center (CFGC) (Palmdale, CA (661) 265-8627)** provides counseling to children and families throughout the Antelope Valley. Services may be provided in a variety of settings, depending on the program engaged. If you feel that we may be of service to yourself, family, or someone that you know, then call to get the process started today! Outpatient services are available in English and Spanish and include individual, family, and group therapy; psychiatric evaluation and medication management; rehabilitation and skill building; and case management services.

**All programs listed require medi-cal.*

Programs include:

- ❖ **Individual, Family, and Group Therapy services:**
 - Aggression Replacement Therapy (ages 9-17)
 - Crisis Oriented Recovery System (ages 3-18)
 - Functional Family Therapy (ages 11-17)
 - Individual Cognitive Behavioral Therapy (teens and adults)
 - Interpersonal Psychotherapy (age 12 and over)
 - Managing and Adapting Practice (ages 3-18)
 - Positive Parenting Program (ages 1-16)
 - Seeking Safety (ages 13-18)
 - Trauma Focused Cognitive Behavior Therapy (ages 3-18)
- ❖ **School-Based Mental Health Services**
- ❖ **Full-Service Partnership**
- ❖ **Outreach Services**
- ❖ **Parent and Teen Libraries**
- ❖ **Psychiatric Services**
- ❖ **Therapeutic Services**
- ❖ **Incredible Years (ages 2-11)**
- ❖ **Multi-Systemic Therapy (ages 12-17)**

✚ **Grace Resources (Lancaster, CA (661) 940-5272)** mission is to empower people to thrive with dignity, not just survive, through training, education, food, clothing, and spiritual investment. Our vision is to eliminate hunger and poverty in the Antelope Valley, sharing the love of Christ in a tangible way by the giving of services.

- ❖ **Food Pantry:** If you find yourself in need please visit us at the scheduled times below. Please be on time and bring identification if you have it. If you do not have a way to cook them let us know so we can make accommodations.
 - Tuesday 10AM & 1PM
 - Wednesday 10AM (Spanish Seeking) 1PM Orientation
 - Thursday 10AM & 1PM
- ❖ **Child and Infant needs**
- ❖ **Hygiene Kits**
- ❖ **Grace's Closet** Monday – Friday 9:15 AM – 11:15 AM
- ❖ **Education Classes:**
 - Effective Communication: Tuesday & Thursday 8 AM – 11 AM 12 week (Free)
 - Computer Class: Tuesday & Thursday 9 AM – Noon 12-week (Free) Computer Lab is open every Friday
 - Power: Setting health boundaries: Monday & Wednesday 9 AM – Noon 9 Weeks (Free)

✚ **Penny Lane (Lancaster/Palmdale, CA (661) 948-2555)** strives to foster hopes and dreams by empowering children, youth and families to reach their highest potential.

- ❖ **The Yellow Submarine Transitional Age Youth (TAY) Drop-in Center** is dedicated in providing a safe space for youth ages 16-25 in the Antelope Valley. Our mission is to assist and foster success for those who are LGBTQ identified or questioning, foster youth, and/or experiencing homelessness between the ages of 16-25 by creating a safe space for youth to achieve and prosper. **For monthly calendar of events at Penny Lane please contact Maria Arroyo at marroyo@pennyLane.org*

Services provided are:

- Creative Strengths-Based Support Groups
- HIV/STI Education and Testing (provided by JWCH Institute)
- Showers and Laundromat
- Games and Socialization
- Snacks and hot meals
 - Tuesday-Friday Lunch 1 PM – 2:30 PM Dinner 4 PM – 6 PM
 - Saturday Breakfast 8 AM – 11 AM Lunch 1 PM – 2 PM Dinner 5 PM – 8 PM
- Job Prep Workshops
- Resume Building
- Internet Access
- Employment Goal Setting, and Job Experience/Internship.
- ❖ **Substance Use Disorder (SUD) Treatment Program** (Outpatient and Intensive Outpatient Treatment ages 12 – adults) believes in working on the core issues of substance and alcohol use by utilizing proven evidence-based practices that promote and sustain clean and sober living. **All programs listed require medi-cal.*

Services include:

- Individual counseling
- Group counseling
- Multi-family group counseling evidence-based practices
- Case management
- Psychiatric services
- Mental health services
- Relapse prevention and recovery support
- Alumni programs/employment resources
- Aftercare services

✚ **Project J.O.Y~ Jobs and Opportunities for Youth (Palmdale, CA (661) 794-2162)** mission is to empower, educate and encourage the most vulnerable children and families in the Antelope Valley. Project J.O.Y serves children, youths and families in homeless shelters, transitional homes, domestic violence shelters and foster care.

