



Healthy **Viking** Initiative

RESOURCES



LONG BEACH
CITY COLLEGE

FOOD & GROCERIES

7th St. Church

668 N. Obispo Ave., Long Beach, CA 90814
☎ (562) 434-3408 🌐 www.7thSt.church.com
☉ Sat. 10AM–11:30AM. Food distribution on the 4th Saturday of the month.

Beacon for Him

439 W. Anaheim St., Long Beach, CA 90813
☎ (562) 591-2299 🌐 www.beaconforhelp.org
☉ Breakfast is served Mondays from 9AM–12PM

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 bag 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.

Carson Assembly of God

4103 Cherry Ave., Long Beach, CA 90807
☎ (562) 424-8412
☉ Food distribution on Sundays from 12PM–3PM. While supplies last.

Catholic Charities

123 E. 14th St., Long Beach, CA 90813
☎ (213) 251-3432 🌐 www.catholiccharitiessf.org
☉ Sandwiches distributed on Tues. and Wed. at 10AM.

Centro Shalom

2131 Long Beach Blvd., Long Beach, CA 90806
☎ (562) 591-2214 🌐 www.centroshalom.org
☉ Food distribution on Tues. and Thurs. at 10AM

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), Lunch Sat. (11:30AM–1PM). Breakfast is served 7 days and dinner 5 days a week.

Cityline Church Food Bank

6236 Woodruff Ave., Lakewood, CA 90713
☎ (562) 925-0251 🌐 www.citylineonline.org
☉ Third Saturday of each month from 11AM–12PM.

Emmanuel Presbyterian

4017 E. 6th St., Long Beach, CA 90814
☎ (562) 439-8946 🌐 www.epcfriends.org
☉ Meals on the 3rd Saturday from 9AM–11AM.

Greatful Hearts

5420 Katella, Los Alamitos, CA 90720
☎ (562) 431-0880 🌐 www.greatfulhearts.org
☉ Food distribution by appointment. Please call for an appointment.

Help Me Help You (HMHY)

2640 Santa Fe Ave., Long Beach, CA 90810
☎ (562) 674-8131 🌐 www.helpmehelpu.org
☉ Food distribution on the 2nd and 4th Wednesday of the month from 1:30PM–3PM.

Iglesia Cristiana Emmanuel

1309 E. 3rd St., Long Beach, CA 90802
☎ (562) 225-7350 🌐 www.icelaredo.com
☉ Meals distributed on the 2nd and Last Saturday from 9AM–11AM.

Lakewood First United Methodist

4300 Bellflower Blvd., Lakewood, CA 90713
☎ (562) 425-1219 🌐 www.lakewoodfirstumc.org
☉ Receive a meal on Saturdays from 9AM–11AM.

Lutheran Social Services

1611 Pine St., Long Beach CA 90813
☎ (562) 599-1321 🌐 www.lsssc.org
☉ Meals provided on Mondays, Tuesdays, Thursdays from 10AM–noon, and 12:30PM–2PM. Wednesdays from 11AM–2PM

Marian Outreach Center

2344 Cota Ave., Long Beach, CA 90810
☎ (562) 989-1954 🌐 www.daughtersofcharity.com
☉ Mon.–Fri. 9AM–5PM · Meals provided on Thursdays from 10AM–1:30PM.

North Long Beach Ministry

5239 Atlantic Ave., Long Beach, CA 90805
☎ (562) 822-9957 🌐 www.nlbcc.net
☉ Fri. 8AM–1PM. Food distribution on Fridays from 11AM–12:30PM. Arrive early at 8AM–10AM to sign up.

Parkcrest Church

3936 Woodruff Ave., Long Beach, CA 90808
☎ (562) 421-9374 🌐 www.parkcrest.org
☉ Food distribution on the 4th Thursday of the month 10AM–11AM (except during Nov/Dec).

Rosewood Christian Reformed

10115 Rose St., Bellflower, CA 90706
☎ (562) 804-4778 🌐 www.rosewoodchurch.com
☉ Fri. 3PM–4PM. Meals provided on Friday afternoons.

