





## HOUSING/SHELTER

- LA Homeless Services Authority (LAHSA)
  - Hotline: 213-225-6581
- Volunteers of America (213) 610-7797
- Quantum Housing Corporation (safe/ affordable housing for individuals with disabilities); Call 213-342-5640
- Penny Lane (16-24 y.o): 323-318-9960
- Jovenes Inc Center (18-25): (323) 260-8035
- Salvation Army Bell Shelter (18+): 323-263-1206





## FOOD INSECURITY

- ELAC: Basic Needs Center Food Pantry, F5-300.
- Call 211/WIN app
- lafoodbank.org
- elacc.org 323-269-4214
- CHIRPLA.org Food Bank Guide
- Seedsofhopela.org
- Mexican American Opportunity Foundation: 323-278-3628  
Thursdays 9 am-1 pm
- God Provides Ministry: 626-442-4273
- Comm. Resource Center in East LA
  - When: 3rd Thursday of the month | 10am – while supplies last
  - Where: 4801 Whittier Blvd. LA, CA 90022




## PREGNANCY/PARENTING

- Crisis Line: (877) 675-5900
  - baby food/clothing, furniture, referrals
- Natl Maternal Mental Health Hotline: 1-833-852-6262
- Postpartum International: 800-944-4773
- East LA Crisis Pregnancy Center (323) 838-0204
- ELAC:C.A.R.E (Cooperative Agencies Resources for Education) program for single mothers; E1 - 227; (323) 680-4758
- Human Services Association: Partnerships for Families (562) 806-5400
- The Whole Child Parent Enrichment Program
- ELAWC: The Nurturing Program / Crianza con Cariño

## EMPLOYMENT

- ELAC: Career and Job Center located at E1-176 (323) 415-4126  
elac\_career@elac.edu
- ELAC: College Corps Program: earn \$ while serving your community
- ELAC: America's Job Center of California (AJCC)
  - (323) 780-6700 at K7-110
- East Los Angeles America's Job Center (323) 887-7122
- Cal Jobs: search the full-service employment center for job openings, look for training/educational programs + add. services
- The Department of Rehabilitation assists with employment if the individual has a disability



## DOMESTIC VIOLENCE/SEXUAL ASSAULT

- East LA Women's Center (ELAWC ELAC) (323) 526-5819; (Support groups: Men's Healing Circle, Con Los Padres Fatherhood/Sexual Assault Awareness Programs); 24/7 Hotline (800) 585-6231
- Los Angeles Center for Law and Justice (LACLJ): (323) 980-3500
- LA County Domestic Violence Hotline 1-800-978-3600
- DV and Sexual Assault Hotline: (800) 399-3940
- National Sexual Assault Hotline (24/7): 800-656-4673
- Peace over Violence 24/7 Hotline: 626-793-3385; 213-626-3393 (24/7)
  - (626) 584-6191 OR (213) 955-9090
- YWCA (24/7): 877-943-5779 OR 5778; 24/7 Hotline (626) 967-0658
- Harriet Buhai Center for Family Law (213) 388-7514 OR 7505
- 1736 Family Crisis Center (323) 737-3900
- Family Violence Project (818) 789-1293
- Women's and Children's Crisis Shelter 24/7 Hotline (562) 945-3939
- House of Ruth (909) 623-4364 OR 24/7 Hotline (877) 988-5559
- 1 in 6: A national helpline for men who were sexually abused/assaulted RAINN (Rape, Abuse & Incest National Network); <https://centers.rainn.org/>


# HOLISTIC WELLNESS MAP

## (EAST LA)



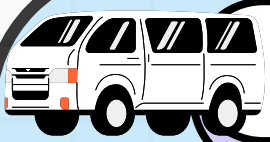
## ELAC SPECIAL SERVICES

- Located in Student Services Building E1
- EOPS: Extended Opportunity Programs & Services E1 - 227
  - (323) 265-8769
- DSPS: Diversabilities Support Program and Services E1-160  
(323) 265-8787 dsps@elac.edu
- Dream Resource Center for undocumented students (Carecen: Free Immigration Legal Services for ELAC students) E1-142 (323) 415-5483
- LGBTQ+ center: F5-323 (323) 435-6341
- Education Justice Scholars Program E1-104 (213) 394-2897
- Veterans Resource Center (323) 415-5052; Office: D7A



## CRISIS HOTLINES

- LACDMH 24/7 Helpline ACCESS Center for Mental Health/Psychiatric Services: 800-854-7771
- LA County Suicide Prevention and Survivor Hotline: 988
- LA County Info Line- Essential Community Resources: 211
- LA Youth Hotline: 650-265-1193 OR 213-804-4408
- CA Youth Crisis Hotline: (800) 843-5200
- LGBTQ Youth Crisis Intervention & Suicide Prevention, Trevor Hotline: 866-488-7386
- LA County DCFS: 1-800-540-4000
- Elder Abuse Hotline: 1-800-722-0432
- Veterans Crisis Line: 800-273-8255
- SAMHSA Hotline (24/7): 1-800-662-4357
- NAMI Helpline (24/7): 1-800-843-5200
- Crisis Support-Specific for persons with Developmental Disabilities: 626-508-1964




## TRANSPORTATION

- Metrolink Student Adventure Pass for free transportation for SoCal students
- ACCESS transportation service for individuals with disabilities: 800-827-0829
- ELAC: FREE Student bus pass @ Fiscal Office at G1-107 (323) 265 - 8701 or sign up online at <https://www.elac.edu/offices/fiscal>