

La Puente Valley

ROP

2009

Community
Reference Guide

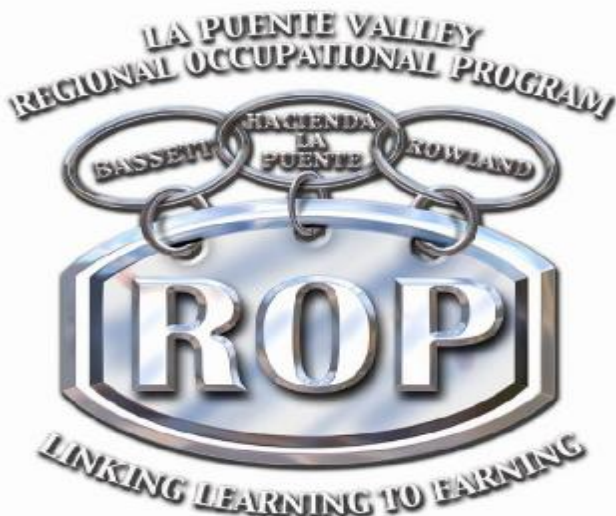
Compiled by Student Services

Updated May 6, 2009

Welcome to the Community Reference Guide!

We here at La Puente Valley ROP understand that counselors often need to assist students with a multitude of concerns that may be complicating their lives and interfering with the learning process. The Community Reference Guide is a database of social and community resources provided so that you may assist your students and their families. We hope that this guide will allow you to provide your students with the assistance they need to achieve their full potential.

Every effort has been made to ensure the accuracy of material in this guide. Much of the information was gathered from school sites within the districts we serve, local community colleges, and the Rainbow Referral Guide. La Puente Valley ROP does not promote nor endorse any of the agencies listed in this guide. This guide is provided solely for the convenience of counselors and students and La Puente Valley ROP does not assume any liability whatsoever in connection with such use. We hope you find this guide accessible and valuable in your daily dealing with your school and community.



**La Puente Valley
Regional Occupation Program
Student Services Department
18501 E. Gale Ave.
City of Industry, CA 91748
626-810-3300 ext. 255
www.lpvrop.org**

Revised: May 6, 2006

La Puente Valley ROP

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MISSION STATEMENT

La Puente Valley Regional Occupation Program is a nationally accredited school offering quality career technical education that develops a competitively skilled workforce through the delivery of exemplary programs that meet industry requirements and standards. In collaboration with the business community, we provide and promote innovative programs that lead to job skills, placement, career advancement, and higher education through flexible, academically challenging curriculum.

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ABUSE PREVENTION & INTERVENTION PROGRAMS

Center for Integrated Family and Health

626-967-5103

Services include child abuse prevention and treatment services, domestic violence programs, anger management and parenting classes as well as individual adult, child and family therapy. Parenting groups and in home parent education also available.

Center for the Pacific Asian Family

800-339-3940

Website

www.apanet.org/members/cpaf.html

The Center provides 24 hour hotline and crisis intervention, confidential emergency and transitional shelters, counseling, legal support and advocacy.

Child Abuse Hotline

800-540-4000

24 hour hotline that accepts reports of suspected child abuse, offers crisis counseling, and refers callers to local agencies for further support.

Children's Bureau

626-337-8811

This is a multi-service child welfare agency with services including child abuse prevention programs, parent education classes, in home parent training, Parents Anonymous support group and NuParent program. Services in English and Spanish.

Domestic Violence Helpline

800-978-3600

24 hour helpline serving many different languages. Caller can be immediately connected to a domestic violence shelter near them.

Haven House

323-681-2626

Haven House provides a 24 hour bi-lingual crisis hotline, 45 day shelter for battered women and children, bi-lingual counseling, legal and employment assistance, outreach, and medical services.



House of Ruth

909-988-5559

24 hour emergency hotline for battered women and their children, 30 day emergency safe shelter, counseling, housing assistance, career and education assistance, legal advocacy (temporary restraining order), teen dating violence program.