Salvation Army

3092 Long Beach Blvd., Long Beach, CA 90807
☎ (562) 247-3525 🌐 www.salvationarmyusa.org
☉ Meals provided on Wednesdays and Thursdays 1:30AM–12PM & 1:30PM–3PM.

Second Samoan Church

655 Cedar Ave., Long Beach, CA 90802
☎ (562) 628-9282 🌐 www.secondsamoan.org
☉ Mon.–Fri. 9AM–5PM. Hot Lunch: M–Th Noon
Hot Dinner: Every day at 5:30PM

Spiritual Truth East

717 Pacific Coast Highway, Long Beach, CA 90806
☎ (562) 489-1017
☉ Mon. & Thurs. 11AM–3PM
Snack/Lunch on Mondays and Thursdays 11AM–3PM

Stevenson Food Bank

515 Lime Ave., Long Beach, CA 90802
☎ (562) 674-8131
☉ Receive groceries the 1st and 3rd Friday of the month from 1:30PM–3PM.

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. Isadore Heart of the City

10941 Reagan St., Los Alamitos, CA 90720
☎ (562) 596-9918 🌐 www.stisidorehistoricalplaza.org
☉ 2nd and 3rd Saturday of the month, 7AM–9:30AM. Must show ID.

FOOD & GROCERIES CONT.

St. Luke's Episcopal Church

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

☎ (562) 436-4047 🌐 www.stlukeslb.org

🕒 Mon.–Fri. 8AM–4PM

2nd and 4th Saturday Lunch from 11AM–1PM; 1st and 3rd Saturday Breakfast from 8AM–11AM.

West Side Baptist

1490 W. 23rd St., Long Beach, CA 90810

☎ (562) 426-2775 🌐 www.westsidebaptistchurch.com

🕒 Receive a meal on the 4th Thursday of the month from 11AM–2PM.

Wherever He Goes

1001 E. Third St., Long Beach, CA 90802

☎ (562) 331-4433

🕒 Receive a breakfast meal on the 3rd Sunday of the month from 8AM–10AM.

HOUSING

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 women.

Chirp Los Angeles

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

☎ (213) 741-1951 🌐 www.chirpla.org

🕒 Mon.–Fri. 9AM–5PM

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

Interval House

6615 East Pacific Coast Highway, Long Beach, CA 90803

☎ (562) 593-4555 🌐 www.intervalhouse.org

🕒 24 hour hotline and by appointment.

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

LB Homeless Access: New Image Emergency Shelter

401 E. Ocean Blvd, Long Beach, CA 90802

☎ (562) 983-7289 🌐 www.lbrm.org

🕒 24 hours a day, 7 days a week.

Provides case management and supportive housing services for homeless individuals and families in Long Beach.

Long Beach Rescue Mission

1335 Pacific Ave., Long Beach, CA 90813

☎ (562) 591-1292 🌐 www.lbrm.org

🕒 Mon.–Fri. 9AM–5PM

Short term and Long term shelters, meals and other services. 90 days of case management. Contact them directly at (562) 591-1335.

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.

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 woman. 30 days of no cost housing/case management.

Project Achieve

1368 Oregon Ave., Long Beach, CA 90813

☎ (562) 218-9864 🌐 www.stbarnabaslb.org

🕒 Mon.–Fri. 8:30AM–7PM

Emergency Shelter for single adults. 30-60 day stay. Need ID: Social security and proof of income. Men and women. Must register with Multi-Service first.

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

Transition In Place

456 Elm Ave., Long Beach, CA 90802

☎ (562) 437-6717 ext. 234

🌐 www.mhavillage.squarespace.com

🕒 Mon.–Fri. 9AM–5PM

A project of MHA, TIP provides up to one year of transitional housing services for homeless youths age 18-22.

Villages at Cabrillo

2001 River Ave., Long Beach, CA 90810

☎ (562) 200-7300 🌐 www.centuryvillages.org

🕒 Mon.–Fri. 8AM–5PM

Residential housing community providing supportive housing with wrap around services.

