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Healthy Viking Initiative

Healthy Viking Initiative

🌐 Instagram: @lbcc_healthyvikings

📌 Healthy Viking Initiative Instagram feed aims to inform, support, and inspire their followers. Nourishment event details may be found here as well as workshops and on campus services.

Long Beach City College Student Health Services

📍 Liberal Arts Campus

4901 E. Carson St. A-1010, Long Beach, CA 90808

📞 (562) 938- 4210

📍 Pacific Coast Campus

1305 E. Pacific Coast Highway GG-117, Long Beach, CA 90806

📞 (562) 938-3992

🕒 Mon.–Thurs. 8AM–5PM · Fri. 8AM–12PM

📌 LBCC offers social and emotional wellbeing services and medical care services at each campus.

Access to Showers

📍 Showers located in fitness centers at both LAC & PCC

📞 (562) 938-4029

📌 Operating hours may change, call ahead to confirm. Access for enrolled students to utilize the shower facilities on both campuses during select operating hours.

Food Resources

Beacon for Him

📍 454 W. Anaheim St., Long Beach, CA 90813

📞 (562) 537 - 6327 🌐 www.beaconforhim.org

📌 Call for information about food delivery and other resources.

Burns Community Center

📍 5510 Clark Ave., Lakewood, CA 90712

📞 (562) 925 - 7512 🌐 www.lakewoodcity.org

🕒 Mon.-Fri. 9AM - 5PM

📌 If you call two days in advance, they will prepare a box of groceries for you. Must be a resident of Lakewood.

CalFresh (SNAP)

📞 (877) 847-3663

🌐 www.cdss.ca.gov/food-nutrition/calfresh

📌 Food program that provides monthly food benefits to individuals and families with low-income.

Basic Needs

📍 Liberal Arts Campus:

4901 E. Carson St. E-131, Long Beach, CA 90808

📞 (562) 938-4756 🌐 basicneeds@lbcc.edu

📌 Long Beach City College has implemented a Basic Needs program to address hunger and housing insecurities among students. The program is supported by the Healthy Viking Initiative and will provide increased access to food, direct referrals to appropriate housing agencies, and information regarding transportation resources for LBCC students.

Viking Vault Grab & Go

📍 Liberal Arts Campus: Lot I, every other Tuesday, for more info check @lbcc_healthyvikings

📌 The Viking Vault Grab & Go is a drive through event where students pick up a bag of groceries and hygiene/family planning kits provided by Student Health Services.

📍 Liberal Arts Campus: E131

The Viking Vault Food Pantry is open during campus closure, every Monday and Tuesday 9am-5pm! Send us an email at basicneeds@lbcc.edu to schedule your visit to the Viking Vault. Let us know what day and time you would like to come pick up your free groceries and we will confirm the appointment with you.

Cherry-Carson Assembly of God

📍 4103 Cherry Ave., Long Beach, CA 90807

📞 (562) 424-8412 🌐 www.cherrycarson.church

🕒 Food distribution on Sundays from 12PM–3PM. While supplies last.

Christian Outreach in Action

📍 515 E. Third St., Long Beach, CA 90802

📞 (562) 432-1440 🌐 www.coalongbeach.org

🕒 Breakfast 7 days (7AM–8AM), Dinner M–F (4:30–5:30), Food distribution on Tuesdays and Thursdays from 9AM to 12PM.

Food Finders

🌐 www.foodfinders.org/food-pantry-locator

📌 Helps find a food pantry or meal distribution near you.

LA Food Bank

🌐 www.lafoodbank.org/find-food/pantry-locator/

📌 Helps to find your local food pantry near you.

Food Resources continued

Grateful Hearts

📍 5420 Katella, Los Alamitos, CA 90720

📞 (562) 431-0880 🌐 www.gratefulhearts.org

📌 Please call for an appointment. Food distribution by appointment only, Wednesday, Thursday, Saturday from 9:45AM-1:15PM. All cities welcomed.

Lakewood First United Methodist

📍 4300 Bellflower Blvd., Lakewood, CA 90713

📞 (562) 425-1219 🌐 www.lakewoodfirstumc.org

🕒 Food distribution on the 2nd and 4th Saturday of the month from 9AM–11AM.

Long Beach Seventh-day Adventist Church

📍 1001 E. 3rd St, Long Beach, CA 90802

📞 (562) 437-2805 🌐 www.longbeachadventist.org

🕒 Food distribution on 3rd Sunday of the month from 8AM–10AM.

Lutheran Social Services, Long Beach Office

📍 1611 Pine St., Long Beach CA 90813

📞 (562) 599-1321 🌐 www.lsssc.org

🕒 Food distribution provided on Monday - Thursdays from 10AM–noon, and 12:30PM–2PM. Bring your own bags. Distribution is through alley.

