

LONG BEACH CITY COLLEGE COMMUNITY RESOURCE GUIDE

2011-2012



For Faculty and Staff
to assist students with personal, social,
and health issues

www.lbcc.edu

updated 4-01-2011

INTRODUCTION

Throughout the year we have students who are faced with major life issues. Students may identify many of the LBCC faculty and staff as approachable and seek our support or assistance in solving a problem.

This resource guide is designed to assist faculty and staff in helping students by providing resource information for services, both on-campus and off-campus.

Every effort has been made to ensure that the information presented in this guide is correct and up-to-date. Please encourage students to research potential service agencies or support groups before any services are accepted. Long Beach City College assumes no responsibility for the quality of care provided by off-campus service providers.

Many of the public and private agencies listed offer free services, while some charge a standard or sliding scale fee. A majority of the support groups are free, but some groups charge an introductory or weekly fee. Students should inquire about any charges prior to attending their first support group meeting.

Please do not hesitate to call the Coordinator of Student Health & Psychological Services at ext. 4908 regarding any comments or suggestions about this resource guide. Comments or feedback from faculty, staff, or students would be greatly appreciated.

Long Beach City College Counseling and Student Development Department personal counseling appointments available by calling (562) 938-4559-LAC and (562) 938-3992-PCC.

Many self-help books are available at the Liberal Arts and Pacific Coast Campus Libraries and many of these can be purchased from online book dealers.

Greater Long Beach Community Resources 2011-2012

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****INDICATES DOCTORS'S ACCEPTING MEDI-CAL**

Greater Long Beach Community Resources 2011-2012

On Campus:

Student Health Services

Liberal Arts Campus.....Q124.....**ext. 4210**
Pacific Coast Campus...AA101.....**ext. 3992**

Services: Tuberculosis screening, glucose, cholesterol, vision and pregnancy testing, blood pressure checks, first aid treatment, health assessment and counseling, over-the-counter medications community health referrals, physicals, immunizations, and health promotional programs.

The Nurse practitioner and registered nurses in the Health Services Offices at LAC and PCC can confidentially refer students to local community resources for STD and HIV testing. In conjunction with the County Health Department Mobile Clinic, Health Services provides free HIV testing for a limited number of students in the fall and spring semesters. Fee: Free for most services. Nominal fees for immunizations, physicals, and vaccinations. Students must present a College Service Card or registration receipt.

[AIDS/HIV/STD Type equation here.](#)

Off Campus:

C.A.R.E. Program and Clinics..... **(562) 624-4999**

411 E. 10th St, Long Beach, CA 90813

Office hours M-F 8:30a-4:30p (12-1:15 closed for lunch)

C.A.R.E. (Comprehensive AIDS Resource and Education) provides a variety of services including: Outpatient medical care, dental services, RN case management and social model case management programs, dedicated family services program and family food bank, nutrition counseling and supplements, anonymous counseling and testing, community education and seminars.

Non-profit, sliding fee scale for medical and dental. Admission requirement HIV diagnosis. Serves Long Beach, South Bay areas. www.careprogram.org

CDC National AIDS Hotline..... **(800) 232-4636**

www.cdc.gov

TTY (888)232-6348 (M-F 10-10 EST)

Spanish (800) 342-2437 (Choose option 2)

24 hour hotline for AIDS information, nationwide referral and free literature to anyone in USA.

Non-profit, FREE

Gay & Lesbian Community Center "The Center"/Greater Long Beach..... **(562) 434-4455**

2017 E. 4th St., Long Beach, CA 90814 (x street Cherry)

FAX (562) 433-6428

www.centerlb.org

Services: Assistance to persons who are HIV positive. Referral HIV/STD test, Group meetings

Mental health services/counseling services with fee sliding scale depending on client s income

For gay & lesbian, AA, Youth Services. Hours: M-F 11am-9pm

Fee: Free except mental services

Long Beach Dept. of Health & Human Services..... (562) 570-4000
2525 Grand Avenue, Long Beach 90815
Services: Confidential and anonymous blood tests for AIDS/HIV, testing for sexually transmitted diseases, and HIV positive early intervention program.
Fee: \$50 for blood tests; intervention programs based on sliding scale.

National Herpes Hotline (919) 361-8488
M-F 8-8 EST
Info and referral for prevention and treatment of herpes.
Non-Profit,.

Long Beach Comprehensive Health Center / LA County Health Services.....(562) 599-2153
1333 Chestnut Ave, Long Beach, CA 90813 Pharmacy **(562) 599-8635**
www.lacountydhs.com

Administration (562)599-8601
Comprehensive primary health care provided by family MD, internal medicine MD, pediatricians, and nurse practitioners. Lab, X-ray, social services, dental, HIV early intervention, and some specialty services on site. GYN-women walk-in clinic; diabetic; dermatology: Podiatry
Govt. program. Payment: sliding scale or \$60/visit, appointment required. Serves LA County.

****Sobriety House-Substance Abuse Foundation of Long Beach (562) 439-7755**
1401 Redondo Ave., CA 90804
Services: Education, health management, case management, counseling, & support groups
Intake Criteria: For people with HIV and drug dependencies
www.safinc.org

ALCOHOL / DRUG / TOBACCO / ADDICTIONS

US Department of Health Services 1-800- 735-2773
www.phoenixhouse.org **1-800- 378-4435**
24 hour hotline for information and referral to substance abuse programs..... **1-800- 262-246**

Alcohol and Drug Helpline (800) 821-4357
24 hour general information and referral to AA groups and treatment programs referrals for any drug or alcohol issue.
Private program.
Fee:Free

AL-ANON/ALATEEN (888)425-2666
4936 Lankersheim
www.alanonla.org
Services: 12 step support group for family and friends of Alcoholics. All ages **24/7**
Fee: Free

Alcoholics Anonymous..... (562) 989-7697
www.hacoaa.org
 3450 E. Spring Street # 109, Long Beach 90806
 Free Services: 12-step program for recovering alcoholics.

Atlantic Recovery Services.....(562) 436-3533
 944 Pacific Ave, Long Beach, CA 90813 Fax (562) 436-1007
www.atlanticrecovery.org
 Ages: 12-21
 Services: drug and Alcohol counseling, anger management
 Fee: Covered by Medi-Cal

Atlantic Recovery Services(562) 436-3533
 1565 Linden Avenue, Long Beach, CA 90804 Fax (562) 436-1007
 Ages: 12-21
 Fee: Free

California Department of Alcohol and Drug Programs (800) 879-2772
 Resource center: 1700 K Street, Sacramento, CA 95811 FAX (916) 323-1270
www.adp.ca.gov (link Treatment works) for more info
 M-F 8am-4:30pm
 Clearinghouse and library for information regarding alcohol and drug issues. Treatment referral.
 Bilingual Spanish, serves CA

California Smokers Helpline (800) 662-8887
 UCSD M-F: 7am – 9pm Sat: 9am-1pm (English) (800) NO-BUTTS
www.californiasmokerhelpline.org www.nobutts.org
 Cantonese and Mandarin- M-F 8 a.m. – 9 p.m. (800) 838-8917
 Korean -M-F 8 a.m. – 9 p.m..... (800) 556-5564
 Spanish - M – F 7 a.m. – 9 p.m. (800) 45NO-FUME
 Vietnamese – M – F 8:30 a.m. – 9 p.m. (800) 778-8440
 TDD (800) 933-4TDD
 Tobacco chewers (800) 844-CHEW
 Materials and/or telephone counseling to help people stop using tobacco. Specialized services for
 teens and pregnant women. Gov't program. FREE 24-hour voicemail, serves CA

COCAINE ANONYMOUS..... (562) 866-0464
www.ca4la.org

CSAT Hotline (Order Materials)..... (800) 729-6686
www.samhsa.gov
 Center/Substance Treatment (CSAT) answers questions about drug abuse & AIDS as it relates to IV
 drug users.
 Govt. program, 24 hours; bilingual Spanish, serves USA. (Treatment) (800) 662-4357

Drug & Alcohol Abuse INFO/Referral (800) 729-6686
www.samhsa.gov
 National Institute on Drug & Alcohol Abuse.
 24 hour referral to alcohol and drug prevention & treatment programs and services.
 Free, 24 hour; bilingual Spanish; serves USA

DRUGHELP..... (800) DRUGHELP
Phoenix House (800) 378-4357

www.drughelp.org

Provides information on specific drugs and treatment options; referrals to treatment programs, self help groups, family support groups, and crisis centers nationwide.

Non-profit program of American Council for Drug Education. Serves USA.

Fee: free

Flossie Lewis Recovery Center..... (562) 435-7350

351 East 6th Street, Long Beach 90802

Services: Residential home for pregnant women and new mothers with substance abuse and/or problems with children.

Fee: Sliding scale

Gamblers Anonymous (877) 423-6752

M-F: 8am-6pm.

Recording will refer callers to local contacts.

Non-profit. Several meetings every week. Serves LA & Orange Counties.

Harbor View House.....(310) 547-3341

921 South Beacon Street, San Pedro, CA 90731

Fax (310) 547-1519

Adult Men - Adult Women

Harbour Area Halfway Houses.....(562) 434-0036

940 Dawson Avenue, Long Beach, CA 90804

Fax (562) 434-5196

Adult Women / Older Adult Women / Physically Disabled Women

LA County Alcohol/Drug Information (800) 252-6465

Referrals line

Long Beach Department of Health & Human Services..... (562) 570-4100

2525 Grand Avenue, Long Beach 90815

(562)-570-4440

Services: Outpatient facility for individual and group counseling and random urinalysis; Smoking Cessation

Fee: Sliding scale

Long Beach Rescue Mission (562) 591-1292

1335 Pacific Ave., Long Beach, CA 90813

FAX (562) 591-5116

www.lbrm.org

Mission hours 7 days, 6:30am - 7:30pm

Emergency food, shelter, alcohol and drug recovery program and support services for men, women, and women with children.

NARCOTICS ANONYMOUS..... (310) 372-9666

www.todayna.com

Fee: free

National Council on Alcohol/Drug Dependency (800) 622-2255

www.ncadd.org

7 days/24 hours.

Referrals to offices through out US. Recorded message asks for zip codes and provides phone number for that area. Written material on adolescent or adult drug and alcohol addiction issues.

Nonprofit, Serves USA

NICOTINE ANONYMOUS..... (800) 642-0666

Services: 12 step program based on AA program

OSAM Clinic (310) 222-3733

LAC-Harbor/UCLA Medical Center

1000 W Carson St.; Torrance, CA 90590

Office M-F 6a-4p

SAM clinic Tues 12:30-4:30p

ISAM clinic F 9a-12p

Substance Abusing Mothers (SAM) is a special program for pregnant women who are alcohol or drug users. The goal of the program is to provide a drug and alcohol treatment program and to promote the delivery of a drug and alcohol free baby. Diet counseling, medication, parenting classes, regular exams and case management. ISAM is the follow up program fro children exposed to drugs and provides complete pediatriac care, immunizations, exams, case management, developmental testing, etc. for all substance exposed children from birth – school age.

Govt. nonprofit, accepts Medical or sliding fee scale.

Serves LA County and nearby.

PACIFIC AVENUE RESOURCE CENTER (PARC)..... (562) 599-2656

Substance Abuse Foundation of Long Beach (Sobriety house)

1041 Redondo Ave., Long Beach, Ca 90804

www.safinc.org

Sexaholics Anonymous (S.A.)..... LA County (213) 480-1096

National number..... (615) 370-6062

Orange County..... (714) 647-1613

www.sasocal.org

12 step recovery program for those who want to stop sexually self-destructive thoughts and destructive behaviors. National number provides local numbers and literature.

Nonprofit, serves USA.

Substance Abuse Foundation (562) 987-5722

3116 7th Street & 1085 Obispo Avenue, Long Beach, CA 90804

Fax (562) 987-4586

Adult Men - Adult Women / Transitional Aged Youth / Physically Disabled Adults

California Youth Crisis Line **(800) 843-5200**
Office phone **(916) 340-0505**

Office hours 24/7

Statewide 24hour crisis intervention counseling for youth on a wide range of mental health, drug & alcohol, health, peer, and family/relationship issues. Youth to parent message service, phone connections to service providers & families.

Free, funded by donations., bilingual Spanish. Serves California. Tele-language available

Child Abuse Hotline..... **(800) 540-4000**

LA County Department of Children & Family Services

3075 Wilshire Blvd, 5th floor, Los Angeles, CA 90005

Hotline answered 24/7. Accepts reports of child abuse and offers crises counseling and refers callers to local agencies for further information and services.

Govt. service. Bilingual Spanish. Serves LA County.