LA County Department of Children and Family Services **626-455-4701**

Protective services provided to child victims of abuse and neglect. Family maintenance and reunification services provided by a variety of community contracted agencies.

National Center for Missing and Exploited Children **1-800-The-Lost (843-5678)**

Hotline to provide information about a missing child. Center works to return missing children to their families. Response and support systems provide assistance to law enforcement agencies, Amber Alerts, and prevention education.

National Domestic Violence Hotline
800-799-7233

24 hour hotline that provides crisis intervention, education about domestic violence, and referrals to local service providers. Assistance in English and Spanish.

Project Sister Hotline
Office line

909-626-4357
909-623-1619

Provides 24 hour sexual assault crisis line, as well as personal accompaniment to hospital, police station and court. In-person counseling and rape support groups also available. Community education in the fields of sexual harassment and teen date rape awareness and protection available.

Rape, Abuse, and Incest National Network

800-656-HOPE

Free, confidential, 24 hour hotline to talk about issues related to sexual assault.

Santa Anita Family Service

626-966-1755

Website : www.ci.monrovia.ca.us/community/community_safam_services.htm

Counseling center serving children, teens and families. Domestic violence and sex offender programs available.

Spiritt Family Services

626-442-4788

Certified domestic violence program for men and women. Support groups and services offered in Spanish and English.

Women In Need Growing Strong: Wings

626-967-0658

24 hour help-line for crisis intervention and referrals. YWCA provides 45 day shelter program for women and their children who are victims of domestic violence. Also offers legal referrals, restraining order clinic, support groups and community education. Available 24 hours a day, 7 days a week.



ADOPTION / FOSTER / FAMILY PLANNING SERVICES

Adoption “Warm Line”

818-508-9276

Offers peer counseling, adoption support, related resources and referrals. Open to anyone with adoption questions.

American Pregnancy Association

800-672-2296

National organization provides education, counseling and referrals to local resources. Referrals include those to maternity homes, pregnancy centers, medical care, adoption services and other government related services.

Bienvenidos Foster Family Agency

800-828-LOVE (5683)

Licensed program that provides child placement, foster family support, education, and respite care.

Family Planning Clinic / San Gabriel

La Puente Health Center

626-968-3711

Services are provided Monday through Friday and are by appointment only. English and Spanish are spoken.

Foothill Family Services

626-338-9200

Provides case management service for pregnant and parenting teens, their children and their siblings.



Foster Care Ombudsman Program

877-846-1602

Website: www.fosteryouthhelp.ca.gov

Offers advocacy for foster youth, an avenue for foster children to file complaints regarding their care, and provides information on the rights of foster children.

California Chafee Grant Program

888-224-7268

Website: www.chafee.csac.ca.gov

The California Chafee Grant Program gives money to foster youth, and former foster youth to use for career and technical training or college courses. The money can also be used for things like child care, transportation and rent while taking classes.

Holy Family Adoption and Foster Care

800-464-2367

Website: www.hfs.org

This is a state licensed agency that provides free counseling and adoption services for women in unplanned pregnancies. Temporary foster care is also available. Anyone in crisis or unplanned pregnancy is eligible; all adoption fees are paid by the adoptive parents. Services are available Monday through Saturday, 24 hours a day.

Latino Family Institute

800-294-9161 ext. 212

Full service adoption and foster care agency specializing in the placement of Latino children.

LA County Department of Children and Family Services

213-351-5602

Website: dcfs.co.la.ca.us

Provides a wealth of information on adoption, foster care, health, education, safety and also provides resources for parents and kids.

Planned Parenthood

800-230-7526

This number automatically connects the caller with the Planned Parenthood office in their area. Services include reproductive health care and counseling as well as various methods of birth control. Hours vary by center.

AIDS/SEXUALY TRANSMITTED DISEASE SERVICES

AIDS Healthcare Foundation / Whittier

562-693-2654

Full range of medical services for people with HIV. Open to all, even if not covered by health insurance. Monday - Wednesday, 8:30am to 5:30pm.