Women's Shelter of Long Beach

930 Pacific Ave., Long Beach, CA 90813

☎ (562) 437-4663 🌐 www.womenshelterlb.org

🕒 24 hour hotline.

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

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, Medi-Cal. Some out of pocket costs.

Crisis Text Line

☎ 741-741 🌐 www.crisistextline.org
🕒 24 hours a day, 7 days a week.
Support by a trained Crisis Counselor via text for those in crisis. Text COURAGE to 714714.

Del Amo Hospital

23700 Camino del Sol, Torrance, CA 90505
☎ (800) 533-5266
🕒 24 hours a day, 7 days a week.
Crisis Stabilization, disassociated disorders, PTSD, addictions, eating disorders. 24/7. Medi-Cal and some out of pocket costs.

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 and substance abuse services. Suicide Prevention Hotline (800) 273-8255

Family Health Care Center

22310 Wardham Ave., Hawaiian Gardens, CA 90716
☎ (562) 420-2433
🕒 Mon.-Fri. 8AM-4:30PM · Sat. 8AM-4PM
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 older adults age 55 and older and services for older adults and their families.

Jewish Family and Children 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 County Mental Health Emergency Assessment

505 South Virgil Ave., Los Angeles, CA 90020
☎ (800) 854-7771
🕒 24 hours a day, 7 days a week
Referral Crisis Intervention. Fee varies depending on family size, resources, and income.

Long Beach Asian Pacific Islander Family Mental Health Clinic

4510 E. Pacific Coast Hwy Suite 600, Long Beach, CA 90815
☎ (562) 346-1100
🕒 Mon.-Fri. 8AM-5PM
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. 7:30AM-7PM
Provides numerous health services for community members of Long Beach.

Long Beach Mental Health

1975 Long Beach Blvd., Long Beach, CA 90806
☎ (562) 599-9280 🌐 losangeles.networkofcare.org
🕒 Mon.-Fri. 8AM-5PM (intakes 8AM-2PM)
Outpatient services. No appointment necessary for intakes. Medi-Cal or out of pocket.

Memorial Counseling Associates

4525 E. Atherton St., Long Beach, CA 90815
☎ (800) 633-7888 🌐 www.mcamh.com
🕒 Mon.-Fri. 8:30AM-5PM
Free. Crisis intervention/psychiatric medication consultation. Everyone is welcome. (1-2 month waiting period).

Mental Health America (The Village)

456 Elm Ave., Long Beach, CA 90802
☎ (562) 437-6717 🌐 www.mhala.com
🕒 Mon.-Fri. 9AM-5PM
PTSD, Bipolar, Depression Disorders, Schizophrenia. They can also connect you with housing services. Medi-Cal only.

Mental Health Urgent Care Center at Long Beach

6060 Paramount Blvd., Long Beach, CA 90805
☎ (562) 790-1860 🌐 www.telecarecorp.com
🕒 Mon.-Fri. 8AM-7PM
Crisis Assessment, medication and referrals. No cost.

National Alliance on Mental Illness (NAMI) Long Beach

5230 Clark Ave Suite 2, Lakewood, CA 90712
☎ (562) 435-2264 🌐 www.namilongbeach.org
🕒 Times vary
Provides education, advocacy, and support groups to individuals and families that are affected by mental illness.

Pacific Asian Counseling Services

3530 Atlantic Ave. Suite 210, Long Beach, CA 90807
☎ (562) 424-1886 🌐 pacsla.org
🕒 Mon.-Fri. 8AM-5PM
Mental illness, substance abuse, emotional/behavioral problems. Medi-Cal/insurance.

Pioneer Medical Group

2220 Clark Ave., Long Beach, CA 90815
☎ (562) 597-4181 🌐 www.pioneermedicalgroup.com
🕒 Mon.-Fri. 9AM-5PM
Low cost chest x-rays for LBCC students who are uninsured.