North Long Beach Ministry

📍 5239 Atlantic Ave., Long Beach, CA 90805

📞 (562) 422-5090 🌐 www.nlbcc.net

🕒 Food distribution on Fridays. Arrive at 7AM–9AM to sign up. Distribution starts at 11AM.

Philadelphian SDA Church

📍 2640 Santa Fe Ave., Long Beach, CA 90810

🕒 Food distribution on the 2nd and 4th Wednesday of the month from 1PM–2PM.

Housing

Chirp Los Angeles

📍 2121 S. Flower St., Los Angeles, CA 90007

📞 (213) 741-1951 🌐 www.chirpla.org

🕒 Mon.–Fri. 9AM–2PM

📌 Housing information and referral program to prevent homelessness and assist people living with HIV/AIDS.

Revive Church

📍 668 N. Obispo Ave., Long Beach, CA 90814

🕒 Food distribution on the 1st and 3rd Friday of the month from 1PM-2:30PM.

Rosewood Christian Reformed

📍 10115 Rose St., Bellflower, CA 90706

📞 (562) 804-4778 🌐 www.rosewoodchurch.com

🕒 Food distribution on Fridays from 3PM–4PM.

Salvation Army, Long Beach

📍 3092 Long Beach Blvd., Long Beach, CA 90807

📞 (562) 247-3525 🌐 www.salvationarmyusa.org

🕒 Monday, Wednesdays and Thursdays from 9AM-12PM & 1PM-4PM. Must have ID with current address. Must be a resident of Long Beach, Signal Hill, Hawaiian Gardens and Lakewood.

Second Samoan Church

📍 655 Cedar Ave., Long Beach, CA 90802

📞 (562) 628-9282 🌐 www.secondsamoan.org

🕒 Food distribution on Tuesdays from 10:30AM-Noon. Open to the community.

St. Gregory's Episcopal Church

📍 6201 Willow St., Long Beach, CA 90815

📞 (562) 420-1311 🌐 www.stgregoryschurch.com

🕒 1st Wednesday of the month from 9:30AM–12PM. Must have photo ID.

St. Luke's Episcopal Church

📍 525 E. 7th St., Long Beach, CA 90813

📞 (562) 436-4047 🌐 www.stlukeslb.org

🕒 Saturdays from 7:30AM - 11:30AM, closed on 5th Saturdays of the month and holidays

Harbor Interfaith

📍 599 West 9th Street, San Pedro, CA 90731

📞 (424) 276-3602 🌐 www.harborinterfaith.org

📌 Empowering the homeless and working to achieve self-sufficiency by providing shelter, transitional housing, food, job placement, advocacy, childcare, education, and life-skills training.

Housing continued

Long Beach Multi-Service Center

📍 1301 W. 12th St., Long Beach, CA 90813

☎ (562) 570 4500

🕒 Mon., Tues., Wed., Fri. 8:30AM–4PM

📌 Main entry point into finding homeless shelter in Long Beach and LA county. All persons seeking homeless services must first contact the MSC.

New Life Beginnings Inc.

📍 835 E. 6th St., Long Beach, CA 90802

☎ (562) 590-1538 🌐 www.newlb.org

🕒 Mon.–Fri. 10AM–4PM

📌 Housing services for pregnant women and women with children.

Precious Life

📍 3622 Florista St., Los Alamitos, CA 90720

☎ (562) 431-5025 🌐 www.preciouslifeshelter.org

🕒 Mon.–Fri. 9AM–5PM

📌 Residential/supportive services for homeless pregnant women. 30 days of no cost housing/ case management.

Mental Health

College Medical Center

📍 2776 Pacific Ave., Long Beach, CA 90806

☎ (562) 997-2000 🌐 www.chc.la

🕒 24 hours a day, 7 days a week.

📌 Inpatient-Crisis Intervention, psychiatric evaluation, Accepts Medi-Cal. Some out of pocket costs

☎ **24-Hour Crisis HelpLine in LA County (800) 352-3301**

Crisis Text Line

☎ **Text HOME to 741741**

🕒 24 hours a day, 7 days a week.

🌐 www.crisistextline.org

📌 Support by a trained Crisis Counselor via text for those in crisis. Text COURAGE to 714714.

Didi Hirsch Mental Health Services

📍 4760 S. Sepulveda Blvd., Culver City, CA 90230

☎ (800) 807-7250 🌐 www.didihirsch.org

🕒 Mon.–Fri. 9AM–5PM

📌 Provides mental health services & substance abuse services.

☎ **Suicide Prevention Hotline (800) 273-8255**

Healthy Viking Initiative - Student Resource Guide

Su Casa

📍 3750 E. Anaheim St. Ste 100, Long Beach, CA 90804

☎ (562) 421-6537

☎ **Hotline: (562) 402-4888**

🌐 www.sucasadv.org

🕒 Mon.–Fri. 9AM–5PM

📌 Emergency shelter and transitional housing for women/children affected by domestic violence.