Center for Disease Control National

STD Hotline

800-227-8922

Information and referral to clinics and crisis intervention regarding sexually transmitted diseases. Will send out printed information as well as answer any questions about STD and prevention.

East Valley Community Health Center

626-919-5724

Comprehensive care services for HIV, including testing and counseling, medical care, onsite pharmacy, case management, mental health service and support groups.



Santa Anita Family Service

626-966-1755

Counseling of people with AIDS, their families and loved ones. Service referral and AIDS education programs. Call for an appointment.

ALCOHOL AND DRUG ABUSE PROGRAMS

Alcoholics Anonymous

323-936-4343

Alcoholics Anonymous is a 12 step program for those suffering from alcohol related problems. This number is for the central office in Glendora and will provide you with information and meetings in your area.



Al-Anon / Alateen

818-760-7122

Meeting Information Only

888-684-6444

Website: www.alanonla.org

Support group for families and friends of alcoholics and anyone whose life has been affected by another's drinking. There are groups for preteens and teenagers as well as for adults.

Baart La Puente Clinic

626-855-5090

Website: www.baartcdp.com

Offers care for adults seeking treatment for chemical dependence or substance abuse. Services include detox, dual diagnosis programs, pregnant addict treatment, primary medical care, family counseling, parenting training, and education.

Center for Integrated Family and Health

626-967-5103

Alcohol and drug treatment program. Many other services offered as well, see Abuse Prevention and Mental Health Services for more information. Spanish and Vietnamese spoken.

Cocaine Anonymous

Website: www.ca.org

310-559-5833

12 step, anonymous, self-help fellowship of men and women who share their common problem and help others to recover from their addiction.

Families Anonymous

310-815-8010

Website: www.familiesanonymous.org

Fellowship of 12 step support groups for family members and friends of a loved one with a current, former, or suspected use of drugs, alcohol, or related behavior problems. Support groups are available in many areas. Members share their experience, strengths, and hopes with new members.

Family Counseling Service

626-350-4400

Family, individual, group, child and adolescent counseling and substance abuse treatment. Drug education and substance abuse recovery groups also available.

Marijuana Abuse Hotline

800-729-6686

24 hour hotline providing information and referrals for support groups and treatment for marijuana or any other drug or alcohol abuse issue.

National Council on Alcohol and Drug Dependency

626-331-5316

Information and referral on alcohol and substance abuse. Intensive Adolescent Treatment program and interventions available as well as tobacco cessation and relapse prevention.

***Spiritt Family Services
Glendora***

626-335-8153

A variety of services are offered including communication workshops, parenting classes, anger management, alcohol and drug recovery services, domestic violence support, as well as many other services. Sliding fees are available for low income families.

CALWORKS AND WIA YOUTH PROGRAM

CalWORKs Information Line

626-569-3100

The CalWORKs program exists to assist individuals who are receiving Temporary Assistance for Needy Families (TANF).

WIA Youth Program **626-960-3964**

WIA provides services to meet the job training needs of special populations. The program offers specialized services to students including work readiness, job development, academic assistance, leadership and life skills training. Students must be involved in the special education program, foster system or low income to qualify.



CHILD CARE PROGRAMS

LA County Head Start

Bassett USD

Hacienda La Puente USD

562-940-1770

626-931-3161

626-933-7101

The LA County Head Start is a federally funded preschool program for children from low income families. Children participate in a variety of educational activities, receive free medical and dental care, healthy meals and snacks. Some sites offer parenting, reading, English, GED and job training classes for adult family members. Child's immunizations and TB test must be current. Call and provide your zip code to receive information about programs in your area.

Options-Child Care Division

626-967-7848

The Options – Child Care Division is a child care referral service. Subsidized programs for low income families are available. Special programs for the Special needs of children. Assistance is available in the following languages: English, Spanish, Vietnamese, Mandarin, Chinese, and Cantonese. Services are available Monday through Friday, 8am to 7pm. Free and sliding scale fees.

