



## Community Resource Guide

Los Angeles County v.0\_2026

April Parker Foundation

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## Welcome

This Resource Guide is designed to help individuals, families, and community members access the support and services they need. Whether you are seeking assistance with housing, health care, education, employment, wellness, or basic needs, this guide brings trusted resources together in one place so you can navigate your next steps with confidence.

Across every program at the April Parker Foundation, our goal remains the same: **to strengthen communities by improving access to opportunities, reducing barriers, and supporting wellbeing.**

## How to Use This Guide

Resources in this guide are organized by category and typically include:

- Organization or program name
- Description of services provided
- Contact information
- Eligibility notes, when available

You may use this guide independently or with the support of a **CARE Mentor, Case Manager, Navigator, or Program Staff**, who can assist you in connecting to the services that best meet your needs.

## If You Need Immediate Help

If you are experiencing a crisis—emotional, medical, or safety-related—please contact the appropriate emergency support in your area, such as:

- Local Crisis Line or Access Line
- Domestic Violence Hotline
- Emergency Services (9-1-1)

These services can provide immediate assistance, safety planning, and connection to urgent resources.



## Important Notes

- Information in this guide may change over time. Contact organizations directly for the most up-to-date details.
- Inclusion in this guide does not represent an endorsement; it is intended as a navigation tool for individuals seeking support.
- This guide may include services designed for specific populations (youth, adults, families, veterans, LGBTQIA2S+, individuals with disabilities, justice-involved individuals, etc.). Always ask about eligibility when reaching out.

## About the April Parker Foundation

The April Parker Foundation is a community-based nonprofit organization committed to transforming communities by empowering sustainable futures. We work alongside individuals, families, and partners to expand access to resources, remove systemic barriers, and support long-term health, stability, and economic opportunity.

Through our programs and partnerships, APF provides navigation, case management, workforce development, housing support, youth development, and community-based services designed to meet people where they are and walk with them toward where they want to go.

Our work is grounded in equity, dignity, accountability, and compassion, and guided by the belief that everyone deserves access to the tools and support needed to thrive.

## How We Can Support You

APF staff may be able to assist with:

- Resource navigation and referrals
- Care coordination and case management
- Program enrollment and eligibility guidance
- Follow-up support and service connections

If you are working with an APF CARE Mentor, Case Manager, or Program Staff, they can help you use this guide and connect to services.



## Los Angeles — Adult Resources

### Housing & Homeless Services

Organization	Services Provided	Phone	Website
<b>Los Angeles Homeless Services Authority</b>	Coordinated Entry, outreach, interim housing, permanent supportive housing	(213) 225-6581	<a href="http://www.lahsa.org">www.lahsa.org</a>
<b>People Assisting The Homeless</b>	Interim housing, outreach, housing navigation	(323) 644-2200	<a href="http://www.epath.org">www.epath.org</a>
<b>The People Concern</b>	Housing, medical, mental health, outreach	(323) 334-9000	<a href="http://www.thepeopleconcern.org">www.thepeopleconcern.org</a>
<b>Union Rescue Mission</b>	Emergency shelter, transitional housing, meals	(213) 347-6300	<a href="http://www.urm.org">www.urm.org</a>
<b>Midnight Mission</b>	Shelter, housing navigation, employment programs	(213) 624-9258	<a href="http://www.midnightmission.org">www.midnightmission.org</a>

### Mental Health & Crisis Support

Organization	Services Provided	Phone	Website
<b>Los Angeles County Department of Mental Health</b>	Outpatient mental health services, care coordination	(800) 854-7771	<a href="http://dmh.lacounty.gov">dmh.lacounty.gov</a>
<b>Didi Hirsch Mental Health Services</b>	Counseling, suicide prevention, outpatient services	(877) 727-4747	<a href="http://www.didihirsch.org">www.didihirsch.org</a>
<b>Exodus Recovery</b>	Crisis stabilization, outpatient behavioral health	(310) 507-9141	<a href="http://www.exodusrecovery.com">www.exodusrecovery.com</a>

## Substance Use Treatment

Organization	Services Provided	Phone	Website
<b>Los Angeles County Substance Abuse Service Helpline</b>	Referrals for detox, residential, outpatient SUD treatment	1-844-804-7500	<a href="http://dpss.lacounty.gov">dpss.lacounty.gov</a>
<b>Tarzana Treatment Centers</b>	Detox, residential, outpatient treatment	(818) 996-1051	<a href="http://www.tarzanatc.org">www.tarzanatc.org</a>
<b>JWCH Institute</b>	Integrated medical and substance use services	(866) 733-5924	<a href="http://www.jwchinstitute.org">www.jwchinstitute.org</a>

