

Help Services Resource List

Check out these local resources that offer help and support for people and families in need.”

Relief Services:

(Immediate and temporary aid)

Food:

1. **Anderson Munger Family YMCA- FEEDLA:**
Produce Distribution twice a month.
Address: 4301 W 3rd Street, Los Angeles, CA 90020,
Phone: 213-427-9622
Hours: 10AM, every 1st and 3rd Tuesday of each month.
Distance From Church: 9 min drive/25 min bus/1 hr walk
ymcala.org/anderson-munger
2. **Karsh Center at Wilshire Blvd Temple:**
Food Pantry
Address: 3750 West 6th Street Los Angeles, CA 90020,
Phone: 213-401-4651
Hours: Sundays 7:30-9:30 AM, and Tuesday's 12:00-2:00 PM
Distance From Church: 9 min drive/19 min bus/1 hr walk
<https://karshcenter.org/about-us/programs/food-and-nutrition-security/>
3. **Presbyterian Church Community Center:**
Food Pantry
Address: 300 S Western Ave, Los Angeles, CA 90020,
Phone: 213-387-5387
Hours: Mondays, 8AM-10AM
Distance From Church: 9 min drive/19 min bus/1 hr walk
<https://www.wpccla.org/>
4. **SOVA West Community Food & Resource Program:**
5 day supply of free groceries.

Address: 8846 W. Pico Blvd. Los Angeles, CA 90035,
Phone: 310-288-0286
Hours: Monday-Thursday 10 am-1:30 pm and Sunday 9 am-12 noon
Distance From Church: 11 min drive/30 min bus/1 hr walk
<https://www.ifsla.org/our-services/food-hunger/>

5. **World Harvest Food Bank:**

Access a cartful of groceries with a flat rate donation of \$40.
Address: 3100 Venice Blvd. Los Angeles, CA 90019,
Phone: 213-746-2227
Hours: Monday-Friday 8am-6pm. Saturday 8am-3pm.
Distance From Church: 12 min drive/25 min bus/1 hr walk
<https://worldharvestfoodbank.org/contact-us/>

6. **Hunger Action Los Angeles:**

Food distribution/grocery deliveries, assistance with SNAP/EBT
Address: 961 S Mariposa Ave, Los Angeles, CA 90006,
Phone: 213-388-8228
Hours: Deliveries on Wednesday's
Distance From Church: 13 min drive/31 min bus/90 min walk
<https://www.hungeractionla.org/>

7. **Immanuel Presbyterian Church:**

Food Distribution
Address: 3300 Wilshire Blvd, Los Angeles, CA 90010
Phone: 213-389-3191
Hours: 9AM-12PM, WED & FRI
Distance From Church: 13 min drive/26 min bus/1 hr 15 min walk
<https://www.immanuelpres.org/food-pantry-services>

Shelter:

1. **St. Anne's Family Services:**

Housing for women and children
Address: 155 N Occidental Blvd. LA, CA 90026,
Phone Number: 213-381-2931
Hours: 8AM-6PM, M-F
Distance From Church: 18 min drive/38 min bus/2 hr walk
<https://stannes.org/contact-us/>

2. **New Directions for Veterans:**

Housing for homeless veterans
Address: 11303 Wilshire Blvd. LA, CA 90073,

Phone Number: 310-914-4045, ext. 304

Hours: 8:30AM-5:00PM, M-F

Distance From Church: 21 min drive/42 min bus/49 min bike

<https://ndvets.org/programs-services/>

3. **Union Rescue Mission:**

emergency shelter, family resources

Address: 545 S San Pedro St. LA, CA 90013

Hours: 24/7

Phone Number: 213-347-6300

Distance From Church: 24 min drive/43 min bus/47 min bike

<https://urm.org/guest-intake/>

4. **Los Angeles Mission:**

Emergency shelter, meals, resources.

Address: 303 E 5th St. LA, CA, 90013

Hours: 7AM-5PM, Monday-Saturday

Phone Number: 213-629-1227, ext 4

Distance From Church: 22 min drive/43 min bus/46 min bike

<https://losangelesmission.org/need-help/>

5. **Covenant House California:** Shelter for Youth

Address: 1325 N. Western Ave. LA, CA 90027

Phone Number: 323-461-3131

Hours: 24/7

Distance From Church: 15 min drive/33 min bus/2 hr walk

<https://covenanthousecalifornia.org/locations/>

6. **PATH Family Solutions Center:** employment, interim/permanent housing, outreach