Services include:

- ❖ Families in transition (H.I.R.E.D) (homeless, low-income, teen parents, vulnerable youth, widowed, divorced single parents) through career services program such as the Helping Individuals Reach Employment Desired Program
- ❖ Mobile Career Coaching
- ❖ Career Clothing Closet and Image Consulting
- ❖ Job Readiness and Life Skills certificates
- ❖ Resume, cover letter and mock interviews
- ❖ Professional development training certificates
- ❖ Job placement and linkage to supportive services
- ❖ Work based training center on site

✚ **South Antelope Valley Emergency Services (SAVES) (Palmdale, CA (661) 267-5191)** provides food and transportation programs for people of low income. SAVES also provides motel vouchers, back to school supplies and they assist with emancipated/foster youth and or runaways.


✚ **The Children's Center of the Antelope Valley (Lancaster, CA (661) 949-1206)** Is dedicated to the service and protection of children and families in the Antelope Valley. By providing access to therapists and resources we are able to promote healing within our community.

- ❖ Transitional Age Youth Peer Support (ages 13-25 *experiencing homelessness): A peer support program serving young adults and teens who are currently, or were formerly, at-risk of homelessness.

✚ **Tarzana Treatment Center Lancaster/Palmdale, CA (661) 726-2630/(661) 729-9090** The Youth Services Department of Tarzana Treatment Centers offers full-service, comprehensive substance abuse treatment programs. We serve patients from 12 through 17 years of age and, as appropriate, transitional-age youth from 18 to 23. Our philosophy is that providing youth with support, education, and structure will empower them to make healthier choices in their lives. We believe strongly in the importance of family involvement, which is encouraged throughout all phases of treatment.


**All our services are available to youth in any of the following programs:*

- ❖ Detoxification
- ❖ Residential Treatment
- ❖ Day Treatment/Partial Hospitalization
- ❖ Short- and Long-Term Intensive Outpatient Therapy
- ❖ Accredited On-site Special Education School
- ❖ Dual Diagnosis Program for Substance Abuse and Mental Health
- ❖ Case Management

 **United Friends of the Children Lancaster, CA** United Friends offers an 11-year education support continuum that follows LA County foster youth from the seventh grade through the completion of a bachelor's degree. Starting as early as the 7th grade and following students through college graduation, we provide academic preparation and other forms of support to and through college. Activities include college counseling, workshops, college tours, enrichment and social activities, academic preparation, as well as emergency and enrichment grants.

Program Services:

- ❖ Long-term relationship- to surround you with a community of people who care about you and your future
- ❖ Workshops- to build your college readiness skills and build relationships with your peers
- ❖ College tours- to help you figure out what you want in a college and what you need to do to get there
- ❖ Enrichment financial grants- to expand your world through hands on experiences
- ❖ Academic and test preparation- to give you the tools you need to find success in school
- ❖ College and financial aid application support- to help you navigate your way through application season
- ❖ Career exploration and development- to align your interest, strengths, and desires with career paths
- ❖ Persistence grant- to help through the hard times that inevitably arise

 **Valley Oasis (Lancaster/Palmdale, CA (661) 266-1948)** a community-based organization dedicated to eliminating social and domestic violence and homelessness through community awareness, intervention, prevention, safe shelter, and supportive services.