YMCA

Diamond Bar / Walnut

909-860-9622

Puente Hills

626-961-3480

San Gabriel Valley

626-339-6221

YWCA San Gabriel Valley

626-919-2992

Programs offered include preschool, kindergarten, and before and after school childcare. Some locations also offer teen programming, holiday and summer camps, and sports and recreation programs. Call for more details.



EMERGENCY CLOTHING

Catholic Charities

Pomona

909-622-3466

West Covina

626-918-2005

Catholic Charities provides emergency clothing, food, transportation, shelter, baby and hygiene items, as well as information and referral services. You must be low income to qualify for these services.

East San Gabriel Valley Coalition for the Homeless

626-333-7204

Nonprofit organization that helps the homeless find shelter, referral services for hotel, motel, and taxi vouchers, emergency food, sack lunches, showers and hygiene kits, as well as assistance for paying rent and utilities.

Goodwill Stores - West Covina

626-968-7718

Salvation Army Thrift Store

**Covina
La Puente**

626-332-2116

626-961-4714

EMERGENCY FOOD ASSISTANCE

Food Stamp Information Line

626-443-6692



Women Infant and Children (WIC)

For income eligibility call

1-888-942-9675

The WIC Program is a special supplemental nutrition program providing nutrition education and food checks for purchasing specific foods such as milk, cheese, cereal, juice and infant formula. The program serves pregnant and breastfeeding women, as well as infants and children up to 5 years of age.

GRIEF AND BEREAVEMENT GROUPS

American Foundation for Suicide Prevention

800-273-8255

Website: www.afsp.org

The American Foundation for Suicide Prevention (AFSP) is the only national not-for-profit organization exclusively dedicated to funding research, developing prevention initiatives and offering educational programs and conferences for survivors, mental health professionals, physicians and the public.

Bereavement Support Groups

562-698-0811

Whittier Presbyterian Hospital offers a Living with Loss support group. Group meets every Wednesday from 7pm to 8:30pm.

Citrus Valley Hospice

626-859-2263

Provides home health care and an inpatient unit for individuals with terminal illnesses, and respite services and support groups to family members. Support groups cater to individual age groups and meet regularly.

Comforting Hearts

626-308-8222

24 hour helpline that provides grief support for parents who have lost a child, regardless of age or circumstance. Includes bereavement counseling, support groups, and volunteer opportunities. Support group meets the 3rd Monday of each month, 7pm-9pm, no fee.



**Compassionate Friends
877-969-0010**

Self-help support organization that offers friendship and understanding to bereaved parents, grandparents, and siblings. Meetings in Pomona and Chino, no fee.

**Family and Friends of Murder Victims
909-798-4803**

Information, support and friendship to those who have experienced the murder of

a loved one as well as those who are victims of attempted murder. Call for meeting locations and times.

Intercommunity Counseling Center

562-698-1272

Professional mental health counseling services for individuals and families. Counselors trained in grief and loss. Support groups available for survivors of suicide and for friends and families of those who have committed suicide.

Grief Net

www.griefnet.org

GriefNet.org is an internet community of persons dealing with grief, death, and major loss. They have almost 60 e-mail support groups and two web sites. Their integrated approach to on-line grief support provides help to people working through loss and grief issues of many kinds. The companion site, KIDSAID, provides a safe environment for kids and their parents to find information and ask questions.

Teen Grief

www.newhope-grief.org/teengrief

This is a website dedicated to helping teens understand and deal with their grief. It is a safe place for teens to express and share when someone close has died and includes sections for memorial and poetry.

HEALTHCARE AND DENTAL

Buddhist Tzu-Chi Free Clinic

626-281-3383

Medical care, dental and other services are offered. Burmese, Cantonese, English, Mandarin, Spanish and Vietnamese spoken. Hours are from Tuesday though Saturday, 9:30am-11:30am and 1:30pm-5:30pm.