Child Sexual Abuse Crisis Center **(310) 222-3567**

Harbor-UCLA Medical center

1000 Carson St, Bldg N-26, Torrance, CA 90509

Office hours: M-F 8am - 5pm

Offers forensic (criminal) evaluation for child sexual abuse and expert medical exam, forensic interviews of children ages birth through 17 years, in cases of suspected child sexual abuse, physical abuse, severe neglect, and child witness to homicide.

Govt. service. Multilingual, Spanish and 22 others. Most services at no cost to child's family. Serves LA County. LOCAL LAW ENFORCEMENT AGENCY SHOULD BE CONTACTED AFTER HOURS.

For the Child..... **(562) 422-8472**

4565 California Avenue, Long Beach 90807

www.forthchild.org M-F 8am – 5pm

Services: Counseling for families, adults and children dealing with child abuse.

Fee: child has to have some kind of trauma for them to take the case. Medi-cal and grants.

Harbor UCLA Child Abuse Crisis..... **(310) 222-3567**

1000 W. Carson Street, Torrance 90807

Services: Sexual abuse exams and psychiatric evaluation for children only.

Fee: Free

(SEE PAGE 6)

Los Angeles County Department of Children's Services..... **(800) 540-4000**

4060 Watson Plaza Drive, Lakewood 90712

211 for Info

Services: Family Services; Investigation and assessment of alleged cases of child abuse, neglect, and exploitation.

Miller Children’s Hospital - Abuse and Violence Intervention Center..... (562) 933-5437
2865 Atlantic Ave., Ste 110, Long Beach, CA 90806
Office hours M-F 8 9a-6p, evening hours by appointment. Bilingual
Coordinated services for children and families traumatized , domestic violence and violence in the community: medical and forensic (criminal) exams for abuse victims; crisis intervention, family and group counseling; parenting classes; school based; community education, advocacy and consultation. Call for initial phone screening to determine appropriateness of referral.
Services free, small charge for parenting classes. Spanish. Ages: 3-21

Parent Help USA

330 W. Bay Street Suite 120, Costa Mesa, CA 92627

www.peranthelpusa.org

Office hours by appointment.

Parenting education/child abuse prevention. Child abuse prevention, family services, non-violence parenting classes for prevention of child abuse (weekly classes), parent aide, home visitors program, food boxes, crisis counseling, motel family outreach, volunteer organization.

Free services, admission requirements: self referrals, court referrals. Serves USA.

Project Cuddle, Inc. (714) 432-9681

2973 Harbor Blvd #326, Costa Mesa, CA 92626

Spanish hotline (888) 483-2323

FAX (714) 433-6815

www.projectcuddle.org

Email: Info@projectcuddle.org

office hours M-F 9a-6p.

24 hour hotline for pregnant women or women with children they are contemplating abandoning.

Support and education for those caring for drug exposed babies and children (birthparents or others).

Speakers and lectures for teens on drugs during pregnancy.

Free, Serves USA

CHILD CARE

On Campus

Campus Child Care Center

Pacific Coast Campus.....**ext. 3079/3082**

Liberal Arts Campus..... **Ext. 4253**

Open M-F 7am - 5:30pm **(562) 938-4251**

Summer hours are 7am - 5pm

Services: Provides child care for children between ages 2 and 5 (pre-kindergarten). Cal WORK’s students may use child care services during Cal WORKS related job hours.

Fee: \$20, non-refundable registration fee for fall and spring. \$10 non-refundable registration fee for summer. Hourly rate varies, call for information.

Off Campus

Boys' and Girls' Club..... (562) 595-5945

3635 Long Beach Blvd., Long Beach, CA 90807 (1 of 11 locations in Long Beach)

www.bgclublb.org M-F 8am – 5pm

Services: After school and evening programs, including child care for children ages 6-18

Early bird summer program. Summer program fee varies

Fee: \$15 per year

Children's Home Society..... (562) 256-7400

330 Golden Shore Ste #20, Long Beach, CA 90802

www.chs-ca.org M, T, TH, F 8am – 5pm Wed. 8:30am – 7pm

Services: Referral service for licensed child care, family daycare and preschools.

Respite care (time out for a few hours) referral available.

Fee: Free

Headstart..... (562) 427-0833

2898 Orange Avenue, Signal Hill, CA 90755

Services: Federally sponsored preschool program for low-income children ages 3 yrs. 9 mos. – 4 yrs.

9 mos. Handicapped children accepted; 12 locations throughout Long Beach area. Languages spoken other than English: Spanish.

Fee: Free

211 LA County/ Los Angeles (800) 339-6993

P.O. Box 726, San Gabriel, CA 91778

Email: webmaster@211LA.org

www.infoline-la.org

Office hours M-F 8a-4:30p.

Free 24 hour multilingual information line. Information and referrals on a large number of services, including child care, in LA County.

Govt. program & United Way. Bilingual Spanish 24 hours, 140 other languages during business hours. Serves LA County.

Long Beach Community Improvement League..... (562) 426-8897

2222 Olive Avenue; Long Beach 90806

www.lbcil.org

Services: Provides child care for ages 2 ½ -11 yrs – state preschool

Fee: Sliding scale, according to state eligibility.

Long Beach Unified School District

Child Development Center.....

2209 Seabright Avenue, Long Beach 90810

Services: Child care for children ages 2-11 placed in protective environment for low-income parent who lives in Long Beach or is enrolled full-time in college (12 units). Center also has latch key program for children ages 5-11.

Fee: Sliding scale

Long Beach Day Nursery (562) 591-0509
 1548 Chestnut Avenue, Long Beach 90813
www.lbdn.org
 Services: Full day care for children 18 months to pre-kindergarten whose parents work or attend school.
 Ages: 18mos – 5yrs old
 Fee: Based on income

Trustline (800) 822- 8490
www.trustline.org (415) 882-0234
 email: info@rrnetwork.org Fax (415)
882-6233
 California Child Care Resource/Referral Network
 111 New Montgomery St, 7th Floor; San Francisco, CA 90702-0998
 Office hours M-F 9a-5p.
 Conducts background checks on childcare providers exempt from licensing, babysitters, and nannies.
 Govt. service. Bilingual Spanish. Serves California.

CHILDREN/ADOLESCENTS

* Please refer to Long Beach Unified School District Guide to Community Resources

COUNSELING / MENTAL HEALTH/ URGENT MENTAL CARE

On Campus

Counseling Office

Liberal Arts Campus, Bldg A Rm: 163.....ext. 4559
 Pacific Coast Campus, Bldg GG.....ext. 3920
 Services: Limited psychological counseling related to life issues. Referrals to outside agencies available. Fee: FREE

Off Campus

URGENT CARE

LA County Mental Health Emergency Assessment (800) 854-7771
Community Hospital of Long Beach.....(800) 633-7888
 1720 Termino, Long Beach 90804 Fax (562) 494-5096

Mental Health Urgent Care Center @ Long Beach..... (562) 790-1860
www.telecarecorp.com
 6060 Paramount Blvd; Long Beach, CA 90805
 M-F 8am – 7pm (11am – 5pm - physician on duty) **Must be there by 5pm to be seen**
 Services: Crisis Assessment, Medication Assessment, Referrals. Only serves LA county residents

Urgent Care and Follow-up Care

Asian Pacific Counseling and Treatment Center..... (562) 860-8838
11050 E. Artesia Blvd. Room F, Cerritos Ca.90703 Fax(562)860-0248

www.apctc.org

Office Hours: M-F 10am – 6pm

Mental health services for Asian and Pacific Islander communities: counseling for ages 3-21 and their families, medication evaluation and support, psychological testing and assessment, crisis intervention, case management, school based services upon request, parenting classes, community education.

Medi-Cal. Multi-lingual: Khmer, Spanish, Cambodian, Japanese, Laotian, Thai, Ilocano, Cebuano Tagalog, Korean, Chinese, and other Asian languages.

Childnet Youth and Family Services..... (562) 498-5500
www.childnet.net FAX (562) 498-5501

5150 E. PCH St. # 365

Long Beach, Ca. 90804

Office Hours M-F 8:30a-5p.

School, home, and agency- aged counseling for ages 0-21 and their families. Provides groups, medication evaluation and support, psychological testing and evaluation, case management.

Accepts Medi-Cal, sliding fee scale.

Community Family Guidance..... (562) 924-5526

10929 South St., Suite #208B; Cerritos, CA 90703

Fax(562)924-1040

Office Hours: M- Th, 8:30a-9p; F 8:30a-4:30p

Counseling for ages 3-17 and their families; groups, medication evaluation and support.

Accepts Medi-Cal, Healthy Families, and AB 3632. Bilingual Spanish.

Counseling and Psychotherapy Referrals..... (714) 259-7167

Tustin, CA 92780

National Association of Social Workers/Orange County

Referral service for all types of counseling by licensed psychotherapists. Call for free phone consult.

Referrals offered by geographical area, specialty needed and fee required. Individual, child, family, senior, and groups. referrals for help with anxiety, depression, anger management, sexual molestation, domestic violence, child abuse, alcohol/drug issues, premarital and marital counseling, grief work, men’s and women’s issues. Non-profit, office hours 24 hour voicemail sliding fee scale\$40-155. Accepts insurance, Medi-Cal, others. Bilingual available. Serves Orange and nearby LA Counties.

Del Amo Hospital.....(310) 530-1151
23700 Camino del Sol Torrance, 90505 **(800) 824-4936**
Services: crisis stabilization, trauma-based or dissociate disorders, **Intake (310) 784-2219**
PTSD, addictions, eating disorders.

www.delamotreatment.com

Fee: Private Insurance and Medi-Cal

Depression Awareness.....(866) 615-6464
www.nimh.nih.gov Fax: (301) 443-4279
24 hours w/ answering machine Email: nimhinfo@nih.gov

Call to request up to three free brochures about the general symptoms of depression, student information, elderly depression and treatment for all types of depression. Sponsored by the National Institute of Mental Health.
Non-profit,. Bilingual Spanish.

LA County Mental Health/Access Center..... (800) 854-7771
LA county department of Mental Health TDD TTY (562) 651-2549

www.dmh.lacounty.gov
National Institute of Mental Health (NIMH)
Science writing, press, and dissemination branch
6001 Executive Blvd., RM8 184, MSC 9663
Bethesda, MD 20892-9663
24 hour crisis intervention
24 hour mental health hot line for referral to mental health services to Medi-Cal and non- Medi-Cal recipients any place in LA County. Outpatient and inpatient programs, services. Operates year round as crisis line and serves as the Mental Health Hotline during disasters.
Govt. program. Serves LA County.

Long Beach Mental Health..... (562) 599-9280 (Adults)
1975 Long Beach Blvd; Long Beach, CA 90806 Asian MH program (562) 599-9401
Child and adolescent (562) 599-9271

Office hours :M W Th Fri 8-5pm W 8-6pm
Services vary by program; counseling, crisis intervention, PET, medication evaluation, psych testing, day program.
Govt. program.; Multilingual or translators for Spanish, Khmer, Tagalog, Vietnamese, Chinese, Laotian.

Long Beach Psychiatric Center..... (562) 597-7575
www.longbeachpsychiatriccenter.com Info@longbeach.behavioral.com
4500 Pacific Coast Hwy #120, Long Beach, CA 90804 Fax (562) 498-8309
Contact: Dr. Eldahmy Services: Individual, family and group therapy related to eating disorders.

Long Beach Wellness Center.....(562) 285-0149
Lakewood Bob Drury (562) 230-6410
www.recovery-inc.org

Mental health, self help, and support to help reduce nervous symptoms and fears such as depression, anxiety, and anger. Over 40 meetings throughout Southern California.
Non-profit, no charge to attend meetings, but a free will offering is collected.

Suicide Prevention Center..... (310) 390-6612
www.suicidepreventioncenter.org CRISIS (Direct) (877) 727-4747
(310) 398-5690 FAX

24 hour crisis hotline. AAS certified. Crisis counseling and referrals to resources. Also Survivors After Suicide Bereavement support groups to help cope with loss. Prevention speakers for schools and other community outreach.
Free. Office hours 24/7, serves Southern California.

Educational Psychology Clinic..... (562) 985-4991
CSULB **FAX (562) 985-4534**

1250 Bellflower Blvd. Bldg.ED2 Rm. 155, Long Beach, CA 90840

www.csulb.edu

Office Hours: M-Thurs 3:30pm - 7pm Closed on Friday

Individual counseling, remediation, and educational testing offered for children ages 7-17. All services are provided by grad students who are supervised by faculty in the College of education. A written report is provided to parents with recommendations based on child's needs, including need for services at clinic.

Non-profit. Admission requirement: completed application, no one turned away for lack of funds. Serves Long Beach and nearby.