All programs of Valley Oasis provide services to the following individuals:

- ❖ Men
- ❖ Women
- ❖ [Children/Youth](#)
- ❖ [Emancipated Minors](#)
- ❖ Lesbian, Gay, Bi-sexual, Transgender and Questioning
- ❖ All Races, Socio-economic Backgrounds, and Religious Beliefs

Programs:

- ❖ Domestic Violence Housing First
- ❖ Sexual Assault Response Services
- ❖ Kayla's Place ([young victims exposed to violence](#))
- ❖ S.A.R.S
- ❖ CalWORKS Outreach
- ❖ CalWORKS Legal
- ❖ Homeless Services
- ❖ Thrift Store

CA ASSISTANCE PROGRAMS

CalFresh

(food stamps)

1-877-847-3663

www.calfresh.ca.gov

349-B East Ave. K-6

Lancaster, CA 93535

CalWORKS

(cash aid & other services for eligible families)

661-723-4001

www.cdss.ca.gov/calworks

349-B East Ave. K-6

Lancaster, CA 93535

Medi-Cal

(Medicaid health care program for low income individuals/families)

818-701-8200

349-B East Ave. K-6

Lancaster, CA 93535

Torres Martinez Tribal TANF

(Temporary Assistance for Native Families)

460 W. Palmdale Blvd.

661-466-1100

Palmdale, CA 93551

Services include cash assistance, clothing allowance, substance abuse intervention, career guidance, tutoring & on-the-job training.

CHILD CARE & YOUTH PROGRAMS

Boys and Girls Club

Palmdale Facility

661-274-2582

815 East Ave Q-6

Palmdale, CA 93550

Lancaster Facility

661-951-1013

45404 N Division St.

Lancaster, CA 93535

Child care for children aged 6-12 with sliding scale membership fee. Teens are free

Child Care Resource Center

250 Grand Cypress Avenue

661-789-1200

Palmdale, CA 93551

Connections for Care

661-274-1946

PO Box 90789

Palmdale, CA 93590

Child care services for children with special needs.

YMCA

661-723-9622

43001 10th St. W.

Lancaster, CA 93534

Youth Support Association

918 W. Avenue J

661-949-6615

Lancaster, CA 93534

Classes include, tutoring, anger management, cooking and teen peer-helping classes.

Torres Martinez Tribal TANF

(Temporary Assistance for Native Families)

460 W. Palmdale Blvd.

661-466-1100

Palmdale, CA 93551

Services include cash assistance, clothing allowance, substance abuse intervention, career guidance, tutoring & on-the-job training.

CLOTHING & FURNITURE

Goodwill Services

Palmdale location **661-208-4490**

40125 10th St. W

Palmdale, CA 93551

Lancaster location **661-341-3912**

2043 W. Avenue J

Lancaster, CA 93534

New 4U Kids Consignment

42741 45th St. W **661-722-7641**

Quartz Hill, CA 93536

www.new4uonline.com (coupons)

Treasured Twice Consignment

www.Treasuredtwice.com **661-209-0423**

Semi-Annual consignment (Sept/Oct & Jan/Feb, [check website for details](#)).

Salvation Army Store

661-940-5072

1050 Commerce Center Dr.

Lancaster, CA 93534

COUNSELING

Child and Family Guidance Center

40005 10th St. W. Suite 106 **661-265-8627**

Palmdale, CA 93551

www.childguidance.org

Family Growth Counseling

43535 17th St West Ste. 304 **661-942-4079**

Lancaster, CA 93534

Marriage, family, alcohol, drug & child counseling.

Hathaway –Sycamores

Child and Family Services **661-942-5749**

44738 Sierra Hwy.

Lancaster, CA 93534

Outpatient mental health services, wraparound and in-home counseling services.

Mental Health America

661-726-2850

506 West Jackman Street

Lancaster, CA 93534

OUTreach Center

661-927-7433

(LGBT Community Center)

44845 Cedar Ave

Lancaster, CA 93534

www.outreachcenterav.org

Youth groups, support groups, social activities, individual & family counseling, community condom provider.

