



Resource Network

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ASOH Programs

For ASOH Programs, contact members@asenseofhome.org for more information

Once you receive a Home Creation, you become a Member of A Sense of Home and are eligible to participate in all programming in the ASOH Community.

ASOH RESOURCE NAVIGATION

ASOH Members have access to support from ASOH's Housing and Resource Navigators, who can connect Members to resources based on the individual's unique needs.

ASOH EMPOWERMENT WORKSHOP

ASOH Members can also attend ASOH Empowerment Workshops that empower alumni through education about topics such as financial literacy, parenting skills and child safety, job readiness, tenant rights, legal advocacy, and more. These opportunities are shared on ASOH's Resource Instagram and via the Resource Newsletter sent out to all Members.

ASOH HOUSING RELOCATION PROGRAM

ASOH forms connections with local property managers and refers ASOH Members who are relocating and have housing vouchers to their available units. ASOH Members may be eligible for moving assistance and furnishings. This program is based on housing availability.

ASOH PAY-IT-FORWARD AMBASSADOR PROGRAM

ASOH Members can volunteer to Pay-It-Forward at other Home Creations and in the ASOH warehouse. ASOH Pay-It-Forward Ambassadors have access to exclusive events and benefits as a part of their contributions.

ASOH SCHOLARSHIP

ASOH Members can apply for a \$18,750 scholarship that includes \$12,500 for educational expenses, \$5,250 for tuition only, and a \$1000 emergency grant. Applications open in Summer 2025. 14 Members are awarded annually.

ASOH SECOND REQUEST PROGRAM

If capacity allows, ASOH Members may be considered for a Second Request for furniture assistance. They must still meet all of the basic eligibility requirements. Reasons for 2nd request include, but are not limited to, fleeing domestic violence, property damage, safety concerns



Our Favorites

in the area, moving due to work or school, moving into a larger space, etc.

COUNSELING SERVICES - A HOME WITHIN

ahomewithin.org | **888-898-2249**

A Home Within (AHW) caters to clients of all ages who were in foster care at any point in their lives. Each client is matched with a dedicated volunteer therapist who is licensed and in private practice. Matches are made by goodness of fit. Therapists provide one free session per week, for as long as the client wants.

AHW provides services in the following states: WA, OR, CA, TX, IL, PA, NY, VA, MA

How do I enroll?

- ASOH Members can email members@asenseofhome.org for a referral

COUNSELING AND MEDICATION SERVICES - CALIFORNIA INSTITUTE OF HEALTH AND SOCIAL SERVICES ALAFIA MENTAL HEALTH INSTITUTE

cihssinc.org | **323-293-8771**

The agency provides mental health services for youth up to age 24 in Los Angeles County.

Eligibility:

- 0-24
- Medi-Cal
- Social Security Number
- SPA 6/8

How do I enroll?

- ASOH Members can email members@asenseofhome.org for a referral

COUNSELING SERVICES - MAPLE COUNSELING

maple4counseling.org | **310-271-9999**



Our Favorites

Provides low fee talk therapy for all age ranges (both individual and group) and the cost depends on the person's financial situation and is as low as \$7 per session with \$25 per session on average. Clients of the program get matched to therapists based on the clients' preferences regarding the therapists' demographics. Because it is a training center whereby many of the therapists are undergoing supervised training, higher acuity clients (severe addiction, suicidal ideations, etc) may not be a good fit for their programs. However, they also offer mental health navigation through their Welcome Center, whereby a member of the team can get them connected elsewhere that is best suited for their needs. Their team will handle the screening process.

Eligibility:

- Anyone

How do I enroll?

- ASOH Members can email members@asenseofhome.org for a referral

MENTAL HEALTH SUPPORT - INSPIRED PERFORMANCE INSTITUTE: CHANGING LIVES TOGETHER

inspiredperformanceinstitute.com | 407-600-2438

TIPP is gifting its program to ASOH alumni. The TIPP program helps you “reset” your mind by resolving past trauma and eliminating the baggage that trauma creates. Our partnership builds a fresh emotional foundation, on top of a new physical structure for a new start on life.

Eligibility:

- ASOH Members

How do I enroll?

- Email youth@asenseofhome.org for a free coupon code.

INTERNSHIP AND RESOURCE NAVIGATION - STEPPING FORWARD LA

steppingforwardla.org

STFA was designed to elevate the voices of young adults who have been



Our Favorites

through foster care. Each year, 40+ former foster youth interns work with our programs staff on special projects that benefit youth in the system.

Stepping Forward LA offers:

- Co-Mentoring
- Resource navigation (housing, food, childcare, etc.)
- Transition Program: 8-week program including goal planning, peer mentorship, and panel discussions
- Education – assistance and guidance
- Peer Advocacy Program
- First Saturday Meetings (ages 15-23)

Eligibility:

- Former Foster Youth Ages 14-25

How do I enroll?

- Fill out the contact form at steppingforwardla.org/contact
- Email members@asenseofhome.org for a warm hand-off to Pat Conlon, Director of Programs

INTERNSHIP - YEAR UP

yearup.org/apply | **424-543-2255**

Unpaid job training program – Year Up is a one-year intensive training and internship program that prepares young adults for successful careers in information technology and business.

Eligibility:

- 18-24 years old
- High school graduate or have GED
- Low-Moderate Income
- A US citizen, permanent resident, or have employment authorization card
- Available 5 days per week for the full year of the program
- Highly motivated to learn new technical and professional skills
- Has not obtained a bachelor's degree

How do I apply?



Our Favorites

- Apply here: yearup.org/apply
- Classes begin in January and August – applications are considered on a rolling basis until class is filled.

INTERNSHIP - IFOSTER

ifoster.org | **855-936-7837 (call) and 530-550-8001 (text)**

Online access center for current and former foster youth.

Eligibility:

- Ages 16-24
- Current/former foster youth

Services:

- Digital locker (cloud-based for your documents!)
- Discounted products
- Office Depot discount (15%-80%)
- Online computer programming lessons via Code Academy

How to Enroll?

- Go to website ifoster.org and sign up for a membership:
portal.ifoster.org/Registration.aspx
 - Approval takes 1-2 business days
- Then access ALL resources listed above

MENTORSHIP - FRIENDS OF THE CHILDREN-LA

friendsla.org | **213-378-0704**

Friends of LA provides youth from ages 4-6 with a long term mentor from kindergarten through graduation. Each child gets a dedicated, one-on-one Friend who spends a minimum of 16 intentional hours per month with them. They develop a road map for each child and design activities to build life skills. They create meaningful experiences to explore each child's unique talents and interests.

Eligibility:

- Former foster youth with a child between ages 4-6



Our Favorites

- Live within SPA 4, 6, and 8 (limited)

How do I enroll?

- ASOH will refer you, email youth@asenseofhome.org.

CASE MANAGEMENT AND MENTORSHIP - IMAGINE LA

www.imaginela.org | 323-944-0210

Imagine LA is a nonprofit organization working to end the cycle of family poverty and homelessness by preventing first-time and repeat homelessness and equipping families to maintain housing stability and thrive long-term. Together, with families, they transform lives through their unique Family Partnership Model, which combines clinical case management, economic mobility pathways, and whole-family mentorship. They walk alongside families as they regain stability through physical and emotional wellness and financial independence. This transformation leads to confidence, wellbeing, and lasting potential.

Services

- Imagine C.A.R.E. Compassion. Advocacy. Resilience. Equity.
 - A dedicated professional social worker partners with the entire family to understand their unique needs and help them identify and achieve their goals. Caring, clinical case management identifies and clears barriers to parenting success, educational and career achievement, children's development, health and wellness, and more.
- Economic Mobility Pathways
 - Families work to break the cycle of poverty through access to: Living-wage career pathways, safe and affordable childcare solutions, comprehensive practical financial fitness knowledge and practices, and tools and skills to navigate the complex social safety net.
- Mentorship
 - Transformative relationships are nurtured through Mentorship.
 - Mentorship is available to each family member ages 5 and up



Our Favorites

- Mentorship begins when a family member feels ready to welcome new relationships into their lives.
- Volunteer Mentors are trained, matched to a family member and guided by the family's case manager.
- Mentor serves as a one-on-one friend and ally to a parent, teen, or youth.
- Imagine Tomorrow
 - Graduates of Imagine LA programs can be a part of the family forever. The connection stays strong through continued participation in economic mobility programming, family fun event attendance, and lasting relationships with staff and mentors.

Eligibility:

- Families who have experienced homelessness within the last 2 years
- Have at least one child 17 years or younger living in the home OR a pregnant mother in her 3rd trimester OR reunifying with a child within 6 months
- Open to welcoming mentors for each family member
- Lives in Los Angeles County
- Not working with another ICMS (Intensive Case Management Services)

How do I enroll?

- Contact info@imaginela.org

EMPLOYMENT AND HOUSING - THE RIGHTWAY FOUNDATION

therightwayfoundation.org | 323-903-5021

The RightWay Foundation partners with former foster youth to build healthy, stable lives. Programs address past trauma, support successful employment, and promote healing and self-sufficiency in adulthood.

Eligibility:

- Current or former foster youth between the ages 18-24 (once they sign up, they are in for life)
- No location restrictions



Our Favorites

How do I enroll?

- Call 323-903-5021
- First step is intake, then 32-hour readiness training TU-FRI 9:30-5PM. Trainings are set per month

EMPLOYMENT - BETTER YOUTH

betteryouth.org | 800-357-2535

Film and TV training and job placement. Prepare foster and system-impacted youth for sustained success in the creative economy. We provide omnidirectional mentoring, media arts training, professional skills development, and social support services supporting a holistic approach.

PARENTING SUPPORT - CHILDREN'S INSTITUTE LA

childrensinstitute.org | 213-260-7600

Children's Institute provides early education, behavioral health and family strengthening services to 30,000 children and families each year. They also train professionals and caregivers in trauma-informed care, evidence-based clinical treatment, parenting, and fatherhood.

Children's Institute LA offers:

2) Early Childhood Program (for children 0-5)

Home-based and center-based early childhood programs for children from birth to five years old in Koreatown, Watts, South Los Angeles, Compton and Wilmington – which are free for qualifying families.

Program Eligibility:

- Any parent that has a child from 0-5.
- Find where you can enroll your infant, toddlers, and preschoolers for in-person and virtual learning opportunities in Central & South Los Angeles — childrensinstitute.org/preschool
- For kids in school for extra support and programs go to childrensinstitute.org/school-aged-children
- For parental support childrensinstitute.org/prenatal-support



Our Favorites

and childrensinstitute.org/parents

Services:

- Early Head Start (Center and Home-Based)
- Head Start (Center-Based)
- Family Child Care Home
- Home Visitation

How do I enroll?

- Applicants must email Mireya Alvizo at malvizo@childrensinstitute.org or call her at 323-491-4154 to determine eligibility.

3) Fathers: Project Fatherhood

- Individual and family counseling
- Group support
- Significant others group
- Therapeutic activities for children
- Helping fathers to make healthier decisions in relationships

Services Provided:

- Individual and family counseling
- Group support
- Significant others group
- Therapeutic activities for children
- Helping fathers to make healthier decisions in relationships

Eligibility:

- Open to any father

How do I enroll?

Email kparker@childrensinstitute.org to determine eligibility, CC recipient, send name, children's names/ages, phone number of recipient

EDUCATION - CODE TALK

stjosephctr.org/codetalk | codetalk@StJosephCTR.org

Learning to program computers and build websites – 16-week program. Unpaid.



Our Favorites

Eligibility:

- Female
- Low Income

How do I apply?

- Apply online stjosephctr.org/codetalk

COLLEGE SUPPORT - CALIFORNIA COLLEGE PATHWAYS

cacollegepathways.org

For everything you need to know about applying for college, financial aid, living on campus and supportive services on campus.

Eligibility:

- Anyone

How do I apply?

- No enrollment needed!
- Go to cacollegepathways.org

EMPLOYMENT AND TRAINING INTO MANAGEMENT AT LAYLA BAGELS

laylabagels.com | info@laylabagels.com

Apply here forms.gle/Bi6Sy7TZykeSUzUUZ. Pay is \$17 – \$20 / hr plus tips.

Employees will be reviewed after 3 months with the hope of rapid growth and promotion. Hiring bakers, prep cooks, and cashiers.

JOB TRAINING AND PLACEMENT WITH JVS

www.jvs-socal.org | 323-761-8888

Train to be a nurses assistant, or for non-clinical positions within the healthcare industry. BankWork\$ prepares job seekers for positions in banking as a first step on the career ladder in the dynamic financial services industry. Train to become an apartment maintenance technician. All training offers job placements.

Eligibility:



Our Favorites

- Must be an ASOH alumni

How do I apply?

- Contact ASOH via email at alumni@asenseofhome.org and request an application

FINANCIAL ASSISTANCE - UPWARD FUND

Receive a stipend of \$425 per month to go towards reaching your goals.

Eligibility criteria:

- Must be working
- Earning between \$25,000 to \$75,000
- Willing to do financial literacy training
- Willing to do monthly check ins
- If going to school, must be graduating in the next year
- Doing some sort of advocacy work for former foster youth or the unhoused

How do I apply?

- Email members@asenseofhome.org to inquire about getting a nomination

FINANCIAL ASSISTANCE - ONE SIMPLE WISH!

onesimplewish.org | 609-883-8484

One Simple Wish is an online platform that collects wishes from young people involved in the child welfare system and has people from around the world grant them! As a community partner, ASOH can submit wishes on behalf of ASOH Members. Please contact members@asenseofhome.org for more information.

Examples of wishes include:

- Clothing & shoes
- Assistance with textbooks or other items needed for school
- Laptops & tablets
- Bedding
- Gift cards for gas, groceries and more

Things OSW does not fund:



Our Favorites

- Rent
- Utilities
- Ongoing needs
- Reimbursements
- Credit card bills
- Fines & penalties
- VISA, AMEX, or other prepaid cards

How do I enroll?

- If you are an ASOH Member, email members@asenseofhome.org to submit a wish request.

FINANCIAL ASSISTANCE - CHANGE REACTION

<https://www.changereaction.org/>

Provide financial assistance with appliances, home furnishings, rent relief, and more!

How it works:

- A request is submitted for assistance and then the Change Reaction (CR) team will review the request and if approved, they will share the request with potential donors. A request is then funded, partially funded, not funded, and/or approved for an interest free loan paid directly to CR.

What to expect:

- Requests take time to be approved
- Approval is not guaranteed
- Supporting documentation may be requested

ADVOCACY - NFYI: NATIONAL FOSTER YOUTH INSTITUTE

LA Based | contact@nfyi.org | 202-240-7221

Monthly Meetings to discuss empowering foster youth in social change!

Meetings include: Food, Self Love Poetry Bar, Paint to Release, etc.!



Our Favorites

Eligibility:

Current and former foster youth, relative caregivers, TAY ages 17-29

How do I enroll?

Email Kenneth Chancey, West Coast Policy and Organizing Manager at Kenneth.chancey@nyfi.org for the next meeting!

LEGAL SUPPORT - CHILDREN'S LAW CENTER

clccal.org | 323-980-1700

CLC provides consistent, zealous, and effective legal representation for children ages 0-21 in the foster care systems in Los Angeles, Sacramento, and Placer counties in California in all aspects of their dependency court case.

Eligibility for extended foster care:

- Ages 18-21
- In foster care at 18, not adopted or did not have legal guardianship
- Legal guardian is no longer supporting you or passed away

How do I enroll?

- Call Children's Law Center at 323-980-1700
- Or email extendedcare@clcl.org

RESOURCE NAVIGATION - OUR CHILDREN LA WIN (WHAT I NEED) APP

www.oclawin.org/?win-la

WIN is a free web and mobile app designed to connect youth ages 12-25, families and adults to essential services – all accessible without a referral.

WIN App offers over 1800 area service providers and programs in 11 search categories:

- Shelter
- Crisis
- Food
- Drop-In Centers
- Health



Our Favorites

- Legal
- Hotlines
- Education
- Jobs
- Transportation
- Benefits
- And more – download the app now to find resources near you!

Eligibility:

- No eligibility requirement

How do I enroll?

- Visit oclwin.org/?win-la

FINANCIAL LITERACY - PROJECT DESTINED

projectdestined.org

Project Destined trains scholars using a blended (live courses + e-learning) education model that is grounded in ownership, investing, and financial health. They deliver programming through the model: TRAIN, COMPETE, GROW

Services

They provide access through partnership with leading corporations and entrepreneurs to provide scholars with access to best-of-class networks & mentors. They also provide scholars with opportunities, for instance:

- Purchasing a home
- Entrepreneurship
- Real world project-based experiences that translate into internships
- Employment and/or certifications.
- \$500 stipend for program participation

Eligibility:

- ASOH recipients



Our Favorites

- Must be a high school student or enrolled in college courses
- Must have access to a computer and high-speed internet
- 4 hours per week virtual instruction; 2 hours per week independent learning, mandatory Zoom participating

How to Enroll?

- Email youth@asenseofhome.org for referral

MENTORSHIP - FOSTER NATION

fosternation.org

Foster Nation provides a Sparks Program (formerly CareerX) whereby foster youth are matched with a coach who provides them with career readiness, financial literacy, and life skills necessary to help them become self-sufficient. There is also an option to apply to become a coach.

How do I apply?

- To receive coaching: <https://formstack.io/FC0DC>
- To become a coach: <https://formstack.io/07B68>

Foster Nation also has an initiative called Kind Space which uses the power of gifts and celebrations in big life moments to remind youth they belong, they matter, and they are not alone. This includes entering and exiting the system, holidays, graduations, and other milestones.