Project Return Peer Support Network

2241 W. Williams St., Long Beach, CA 90810
☎ (323) 312-0640 🌐 www.prpsn.org
🕒 Mon.-Fri. 9AM-5PM
They offer crisis support, employment support, career support, and other services. After 5PM warm line is (888) 448-9777

Shoreline

191 Argonne Ave. Suite 3, Long Beach, CA 90803
☎ (562) 434-6007 🌐 www.shoreline-eatingdisorders.com
🕒 Mon.-Fri. 9AM-5PM
Counseling services regarding eating disorders by trained professionals.

South Bay Family Health Care/Gardena/Harbor Gateway

742 W. Gardena Blvd., Gardena, CA 90247
☎ (310) 802-6179 🌐 www.sbfhc.org
🕒 Mon.-Fri. 8AM-4:30PM
Primary/Preventive health care services. Prenatal, chest x-rays. \$50 per visit.

Strength In Support

3780 Kilroy Airport Way Ste. 200, Long Beach, CA 90806
☎ (310) 736-1090 🌐 www.strengthinsupport.org
🕒 Mon.-Fri. 9AM-5PM
Provides counseling, mentorship, educational workshops, and all services to veterans and their families.

MENTAL HEALTH CONT.

Tarzana Treatment Center

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.

Tay Academy

2025 East 7th Street, Long Beach, CA 90804

☎ (562) 284-0108 🌐 www.mhala.org

Mentoring and support, through intensive community based services and supports, to young people transitioning from childhood to adulthood.

The Long Beach Trauma Recovery Center

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

☎ (562) 491-7977

🕒 Mon.–Fri. 8AM–5PM

Individual/Group Therapy, Psychiatric Evaluation. Sliding Scale. MediCal/private insurance.

Veteran's 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.

DISABILITY

Ability First Long Beach Center

3770 E Willow St, Long Beach, CA 90815

☎ (562) 426-6161 🌐 www.abilityfirst.org

Programs for children and adults with developmental disabilities; adult day program, enrichment program, aquatics, social activities.

Disabled Resources Center, Inc.

2750 E. Spring Street, Suite 100 Long Beach, CA 90806

☎ (562) 427-1000 🌐 www.drcinc.org

🕒 Mon.–Fri. 8AM–5PM

Serves people with all disabilities, aiming to empower people with disabilities and live independently in the community.

SEXUAL ASSAULT

Rape Treatment Center

1250 16th St, Santa Monica, CA 90404

☎ (424) 259-7208 🌐 www.uclahealth.org/santa-monica

🕒 24 hours a day, 7 days a week

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 and restorative justice services, education and prevention programs.

YWCA

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.

LGBTQ+

The LGBTQ Center of Long Beach

2017 E. Fourth St., Long Beach, CA 90814

☎ (562) 434-4455 🌐 www.centerlb.org

🕒 Mon.–Fri. 10AM–9PM · Sat. 10AM–4PM

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

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.

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.

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 CARE

College Medical Center

2776 Pacific Ave., Long Beach, CA 90806
☎ (562) 997-2000
🕒 M/T/Th/F 8AM–8PM · Wed. 8AM–8PM
Free TB and STI testing. Free chest x-rays. Consultation \$19.

Harbor UCLA Medical Center

1000 W. Carson, Torrance, CA 90502
☎ (310) 222-2345 🌐 www.harbor-ucla.org
🕒 Mon.–Fri. 8AM–5PM · Emergencies 24 hours
Emergency / Non-emergency. Immunizations, dental, vision, chest x-rays, Sliding scale. Medi-Cal.

Long Beach Comprehensive Health Center

1333 Chestnut Ave., Long Beach, CA 90813
☎ (562) 599-2153 🌐 www.dhs.lacounty.gov
🕒 Mon.–Fri. 8AM–4:30PM · Sat. 8AM–4PM
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. 7:30AM–4:30PM
Urgent Care on Saturdays 7:30AM–4:30PM
Physicals, immunizations, dental, vision, Medi-Cal. \$60 per visit based on income. Chest x-rays w/ referral.