Family Services of Long Beach.....(562) 493-1496

www.familyservicecares.org M-Th 9am – 8pm; Fri 1pm - 8pm; Sat 9am – 2pm

5500 E. Atherton Street Suite 416, Long Beach, CA 90815

Services: On-going support groups and individual counseling for a variety of life issues. Open evenings and Saturdays. Ages: anyone and everyone

For the Child..... (562) 422-8472

4565 California Avenue, Long Beach 90807

www.forthchild.org

DMH Building: 4001 Long Beach, Ca 90807

M-Thurs 8am - 7pm; Sat 9am - 5pm

(see Child Abuse)

Veterans Administration Medical Center..... (562) 826-8000

5901 East 7th Street, Long Beach, CA 90822

Services: Psychiatric care for veterans, including homeless veterans.

Fee: Free

The Village..... (562) 437-6717

456 Elm Ave, Long Beach, CA 90802

Fax (562) 437-5072

www.mhalacareer.org

Mental health resources

M-F from 9am-5pm

Intake Center Hours: M,T,F 9am - 2pm Wed 10am – 1pm ONLY

DENTAL CARE

Off Campus

****Dr. David Hauss.....(562) 435-8339**

823 Atlantic Blvd., Long Beach, CA 90813

****Dr. Tony Chi.....(562) 436-8294**

123 Atlantic Ave., Long Beach, CA 90802

Services: oral and maxillofacial surgery

The Children's Dental Health Clinic.....(562) 933-3141

455 E. Columbia Suite 32, Long Beach 90806 M-F 7-4:00 pm
Services: Provides dental care for children from low-income families.
Fee: Based on income, Medi-Cal. Needs proof of income and address

Long Beach Comprehensive Health Care Center..... (562) 599-2153

1333 Chestnut Avenue; Long Beach, CA 90813 M-F 8-4:30 pm
\$60 flat fee, ORSA, HEALTHYWAYLA, MediCal

****Long Beach Dental.....(562) 436-4214**

308 Orange Ave. Long Beach, CA 90802

Los Angeles Free Clinic..... (323) 653-1990

Dental Services 3 Locations **(323) 653-8622**

8405 Beverly Blvd Los Angeles, CA 90048

5205 Melrose Ave Los Angeles, CA

6043 Hollywood Blvd Los Angeles, CA

(323) 658-6773 FAX

Office hours (adults) M-F 8-5pm

Fillings, extractions, hygiene, and referrals for adults, children's dentistry for children 6 years and older (ext. 524 for children).

Admission requirements: no insurance. Services are free, donations welcome. Serves LA County.

Oral and Maxillofacial Surgery (310) 222-3493

Harbor-UCLA Medical Center

1000 W. Carson St.; Torrance, CA 90509

Office hours M, T, Th, F 1pm - 5pm Extractions only: Emergency Room open 24/7.

Oral and Maxillofacial Surgery, dental extractions, facial trauma including fractures of the jaws, TMJ, reconstructive surgery including bone grafts to the jaws, facial bones and skull.

Non-profit, sliding fee scale. Translators available.

Smile the Spa – Julio Terra, DDS..... (562) 498-4200

5220 East Los Altos Plaza

Long Beach, CA 90815

Office hours Mon - Sat 9am-6pm

Services: General dentistry, Smile Makeovers, Porcelain Veneers, Invisalign, Zoom Teeth Whitening, Snoring Prevention. **** (CURRENT STUDENTS ENROLLED IN LBCC MUST HAVE A VALID

REFERRAL FROM STUDENT HEALTH SERVICES, BEFORE SERVICES ARE RENDERED) ****

- *Main health facility and general information..... (562) 570-4000**
2525 Grand Ave., Long Beach, CA 90815
- Executive Administration..... (562) 570-4014**
- Central Facilities Center..... (562) 570-4400**
1133 Rhea Ave., Long Beach, CA 90806
- *North Facilities Center/Center for families & youth..... (562) 570-3275**
6335 Myrtle Ave., Long Beach, CA 90858
Hours: 8:30am – 6pm
- *West Facilities Center (WIC Program)..... (562) 570-4450**
2125 Santa Fe Ave., Long Beach, CA 90810.
- Animal Control..... (562) 570-7387**
7700 E. Spring St., Long Beach, CA 90815
- Miller Family Health Education Center..... (562) 570-7987**
3820 Cherry Ave., Long Beach, CA 90807
- Huntington Park-Black Infant Health Project..... (562) 570-4419**
6301 Myrtle Ave., Long Beach, CA 90805

WIC Program Sites*

- St. Mary WIC..... 1043 Elm Avenue
- Long Beach Memorial WIC.....2701 Atlantic

Telecommunication Device for the deaf

- (TDD)..... (562) 570-4346**
- Fax number..... (562) 570-4949**
- Website: www.longbeach.gov/health**

Physician Services Bureau..... (562) 570-4047

Dr. Helene Calvate, M.D. - Director

Services: provides wellness, health education, promotion and public health care services to community in order to prevent morbidity and mortality from chronic and communicable diseases.

- African American infant health..... (562) 570-4419**
- Best Babies Collaborative..... (562) 570-4060**
- CHDP Administration..... (562) 570-7980**
- Childhood Lead Poisoning Prevention Program..... (562) 570-4203**
- Dental Disease Prevention Program..... (562) 570-7907**
- Diabetes Prevention & Management..... (562) 570-7941**
- Elder Abuse Prevention Team..... (562) 570-4246**
- Family Planning..... (562) 570-4315**
- Healthy Active Long Beach..... (562) 570-4292**
- Immunization Clinic..... (562) 570-4212**
- Maternal Child Health..... (800) 832-2307**
- Medi-Cal Outreach..... (562) 570-7979**
- Public Health Field Nursing..... (562) 570-4202**

| | |
|--|-----------------------|
| Public Health Laboratory | (562) 570-4077 |
| Role of Men | (562) 570-4441 |
| Tobacco Education Program | (562) 570-7950 |
| Travel Immunizations | (562) 570-4221 |
| Tuberculosis (TB) Clinic | (562) 570-4289 |
| WIC Program | (562) 570-4242 |

| | |
|----------------------------------|-----------------------|
| City Health Officer | (562) 570-4015 |
| Occupational Health | (562) 570-4053 |

PREVENTIVE HEALTH BUREAU..... (562) 570-4341

Services: Provides sexually transmitted Disease (STD) treatment and HIV/AIDS early intervention services, HIV/STD and sexual health education and training programs, monitoring and reporting of communicable disease, birth and death registration, and field epidemiology services.

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|---|-----------------------|
| STD services/HIV Testing | (562) 570-4315 |
| 2525 Grand Avenue, Long Beach | |
| HIV Early Intervention (EIP) | (562) 570-4317 |
| AIDS Education | (562) 570-7920 |
| Epidemiology | (562) 570-4302 |
| Birth Records | (562) 570-4305 |
| Death Records | (562) 570-4303 |
| Public Health Information Line | (562) 570-4499 |

ENVIRONMENTAL HEALTH BUREAU..... (562) 570-4145

Services: Responsible for protecting public health by preventing exposure to toxic substances, disease, unsanitary conditions and other environmental hazards through enforcement of municipal , state, and federal laws.

| | |
|--|-----------------------|
| Hazardous Materials | (562) 570-4131 |
| Restaurant Inspection | (562) 570-4132 |
| Vector Control | (562) 570-4132 |
| Housing Inspections | (562) 570-2633 |
| Recreational Water Testing Infoline | (562) 570-4199 |
| Noise Hotline | (562) 570-4126 |

ANIMAL CONTROL DIVISION..... (562) 570-3072

Services: Enforces all federal, state and local laws concerning ownership and treatment of animals within the city of Long Beach and contract cities. The major mission of the bureau is the protection of the public from rabies and other animal related diseases, which may infect humans.

In the event of an Animal Control Emergency, the Bureau provides emergency services 24 hours a day, 7 days a week. For information regarding Animal Control Programs, or for emergency services call.....**(562) 570-7387**

COMMUNITY HEALTH SERVICES BUREAU..... (562) 570-4176

Services: This division was created to reflect the City's commitment to addressing the social service and rehabilitation needs of the community.

| | |
|---|-----------------------|
| Alcohol & Drug Program Central | (562) 570-4440 |
| Drinking Driver Program Grand | (562) 570-4100 |

Students Talking About Resisting Substances (STARS)..... (562) 570-3307
Employee Assistance Program..... (562) 570-4101
Center for Families & Youth..... (562) 570-3275
Multi-Service Center for the Homeless..... (562) 733-1147
Child Care Coordinator..... (562) 570-4245
Homeless Services Division..... (562) 570-4003

SUPPORT SERVICES BUREAU..... (562) 570-4230
 Services: provides accounting, personnel, custodial and maintenance support for the department.

Public Health Emergency Mgt/PIO.....(562) 570-4382
Payroll/Personnel..... (562) 570-4009
Building Operations..... (562) 570-4021
Custodian/Maintenance..... (562) 570-4024

DOMESTIC VIOLENCE

On Campus

Women’s Center

Referrals to agencies; Guidance re: restraining orders

NO LEGAL ADVICE!!

LBCC Pacific Coast Campus, Rm DD 142.....**ext. 3987**

Free Services: Brief crisis counseling on domestic violence issues. Referrals to outside shelters and agencies.

Off Campus

Break the Cycle(310) 286-3366

P.O. Box 64996; Los Angeles, CA 90064

Office hours M-F 8:30a-5:30p.

Preventative education, free legal services, advocacy and support for age 12-22 years on issues of dating and domestic violence.

Admission requirements ages 12-22 years.

Non-profit, Govt. program. Bilingual Spanish. Serves LA County.

Casa de Los Angelitos(310) 325-8208

954 Koleeta Drive; Harbor City 90710

Office Hours M-F 8:00a-5:00p.

Crisis Maternity Shelter

Home for pregnant women in crisis, 18 years of age and older. Only mother and newborn, no other children. TB and STD test, must be drug free. Free counseling, parent and life skills education.

Non-profit, donations. \$225 per month. Must supply own food. Must also qualify for AFDC.

1736 Family Crisis Shelter (3 sites) (562) 388-7652

Also youth shelter

Youth Center (310) 379-3620

Confidential Address

Fax (562) 388-7663

Torrance and Long Beach

Domestic Violence Survivors

Interval House.....24 hr (562)594-4555
P.O Box 3356; Seal Beach 90740 714-891-8121

www.intervalhouse.org

Services: Transitional and emergency shelter for women and children. Counseling provided in English, Spanish, Vietnamese and over 70 other languages. Northern Orange County.

Fee: Free

Jenesse Center.....(800) 479-7328

Los Angeles, CA

(323) 299-9469

www.jenesse.org

Services: Provides temporary shelter for women and children of domestic violence.

Children ages: under 18yrs

Fee: Free

National Domestic Violence Hotline.....(800) 799-7233

P.O. Box 161810; Austin, TX 78716-3074

(800) 787-3224

www.ndvh.org

email deafhelp@ndvh.org

Hotline 24/7.

Information and referral for victims of domestic violence and those who assist victims. Also provides crisis intervention, resource materials, bilingual advocates and a nationwide database of resources.

Non-profit, grants. 140 languages available. Serves USA. Crisis Intervention.

Peace Over Violence(213) 955-9090

Crisis Line

24hr stalking hotline (877) 633- 0044

1015 Wilshire Blvd #200, Los Angeles, Ca 90017

(213) 955-9090

www.peaceoverviolence.org

Office hours: M-F 9a-5p, call for appointment.

24 hour rape and battering hotline. Crisis intervention to victims of sexual assault and domestic violence. Produces "Survivor" booklet on sexual assault. One-to-one and group counseling;

accompaniment and advocacy to hospitals and law enforcement. Teen relationship violence prevention workshops to schools and community groups. Crisis intervention and prevention services for the deaf and disabled. Self-defense classes for women, modified self-defense for persons with disabilities.

Non-profit, low fee for some services. Bilingual Spanish, ASL available. Serves LA County.

Long Beach Women's Shelter Hotline.....24 hr (562) 437-4663

Services: Shelter and counseling for women and children, also male victims.

Children age: under 18yrs English and Spanish

Fee: Free

Sexual Assault Crisis Agency (SACA).....24 hr Rape Hotline (562) 989-5900

3711 Long Beach Blvd. Suite 815, Long Beach, CA 90807

Su Casa Family Crisis & Support Center..... (562) 303-1040

www.sucasadv.orgHot Line (562) 402-4888

Services: Shelter, counseling and referral services for battered women and children.