Visit the website or contact admin@fosternation.org for more information.

HOUSING - CHIRP/LA

chirpla.org | 877-724-4775

CHIRP/LA (Comprehensive Housing Information and Referrals for People Living with HIV/AIDS) is a program of PAWS/LA (Pets Are Wonderful Support, Los Angeles), with grant funding from HOPWA (Housing Opportunities for Persons With AIDS) that is administered by HCIDLA (Los Angeles Housing & Community Investment Department). Please note: Access to resources isn't completely dependent on HIV/AIDS status.



Our Favorites

CHIRP/LA offers:

- Low-income fare is easy (life)
- No fee & reduced fee identification card forms
- Housing stability workshops
- Housing resources - emergency, market rate, Section 8, subsidized, transitional
 - Make sure to subscribe to their newsletter to get first access to very valuable subsidized housing resources - first come first serve/lottery
- Clothing vouchers
- Email set-up
- Free credit check
- Guides & listings
- Weekly newsletters

Eligibility:

- A valid California ID or Driver's License.
- HIV/AIDS Diagnosis form (within a year of service date)
- Proof of Income (GR or SSI print out, 3 months of pay stubs, bank statements, etc.)
- Proof of address (government document or current utility bill)

How do I enroll?

- Visit chirpla.org
- Click "Services" found at the top of the website
- Select the type of service you want and the area you're in and click "Search"
- Select the resource you want
- Make sure to subscribe to the newsletter!

DOMESTIC VIOLENCE SERVICES - SOJOURN

thepeopleconcern.org/sojourn

The People Concern provides shelter and support to adults and children who are victims of domestic violence.

Services:

- Shelter & support groups
- Child empowerment programming



Our Favorites

- Legal services and service referrals
- Safety arrangements for pets
- Safety planning
- Abuse reporting
- 24/7 resource hotline

Eligibility:

- Anyone experiencing domestic violence

How do I enroll?

- Call their 24/7 resource hotline at 310-264-6644 and they will connect you to the program.

HOUSING AND RENTAL ASSISTANCE - SANCTUARY OF HOPE RAPID RE-HOUSING PROGRAM

thesoh.org

The goal of the program is to assist young adults who are at risk of or who are already experiencing homelessness to reintegrate in the community by helping them obtain and maintain safe, affordable housing and by linking them to mainstream, community based services they need.

Services include:

1. Working with a Life Coach/Navigator to develop a housing plan.
2. Locating housing, paying application/credit check fees, first month's rent and/or security deposits, providing moving assistance and facilitating landlord/tenant mediation.
3. Linking youth with other community services, such as employment assistance, education, training, physical, mental, and/or chemical health services, child care, transportation assistance or legal services.
4. Subsidizing rent – either one-time, or for short or medium terms. The rental unit lease agreement is in the assisted youth's name.

Eligibility:

1. Participation in the Single Adult Coordinated Entry System (CES). Families will be referred to 211 or Family Solutions Center.



Our Favorites

2. Must have homeless verification and referral.
3. Must have income.
4. Must demonstrate the ability to sustain and maintain housing without further assistance once the subsidy ends.

Adams Location

Phone: 323-786-2413

4003 W. Adams. Blvd. Los Angeles, CA 90018

Operation Hours

10 am - 5 pm Monday, Tuesday, Wednesday, Thursday

10 am - 2 pm 2nd and 3rd Fridays

Closed last Friday of the month

Program Orientation – Wednesdays 10 am-12 pm. Referral and registration required.
Contact office for appointment.

Hope Connections South Bay

Phone: 424-374-8038

13245 Hawthorne Blvd., 2nd Floor, Hawthorne, CA 90250

Operation Hours

10 am – 5 pm Monday – Friday

Closed last Friday of the month.

Program Orientation – Wednesday 10 am – 12 pm. Referral and registration required.
Contact office for appointment.

Sanctuary of Hope at Center For Sustainable Communities

1051 W. Rosecrans, Compton, CA 90222

Phone: 424-478-9145

Operation Hours



Our Favorites

10 am – 5 pm Monday – Friday
Closed last Friday of the month.

Hope Place Antelope Valley

701 West Avenue K, Lancaster, CA 93534

Phone: 661-206-2540

Operation Hours:

10 am – 5 pm Monday – Friday
Closed last Friday of the month.



Accessible Food Resources

LOS ANGELES REGIONAL FOOD BANK

lafoodbank.org | 323-234-3030

LA Food Bank distributes food and other essentials to children, seniors, families and other individuals in need.

Eligibility:

- Some Food Banks ask for ID requesting geographical location
- Eligibility varies depending on location
- Some locations do not need documentation, some require applications

How do I enroll?

- Go to www.lafoodbank.org
- Click on "Find Food" at the top right
- Type in your zip code for pantry agencies, locations, and times near you!
- You can also call the Los Angeles Regional Food bank here: 323-234-3030
 - 1734 East 41st Street, Los Angeles, CA 90058
- Their database can be outdated, so please call and check each location!

FEEDING AMERICA

feedingamerica.org | 323-234-3030

Feeding America distributes food and other essentials to children, seniors, families, and other individuals in need.

Eligibility:

- Some Food Banks ask for ID requesting geographical location
- Eligibility varies depending on location
- Some locations do not need documentation, some require applications

How do I enroll?

- Go to feedingamerica.org
- Click on "Find a Food Bank" at the top right.
- You will be shown the Feeding America Chapter for your location, click on "Find Food" below it.
- Their database can be outdated, so please call and check each location!



Accessible Food Resources

CALFRESH

getcalfresh.org/en/apply | 310-258-7400

CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.

Eligibility:

- Limited income
- Limited property
- Households can be as small as one person. You do not need a home to receive CalFresh
- Have a Social Security number

How do I enroll?

- Visit getcalfresh.org/en/apply and fill out an application (this will take about 10 minutes and you will be guided step by step)
- Submit proof of your situation (ID, paystubs, rent receipts, etc.) – can be completed during the application process, or any time within the next 30 days
- Complete an interview with a county worker (30 - 60 minute phone interview)
- If approved, you will receive an EBT card with money for groceries within 30 days
- If you have questions, call: 310-258-7400

IT'S BIGGER THAN US

<https://www.itsbiggerthanusla.org/weekly-resources>

Services: Weekly Tuesday and Friday Food and Resource Distribution that provides food, diapers, and resources to the community

Eligibility: Available to all

ALL PEOPLE'S COMMUNITY CENTER

<https://allpeoplescc.org/services/#adult-family>



Accessible Food Resources

Services: Supplemental Food Program provides local individuals and families with a bag of groceries, including fresh fruits and vegetables, each month to supplement their food supply. They also give program participants information on other food resources and help them access these. And during emergencies, we distribute relief material like diapers and hygiene products.

How do I register?

- Go to <https://allpeoplescc.org/services/#adult-family> to register for services.



Are You Currently Unhoused?

AN IMPORTANT SET OF PHONE NUMBERS TO HAVE ON HAND

- 988 — the new alternative to 911 for any mental health emergencies (24/7 helpline).
- 211 — **211la.org** supportive services.
- Homeless hotline is 800-548-6047 or 213-225-6581. 800-660-4026 (for the deaf and hearing disabled).
- The Los Angeles Public Library helps connect residents who are experiencing homelessness with resources to help them transition to stable, independent, or supported living.
- Visit lapl.org/branches.

DOWNLOAD APPS

- Developed with the input of homeless youth and adults around LA County, the free, easy to use WIN What I Need mobile app is available 24/7 and connects anyone who is searching for free or low-cost services to thousands of available helpful programs. oclawin.org/find-help/win-app-online
- Shelter App – www.shelterapp.org

SHELTERS

- Search all LAHSA shelters - lahsa.org/documents?id=2196-lahsa-shelter-list.pdf
- Homeless youth - www.covenanthouse.org
- PATH shelters – epath.org
- Los Angeles Mission - losangelesmission.org
- Midnight Mission – midnightmission.org
- Union Rescue Mission – urm.org
- LGBTQ – lalgbtcenter.org/social-service-and-housing/youth
- Catholic Charities of Los Angeles – catholiccharitiesla.org
- Hope of the Valley Rescue Mission – hopeofthevalley.org

HOMELESS STUDENTS

- jovenesinc.org



Are You Currently Unhoused?

DROP IN / CASE MANAGEMENT

- CES Access Center:
<https://www.lahsa.org/documents?id=2760-ces-access-center-directory.pdf>
- Safe Place for Youth - youthsupport@safeplaceforyouth.org - 310-902-2283
- Village Family Services – www.thevillagefs.org – 818-755-8786 – TAY
Drop-in Center: Youth, ages 14-24 - 6801 Coldwater Canyon #1E, North Hollywood, CA 91605
- My Friend's Place - info@myfriendsplace.org - Drop in center for homeless youth 12-25 years old. Provide hot meals, showers, clothing closets and more - 323-908-0011

HOUSING

- Chirpla - Transitional, subsidized, emergency, and market rate housing and other resources - chirpla.org - info@chirpla.org
- Low income, affordable, special needs, emergency housing,
housing.lacounty.gov/index.html call 877-428-8844
- Affordable housing and providing supportive services throughout California – epath.org
- Skid Row Housing Trust provides permanent supportive housing – skidrow.org
- In Los Angeles & CA: Step Up provides innovative, community-based Permanent Supportive Housing (PSH) and comprehensive case management services via developments – stepup.org/services/permanent-supportive-housing/
- Mental Health and housing – thepeopleconcern.org/homeless-services/
- Housing upwardboundhouse.org
- Permanent affordable housing, case management, treatment, and food pantry stjosephctr.org
- LA Family Housing – lafh.org
- Individual Solution Center – 818-255-2766 – 7843 Lankershim Blvd. North Hollywood, CA 91605
- Family Solution Center – 818-255-2766



Are You Currently Unhoused?

SANCTUARY OF HOPE – RAPID REHOUSING PROGRAM

They aim to help young adults who are at-risk of experiencing homelessness with finding safe and affordable housing.

Services:

- Coaching for developing a housing plan
- Support with paying application and security deposit for housing
- Linkages to resources for employment, childcare, education, health care, and more!
- Subsidized rent plans

Eligibility:

- Must have the following:
- Valid identification
- Social security card
- Homeless verification
- Proof of school enrollment

How do I enroll?

- Contact youth@asenseofhome.org for a referral

SUBSTANCE ABUSE (AND HOUSING)

- samhsa.gov/homelessness-programs-resources/hpr-resources/case-management
- www.clarematrix.org



Clothing

MAKE GOOD

Shop for free and by appointment at www.makegoodinc.org

To make an appointment go to www.makegoodinc.org/tay-shop-appointments

Eligibility

- Transitional-aged youth between 18-26

THE PEOPLE CONCERN'S ACCESS CENTER - SANTA MONICA

Get access to donation based clothing. There is also access to lockers, showers, food, medical services, therapy, case management, and more!

Address: 503 Olympic Blvd. Santa Monica, CA 90401

Phone number: (310) 450 4050



College Support

FOSTER YOUTH PROGRAMS – FIND SUPPORT ON YOUR CAMPUS

cacollegepathways.org

Foster youth support programs go by various names including Next Up, Guardian Scholars, Renaissance Scholars, or others.

Services:

Each school has different variations of their services but generally, the following are provided:

- Academic advising
- EOP grant award (if available)
- Priority registration
- Counseling and support
- Tutoring services
- On-Campus Housing assistance
- Financial advising & support

Eligibility:

Each school has different variations of their eligibility but generally, the following is required:

- Must be current or former foster youth
- Must be currently enrolled in college/university
- Completed FAFSA or DREAM ACT by required filing date

How do I enroll?

- Each school has different enrollment processes
- Go to cacollegepathways.org
- Scroll over “Campus Support Programs” on the top bar
- Click on “Search for Foster Youth Programs”
- Click on the orange search tab to find supportive programs on your campus
- Address, phone, and website of program at your specific campus should appear.
- Contact program and request enrollment deadlines/process.
Remember it is different for each school.



College Support

ECHOES OF HOPE

echoesofhope.org | 310-414-1600

Echoes of Hope supports current former foster students. Resources include: textbook support, housing, meal assistance, transportation, graduation expenses and more!

Eligibility

- Ages 0-30
- Currently enrolled in school
- Former foster youth

How to enroll?

- Ask for an application from ASOH staff by emailing youth@asenseofhome.org
- Fill out application
- ASOH will refer applicants to Echoes of Hope

STARBUCKS COLLEGE ACHIEVEMENT PLAN

<https://www.starbucks.com/careers/working-at-starbucks/education/>

Starbucks has made a commitment to the success of their employees so they have partnered up with Arizona State University to offer full tuition for a first-time bachelors degree.

Services

- 100% tuition coverage for a first time bachelors degree
- Fully online courses
- 6 start dates yearly to offer flexibility

Eligibility

- You must be a Starbucks employee working at least 20 hours per week
- After you've received a minimum of 240 hours over three consecutive full months, you will be eligible on the first day of the second month after this completion (roughly 5 months from your initial hire date)



College Support

Enrollment

- Become a Starbucks partner/employee
- Find positions here: careerarc.com/job-map/starbucks/campaign/17764
- Reach out to an ASU enrollment coach
- Fill out this request: starbucks.asu.edu/?ga=2.219395737.1819777986.1642626014-1471660205.1640111603#get-started
- Apply to Arizona State University
- Apply here: webapp4.asu.edu/uga_admissionsapp
- Apply for FAFSA
- Apply here: studentaid.gov



COVID-19 Resources

Have you been tested? For more information: asenseofhome.org/covid-19-resources.

IF YOU TEST POSITIVE OR HAVE SYMPTOMS

Regardless of your vaccination status or infection history:

- Isolate for at least 5 days
- Sleep and stay in a separate room from those not infected
- Use a separate bathroom if you can
- Wear a mask around others, even at home
- Get tested (antigen preferred) on Day 5
- End isolation on Day 6 if:
 - You test negative, AND
 - Have no fever for 24 hours without taking fever-reducing medication, AND
 - Your other symptoms are gone or going
- End isolation on Day 10 if:
 - You test positive on Day 5 or don't test, AND
 - You have no fever for 24 hours without taking fever-reducing medication
- If you still have a fever, continue to isolate until it's been gone for 24 hours
- After you recover, wear a mask around others for 10 full days after the start of symptoms or your positive test
- **For children who test positive:**
 - Children under 2 can end isolation on Day 6 without a negative test
 - Children 2 years and older should follow the steps above for ending isolation
 - Learn more about What to Do if You Test Positive from cdph.ca.gov.

COVID-19 TESTING CENTERS – LA COUNTY

covid19.lacounty.gov/testing

Los Angeles County has options available for COVID-19 testing! Even though all LA County residents who want a test should first call their Primary Care Provider or Healthcare Center to get a test, if you don't have this care available or can't access your provider there are testing options available!



COVID-19 Resources

Eligibility:

- Varies depending on location

How to find a center near you:

- Visit covid19.lacounty.gov/testing
- Enter your location
- Check boxes to narrow/widen your search
- Select whether you want to include or exclude places that: are walk-up only, test minors, currently unavailable, etc.
- Select your preferred location and register for an appointment!

EMERGENCY RENTAL ASSISTANCE

Housing.LACounty.gov

Cities in Los Angeles and Ventura counties have launched emergency rental assistance programs. Since 2007, this community resource has helped people list and locate housing in the County of Los Angeles, including affordable housing, special needs, emergency housing, and more listings and searches are free.

Emergency Rental Assistance Services:

- COVID-19 Pandemic Resources
- Locations with affordable housing
- Find rentals

Eligibility:

- Live in LA County/Ventura County
- Eligibility varies depending on location

How do I enroll?

- Visit Housing.LACounty.gov
- Input the city, county or ZIP code that you are interested in finding housing
- Find the best option for you and contact the location
- For more help, you can call 877-428-8844 (toll free), Monday-Friday, 6 am-5 pm



Criminal Justice System

ANTI-RECIDIVISM COALITION

antirecivism.org | 213-955-5885

- Working with currently and formerly incarcerated community members and understanding the barriers that are often faced during incarceration and in reentry.
- Support for formerly incarcerated in housing, high-quality jobs, educational opportunities, and overall well-being. Integrating tenants of trauma-informed care, whole-person care, and mindfulness, ARC can assist in removing barriers to care, increasing access to services, and reducing the divide between physical, emotional, and overall well-being.
- Individual therapy or group therapy, focused on strengthening coping skills to deal with difficult triggers, managing interpersonal relationships, and identifying healthy relationships, grief groups, processing groups, and psycho-educational goals

HOMEBOY INDUSTRIES

homeboyindustries.org

- Serving formerly gang-involved and previously incarcerated men and women in education services, legal, mental health, workforce development, youth re-entry, tattoo removal, substance abuse support, case management, arts training, and more.



Disabilities

FOR ANGELENOS WITH DEVELOPMENTAL DISABILITIES

dmh.lacounty.gov

The LA County Regional Centers provide wonderful and extensive support services for people with disabilities.

- Very importantly, the LA County Regional Centers also provide services for kids who have been placed in foster care.
- The LA County Regional Centers' support includes health, well-being, case management, employment, and independent living.