Personal Involvement Center44818 20th St. W**661-220-2995**

Located inside the Walter E Forte Jr. Educational Building, Room 7
Lancaster CA 93534

Free individual counseling, parenting classes, anger management classes, and domestic violence classes

Second Wind Violence Prevention Project38733 9th St East Ste. M**661-947-6642**

Palmdale, CA 93550

Anger management & domestic violence services, family, couple & individual counseling.
Court mandated referral needed for services*

Yes 2 Kids**661-940-9530****Antelope Valley Child Abuse Prevention**

Child Abuse Prevention Hotline 1-800-540-4000

Marriage and parenting courses, anger management courses, Parent Café, play and learn

DOMESTIC VIOLENCE, SEXUAL ASSAULT & SURVIVOR RESOURCES**California Victim Compensation****Program (CalVCP)****800-777-9229**www.victimcompensation.ca.gov

Reimbursement of expenses for crime victims

CA State VINE**877-411-5588****(Victim Information & Notification Every Day)**

Notification system for crime victims to obtain reliable information about the status of criminal cases and the custody status of offenders 24 hours a day.

National Domestic Violence Hotline**800-799-7233****National Sexual Assault Hotline-****RAINN****800-656-HOPE****(Rape, Abuse & Incest National Network) www.rainn.org**

Online hotline & resources

Rape Crisis Center**661-949-6143**

1150 West Ave I

Lancaster, CA 93534

Crisis intervention for Sexual Assault Survivors and their families

Valley Oasis**Domestic Violence Shelter****661-945-6736****Outreach****661-723-7772****EMERGENCY ASSISTANCE/HOT MEALS AND FOOD PANTRY'S****Antelope Valle Partner for Health****661-942-4719**44226 10th St W

Lancaster, CA 93534

Hot Meals every Friday from 10am-12pm

Food giveaway every 2nd and 4th Friday of the month

Catalyst Foundation**661-341-3482**

44758 Elm Ave.

Lancaster, CA 93534

Referrals for housing and community programs, homeless services

Lancaster United Methodist Church

918 West Ave J

Lancaster, CA 93534

Hot meals Monday and Thursday 12:00-1:00pm

661-942-0419**Lighthouse Fellowship**38325 10th St. E

Palmdale, CA 93550

Food giveaway 4th Tuesday of each month, 10a-12pm

Phone calls answered on Thursdays and Fridays 11-5pm

661-947-2938**Living Stone Cathedral of Worship**37721 N. 100th St. E

Littlerock, CA 93543

Food giveaway 2nd and 3rd Wednesday of each month

2:30p-5p

661-944-4128**Mercy Ministry**38442-38448 20th Street East

Palmdale, CA 93550

Food giveaway every Friday 6:00p

661-273-4337**Salvation Army**

44517 Sierra Hwy.

Lancaster, CA

Hot meals Tuesday, Wednesday, Friday 11:00-12:00pm

Food Box Wednesday 9:00-10:30am Clothing voucher once every 6 months.

SAVES

1002 East Ave Q-12

Palmdale, CA 93550

Food pantry, emergency shelter referrals, clothing & discount bus passes.

661-948-3418**661-267-5191****St. Vincent DePaul****Food Pantry**

4508 Trevor Ave

Lancaster, CA 93534

Hot meals served:

Mon, Wed, Thurs, & Sat. 9:30am-12pm

Food bags, free haircuts, clothing

661-942-3222**Total Deliverance Church**45124 10th St. W.

Lancaster, CA 93534

Food ministry year-round and Thanksgiving; toy giveaway in December

661-951-9881**Two Lifestyles**

1224 E Ave S Ste. B & Ste. C

Palmdale, CA 93550

Support groups, empowerment workshops, and support services.