Children age: under 18yrs

Fee: Free

Off Campus

Catholic Charities.....(562) 591-1351
123 East 14th Street; Long Beach 90813 (Answers phone only 10-12 M-Th)
Provide utilities, clothing, and life line on Monday & Wednesday 8:30am to 4pm. Distribute food on
Tuesday & Thursday from 10am-12pm and 2pm-3pm
They are closed from 12pm to 1pm every day and also on Friday

Long Beach Multi-Service Center.....(562) 733-1147
Services: Shelter for families with children.
Fee: Free

211 LA County/ Los Angeles(800) 339-6993
P.O. Box 726; San Gabriel, CA 91778 FAX (626) 442-6940
Office hours M-F 8a-4:30p.
Free 24 hour multilingual information line. Information and referrals on a large number of services,
including emergency shelter, in LA County.
Govt. program & United Way. Bilingual Spanish 24 hours, 140 other languages during business
hours. Serves LA County.

Irving Moskowitz Foundation(562) 860-9097
Hawaiian Gardens Foodbank
21411 Norwalk Blvd; Hawaiian Gardens, CA 90716
Emergency food available to low income families in need: W 2p-6p, Th 9:30a-3:30p; Bread M-F 8a-
10p. Serves Hawaiian Gardens

Long Beach Rescue Mission(562) 591-1292
1335 Pacific Ave.; Long Beach, CA 90813
Mission hours 7 days, 7am – 7pm
Emergency food, shelter, alcohol and drug recovery program and support services for men, women,
and women with children.
www.lbrm.org

New Image Emergency Shelter(562) 733-1147
Multi-Service Center
1301 W. 12th St.; Long Beach, CA 90813
Office hours M, Tu, W, F 7a-5p. Th 7-1:30pm
Emergency food, seasonal housing (Nov-March), shelter services and referrals; financial rental, utility,
transportation assistance, emergency motel and restaurant vouchers; comprehensive case
management services; affordable housing assist, out reach and referral and others to homeless and
low income families with children, persons living with HIV/AIDS and persons with disabilities.
Non-profit, donations, all services are free. Bilingual Spanish. Serves LA County.

Rio Hondo Temporary Home.....(562) 863-8805
12300 4th Street; Norwalk 90650
Free Services: Shelter and services provided 3-6 months.

- Salvation Army** (213) 896-9160
 Divisional Headquarters
 180 E. Ocean Blvd., Long Beach, CA 90802
www.salvationarmy.org
 Office hours M-F 8a-4p.
 Referrals to shelter and other social services on a temporary basis.
 Non-profit, donations; free services. Bilingual Spanish. Serves anyone.
- Salvation Army/Family Services**562) 426-7637
 Long Beach Family Services Program
 455 E Spring St. Long Beach, CA 90806
www.salvationarmy.org
 Office hours M-F 8a-12p, 1p-4p.
 Assist low income families, seniors, and disabled individuals with emergency groceries. Referrals.
 Assist homeless singles with city of Bell shelter referral; intake is at 9:00am. Appointments required for food but not shelter.
 Non-profit, donations, services are free. Admission requirement ID and proof of income, proof of Long Beach residency, children's birth certificate. Serves Long Beach.
- Shalom Service Center**(562) 591-2214
 Centro Shalom
 2131 Long Beach Blvd.; Long Beach, CA 90806
 Office hours M-F 8am-3pm
 Clothing, emergency food, paralegal services and counseling.
 Non-profit., appointment required. Bilingual Spanish.
 Serves LA County.
- Travelers Aid Society/Long Beach** (562) 599-4546
 1301 W. 12th St. ; Long Beach, CA 90813
 Office hours M-F 8a-5p
 Homeless prevention case management for families and individuals via food and shelter vouchers, home reunification, general transportation with tokens, taxi vouchers, and bus passes. Life skills classes for the homeless M-F.
 Non-profit, donations, others; services are free.. Bilingual Spanish. Serves Long Beach and South Bay areas.
- WIC Program**(562) 570-4242
 Long Beach Department of Health/Human Services
 5166 Atlantic Avenue, Long Beach, CA (Behind Jack-in-the-Box)
 Office hours M-F 8a-5:30p
 The WIC program (Women, Infants and Children), is a supplemental nutritional program providing nutrition education and vouchers for buying specific foods such as milk, cheese, eggs, cereal, juice, fruit, and infant formula. Program serves pregnant and breastfeeding women, as well as infants up to 5 years old.
 Govt. program. Admission Requirement low income. Multi-lingual Spanish, Khmer. Serves Long Beach, other offices throughout LA County.

William J. Burns Community Center(562) 925-7512

****MUST BE LAKEWOOD RESIDENT****

5510 Clark Ave; Lakewood, CA 90712

www.lakewoodcity.org

Office hours M-F 8a-8p. Sat 7-12 pm

Emergency food M-F 8a-5p by appointment. Also offer baby food, water bill assistance. Community meal sites, information and referrals. Transportation for seniors and disabled.

Non-profit. Admission requirements: ID and proof of address, appointment. Serves Lakewood.

Fee: Free

FINANCIAL ASSISTANCE

On Campus

Extended Opportunity Program and Services (EOP&S) and Cooperative Agencies Resources for Education (CARE)

Liberal Arts Campus, A107.....ext. 4273

Pacific Coast Campus, AA120.....ext. 3951

Services: **EOPS** – Book vouchers, educational counseling and planning, tutoring, priority registration for eligible students. **CARE** – financial and educational assistance for single parents receiving AFDC.

Financial Aid

Liberal Arts Campus, A104.....ext. 4257

Pacific Coast Campus, AA133.....ext. 3955

Services: Grants and loans for eligible students. Financial aid counseling and application assistance.

Job Placement

Liberal Arts Campus, L102.....ext. 4355

Pacific Coast Campus, AA124.....ext. 3917

Services: Assistance for students in seeking full and part-time jobs.

Scholarships

Liberal Arts Campus, Bldg I.....ext. 4267

Pacific Coast Campus, AA128.....ext. 3936

Services: Applications for scholarships that are funded by campus and community organizations, local businesses, and private donors.

Veterans' Affairs

Pacific Coast Campus, AA128.....ext. 3929

Services: Process forms for veterans who are eligible for the G.I. Bill.

Off Campus

Debtors Anonymous.....(310) 822-7250

5521 Grovener Ave; Los Angeles 90066 www.socalda.org

Fax: (310)-827-7079

Office Hours Wed. 6 – 9pm & Sat. 10 – 1 pm

Services: Offers a 12-step program for compulsive spenders and debtors.

Fee: Free

Hotline of Southern California.....(562) 596-5548
P.O.Box 32; Los Alamitos 90720 (714) 894-4242
Services: Referrals for food, shelter, rent, and utility payments. (714) 639-4673
Fee: Free Suicide Hotline.....(310) 391-1253

FOOD ASSISTANCE & SERVICES

Off Campus

Catholic Charities.....(562) 591-1351
123 East 14th Street; Long Beach 90813 (answers phone only 10-12 M-Th)
Mon – Thu 8 – 12, 1 – 4
Services: Food pantry for needy parents and children with proper documentation.
Fee: Free

Christian Outreach Appeal.....(562) 432-1440
515 East 3rd Street; Long Beach 90802
Tue & Thu, 9am – 1:45 pm Food 12-1:45 Clothes
Services: Food and clothing shopping distribution.
Fee: Free

Lutheran Social Services.....(562) 599-1321
1611 Pine Avenue; Long Beach 90813
Mon – Thu, 8am – 4pm
Services: Emergency food.
Fee: Free

Salvation Army.....(562) 426-7637
455 E Spring St. Long Beach, CA 90806
Services: Assistance with food.
Fee: Free

Women Infant and Children (W.I.C.).....(562) 570-4242
Mon – Fri, 8:30am – 5:30pm
Services: Food vouchers, nutrition counseling, health care referrals for pregnant women, new mothers, infants and young children.
Applications for W.I.C. available in the Health Services Office at LAC.

GOVERNMENT ASSISTANCE PROGRAMS

On Campus

GAIN/CalWORKS.....ext. 3116

MM112 at PCC

Services: Registration assistance, financial aid, books, supplies and child care for TANF recipients.

Off Campus

Long Beach City Housing Authority.....(562) 570-6985

521 E. 4th St., Long Beach

Mon – Fri, 7:30am – 4:30pm

Services: Federally subsidized housing for low-income families.

Social Security & Supplemental Security Income.....(800) 772-1213

GRIEF AND BEREAVEMENT SUPPORT

Off Campus

Compassionate Friends.....(310) 474-3407

South Bay / Los Angeles

Services: Support group for bereaved parents.

Fee: Free

Family/Friends of Murder Victims (909) 798-4803

P.O. Box 11222; San Bernardino, CA 92423-1222

(909)754-6969

Information, support, and friendship to those who have experienced the murder of a loved one as well as those who are survivors of attempted murder. Southern California chapters in LA, Riverside, and San Bernardino Counties.

Non-profit, services are free. Call for meeting information, bilingual Spanish. Serves California.

Los Angeles Funeral Society, Inc.(626) 683-3545

Funeral Pre-planning

www.losangelesfuneral.org

P.O. Box 92313; Pasadena, CA 91109-2313

Office hours M-Th 10am - 1pm

Information on affordable funeral options, referrals to low cost services in local area, funeral planning information, etc. Assist people in obtaining information and making informed decisions about funeral services. Non-profit. Bilingual Spanish.

Membership required; \$30 for membership, may be waived if needed.

Spanish (323) 225-2038

Emergency (626) 683-3752

Newhope Grief Support for Young Adults.....(562) 429-0075

M-F 9am – 5pm

Services: Bereavement support services (all ages – adults)

Fee: donation

Pathway Volunteer Hospice.....(562)531-3031
Mon – Fri, 9am – 5pm
Services: Bereavement support services.

SIDS Foundation of Southern California
Office hours M-F 9a-5p
Sudden Infant Death Syndrome. Gives support to anyone who has experienced a loss to SIDS.
Non-profit, donations; services are free., Serves LA, Ventura, and Santa Barbara Counties.

St. Mary Medical Center.....(562) 491-9000
Dr. Smith (949) 240-6750
Long Beach Memorial Medical Ctr.(562) 933-1450
Services: Grief and bereavement support group offered through Psych counseling by Dr. Smith

Tender Loving Care Bereavement Group..... (800) TLC-9887
Services: Home hospice support group. M-F 8:30-5:30pm
Ventura County only (No Long Beach office)

The Cancer Support Foundation of Los Alamitos..... (562) 594-9977
Mon – Th 10am -2pm
Services: Support group for newly widowed on understanding the grief process.
Fee: Free (reservations required).

HEALTH CARE SERVICES

On Campus

Health Services

Liberal Arts Campus, Q124.....ext. 4210
Pacific Coast Campus, AA101.....ext. 3992
Services: Health assessment, first aid, health counseling and referrals. Vision and hearing screening. Blood pressure monitoring. Free pregnancy testing. Physicals, immunizations, cholesterol, glucose, hemoglobin, and vaccinations.
Fee: \$17.00 at registration Students must present a College Service Care or registration receipt.

Off Campus

American Cancer Society..... (562) 437-0791
936 Pine Avenue; Long Beach 90813
Mon – Fri, 9am – 5pm
Services: Mammography screening for low-income women under the age of 40. Information and services for cancer patients and their families. Cancer prevention and early detection programs.
Fee: Free

****Bell Garden Family Medical Center**..... (562) 928-9600
6501 S. Garfield Ave., Bell Gardens, CA 90201

- **Cardinal Medical Group..... (562) 495-3985**
 920 Pacific Ave., Long Beach, Ca 90812
 Services: family practice
- **Coast Healthcare Medical Clinic..... (562) 218-0131**
 1024 E. Pacific Coast Highway, Long Beach, CA 90806
 Services: family practice, birth control, condoms, HIV & STD testing – free for low income or no insurance
- Community Health Plan/Manage Care(800) 475-5550**
 LA County Department of Health services/Unit 4
 1000 S. Fremont St.; Alhambra, CA 91803
 Office hours M-F 8a-5p.
 County sponsored HMO. Clinics and complete health services available at many locations throughout LA County.
 Govt. program. Serves LA County.
- Community Hospital of Long Beach..... (.562) 498-1000**
 Acute care hospital. In-patient , out-patient and emergency services.
 24/7. Language line.
 Fee: Call for info.
- **Family Clinic of Long Beach..... (562) 491-9045**
 1045 Atlantic Ave., #708, Long Beach, CA 90813
 Requirements: 21+ by appointment only to establish care with a primary physician
- **Greater Long Beach Endoscopy Center..... (562) 426-2606**
 2880 Atlantic Ave., #108, Long Beach, Ca 90806
- **Harbor – UCLA Medical Center..... (310) 222-2345**
 1000 W. Carson Street, Torrance, CA 90509
- **Long Beach Dialysis Center..... (562) 435-3637**
 1045 Atlantic Ave., #108, Long Beach, CA 90813
 Requirements: must be referred by Nephrologists
- **Oasis Care Medical Group..... (562) 424-3328**
 4056 Orange Ave., Long Beach, CA 90806
 Services: internal medicine
- **Pacific Hospital Family Clinic.....(562) 997-2350**
 2683 Pacific Ave.
 Long Beach, Ca 90806
 Office Hours Mon-Fri 8: 30am-5pm
 Services: Affordable Obstetrics, Dermatology, Pediatrics, and Family Practice providers available. X-rays, Laboratory, and Medication prices discounted.