FOR THOSE WITH PHYSICAL DISABILITIES

www.dcrc.co | **310-390-3611**

- a Center for Independent Living dedicated to supporting the equality of life for people with all kinds of disabilities.
- They are supported through this county system:
dpss.lacounty.gov/en/senior-and-disabled.html



Domestic Violence Legal Support

THE HARRIETT BUHAI CENTER FOR FAMILY LAW

hbcfl.org | 213-388-7515

- Begin by calling 213-388-7515
- Explain that you have emancipated from foster care, your age, and how many kids you have.
- Share any and all details if there is a pending case with the Juvenile Dependency Court (aka Children's Court).
- If the Dependency Court has already assigned you a lawyer, that is okay. Please ask Harriett Buhai Center for Family Law to please guide you through what to expect from the process so that you are fully informed.
- You can go back to Harriett Buhai Center for Family Law once the Dependency Court has completed your case.

CALWORKS

cdss.gov/calworks

- Government program that supports with food assistance.
- Have you enrolled your kids in Social Services through CalWorks? If so — you can also reach out to them for legal support as they make it a very big priority to provide legal guidance for anyone on CalWorks that has or is experiencing domestic violence.
- You can do this and reach out to the Harriett Buhai Center for Family Law
- If you haven't enrolled your kids in CalWorks, promptly do so at cdss.ca.gov/calworks



Domestic Violence & Sexual Assault

24-HOUR EMERGENCY CARE FOR SEXUAL ASSAULT AT UCLA

uclahealth.org | **424.259.7208**

- A nonprofit providing free vital support.
- The Rape Treatment Center provides comprehensive treatment for sexual assault victims and their families, including 24-hour emergency medical care, forensic examinations, and crisis counseling.

RAPE, ABUSE, AND INCEST NATIONAL NETWORK

rainn.org | **1-800-656-HOPE (4673)**

- Provides free 24-hour confidential counseling, crisis intervention, and support to victims of sexual assault. Also provides referrals, information for friends and family, and offers programs to prevent sexual assault, help victims, and make sure that rapists are brought to justice.

NATIONAL DOMESTIC VIOLENCE HOTLINE

thehotline.org | **1-800-799-7233**

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

National Domestic Violence Hotline offers:

- Contacts to The Hotline can expect highly trained, expert advocates to offer free, confidential, and compassionate support
- Crisis intervention information
- Crisis intervention education
- Referral services in over 200 languages
- How to identify abuse
- Plan for safety
- Help with how to support others
- Local resources

Eligibility:

- Anyone can call or visit their website



Domestic Violence & Sexual Assault

How do I enroll?

- No enrollment necessary
- Call 1-800-799-7233 to receive help over the phone
- Go to thehotline.org
 - Click call to receive help over the phone
 - Click chat to receive help through an online chat
 - Scroll down to find more information about: *How to Identify Abuse, A Plan for Safety, How to Support Others, Local Resources*

LOS ANGELES COUNTY DOMESTIC VIOLENCE HOTLINE

dpss.lacounty.gov/en/jobs/gain/ss.html | **1-800-978-3600**

The Los Angeles County Department of Public Social Services is offering support over the phone and online to help you end the abuse in your life and the lives of your family.

Los Angeles County Domestic Violence Hotline offers:

- Instant over the phone help for those in need of immediate support
- A link to battered women shelters / walk-in centers
- Information about additional services you can receive / should apply for

Eligibility:

Anyone can call or visit their website

How do I enroll?

- No enrollment necessary!
- Call 1-800-978-3600 to receive help over the phone
- Or for more information, go to dpss.lacounty.gov/en/jobs/gain/ss.html
 - Scroll down to "Domestic Violence"
 - Click Domestic Violence Details
 - Scroll and read about what services you're able to apply for



Domestic Violence & Sexual Assault

THE PEOPLE CONCERN – SOJOURN DOMESTIC VIOLENCE SERVICES

thepeopleconcern.org/sojourn

The People Concern provides shelter and support to adults and children who are victims of domestic violence.

Services:

- Shelter & support groups
- Child empowerment programming
- Legal services and service referrals
- Safety arrangements for pets
- Safety planning
- Abuse reporting
- 24/7 resource hotline

Eligibility:

- Anyone experiencing domestic violence

How do I enroll?

- Call their 24/7 resource hotline at 310-264-6644 and they will connect you to the program.



CALIFORNIA COLLEGE PATHWAYS

cacollegepathways.org

Learn how to apply to college.

Services:

Provides insight into different types of higher education systems:

- California Community Colleges
- California State University (CSU) System
- University of California (UC) System
- Private Non-Profit Colleges and Universities
- Private For-Profit Colleges

Eligibility

- Anyone can access this resource

How to enroll?

- No enrollment necessary to access resource
- Go to cacollegepathways.org
- Scroll over “College Planning” on the top bar
- Click on College 101

SANCTUARY OF HOPE – COLLEGE I CAN PROGRAM

thesoh.org | **323-786-2413**

College I Prepares youth and young adults for college and scholarship opportunities.

Services:

- College Advisors
- Weekly college-focused workshops
- Learn about financial aid
- 12-week digital literacy program



Education

Eligibility

- Must have the following:
 - Valid identification
 - Social security card
 - Proof of school enrollment

How to enroll?

- Go to ***thesoh.org***
- Click on “Programs”
- In drop down menu, select “Youth Development”
- Select “College I Can”
- Scroll down to page and fill out the Interest Registration Form

LAW SCHOOL ADMISSION COUNCIL (LSAC)

lsac.org | **215-968-1001**

The Law School Admission Council is a non-profit organization committed to promoting quality, access, and equity in law and education worldwide by supporting individuals' enrollment journeys and providing preeminent assessment, data, and technology services. They have several resources to help anyone get into law school!

Law School Admission Council (LSAC) Offers:

1) CREDENTIAL ASSEMBLY SERVICE

- Streamlines law school admission process. LSAC summarizes and combines that information with LSAT scores and writing samples into a report that is sent upon request to the law schools to which the applicant applies.

2) KHAN ACADEMY LSAT PREP AND OTHER OFFICIAL LSAT PREP

- Free Official LSAT Prep. Users create a personalized practice plan and build their skills with interactive lessons and official practice questions from real LSATs.
- Official LSAT PrepTest books for inexpensive practice on real LSAT questions.

3) LAW SCHOOL ADMISSION TEST (LSAT)

- Find upcoming dates for the test and register to take it. You can also find a breakdown of the LSAT fees (and waivers), disability accommodations, and your LSAT scores.



Education

4) LAW SCHOOL FORUMS

- Meet with representatives of LSAC-member law schools at one- or two-day forums held annually in cities throughout the United States. Attendees may spend anywhere from a few hours to an entire day at a forum. That is a place where law school representatives and law school candidates can meet face to face or participate in workshops on essential admission topics.

5) DIVERSITY INITIATIVES

- LSAC makes resources available to advocate for and promote broad-based diversity in legal education and the legal profession. Through these efforts, LSAC seeks to ensure that the justice system reflects all who interact with it.

6) CANDIDATE REFERRAL SERVICE (CRS)

- CRS makes it possible for law school candidates to provide information about themselves that will make it easy for law schools to recruit them. Law schools may seek out potential applicants on the basis of specific characteristics such as undergraduate major, ethnicity, law school preferences, etc. Candidates who establish an LSAC.org account may authorize release of their CRS information to participating law schools, agencies, etc. Many potential applicants are recruited by law schools they might not otherwise have considered.

7) LSAC AMBASSADORS PROGRAM

- LSAC Ambassadors are trained experts in law school admission matters. Through educational presentations and professional consultations, LSAC Ambassadors provide both law school candidates and legal education professionals with encouragement, current information, and instruction on how to utilize the vast array of tools available on [LSAC.org](https://lsac.org).

Eligibility:

- Anyone can log into the website and access resources!

How do I enroll?

- Go to lsac.org
- At the top right-hand corner click the “Login As” button
- Click “JD Account” if you are looking to get The Juris Doctor (JD) Degree



Education

- Or click “LLM and Other Law Programs Account” if you are interested in pursuing a master’s degree in law, academic master’s degrees for non-lawyers, research and academic-based doctorate level degrees, or certificate programs offered by ABA- approved law schools. Or click “LLM and Other Law Programs Account” if you are interested in pursuing a master’s degree in law, academic master’s degrees for non-lawyers, research and academic-based doctorate level degrees, or certificate programs offered by ABA-approved law schools.
- Create an account by clicking the “create an account” link found below the “log into your account button”
- Fill out the blank fields with your information
- Click “Create an Account”
- Get access to their research database and other resources (mentioned above) on their website!

BEAUTY CHANGES LIVES

beautychangeslives.org

Beauty Changes Lives is a nonprofit driven to make the beauty profession a first-choice career. They empower next generation beauty professionals through scholarships, mentorship and advanced education.

Beauty Changes Lives offers:

- Scholarships for students interested in pursuing a career in beauty
- Advice and a beauty career handbook for how to begin a career in the beauty industry
- A mentorship program in which licensed professionals are matched with a professional mentor in the same trade
- Best practice videos showing good technique and tips

Eligibility

- Anyone can access this resource!

How to Get Services

- Visit beautychangeslives.org
- Click on the menu (top right-hand corner of webpage) for a list of opportunities



Education

- Click “Scholarships” to see scholarship options
- Click “Get Involved” for mentorship opportunities
- Click “For Schools” for advice in pursuing a beauty career
- Best practice videos showing good technique and tips

Eligibility

- Anyone can access this resource!

How to Get Services

- Visit beautychangeslives.org
- Click on the menu (top right-hand corner of webpage) for a list of opportunities
- Click “Scholarships” to see scholarship options
- Click “Get Involved” for mentorship opportunities
- Click “For Schools” for advice in pursuing a beauty career

LEARN HOW TO BECOME

learnhowtobecome.org

At Learn How to Become, their mission is to help individuals find the best career, from new graduates trying to land their first job to the seasoned professional climbing the company ladder. They are here to support you every step of the way with content on how to write the perfect resume, nail the interview, and more.

Learn How to Become offers:

- Outlines and information on how to pursue a variety of careers and what they entail
- A “Get Hired Toolkit” that contains a large list of guides including interviews do’s and don’ts, resume tips and advice
- Facts about online education and university rankings
- A database of programs that offer your desired career

Eligibility

- Free for anyone to access



How do I enroll?

- No enrollment necessary!
- Go to learnhowtobecome.org
- Click on the drop-down menu that says "Select a Career"
- Select your desired career
 - Read up on the information provided!
- Continue scrolling to the bottom of the page to find programs offered in that field
- Or click on the menu found on the top right-hand side for "Careers", "Online Education", and "Resource Center"
 - "Careers" – find the career you want to research
 - "Online Education" – find information about online programs, schools, and the university rankings
 - "Resource Center" – find the "Get Hired Toolkit" for general advice to help you get hired.

LOS ANGELES FILM SCHOOL LIBRARY

lafslibrary@lafilm.edu | lafilm.libguides.com/startguide | 323-769-2705

The LAFS Library's goal is to provide direct support for the educational mission of the school, by selecting and organizing current and relevant books, media, and digital resources; to assist students and faculty in locating and retrieving information effectively, and to assist in the educational and professional development of students.

Los Angeles Film School Library offers:

- Databases containing a wealth of information
- Tutorials
- Subject guides containing other websites, books and resources that could be helpful
- In-person, the library has computers, headphones, chargers, game consoles, and other supplies available for free
- Ability to check out library books (with a library card)

Eligibility

- Anyone can access these online resources
- Some require a library card



Education

How do I enroll?

- No enrollment necessary!
- Go to lafilm.libguides.com/startguide
- Under "Collections" find books, magazines, films and screenplays
- Under "Research", find the A-Z database, library catalog, subject guides, tutorials, and other resources
- To get a library card, email lafslibrary@lafilm.edu or call 323-769-2705
- You should receive an email with the form you have to fill out and email back

VIDEOANDFILMMAKER.COM

videoandfilmmaker.com/wp

The website contains tutorials in film making, reviews of products commonly used, and a directory of how you might be able to get free items to help your filmmaking career! Offers Grants and funding for film making.

VideoandFilmmaker.com offers:

- Provides a list of film events, workshops, and courses that you can attend
- Reviews of accessories, cameras and other software commonly used so you know you can get the best items offered
- Has lengthy tutorials teaching you how to use editing software and effects
- Lists of grants and funding
- A list of free items available that can help get your film career going!

Eligibility

- Anyone can access this resource!

How do I enroll?

- No enrollment necessary!
- Go to **videoandfilmmaker.com/wp**
- Click any of the options on the menu found on the top of the page.



Education

AMERICAN PHYSICAL THERAPY ASSOCIATION

apta.org | 800-999-2782

The American Physical Therapy Association (APTA) is a non-profit focused on building a community that advances the profession of physical therapy to improve the health of society. Their website encourages membership, but it is NOT necessary. There are free resources you can access WITHOUT having a paid membership.

American Physical Therapy Association offers:

- Free access to their career center to find next steps in your physical therapist career and job opportunities
- Free access to some courses online in their learning center
- Free access to a "Guide to Physical Therapist Practice"
- Free advice on patient care
- Free access to information on advocacy efforts in the field of physical therapy
- Free access to volunteering opportunities

Eligibility

- Anyone is free to access this page

How do I enroll?

- Go to apta.org
- To access some of the free resources you need a FREE account (THIS IS NOT A MEMBERSHIP)
 - To do this, click on the button on the top left that says "Join/Renew"
 - Scroll down and click on the orange button that says "Join or Renew Online"
 - Below the words saying, "Don't have an APTA account?" find the link to "Create a Free Account"
 - Input your information
 - Once that is complete, you'll have an account! Simply login and have access to all their free resources.
 - Don't fill out any form that asks what membership you have or asks for any credit card information.



Education

- Click on the menu found at the top right of the screen
 - Select the option you want to explore
 - Select “Your Career” for next steps, tips and job opportunities
 - Select “Your Practice ” for more information about the physical therapy practice
 - Select “Patient Care” for advice on working with patients
 - Select “Advocacy” to learn about different efforts in the physical therapy community
 - Select “APTA and You” for more information about the APTA and possible volunteering opportunities
- Or scroll down to the very bottom of the page and under “APTA Related Sites” find the APTA Career Center and the “Guide to Physical Therapist Practice”

MILLION STORIES – LEARNING CENTER

millionstories.everfi-next.net/welcome/millionstoriesresources

This online resource center covers a broad range of subjects to ensure you're comfortable handling anything financial that might come your way. These tips and tools are created by experts and have helped people in every kind of situation make smarter financial decisions which lead to financial confidence.

Million Stories offers:

- Short, interesting lessons on everything from managing a budget, to saving, to buying a car, or even a home
- Provide a personalized learning plan for you!

Eligibility

- Anyone can access this resource!

How do I enroll?

- No enrollment necessary!
- Go to millionstories.everfi-next.net/welcome/millionstoriesresources
- Scroll down to just below “Welcome” and click the button that says “Click To Create Your Personalized Learning Plan”



Education

- Select the options that you are interested in
- Receive your own personalized plan!
- Or scroll down to find and select the lesson plan of your choice!

SOCIAL WORK GUIDE

socialworkguide.org

Social Work Guide is a free online resource for individuals interested in beginning or advancing careers in social work or counseling. Our site features information on social work degrees and schools.

Services

- State-by-state career and social work licensing guides
- A counseling and social work-related jobs board
- Interviews & advice from industry experts
- List of degrees you could attain
- A database of schools you could attend
- Careers you could have in social work

Eligibility

- Anyone can access this resource!

How do I enroll?

- No enrollment necessary!
- Go to socialworkguide.org
- Scroll down to find:
 - Frequently asked questions
 - Steps to becoming a social worker
 - How to get licensed as a social worker
 - Career options for social workers
- You can also click on the menu found on the top right of the page and click on any of the dropdown options to find a more in-depth look into:
 - Licensure
 - Degrees
 - Schools



Education

- Online Programs
- Careers
- Advice
- Salaries

YEAR UP

yearup.org | **855-YEARUP1**

Unpaid job training program – Year Up is a one-year intensive training and internship program that prepares young adults for successful careers in information technology and business.

Eligibility:

- 18-24 years old
- High school graduate or have GED
- Low-moderate income
- A US citizen, permanent resident, or have employment authorization card
- Available 5 days per week for the full year of the program
- Highly motivated to learn new technical and professional skills
- Have not obtained a bachelor's degree

How do I apply?

- Apply here: yearup.org/apply
- Classes begin in January and August – applications are considered on a rolling basis until class is filled.



Education Financial Aid

COLLEGESCHOLARSHIPS.ORG

collegescholarships.org | info@collegescholarships.org

Serving people who are interested in college funding, listing a broad array of funding opportunities without asking for information from the applicant. There are no long forms to fill out in order to access their resources.

CollegeScholarship.org offers:

- They provide a list of all kinds of scholarships available, separated into the following categories for the applicant's convenience:
 - Demographic groups (i.e., women, Latinos, African Americans, etc.)
 - Family specific (i.e., foster children, low-income, adult students, etc.)
 - Subject (i.e., law, teaching, nursing, cosmetology, etc.)
 - Fortune 500 scholarship programs (i.e., Target, Pepsi, Apple, etc.)
 - Military scholarships (i.e., veterans, spouses, children & other dependents)
 - Athletic scholarships (i.e., football, soccer, tennis, etc.)
 - Scholarships for students with medical conditions (i.e., cancer, diabetes, epilepsy, etc.)
 - Scholarships by degree level (for undergraduate to doctoral students)
 - And more!
- A list of grants available
- A list of loans you can apply for if necessary and how to consolidate them
- Tips from the 529 Investment Programs – state government instituted sponsored savings plan

Eligibility:

Available free online for everyone

How do I apply?