Women empowerment Ste. B

DCFS drug test Ste. C

661-402-3076

EMPLOYMENT & JOB TRAINING ASSISTANCE

Work Source

AV One-Stop Career Center

Lancaster Location **661-726-4128**

1420 West Ave I
Lancaster, CA 93534

South Valley Location **661-265-7421**

38510 Sierra Hwy
Palmdale, CA 93550

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

FARMER'S MARKETS

Antelope Valley Winery **661-722-0145**

Farmer's Market

Saturdays 9am-12pm, May through November
42041 20th St. W
Lancaster, CA 93536

Lancaster Boulevard **661-723-6077**

Farmer's Market

Every Thursday (Summer hrs. 4p-9p, Winter hrs. 2-6pm)
Lancaster Blvd, between Fig Ave & Date Ave
Lancaster, CA 93534

Quartz Hill

Farmer's Market

Fridays 4p-8p, June-October
Corner of L-8 and 50th St. West
Church of Christ Parking Lot
Quartz Hill, CA 93536

HOUSING ASSISTANCE

Lancaster Community **661-945-7524**

Shelter

44611 N Yucca Ave.
Lancaster, CA 93534

Shelter with breakfast & dinner for single men and women. Families must call for phone assessment. Offers support groups, rent programs and clothing.

Homeless Assistance Program

Mental Health America **661-726-2850**

506 West Jackman St.
Lancaster, CA 93534
Mail service, showers, help with bills, Transitional Program for ages 16-25

Housing Authority **661-575-1511**

2323 East Palmdale Blvd
Palmdale, CA 93550
Housing assistance, Section 8, rental list, financial education

Section 8 Housing **800-731-4663**

On-line Applications @ www.Hacola.org

Tent to Tent Ministries **661-445-6369**

Rooms available to the homeless

LEGAL INFORMATION

Antelope Valley Juvenile Court

1040 W Ave J
Lancaster, CA 93535

661-483-5924

AV Self Help Legal Access Center

(LA Superior Court, Lancaster) **1-800-433-6251**

42011 4th St. West
3rd Floor, Rm. 3700

<http://www.nls-la.org>

Family law, housing, employment, name change, restraining order, health, community and consumer law

Hours: Mon-Thurs 8:30a-12p, 1:30p-4p; Fri 8:30a-12p

Care One Legal

Debt Relief

866-234-2671

Over the phone non-profit counseling/debt relief program

Cash Assistance Programs for Immigrants (CAP)

(Social Security Office)

800-772-1213

Immigration, Citizenship And Education Services

1305 East Palmdale Blvd #9
Palmdale, CA 93550

Mon, Wed, Fri 10a-3p; Tue 10a-5p; Thurs 10a-6:30p

Free citizenship classes

661-272-1424

Refugee Programs Bureau

www.rpb@dss.ca.gov

916-654-4356

National Human Trafficking Resource Center

888-373-7888

Sheriff's Department

Lancaster
501 West Lancaster Blvd
Lancaster, CA 93534

661-948-8466

Palmdale

750 East Ave Q
Palmdale, CA 93550

661-272-2400

Social Security Office

44451 20th St West
Lancaster, CA 93534

800-772-1213

Superior Court

42011 4th St West St. 100
Lancaster, CA 93534

661-483-5536

LIBRARIES & LITERACY

Lake Los Angeles Library 264-0593

16921 E. Avenue O, #A
Palmdale, CA 93591

Lancaster Library **661-948-5029**

601 W. Lancaster Blvd.
Lancaster, CA 93534

Literacy Word AV **661-575-0298**

P.O. Box 901394
Palmdale, CA 93590
Adult Program; learn how to read free.

Littlerock Library **661-944-4138**

35119 80th St. E
Littlerock, CA 93543

Palmdale Library **661-267-5600**

700 E. Palmdale Blvd.
Palmdale, CA 93550

Quartz Hill Library **661-943-2454**

5040 W Ave M-2
Quartz Hill, CA 93536

MATERNAL & CHILD SERVICES

AVPH Healthy Homes **661-942-4719**

In-home visitation serving pregnant mothers or mothers with children up to 3 months of age, to promote healthy birth outcomes and to assist in creating and sustaining healthy, nurturing, enriched and safe homes. Focus on child abuse prevention, healthy birth outcomes. LVN & Family Support Workers provide education on labor & delivery, pregnancy health, breastfeeding, child development, parenting, caring for new baby, referrals to local agencies and much more.

AVPH Welcome Baby **661-942-4719**

This program is available to women of all income levels who live in LA County, plan to deliver at a participating WB hospital and are pregnant. WB offers one-on-one appointments to provide information to help nurture healthy development, help with breastfeeding and referrals to additional resources.