Villages at Cabrillo

📍 2001 River Ave., Long Beach, CA 90810

☎ (562) 388-8000 🌐 www.centuryvillages.org

🕒 Mon.–Fri. 8:30AM–5:30PM

📌 Residential housing community providing supportive housing with wrap around services.

Women’s Shelter of Long Beach

📍 930 Pacific Ave., Long Beach, CA 90813

☎ (562) 437-7233

☎ **24-hr Crisis Hotline (562) 437-4663**

🌐 www.womenshelterlb.org

📌 24 hour hotline. 30 days of emergency shelter for victims of domestic violence. They serve women, men and children.

Del Amo Behavioral Health System

📍 23700 Camino del Sol, Torrance, CA 90505

☎ (310) 530-1151 🌐 www.delamohospital.com

☎ **Toll Free: (800) 533-5266**

🕒 24 hours a day, 7 days a week.

📌 Crisis Stabilization, dissociative disorders, PTSD, addictions, eating disorders. 24/7. .

Family Health Care Center

📍 22310 Wardham Ave., Hawaiian Gardens, CA 90716

☎ (562)-541-1362 🌐 www.fhccgla.com

🕒 Mon.–Fri. 8AM–5PM

📌 Psychiatric evaluation, PTSD, Substance abuse treatment. Must be veteran eligible.

Heritage Clinic

📍 3939 Atlantic Ave., Ste. 103 Long Beach, CA 90807

☎ (562) 264-6001 🌐 www.heritageclinic.org

🕒 Mon.–Fr. 8:30am to 5:00pm

📌 Provides mental health services for adults age 55 and older and services for their families.

Mental Health contunied

Jewish Family and Children’s Services

📍 3801 East Willow St., Long Beach, CA 90815

☎ (562) 427-7916 🌐 www.jfcslongbeach.org

🕒 Mon.–Thurs. 8:30AM-8PM · Fri. 8:30AM–4PM

📌 Individuals, families and children can receive services related to depression, anxiety and other services.

La Casa Mental Health Urgent Care and Rehabilitation Center

📍 6060 Paramount Blvd. Long Beach, CA 90805

☎ 562-634-9534 🌐 www.telecarecorp.com

🕒 Walk-In Mon.–Fri. 8AM–7PM

📌 Crisis assessment, medication and referrals. No cost.

Long Beach Asian Pacific Islander Family Mental Health Clinic

📍 4510 E. Pacific Coast Hwy Suite 600, Long Beach, CA 90815

☎ (562) 346-1100

🕒 Mon.–Thur. 8AM–5PM, Fri. 8AM-4PM

📌 Provides targeted case management, medication support and mental health services.

Long Beach Department of Health and Human Services

📍 2525 Grand Ave., Long Beach, CA 90815

☎ 562) 570-4000 🌐 www.longbeach.gov/health

🕒 Mon.–Fri. 8AM–5PM

📌 Provides health services for community members of LB.

The Long Beach Trauma Recovery Center

📍 1045 Atlantic Ave. Suite 801, Long Beach, CA 90815

☎ (562) 491-7977

🌐 www.csulb.edu/college-of-education/long-beach-trauma-recovery-center

🕒 Mon.–Fri. 8:30AM–5PM

📌 Individual/group therapy, psychiatric evaluation. sliding scale. MediCal/private insurance.

Memorial Counseling Associates

📍 4525 E. Atherton St., Long Beach, CA 90815

☎ (800) 633-7888 🌐 www.mcamh.com

🕒 Mon.–Fri. 9AM–5PM

📌 Free. Crisis intervention/psychiatric medication consultation. Everyone is welcome. (1-2 month waiting period).

Mental Health America (The Village)

📍 200 Pine Avenue, Suite 400, Long Beach, CA, 90802

☎ (562) 285-1330 🌐 www.mhala.org

🕒 Mon.–Fri. 9AM–5PM

📌 PTSD, Bipolar, Depression Disorders, Schizophrenia. Connects you with housing services. Medi-Cal only.

Miracles Trauma Recovery

📍 19401 S. Vermont Avenue Suite C-200, Los Angeles, CA 90502

☎ (301) 819-1055 🌐 www.miraclecc.org

📌 Outreach and education services, clinical evaluations, individual therapy for victims and survivors of trauma/crime, crisis intervention, therapy, psychiatric care, case management.

National Alliance on Mental Illness (NAMI) Long Beach

📍 5230 Clark Ave, Suite 2, Lakewood, CA 90712

☎ Information Line: (562) 435-2264

🌐 www.namilongbeach.org

📌 Provides education, advocacy, and support groups to individuals & families that are affected by mental illness.

Pacific Asian Counseling Services

📍 3530 Atlantic Ave. Suite 210, Long Beach, CA 90807

☎ (562) 424-1886 🌐 www.pacsla.com

🕒 Mon.–Fri. 9AM–6PM

📌 Mental illness, substance abuse, emotional/behavioral problems. Accepts Medi-Cal/insurance.