- Go to collegescholarships.org
- Search for scholarships in any category using their keyword search box
- Or you can click the menu (on the top left) for a drop-down list of financial aid help
- Select college scholarships, college grants, student loans, or financial aid to search for more information on each!



Education Financial Aid

FAFSA

studentaid.gov

To receive these foster care college grants, you must submit the Free Application for Federal Student Aid (FAFSA) form. This application takes your income into consideration to determine how much support you will need to pay for college in the form of grants and loans.

Eligibility:

- Have financial need
- U.S. citizen or eligible noncitizen
- Enrolled in eligible degree or certificate program at college or career school
- More eligibility requirements

How do I apply?

- Start by applying to FAFSA – visit the website and complete the FAFSA form

CHAFEE GRANT – CALIFORNIA STUDENT AID COMMISSION

chafee.csac.ca.gov

If you are or were in foster care for at least one day, between the ages of 16 and 18 as a dependent or ward of the court and have financial need, you may qualify for up to \$5,000 a year for career and technical training or college. You don't have to pay this money back. You may also be able to use your grant to help pay for childcare, transportation and rent while you're in school. You can use your Chafee Grant at any eligible California college, university, career or technical school, as well as schools in other states.

Eligibility:

- Be a current or former foster youth who was a ward of the court, living in foster care, for at least one day between the ages of 16 and 18.
- If you are/were in Kin-GAP, a non-related legal guardianship, or were adopted, you are eligible only if you were a dependent or ward of the court, living in foster care, for at least one day between the ages of 16 and 18.
- Have not reached your 26th birthday as of July 1 of the award year.



Education Financial Aid

- Have not participated in the program for more than 5 years (whether or not consecutive).
- Must be attending a school that is either a qualifying institution that is eligible for participation in the Cal Grant Program, or an institution that is not located in CA with a 3 year cohort default rate that is less than 15.5% and a graduation rate greater than 30%.

How do I apply?

- Apply online at chafee.csac.ca.gov.
- FAFSA must be completed first.

FEDERAL PELL GRANT

ed.gov/programs/fpg/index.html

This grant is a form of federal financial aid available to all students that are U.S. citizens (or eligible non-citizens) and meet certain income and education requirements. You

can receive up to \$6,095 per academic year plus \$3,048 if enrolled during the summer. This grant can be used at public or private, two-or four-year universities or colleges in California or out of state.

Eligibility:

- Undergraduate and vocational students enrolled or accepted for enrollment in participating schools
- Awarded usually only to students who have not earned a bachelor's or a professional degree
- Must meet the general federal student aid eligibility requirements
- Must complete the Free Application for Federal Student Aid (FAFSA)

How do I apply?

- FAFSA must be completed first
- Grant will be applied if eligible



Education Financial Aid

CAL GRANT

www.csac.ca.gov | studentsupport@scac.ca.gov

The Cal Grant is a form of state aid for California residents who attend college in California. Students attending four-year colleges and universities will often receive this grant.

Eligibility:

- Submit the FAFSA or CADAA application and your verified Cal Grant GPA by the deadline.
- Be a U.S. citizen or eligible noncitizen or meet AB540 eligibility criteria.
- Must be a California resident for 1 year.
- Attend a qualifying California college.
- Do not have a bachelor's or professional degree.
- Have financial need at the college of your choice.
- Have family income and assets below the minimum levels.
- Be enrolled or plan to enroll in a program leading to an undergraduate degree or certificate.
- Be enrolled or plan to enroll at least half-time.
- Have registered with the U.S. Selective Service, if required to do so.
- Do not owe a refund on any state or federal grant or be in default on a student loan.
- Are currently not incarcerated.
- Maintain the Satisfactory Academic Progress standards as established by the school. Recipients who do not meet the standards are ineligible for Cal Grant payment and will not use eligibility during the terms they are ineligible for payment.

How do I apply?

- FAFSA must be completed first



Education Financial Aid

CALIFORNIA COMMUNITY COLLEGE PROMISE GRANT

home.cccapply.org/money/california-college-promise-grant

California Community College Promise Grant permits enrollment fees to be waived. Assistance for the purchase of books and supplies must be applied for separately.

Eligibility:

- For eligible California residents
- Select community colleges

How do I apply?

- Start by applying for FAFSA
- Go to home.cccapply.org/en/money/california-college-promise-grant
- Scroll down to "Apply Online for California College Promise Grant"
- Select a college link to begin your application
- If the college you are looking for is not linked, contact your financial aid office



Employment

THE RIGHTWAY FOUNDATION

therightwayfoundation.org | 323-903-5021

The Foundation partners with former foster youth to build healthy, stable lives. Programs address past trauma, support successful employment, and promote healing and self-sufficiency in adulthood.

Eligibility:

- Current or former foster youth ages 18-24 (Once they sign up, they are in for life)
- No location restrictions

How do I enroll?

- Call 323-903-5021
- First step is intake, then 32-hour readiness training Tuesday - Friday from 9:30-5PM. Trainings are set per month

CHILDREN'S LAW CENTER – PEER ADVOCATE POSITION PAID - FULL & PART TIME

clccal.org

The Peer Advocate will work closely with CLC's transition age youth (TAY) clients, particularly those youth who are young adults in foster care (known as Non Minor Dependents "NMD") and their attorneys, helping to ensure youth have access to the necessary resources and services to prepare for life after foster care. In addition, the Peer Advocate will work directly with our teenage clients outside of the courtroom and in the community, collaborating with a cross sector of child welfare, workforce, educational and other community and county agencies working with transitioning age youth.

The Peer Advocate will focus on "hard to reach youth" – those who face the most barriers and are at the greatest risk of teen pregnancy and early parenthood, involvement with the criminal justice system, have experienced challenges in reaching educational goals and who lack family support.



Employment

Eligibility

- Former foster youth
- Ages 18+
- Clearance of background check
- High school diploma or GED
- Willingness and ability to travel
- Have a valid CA Driver's License, reliable automobile, and car insurance
- Excellent interpersonal skills
- Interest in law, policy, social work

How do I apply?

- Visit the website clccal.org and click Careers

GONE BANANAS

<https://gonebananasbread.com/>

Located at the Original Farmer's Market, Alta Dena Neighborhood Farmer's Market, and Brentwood Farmer's Market where they make and sell banana bread.

Currently hiring for a sales associate position

Pay: \$17/hr

Hours: 8-20 hours per week (morning/evening/weekend shifts available)

Qualifications:

- Obtain Food Handler's Certification (within 30 days)
- Active Driver's License
- Ability to lift, carry up to 35 lbs

Send your resume to jeremy@gonebananasbread.com

FIRST STEP STAFFING

firststepstaffing.com | 626-337-6701



Employment

First Step Staffing is a non-profit staffing agency that wants to provide a job solution to America's homeless population. They aim to find employment for anyone in need of employment, focusing on those who have recently experienced homelessness, military veterans, and individuals who have been previously incarcerated.

Services

- Extensive job and life coaching
- Connect with temporary job opportunities
- They will continue working with you until you are hired full time
- Transportation to and from job placements

Eligibility:

- Anyone can apply to get services from this organization, but preference is given to those who:
 - Experienced homelessness
 - Military veterans
 - Individuals who have been previously incarcerated.

How to Enroll?

- You have to apply in person in one of their offices below:
- Paramount
 - 8527 Alondra Blvd. #130, Paramount, CA 90723
 - 562-232-0240
- Downtown LA
 - 500 South Main Street, Los Angeles, CA 90013
 - 626-337-6701
- Fontana
 - 8546 Sierra Ave., Fontana, CA 92335
 - 909-476-0990
- Once there you will be asked to provide two forms of I.D. You can choose from two of the following:
 - Social Security Number
 - Passport
 - California ID



Employment

- If you are undocumented ask about your options. They have been able to provide jobs for undocumented individuals, but it depends on the job site you will be placed.
- After providing your documents:
 - You will be given an interview
 - You will have to provide an on-site drug screening test
 - You will be given a background check
- Once that is complete, you are ready to be assigned to a job site!
- For more information, about how to sign up, contact: Tirone Wisely: 909-552-1509

YEAR UP

yearup.org | **855-YEARUP1**

Unpaid job training program – Year Up is a one-year intensive training and internship program that prepares young adults for successful careers in information technology and business.

Eligibility:

- 18-24 years old
- High school graduate or have GED
- Low-moderate income
- A US citizen, permanent resident, or have employment authorization card
- Available 5 days per week for the full year of the program
- Highly motivated to learn new technical and professional skills
- Has not obtained a bachelor's degree

How do I apply?

- Apply here: yearup.org/apply
- Classes begin in January and August – applications are considered on a rolling basis until class is filled.



Employment

READY TO SUCCEED

readytosucceedla.org | 424-581-6296

Ready to Succeed empowers youth impacted by foster care to graduate college, launch successful careers, and reach their full potential.

Ready to Succeed offers:

1) READY TO SUCCEED SCHOLARS PROGRAM:

- New scholars are paired with career and personal development coaches.
- Scholars attend quarterly workshops, receive 1:1 communication coaching and are introduced to major players in their industry of choice.
- RTS Coaches help Scholars create an Individual Career Plan and navigate the application and interview process
- Once placed at a job or internship, scholars receive ongoing career and personal support.

Program Eligibility:

- Enrolled at a 4-year college
- Former foster youth
- No age limit

How do I enroll?

- Go to readytosucceedla.org
- Select "Approach" found on the top menu
- Scroll to the bottom and find "Become a Scholar"
- Click "I'm Ready" and start your application

2) THE SHE READY INTERNSHIP PROGRAM:

Connects transition-age foster youth with transformative experiences in the media, arts and entertainment industries.

Program Eligibility:

- A current or former foster youth
- Between ages 18 and 25 years old
- Currently attending a community or 4-year college in California
- Legally authorized to work in the US



Employment

How do I enroll?

- She Ready Internship Program *Application Opens in January*
 - Go to readytosucceedla.org
 - Scroll over "Programs" at the top and click on "She Ready Internship"
 - Scroll and find "Application Process"
 - Click "Online Application" and start your application



Family Law

THE HARRIETT BUHAI CENTER FOR FAMILY LAW

hbcfl.org | **213-388-7515**

- Begin by calling 213-388-7515
 - Explain that you have emancipated from foster care, your age, and how many kids you have.
 - Share any and all details if there is a pending case with the Juvenile Dependency Court (aka Children's Court).
- If the Dependency Court has already assigned you a lawyer, that is okay. Please ask Harriett Buhai Center for Family Law to please guide you through what to expect from the process so that you are fully informed.
- You can go back to Harriett Buhai Center for Family Law once the Dependency Court has completed your case.



Financial Assistance Resources

UNITED WAY LA- ECONOMIC MOBILITY

United Way connects people to the resources they need to become economically stable, provide for their families, and save for the future.

Services:

- Volunteer Income Tax Assistance
- Energy Assistance Program
- Home Gas Assistance Program
- Emergency Food and Shelter Program

Eligibility:

- Anyone!

How to enroll?

- Go to unitedwayla.org
- On the top menu, hover over “Our Work”
- In the drop down menu, click on “Economic Mobility”
- On the next page, select the resource you are interested in. You will now be sent to the appropriate program page!

UPWARD FUND

Receive a stipend of \$425 per month to go towards reaching your goals.

Eligibility criteria:

- Must be working
- Earning between \$25,000 to \$75,000
- Willing to do financial literacy training
- Willing to do monthly check ins
- If going to school, must be graduating in the next year
- Doing some sort of advocacy work for former foster youth or the unhoused



Financial Assistance Resources

How do I apply?

- Email alumni@asenseofhome.org to inquire about getting a nomination

GET AHEAD LA- FINANCIAL RESOURCES

The Los Angeles County Department of Consumer and Business Affairs can connect you to free financial resources that can help you get ahead.

Services:

- Manage debt and build wealth resources
- Housing stability resources
- Health care services
- Income boost resources
- Safe financial products resources

Eligibility:

- Anyone!

How to enroll?

- Go to getaheadla.org
- On the top menu, click on “Financial Resources”
- Select/click the resource you are looking for.
- On the next page, you will be presented with a list of programs relating to the resource you are looking for.

SANCTUARY OF HOPE – IMMEDIATE NEEDS TRANSPORTATION PROGRAM

info@thesoh.org | 323-786-2413

SOH Immediate Needs Transportation Program is meant to provide bus tokens or taxi vouchers for low-income youth for transportation to basic medical, housing, or job search needs.

Eligibility:

- Low-income youth



Financial Assistance Resources

How to enroll?

- Email info@thesoh.org for request

SOUTHERN CALIFORNIA EDISON – BILL ASSISTANCE PROGRAMS

www.sce.com/residential/assistance | 800-447-6620

Services:

- They are here to help with long-term and short-term assistance programs! From one-time assistance to ongoing bill support you can apply here!

Eligibility:

- Varies depending on the program and income
- Usually available for low-income individuals and families

How do I enroll?

- Go to sce.com/residential/assistance
- Find the program that best fits your needs and click the green “Learn More” button
- Scroll down to learn about the eligibility requirements
- If you have determined that you might be eligible, click the green “Apply Now” button
- If you need assistance, call 800-447-6620 to speak with a customer service representative

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

<https://www.ladwp.com/residential-services/assistance-programs/low-income-home-energy-assistance-program-liheap>

Services:

- Can offer a benefit of up to \$3000 to help pay heating and cooling bills and cover emergency utility disconnection.



Financial Assistance Resources

- Can also provide in-home weatherization services for improved energy efficiency and potential bill savings

Eligibility:

- Must be 18+ and have a social security number
- Must meet household income requirements listed at the link

EZ-SAVE PROGRAM

<https://www.ladwp.com/residential-services/assistance-programs/ez-save-program>

Services:

- Bill discount for income qualified residential customers. If eligible for this service, can make customers eligible for other resources like [Cool LA](#).

Eligibility:

- Must meet household income requirements at the link

PHYSICIAN CERTIFIED ALLOWANCE DISCOUNT

<https://www.ladwp.com/residential-services/assistance-programs/physician-certified-allowance-discount>

Services:

- Bill discount on electric bills for customers that can provide verification from a State-licensed physician that a full-time member of the household is a paraplegic, hemiplegic, quadriplegic, multiple sclerosis patient, neuromuscular patient or is being treated for a life threatening illness. Additional allowance available for those who are verified as having a compromised immune system.

CALIFORNIA ALTERNATE RATES FOR ENERGY

<https://www.cpuc.ca.gov/consumer-support/financial-assistance-savings-and-discounts/california-alternate-rates-for-energy>



Financial Assistance Resources

Services:

- Low-income customers that are enrolled in the CARE program receive a 30-35% discount on their electric bill and a 20% discount on their natural gas bill.

Eligibility:

- Must meet household income requirements listed at the link.
- May also be eligible if enrolled in public assistance program such as:
- Medicaid/Medi-Cal; Women, Infants and Children Program (WIC), Healthy Families A&B, National School Lunch's Free Lunch Program (NSL), Food Stamps/SNAP, LIHEAP, Head Start Income Eligible (Tribal Only), Supplemental Security Income (SSI), Bureau of Indian Affairs General Assistance, Temporary Assistance for Needy Families (TANF).

FAMILY ELECTRIC RATE ASSISTANCE PROGRAM (FERA)

<https://www.cpuc.ca.gov/industries-and-topics/electrical-energy/electric-costs/care-fera-program>

Services:

- Families whose household income slightly exceeds the CARE allowances will qualify to receive FERA discounts, which is an 18% discount on electricity bills. FERA is available for SoCal Edison, San Diego Gas and Electric Company, and PG&E.

Eligibility:

- Must meet household income requirements listed at the link.

LOW INCOME FARE IS EASY (LIFE) - METRO

<https://www.metro.net/riding/fares/life/>

Services:



Financial Assistance Resources

- Qualifying LA County residents can enjoy 20 free rides every month on Metro or a discounted pass on another participating transit agency. Unlimited free rides for the first 90 days!

Eligibility:

- Must be 18+ and live in LA County
Your household income must meet the requirements at the link, or if you are currently enrolled in:
- CalFresh, EBT, Medi-Cal, A reduced lunch program, SNAP, Social Security, Social Security Disability, TANF.

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

[hud.gov/states/california/renting/energyprgms](https://www.hud.gov/states/california/renting/energyprgms)

Services:

Running list of programs that can provide assistance with your utility bills

Eligibility:

Anyone can access

How do I enroll?

- Simply go to www.hud.gov/states/california/renting/energyprgms
- Find the program that best fits your location
- APPLY!

CONSUMER FINANCIAL PROTECTION BUREAU

[consumerfinance.gov/consumer-tools/educator-tools/adult-financial-education/ tools-and-resources/](https://consumerfinance.gov/consumer-tools/educator-tools/adult-financial-education/tools-and-resources/)

- A virtual encyclopedia with all kinds of reading material to best support your financial literacy growth!
- Accessible to everyone!



General Resources

UNDERSTANDING YOUR RIGHTS AS FORMER FOSTER YOUTH

layouthrights.com

A website with all the resources and rights for a child in the foster system. connected with the California Ombudsman.

WARD OF THE COURT VERIFICATION

Call 1-877-846-1602 to access a ward of court letter

211

211.org

211 is the most comprehensive source of locally curated social services information in the U.S. and most of Canada. Call, text or chat with your local 211 to speak with a community resource specialist in your area who will help you find services and resources that are available to you.