## Medical & Primary Care

Organization	Services Provided	Phone	Website
<b>Los Angeles County Department of Health Services</b>	County hospitals, clinics, specialty care	(844) 804-0055	<a href="http://dpss.lacounty.gov">dpss.lacounty.gov</a>
<b>JWCH Institute</b>	Primary care, dental, behavioral health	(866) 733-5924	<a href="http://www.jwchinstitute.org">www.jwchinstitute.org</a>
<b>St. John's Community Health</b>	Primary care, dental, behavioral health	(323) 541-1411	<a href="http://www.stjohnswellchild.org">www.stjohnswellchild.org</a>
<b>Kaiser Permanente (Members Only)</b>	Primary and specialty care for enrolled members	1-800-464-4000	<a href="http://www.kp.org">www.kp.org</a>

## Food & Basic Needs

Organization	Services Provided	Phone	Website
<b>Los Angeles Regional Food Bank</b>	Food pantry referrals and distributions	(323) 234-3030	<a href="http://www.lafoodbank.org">www.lafoodbank.org</a>
<b>211 LA County</b>	Food, utility, and emergency assistance referrals	2-1-1	<a href="http://www.211la.org">www.211la.org</a>
<b>SOVA Community Food Pantry</b>	Emergency food assistance	(818) 988-7682	<a href="http://www.jfsla.org">www.jfsla.org</a>

## Legal, Domestic Violence & Advocacy

Organization	Services Provided	Phone	Website
<b>Legal Aid Foundation of Los Angeles</b>	Housing rights, benefits advocacy	(800) 399-4529	<a href="http://www.lafla.org">www.lafla.org</a>
<b>Neighborhood Legal Services of Los Angeles County</b>	Eviction defense, public benefits	(800) 433-6251	<a href="http://www.nlsla.org">www.nlsla.org</a>

## Employment & Workforce

Organization	Services Provided	Phone	Website
<b>LA County Workforce Development, Aging &amp; Community Services</b>	Job training, employment services	(888) 226-6300	<a href="http://wdacs.lacounty.gov">wdacs.lacounty.gov</a>
<b>Chrysalis</b>	Transitional employment and job readiness	(213) 806-6300	<a href="http://www.changelives.org">www.changelives.org</a>
<b>Goodwill Southern California</b>	Job training and placement	(213) 427-9040	<a href="http://www.goodwillsocal.org">www.goodwillsocal.org</a>

## Veteran Services

Organization	Services Provided	Phone	Website
<b>Los Angeles County Military and Veterans Affairs</b>	Benefits counseling and claims assistance	(877) 452-7838	<a href="http://mva.lacounty.gov">mva.lacounty.gov</a>
<b>U.S. VETS</b>	Veteran housing, mental health, employment	(213) 542-2600	<a href="http://www.usvets.org">www.usvets.org</a>
<b>VA Greater Los Angeles Healthcare System</b>	Medical and mental health services	(310) 268-3011	<a href="http://www.va.gov">www.va.gov</a>

## Disability & Adult Protective Services

Organization	Services Provided	Phone	Website
<b>Adult Protective Services Los Angeles County</b>	Abuse, neglect, exploitation reporting	1-877-477-3646	<a href="http://aging.lacounty.gov">aging.lacounty.gov</a>
<b>Disability Rights California</b>	Disability legal advocacy	(800) 776-5746	<a href="http://www.disabilityrightsca.org">www.disabilityrightsca.org</a>
<b>IHSS Los Angeles County</b>	In-home supportive services	(888) 822-9622	<a href="http://dpss.lacounty.gov">dpss.lacounty.gov</a>

## Transportation Assistance

Organization	Services Provided	Phone	Website
<b>LA Metro</b>	Bus and rail transportation	(213) 922-1234	<a href="http://www.metro.net">www.metro.net</a>
<b>Medi-Cal Transportation</b>	Non-emergency medical transportation	Contact health plan	<a href="http://www.dhcs.ca.gov">www.dhcs.ca.gov</a>
<b>211 LA County</b>	Transportation assistance referrals	2-1-1	<a href="http://www.211la.org">www.211la.org</a>

### You Are Not Alone

Accessing services can feel overwhelming, and it's okay to need support along the way. This Resource Guide is intended to help you take the next step at your own pace and connect with services that support your health, stability, and wellbeing.

If you encounter barriers, long waitlists, or are unsure where to start, help is available.

### How We Can Help

We provide navigation, care coordination, and community-based support to help individuals and families move forward. Our CARE Mentors and Case Managers can assist with referrals, applications, follow-up, and problem-solving when systems feel difficult to navigate.