

HELP & EMERGENCY SERVICES (LA County)

Los Angeles County 24/7 Info-Referral	2-1-1
Life Threatening Emergencies 24/7	9-1-1
Suicide and Crisis 24/7 Hotline	9-8-8
Child Abuse Hotline	800-540-4000
Elder Abuse Hotline	877-477-3646
Domestic Violence (Including rape, sexual assault)	
Helplines:	
• 1736 Family Crisis Ctr (Eng/Spanish)	310-370-5902
• CPAF (Asian/Pacific Islander)	800-339-3940
• Rainbow Services (Eng/Spanish)	310-547-9343
• Human Trafficking Hotline	888-539-2373
• Los Angeles County Hotline	800-978-3600

MENTAL HEALTH SERVICES

<u>Alliance for Health Integration</u> 14112 S. Kingsley Dr, Gardena	310-217-7312
<u>Department of Mental Health</u> 150 W. 7th St, San Pedro	310-519-6100
<u>Exodus Recovery Center</u> 923 S. Catalina Ave, Redondo Beach	310-792-5454
<u>Harbor Urgent Care Center @ Harbor/UCLA</u> (open 24/7) 1000 W. Carson St (enter from Vermont Ave.) (operated by Exodus Recovery)	424-405-5888
<u>Little Company of Mary Behavioral Health</u> 1300 W. 7th St, San Pedro (go thru ER)	310-832-3311
<u>National Alliance on Mental Health Issues (NAMI)</u> <u>South Bay</u> , Torrance based	310-533-0705

OTHER RESOURCE GUIDES



[City of Torrance "Focal Point on Aging"](#), with many listings applying to all ages:
<https://www.torranceca.gov/services/recreation-services/senior-centers-and-programs/focal-point>



[WIN app](#) lists free services for youth across LA County, downloadable to a smartphone, or online at <https://oclawin.org/find-help/win-app/>

LOW COST HEALTH CARE

<u>Curtis R. Tucker Health Center</u> – County's main South Bay site offering integrated primary care, behavior care and substance use disorder services 123 W. Manchester Blvd, Inglewood	310-419-5325
<u>Dept of Health Services – Torrance Center</u> (appt's only) 711 Del Amo Blvd, Torrance	310-354-2300
<u>Dept of Health Services Wilmington Center</u> (appt's only) 1325 Broad Ave., Wilmington	310-518-8800
<u>Harbor Community Health Center</u> (appt's best) 593 W. 6th Street, San Pedro	310-321-4389
<u>Harbor-UCLA-Medical Center</u> 1000 W Carson St., Torrance	310-222-2345
<u>North East Community Clinic</u> (appt's only) 1403 Lomita Blvd #100, Harbor City	310-784-5800
<u>Northeast Community Clinic</u> (appt's only) 200 E Anaheim St., Wilmington	310-816-9700
<u>Torrance Health & Wellness Center</u> (call for intake) 19410 S Vermont Ave Ste. L102, Torrance	310-323-6887
<u>Tzu Chi Health Center</u> (appt's only), has a holistic approach 1355 Broad Ave, Wilmington	310-684-4466
<u>Venice Family Clinic</u> (+ dental) (appt's only) 270 E. 223rd St, Carson 214 Artesia Blvd, Redondo Beach	310-802-6170
<u>Wilmington Community Clinic</u> (+ dental) (walk-ins ok) 1009 N. Avalon Bl., Wilmington	310-549-5760

OTHER SERVICES

<u>Fluff & Fold</u> (free laundry) 21172 Hawthorne Blvd, Torrance	310-793-8551 2nd Sat @ 2:45-4:00 pm
<u>Bandini Cleaners</u> (free laundry) 1000 1st St, San Pedro	310-508-9214 1st-4th Wed's @ 4:30-6:00 pm
<u>Legal Aid Foundation of LA</u>	800-399-4529
<u>Los Angeles County Harbor Workforce Center</u> 222 W. 6th St #410, San Pedro	310-732-5700
<u>One-Stop Career Center</u> (job seekers) 1220 Engracia Ave, Torrance	310-680-3830
<u>Shopping Cart Retrieval</u>	888-992-4778
<u>Torrance Animal Control</u> After hours	310-618-3850 310-328-328-3456

ADDITIONAL PUBLIC AGENCIES

<u>Dept of Children & Family Services</u> 2325 Crenshaw Blvd., Torrance	310-972-3111
<u>Dept of Public Social Services</u> – Southwest Special (08) 1819 Charlie Sifford Dr, Los Angeles	866-613-3777
<u>DMV – Torrance Office</u> 1785 W. 220th St, Torrance	800-777-0133
<u>Social Security Administration</u> 20000 Mariner Ave #150, Torrance	800-772-1213
<u>Torrance Fire Department</u> Non-Emergency Incident Reporting Emergency Medical Services Assist Chief Administration	310-781-7042 310-781-7051 310-781-7000
<u>Torrance Police Department</u> (non-emergency) 3300 Civic Center Dr, Torrance	310-328-3456
<u>Torrance School District's Homeless "Building Bridges"</u> program, for student and family supportive services 2336 Plaza del Amo, Torrance	310-972-6280

Torrance Homeless Resource Guide

Homeless in the City of Torrance?

Urgent Need: TEXT ONLY to

Valerie Hernandez @ 310-803-3390

Norma Olvera @ 310-357-8951

(calls and voice messages may not be returned immediately)

All other needs: email outreach@TorranceCA.gov



Outside of Torrance, use LA-HOP.org to request a street outreach team to assist people experiencing homelessness.
Self-reports also welcomed.