Children's Bureau **661-272-9996**

Palmdale
1529 East Palmdale Blvd. # 210
Palmdale, CA 93550

Lancaster
921 W. Ave. J Suite C **661-949-0131**
Lancaster, CA 93534

**The Children's Center
of Antelope Valley** **661-949-1206**

"Family Support"
45111 Fern Ave
Lancaster, CA 93534
Child abuse prevention, intervention, treatment, education, family support, and children's therapy.

**Nurse Family
Partnership** **818-441-9416**
213-639-6433

Home visitation program with a Public Health Nurse from pregnancy up to two years of the child's age. Services for first-time parents; must enroll by 24th week of pregnancy.

**Yes 2 Kids
Parent Café** **661-940-9530**

Parenting classes and child's play
For more info, contact Charles Avila

MATERNAL DEPRESSION, COUNSELING & SUPPORT

AV Community Clinic

Palmdale

2151 E Palmdale Blvd
Palmdale, CA 93550

661-942-2391

Lancaster

45104 10th St. West
Lancaster, CA 93534

661-942-2391

Family Growth Counseling **661-942-4079**

43535 17th St West Ste. 304

Lancaster, CA 93534

Marriage, Family, Child, Crisis Counseling; Alcohol and Drug Counseling

Joy in Bereavement **661-350-1644**

Trend Wellness Home

43057 39th St W,

Lancaster, CA 93536

Pregnancy & infant loss support group; 2nd Wednesday of each month 6:30-8:00pm

Suicide Hotline **1-800-273-8255**

Spanish 1-800-303-7432

MEDICAL & DENTAL SERVICES

Antelope Valley Community

Dental Clinic

Palmdale

2151 E. Palmdale Blvd.

Palmdale, CA 93550

661-942-2391 x 322

Lancaster

45104 10th St. W.

Lancaster, CA 93534

661-942-2391 x 433

Bartz-Altadonna **661-874-4050**

Community Health Center

43322 Gingham Ave., Ste. 105

Lancaster, CA 93535

Comprehensive medical care for all ages, mental health care and women's care for low-income, uninsured, underinsured and homeless persons. Medical care and supportive services for HIV and Hepatitis C.

Denti-Cal **1-800-322-6384**

Beneficiary helpline

Dentists 4 Uninsured **661-726-1010**

657 W. Avenue J

Lancaster, CA 93534

www.dentists4uninsured.com

LA County Department of Public Health

335 East Ave K-6 Ste. B

Lancaster, CA 93535

661-723-4526

LA County High Desert Regional Center

335 E. Avenue I

Lancaster, CA 93534

No Emergency Services

661-471-4000

Lake Los Angeles Health Clinic

16921 Ave O, Ste. G

Palmdale, CA 93591

Monday-Friday 8am – 4pm

Appointment required

661-225-3105**Littlerock County Health Clinic**

8201 Pearblossom Hwy.

Littlerock, CA 93543

661-225-3155**South Valley Medical Clinic**38350 40th St East

Palmdale, CA 93552

661-225-3001**Urgent Care**38350 40th St E

Palmdale, CA 93551 Open 7 days a week 8am – midnight

661-225-3050**PARKS & RECREATION****Lancaster City Parks**

44933 Fern Avenue

Lancaster, CA 93534

www.cityoflancaster.ca.org

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

661-723-6077**Palmdale City Parks**38260 10th St East.

Palmdale, CA 93550

www.cityofpalmdale.org/department/parks

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

Palmdale Playhouse (Acting, drama, choir).**661-267-5611****PREGNANCY, OBGYN & FAMILY PLANNING****AV Hospital OB Clinics**

Palmdale

38350 40th St E. Ste. 200

Palmdale, CA 93550

Lancaster

44105 15th St W Ste. 301

Lancaster, CA 93534

661-726-6325**661-726-6180****Women's Clinic****(Antelope Valley Pregnancy Counseling Center)**

1334 E. Palmdale Blvd. Suite E

Palmdale, CA 93550

Free pregnancy tests, ultrasounds, referrals, diapers, crisis counseling, maternity clothing, baby items and supplies as well as referrals and post abortion services.