California Healthy Families Program

800-880-5305

California offers complete health insurance for children and teenagers. Services include: dental, eye care, immunizations, prescription medicine, regular check-ups, physical/hospital services, low monthly premiums and \$5 co-payments for some services. Hours are between 8am and 8pm; both English and Spanish are spoken.

**County of Los Angeles Department of Health Services
Ability to Pay Plan**

800-378-9919

This organization provides information on how to obtain low cost medical services. You must be unable to pay the full cost of your medical care. Services adults and children, call for information on how to apply. These services are only eligible to LA County residents. Services available in English and Spanish.

Dental Society of San Gabriel Valley

626-285-1174

Professional society providing referrals to dentists and low cost clinics.

Health Line Los Angeles

800-427-8700

Health Line LA provides referrals to all county health care facilities and health services. Bilingual English and Spanish, plus access to 144 other language translations. Call Monday through Friday, 8am – 5pm.

Los Angeles Free Clinic Dental Services

323-653-1990

Provides fillings, extractions, hygiene, and referrals for adults, pediatric dentistry for children ages 6 years and older. Services are available Monday through Friday from 9am to 5pm.



Pomona Health Center

909-868-0235

Immunizations, support services for tuberculosis, public health nurses, and other patient support. Monday, Tuesday, Wednesday, Friday 8am-4:30pm, Thursday 10am-6pm.

SSG-Children's Dental Clinic **626-964-4798**

Provides dental treatment and education to children between the ages of 5 and 8 only. Services are free to low income families that qualify. Spanish is available and services are offered on Wednesday and Friday from 8:30- 1:30pm.

LEGAL ASSISTANCE

Anonymous Crime Hotline (We-Tip)

800-782-7463

For the general public to report welfare fraud, homicide, and drug sales. This line can also be used for children to report their parents.

Center for Human Rights and Constitutional Law

213-388-8693

Provides direct legal services to indigent immigrants and refugees as well as handles class action suits dealing with immigration and civil law. This organization also operates a shelter for immigrant children and a transitional living center for children prior to adoption. Services are provided in English and Spanish. There is no charge for services. Call for more information Monday through Friday, 9am – 5:30pm.



**Department of Fair Employment and Housing
800-834-5001**

Registers and investigates complaints regarding discrimination and sexual harassment in the workplace, pregnancy and family leave rights, and discrimination in public housing services or accommodations. Cases will be handled by appointment only, Monday through Friday, 8am – 5pm. No fees.

**Los Angeles County District Attorney
Bureau of Family Support Headquarters**

323-890-9800

Assist parents with enforcement of child support and filing for child support. Business hours are on Monday through Friday from 8am to 5pm.

Los Angeles Info Line

800-339-6993

Web Address: www.lafreeclinic.org

Provides self-help legal assistance, information and referrals for the greater Los Angeles area.

We The People / Pasadena

626-535-0100

Affordable legal document preparation for bankruptcies, divorces, restraining orders, support modifications and many other legal procedures. Fees are up to 90 percent less than an attorney charges. Mandarin and Spanish spoken. Monday-Friday 10am-6pm, Saturday 10am-2pm.

MENTAL HEALTH SERVICES

Aurora Charter Oak Hospital

800-654-2673

Private hospital with inpatient, partial and intensive outpatient programs for both psychiatric and chemical dependency issues serving children, adolescents and adults. Free assessments offered on site and referrals given regardless of finances. COPES psychiatric emergency response team available 24 hours a day.

California Youth Crisis Line

800-843-5200

24 hour crisis intervention counseling for youth ages 12 to 24 and their families on a wide range of mental health, drug and alcohol, peer, family and relationship issues. Youth to parent message service also available. Spanish spoken.



California Family Counseling Network

626-332-5395

Mental health service connections to psychological testing, individual and family therapy, and psychotherapy. Spanish spoken.

Center for Integrated Family and Health Services

626-967-5103

Provides counseling, education, and support services for individuals and families including child abuse counseling, rape counseling, counseling for victims of crimes, crisis counseling, parent support groups, respite care, and substance abuse treatment programs. Fees are based on a sliding scale. Monday-Friday 9am-5pm.

