

## HELP & EMERGENCY SERVICES

Los Angeles County Info-Referral	2-1-1
Life Threatening Emergencies	9-1-1
Child Abuse Hotline	(800) 540-4000
Domestic Violence Helplines:	
Rainbow Services	(310) 547-9343
1736 Family Crisis Center	(310) 370-5902
Asian/Pacific Islander	(800) 339-3940
Los Angeles County	(800) 978-3600
Legal Aid Foundation	(562) 435-3501 (800) 399-4529
Rape & Sexual Assault Hotline:	
Asian/Pacific Islander	(800) 339-3940
YWCA	(877) 943-5778
Treatment Ctr UCLA	(310) 319-4000
Area Services	(800) 656-4673
Suicide Hotline-LA 24 hrs.	(877) 727-4747

## PUBLIC AGENCIES

### Department of Children & Family Services

South County (San Pedro area)  
4060 Watson Plaza Dr, Lakewood, CA 90712  
(562) 497-3500

Torrance (Harbor City, Ranchos Palos Verdes)  
2325 Crenshaw Blvd, Torrance, CA 90501  
(310) 972-3111

Social Security, 22600 Crenshaw Blvd.  
Torrance, CA 90505 (800) 772-1213

### Department of Social Services - Rancho Dominguez

17600 B Santa Fe Ave, Rancho Dominguez,  
CA 90221 (310)-761-2030

### Los Angeles County Harbor Workforce

Center 1851 N. Gaffey St., Suite F  
San Pedro, CA 90731 (310) 732-5700

## HEALTH CARE

### U.S. VETERAN SERVICES

<i>US Vets Initiative</i>	(310) 348-7600
<i>Los Angeles Vets Center</i> , Counseling Center 1045 W Redondo Beach, Suite 150 Gardena, CA 90247	(310) 767-1221
<i>1736 Crisis Center - Veterans' Outreach</i> Referral Line	(866) 249-2557

### MENTAL HEALTH SERVICES

<i>National Alliance on Mental Health Issues</i> ( <i>NAMI</i> ) <i>South Bay Office</i> Torrance, CA	(310) 533-0705
<i>Department of Mental Health San Pedro</i> 150 W. 7th Street, San Pedro, CA 90731	(310) 519-6218
<i>LA County Mental Health</i>	(800) 854-7771

*Harbor-UCLA-Medical Center*  
1000 W Carson St, Torrance, CA 90502  
(310) 222-2345

*Harbor Community Clinic*  
593 West 6th Street, San Pedro, CA 90073  
(310) 547-0716

*Harbor Community Pediatric Center*  
731 South Beacon Street, San Pedro, CA 90731  
(310) 732-5887

*Northeast Community Clinic*, 200 E Anaheim  
St., Wilmington, CA 90744 (310) 816-9700

*Wilmington Community Clinic* 1009 North  
Avalon Blvd., Wilmington, CA 90744  
(310) 549-5760

*Wilmington Health Center*, 1325 Broad Ave.  
Wilmington, CA 90744 (310) 518-8800



## Harbor Homeless Resource Guide (serving San Pedro, Wilmington, Harbor City, Harbor Gateway)

**South Bay Coalition for the Homeless**  
670 West 9th Street, San Pedro, CA 90731

**Our mission: To transform and end  
homelessness in the South Bay of  
Los Angeles through education, advocacy  
and coordination.**

**www.sbhomeless.org**  
**Email: [Contactsbch@gmail.com](mailto:Contactsbch@gmail.com)**

**TEENS & YOUTH SERVICES**  
1736 Family Crisis Ctr (24 hr) (310) 379-3620  
*Emergency Shelter for Youth* ages 10-17,  
*Dept Children & Family Services for*  
*Transitional Housing (TH) for Former Foster*  
*Youth* ages 18-21 (213) 351-0190  
*TEENLINE*, 7 days 6:00pm to 10:00pm *PST*  
*and is toll-free from anywhere in California.*  
(310) 855-HOPE(4673)  
Text us by texting "TEEN" to 839863  
*California Youth Crisis Line*  
(800) 843-5200  
(*live chat 24 hr*)

We do our best to keep this guide up to date. Please  
check with the agency before making a visit.