211 offers:

- Supplemental food and nutrition programs
- Shelter and housing options and utilities assistance
- Emergency information and disaster relief
- Employment and education opportunities
- Service for Veterans
- Health care, vaccination and health epidemic information
- Addiction prevention and rehabilitation programs
- Reentry help for ex-offenders
- Support groups for individuals with mental illness or special needs
- A safe, confidential path out of physical/or emotional domestic abuse

Eligibility:

- No eligibility requirement

How do I enroll?

- You don't need to enroll to access resources through 211
- Call or text 211 to speak with a community resource specialist in your area



General Resources

OPPORTUNITY YOUTH COLLABORATIVE (OYC)

laoyc.org

L.A. Opportunity Youth Collaborative Database of programs and services for transition age foster youth in central LA.

Eligibility:

- No eligibility requirement

How do I enroll?

- You don't need to enroll to access the database
- Visit laoyc.org to learn about existing programs and an array of services for transition-age foster youth

YOUTH MOVING ON

youthmovingon.org | 626-765-6010

Located in Pasadena, Youth Moving On provides youth who were formerly in foster care and probation affordable quality housing and numerous support services to help them transition successfully to adulthood. Youth learn skills for lasting independence and a lifetime of personal fulfillment through housing services and workforce development and linkages to other resources.

Youth Moving On offers:

- Substance Abuse Support – send someone to help them anywhere in the community. Kind of like a mentor.
- Mental health
- Case Management
- Help with housing applications
- Support groups (on hold)
- Housing services – SPA 3
- Next step
- Free food, clothing hygiene, shower
- Computer center
- Community events



General Resources

Eligibility:

- Must be between the ages of 18-25

How do I enroll?

- Call the center (626-765-6010) between Monday–Friday, 9:00 am–5:30 pm
- Visit the Peer Resource Center (456 E. Orange Grove Blvd., Suite 140, Pasadena, CA 91104) Monday–Friday, 11:00am–3:00pm (we recommend making an appointment before your visit)
- For more information email ymoinfo@hillsides.org or prc@hillsides.org

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INDEPENDENT LIVING PROGRAM (ILP)

ilponline.org | 877-694-5741

Providing financial assistance and services to current and former foster/probation youth who have been determined to be ILP eligible by an ILP Transition Coordinator.

Eligibility:

- Must be between 16-20 years of age

How do I enroll?

- Contact your ILP/Transition Coordinator. If you have an open DCFS or Probation case, you have an assigned ILP/Transition Coordinator. Ask your CSW or DPO for the name and contact information or check out our roster. If your case is closed, you can contact the ILP/Transition Coordinator who is stationed closest to your home. Check out our roster for a list of office locations and ILP staff.
- Complete a Transitional Independent Living Plan (TILP). The TILP is the form where you write down the goals you want to achieve over the next six months, the steps needed to be taken to achieve those goals, and who is going to help you do that. The TILP is also the form where you tell us what ILP services you need. If you have an open DCFS or Probation case, you and your CSW or Probation staff should be completing your TILP at least every six months. If your case is closed, contact the closest ILP/Transition Coordinator and he or she can help you complete your TILP.



General Resources

- Request services by speaking with your ILP/Transition Coordinator to discuss what services you may be able to receive and what documents you need to submit.
- If you have any questions, email ILP at youthds@dcfs.lacounty.gov or give them a call at 877-694-5741.

NFYI – NATIONAL FOSTER YOUTH INSTITUTE

LA-Based | nfyi.org | **213-221-1176**

Monthly Meetings to discuss empowering foster youth in social change!

Meetings include: Food, Self Love Poetry Bar, Paint to Release, etc.!

Eligibility:

- Current and former foster youth, relative caregivers, TAY ages 17-29
- How do I enroll?
- Email Kenneth Chancey, West Coast Policy and Organizing Manager at Kenneth.chancey@nyfi.org for the next meeting!

EXTENDED FOSTER CARE – CHILDREN'S LAW CENTER

clccal.org | **323-980-1700**

CLC provides consistent, zealous, and effective legal representation for children ages 0-21 in the foster care systems in Los Angeles, Sacramento, and Placer counties in California in all aspects of their dependency court case.

Eligibility for extended foster care:

- Ages 18-21
- In foster care at 18, not adopted or did not have legal guardianship
- Legal guardian is no longer supporting you or passed away

How do I enroll?

- Call Children's Law Center at 323-859-4000
- Or email extendedcare@clcl.org



General Resources

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IMAGINE LA

imaginela.org | 323-944-0210

Imagine LA is a nonprofit organization working to end the cycle of family poverty and homelessness by preventing first-time and repeat homelessness and equipping families to maintain housing stability and thrive long-term. Together, with families, they transform lives through their unique Family Partnership Model, which combines clinical case management, economic mobility pathways, and whole-family mentorship. They walk alongside families as they regain stability through physical and emotional wellness and financial independence. This transformation leads to confidence, wellbeing, and lasting potential.

Services

- Imagine C.A.R.E. Compassion. Advocacy. Resilience. Equity.
 - A dedicated professional social worker partners with the entire family to understand their unique needs and help them identify and achieve their goals. Caring, clinical case management identifies and clears barriers to parenting success, educational and career achievement,



General Resources

children's development, health and wellness, and more.

- Economic Mobility Pathways
 - Families work to break the cycle of poverty through access to:
 - Living-wage career pathways, Safe and affordable childcare solutions, Comprehensive practical Financial Fitness knowledge and practices, and Tools and skills to Mentorship
 - Transformative relationships are nurtured through Mentorship.
 - Mentorship is available to each family member ages 5 and up
 - Mentorship begins when a family member feels readyread to welcome new relationships into their lives.
 - Volunteer Mentors are trained, matched to a family member and guided by the family's by family's case manager.
 - Mentor serves as a one-on-one friend and ally to a parent, teen, or youth.
 - Imagine Tomorrow
 - Graduates of Imagine LA programs can be part of our family forever. The connection stays strong through continued participation in economic mobility programming, family fun event attendance, and lasting relationships with staff and mentors.

Eligibility:

- Families who have experienced homelessness within the last 2 years
- Have at least one child 17 years or younger living in the home OR a pregnant mother in her 3rd trimester OR reunifying with a child within 6 months
- Open to welcoming mentors for each family member
- Lives in Los Angeles County
- Not working with another ICMS (Intensive Case Management Services)

How do I enroll?

Visit imaginela.org/refer-a-family



General Resources

WOMEN'S HEALTH, FAMILY PLANNING, PREGNANCY, MISCARRIAGE, AND ABORTION

Planned Parenthood Federation of America

plannedparenthood.org | **800.230.PLAN**

Whether you choose visits by phone, telehealth online appointments, or in person at your local health center, talk to Planned Parenthood staff online or in-person at

your local health center to get the care you need. Whether you have a specific health concern, or just need a routine women's exam, make an appointment online or call 800-230-PLAN.

Planned Parenthood offers services in:

- Breast exams
- Cervical cancer screenings
- Colposcopy
- Cryotherapy
- Incontinence
- Infertility
- Leep
- Mammogram referrals
- Pap test
- Sexual response education
- Uti testing and treatment
- Vaginal infections testing and treatment
- Other women's health services – family planning – education
- Pregnancy, miscarriage, abortion — planned parenthood offers support in:
 - Pregnancy testing
 - Trained staff to discuss options if you are pregnant
 - Trained staff to talk with you about early pregnancy loss (miscarriage)
- Fertility awareness education
- Pregnancy planning services
- Prenatal services
- Childbirth classes
- Postpartum exams



General Resources

Locations:

- South LA
- East LA
- Hollywood
- LA

VENICE FAMILY CLINIC

venicefamilyclinic.org

Services:

- Has a network of clinics
- Early Head Start centers and street medicine to serve people in communities from the Santa Monica mountains to the South Bay

SAFE PLACE FOR YOUTH

safeplaceforyouth.org

Services:

- Prioritizes low barriers for entry, harm reduction, a trauma informed approach, and the provision of a safe, supportive environment.
- They do this through a continuum of care that includes street outreach, access center services, case management, health and wellness, and education and employment programs



Hobbies And Pastime Activities

AMERICAN HIKING SOCIETY

americanhiking.org

At the American Hiking Society (AHS), they envision a world where everyone feels a sense of belonging in the hiking community and has lasting access to meaningful hiking experiences, be that in urban, front country, or backcountry settings. They have a lot of great information on their site!

Services

- Find great hiking trails around you!
- Tips about how to hike safely (i.e. what you need to take, how to pack, even planning your hike!)
- A database of hiking organizations in your area!

Eligibility:

- Anyone can access their website!

How to Enroll?

- There is no enrollment necessary!
- Go to AmericanHiking.org
 - Scroll down to find all the resources on their website
 - Select "Hikes Near You" for trails in your area
 - Select "Hiking 101" for tips on how to hike
 - Select "American Hiking Society Blog" for the latest hiking news
 - Select "Alliance of Hiking Organizations" to find other hiking organizations near you!

INSTITUTE OF CULINARY ARTS – FREE ONLINE COOKING CLASSES

ice.edu/newyork/free-online-cooking-classes

The Institute of Culinary Education's recreational division (New York campus) is known for more than 800 cooking, baking, beverage, and professional development classes a season for 26,000 people a year. Now, they've added free online cooking classes to the menu for home cooks of all levels via Zoom Webinar. Classes that may have cost money in the past are now free and accessible to more! Their professional chefs will guide you through



Hobbies And Pastime Activities

crafting plant-based comfort foods, baking the ultimate cookies, perfecting one-pot paella, hosting the ultimate Taco Tuesday, and tackling sous vide techniques.

Eligibility

- Anyone is free to access this page

How to Enroll?

- Go to ice.edu/newyork/free-online-cooking-classes
- Scroll down to below "Virtual Cooking Classes"
- Review the classes available for sign-up
- Click "Register", found under the description of each class
- Register on Zoom for the class desired. Sign up for as many as you like!
- Upon registration, you will receive a confirmation email that includes the link to the Zoom webinar
- A few days before the class, you will receive a reminder email with the recipes and ingredient list so that you can follow along at home
- Only the chef will be visible on video, and you will have the opportunity to type questions during a Q&A
- Click the Zoom link at the time of class and enjoy!



Housing

LOW-INCOME HOUSING LIST

Interactive map: affordablehousing.mejiaforcontroller.com

SECTION 8 HOUSING

hacla.org

- Going in person is a much better option to be seen - 2600 Wilshire Blvd Los Angeles, CA 90057

lacda.org

- The Los Angeles County Development Authority offers several programs and is intimately involved in county initiatives designed to assist homeless individuals, families, and veterans in securing stable housing

ALLIANCE FOR CHILDREN'S RIGHTS

allianceforchildrensrights.org

The Alliance fights to provide stability for children in foster care and those at risk of entering foster care by helping them obtain access to mental and medical healthcare, educational services, benefits, housing, and more. For those who cannot return to their biological parents, the Alliance provides permanency through adoption and legal guardianship. For young adults who “age out” of foster care without a stable connection to a supportive adult, our programs and advocacy services specifically for young adults guide them in their journey to independence.

LOW INCOME, AFFORDABLE, SPECIAL NEEDS, EMERGENCY HOUSING

housing.lacounty.gov | **877-428-8844**

The Los Angeles County Housing Resource Center was created in April 2007 to help people list and find affordable, special needs, accessible, and/or emergency housing within the County of Los Angeles. This web-based service is supported by a toll-free call center and helps provide information to the general public as well as professionals seeking vital housing resources for clients.



Housing

STEP UP

stepup.org | 310-870-2837

Step Up provides innovative, community-based Permanent Supportive Housing (PSH) and comprehensive case management services via developments.

LGBTQ CENTER

lalgbtcenter.org | 323-993-7400

They have programs for housing that don't require a shelter stay, including a rapid rehousing program for ages 25+.

SANCTUARY OF HOPE – RAPID REHOUSING PROGRAM

They aim to help young adults who are at-risk of experiencing homelessness with finding safe and affordable housing.

Services:

- Coaching for developing a housing plan
- Support with paying application and security deposit for housing
- Linkages to resources for employment, childcare, education, health care, and more!
- Subsidized rent plans

Eligibility:

- Must have the following:
- Valid identification
- Social security card
- Homeless verification
- Proof of school enrollment

How do I enroll?

- Contact youth@asenseofhome.org for a referral



Housing

HOPICS – EVICTION PREVENTION PROGRAM FOR LOW- INCOME PARTICIPANTS

www.hopics.org | **323-948-0444**

If you are having trouble paying rent, the Eviction Prevention Program helps low income participants at imminent risk of becoming homeless to secure and/or retain housing. The program can provide up to 6 months of rental assistance and move-in.

Eligibility:

Households must not exceed the following household size and annual median income (AMI) prior to COVID-19 to be eligible:

- AMI – 50%
- 1 Person – \$39,450
- 2 People – \$45,050
- 3 People – \$50,700
- 4 People – \$56,300

Documents needed for signing up:

- Proof of Hardship
- Bring 3, 30, or 60 day Pay, Quit, or Eviction notice
- Bring lease
- Bring proof of income
- Bring identification documents
- ID
- Social Security Number
- Reside in SPA 6: 90016, 90018, 90007, 90062, 90008, 90043, 90044, 90047, 90037, 90011, 90001, 90003, 90002, 90059, 90061, 90248, 90746, 90222, 90220, 90262, 90221, 90723

How do I enroll?

- Email prevention@hopics.org
- Single Adults: 323-432-4399 OR Visit 5849 Crocker Street, Los Angeles, CA 90003. Walk-ins are welcome. Arrive 30 minutes before opening to ensure



Housing

service. Open Monday-Friday, 8AM-4:30PM

- Families with small children under 18: Call 323-432-4399 OR Visit 5849 Crocker Street, Los Angeles, CA 90003 – Entrance on San Pedro Street. Walk-ins are welcome. Arrive 30 minutes before opening to ensure service. Open Monday-Friday, 8AM-5PM

ST. ANNE'S

stannes.org | **213-381-2931**

St. Anne's works to build safe, nurturing and resilient families – from pregnancy to parenthood and childhood to adulthood – for generations to come. They offer various housing programs for everyone, including people with specific needs and in specific situations.

St. Anne's THP+FC (Transitional Housing for young moms) Eligibility:

- 18-21 THP+FC
- Mothers
- Pregnant or parenting
- Max 2 children (if more, please contact)

How do I enroll?

- Call St. Anne's: 213-381-2931, ext. 400

FIRST PLACE FOR YOUTH

firstplaceforyou.org

213-835-2700 (KoreaTown location) | 213-279-2785 (South LA)

My First Place Program provides transitional housing and support services for former foster youth and homeless. The program services are focused on helping our participants advance in education, employment and build life-skills to achieve a successful transition to self-sufficiency and responsible adulthood.

Eligibility:

- Current and former foster youth, probation youth, and homeless youth
- Ages 18–24
- Looking for help in: Alameda County, Contra Costa County, Los Angeles



Housing

County, San Francisco County, Santa Clara County, and Solano County

How do I enroll?

- Go to: firstplaceforyouth.org/youth-referral
- Click "I am interested in My First Place" and fill out the application.
- They should contact you within a few days.

COVENANT HOUSE

covenanthouse.org | 1325 N. Western Avenue Los Angeles CA 90027

Homeless shelter with career center, employment specialist, school on site (GED/ Diploma), clinic, mental health services, substance abuse counselors, etc.

Eligibility:

18-24 years old and are homeless and/or have been trafficked

How do I enroll?

- Go to Covenant House (Monday-Friday, 9AM–5PM) located at 1325 N. Western Avenue, Los Angeles, CA 90027
- Ask for the Outreach Department – let them know you are there to receive services
- Try and arrive early – as they have a current waitlist.
- You can also go to covenanthouse.org, click on "Get Help", input your city or zip code to find the closest Covenant House location to you.

LOS ANGELES COUNTY DEVELOPMENT AUTHORITY (LACDA): HOMELESSNESS INCENTIVE PROGRAM

lacda.org/section-8/hip

The Los Angeles County Development Authority's (LACDA) Homeless Incentive Program (HIP) offers monetary incentives to encourage landlords to rent their available units to LACDA's homeless Section 8 voucher holders.

LACDA Homelessness Incentive Program offers:

- Holding Fee: Receive one month's free rent to hold available housing units for homeless individuals or families.
- Payment of Rental Application Fees: Provides payment of all applicable



Housing

- application fees, up to \$50.00* per adult, per application. This amount is subject to change based on California's maximum application screening fee.
- Move-in Assistance: Provides move-in assistance such as security deposit, utility assistance, and furniture essentials.
- Vacancy Loss Payments: Provides owners with Vacancy Loss Payments in the amount of one month's rent, if the family vacates the unit without proper notice or if the family is evicted from the unit for good cause.
- Damage Claims: Provides financial assistance to landlords to mitigate damage caused by tenants during their occupancy.

Eligibility:

- Have county Section 8 homeless voucher, be a first-time recipient.
- Live in these areas: Most LA County cities, unincorporated and incorporated.

How do I enroll?

- Go to the website lacda.org/section-8/hip. Complete the documents that are found at this link. You can also submit documents via email or in person.
- E-mail: HIP@lacda.org.
- Mail: Los Angeles County Development Authority, Attn: Homeless Incentive Program, P.O. Box 1510, Alhambra, CA 91802
- In Person: LACDA Administrative Offices, 700 W Main St, Alhambra, CA 91801

STAY HOUSED L.A.

***stayhousedla.org* | 888-694-0040**

Legal service providers have partnered with Los Angeles County and the local community to provide resources to keep people in their homes.