College Hospital Helpline

800-352-3301

Trained phone counselors will assess emergency mental health problems and recommend an appropriate source of help in your community. This program is available 24 hours a day in English and Spanish.

Foothill Family Service

626-564-1613

Provides family, individual, and group counseling, child abuse prevention and treatment, services for teen parents and pregnant teens, anger management groups, and domestic violence prevention and treatment. Sites in Pasadena, West Covina, and El Monte.



La Puente Mental Health Center

626-961-8971

The Health Center provides crisis intervention, involuntary hospitalization, and outpatient adult psychiatric evaluation and treatment. The Center is open Monday through Friday from 8am to 5pm and has evening hours until 7pm on Tuesday and Thursday.

Mental Health Association

213-413-1130

Provides educational materials, supports mental health projects and also offers resource services. Referral services offered. The Mental Health Association also provides training, consultation, housing, education and advocacy programming and services. Services are available in English and Spanish; Monday through Friday, 9am – 5pm.

New Hope Christian Counseling Center

626-967-6421

This center serves as a training facility for the counseling profession. Services offered include psychological testing, crisis evaluation, parenting issues, school problems, child abuse, suicide, runaways, depression, eating disorders and substance abuse.

Mental Health Association Friendship Line

1-888-448-9777

The Friendship Line is a non-crisis “warmline” that was developed for people who are coping with mental illness. It offers peer-to-peer support and information about mental health resources, with the capability to make a connection to crisis lines. The Friendship Line is open for calls from 6pm to 10pm every night including weekends and holidays.

Mental Health Crisis Hotline

800-854-7771

This hotline provides information, referrals, and crisis intervention counseling 24 hours a day, 7 days a week/

Social Model Recovery Systems

626-974-8122

Outpatient mental health services for adults, children, families and groups. Support groups and individual counseling. Day treatment service also available.

Suicide Prevention Center Crisis Hotline

1-877-727-4747

24 hour hotline for people considering, or know someone who is considering suicide, crisis intervention, website offers information about signs of suicide, and ways to help and support those who have lost a loved one to suicide.

The Trevor Helpline

800-850-8078

24 hour hotline for Gay and Lesbian youth in crisis. Counseling services for youth 25 years and under.

PARENTING RESOURCES

The California Child Care Resource and Referral Network

www.rrnetwork.org

Information for parents about who to call for free help in finding childcare that works best for your family and help on finding childcare.

Catholic Big Brothers, Inc.

626-792-5664

This organization matches volunteer men to boys and girls age 7 to 14 that are lacking a positive male figure in their lives. Spanish spoken. Monday-Friday 9am-5pm.

Center for Integrated Family and Health

626-967-5103

The Center provides anger management and parenting classes. Fees are on a sliding scale that ranges between \$3 and \$90. Appointments are available Monday through Friday from 9am to 9pm and Saturdays from 8am to 4pm.



La Casa Community Center

626-286-2145

La Casa provides a variety of services including bilingual preschool, ESL classes for adults, referrals in all areas, parenting classes, informal counseling, citizenship classes, and after school tutoring for elementary and middle school students.

Parent's Place Family Resource Center

626-919-1091

Aids and assists with local resources for families. Open Monday through Friday from 9am to 5pm.

Tough Love International

866-828-0178

This is a group designed for parents of children 8 years and older who are demonstrating negative, destructive or out-of-control behavior. Parents meet with other parents to provide resources and support to regain control of their children.

PUBLIC ASSISTANCE PROGRAMS

Delhaven Community Center

626-917-9789

Emergency welfare for families with no income and children in the HLPUSD with school referral. Food supply and new shoes for children enrolled in the district. After school club also available for students with behavioral and emotional issues.

Department of Public Social Services

www.ladpss.org

The Department of Public Social Services provides assistance to families with dependant children. Services include counseling for obtaining GR, AFDC, food stamps, Medi-Cal, in-home supportive care for the elderly and the handicapped.