661-947-0400**Care Net****Women's resource center**44733 10th Street West

Lancaster, CA 93534

Free pregnancy testing, ultrasound, counseling & referrals, Lamaze and labor coaching, maternity and baby clothing, diapers, father's support group etc.

661-729-4277

**Elizabeth House
Maternity Shelter**

626-577-4434

Adult pregnant women in crisis
First Health Medical Clinic 579-9760
822 East Ave. K
Lancaster, CA 93535

LA County High Desert Regional Health Center 661-471-4000

335 E. Ave. I
Lancaster, CA 93534

PUBLIC TRANSPORTATION

Access Paratransit

800-827-0829

www.accessla.org

Curb to curb shared ride service for functionally disabled individuals in LA County. Call to schedule a Transit Evaluation appointment to determine eligibility.

Antelope Valley Transit Authority

42210 6th St. W.

661-945-9445

Lancaster, CA 93536

www.avta.com

Local bus service in the AV, commuter services, bus passes, Dial-A-Ride and free rides to those 65 years and older.

MetroLink

800-371-5465

www.metrolinktrains.com

Train services

Lancaster Station

44812 Sierra Hwy

Lancaster, CA 93534

Palmdale Station

39000 Clock Tower Plaza Dr.

Palmdale, CA 93550

SCHOOLS & ADULT EDUCATION

Antelope Valley Adult School

45110 3rd St. E

661-942-3042

Lancaster, CA 93534

**Antelope Valley Union High
School District**

661-948-7655

44811 N. Sierra Hwy.

Lancaster, CA 93534

Diploma program, GED, ESL, ABE, citizenship, career tech prep

Desert Sands Charter High School 44130 20th St. W. 661-942-3357

Lancaster, CA 93534

Independent study high school program

Empower Generations 661-306-4361

Tuition free high school for pregnant and parenting teens, flexible schedules, no childcare needed.

GED Testing Service

www.GEDcomputer.com/clicks

Lancaster School District**661-723-0351****Preschool Programs**

808 West Ave J
Lancaster, CA 93534
Free Preschool for eligible parents
Special Needs / Disabled Children Program

**Opportunities for Learning
Independent Study Centers****Lancaster****661-951-3646**

1160 Commerce Dr
Lancaster, CA 93534

Palmdale**661-265-1957**

2140 East Palmdale Blvd Ste.C
Palmdale, CA 93550

Palmdale School District**661-947-7191****Early Head Start Home****661-273-4710**

975 E. Avenue P-8
Palmdale, CA 93550 (Between Ave Q and Ave P)

Youth Build**661-266-8900**

38626 9th St. E
Palmdale, CA 93550
Alternative school for students ages 16-24; Students
work toward earning their High School Diploma as well
as learning job skills and helping to build affordable housing in the community

SPECIAL NEEDS**A & M Hearing Service****661-948-4776**

43797 15th St W
Lancaster, CA 93534

AV Autism Support Group**NLACO Regional Center****661-951-1271**

43210 Gingham Ave.
Lancaster, CA 93535

For families, relatives, caregivers & professionals involved with children with Autism and other special needs

AV Glad**323-478-8000**

Greater Los Angeles Agency on Deafness, Inc.
www.gladinc.org/events/av-glad
www.facebook.com/avglad

Antelope Valley Foundation for the Developmentally Disabled**(Day Star)****661-945-7290****Adult Services**

646 West Lancaster Blvd., Ste.109
Lancaster, CA 93534

Discovery Resource Center**661-947-1595**

1609 East Palmdale Blvd Ste. G
Palmdale, CA 93550
Advocacy programs, community outreach, and peer support services

Desert Haven**661-948-8402**

43437 Copeland Cir.

Lancaster, CA 93535

Provides services for individuals with special needs

Early Childhood Education**661-273-4710****Palmdale School District**

975 East Ave P-8

Palmdale, CA 93552

Free Pre-School for Eligible Families

Lancaster School District**661-723-0351****Preschool Programs**

808 West Ave J

Lancaster, CA 93534

Free Preschool for eligible parents

Special Needs / Disabled Children Program

Family Focus Resource Center

43210 Gingham Ave.

661-945-9598

Lancaster, CA 93535

Support information and referral services for families with children with special needs. Birth to 22 years.