Services:

- Database of your rights as a tenant
- Find a workshop to learn your rights as a tenant and connect with a tenant advocate or attorney
- Additional housing, Covid-19, and legal resources
- Find legal help around your area
- State Rental Assistance Program



Housing

Eligibility:

- Anyone can access database to find your rights
- Anyone can find a workshop to attend
- Anyone can access additional housing, Covid-19, and legal resources
- Legal help depends on location
 - Must live in Los Angeles County
 - Some services have income limitations
 - Service is provided regardless of immigration status
- State Assistance Rental Program is open to
 - All individuals regardless of immigration status
 - Any LA County tenants not living in the city of Los Angeles, Long Beach, or Santa Clarita
 - Household must have income with below 80% of LA County median income, priority given to those with less than 50% LA County median income
 - 1 person household,
 - 80%- \$66,250
 - 50%- \$41,400
 - 2 people household,
 - 80%- \$47,300
 - 50%- \$75,700
 - 3 people household,
 - 80%- \$53,200
 - 50%- \$85,150
 - 4 people household,
 - 80%- \$59,100
 - 50%- \$94,600
 - 5 people household,
 - 80%- \$63,850
 - 50%- \$102,200

How do I enroll?

- For Tenants Rights Database
- Go to stayhousedla.org



Housing

- On the top right, click menu
- Click “know your rights” in the drop-down menu
- To find a workshop
 - Go to stayhousela.org
 - On the top right, click menu
 - Click “find a workshop” on the drop-down menu
 - Find the workshop that works best with your schedule
 - Select “Register” button
 - Input your contact information
 - Click “RSVP” button
 - For additional housing resources
 - Go to stayhousedla.org
 - Scroll to the bottom of the page
 - Select resources on the bottom right hand of the page
 - For Legal Help
 - Go to stayhousela.org
 - On the top right, click menu
 - Click “Get Legal Help” in the drop-down menu
 - Input your address
 - Click “Check address” button
 - Fill out survey depending on your specific circumstances
 - Once complete, you should receive an email stating that your case has been assigned to a legal service provider
 - Address and website to legal provider should be included in the email
 - Option is given to view Workshops
 - For State Rental Assistance Program
 - Visit **housing.ca.gov**
 - Under California Rent Relief banner, select “Covid-19 California Rent Relief”
 - Scroll down and select the orange “I am a renter” button
 - Scroll down, read eligibility
 - If eligible, select the pink “New Application” button
 - Once on map, select the area you live in
 - If in green or brown, it will take you to the eligibility quiz



Housing

- Eligibility will be determined after completion
- If in yellow, it will link you to your local jurisdiction program
- For assistance completing application 833-430-2122

CHIRP/LA

chirpla.org | **877-724-4775**

CHIRP/LA (Comprehensive Housing Information and Referrals for People Living with HIV/AIDS) is a program of PAWS/LA (Pets Are Wonderful Support, Los Angeles), with grant funding from HOPWA (Housing Opportunities for Persons With AIDS) that is administered by HCIDLA (Los Angeles Housing & Community Investment Department). Please note: Access to resources isn't completely dependent on HIV/AIDS status.

CHIRP/LA offers:

- Low-income fare is easy (life)
- No fee & reduced fee identification card forms
- Housing stability workshops
- Housing resources - emergency, market rate, Section 8, subsidized, transitional
 - ➔ Make sure to subscribe to their newsletter to get first access to very valuable subsidized housing resources - first come first serve/lottery
- Clothing vouchers
- Email set-up
- Free credit check
- Guides & listings
- Weekly newsletters

Eligibility:

- A valid California ID or Driver's License.
- HIV/AIDS Diagnosis form (within a year of service date)
- Proof of Income (GR or SSI print out, 3 months of pay stubs, bank statements, etc.)
- Proof of address (government document or current utility bill)

How do I enroll?

- Visit chirpla.org



Housing

- Click "Services" found at the top of the website
- Select the type of service you want and the area you're in and click "Search"
- Select the resource you want
- Make sure to subscribe to the newsletter!
- For more information: Call: 213-741-1951 at extension: 202 or Email: info@chirpla.org

DOOR OF HOPE – HOMELESSNESS PREVENTION PROGRAM

doorofhope.us | 626-304-9130

Door of Hope provides transitional housing programs to help families into permanent housing.

Services:

- Employment training, resume building, and interview preparation
- Financial literacy training and budgeting skills
- Weekly individual or marriage counseling
- Housing & follow-up care

Eligibility:

- Resides in LA County
- Be a household with at least one child under the age of 18
- Have a total annual gross income (before deducting taxes) of 50% or less of the area median income (AMI)
- Have experienced a significant loss of income due to reasons such as COVID-19, loss of employment, illness, personal injuries, etc.
- Household are eligible irrespective of immigration or documentation status

How do I enroll?

- Go to doorofhope.us/prevention
- Click on the hyperlink on "COVID-19 Emergency Assistance Program Screening Application"
- Fill out the google form and a case manager will follow up with you in 7-10 days

THE PEOPLE CONCERN – HOMELESS SERVICES

thepeopleconcern.org/homeless-services



The People Concern provides shelter and support to adults and children who are victims of domestic violence.

Services:

- Permanent supportive housing
- Interim housing
- Income assistance
- Substance use services
- Medical care

Eligibility:

- Reside in LA county

How do I enroll?

- For Interim Housing Services
- In SPA 4 (Metro LA) call 323-334-9000
- In SPA 5 (West LA) call 310-450-4050
- For all other services, you must complete an intake through the Coordinated Entry System (CES)
- Find your local CES center by calling 800-548-6047



Job Training

THE RIGHTWAY FOUNDATION

therightwayfoundation.org | 323-903-5021

The RightWay Foundation partners with former foster youth to build healthy, stable lives. Programs address past trauma, support successful employment, and promote healing and self-sufficiency in adulthood. They will now be starting housing workshops.

Eligibility:

- Current or former foster youth from ages 18-24 (Once they sign up, they are in for life)
- No location restrictions

How do I apply?

- Call 323-903-5021
- First step is intake, then 32-hour readiness training TU-FRI 9:30-5PM. Trainings are set per month

JOB TRAINING AND READINESS BY CHRYSALIS

changelives.org | 213-806-6300

HOSPITALITY AND TRAINING ACADEMY

<https://lahta.org/>

Services:

- Offers trainings for careers as: Line cook, prep cook, bartender, barista, server/busser, customer service, ServSafe Food Handler Certification and TIPs Safe Alcohol Service. Trainings are free of cost.
- Case manager also supports with creating a resume, applying for positions, and preparing for interviews.

Eligibility:

- Must be fluent in English
- Must read English as a 10th grade level, or be proficient and able to read and write well in Spanish



Job Training

WOMEN IN NON-TRADITIONAL EMPLOYMENT ROLES

<https://www.winterwomen.org/adult-program>

Services:

- Offers a 10-11 week apprenticeship readiness program for women to build foundational skills for a career in construction, secure a career in construction with competitive wages and receive benefits and a path to retirement. Apprenticeship is free and those who complete the training are connected with Union work opportunities.

Eligibility:

- Must have High School Diploma or GED
- Must have a valid Driver's License and reliable transportation
- Must be vaccinated against COVID-19
- Must be able to pick up 20-90 pounds
- Must be 100% Drug Free. Drug tests will be given throughout training.

PROJECT DESTINED

yearup.org/get-started

Project Destined trains scholars using a blended (live courses + e-learning) education model that is grounded in ownership, investing, and financial health. They deliver programming through the model: TRAIN, COMPETE, GROW.

Services

They provide access through partnership with leading corporations and entrepreneurs to provide scholars with access to best-of-class networks & mentors. They also provide scholars with opportunities, for instance:

- Purchasing a Home
- Entrepreneurship
- Real world project-based experiences that translate into internships
- Employment and/or certifications
- \$500 stipend for program participation

Eligibility:

- ASOH recipients
- Must be a high school student or enrolled in college courses
- Must have access to a computer and high-speed internet



Job Training

- 4 hour per week virtual instruction; 2 hours per week independent learning, mandatory Zoom participating

How to Enroll?

- Email youth@asenseofhome.org for referral

JVS SOCAL – JOBS. VISION. SUCCESS

jvs-socal.org | 323-761-8888

Free Job Training for: Banking, Apartment Maintenance Technicians, Certified Nurse Assistants, and non-clinical positions in healthcare. JVS job training requires no more than 8 weeks of intensive training, connects graduates with employer-partners for rapid placement and provides career guidance and ongoing job retention support.

Eligibility:

- Must be 18 or older
- High school diploma or GED
- Fluent in English
- Valid California ID
- Acceptance conditioned upon passing criminal background check
- Additional eligibility requirements will apply

How do I apply?

- Call 323-761-8888, press 1 to talk to the Intake Coordinator.

CODE TALK

stjosephctr.org/codetalk | Codetalk@StJosephCTR.org

Codetalk is a digital web technology job training program for low income, underemployed and underserved women. In an intensive and rigorous 16 week program we provide the skills, tools, training, professional development and support so that our graduates can pursue entry level positions in the technology sector.. Unpaid.



Job Training

Eligibility:

- Female
- Low Income

How do I apply?

- Apply online here

TENDER GREENS CULINARY PAID INTERNSHIP PROGRAM

tendergreens.com | **310-954-1415**

Sustainable Life Project – Culinary internship program for young adults who've grown out of foster care and into new lives on their own. Six-month paid internship for those interested in the culinary arts. There is a 12 week curriculum that consists of culinary arts internship at a Tender Greens restaurant, field trips to working farms and markets and creative art classes held at Inner City Arts in Downtown Los Angeles.

Eligibility:

- Former foster youth

How do I apply?

- Application is available online at tendergreens.com – go to bottom of page and click Sustainable Life Project.

CREATIVE FUTURES FELLOWSHIP

cfcfoundation.co/for-fellows

Creative Futures Collective is offering a fellowship that will help prepare participants for careers in the creative industries, including: Storytelling, Conflict Resolution, Mindfulness, Goal Setting, Financial Literacy, Brand Building, Networking, and more!

- Easier access: All workshops and internships are online only
- More opportunities: They are scaling from 10 Fellows to 100 Fellows in this next cohort
- New markets: On top of LA they're opening up New York, Atlanta, Chicago and Australia



Job Training

Creative Futures Fellowship offers:

- 12 course workshops lead by industry experts
- Access to a 100+ mentor network with executives from companies such as Apple, Netflix, Google and CAA
- A guaranteed paid internship with an innovative company in the creative industries (paid at \$20 per hour) with partners such as Spotify, LA Lakers, World Surf League and Omaze to name a few
- A success toolkit including laptop computer
- Lifetime access to the Creative Futures Collective community and they work with all graduates on full time employment opportunities once graduated. Currently 70% of their graduated Fellows are employed full-time
- There are a few differences in the upcoming cohort due to the craziness that 2020 has presented

Eligibility:

- Must be over 18
- Must have a valid form of ID
- Must come from one of their non-profit partners (i.e. A Sense of Home)

How do I enroll?

- Go to **cfcfoundation.co/for-fellows**
- Read through to answer any other questions you have
- Scroll down to the bottom of the page
- Click on “Apply Now” under “Become a part of our growing creative community and make a meaningful change.”
- Once the next page opens, select “Apply Now” and complete the application!

MICHELSON INSTITUTE FOR PET PROFESSIONS (MIPP)

foundanimals.org/michelson-institute-for-pet-professions

Michelson Institute for Pet Professions (MIPP) provides job training and placement in pet care careers, specifically dog grooming, creating opportunities for individuals

who have a passion for working with animals but may not have the financial means or resources to pursue this field.



Job Training

What's Included:

Those selected into the MIPP program will receive the following resources:

- MFA will cover the cost of the professional certification program through West Coast Grooming Academy
- 200-hour program (60 online, 140 in-person) – Hands-on is 2x per week for 12-weeks
- Transportation assistance if needed
- All tools needed to participate in the program including a starter grooming kit upon graduation
- Job placement services – MFA is committed to assisting with job placement for every graduate within a reasonable time post-certification

Who Qualifies?

- Anyone 18+ in LA that is facing economic barriers to career training or employment and wants to work with pets in their career.



Legal Services

INNER CITY LAW CENTER

innercitylaw.org

Fights for housing and justice for low income tenants, working-poor families, immigrants, people who are disabled or living with HIV/AIDS, and homeless veterans.

LOS ANGELES DEPENDENCY LAWYERS

www.ladlinc.org/

Non-profit organization made up of its executive office and its five law firms. The law firms represent parents in juvenile dependency proceedings in Los Angeles County. When a petition is filed in court their lawyers are appointed to represent parents in the case. LADL lawyers are experienced in dependency law. Their goal is always advocate for the client and the client's right to retain or regain custody of their child.

- Location: 901 Corporate Center Drive Monterey Park, CA 91754
- Hours: Monday-Friday 8am-5pm
- Phone Number: (323) 262 0472 (Administrative Line) and (323) 790 5235 (Hope Line)

PUBLIC COUNSEL

publiccounsel.org

Public Counsel runs a self-help guardianship clinic that assists with legal guardianship petitions for adults caring for children. The clinic also assists with petitions for visitation and termination of guardianship. They offer free assistance to pro per litigants seeking help with: petitions for guardianship, petitions for visitation, termination of guardianship, and other guardianship situations

- **Clinic Hours:** Monday, Tuesday, and Wednesday 9am-3pm
- First come, first serve (only assist a certain number of litigants per day)
- **Location:** Stanley Mosk Courthouse - Second Floor Room 230 - 111 N. Hill St. Los Angeles, CA 90012



Legal Services

The Transition Age Youth team at Public Counsel provides holistic legal services to young people ages 16-24, primarily Black and Latinx, who are impacted by the foster care and/or juvenile delinquency systems. Their work is geared towards addressing the collateral consequences of system involvement and help clients successfully transition into adulthood. They provide legal support in the areas of housing advocacy, traffic ticket cases, family law services, public benefits advocacy, juvenile record sealing, and name and gender changes.

- **Address:** 610 S. Ardmore Ave. Los Angeles, CA 90005
- **Hours:** Monday-Friday 8am-5pm
- **Phone Number:** (213) 385 2977

CHILDREN'S LAW CENTER OF CALIFORNIA

clccal.org

CLC is the largest children's legal services organization in the nation, representing foster youth and former foster youth.

LEGAL AID FOUNDATION LOS ANGELES

lafla.org

Different legal resources for a variety of case types such as eviction, DV/Family law, employment, expungement, immigration support, and medical legal partnerships. Go online and click resource needed.

ALLIANCE OF CHILDREN'S RIGHTS

kids-alliance.org | **213-368-6010**

The Alliance for Children's Rights provides a vital bridge for young adults as they strive for self-sufficiency. Young people exiting the foster care or delinquency systems in Los Angeles often face severe challenges in education, employment, and overall well-being. The Alliance works to remove barriers to self-sufficiency, promote self-advocacy, and build a foundation for the future for youth who lack other support systems.

The Alliance ensures that young adults who are or have been in foster care or on probation and are between 14 and 24 know their legal rights and entitlements. We provide free consultation and legal services.



Legal Services

Alliance of Children's Rights offers:

- Resolving identity theft
- Addressing credit/collections issues
- Reviewing contracts/leases
- Addressing legal problems resulting from false advertising and marketing schemes
- Clearing juvenile tickets
- Sealing juvenile records
- Appealing SSI denials
- Access to resources for stable housing
- Education resources
- Access to job training and job placement services
- Help access health care
- Mentoring
- Opportunities for youth to become peer advocates through our Young Leaders group

Eligibility:

- Ages 14-24

How do I enroll?

- Call the Alliance for Children's Rights at 213-368-6010

JUSTICE FOR MURDERED CHILDREN

justiceformurderedchildren.com | **310-547-5362**

Assisting families who have lost family members to homicide.

Services:

- Monthly support group meetings for the families of murder victims
- Daily counseling with licensed therapists to families of murder victims
- Assistance in the victim-rights process
- Assistance with burial expenses

How do I enroll?

- Email Justice For Murdered Children at victimvoices@yahoo.com
- Or call (310) 547-5362



LGBTQ Support

LGBTQ

lalgbtcenter.org

Transitional Housing, Healthcare, Counseling, and Advocacy.

Center South - 323-860-3799

McDonald Building - 323-993-7500

THE TREVOR PROJECT

thetrevorproject.org | **866-488-7386**

24 hour-suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. Offers mental health support and resources for support groups, sexual orientation, and gender identity.

GLAAD

glaad.org

GLAAD works to ensure fair, accurate, and inclusive representation and creates national and local programs that advance LGBTQ acceptance. Serving as a storyteller, media force, resource, and advocate, GLAAD tackles tough issues and provokes dialogue so that authentic LGBTQ stories are seen, heard, and actualized. GLAAD strives to protect all that has been accomplished and helps create a world where everyone can live the life they love.

LA GENDER CENTER

lagendercenter.org

LA Gender Center is a network of mental health providers serving the transgender, gender non-conforming, and non-binary communities and their families.

TRANSFORMING FAMILIES

transformingfamily.org

Support group for families going through a transition. A family support group for families with transgender, nonbinary, and gender-expansive children. We provide a supportive environment for children, adolescents, young adults, and their families to explore issues of gender identity.