Earned Income Tax Credit (EITC)

www.irs.com

The EITC is a tax credit for people who work, but don't earn high incomes. If you qualify you could pay less federal tax or no tax – even get a refund. To qualify you must meet certain criteria and file a tax return, even if you didn't earn enough.

East San Gabriel Valley Coalition

626-333-7204

Provides sack lunch, bus tokens, hygiene kits and clothing for low income people. Access to free medical, dental referrals, diapers, showers, and winter shelter December 1st - March 15th. Spanish spoken.



Volunteer Income Tax Assistance (VITA) Sites
800-829-1040

This program provides specially trained volunteers to prepare basic tax returns for people who can not afford paid professional assistance. Volunteers help those with special needs, including persons with disabilities, those with low or limited income. VITA sites are generally located at community centers.

West Covina Access Center

626-918-2005

Provides medical and social services to homeless and low income families. Food, clothing, housing placement assistance, and job training also available.

Homeowner / Renter Assistance

800-852-5711

Website: www.ftb.ca.gov/individuals/hra

Program assists low income homeowners and renters.

ROP AND JOB TRAINING PROGRAMS



La Puente Valley ROP

626-810-3300

Website: www.lpvrop.org

Serves Bassett, Hacienda La Puente, and Rowland Unified School Districts.

**Employment Development Department -
One Stop Centers**

El Monte 10507 E. Valley Blvd.

626-258-0365

West Covina 933 S. Glendora Ave.

626-814-8234

Website: www.caljobs.ca.gov

The EDD is a state office for job placement assistance. Listed numbers provide general information; clients must go in person for placement information. Available services include skilled employment specialists, thousands of local job listings, training resources, and full-service technical centers with phones, fax machines, copiers, and computers with Internet access and resume building tools.

East San Gabriel Valley ROP

626-962-5080

Website: www.esgvrop.org

Serves Azusa, Baldwin Park, Covina, Glendora, West Covina and Walnut School Districts.

Tri-Cities ROP

562-698-9571

Website: www.tcrop.k12.ca.us

Serving the cities of Pico Rivera, Santa Fe Springs and Whittier.

SHELTERS AND EMERGENCY HOUSING

East San Gabriel Valley Coalition for the Homeless

626-333-7204

Nonprofit organization which helps the homeless find shelter, referral services for hotel, motel, and taxi vouchers, emergency food, sack lunches, showers and hygiene kits, and assistance for paying rent and utilities.



Elizabeth House Crisis Pregnancy Center
626-577-4434

Provides shelter for women who are pregnant or have small children and are homeless. Program includes career planning, health care, nutrition education, parenting classes, and counseling.

Rio Hondo Temporary Home

562-863-8805

This is a non-profit agency that provides transitional shelter for up to nine months including meals, supportive services, medical services and housing assistance. Parents must be at least 18 years old. Offices are open to take calls Monday through Friday from 9am to 5pm.

UTILITIES ASSISTANCE

The Gas Company

800-427-2200

Web Address: www.socalgas.com

The Gas Company provides services for it's customers including programs to assist with gas appliance, paying their bills, making credit arrangements and energy conservation.

Home Energy Assistance Program (HEAP)

866-675-6623

HEAP Provides assistance to low income families on a one-time basis. Families must fall within the Federal Poverty Income guidelines and should contact the office to receive an application and further information.

Los Angeles Department of Water and Power

800-342-5397

Los Angeles Department of Water and Power offers their own 15% discounted low income rate. Please call for more information.



Southern California Edison

800-447-6620

California Alternate Rates for Energy (CARE) provides a 20% discount off your electric bill for your permanent primary residence, if you meet qualifications and income guidelines. You must be a SCE customer.

Verizon Communications

800-483-4000

Verizon Communications offers "Lifeline Service", a basic telephone service at half the usual cost to people who qualify. Call to learn more about the income requirements. Services are offered Monday through Friday, 7:30am – 6pm.

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