www.csunfamilyfocus.com**SUBSTANCE ABUSE/ADDICTION****Alcoholics Anonymous****661-945-5757**43619 17th St. W, Ste. 106

Lancaster, CA 93534

Antelope Valley Council**661-948-5046****on Alcoholism & Drug Dependency** 311 E. Avenue K-4

Lancaster, CA 93535

Outpatient, counseling, parenting classes, anger management, drug testing & alcohol/drug awareness.

Antelope Valley Rehabilitation Center

30500 Arrastre Canyon Rd.

661-223-8700

Acton, CA 93510

90 day inpatient program

California Smokers Helpline**661-800-No-Butts**

Patches, counseling, free literacy education to individuals who want to quit smoking.

Department of Mental Health**Palmdale location****661-575-1800**

1529 E. Palmdale Blvd. Ste.150

Palmdale, CA 93550

Lancaster location**661-723-4260**

349 East Ave K-6, Ste. A

Lancaster, CA 93535

Design for Change**877-267-3646**

1066 E Ave J,

Lancaster, CA 93535 Residential drug/alcohol inpatient rehabilitatio

Design for Living**661-874-4680**

104 E. Ave. K-4, Ste. B
Lancaster, CA 93535

Court-sanctioned parenting classes, Substance abuse classes, individual therapy, domestic violence classes and anger management classes

Narcotics Anonymous**24 Hr. Phone line****661-266-2200****WELLNESS HOMES****AVPH- Wellness Homes****661-942-4719****Trend Wellness Home**

(Sponsor Kaiser Permanente)
43057 39th St. West,
Lancaster, 93536

Piute Wellness Home

(Sponsor Mayor and Mrs. R. Rex Parris)
45534 5th St. East
Lancaster, CA 93534

Desert View Wellness Home

(Sponsor Mr. & Mrs. George M. Lane
1102 West Ave H-5
Lancaster, CA 93534

Lowtree Wellness Home

(Sponsor Greater AV Association of Realtors).
1038 West Ave. J-5
Lancaster, CA 93534

Mariposa Wellness Home

(Sponsor AV Hospital)
45534 Gadsden Ave.
Lancaster, CA 93534

Linda Verde Wellness Home

(Sponsor High Desert Medical Group)
44848 Rodin Ave.
Lancaster, CA 93535

Joshua Wellness

302 E. Ave. J-12
Lancaster, CA 93534

Wellness Homes allow community members to participate in health and wellness services. They also provide an opportunity for community organizations to hold workshops, classes, meetings, or activities that benefit the well-being of residents in those neighborhoods.

HOTLINES

Child Abuse Reporting Hotline	800-540-4000
Domestic Violence	(Local) 661-945-6736
National Center for Missing and Exploited Children	800-843-5678
National Runaway Safeline	800-621-4000
Statewide Spanish Speaking Crisis Hotline	800-303-7432
Suicide Crisis Intervention	888-784-2433
Youth Crisis Line	800-843-5200
Los Angeles County Information	661-272-0964
Dial 211 for information	211
Cyber Civil Rights Initiative (revenge/nonconsensual porn)	844-878-2274
National Teen Dating Abuse Helpline	866-331-9474
Pathways to Safety International (domestic violence, dating violence, sexual assault, and stalking)	833-SAFE-833 (833-723-3833)
Safe Phone Helpline (sexual assault support for the Dept. of Defense community)	(877-995-5247)
StrongHearts Native Helpline (domestic violence and dating violence support for Native Americans)	844-7NATIVE (844-762-8483)
Teen pregnancy	866-942-6466
Substance Abuse & Mental Health Services	877-662-HELP/800-622-4357
National Drug Helpline	888-633-3239
California Youth Crisis Line	800-843-5200