Planned Parenthood

2690 Pacific Ave. Suite 370, Long Beach, CA 90806
☎ (800) 576-5544 🌐 www.plannedparenthood.org
🕒 Mon.–Fri. 7AM–5PM · Sat. 8AM–12PM
Contraceptives, family planning, STI/HIV testing. For uninsured and on a sliding scale.

Torrance Health Clinic

711 Del Amo Blvd., Torrance, CA 90502
☎ (310) 354-2300
🕒 Mon.–Fri. 9AM–5PM
TB testing, sports physicals. No chest x-rays. \$40 per visit/sliding scale. No insurance.

Westside Neighborhood Clinic

2125 Santa Fe Ave., Long Beach, CA 90801
☎ (562) 264-4859
🕒 Mon.–Fri. 9AM–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 🌐 www.allchildrensdental.org
🕒 Medi-Cal Mon.–Fri. 7:30AM–4:30PM;
Urgent Care on Sat. 7:30AM–4:30PM.
Dental Care and Urgent Dental Care. \$60 for Dental Clinic/ \$80 for Urgent Care. Medi-Cal.

AltaMed and Dental Group

8041 Newman Ave., Huntington Beach, CA 92647
☎ (714) 500-0400 🌐 www.altamed.org
🕒 Medi-Cal Mon./Wed./Fri. 8AM–5PM
Thurs. 9AM–5PM · Sat. 8AM–4:30PM
General Dental Services. Sliding fee based on income.

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. 9AM–5PM
Low-cost orthodontic care for children ages 10-16 in LB, Lakewood and Signal Hill. Sliding Scale. \$100 start up fee. New patients accepted every 3 months.

Family Dental (Two Locations)

3317 E. 10th St., Long Beach, CA 90804
5828 Cherry Ave., Long Beach, CA 90805
☎ (562) 438-2500 🌐 www.lbfamilydental.com
🕒 Mon.–Thurs. 10AM–7PM · Fri. 10AM–6PM
Sat. by appointment.
\$25 exam and X-rays (includes oral cancer screening).

Harbor UCLA Medical Center

1000 W. Carson St., Torrance, CA 90509
☎ (323) 653-1990 www.harbor-ucla.org
🕒 Mon.–Fri. 8AM–5PM
Emergency Clinic 24 hours. Outpatient Clinic. Tooth extractions only. Sliding fee based on income. LA county residents only.

HIV Dental C.A.R.E. Clinic

1027 Linden Ave. Suite C, Long Beach, CA 90813
☎ (562) 624-4949 🌐 www.dignityhealth.org
🕒 Mon.–Fri. 8AM–4:30PM
Free dental services for HIV positive individuals without insurance.

Lestonnac Free Clinic: St. Vincent De Paul Location

409 E. Palmer, Compton, CA 90221
☎ (424) 237-0575 🌐 www.lestonnacfreeclinic.org
🕒 2nd & 4th Mon. 2PM–6PM
Free X-rays, fillings, extractions, root canals, etc. Free and low-cost. Uninsured only. By appointment only. Proof of income and photo ID needed.

Marina Smiles Dentistry

6437 E. Pacific Coast Highway Unit A-6, Long Beach, CA 90902
☎ (562) 735-3662 🌐 www.marinasmiledentistry.com
🕒 Mon./Tues. 8AM–5PM · Wed./Thurs. 10AM–7PM
Fri. 8AM–4PM
\$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., 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. Medi-Cal.

CLOTHING

Assistance League Thrift Store

2100 E. 4th St., Long Beach, CA 90814
☎ (562) 434-7121 🌐 www.allb.org
🕒 Mon. 10AM–4PM · Tues.–Sat. 10AM–6PM
Low cost used clothing and furniture.

First Baptist

1000 Pine Ave., Long Beach, CA 90813
☎ (562) 432-8447 🌐 www.fbclb.org
🕒 Sun. 2PM–3:30PM
Last Sunday of the month receive a hot meal.

