



Community Resource Guide

Orange 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.



Orange — Adult Resources

Housing & Homeless Services

Organization	Services Provided	Phone	Website
Orange County Care Coordination	Coordinated Entry, outreach, housing navigation	Access via 2-1-1	www.ochealthinfo.com
Illumination Foundation	Interim housing, medical respite, housing navigation	(949) 273-0555	www.ifhomeless.org
Mercy House	Emergency shelter, rapid rehousing, permanent supportive housing	(714) 836-7480	www.mercyhouse.net
Families Forward	Shelter diversion, homelessness prevention	(949) 552-2727	www.families-forward.org

Mental Health & Crisis Support

Organization	Services Provided	Phone	Website
Orange County Behavioral Health Services	Outpatient mental health care, care coordination	(714) 834-6900	www.ochealthinfo.com
Mind OC	Counseling, peer support, behavioral health services	(949) 502-7530	www.mindoc.org
Western Youth Services	Counseling and behavioral health services	(714) 704-5900	www.westernyouthservices.org

Substance Use Treatment

Organization	Services Provided	Phone	Website
Orange County Alcohol & Drug Abuse Services	Outpatient and residential SUD treatment	Access via Behavioral Health	www.ochealthinfo.com
Hoag Addiction Treatment Center	Detox, residential, outpatient treatment	(949) 764-6542	www.hoag.org
Phoenix House California	Residential and outpatient recovery programs	(888) 671-9392	www.phoenixhouse.org

Medical & Primary Care

Organization	Services Provided	Phone	Website
Orange County Health Care Agency	Public clinics, preventive care	(714) 834-2000	www.ochealthinfo.com
AltaMed Health Services	Primary care, dental, behavioral health	(888) 499-9303	www.altamed.org
Hoag Health System	Primary and specialty care, hospitals	(949) 764-4624	www.hoag.org
Kaiser Permanente (Members Only)	Primary and specialty care for enrolled members	1-800-464-4000	www.kp.org

Food & Basic Needs

Organization	Services Provided	Phone	Website
Second Harvest Food Bank of Orange County	Food pantry referrals and distributions	(949) 653-2900	www.feedoc.org
211 Orange County	Food, utility, and basic needs referrals	2-1-1	www.211oc.org
Someone Cares Soup Kitchen	Free meals and hygiene services	(949) 548-8861	www.someonecareskitchen.org

Legal, Domestic Violence & Advocacy

Organization	Services Provided	Phone	Website
Legal Aid Society of Orange County	Free civil legal assistance	(800) 834-5001	www.legal-aid.com
Laura's House	DV shelter, advocacy, survivor support	(866) 498-1511	www.laurashouse.org
Human Options	Counseling, shelter, legal advocacy	(877) 854-3594	www.humanoptions.org

Employment & Workforce

Organization	Services Provided	Phone	Website
Orange County Workforce Development Board	Job training and employment services	(714) 480-6500	www.ocworkforcesolutions.com
Goodwill of Orange County	Job readiness and placement	(714) 547-6300	www.goodwilloc.org

Veteran Services

Organization	Services Provided	Phone	Website
Orange County Veterans Service Office	Benefits counseling and claims assistance	(714) 480-6555	www.ocgov.com
U.S. VETS – OC	Veteran housing, mental health, employment support	(714) 547-6300	www.usvets.org
VA Long Beach Healthcare System	Medical and mental health services	(562) 826-8000	www.va.gov

Disability & Adult Protective Services

Organization	Services Provided	Phone	Website
Adult Protective Services Orange County	Abuse, neglect, exploitation reporting	1-800-451-5155	www.ssa.ocgov.com
Disability Rights California	Disability legal advocacy	(800) 776-5746	www.disabilityrightsca.org
IHSS Orange County	In-home supportive services	(714) 825-3000	www.ssa.ocgov.com

Transportation Assistance

Organization	Services Provided	Phone	Website
Orange County Transportation Authority	Bus transportation services	(714) 636-7433	www.octa.net
Medi-Cal Transportation	Non-emergency medical transportation	Contact health plan	www.dhcs.ca.gov
211 Orange County	Transportation assistance referrals	2-1-1	www.211oc.org

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.