- Pioneer Medical Group – Long Beach Clinic..... (562) 597-4181**
 2220 Clark Avenue
 Long Beach, CA 90815
 Office Hours: M, W, Th, F 8am - 6pm; Tues 8am - 7pm
 Services: Allergy, Chiropractor, Optometry, Pediatrics, Podiatry, and Rheumatology,
- Pioneer Medical Group – Downey Clinic..... (562) 862-2775**
 11480 Brookshire Ave
 Downey, CA 90241
 Office Hours: M-F 8am - 6pm; After Hours 6pm - 9pm
 Services: Cardiology, Chiropractor, ENT, Family Practice, Internal Medicine, Obstetrics/Gynecology, Ophthalmology, Optometry, Pediatrics, Podiatry, and Rheumatology.
- Pioneer Medical Group – Downey Radiology..... (562)862-4566**
 11411 Brookshire Ave, Suite #108
 Downey, CA 90241
 Office Hours: Mon – Fri 8am-5pm
 Services: Radiology
- Pioneer Medical Group – Bellflower/Artesia Clinic..... (562) 867-8681**
 10251 E. Artesia Blvd.
 Bellflower, CA 90706
 Office Hours: Mon, Wed, & Fri 7:30am - 7pm Tues & Thurs 7:30am – 6pm
 Services: Family Practice, Internal Medicine, Obstetrics/Gynecology, and Pediatrics
- Pioneer Medical Group – Bellflower/Rosecrans Clinic..... (562) 920-1632**
 10234 Rosecrans Ave
 Bellflower, CA 90706
 Office Hours: Mon.-Thurs. 8am-8pm & Fri 8am-6pm
 Services: allergy, Family Practice, Internal Medicine, Nephrology, and Podiatry
- Pioneer Medical Group – South Gate Clinic (323) 563-9499**
 4476 Tweedy Blvd.
 South Gate, CA 90280
 Office Hours: Mon. & Wed. 8am-8pm & Tues., Thurs.& Fri. 8am-6pm
 Services: Family Practice, Obstetrics/Gynecology, Optometry, Pediatrics, and Podiatry
- Pioneer Medical Group – Cerritos Clinic.....(562) 229-0902**
 16510 Bloomfield Avenue
 Cerritos, CA 90703
 Office Hours: Mon, Tues, & Wed. 8am-7pm & Thurs & Fri 8am-6pm
 Services: Diabetes Care Center, Family Practice, Internal Medicine, Pediatrics, Skin Care Clinic
- Pioneer Medical Group – After Hours Clinic.....see phone numbers below**
 Office Hours: 6pm - 9pm, Monday – Friday, 9am-5pm Saturday, 9am-1pm Sunday & Holidays
 Downey Clinic
 11480 Brookshire Ave, Downey CA 90241 - Peds, Ste #104 & Adults, Ste #101..... (562) 862-2775
 Long Beach Clinic
 2220 Clark Ave, LB CA 90815.....(562) 597-4181

- **South Medical Group..... (562) 984-9200**
 1530 E. South St., Long Beach, CA 90805
 Services: immunizations, prenatal care, physicals, and family planning
- **St. Mary's Breast Center.....(562-432-0079**
 Free Mammograms for women over 40 years old who qualify
- **St. Mary's OB Clinic @ St. Mary's Hilton Family Health Center..... (562) 491-9047**
 529 E. 10th Street, 2nd floor, Long Beach, CA 90813
 Requirements: schedule appointments
- **St. Mary's Family Clinic..... (562)-491-9045**
 1045 Atlantic Ave., #708, Long Beach, CA 90813
 Services: Medi-Cal, Medicare, cash, Healthcare Partners, Care First, St. Mary IPA, Los Alamitos
- ** St. Nazarene Medical Clinic..... (562) 989-0145**
 Hours: M-F 9am – 5pm
 2403 Atlantic Ave., Long Beach, CA 90806
 Services: family practice, family planning
- **Talbert Medical Group..... (562) 432-5661**
 500 Alamitos Ave., 2nd floor, Long Beach, CA 90802
- The Children's Clinic(562) 436-4420**
 International Elementary School
 700 Locust St; Long Beach, CA 90813
 Office Hours: Mon, Tues 1pm – 5pm Fri 8:30am – 5pm
 Primary health care for ages birth-18 years. Bilingual Spanish. Serves LA County.
 Admission requirements Low income. Non-Profit, accepts insurance.
- The Children's Clinic..... (562) 933-0400**
 455 E. Columbia Street Ste. #201, Long Beach 90806
 Walk in clinic open Mon – Fri, 8am – 5pm
 Services: Provides comprehensive health care services and education to needy children,
 adolescents, and adults. Family service referrals. Evening services available.
 Fee: Sliding scale
- **The Children's Clinic..... (562) 366-5900**
 1057 Pine Ave., Long Beach, CA 90813
 Requirements: Straight Medi-Cal and LA care insurance, IPA LA Healthcare
- **The Children's Clinic for Adults..... (562-435-5040**
 730 W. 3rd St., Long Beach, CA 90802
 Hours: M-F 8am – 5pm
 Requirements: Straight Medi-Cal & LA care insurance, Healthy Family (Molina, Blue Cigma members
 if assigned to children's clinic)

****The Mental Health Urgent Care Center..... (562) 790-1860**
6060 Paramount Blvd., Long Beach, CA 90805
Hours: M-F 8am – 5pm
MediCal, No insurance
Services: crisis intervention for psychiatric services-no long term care

****West County Medical (562) 428-4222**
100 Market Street, Long Beach, CA 90805
Services: Medical and substance abuse
WI M-F 5am – 1:30pm WI Substance Abuse Medical Problems WI M-F 8am – 4:30pm

****Westside Neighborhood Clinic..... (562) 432-9575**
2125 Santa Fe Ave., Long Beach, CA 90810
Requirements: by appointment only Medi-Cal, PACT (Family Planning)

****Wilmington Community Clinic..... (310) 549-5760**
1009 N. Avalon Blvd., Wilmington, Ca 90744
Services: gyn, peds, general medicine, allergist, & pre natal

****Wilmington Family Health Center..... (310) 518-8800**
1325 Broad Ave., Wilmington, Ca 90744
Services: family medicine, general practice. Full scope Medi-Cal & CHP

CTIS Pregnancy Risk Info Line(800) 532-3749
1545 Hotel Circle South Ste #310, San Diego, CA 92108
Office hours M-F 9a-5p
Confidential information about prescription and over the counter medications, alcohol, tobacco, street drugs, infections and diseases, other concerns (x-rays, hair dyes, domestic violence, etc). Pregnant women, men, and healthcare professionals can call the number regarding exposures during pregnancy.
Govt. program, services are free.. Multi-lingual Spanish, Tagalog. Serves California.

Dial-A- Hearing Screening Test(800) 222-3277
300 S. Chester Rd., Ste 301; Swarthmore, PA 19081
Office hours M-F 9am - 4pm EST
Makes referrals to local numbers for a one minute screening test, answers questions on hearing problems. Referrals to organizations that have information on hearing related problems, including questions on broken hearing aids.
Non-profit, services are free.. Serves USA and Canada.

Long Beach Comprehensive Health Center.....(562) 599-2153
1333 Chestnut Avenue; Long Beach, CA 90813
M-F 7:30a-7:30pm (same day walk-in hours) Sat. 7:30a-4:30p M-F 8a-5p appt.
Services: Adult Medicine, Family Medicine, Pediatrics, Dental, Eye Clinic, Women’s Health Care, Gynecology, Tom Kay HIV Clinic, Mobile Clinic, Family Planning, Urology, Allergy, Same Day Clinic, Laboratory, Pharmacy, Radiology, Social Services
Fee: \$40 per visit includes all necessary services. Eligibility is determined by financial screening services.

Long Beach Department of Health and Human Services..... (562) 570-4000

2525 Grand Avenue; Long Beach 90815

Services: Public health services, health education, nutrition program for at-risk mothers.

Languages spoken: English, Spanish, Vietnamese, Cambodian, Lao, Hmong, Chinese, Tagalog.

Fee: Call for specific fees.

Long Beach Memorial Hospital..... (562) 933-2000

2801 Atlantic Ave., Long Beach 90801

Acute care hospital. In-patient , out-patient and emergency services.

24/7. Several languages.

Fee: Call for info

St. Mary Medical Center..... (562) 491-9000

1050 Linden Ave., Long Beach, 90803

Acute care hospital. In-patient , out-patient and emergency services.

24/7. Several languages.

Fee: Call for info

Veterans Administration Medical Center.....(562) 826-8000

5901 East 7th Street; Long Beach 90822

Services: Medical and psychiatric care for veterans only, including homeless veterans.

Fee: Free

CARDIOLOGY

****Joseph Schwartz.....(562) 984-6130**

911 E. San Antonio #8

Long Beach, CA 90807

****Minh Nguyen.....(562) 599-0981**

306 E. Pacific Coast Highway #101

Long Beach, CA 90806

Requirements: Referral needed from M.D.

****Dr. Lai.....(562) 595-9799**

2690 Pacific Ave., #290, Long Beach, CA 90806

****Kishna Marvi.....(562) 426-1792**

2777 Pacific Ave., #D, Long Beach, CA 90806

Requirements: Referral needed from M.D.

****Pediatric Cardiology.....(562) 933-3350**

2801 Atlantic Ave., ground floor, Long Beach, CA 90801

Services: newborn – 18 years old

DERMATOLOGY

****Frederick Rosenberg, M.D.....(562) 633-6353**

3650 E. South Street, Lakewood, CA 90712

DIABETIC DOCTORS

****Drs. Contractor & Rubin.....(562)596-1667**
10941 Bloomfield St., #A Los Alamitos, Ca 90720

EAR, NOSE, & THROAT (ENT)

Ear Clinic..... (562) 427-0550
433 E. Wardlow Long Beach, Ca 90807

****Hassney Hamood..... (562) 595-1589**
2690 Pacific Ave., Long Beach, CA 90806

****Pediatric ENT..... (562) 933-8538**
2801 Atlantic Ave, Long Beach, CA 90807
Requirements; children – 18 years old only

****Sonif Audiology, USA..... (562) 426-2137**
2530 Atlantic Ave., #D, Long Beach, CA 90806
Services: hearing tests only

HEMATOLOGY/ONCOLOGY

****Coast Hematology/Oncology..... (562) 997-4070**
701 E. 28th St., #418, Long Beach, CA 90806

****Andre Lim.....(562) 590-0345**
1043 Elm Ave., #104, Long Beach, CA 90813

HERNIA

****Dr. Sandy Witzling..... (562) 426-1355**
2840 Long Beach Blvd., #345, Long Beach, CA 90806
Services: limited to hernia surgeries

INTERNAL MEDICINE

Nancy Eugenio..... (562) 595-5939
1203 E. Bixby Road, Long Beach, CA 90807
requirements: Medi-Medi only no straight Medi-Cal

****George Jayatilaka..... (562) 436-8117**
1045 Atlantic Ave., #818, Long Beach, CA 90813
Services: general practice & pediatrics

****Talbert Medical Group..... (562) 432-5661**

500 Alamitos Blvd, Long Beach, CA 90802

NEPHROLOGY

****Coast Nephrology Medical Group..... (562) 595-7426**

3780 Kilroy Airport Way, #115, Long Beach, CA 90806
Requirements: referral from M.D.

****Drs. Contractor & Rubin..... (562) 596-1667**

10941 Bloomfield Stgreet, #A, Los Alamitos, CA 90720

NEUROLOGY

****Harbor UCLA Neurology Medical Clinic..... (562) 222-3897**

1000 W. Carson St., Torrance, CA 90509

****Munter Hijazin, M.D..... (562) 861-1988**

11525 Brookshire Ave., #205, Downey CA 90241

OB/BYN & FAMILY PRACTICE

****Universal Health..... (562) 437-6828**

934 Atlantic Ave., Long Beach, CA 90813

2020 E. 1st St., Los Angeles, CA 90033..... (323) 980-9600

****Milton Lee, M.D..... (310) 635-5857**

3680 E. Imperial Highway, Lynwood, CA 90262

Services: High Risk pregnancies

****Dr. Olusegun Salako..... (562) 218-6264**

1951 Pacific Avenue, Long Beach, CA 90806

****St. Mary's OB-GYN..... (562) 491-9047**

Dr. Sohl (562-) 437-1882

529 E. 10th Street, Long Beach, CA 90813

Services: pre-natal care & family pact only

****Donald Ostergard, M.D..... (562) 426-5630**

701 E. 28th St., #212, Long Beach, CA 90806

****Women Family Medical Group..... (562) 634-7431**

3331 E. Artesia Blvd., Long Beach, CA 90805

****Feld Camp, M.D..... (562) 595-5653**

2777 Long Beach Blvd., Long Beach, CA 90806

****Haydee G. Castaneda, M.D. (OB/GYN)..... (562) 634-7431**

3331 E. Artesia Blvd., Long Beach, CA 90805

****Bell Garden Family Medical Center..... (562) 928-9600**
6501 S. Garfield Ave, Bell Gardens, CA 90201

****Universal Care Medical Group..... (562) 461-1179**
17660 Lakewood Blvd., Bellflower, CA 90706

Veronique Jotterand, M.D..... (562) 988-2020
2865 Atlantic Ave., #109, Long Beach, CA 90806
Services: Pediatrics, Medi-Cal with a plan or healthy families / Some PPO & Optician

OPHTHALMOLOGY

****Donald Schwartz..... (562) 427-5409**
2650 Elm Ave., #108, Long Beach, CA 90806

****Dr. Michael Brenner..... (562) 595-1291**
3950 Long Beach Blvd., #200 Long Beach, CA 90807
Services: No glasses or contact lenses – Exams only / Surgery / Lasix / ICL the better vision

****Optical Eye Care Center..... (562) 427-5527**
500 W. Willow #7, Long Beach, CA 90806
Requirements: 21 years old and under

Sea View Optometric Center..... (562) 439-0486
328 Redondo Ave, Los Angeles, CA 90814
Services: 21 and older, Medi-Cal not accepting for exam for glasses. \$120 for exam, \$99 for glasses including frames and lens.