Project Return Peer Support Network

📍 2677 1/2 Zoe Ave Suite # 304, Huntington Park, CA 90255

☎ (323) 346-0960

Hacienda of Hope

📍 2241 W. Williams St., Long Beach, CA 90810

☎ (323) 388-8183

🌐 www.prpsn.org 🕒 Mon.–Fri. 9AM–5PM

📌 They offer crisis support, employment support, career support, and other services.

☎ **Warmline: (888) 448-9777, non-crisis peer support Mon-Fri 5pm-10pm & Sat 11am-4pm**

Transition-Age Youth (TAY)

📍 2025 7th Street, Long Beach, CA 90804

☎ (562) 284-0108

🌐 www.mhala.org/services-and-programs/youth/

📌 Helps young adults ages 18-25 with mental health needs and emotional disturbances, who are homeless/ nearly homeless, to fully integrate into the community.

The Wellness Center

📍 830 Atlantic Ave, Long Beach, CA 90813

☎ (562) 285-0149 🌐 wellness@mhala.org

📌 The center responds to the needs of individuals with mental health needs who are stabilized and housed by providing opportunities to learn skills for self-reliance, develop natural supports, and access local resources.

www.lbcc.edu/student-health-services

Disability

Ability First Long Beach Center

📍 3770 E Willow St, Long Beach, CA 90815

☎ (877) 768-4600 🌐 www.abilityfirst.org

📌 AbilityFirst provides a variety of programs designed to help people with disabilities achieve their personal best throughout their lives.

Able Arts Work: Achieving Results Together (ART Center)

📍 3626 East Pacific Coast Hwy, Long Beach, CA 90804

☎ (562) 982-0247 🌐 www.ableartswork.org

🕒 Mon-Fri 8:30AM-4PM

📌 The primary mission is to provide lifelong learning, community service and vocational opportunities through the creative arts for people of all abilities and all ages.

LGBTQ+

LGBTQ Center of Long Beach

📍 2017 E. Fourth St., Long Beach, CA 90814 (562) 434-4455

🌐 www.centerlb.org

🕒 Mon.-Fri. 10AM-7PM

📌 Provides social services, legal services, workshops, STI testing and many more services.

Trevor Project Lifeline

☎ 24/7 Line: 1-866-488-7386

☎ Text START to 678-678

🌐 www.thetrevorproject.org

📌 Provides support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.

Legal Services

Legal Aid Foundation of Los Angeles

📍 601 Pacific Ave., Long Beach, CA 90802

☎ (800) 399-4529

🌐 www.lafla.org

🕒 Mon.-Fri. 9AM-5PM

📌 Legal support for low-income people. They help with immigration, eviction, family law and other matters.

Disabled Resource Center

📍 2750 E Spring St # 100, Long Beach, CA 90806

☎ (562) 427-1000

🕒 Mon-Fri 8AM-5PM

🌐 www.drcinc.org

📌 DRC provides services to all people with disabilities, regardless of their age, gender, ethnicity, sexual preference or disability type. To empower people with disabilities to live independently in the community, to make their own decisions about their lives and to advocate on their own behalf.

Trans*itions Health & Wellness

📍 1605 N. Spurgeon Street Santa Ana, CA 92701

☎ (714) 953-5428

🌐 www.lgbtcenteroc.org/services/transitions

🕒 Mon.-Fri. 10AM-9PM, Sat & Sun: by appointment

📌 Trans specific health and wellness program helping guide the trans community, and their families, throughout their transition. Free HIV & STI testing.

Los Angeles LGBT Center

📍 1625 N. Schrader Boulevard, Los Angeles, CA 90028-6213

☎ 323-993-7400

🌐 www.lalgbtcenter.org/

📌 The Los Angeles LGBT Center is building a world where LGBT people thrive as healthy, equal, and complete members of society.

Mental Health Advocacy Services

📍 3255 Wilshire Blvd. Suite 902, Los Angeles, CA 90010

☎ (213) 389-2077

🌐 www.mhas-la.org

🕒 Mon.-Fri. 9AM-5PM

📌 A non-profit providing free legal services to individuals with mental disabilities.

Medical

C.A.R.E. Program and Clinic

📍 1043 Elm Avenue, Suite 300, Long Beach, CA 90813

☎ (562) 543-3766

🌐 www.dignityhealth.org/socal/locations/stmarymedical/services/care-center

🕒 Mon-Fri 8:30AM-4:30PM

📌 New client intake, medical clinic, social services & administration

Community Hospital of Long Beach

📍 1720 Termino Ave. Long Beach, CA 90804

☎ Administrative (562) 494-0600

Service/Intake and Administration (562) 498-1000

🕒 Monday through Friday, 8:00AM to 5:00PM

🌐 www.memorialcare.org/community-hospital-long-beach

📌 24-hour emergency services and intensive care, cardiovascular diagnostics, mental health and wellness, women's heart screenings, occupational medicine, diabetes services and more.