LGBTQ Support

EMERGENCY NUMBERS

- Trans Lifeline: 877-565-8860
- The Trevor Project: 866-488-7386
- LGBT National Hotline: 888-843-4564
- National Suicide Prevention Lifeline: 800-273-8988
- National Coalition of Anti-Violence Programs: 212-714-1141
- GLBT National Youth Talkline: 800-246-7743
- DeHQ: LGBTQ Helpline for South Asians: 908-367-3374



Mentoring

STEPPING FORWARD LA

steppingforwardla.org

Empowering former foster youth aging out of the system. Stepping Forward meets every first Saturday of the month for lunch, networking, games, mentor matching, and resource referrals.

Stepping Forward LA offers:

- Co-Mentoring
- Transition Program: 8-week program including goal planning, peer mentorship, and panel discussions
- Resource navigation (food, housing, etc.)
- Education – assistance and guidance
- Peer Advocacy Program
- First Saturday Meetings (ages 15-23)

Eligibility:

- Former Foster Youth Ages 14-25

How do I enroll?

- Fill out the contact form at steppingforwardla.org/contact



Navigating The LA County's System That Supports Unhoused Individuals

WHAT IS THE COORDINATED ENTRY SYSTEM (CES)

The Coordinated Entry System (CES) facilitates the coordination and management of Los Angeles County's crisis response system's resources that allows users to make data-informed decisions from available information to efficiently and effectively connect people to interventions that will rapidly end their homelessness. CES ensures that the highest need, most vulnerable households in the community are prioritized for services and that the housing and supportive services in the system are used as efficiently and effectively as possible.

- To navigate the CES system read this guide:
[*lacba.org/docs/default-source/ijdp-documents/ces-access-point-guide.pdf*](http://lacba.org/docs/default-source/ijdp-documents/ces-access-point-guide.pdf)

WHAT ARE SERVICE PLANNING AREAS (SPAS)

Service Planning Areas (SPAs) Los Angeles County is divided into eight (8) Service Planning Areas (SPAs). Within each SPA, there are multiple Access Points through which a potential or current participant can enroll in or engage with CES. To identify a particular SPA area please see the regional map.

- All SPA regions outlined here SPAS all listed here:
http://publichealth.lacounty.gov/cardio/docs/2012-08-01%20SPA%20Map%20with%20cities_all.pdf
- When an unhoused individual enters one of the eight LA Country SPAs — that the individual will receive services within that area only. And that includes a section 8 voucher.



Parent and Child Supportive Services

CALWORKS

cdss.ca.gov/calworks

- If a family has little or no cash and needs housing, food, utilities, clothing, or medical care, they may be eligible to receive immediate short-term help.
- CalFresh, known federally as the Supplemental Nutrition Assistance Program or SNAP, provides monthly food benefits to individuals and families with low income and provides economic benefits to communities.
- Have you enrolled your kids in Social Services through CalWorks? If so — you can also reach out to them for legal support as they make it a priority to provide legal guidance for anyone in CalWorks that has or is experiencing domestic violence.
- You can do this and reach out to the Harriett Buhai Center for Family Law.
- If you haven't enrolled your kids in CalWorks, promptly do so at cdss.ca.gov/calworks

CHILDREN'S INSTITUTE LA

childrensinstitute.org | 213.260.7600

Children's Institute provides early education, behavioral health and family strengthening services to 30,000 children and families each year. They also train professionals and caregivers in trauma-informed care, evidence-based clinical treatment, parenting, and fatherhood.

Children's Institute LA offers:

1) Early Childhood Program (for children 0-5)

Home-based and center-based early childhood programs for children birth to five years old in Koreatown, Watts, South Los Angeles, Compton and Wilmington – which are free for qualifying families.

Program Eligibility:



Parent and Child Supportive Services

- Any parent that has a child from 0-5.
- Find where you can enroll your infant, toddlers, and preschoolers for in- person and virtual learning opportunities in Central & South Los Angeles — childrensinstitute.org/preschool/
- For kids in school for extra support and programs go to childrensinstitute.org/school-aged-children/
- For parental support childrensinstitute.org/prenatal-support/ **and** childrensinstitute.org/parents/

Services:

- Early Head Start (Center and Home-Based)
- Head Start (Center-Based)
- Family Child Care Homes
- Home Visitation

How do I enroll?

- Applicants must email Mireya Alvizo at malvizo@childrensinstitute.org or call her at 323-491-4154 to determine eligibility.

2) Fathers: Project Fatherhood

- Individual and family counseling
- Group support
- Significant others group
- Therapeutic activities for children
- Helping fathers to make healthier decisions in relationships

Services Provided:

- Individual and family counseling
- Group support
- Significant others group
- Therapeutic activities for children
- Helping fathers to make healthier decisions in relationships

Eligibility:

- Open to any father



Parent and Child Supportive Services

How do I enroll?

- Email kparker@childrensinstitute.org to determine eligibility, CC recipient, send name, children's name/ages, phone number of recipient

FRIENDS OF LA

friendsla.org | 213-378-0704

Friends of LA provides youth 4-6 with a long term mentor from kindergarten through graduation. Each child gets a dedicated, one-on-one Friend who spend a minimum of 16 intentional hours per month with them. They develop a road map for each child and design activities to build life skills. They create meaningful experiences to explore each child's unique talents and interests.

Eligibility:

- Former Foster Youth with a child between ages 4-6
- Live within SPA 4, 6, and 8 (limited)

How do I enroll?

ASOH will refer you, email youth@asenseofhome.org.

IMAGINE LA

imaginela.org | 323-944-0210

Imagine LA's innovative Family Empowerment & Mentorship model combines intensive case management, individualized mentorship, and links to public and private resources.

Imagine LA offers:

- Their staff social workers help families to set goals and access resources.
- 1:1 mentoring for each member of the family over the age of 5.
- Head of household is paired with a financial wellness mentor.
- Mentors average between 4-5 hours with their mentees per month.



Parent and Child Supportive Services

Eligibility:

- Families who have experienced homelessness within the last 2 years
- Have at least one child 17 years or younger living in the home OR a pregnant mother in her 34th trimester OR reunifying with a child within 6 months
- Open to welcoming mentors for each family member
- Lives in San Fernando Valley, Central LA, West LA or South LA
- Not working with another ICMS (Intensive Case Management Services)

How do I enroll?

- Contact ASOH at youth@asenseofhome.org to request a referral.

PATHWAYS LA – CHILD CARE

pathwaysla.org

Pathways is helping parents within Los Angeles County with free or reduced-cost child care.

Eligibility:

- Working or looking for work
- Participating in an educational or training program
- Seeking permanent housing

How do I enroll?

- Go to pathwaysla.org
- Scroll over “For Parents” at the top of page
- In drop down menu, click on “Get Help Paying for Child Care”
- Click on “Apply Here”
- Fill out an application



Parent and Child Supportive Services

CHILDREN'S BUREAU – HOME VISITATION PROGRAM

Children's Bureau implements the Healthy Families of America model to Home Visitation and provides one-on-one counseling to mothers/caregivers who are either pregnant or recently gave birth.

Services:

- Infant developmental education
- Trained and certified counselors in infant massage and lactation specialization
- Referrals and linkages to resources
- Support and referrals for Pre/Postpartum Mental Health concerns (depression, anxiety, psychosis, etc)
- And much more!

Eligibility:

- Live in Metro LA (Spa 4)
- Must be CalWorks Eligible
- Must be pregnant or have an infant of age 3 months or less

How do I enroll?

- Go to all4kids.org
- At the top, scroll over "What We Do"
- Click on "Prevention Services"
- Scroll down and click on "Metro Los Angeles"
- Scroll down to "Healthy Families of America" and click on "Inquiry Form"
- Fill out Inquiry Form
- Once filled, a Family Support Counselor will reach out.

SOUTH LA HEALTH PROJECTS

slahp.org | info@slahp.org | 310-661-3080

For more than 35 years, South LA Health Projects has been fighting health



Parent and Child Supportive Services

disparities by educating and encouraging people to make healthy choices – such as eating nutritious foods, breastfeeding their babies, taking proper care of themselves before and during pregnancies, and vaccinating themselves and their children.

- WIC Services – 10 different locations in LA County.
- **South LA Health Projects offers:**
 - Groceries
 - Health screenings
 - Nutrition
 - Breastfeeding counseling
 - Immunization screening and referral, substance abuse referral, and more!

Eligibility:

- Pregnant Women
- Mom's with children under the age of 4
- All foster Youth from 0-5
- Low-income home

How do I enroll?

- Call 310-661-3080. Press #1
- Create a file
- Set up an appointment over the phone

SHIELDS FOR FAMILIES

shieldsforfamilies.org/community-family-services

SHIELDS' Welcome Baby Program offers pregnant women and new moms with information, support and trusted partners to help participants through the



journey of pregnancy and early parenthood. Services include: hospital visits, parent coaching, information and support with pre- and post-natal health care, and linkage and referral to a wide range of supportive services.

Shield's MAT (Multidisciplinary Assessment Team) offers:

For families and children ages 0-21 who are under the jurisdiction of the DCFS

- Hospital Visits
- Parent Coaching
- Free services for those delivering at St. Francis Medical Center, Centinela Hospital, and Martin Luther King Hospital

Eligibility:

- Pregnant and parenting women and their children ages 0-5

How do I sign up?

- Call the Assessment Center at 323-242-5000 to complete intake over the phone
- Or email info@shieldsforfamilies.org for more information

NATIONAL PARENT HOTLINE

nationalparenthelpline.org | 855-427-2736

Being a parent is a critically important job, 24 hours a day. It's not always easy. Call the National Parent Helpline® to get emotional support from a trained Advocate and become empowered and a stronger parent.

Eligibility:

Anyone

How do I enroll?

Call 1-855-427-2736 M-F 10AM-7PM



Rental Assistance

SANCTUARY OF HOPE RAPID RE-HOUSING PROGRAM

thesoh.org

The goal of the program is to assist young adults who are at risk of or who are already experiencing homelessness to reintegrate in the community by helping them obtain and maintain safe, affordable housing and by linking them to mainstream, community based services they need.

Services include:

5. Working with a Life Coach/Navigator to develop a housing plan.
6. Locating housing, paying application/credit check fees, first month's rent and/or security deposits, providing moving assistance and facilitating landlord/tenant mediation.
7. Linking youth with other community services, such as employment assistance, education, training, physical, mental, and/or chemical health services, child care, transportation assistance or legal services.
8. Subsidizing rent – either one-time, or for short or medium terms. The rental unit lease agreement is in the assisted youth's name.

Eligibility:

2. Participation in the Single Adult Coordinated Entry System (CES). Families will be referred to 211 or Family Solutions Center.
3. Must have homeless verification and referral.
4. Must have income.
5. Must demonstrate the ability to sustain and maintain housing without further assistance once the subsidy ends.

Adams Location

Phone: 323-786-2413

4003 W. Adams. Blvd. Los Angeles, CA 90018

Operation Hours

10 am - 5 pm Monday, Tuesday, Wednesday, Thursday

10 am - 2 pm 2nd and 3rd Fridays

Closed last Friday of the month



Rental Assistance

Program Orientation – Wednesdays 10 am-12 pm. Referral and registration required.
Contact office for appointment.

Hope Connections South Bay

Phone: 424-374-8038

13245 Hawthorne Blvd., 2nd Floor, Hawthorne, CA 90250

Operation Hours

10 am – 5 pm Monday – Friday

Closed last Friday of the month.

Program Orientation – Wednesday 10 am – 12 pm. Referral and registration required.
Contact office for appointment.

Sanctuary of Hope at Center For Sustainable Communities

1051 W. Rosecrans, Compton, CA 90222

Phone: 424-478-9145

Operation Hours

10 am – 5 pm Monday – Friday

Closed last Friday of the month.

Hope Place Antelope Valley

701 West Avenue K, Lancaster, CA 93534

Phone: 661-206-2540

Operation Hours:

10 am – 5 pm Monday – Friday

Closed last Friday of the month.

ST. JOSEPH CENTER

stjosephctr.org



Rental Assistance

They lead the Coordinated Entry System Provider on the Westside. Services include rapid re-housing with short term rental assistance, referrals, and case management to assist families in securing and maintaining safe, stable permanent housing.

To get connected, go to the SPA 5 Access Center:
The SPA 5 Access Center serves as a point of entry into the Coordinated Entry System. They link unsheltered individuals to essential service: hot showers, clothing and hygiene kits, mail, mental health and case management, referral to Bread and Roses cafe, and a variety of other supportive services.

Drop-In Hours:

Monday and Wednesday 8am-11:30am and 12:30pm-3:30pm
Tuesday and Thursday 8am-11:30am and 12:30pm-3:30pm
Fridays are closed to client engagement

Mail and Phone:

St Joseph Center, 204 Hampton Drive, Venice, California 90291-8633
Front Desk / General Information: 310-396-6468
General Agency Fax: 310-392-8402

Non-urgent Community Concerns or Questions:

community@stjosephctr.org
24-hour call center for non-urgent community concerns: 310-358-2835

THE PEOPLE CONCERN

thepeopleconcern.org

The People Concern strives to end homelessness and domestic violence by providing care and support for those experiencing it, through housing and integrated services tailored to the unique needs of each individual.

The Annenberg Access Center in Santa Monica provides rental assistance to those at risk of homelessness through their Problem Solving Program.



Rental Assistance

Address: 503 Olympic Blvd. Santa Monica, CA 90401

Hours: Monday-Friday 8am-5pm Saturdays and Sundays 8am-12pm

Phone Number: (310) 450 4050

HOPICS

hopics.org

Homeless Outreach Program Integrated Care System (HOPICS) provides community based linkages to housing. They provide interim and permanent housing as well as housing navigation and prevention services. They specialize in housing placement and stabilization to holistically approach the client through: homelessness and eviction prevention, move in assistance, short to medium term rental assistance, and permanent supportive housing.

To get connected go to the Navigation Center:

Address: 729 W. Manchester Ave. Los Angeles, CA 90044

Phone: (323) 814 9100

Hours: Monday-Friday 7:30am-5pm, Saturday 10am-2pm

GET AHEAD LA

getaheadla.org | (888) 295 2647

(NHSLA) - Mortgage Relief Program

The Los Angeles Board of Supervisors has allocated \$5.5 million to expand foreclosure prevention counseling services in the County and to establish a mortgage relief fund. The Department of Consumer and Business Affairs has partnered with Neighborhood Housing Services of Los Angeles County (NHSLA) and its network of counselors to provide foreclosure prevention counseling services to property owners of Los Angeles County. Eligible property owners may qualify for up to \$30,000 to pay for missed mortgage payment. Services are provided in English and Spanish.

Program Eligibility Includes:

- Residents of LA County
- Residents of the City of Los Angeles are NOT eligible
- Property must be owner-occupied



Rental Assistance

- Up to 80% Area Median Income for 1-unit property owners
- Up to 150% Area Median Income for 2-24 units property owners
- Foreclosure Prevention Workshop registration and attendance required



Substance Use

START YOUR RECOVERY

startyourrecovery.org

StartYourRecovery.org provides helpful information for people who are dealing with substance use issues — and their family members, friends, and co-workers, too. We know that there is no one-size-fits-all solution to the challenges faced by those who misuse alcohol, prescription or illegal drugs, or other substances, and we aim to break through the clutter to help people at any stage of recovery.

THE TEEN PROJECT

theteenproject.com | 800-685-7460

Nonprofit 501c3 serving at risk women. They provide drug treatment at no cost to be eligible recipients through the support of the County of Los Angeles, Department of Public Health, Substance Abuse Prevention and Control (SAPC) and our gracious donors. The Teen Project is a parent to the parentless providing young women without resources with a chance at life.

CLAIRE FOUNDATION RESIDENTIAL TREATMENT

clarematrix.org | **866-452-5273**

1002 Pico Blvd. Santa Monica, CA 90405

DIDI HIRSCH

didihirsch.org | **888-807-7250**

Battling the youth mental health crisis by opening our first youth drop-in center, Our Third Place. In addition, Teen Line continues to expand its commitment to training more diverse teen line listeners and increase our capacity for crisis calls, texts and emails.

- Expanding our Enhanced Care Management program to serve more clients with complex social, physical and mental health needs.
 - Providing access to Medication Assisted Treatment (MAT) services for our substance use clients, increasing the likelihood of long-term recovery while reducing harm.
 - Launching 988 Suicide & Crisis Lifeline Spanish chat and text, to ensure our Spanish-speaking community has access to these lifesaving services.
- Outpatient Treatment Mother-Child Residential 4760 S. Sepulveda Blvd. Culver City, CA 90230



Substance Use

TARZANA TREATMENT CENTER

tarzanatc.org | 888-777-8565

Tarzana Treatment Centers, Inc. is a full-service behavioral healthcare organization that provides high quality, cost-effective substance abuse and mental health treatment to adults and youth. We are a non-profit, community-based organization that operates a psychiatric hospital, residential and outpatient alcohol and drug treatment centers and family medical clinics. All facilities are licensed and certified by the State of California and the County of Los Angeles and are accredited by The Joint Commission.

18646 Oxnard St. Tarzana, CA 91365

CRI-HELP

cri-help.org | 818-985-8323

Cri-Help offers Detox treatment, outpatient care, transitional living, medication assistance, and residential support. A phone interview is necessary to assess an appropriate treatment recommendation. All phone calls are confidential. Each program is separated by gender to ensure a positive and safe space to heal.

Address: 8330 Lankershim Blvd. North Hollywood, CA 91601



Transitional Housing

YOUTH MOVING ON – TRANSITIONAL SUPPORT / TRANSITIONAL HOUSING

youthmovingon.org | 626-765-6010

Located in Pasadena, Youth Moving On provides youth who were formerly in foster care and probation affordable quality housing and numerous support services to help them transition successfully to adulthood. Youth learn skills for lasting independence and a lifetime of personal fulfillment through housing services and workforce development and linkages to other resources.