****Southern California College of Optometry..... (323) 234-9137**
3916 S. Broadway, Los Angeles, CA 90037
Services: eye exam \$60, single lens vision \$45, Bifocals \$70, frames \$27 an up. 20 years old and under for Medi-Cal. 21 and over will cover exam only.

****EAP Optometry..... (562) 496-3365**
6541 E. Spring St., Long Beach, CA 90808
Services: \$99 special includes eye exam and glasses or eye exam and disposable contact lens.
Cash discounts 20% off eye exam, 20% off eyeglass purchase, 10% off contact lens purchase, 10% off non-prescription sunglass purchase. Medi-Cal must be assigned to a group.

PAIN MANAGEMENT

****George El-Khoury..... (562) 424-2900**
2650 Elm Ave., #218, Long Beach, CA 90806
Requirements: referral by M.D.

PEDIATRICS

****Foribe Ndisorchu, M.D..... (310) 516-0742**
454 Carson Pl., #110, Carson, CA 90746
Services: Pediatric surgeon

****Roger Takla, M.D., Inc..... (562) 491-9001**
1040 Elm Ave., #301, Long Beach, CA 90813

PODIATRY

****Drs. Connie Wong, DPM & Ki Sang Yi, DPM..... (562)-987-2626**
915 Redondo, Long Beach, CA 90804
Requirements: Medi-Cal under 21 years old. Over 21 must be diabetic with a health plan

****Dr. Roy Friedman..... (562) 437-3338**
1045 Atlantic Ave., #807, Long Beach, CA 90813
Requirements: Medi-Cal under 21. Over 21 initial consult \$80

PULMONOLOGIST

****Jyoti Datta..... (562) 435—4473**
1045 Atlantic Ave., #616, Long Beach, Ca 90813
Requirements: Referral by M.D. with a lung problem if Medi-Cal

UROLOGY

****Jules Perley, M.D..... (562) 437-3288**
1045 Atlantic Ave., #915, Long Beach, CA 90813
Main office 3650 South St., #408 Lakewood, Ca 90712..... (562) 630-0423

On Campus

Student Health Services

Liberal Arts Campus.....ext. 4210

Pacific Coast Campus.....ext. 3992

Services: Free pregnancy testing and referrals for counseling.

Fee: \$17.00 at registration. Students must present a college service card or registration receipt.

Off Campus

St. Mary Medical Center.....(562) 491-9047

529 E. 10th Street, Long Beach, CA 90813

Mon-Fri 8am – 5pm

Services:Free pregnancy testing; Teen pregnancy counseling; Health education clases;
Breastfeeding assistance; Prenatal care clases; Healthcare benefits assistance; Medi-cal worker on
site; Spanish speaking

Casa de Los Angelitos(310) 325-8208

Crisis Maternity Shelter

Contact: Agnes Palacio

Office Hours M-F 8a-5p.

Home for pregnant women in crisis, 18 years of age and older. Mother and newborn, no other
children. TB and STD test, must be drug free. Free counseling, parent and life skills education.
Non-profit, donations.\$225 per month program fee. Must supply own food.

Family Planning Associates..... (562) 595-5653

2777 Long Beach Blvd; Long Beach 90806

Services: Birth control and free pregnancy testing. Surgical and non-surgical pregnancy termination.
Tubal ligation.

Fee: Inquire at clinic.

His Nesting Place – Pregnancy Help Center..... (562) 984-5034

350 East Market Street; Long Beach 90805

Free Services: Pregnancy testing and counseling. Assistance in medical care and open adoption.
Help with housing, clothing and baby furniture.

Long Beach City Department of Health and Human Services..... (562) 570-4000

2525 Grand Avenue; Long Beach 90815

Services: Public health services, health education, nutrition program for at-risk mothers.

Languages spoken: English, Spanish, Vietnamese, Cambodian, Lao, Hmong, Chinese, Tagalog.

Fee: Call for specific fees.

Long Beach Comprehensive Health Center(562) 599-8635

1333 Chestnut Ave

Long Beach, CA 90813

Office Hours M-F 7:30a-7:p walk-ins, appointments scheduled M-F 8a-5p.

See listing under AIDS/HIV/STD. Family planning clinic

Planned Parenthood/LA **Appointments (800) 230-7526**
 5525 E. Del Amo Blvd; Lakewood, CA 90713 **Information (562) 866-0556**
 Office Hours vary. **Info. Hotline (877) 4me2ask**
 Reproductive health care. Birth Control including pills, Norplant, IUD, condoms, foam, morning after pill, etc. Pregnancy testing and counseling, HIV/STD testing.
 Non-profit, Accepts Medi-Cal, sliding fee scale. www.plannedparenthoodosbc.org

JOB PLACEMENT AND TRAINING

On Campus

Cal-WORKS.....**ext. 3116**
 Bldg. N110 at LAC Trailer MD115 at PCC
 Services: Job preparation and job search assistance for CalWORKS recipients.

Job Placement

Liberal Arts Campus, E08.....**ext. 4355/4500**
 Pacific Coast Campus, AA124.....**ext. 3917**
 Services: Daily posting of new jobs. Schedules interviews and appointments with perspective employers.

Off Campus

Long Beach Community Improvement League – JTPA.....**(562) 570-3700**
Career Transition Center
www.pacificgatewayworkforce.com
 3447 Atlantic Avenue; Long Beach 90807
 Services: Job training and search for residence in Long Beach.
 Fee: Free

Los Angeles Urban League.....**(323)299-9660**
 3450 Mount Vernon Drive; Los Angeles 90008 **Fax: (323) 299-0618**
www.laul.org
 Mon – Fri, 8:30am – 5pm
 Business Development & Information Technology Center
 Services: Provides programs and services in job training, employment, and economic development.
 Application, testing, and orientation required.

LEGAL SERVICES

Legal Aid Foundation of Los Angeles.....(562) 435-3501
601 Pacific Avenue; Long Beach 90802
M-F 9-12, 1-5
Services: Legal services and workshops for domestic violence, family law, housing discrimination, government benefits.
Fee: Free for low income

Victim Witness Assistance Program.....(562) 491-6310
Long Beach Courthouse
415 West Ocean Blvd, Rm 305; Long Beach 90802
Services: Assists crime victims through the court process and prompt return of property used in evidence. Provides escorts to court and security for victims and witnesses who fear for their safety. Ensure victim's rights in obtaining restitution and compensation. Bilingual -Spanish

REHABILITATION & DISABLED SERVICES

On Campus

Disabled Student Program and Services (DSPS)
Liberal Arts Campus, M102.....ext. 4558/4833
Pacific Coast Campus, AA206.....ext. 3921
Services: Registration assistance, academic counseling, and registration assistance. Note takers, readers, interpreters and tape recorders are provided.

Off Campus

Ability First.....(562) 426-6161
3770 E. Willow St; Long Beach, Ca. 90815
M-F 8:30 – 4:30
Day program (for adults) and after-school program for children with developmental disabilities.

Braille Institute.....(323) 663-1111
Library.....(800) 808-2555
Services: Serving the needs of the blind and their families.
Fee: Free

Beachwood Apartments(562) 436-2182
505 W. 6th St; Long Beach, CA 90802
Office Hours M-F 9a-5p
Rental housing for the disabled, Section (236) 8
Admission requirement: low income and disabled - Serves LA County.

Betty Clooney Foundation/Brain Injury(888) 824-6724

Foundation for Persons with Brain Injury

www.bcstbi.org

By appointment only **(562) 938-9005**

4426 Village Rd; Long Beach, CA 90808

Call for meeting times. Day activity program W-Th 8a-12p

Support groups for families and survivors of traumatic brain injury.. Vocational services program provides job placements, job coaching and ongoing support. Case management services are free. Information and referral for TBI.

Donations, state contracts, nonprofit. Bilingual Spanish. Admission requirements 18 years or older with documented brain injury, resident of California. Services are free, serves LA County.

California Deaf/Disabled Telephone Program(800) 806-1191

California Telephone Access Program

Fax: (800) 806-4474

81 March Lane; Stockton, CA 95207

Spanish (800) 949-5650

Office Hours M-F 7:45a-6:15p, Sat 8a-6p.

Fax: Spanish (800) 896-7670

State mandated program for individuals who have medical certification of a hearing, vision, speech, mobility, or cognitive impairment which limits the use of their standard phone equipment and are eligible to receive specialized equipment and/or services at no extra charge to monthly phone bill. Serves California

California State Dept. of Rehabilitation.....(562) 422-8325

4300 Long Beach Blvd Ste 200 Long Beach 90807

www.dor.ca.gov

Mon – Fri, 8am – 5pm

Services: Rehabilitation services for clients with mental and physical conditions.

Fee: Free

Casa Corozon Apartments (562) 436-3301

Living Opportunities Management Company

408 Elm Ave; Long Beach, CA 90804

Office Hours M-F 9a-5p 8 year waiting list

25 units for low income persons with physical disabilities.. Serves Long Beach and South bay.

Canine Companions for Independence(760) 901-4300

P.O. Box 4568; Oceanside, CA 92052-4568

Office Hours M-F 8a-5p

Organization trains service dogs for people with disabilities.

Nonprofit admission requirement persons with disabilities. Serves USA

Canine Support Teams, Inc.(951) 301-3625

P.O. Box 891767; Temecula, CA 92589-1767

Mon – Fri, 9am – 3pm

Trains assistance dogs for persons with disabilities other than blindness. Service dogs assist with a Variety of tasks. Social dogs may be placed with individuals in nursing or group homes. Staffed by volunteers (except trainer). Qualified persons receive dogs at no cost, average wait is 2 years. Assists the disabled in training their own dog.

Assists the disabled in training their own dog.

Admission requirements: disabled, approval of health care provider, and pass the screening process.

Nonprofit, donations, grants, United Way, sponsors.

- Community Housing Management Services**.....(562) 597-6200
 4698 E. Pacific Coast Hwy Ste B Long Beach Ca 90804
 Office Hours M-F 8:30-5:00
 Property Management of Multifamily affordable housing for the elderly, family, emancipated foster youth, and persons with disabilities.
 Serves LA and Orange Counties
- Disabled Dealer** (800) 588-5099
 23941 Nomar St; Woodland Hills, CA 91367
 Office Hours M-F 9a-5p
 Publishes the “Disabled Dealer Magazine” where individuals buy, sell, and trade adaptive resources or equipment.
 Private for profit. Serves Calif. and Nev.
- Disabled Resource Center**.....(562) 427-1000
www.drcinc.org
 2750 East Spring St. Suite 100; Long Beach 90806.
 Services: Independent living center provides counseling, emergency services for disabled homeless persons, housing search assistance and attendant registry.
 Fee: Free
- Disabled Sports USA Orange County Chapter** (949) 460-6969
www.dsusa.oc.org
 531 Heather Ave; La Habra, CA 90631
 Recreation and socialization including monthly ski weekends at Mammoth Mountain, Dec-May.
 Serves children and adults with blindness, deafness, cerebral palsy, paraplegia, spina bifida, or any other disability.
 Donations, yearly dues \$15 (includes monthly newsletter). Serves Southern California.
- Guide Dogs for the Blind**(800) 295-4050
 P.O. Box 151200, San Rafael, CA 94915-1200
 Office Hours M-F 8a-5p.
 Provides highly trained Guide Dogs and training in their use to qualified blind men and women.
 Nonprofit, donations; services are free. Serves USA.
- Guide Dogs of America**(800) 459-4843
 An International Guiding Eyes Program (818) 362-5834
 13445 Glenoaks Blvd; Sylmar, CA 91342
 Office Hours M-S 8:30a-12p, 12:45p-4:30p
 Guide Dog program includes training Guide Dogs and providing instruction to legally blind people in the use of a guide dog (28 day training in residence). In home training program.
 Non-profit, Services are free. Admission requirements: 16 years old, able to mentally and physically able to complete training.. Serves USA and Canada.
- Sea Breeze Manor**(562) 494-9086
 Brackenhoff Management Group
 2067 Alamitos Ave; Long Beach, CA 90755
 Office Hours M-F 10a-2p.