Long Beach Comprehensive Health Center

📍 1333 Chestnut Ave., Long Beach, CA 90813

☎ (562) 599-2153

🌐 www.dhs.lacounty.gov

🕒 Mon/Wed/Thur/Fri. 8AM-4:30PM, Tues 11AM-6:30PM

📌 Sliding scale. Physicals, STI/HIV testing. No immunizations or x-rays.

Long Beach Health and Human Services

📍 2525 Grand Ave., Long Beach, CA 90815

☎ (562) 570-4000

🌐 www.longbeach.gov

🕒 Mon.-Fri. 8AM-5PM

📌 Physicals, immunizations, dental, vision, Medi-Cal. \$60 per visit based on income. Chest x-rays w/ referral.

Long Beach Urgent Care

📍 4200 E. PCH Hwy, Suite 150, Long Beach, CA 90804

☎ (562) 661-9100

🌐 www.urgentmednetwork.com

🕒 Mon-Fri: 8AM - 8PM, Sat-Sun 9AM-5PM

📌 On-site labs, X-rays, & medication, Affordable rates for the uninsured and we accept most insurance plans

Long Beach Women's & Children's Medical Clinic

📍 780 Atlantic Ave, Long Beach, CA 90813

☎ (562) 624-1111

🌐 www.lbfamilymed.com

🕒 Mon-Fri: 9AM-5PM

Planned Parenthood - Long Beach Health Center

📍 2690 Pacific Avenue, Ste. 370, Long Beach, CA 90806

☎ (800) 576-5544 🌐 www.plannedparenthood.org

🕒 Mon/Tues/Wed/Fri 8AM-5PM, Thur 5:45 a.m. – 1:30 p.m., Sat 8AM-4PM

Walk-in hours: Mon/Tues/Wed/Fri 8AM-3:30PM, Sat 8AM-3PM

📌 Affordable health care, largest provider of sex education. With or without insurance, you can always come to us for your health care. If you need emergency contraception, you can walk in anytime we are open.

South Bay Family Health Care: Gardena Clinic

📍 742 W. Gardena Blvd., Gardena, CA 90247

☎ Main: (310) 802-6177

Office: (310) 327-1357

🌐 www.sbfhc.org

🕒 Mon/Wed/Fri 8AM-4:30PM, Tues/Thur 9AM-3:30PM

📌 Primary/Preventive health care services. Prenatal, pediatric, dental, chest x-rays

Torrance Public Health Clinic

📍 711 Del Amo Blvd., Torrance, CA 90502

☎ (310) 354-2300

🌐 Mon.-Fri. 8AM-5PM

🕒 www.locator.lacounty.gov/health/Location/3182144/torrance-public-health-center

📌 TB testing, sports physicals. No chest x-rays. \$40 per visit/sliding scale. No insurance.

TCC Family Health Center Westside

📍 2125 Santa Fe Ave., Long Beach, CA 90801

☎ (844) 822-4646 🌐 www.thechildrensclinic.org

🕒 Mon.-Fri. 8AM-5PM

📌 Immunizations, STI/HIV care, family planning, chest x-rays. Call for pricing. By appointment.

Dental

All Children's Dental

📍 1307 S. Euclid St., Anaheim, CA 92802

☎ (714) 808-0228

🕒 Mon-Wed-Fri: 9AM - 6PM, Tues-Thurs: 10AM - 7PM,

Sat: 8AM - 3PM

📌 Dental care & orthodontist. Accepts Medi-Cal.

AltaMed and Dental Group

📍 8041 Newman Ave., Huntington Beach, CA 92647

☎ (714) 500-0400 🌐 www.altamed.org

🕒 Mon/Wed/Fri/Sat/Sun: 8AM-5PM

Tues/Thurs 9AM-5PM Lunch from 12PM - 1PM

📌 General dental services. Sliding fee based on income.

Accepts Medi-Cal or cash, Call for more information

Earl B. and Lorraine H. Miller Foundation Orthodontic Center

📍 6220 E. Spring St., Long Beach, CA 90815

☎ (562) 425-9453

🌐 www.allb.org

🕒 Mon.-Fri. 8:30AM-5PM

📌 Low-cost orthodontic care for children ages 6-17 in LB,

Lakewood and Signal Hill or attend Long Beach Unified

School District. Sliding Scale. \$100 start up fee. New

patients accepted every 3 months.

Family Dental (Two Locations)

📍 3317 E. 10th St., Long Beach, CA 90804

☎ (562) 438-2500

📍 5828 Cherry Ave., Long Beach, CA 90805

☎ (562) 422-6838

🌐 www.lbfamilydental.com

🕒 Mon-Fri.: 10AM-6PM

📌 General dental services, orthodontics, and oral surgery.