Services

- Substance Abuse Support – send someone to help them anywhere in the community. Kind of like a mentor.
- Mental health
- Case Management
- Help with housing applications
- Support groups (on hold)
- Housing services – SPA 3
- Next step
- Free food, clothing hygiene, shower
- Computer center
- Community events

Eligibility:

- Must be between the ages of 18-25

How do I enroll?

- Anyone can call and go to the center as long as they are eligible.
- Call: 626-765-6010
- Available over the phone, 9am – 5:30pm M-F
- Go to their Youth Moving On Peer Resource Center, located at:
- 456 E. Orange Grove Blvd., Suite 140, Pasadena, CA 91104
- It is recommended to make an appointment before going
- Office Open – 11am-3pm M-F
- If you have any questions, email ymoinfo@hillsides.org or prc@hillsides.org
- Fill out Welcome Form upon arrival at center



UNITED FRIENDS OF THE CHILDREN

unitedfriends.org

Pathways program surrounds foster youth ages 18-24 with positive role models, creating enduring relationships, challenging youth to better themselves, and providing safety in the form of a 18-36 month long service-enriched housing program. Youth must complete a Next Step Tool Assessment at an Access Center and be matched to one of Pathway's open beds by a Regional CES Matcher. Click [here](#) to find a local CES Access Center.

The Scholars Program is accessible to all foster youth in LA Angeles County and provides individualized academic counseling and mentorship and group workshops. [Here](#) is the link to the Scholars Program application.

STEP UP

stepup.org

Step Up provides innovative, community-based permanent supportive housing and comprehensive case management services via developments and scattered site units throughout California, Georgia, and Tennessee.

SAFE PLACE FOR YOUTH

safeplaceforyouth.org

Safe Place for Youth, launched several interim housing programs.

Host Home Program. This program pairs an unhoused young person with a community member who has a spare room to offer. Roots to Grow. Transitional housing operated in partnership with Venice Community Housing. The Nest. This transitional housing program is designed for young people who are pregnant or parenting. A Bridge Home Venice (ABH). Part of Los Angeles' A Bridge Home Program, SPY manages 54-beds reserved specifically for TAY (ages 18-24) at this transitional housing facility. Connect LA. This is a family reunification program that helps TAY build positive and healthy relationships with family to reconnect and achieve housing stability with family support.

CRISIS RESIDENTIAL

theteenproject.com

The mission of the Teen Project is to provide a full life transformation to prior foster and at-risk young women who have survived human trafficking and



homelessness, by providing sobriety, psychotherapy and a life sustaining higher education. The Teen Project is a nonprofit 501c3 serving at risk young women. We provide drug treatment at no cost to eligible recipients through the support of the County of Los Angeles, Department of Public Health, Substance Abuse Prevention and Control (SAPC) and our gracious donors.



Transitional Housing

JOURNEY HOUSE

journeyhouseyouth.org

Journey House provides services for former foster youth in housing, education, employment, and independent living counseling. Housing assistance for former foster youth who are in need of stable and adequate housing while enrolled in school or vocational training programs including; finding housing opportunities, securing rental agreements, completing housing program applications and access to furniture, appliances, cookware, linens, etc. from an inventory of donated items. We do not have residential facilities. Educational services to aid former foster youth with the review and selection of schools and/or job training programs to help them prepare for employment with pay structures adequate to move toward self-sufficiency. Employment assistance to help former foster youth with their career search, developing a professional resume, learning interview and job retention skills, and finding appropriate interview and work attire.

Counseling, mentorship and peer support to encourage former foster and probation youth to establish the self-discipline they need to stay in school and create an independent life.

LA YOUTH NETWORK

youthemergingstronger.org

For transitional age youth experiencing homelessness, this 18- to 24-month program offers housing in a home-like, group setting as well as scattered-site apartments. Residents receive guided support and a comprehensive suite of services designed to enable them to become self-sufficient, live independently and successfully navigate a future without homelessness. Youth may self-refer to this program or be matched through the Youth Coordinated Entry System.

ASPIRANTE

aspiranet.org

Aspiranet's TAY program helps former foster kids make the transition from care to independence.



Aspiranet's TAY program provides all the necessities required for a young adult to start their independent life. Thanks in part to an ongoing partnership with Ashley HomeStore, TAY youth are provided with a furnished apartment, including a bed, furniture, and everything else needed to make a house a home. Through ongoing classes, they receive employment and education assistance, help with resume building, and a clear direction on where their path will lead.



Unintended Pregnancy And Support With A Miscarriage

PLANNED PARENT FEDERATION OF AMERICA

plannedparenthood.org

Find a health service provider through the Planned Parent Federation of America

Choose telehealth or visit a health center in person for support with:

- General Health Care
- Emergency Contraception (Morning-After Pill)
- Abortion
- Birth Control
- Pregnancy Planning Services, Prenatal Services, Childbirth Classes, Postpartum Exams, Miscarriage
- STD symptoms, testing, and treatment.

AT-HOME SAFE ABORTION VIA A PILL PLAN C

plancpills.org

Plan C is a public health creative campaign on abortion pill access, started in 2015 by a small team of veteran public health advocates, researchers, social justice activists.

Women can access abortion pills by state.

M + A HOTLINE

mahotline.org

M + A Hotline — is a medical organization with a team of doctors that provide important services for both unwanted pregnancies and support with a miscarriage.

FOR STATES WHERE ABORTION IS NOT LEGAL

reprolegalhelpline.org

Legal Repro Helpline provides confidential legal advice for individuals seeking info on self-managed abortion care and bail support for people providing and assisting clinic-based or telehealth abortion care (not only self-managed abortion).

WHAT IS A MISCARRIAGE?

plannedparenthood.org/learn/pregnancy/miscarriage

Workshop to help educate young women on miscarrying provided by Planned Parenthood. Free to all.



Volunteering/Community

PEACE 4 KIDS

peace4kids.org

Peace 4 Kids is a non-profit, volunteer supported organization promoting trust, equity, and stability for children in foster care. Former foster youth can volunteer in the program.

Peace 4 Kids volunteer opportunities:

- Engage, mentor and provide leadership for youth in foster care, ages 4-18 years old
- Support our educational team in facilitating creative learning onsite and on field trips
- Create a consistent, nurturing community-based environment
- Have fun making new friends with like-minded folks!

Eligibility

- Be at least 18 years of age
- Agree to participate in at least 2 Saturdays per month (4 hours each)
- Commit to a minimum of one year of service

How do I volunteer?

- Email Miriam Cortez-Cáceres, Program Director, at miriam@peace4kids.org
- Or visit peace4kids.org/volunteer_signup (when orientations are available, you can scroll to the bottom of the page and sign up to attend a no-commitment New Volunteer Orientation)
- After completing orientation, you will sign up to attend training & receive your DOJ clearance (offered on-site)

BEST FRIENDS ANIMAL SOCIETY IN LOS ANGELES

la.bestfriends.org | 424-208-8840

Best Friends Animal Society is a leading national animal welfare organization dedicated to ending the killing of dogs and cats in America's shelters.

Best Friends Animal Society in LA volunteer opportunities:

- Pet Lifesaving Centers: The Best Friends Lifesaving Center in Mission Hills features over 250 cats and dogs available for adoption from LA Animal Services. The NKLA Pet Adoption Center in West L.A. features over 100 cats and dogs available for adoption from our Best Friends adoption program



Volunteering/Community

and our coalition partners. The Jefferson Park Pet Resource Center in South LA works with treating and socializing our ringworm and working cat populations. You can help with a variety of tasks from animal care to cleaning.

- Foster: If you love pets but can't adopt, you can help by fostering a pet! To read more about our foster program and apply to be a foster visit our website.
- Kitten Care Program: The kittens at the Best Friends Kitten Care Program rely on hundreds of volunteers to provide them with around-the-clock care. There's bottle-feeding every two hours, food preparation, socialization and more.
- Community Outreach: Outreach Ambassadors are volunteers who attend a variety of events as representatives of Best Friends. Ambassadors are confident, friendly and comfortable talking about the Best Friends mission and current programs/services in place to help the community. This is an exciting opportunity to engage with the community and spread awareness about our various life saving initiatives!
- NKLA Super Adoption Weekend: At the NKLA Super Adoption Weekend, dozens of Southern California NKLA Coalition partners, rescue groups and shelters feature about 1,000 of their adoptable pets. That means about 500 volunteers are needed to help make the event a success.
- Strut Your Mutt: Strut Your Mutt is our largest fundraiser for local rescue groups, shelters, spay/neuter clinics and more. Volunteers are needed for a number of different shifts throughout the event, including set-up the day before and tear down after the event ends.

Eligibility

- Anyone

How do I volunteer?

- Visit volunteers.bestfriends.org.
- Select "Start Volunteering" and be sure to check off the path for Los Angeles (if under 18 select "Los Angeles Under 18" pathway).
- Follow the steps to fully activate your volunteer account (filling out a



Volunteering/Community

volunteer profile and signing the electronic volunteer agreements).

- You will receive an automated email after profile completion with details about volunteer opportunities along with sign up instructions.

REAL TO REEL – GLOBAL YOUTH FILM FESTIVAL

realtoreelglobal.org | info@betteryouth.org

The Real to REEL film festival was created by a former ASOH recipient and volunteer!

How do I volunteer?

- Email info@betteryouth.org

MIRACLE VOLUNTEERS

miraclefriends.org

Miracle Friends matches individuals experiencing homelessness with volunteers from around the world for weekly phone calls and texts to check-in and say hello.

Services:

- Orientation and a mentor to guide you through the process of connecting with your assigned buddy
- A match to an individual experiencing homelessness for you to reach out to
- Continued support through volunteer calls, continued mentorship, and special workshops



Vote

Register to vote now & learn where you can vote by enrolling at one of these sites:

VOTE SAVE AMERICA

votesaveamerica.com

I WILL VOTE

iwillvote.com

VOTO LATINO

votolatino.org

SOUTHWEST VOTER REGISTRATION PROJECT

www.svrep.org



Wellness & Mental Health

988

The new alternative to 911 for any mental health emergencies. (24/7 helpline).

211

211la.org | 211.org

Please read to see all the support that they provide.

DEPARTMENT OF MENTAL HEALTH (DMH)

www.dmh.lacounty.gov

24HR HELP LINE

800.854.7771. Access Center Press Option 1

Crisis Line: Text "LA" to 741741

Suicide Prevention 800.273.8255

Substance Abuse Services 844.988.7500

IN WEST LA – ST JOSEPH'S

stjosephctr.org

IN THE SAN FERNANDO VALLEY

movinglivesforward.org

COUNSELING SERVICES - MAPLE COUNSELING

maple4counseling.org | 310-271-9999

Provides low fee talk therapy for all age ranges (both individual and group) and the cost depends on the person's financial situation and is as low as \$7 per session with \$25 per session on average. Clients of the program get matched to therapists based on the clients' preferences regarding the therapists' demographics. Because it is a training center whereby many of the therapists are undergoing supervised training, higher acuity clients (severe addiction,



Wellness & Mental Health

suicidal ideations, etc) may not be a good fit for their programs. However, they also offer mental health navigation through their Welcome Center, whereby a member of the team can get them connected elsewhere that is best suited for their needs. Their team will handle the screening process.

Eligibility:

- Anyone

How do I enroll?

- ASOH Members can email members@asenseofhome.org for a referral

MIRACLE MESSAGES

Through private investigators and volunteer digital detectives, we help those experiencing homelessness reconnect with families and loved ones.

Services:

- Reconnect a person experiencing homelessness to a family member or loved one with whom they have lost contact
- Reconnect a family member or loved one with a person with whom they have lost contact

Eligibility:

- Anyone experiencing homelessness or in transitional housing.
- A family member or friend looking to reunite with someone who has experienced homelessness.

How do I enroll?

- Call 800-MISS-YOU
- Go to 1800missyou.org

MIRACLE FRIENDS

1800missyou.org

Miracle Friends matches individuals experiencing homelessness with volunteers from around the world for weekly phone calls and texts to check-in and say hello.



Wellness & Mental Health

Services:

- You will be matched with a volunteer who will reach out to you 1:1 through calls and texts to check in and help you build a positive support network.

Eligibility:

- Anyone experiencing homelessness or in transitional housing.

How do I enroll?

- Talk to your case manager and go to 100missyou.org and fill out the referral form with your name, phone number, hobbies and interests.
- Wait for a call!

SHARE! – SELF-HELP SUPPORT GROUPS

shareselfhelp.org

Share! Culver City and Downtown LA is offering free in person, hybrid, and virtual meetings for a large variety of topics.

Eligibility:

- Anxiety, depression, anger, etc.
- Alcoholics Anonymous, Al-Anon Friends, Adult Children of Alcoholics and Dysfunctional Families
- Narcotics Anonymous, Nar-Anon Friends and Family
- Toast Masters, bible study, and more!

Eligibility:

- Open to anyone

How do I enroll?

- If joining an in-person meeting, call 310-305-8878 and ask when the desired meeting will take place.
- If joining online meeting,
 - Go to shareselfhelp.org
 - Click on “Self-Help Support Groups”
 - Select and click on the day that you are available for a meeting
 - Find the meeting you need
 - On the scheduled time of the meeting, click on the zoom link and join



Wellness & Mental Health

CALHOPE @ USC TELEHEALTH

MSW students from USC are offering 6 free sessions of peer support. These sessions are fully confidential and after the 6 sessions they will provide resources and linkages. They are funded by the Federal Emergency Management Agency and run by the California Department of Health Care Services.

Eligibility:

- Live in California
- Age 12 and older (parental consent is not required)

How do I enroll?:

- Call 213-821-5977
- Ask to be enrolled into the CalHope Telehealth Program
- Tell them you were referred by A Sense of Home
- They will ask for your contact information and will contact you to schedule the 6 sessions (one at a time)

INSPIRED PERFORMANCE INSTITUTE – CHANGING LIVES TOGETHER

inspiredperformanceinstitute.com

TIPP is gifting its program to every foster youth who receives a home creation form ASOH. The TIPP program helps you “reset” your mind by resolving past trauma and eliminating the baggage that trauma creates. Our partnership builds a fresh builds fresh emotional foundation, on top of a new physical structure for a new start on life.

Eligibility:

- For all applicants who receive a Full Home Creation from ASOH

How to Enroll?

- Email youth@asenseofhome.org for a free for free coupon code!

COVERED TIL 26

coveredtil26.org

Former Foster Youth – FREE Health Care until 26 in CA



Wellness & Mental Health

Eligibility:

- Were in foster care in ANY state on your 18th birthday or later
- Live in California now
- Younger than 26

How do I enroll?

- Call Dorian Madrid at 626-313-5503 or Duy Johnson, DPSS, 626-313-5505
- You can enroll anytime

ST. ANNE'S MENTAL HEALTH SERVICES

213-381-2931

Individual therapy for children and adults – there is sometimes a waiting list.

Eligibility:

- Anyone. Children and Adults (all genders), all ages
- Have to have MediCal
- Be in their service area (SPA 4)
- Call St. Anne's and talk to Mental Health Department

How do I enroll?

- Call Phone: 213-381-2931 and select #3
- Ask about enrolling

ST. JOHN'S WELL CHILD & FAMILY SERVICES

wellchild.org | **323-541-1411**

Los Angeles Preventative health, mental health, and dental services.

Eligibility:

All ages welcome

How do I enroll?

Walk into a St. John's location

List of locations is here: www.wellchild.org/find-a-clinic

PACIFIC ASIAN COUNSELING SERVICES



Wellness & Mental Health

prod.pacsla.com | 310-337-1550

Pacific Asian Counseling Services offers mental health counseling. They are culturally sensitive and have a large language capacity.

Pacific Asian Counseling Services offers:

- Case management
- Linkage for housing, shelter, legal services, food, clothing, etc.
- Benefits enrollment
- Peer support
- Referrals

Eligibility:

- MediCal eligible children and adults

How do I enroll?

- Call 310-337-1550 to enroll (Monday–Friday, 9am–6pm)
- Press 1 if you are in a crisis
- Press 3 to begin counseling. You will leave a message with your information and should receive a call back within 24 hours.

INSIGHT SEMINARS

Insight Seminars are all about learning practical ways to live from your heart—the center of your authentic self. Their seminars will support you in looking at what's working and not working in your life and how you can make changes that will support you in creating and living a life you love.

Services:

- You will learn:
 - The power of intentions and creating more of what you want in your life
 - How to love, trust, and commit to yourself more fully
 - Learning to live more fully from your heart—your authentic self

Eligibility:

- Must be ASOH Alumni



Wellness & Mental Health

- Must be able to commit to a full weekend for the seminars

How do I enroll?

- Email youth@asenseofhome.org to be referred

PREGNANCY HELP CENTER

phctorrance.org | 310-320-8976

PHC is a non-profit that is committed to providing the community with the support and information to make informed decisions about pregnancy and sexual health. All services are free and confidential.

Services:

- Pregnancy testing
- Prenatal consultation with an OB/GYN physician
- Assistance with Medi-Cal application process
- Prenatal nutrition and breastfeeding education
- Counseling
- 24 hour helpline 310-787-4357

Eligibility:

Open to anyone

How do I enroll?

- Call 310-320-8976 to make an appointment
- OR go to phctorrance.org
- Click on "Request Appointment" at the top right
- Select a time slot that works for you and continue to sign up

A Sense of Home does not endorse or recommend any of the provided resources and provides them for informational purposes only.