(Rental housing for the disabled, Section 236. Waiting list open. Admission requirement low income and disabled. Bilingual Spanish. Serves LA County.

Seagate Village(562) 218-8966

Living Opportunities Management Company
1450 Locust Ave; Long Beach, CA 90813-5626
Office Hours M-F 9a-4p.

47 affordable units for seniors or disabled residents. Accepts Section 8 vouchers.

SENIOR CITIZEN SERVICES

On Campus

LBCC Senior Center

Pacific Coast Campus, FF101.....ext. 3048

Services: Counseling and registration assistance. Classes, clubs, travel, tours and other activities.

Off Campus

Grandparents as Parents (GAP).....(562) 924-3996

Services: Support groups for grandparents serving as parents.

Long Beach City Senior Center.....(562) 570- 3500

1150 East 4th St; Long Beach 90802

Services: Social services, health care and recreational activities, food programs, assistance with forms for utilities for low-income households.

Fee: No charge for most services, some activity fees, and health care services provided through Medi-Cal.

SPECIAL POPULATIONS

Off campus

African American Infant Health Project.....voice mail (562) 570-4410

6301 N Myrtle, Ca 90805

Services: Referral and support network for African-Americans of child bearing age.

Fee: Free

American Indian Counseling Center.....(562) 402-0677

(L.A. County Dept. of Health)

17707 Studebaker Rd; Cerritos 90701

Mon – Fri, 8am – 5pm

Services: Individual and group counseling.

Fee: Private insurance, Medicare, Medi-Cal and sliding scale.

Cambodian Association of America.....(562) 988-1863

2390 Pacific Ave Long Beach 90806

Services: Community employment program, refugee assistance, counseling and transition assistance, drug and alcohol prevention and recovery, and Cambodian Youth Center.

Fee: Free

Centro Shalom.....(562) 591-2214

2131 Long Beach Blvd, Long Beach 90806

Mon-Fri, 8am-3pm

Services: Counseling and emergency services for entire community.

Fee: Free

Gay & Lesbian Community Center.....(562) 434-4455

Of Greater Long Beach

Fax: (562)-433-6428

2017 East 4th Street; Long Beach 90814

www.centerlb.org

Mon-Fri, 11am-9pm

Services: Referrals to support groups. Housing and job referrals. Calendar of gay and lesbian events throughout the country. AIDS/HIV counseling and services.

Fee: Inquire about fees and donations.

Jewish Family Services.....(562) 427-7916

3801 East Willow Avenue; Long Beach 90815

M-TH 8:30am-7:30pm FRI 8:30am-4pm SAT 10am-3pm Appt Only

Services: Individual and group counseling for children and adults. Programs for older adults.

Fee: sliding scale

Long Beach Asian Pacific Mental Health Program.....(562) 346-1100

4510 E. Pacific Coast Hwy, Ste #600, Long Beach 90804

Mon-Fri, 8am-5pm

Services: County-funded counseling services for Asian children and adults with psychological and behavior problems.

Fee: Medicare, Medi-Cal and sliding scale for uninsured.

Lutheran Social Services.....(562) 599-1321

1611 Pine Avenue; Long Beach 90813

8am-4pm, Mon-Thu

Services: Emergency assistance and referrals. Education and literacy training.

Fee: Free

Mexican American Opportunity Foundation.....(323) 890-9600

401 N. Garfield Avenue; Montebello 90640

www.maof.org

Mon-Fri, 8am-5pm

Services: Job training, employment services and senior citizens work experience for residents of Whittier, Huntington Park and Los Angeles. Child care services available.

Fee: Free

United Cambodian Community Center, Inc.....(562) 433-2490

2201 East Anaheim St. Suite 200; Long Beach 90804

Services: Employment counseling, health education, youth services and sports for all refugees and low-income individuals. Child neglect prevention program. Parenting Classes

Fee: Free

SUPPORT GROUPS

- Adult Children of Alcoholics**.....(562) 595-7831
Support group meetings.
www.adultchildren.org
- Alcoholics Anonymous**.....(562) 989-7697
www.hacoaa.org Spanish (310) 516-8626
- Alliance for the Mentally Ill of Long Beach**..... Phone Service (562) 435-2264
Family support group
- Autism Society of America**.....(562) 943-3335
South San Gabriel/Long Beach Chapter
Family support group
- Breast Cancer Support Group**.....(562) 594-9977
Mon-Thu, 10am-2pm
Support for breast cancer survivors.
- Cancer Support Group**.....(562) 594-9977
Support for cancer patients and families. M-Th 10-2pm
- Cerritos Psychological Center**.....(562) 860-2210
Groups offered: Women’s Support, Anxiety and Panic Attack, Menopause Support, Transition, Recovering Relationship Support, Overcoming Dependency Support, Anger Management, and Grief and Loss Group.
- Co-dependence Support Group**..... Orange County. (714) 573-0174
www.lacoda.org or www.occoda.org
12-step support group for persons overcoming co-dependence. The support group helps people develop healthy relationships.
- Emotions Anonymous**.....(323) 589-3768
12-step program for men and women.
Fee: Free
- Hydrocephalus Group**.....(562) 924-6666
Support group for those affected by hydrocephalus, their family and friends.
- Lupus International**..... (949) 833-2121
www.lupusinternational.com
Support group for persons with Lupus.
- Moderation Management**.....(310) 275-5433
Self-help group for beginning problem drinkers. Life Management Skills

Norris Cancer Center.....(323) 865-3000
Support groups for patients with Crohn's disease and ulcerative colitis.

Overeaters Anonymous/Eating Disorders.....(562) 493-9030
Support group for all types of eating disorders.
Fee: Free

Stroke Association.....(562) 537-0556
Support group for caregivers and stroke patients.

Stand Up Parenting Inc..... (310) 325-8136
www.standupp.org
Support group for parents troubled by their children's behavior.

Cancer Support Community of Redondo Beach.....(310)376-3550
www.wellnesscancer.org
Provides weekly psycho-socio support groups, workshops and guest lectures for cancer patients, families and friends free of charge.

YWCA (Harbor City).....(310) 547-0831
Cancer support groups. Free mammogram for women 40 and over.

Transportation

Medi Van.....(888) 633-4743
Arranged medical transportation for non emergency treatment.
Fee: Call for specific information

So Cal RideShare.....(323) 466-3876
www.commutessmart.info
Assist commuters with connections from home/work via bus, MetroLink, Metro Rail, carpools, vanpools
Fee: Call for specific information

Molina Healthcare Neighborhood Shuttle..... (888) 665-4621

Ask for Ivan hours of operation 8:30 am to 5:00 pm Monday - Friday

Services: Southbound transportation to:

- Molina Medical Group 540 E. Artesia blvd., Long Beach, CA 90805
- Gage Pharmacy 5735 Atlantic Blvd., Long Beach, CA 90805
- Long Beach Library North 5571 Orange Ave, Long Beach, CA 90805
- NLB Christian Church 1115 E. Market Street, Long Beach, CA 90805
- WIC office 17 E. Market St., Long Beach, CA 90805
- St. Athanasius Church 5390 Linden Ave., Long Beach, CA 90805
- Del Amo Gardens 225 E. Del Amo Blvd., Long Beach, CA 90805
- Scherer Park 4600 Long Beach, CA 90805
- Pacific Hospital of Long Beach 2776 Pacific Ave., Long Beach, CA 90806

Services: Northbound transportation to:

- Vons 4550 Atlantic Blvd., Long Beach, CA 90807
- Long Beach Uptown Certified Farmers Market 46th St. & Atlantic, LB 90807 (*Thurs 3pm-6:30pm only*)
- Carmelitos Senior Center 801 E. Via Carmelitos
- OK Discount Store 1147 e. South St., Long Beach, CA 90805
- Houghton Park Community Center 6301 Myrtle Ave., Long Beach, CA 90805
- Big Saver Market 1313 Artesia Blvd., Long Beach, CA 90805

UTILITY SERVICES

AT&T Customer Service.....(800) 772-3140

Services: Reduce rate services for low-income families who have AT&T telephone service.

Catholic Charities.....(562) 591-1351

123 East 14th Street; Long Beach 90813

Services: Free Financial assistance with utility services available during the months of February and March.

So Cal Edison Home Energy Assistance Program.....(866) 675 – 6623

<http://www.sce.com/residential/income-qualified/ema/energy-savings-assistance.htm>

Services: Financial assistance for qualified low-income families to pay overdue gas and electric bills.

VA LONG BEACH HEALTHCARE SYSTEM

Support Groups

Many patients and their families (a term that includes significant others and close friends) find it comforting to be with others in a similar situation when dealing with a problem or working toward a goal. This group lists the groups at VA Long Beach, which you or your family may be interested in joining.

The listings contain very basic information. Please call the contact person for details or questions (Dial 562-826-8000 and then the extension).

Most groups are offered free of charge but there may be some cost involved depending on services provided and VA eligibility.

The term "patient" refers to both inpatients and outpatients in most cases. If a group is limited there will be a notification.

| Group Name | Meet Times |
|---|---|
| <u>Acceptance & Commitment Therapy(ACT)</u> | Tuesdays 3-4:30pm as scheduled at Bldg. 1 S101-M |
| <u>Alcoholics Anonymous</u> | Tuesdays at 8:30pm at H-5 Bldg 1 |
| <u>Amputee Support Group</u> | 2nd Wed of the month, 3:00-4:00pm, NH conference room #W-46 |
| <u>Anger Management Group</u> | Tuesdays & Thursdays 10-10:45am Bldg. 128 Rm A-126 |
| <u>Attitude Adjustment</u> | Monday through Friday 6:30am and Saturday and Sunday 7am at K2 Dayroom Bldg. 128 Rm c-202 |
| <u>Bereavement Group</u> | Thursday at 4pm |
| <u>Chronic Pain Management</u> | Weekly Tues at 3pm or monthly 1st Thurs of the month @ 1:00pm |

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| <u>Combat Stress Group</u> | Tuesday or Thursday 3:00-4:00pm |
| Depression & Bipolar Support Alliance Support Group | Wed at 7-9pm Bldg. 128 Rm C-202 Glenn Syrop at 562-592-1144 |
| <u>Double Trudgers</u> | Mondays at 1:00pm, second group on Thursdays at 4:00pm at Bldg. 1 Rm S101-M |
| <u>Family PTSD Support Group</u> | 2nd and 4th Tuesday of the month at 5pm at K2 Day room Bldg. 128 Rm C 2002 Gloria Picking LCSW ext. |
| <u>Hepatitis C Support Group</u> | 1st Monday of every Month, 6:00-8:00pm Bldg. 1 Rm 223 |
| <u>Low Vision Support Group</u> | As scheduled |
| <u>Narcotic Anonymous</u> | Thursday 7:30 pm at H-5 Bldg. 128 |
| <u>NHCU Patient Council</u> | 2nd Monday of the month |
| <u>Non-Combat PTSD Group</u> | Mondays at 2pm Bldg. 1 S101-M |
| <u>Relaxation/Meditation Group</u> | Thursdays at 11am Richard Hanson, Ph.D. Ext. 5604 |
| <u>Renew-Sexual Trauma Intensive Treatment Program</u> | Mon, Tues & Wednesdays 10am to 3pm |
| <u>Seeking Safety Group</u> | Thursday 5-6pm Bldg. 1 S101-M |
| <u>Seniors Group</u> | Friday 10:30-11:30am |
| <u>Significant Others Group</u> | Monday, 6:00-7:30pm |
| <u>Smoking Cessation</u> | Tuesdays & Thursdays am for first 4 weeks then only Tuesday for next four. |