St. John Fisher Church & A Bed of My Own, Inc.  
Updated 2/21/14

## HOUSING

**Harbor Interfaith**, 670 W. 9th Street,  
San Pedro, CA 90731 (310) 831-0603

**Beacon Light Mission, 7 night emergency shelter for homeless men 4 pm check in**  
525 Broad Avenue, Wilmington, CA 90744  
(310) 830-7063 Showers-8:00a MON & THURS

**Doors of Hope Women's Shelter, 7 night emergency shelter for homeless women**  
525 Broad Avenue, Wilmington, CA 90744  
Phone (310) 518-3667 Check In 9a-12p  
Closed Sunday

Winter Shelter Hotline (800) 548-6047

## ALCOHOL & DRUG RECOVERY

**Alcoholics Anonymous(LA)** (800) 923-8722  
Harbor Area (562) 989-7697

**Beacon House**, Residential Drug & Alcohol Recovery for single men 1003 South Beacon Street, San Pedro, CA 90731 (310) 514-4940

**SHAWL House**, Residential Drug & Alcohol for Homeless Women, 936 South Centre St, San Pedro, CA 90731 (310) 521-9310

## SENIORS

**Older Adult/Senior Abuse LA** -In-Home (877) 477-3646 Care Facility (800) 231-4024

**South Bay Senior Services** (310) 325-2141

**San Pedro Service Center - LA COUNTY**  
Senior Lunch Program MON-FRI 11a-12 - \$2  
769 W. Third St., San Pedro, CA 90731  
(310) 519-6091

**San Pedro, Meals-on-Wheels**  
(310) 832-7335

## FOOD - HOT MEALS

**Beacon Light Mission** (must attend chapel first)  
525 Broad St, Wilmington, 310-830-7063  
MON-SUN 6:45p

**Curt's Kitchen**, 129 North Pacific Ave.  
San Pedro, CA 310-831-3480  
MON and TUES 6:30p

**First Baptist Church**, 555 W. 7th St.,  
San Pedro, 310-548-1333 THURS 6-8p

**San Pedro United Methodist Church**  
580 W. 6th St., San Pedro, 310-548-1001  
SUN 5p

## FOOD - SACK LUNCHES

**Mary Star of the Sea Catholic Church**  
870 W. 8th St., San Pedro, 310-833-3541  
serves San Pedro community only M-F 8a-12p

## FREE GROCERIES

**Harbor Interfaith Services**, 670 W. 9th St,  
San Pedro, 310-831-9123 serves San Pedro,  
Wilmington, Lomita, Harbor City, Harbor  
Gateway MON-FRI 9-11:30a + WED 4:30-7p

**Toberman Settlement House**,  
131 N. Grand Ave, San Pedro, 310-832-1145  
MON, TUES, THURS, FRI 8-11:30a  
Once a month for groceries; daily for bread and  
produce as available

**Sisters of Charity**, 28600 Palos Verdes Dr East,  
RPV, 310-831-5385 Can come once a month  
MON, TUES, THUR, FRI, SAT 9-3p

**St. Peter & Paul Church**, 515 W. Opp St,  
Wilmington, 310-834-5215 serves Wilmington,  
Harbor City, San Pedro families,  
MON, TUES, THURS 11a-12p

## BUS FARES - METRO LINE

Single Ride for each bus or train you use  
Regular \$1.50 each Disabled/Medicare \$.55  
Metro-to-Muni Transfer required for transfer  
to municipal lines; Not valid on Metro Bus and  
Metro Rail \$.35 (Reg) \$.10 (Disabled)  
Freeway Express Add-Ons Bus only on freeway  
routes. Zone 1 \$0.70 \$0.30, Zone 2  
\$1.40 \$0.60, Seniors Age 62+/Disabled Off-  
Peak , Single Ride Weekdays 9 a.m. – 3 p.m. &  
7 p.m. – 5 a.m.; All day on weekends & Federal  
holidays. \$0.25 **Exact change or TAP card.**

## Immediate Needs Transportation Program

The Immediate Needs Transportation Program (INTP) provides subsidized taxi service and/or a transit subsidy for Los Angeles County residents with limited resources who have a transportation need and no other resources to meet that need. South Bay cities (Gardena, Harbor City, Manhattan Beach, Redondo Beach, Torrance, or Watts)

## Participating South Bay Agencies:

**South Park Manor**, 17100 South Park Lane,  
Gardena, CA 90247 (310) 352-6346

**Force of Hope Economic Development Center**  
20501 S. Avalon Blvd,  
Carson, CA 90746 (310) 323-2600

**Bus 550 Harbor City to Harbor Interfaith**,  
670 W. 9th Street, San Pedro, CA 90731  
Normandie / Pacific Coast Highway (Stop ID:  
12735) to 7th / Cabrillo (Stop ID: 15743)

## Bus & Rail Transit Information:

323.GO.METRO (323.466.3876)  
6:30am - 7pm (Mon - Fri)  
8:00am - 4:30pm (Saturday/Sunday)