\$49 exam and X-rays (includes oral cancer screening,

excludes cleaning).

Clothing

Long Beach City Multi Service Center

📍 1301 W. 12th St., Long Beach, CA 90813

Christian Outreach In Action

📍 515 E. 3rd St., Long Beach, CA 90802

First Baptist of Long Beach

📍 1000 Pine Ave., Long Beach, CA 90813

Healthy Viking Initiative - Student Resource Guide

Harbor UCLA Medical Center

📍 1000 W. Carson St., Torrance, CA 90509

☎ (323) 653-1990

🌐 www.harbor-ucla.org

📌 Emergency Clinic 24 hours. Outpatient Clinic. Tooth extractions only. Sliding fee based on income. LA county residents only. Call for appointment and office hours.

HIV Dental C.A.R.E. Dental

📍 1027 Linden Ave. Suite C, Long Beach, CA 90813

☎ (562) 624-4949

🌐 www.dignityhealth.org

🕒 Mon.-Fri. 8:30AM-4:30PM

📌 Free dental services for HIV positive individuals without insurance. Needs a physician's referral to obtain an appointment.

Marina Smiles Dentistry

📍 6437 E. Pacific Coast Highway Unit A-6, Long Beach, CA 90803

☎ (562) 280-5200

🌐 www.marinasmiledentistry.com

🕒 Mon-Thur: 8AM-5PM Fri: 8AM-4PM

📌 General dental services, oral surgery, periodontics, endodontics. \$59 coupon for cleaning, exam, digital X-rays for the first time new patients (Must get coupon).

The Children's Dental Health Clinic

📍 455 E. Columbia St. Suite 32, Long Beach, CA 90806

☎ (562) 933-3141

🌐 www.cdhc.org

🕒 Mon.-Fri. 7AM-4PM

📌 Exams, X-rays, oral surgery for ages 1-21. Sliding scale. Accepts Medi-Cal.

Long Beach Community Services Center

📍 123 E. 4th St., Long Beach, CA 90813

Lutheran Social Services

📍 1611 Pine Ave.. Long Beach, CA 90813

LBCC Viking Closet

📍 4901 E Carson St. E-building, Long Beach, CA 90808

Substance Abuse and Addiction Support

Substance Abuse Service Helpline

☎ (844) 804-7500

🕒 24 hours a day, 7 days a week

🌐 www.publichealth.lacounty.gov/sapc

📌 Operated by the Los Angeles County Department of Public Health, this hotline provides screening, resources and service referrals regarding substance use disorders.

Veterans

VA Long Beach Healthcare

📍 5901 E. Seventh St., Long Beach, CA 90822

☎ (562) 826-8000

🌐 www.longbeach.va.gov

🕒 24 hours a day, 7 days a week.

📌 For emergencies 24 hours a day and 7 days a week.

Must be veteran eligible.

Undocumented

Centro CHA, Inc.

📍 1633 Long Beach Blvd. Long Beach, CA 90813

☎ (562) 612 4180 🌐 www.centrocha.org

🕒 Monday-Thursday 8:30am-6:00pm, Friday 8:30am-3:00pm

📌 Centro CHA exists with the mission to increase the quality source of programs and services that are dedicated to improving the social and economic development of low-income youth and families in LB. They provide citizen/immigrant integration services.

Domestic Violence/Sexual Assault

National Domestic Violence Hotline

☎ Call 800-799-SAFE (7233)

🌐 www.thehotline.org

📌 Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

Interval House

📍 6615 East Pacific Coast Highway, Long Beach, CA 90803

☎ (562) 594-9492 🌐 www.intervalhouse.org

☎ 24 hour hotline (562) 594-4555

📌 Emergency and transitional shelter for victims of abuse of all ages, females, and their children. 30 days of emergency shelter. Up to 1 year transitional.

Tarzana Treatment Centers

📍 5190 Atlantic Ave., Long Beach, CA 90805

☎ (888) 777-8565

🌐 www.tarzanatc.org

🕒 Mon.-Fri. 8AM-5PM

📌 A non-profit that helps individuals with substance abuse or mental health matters.

Strength In Support: Los Angeles

☎ (310) 736-1090

🌐 www.strengthinsupport.org

🕒 Mon.-Fri. 9AM-5PM

📌 Provides counseling, mentorship, educational workshops, and all services to veterans and their families.

Long Beach Immigration Rights Coalition

📍 525 E. 7th St., Long Beach, CA 90813

🌐 www.lbirc.org

📌 Grassroots network of community organizations and individuals working for just immigration policies and practices that respect human rights and the dignity of immigrants, through education, services, and advocacy. They offer ESL classes, legal clinics, and DACA support.