Goodwill Store # 1

8020 W. Pacific Coast Highway, Long Beach, CA 90806
☎ (562) 435-8214 🌐 www.thinkgood.org
🕒 Mon.–Sat. 9AM–9PM · Sun. 10AM–8PM
Low cost clothing and furniture.

Goodwill Store # 2

2610 Atlantic Ave., Long Beach, CA 90806
☎ (562) 989-3630 🌐 www.thinkgood.org
🕒 Mon.–Sat. 9AM–9PM · Sun. 10AM–8PM
Low cost clothing and furniture.

Goodwill Store # 3

1130 Redondo Ave., Long Beach, CA 90804
☎ (562) 498-0040 🌐 www.thinkgood.org
🕒 Mon.–Sat. 9AM–9PM · Sun. 10AM–8PM
Low cost clothing and furniture.

Goodwill Store # 4

8155 E. Wardlow Ave., Long Beach, CA 90808
☎ (562) 719-9242 🌐 www.thinkgood.org
🕒 Mon.–Sat. 9AM–9PM · Sun. 10AM–8PM
Low cost clothing and furniture.

Goodwill Store # 5

730 W. Esther St., Long Beach, CA 90813
☎ (562) 435-4761 🌐 www.thinkgood.org
🕒 Mon.–Sat. 9AM–9PM · Sun. 10AM–8PM
Low cost clothing and furniture.

Laundry Love

🌐 www.laundrylove.org
Helping low income families and individuals wash their clothes. Find free laundry services by zip code across the US.

Long Beach Rescue Mission Thrift Store

702 W. Anaheim St., Long Beach, CA 90813
☎ (562) 495-8900 🌐 www.lbrm.org
🕒 Mon.–Fri. 9AM–6PM · Sat. 11AM–6PM
Low cost clothing and furniture.

Out of the Closet

9500 E. Pacific Coast Highway, Long Beach, CA 90804
☎ (562) 494-0340 🌐 www.outofthecloset.org
🕒 Mon.–Sat. 10AM–6PM
Low cost clothing and household goods.

ON-CAMPUS RESOURCES

Access to Showers

Showers located in fitness center at both LAC & PCC fitness centers.
☎ (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.

Better Breakfast

LAC: A-quad
PCC: Quad area in front of the Student Union
☎ (562) 938-4210
🕒 Once a month, 9AM–11AM or until supplies last (dates will vary)
Monthly event where free hot breakfast is provided to students.

CalFresh (SNAP) Outreach Specialist On Site

☎ (562) 938-3995
🕒 2 times a month, check Healthy Viking IG for schedule or call number above.
LA Regional Food Bank has a CalFresh Specialist on both campuses each month to assist students with registering for CalFresh.

Disabled Students Programs and Services

LAC: A-1134, PCC: GG-107
☎ (562) 938-4558 & (562) 938-3921 🌐 www.lbcc.edu
🕒 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.

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 (LAC)

4901 E. Carson St., Long Beach, CA 90808
☎ (562) 938-4210 🌐 www.lbcc.edu
🕒 Mon.–Thurs. 8AM–5PM · Fri. 8AM–12PM
LBCC offers social and emotional wellbeing services and medical care services at the LAC campus.

Long Beach City College Student Health Services (PCC)

1305 E. Pacific Coast Highway, Long Beach, CA 90806
☎ (562) 938-3992 🌐 www.lbcc.edu
🕒 Mon.–Thurs. 8AM–5PM · Fri. 8AM–12PM
LBCC offers social and emotional wellbeing services and medical care services at the PCC campus.

Viking Vaults

LAC: Inside the Student Union, room E-212
PCC: Inside the Student Union, room EE-102J
Students receive 15 points to grocery shop in the college's food pantry. Food to be used to supplement students' daily nutritional needs.



LONG BEACH
CITY COLLEGE

www.LBCC.edu/student-health-services

LAC: (562) 938-4210 PCC: (562) 938-3992