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| <u>Social Skills Training Group</u> | As scheduled |
| <u>Spinal Cord Injury Patient Council</u> | Quarterly as scheduled |
| <u>Stress Management</u> | Tuesday, 10:00-11:00am |
| <u>Stroke Support Group</u> | Patients - Wednesday 10:00-11:00am, Family - 1st and 3rd Wednesday 9:00-10:00am |
| <u>Thoughts and Feelings Group</u> | 10 week series offered quarterly Thursdays 2-4pm at Bldg. 1 Rm S101-M |
| <u>Transitions Group(OIF/OEF returning vets)</u> | Wednesdays 1:30pm Bldg. 128 Rm A-126 |
| <u>Vet to Vet</u> | Various times and locations |
| <u>Weight Management Group</u> | Thursdays at 8:30am to 9am at Bldg. 1 S101 |

Cardiology

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| <p>Joseph Schwartz 911 E. San Antonio #8 Long Beach, CA 90806 562-984-6130 Fax 562-984-6134</p> | <p>Kishna Marvi 2777 Pacific Avenue, Suite #D Long Beach, CA 90806 562-426-1792</p> <p>Referral needed from M.D.</p> |
| <p>Minh Nguyen 306 E. Pacific Coast Highway #102 Long Beach, CA 90806 562-599-0981 Fax 562-599-0972</p> <p>Referral needed from M.D.</p> | <p>Pediatric Cardiology Richard Swensson, M.D. Christopher Tan, M.D. Dr. Dominique Blurton 2801 Atlantic Ave. ground floor Long Beach, CA 90801 562-933-3350 Fax 562-933-3359</p> <p>Newborn – 18 years old</p> |
| <p>Dr. Lai 2690 Pacific Ave., #290 Long Beach, CA 90806 562-595-9799</p> | |

Dentistry

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| <p>Dr. David Hauss 823 Atlantic Blvd. Long Beach, CA 90813 562-435-8339</p> <p>21 and under</p> | <p>Dr. Tony Chi 123 Atlantic Ave. Long Beach, CA 90802 562-436-8294</p> <p>Oral & maxillofacial surgery 20 y/o and under</p> |
| <p>Long Beach Dental 308 Orange Avenue Long Beach, CA 90802 562-436-4214</p> | |

Dermatology

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| <p>Frederick Rosenberg, M.D. 3650 E. South Street Lakewood, CA 90712 562-633-6353 Fax 562-633-4996</p> |
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Diabetic Doctors

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| <p>Drs. Contractor & Rubin 10941 Bloomfield Street, Suite #A Los Alamitos, CA 90720 562-596-1667</p> <p>See also Nephrology</p> |
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Ear, Nose, & Throat (ENT)

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| <p>Pediatric ENT 2801 Atlantic Avenue Long Beach, CA 90807 562-933-8538</p> <p>Children -18 only</p> | <p>Hassney Hamood 2785 Pacific Avenue , suite #A Long Beach, CA 90806 562-595-1589 Fax 562-595-7039</p> |
| <p>Sonif Auidology, USA 2530 Atlantic Avenue, #D Long Beach, CA 90806 562-426-2137 Fax 562-426-2512</p> <p>Hearing tests only</p> | |

Hematology/Oncology

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| <p>Coast Hematology/Oncology 701 E. 28th Street #418 Long Beach, CA 90806 562-997-4070</p> | <p>Andre Lim 1043 Elm Avenue, # 104 Long Beach, CA 90813 562-590-0345</p> |
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Hernia

Dr. Sandy Witzling
2840 Long Beach Blvd. #345
Long Beach, CA 90806
562-426-1355

Practice limited to hernia surgeries

Internal Medicine

Nancy Eugenio
2690 Pacific Avenue
Long Beach, CA 90806
562-595-5939

Medi-Medi only No straight Medi-Cal

George Jayatilaka
1045 Atlantic Ave., Ste# 818
Long Beach, CA 90813
562-436-8117
Fax 562-432-2777

General practice and pediatrics

Talbert Medical Group
500 Alamitos Blvd.
Long Beach, CA 90802
562-432-5661

Nephrology

Coast Nephrology Medical Group
3780 Kilroy Airport Way., #115
Long Beach, CA 90806
562-595-7426

Referral from MD

Drs. Contractor & Rubin
10941 Bloomfield Street, Suite #A
Los Alamitos, CA 90720
562-596-1667

Neurology

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| Harbor UCLA Neurology Medical Clinic 1000 W. Carson Street Torrance, CA 90509 310-222-8252 | Munter Hijazin, M.D. 11525 Brookshire Ave., #205 Downey, CA 90241 562-861-1988 Fax 526-861-5835 |
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OB/GYN & Family Practices

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| Universal Health Salima A. Multani, M.D. 934 Atlantic Avenue Long Beach, CA 90813 562-437-6828 Fax 562-437-5328 & 2020 E. 1 st Street Los Angeles, CA 90033 323-980-9600 Fax 323-980-9676 | Milton Lee, M.D. 3680 E. Imperial Highway #460 Lynwood, CA 90262 310-635-5857 Fax 310-919-1818 High Risk |
| Dr. Olusegun Salako 1951 Pacific Avenue Long Beach, CA 90806 562-218-6264 Fax 562-218-0745 | |
| St. Mary's OB-GYN 1045 Atlantic Avenue Long Beach, CA 90813 562-491-9047 Prenatal care & family pact only | Donald Ostergard, M.D. 701 E. 28 th Street, #212 Long Beach, CA 90806 562-426-5630 Fax 562-492-9893 |

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| <p>Bell Garden Family Medical Center 6501 S. Garfield Ave. Bell Gardens, CA 90201 562-928-9600</p> | <p>Soon S, M.D. 2777 Long Beach Blvd. Long Beach, CA 90806 562-595-5653</p> |
| <p>Veronique Jotterand, M.D. 2865 Atlantic Ave.#109 Long Beach, CA 90806 562-988-2020 Fax 562- 426-7394</p> <p>Pediatrics, Medi-Cal with a plan or healthy families</p> | <p>Universal Care Medical Group 17660 Lakewood Blvd. Bellflower, CA 90706 562-461-1179 Fax 562-804-0865</p> |

Ophthalmology

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| <p>Donald Schwartz 2650 Elm Ave., #108 Long Beach, CA 90806 562-427-5409 Fax 562-426-6321 562-426-6321</p> | <p>Veronica Jotterand, M.D. 2865 Atlantic Ave., #109 Long Beach, CA 90806 562-988-2020 Fax 562-426-7394</p> <p>Pediatrics – Medi-Cal with a plan or healthy families</p> |
| <p>Dr. Michael Brenner 3950 Long Beach Blvd., # 200 Long Beach, CA 90807 562-595-1291 Fax 562-981-2227</p> <p>No glasses or contact lenses- EXAMS ONLY</p> | <p>Optical Eye Care Center 500 W. Willow, #7 Long Beach, CA 90806 562-427-5527</p> <p>21 and under</p> |
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| <p>Sea View Optometric Center 328 Redondo Ave Long Beach, CA 90814 562-439-0486</p> <p>21+ Medi-Cal for exam only no glasses. \$120 for exam \$99 for glasses including frames & lens</p> | <p>Southern California College of Optometry 3916 S. Broadway Los Angeles, CA90037 323-234-9137</p> <p>Eye exam \$60 Single lens vision \$45, Bifocals \$70, Frames \$27 and up 20 years and under for Medi-Cal</p> |
| <p>EAP Optometry 6541 E. Spring Street Long Beach, CA 90808 562-496-3365 Fax 562-496-2764</p> <p>\$99 special includes: Eye exam + glasses Or Eye exam + pr. Disposable contacts</p> <p>Cash discount 20% off eye exam 20% off eyeglasses purchase 10% off contact lenses purchase 10% off non-prescription sunglass purchase</p> <p>Medi-Cal must be assigned to a group</p> | |

Pain Management

George El-Khoury
2650 Elm Ave., #218
Long Beach, CA 90806
562-424-2900
Fax 562-424-3200

Referral by M.D.

Pediatrics

Foribe Ndisorchu, M.D.
Pediatric Surgeon
454 Carson Pl., #110
Carson, CA 90746
310-516-0742
Fax 310-516-9158

Roger Takla, M.D., Inc.
1040 Elm Ave., #301
Long Beach, CA 90813
562-491-9001
Fax 562-491-9283

Podiatry

Dr. Connie Wong, DPM
Dr. Ki Sang Yi, DPM
915 Redondo
Long Beach, CA 90804
562-987-2626
Fax 562-987-2628

**Medi-Cal under 21
Over 21 MUST BE DIABETIC with
a health plan**

Dr. Roy Friedman
1045 Atlantic Ave., #807
Long Beach, Ca 90813
562-437-3338
Fax 562-437-1919

**Medi-Cal under 21
21+ initial consult \$80**

Pulmonologist

Jyoti Datta
1045 Atlantic Ave., #616
Long Beach, Ca 90813
562-435-4473
Fax 562-490-9711

Referral by M.D. and a lung problem

Urology

Steven A. Scheur, M.D.
1045 Atlantic Ave., #915
Long Beach, Ca 90813
562-590-7997
Fax 562-630-0660

Jules Perley, M.D.
1045 Atlantic Ave., #915
Long Beach, CA 90813
562-437-3288

Main office
3650 South St.,#408
Lakewood, CA 90712
562-630-0423

****CLINICS ACCEPTING MEDI-CAL**

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| <p>Bell Garden Family Medical Center 6501 S. Garfield Ave. Bell Gardens, Ca 90201 562-928-9600</p> | <p>Cardinal Medical Group 920 Pacific Ave Long Beach, Ca 90812 562-495-3985 Fax 562-495-3452</p> <p>Family practice</p> | <p>Coast Healthcare Medical Clinic 1024 E. Pacific Coast Hwy Long Beach, CA 90806 562-218-0131</p> <p>Family practice</p> <p>Birth control, condoms, HIV & STD testing – free for low income or no insurance</p> |
| <p>Family Clinic of Long Beach 1045 Atlantic Ave., #708 Long Beach, CA 90813 562-491-9045</p> <p>21+ by appointment only to establish care with a primary physician</p> | <p>Greater Long Beach Endoscopy Center 2880 Atlantic Ave., #180 Long Beach, CA 90806 562-426-2606</p> | <p>Harbor-UCLA Medical Center 1000 W. Carson Street Torrance, CA 90509 310-222-2345</p> |
| <p>Long Beach Dialysis Center 1045 Atlantic Ave., #108 Long Beach, CA 90813 562-435-3637</p> <p>Must be referred by Nephrologist</p> | <p>Pacific Hospital Family Clinic 2683 Pacific Ave Long Beach, CA 90813 562-997-2350</p> | <p>St. Mary’s OB clinic @ St. Mary’s Hilton Family Health Center 2nd floor 529 E. 10th Street Long Beach, CA 90813 562-491-9047</p> <p>Schedule appointments with Rebecca Billegas, Mgr</p> |

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| <p>St. Mary's Family Clinic 1045 Atlantic Ave., #708 Long Beach, Ca 90813 562-491-9045 Medi-Cal, Medicare, Cash</p> | <p>Talbert Medical Group 500 Alamitos Avenue 2nd floor Long Beach, CA 90802 562-432-5661</p> | <p>The Children's Clinic 1057 Pine Ave. Long Beach, Ca 90813 562-366-5900 Or The Children's Clinic for Adults 730 W. 3rd St. Long Beach, CA 90802 562-435-5040</p> <p>Straight Medi-Cal & LA care insurance</p> |
| <p>The Mental Health Urgent Care Center 6060 Paramount Blvd. Long Beach, Ca 90805 562-790-1860</p> <p>Crisis intervention for psychiatric services – no long term care</p> | <p>Westside Neighborhood Clinic 2125 Santa Fe Ave. Long Beach, CA 90810 562-432-9575</p> <p>By appointments only</p> | <p>West County Medical 100 Market Street Long Beach, Ca 90805 562-428-4222</p> <p>Medical & substance abuse</p> |
| <p>Wilmington Community Clinic 1009 N. Avalon Blvd. Wilmington, Ca 90744 310-549-5760</p> <p>Gyn, peds, general medicine, allergist, & pre natal</p> | <p>Wilmington Family Health Center 1325 Broad Ave. Wilmington, Ca 90744 310-518-8800</p> <p>Family medicine/general practice Full scope Medi-Cal & CHP</p> | <p>St. Nazarene Medical Clinic 2403 Atlantic Ave Long Beach, CA 90806 562-989-0145</p> <p>Family practice</p> |

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| <p>South Medical Group 1530 E. South Street Long Beach, CA 90805 562-984-9200</p> <p>Immunizations, prenatal care, physicals, family planning</p> | <p>Oasis Care Medical Group 4056 Orange Ave. Long Beach, CA 90806 562-424-3328</p> <p>Internal medicine</p> | |
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