National Sexual Assault Hotline

☎ Call 800-656-HOPE (4673)

🌐 www.rainn.org

📌 Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Free help, 24/7

Su Casa

📍 3750 E. Anaheim St. Ste 100, Long Beach, CA 90804

☎ (562) 421-6537 🌐 www.sucasadv.org

🕒 Mon.-Fri. 9AM-5PM

📌 Emergency shelter and transitional housing for women/ children affected by domestic violence.

☎ Hotline: (562) 402-4888

www.lbcc.edu/student-health-services

Domestic Violence/Sexual Assault continued

Rape Treatment Center

📍 1250 16th St, Santa Monica, CA 90404

☎️ (424) 259-7208

🕒 24 hours a day, 7 days a week

🌐 www.uclahealth.org/rtc

📌 Provides comprehensive services for sexual assault victims – adults and children – including specialized medical care, forensic services, counseling, and information about rights and options.

Waymakers

📍 1221 East Dyer Road Suite 120, Santa Ana, CA 92705

☎️ (949) 250-0488 🌐 www.waymakersoc.org

🕒 Mon.–Fri. 8AM–5PM

📌 Offers shelter for children, supports victims of crime, counseling programs for families, mediation & restorative justice services, education and prevention programs.

On-Campus

Associated Student Body

📍 Liberal Arts Campus: E-118

📍 Pacific Coast Campus: EE-Student Union

☎️ Contact Kim Hamon, Student Activities Advisor, at (562) 938-4055 or khamon@lbcc.edu

🌐 www.lbcc.edu/post/associated-student-body-0

📌 ASB's purpose is to represent LBCC students, promote cooperation among faculty, students and staff, and to stimulate the intellectual, physical, social and cultural goals through sponsorship of educational and co-curricular programs.

CalWORKs

📍 Pacific Coast Campus: GG-217

☎️ (562) 938-3116 🌐 www.lbcc.edu/calworks

📌 CalWORKs is California's Welfare-to-Work program that gives cash aid & services to eligible needy California families.

CARE Program

☎️ Contact Deborah Boyle, CARE Program Specialist, at (562) 938-4088

📌 CARE is to assist students in achieving their educational goals through academic support.

COVID-19 Responce Update

🌐 www.lbcc.edu/coronavirus

📌 Important info & best practices on preventing the spread of the coronavirus (COVID-19)

Women's Shelter of Long Beach: Domestic Violence Resource Center

📍 4201 Long Beach Blvd., Ste. 102, Long Beach, CA 90807

☎️ (562) 437-7233 🌐 www.womenshelterlb.org

🕒 Open M-F: 8am-5pm

☎️ **24-Hour Domestic Violence Hotline (562) 437-4663**

📌 30 days of emergency shelter for victims of domestic violence. They serve women, men and children.

YWCA Sexual Assault Crisis Services

📍 920 Atlantic Ave., Ste 100, Long Beach, CA 90813

☎️ (562) 590-6400 🌐 www.ywca.org

🕒 Mon.–Fri. 9AM–5:30PM

📌 Services for victims of sexual assault and other services.

☎️ **24hr Sexual Assult Crisis: 877-Y-HELPS-U (877-943-5778)**

Dream Services

📍 Liberal Arts Campus: A-1002 ☎️ (562) 938-5101

🌐 www.lbcc.edu/dream-services

☎️ Contact Jose Gutierrez at jgutierrez@lbcc.edu

📌 The Dream Center is dedicated to serving the AB540 and undocumented student population through advocacy, guidance, and support.

DSPS

📍 Liberal Arts Campus: A-1134 ☎️ (562) 938-4558

📍 Pacific Coast Campus: GG-107 ☎️ (562) 938-3921

🌐 www.lbcc.edu/disabled-student-services

🕒 Mon.–Thurs. 8AM-5PM, Fri. 8AM–12PM

📌 Offers a range of services that compensate for a students limitations, such as note-taking assistance, interpretive services, test taking assistance, and alternative media formats.

EOPS

📍 Liberal Arts Campus: A-1134 ☎️ (562) 938-4273

📍 Pacific Coast Campus: GG-217 ☎️ (562) 938-3097

🌐 www.lbcc.edu/extended-opportunity-programs-and-services

🕒 Mon.–Thurs. 8AM-6PM, Fri. 8AM–12PM

📌 EOPS offers a variety of support programs and services to eligible community college students, which include: academic and personal counseling, priority registration, supplemental tutoring/book assistance. EOPS support services enhance & increase student success.

On-Campus continued

Financial Aid

📍 Liberal Arts Campus: A-1075

📍 Pacific Coast Campus: GG-102

☎️ (562) 938-4485 🌐 www.lbcc.edu/financial-aid

🕒 Mon.–Thurs. 8AM-5PM, Fri. 8AM–12PM

📌 Everything you need to know about what college costs and which resources can help you.