HOUSING & SHELTER

Homeless Individuals & Youth- Coordinated Entry System (CES) – CES is the gateway to County homelessness resources 424-276-3602
Harbor Interfaith Services, 599 W. 9th St, San Pedro

Homeless Families (24/7 referral line) 2-1-1

CES-Families (Harbor Interfaith Services) 310-831-0589

Sanctuary of Hope – referrals for Young Adults ages 18-24
13245 Hawthorne Blvd, Hawthorne 424-374-8038

Safe Landing - interim housing w/mental health, substance use disorder case management (Exodus Recovery)
11460 S. Normandie Ave, West Athens 323-200-2200

Beacon Light Mission - Christian-based 7-night shelter for men
Check In Mon-Fri, 10am-1pm
525 Broad Ave, Wilmington 310-830-7063
Showers Mon,Thurs @ 8:30am

Doors of Hope Shelter - Christian-based 7-night shelter for women
Check In Mon-Fri, 10am-1pm
529 Broad Avenue, Wilmington 310-518-3667
Showers MonThurs @ 8:30 am

Community's Child - Christian-based shelter for single women w/infants
25520 Woodward Ave, Lomita 310-534-4040

Family Promise of the South Bay - family shelter
2930 El Dorado St, Torrance 310-782-8196

Safe Parking - for individuals or families vehicle dwellers (RV's welcome)
Overnight stays: 7pm-7pm
West of Torrance, call during day for intake 323-580-3389

Winter Shelter Hotline - Nov-March shelters for individuals
800-548-6047

BUS INFO - METRO LINE

Beach Cities Transit 310-802-7686
Serving Redondo Bch, Hermosa Bch, Manhattan Bch, El Segundo

Carson Transit 310-952-1757

Gardena Transit 310-965-8888

LA Metro 323-466-3876

Torrance Transit 310-618-6266

FREE or LOW-COST MEALS (** plus clothing when available)

Bartlett Senior Ctr (age 55+, caregivers ok) M-F @ 11:30 am
Hot lunch \$3; coffee/tea: \$0.50; RSVP by noon the prior day
1318 Cravens Ave, Torrance 310-320-5918

First Serve Community Services M @ 2:30-6:30 pm
1725 Flower Ave, Torrance 310-320-3818

First United Methodist Redondo Beach *** (Shared Bread)
Wed @ 5:30-6:30 pm
243 S. Broadway, Redondo Bch 310-372-8445

First United Methodist of Torrance 4th Sat @ 11:am
1551 El Prado, Torrance 310-328-3242

Riviera United Methodist 5th Sat @ 11am-1pm
375 Palos Verdes Blvd, Redondo Bch 310-378-9273

St. Andrews Episcopal 3rd Sat @10am
1432 Engracia Ave, Torrance 310-328-3781

St. Andrews Presbyterian *** Tu, Thur 12-1pm
301 Ave D, Redondo Beach 310-540-5252

St. James Catholic (Feed the Needy) M, W, F @ 1-2pm
415 Vincent St, Redondo Beach 310-372-5228

St. Lawrence Martyr Catholic
M-F @ 830am-4:30pm, Sun @ 8am-1pm
1900 S. Prospect, Redondo Beach 310-540-0329

St. Paul's United Methodist *** (Project Needs) Tu @ 6-7pm
2600 Nelson Ave, Redondo Beach 310-370-4319

Torrance First Baptist 1st Sat @ 11am-1pm
2118 W. Carson, Torrance 310-328-5030

Torrance YMCA Senior Ctr (age 60+) M-F @12pm
Hot lunch \$3, \$4 caregivers; RSVP by 11 am the prior day
2900 W. Sepulveda Blvd, Torrance 310-326-5885

Walteria United Methodist 2nd Sat @ 11am-1pm
3646 Newton St, Torrance 310-375-0622

FREE GROCERIES

Calvary Presbyterian 1st Sat @ 11:30am-12:00pm
13560 Hawthorne Blvd, Hawthorne 310-676-1144

New Challenges Ministries (plus clothing, pet food)
M,Tu,Th,Fri @ 12:30-1:30pm; Sat @ 115-230pm
18801 Crenshaw Pl, Torrance 310-320-4171

St. Lawrence Martyr Catholic Sat @ 8-10 am
1900 S. Prospect, Redondo Beach 310-540-0329

St. Margaret Mary Catholic Wed @ 8:30-10:00am
25511 Eshelman Ave, Lomita 310-326-3364 x15

Stillman Sawyer Family Services Ctr M,W,F @ 9am-4pm
820 Lomita Blvd, Harbor City 310-835-1986

ALCOHOL & DRUG RECOVERY

Alcoholics Anonymous (LA, 24-hr line) 323-936-4343
South Bay Central Office 310-618-1180

Beacon House, male residential recovery program
1003 S. Beacon St, San Pedro 310-514-4940

Behavioral Health Services
15519 Crenshaw Blvd, Gardena 310-679-9126

Fred Brown Recovery Services 310-519-8723
270 W. 14th St, San Pedro After hrs: 310-833-7400

Harbor Rock Recovery, Christian-based resource offering assessments, referrals, recovery coaching, with sober living beds (call for assessment) 310-699-4987

House of Hope, female residential recovery program
San Pedro (call for assessment) 310-831-9411

SHAWL House, female residential recovery program
936 S. Centre St, San Pedro 310-521-9310

U.S. VETERAN SERVICES

(Note: SSVF program is for Vets w/ or wofamilies)

1736 Family Crisis Ctr
1044 S. Figueroa St., Wilmington 424-772-5668

Los Angeles Vets Center, Counseling Center
1045 W Redondo Bch Blvd, #150, Gardena 310-767-1221

MHALA-Long Beach 424-570-0241

VA Transitional Housing (for honorable discharges)
San Pedro (Volunteers of America) 310-213-563-7979

*This guide was created by the
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Please send comments to TorranceFaith@gmail.com.*