Foster Youth Support Services

📍 Pacific Coast Campus: QQ-104 ☎️ (562) 938-3096

☎️ Contact Karina Rubio, Outreach & Recruitment

Specialist at FosterYouth@lbcc.edu

🌐 www.lbcc.edu/foster-youth-support-services

📌 Foster Youth Support Services (FYSS) helps to provide a smooth transition to college for current and former foster youth students at Long Beach City College. Our goal is to create an engaging, inclusive and equitable community in which current and former foster youth can attain their educational, career, and personal goals.

Guardian Scholars

📍 Pacific Coast Campus: QQ-104

☎️ Contact Melissa Keith, Guardian Scholars Counselor & Coordinator at (562) 938-3216

📌 Guardian Scholars serves any current and former foster youth whose dependency was established or continued by the court.

LGBTQ+

📌 LBCC is committed to serving members of the campus community who identify as lesbian, gay, bisexual, transgender, and queer.

🌐 www.lbcc.edu/lgbtq-resources

Justice Scholars

📍 Pacific Coast Campus: QQ104

☎️ Contact (562) 938-3925 or justicescholars@lbcc.edu

📌 The Justice Scholars Program (JSP) serves Formerly Incarcerated & Criminal (In) Justice Systems Impacted Students at Long Beach City College. JSP is committed to providing educational, social, and professional tools needed to reduce recidivism and increase student persistence.

Puente Project

☎️ Contact Vidal Vargas, PUENTE Counselor at wargas@LBCC.edu

📌 LBCC Puente Program is a transfer program that provides students with support in their transfer-level English courses, offers academic counseling, and sets up their academic mentoring.

Student Life

📍 Liberal Arts Campus: E-117

☎️ Contact Teila Robertson, Student Life Coordinator at (562) 938-4978

🌐 www.lbcc.edu/student-life

📌 Joining a club or organization will provide you the opportunity to make new friends, develop leadership skills, and contribute to LBCC and the community. In addition to many student clubs, we offer leadership programs, intramural and recreational sports, the John Fylpaa Leadership Program and much more.

Scholarship Office

📍 Liberal Arts Campus: A-1040 ☎️ (562) 938-4267

🌐 www.lbcc.edu/scholarships

🕒 Mon.–Thurs. 8AM-5PM • Fri. 8AM–12PM

📌 To apply for a scholarship, students complete one online application, autobiography and two references.

This one form can help you apply to the 700 scholarships available. Application opens in the start of Fall semester and ends two weeks before Fall semester ends.

NextUp

📍 Pacific Coast Campus: QQ-104

☎️ Contact Cristina Gutierrez, NextUp Counselor & Coordinator at (562) 938-3218

📌 NextUp assists current or former foster youth whose dependency was established or continued by the court on or after the student's 16th birthday and are younger than 26 years of age at the beginning of the academic school year.

UMOJA

📍 Liberal Arts Campus: A-1115

☎️ Contact Lisa Roper, Counselor, at (562) 938-3159

🌐 www.lbcc.edu/post/umoja-scholars-program

📌 The goal of the UMOJA Scholars community is to help students build a strong community as the foundation for their academic journey. Your voice & experiences matter.

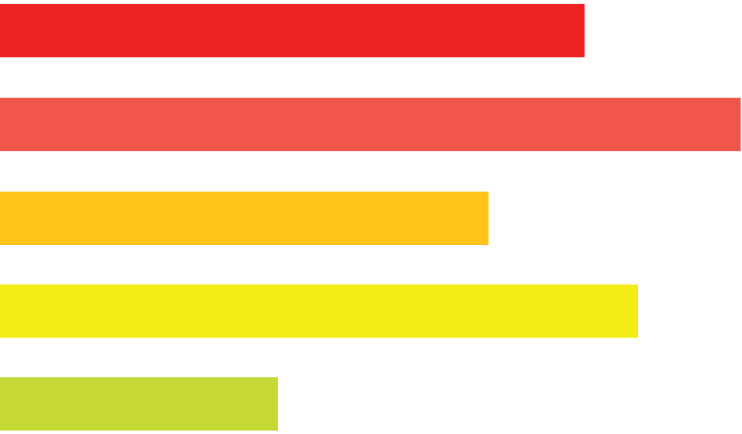
Veterans Office

📍 Liberal Arts Campus: A-1029 ☎️ (562) 938-4162

📍 Pacific Coast Campus: GG-102 ☎️ (562) 938-4196

🌐 www.lbcc.edu/veterans-services

📌 The mission of the Veterans Services Office is to provide a caring and supportive environment for veterans and their dependents as we assist them with the services they need for proper enrollment, receiving their VA benefits, & other resources necessary to succeed at LBCC.



LONG BEACH
CITY COLLEGE

www.lbcc.edu/student-health-services

Liberal Arts Campus: (562) 938-4210
Pacific Coast Campus: (562) 938-3992