Address: 3323 W Washington Blvd, LA, CA 90018,

Phone Number: 323-391-3853

Hours: 8:30AM-5:00PM, M-F

Distance From Church: 13 min drive/33 min bus/1 hr walk

<https://epath.org/regions/greater-los-angeles/>

7. **PATH- People Assisting the Homeless:** employment, interim/permanent housing

Address: 340 N Madison Ave. LA, CA 90004

Phone Number: 323-212-6291

Hours: 8:30AM-5:30PM, M-F

Distance From Church: 15 min drive/41 min bus/2 hr walk

epath.org/find-your-path-home/

8. **Good Shepherd Center for Homeless Women & Children:** housing/resources

Address: 1671 Beverly Blvd. LA, CA 90026

Phone Number: 213-318-5773

Distance From Church: 20 min drive/41 min bus/2 hr walk

gschomeless.org/need-our-help/

Shower:

1. SkidRow Community Refresh Spot

Address: 544 Towne Ave, Los Angeles, CA 90013

Phone Number: 213-207-6889

Distance From Church: 7mi

2. Shower of Hope

Address: [Hollenbeck Park, 415 S. St Louis St, Los Angeles, CA 90033](#)

Phone Number: 213-207-6889

Distance From Church: 7mi

Hours: Every Tuesday from 9:00am - 1:00pm.

theshowerofhope.org/

3. Midnight Mission

Address: [601 S. San Pedro St., Los Angeles, California 90014](#)

Phone Number: 213-207-6889

Distance From Church: 7mi

Hours: Five days a week, open until noon

midnightmission.org

Abuse:

1. **Wilshire Police Station**

Address: 4861 W Venice. LA, CA 90019.

Phone Number: 213-473-0476 Voice, 213-485-2112 TDD/TTY

Hours: 24/7

Distance From Church: 11 min drive/17 min bus/38 min walk

2. **Fire Station 61**

Address: 5821 W 3rd St. LA, CA 90036,

Phone Number: 213-485-6261

Hours: 24/7

Distance From Church: 3 min drive/13 min walk

3. **Nurturing Change:** Multi-lingual abuse hotline with emergency shelter in Los Angeles

Phone Number: 1-800-339-3940

<https://nurturingchange.org/>

Rehabilitation Services:

(Begins soon after relief, and seeks to restore people and communities to the positive elements of their pre crisis conditions)

Medical Attention:

1. Rapid Doc Urgent Care

Address: 5600 Wilshire Blvd. LA, CA 90036

Phone Number: 310-777-1700

Hours: 9AM-8PM M-F, 9AM-4PM SAT-SUN

Distance From Church: 3 min drive/7 min walk

<https://rapiddocurgentcare.com/>

2. Cedars-Sinai Medical Center

Address: 8700 Beverly Blvd. LA, CA 90048

Phone Number: 310-423-3277

Hours: 24/7

Distance From Church: 11 min drive/26 min bus/1 hr walk

<https://www.cedars-sinai.org/locations/cedars-sinai-main-campus-89.html>

Substance Abuse

1. Teen Challenge

Phone Number: 310-644-3695

Email: info@teenchallenge.org

[Los Angeles County - Teen Challenge of Southern California](#)

2. Dream Center

Address: 2301 Bellevue Ave. LA, CA 90026

Phone Number: 213-273-7000

Hours: 9AM-5PM, M-F

Distance From Church: 26 min drive/49 min bus/2.5 hr walk

[Dream Center](#)

3. Miracle House Foundation

Phone Number: 866-727-3457

Email: info@miraclesoberliving.com

[Miracle House Foundation](#)

Are you pregnant? Do you need help?

1. Avenue Pregnancy Clinic

Address: 1911 W Glenoaks Blvd. LA, CA 91201

Phone Number: 818-843-0424

Hours: 8AM-4PM M-F

Distance From Church: 37 min drive/1.5 hr bus

<https://avenuespregnancyclinic.com/>

2. Claris Health: Free Prenatal/Postpartum Care w/MediCal

Address: 11500 W Olympic Blvd. LA, CA 90064

Phone: 424-322-6492

Hours: 9AM-5PM M-F, 12PM-8PM TUES

Distance From Church: 21 min drive/44 min bus

[Find Clinic LA County - Claris Health](#)

Trafficking:

1. National Human Trafficking Hotline

Phone: 1-888-373-7888

Text: 233-733 (Be Free)

<http://HumanTraffickingHotline.org>

2. Zoe International

Phone: 661-255-7963

Email: info@goZOE.org

<http://gozoe.org>

Homelessness

1. **Los Angeles Mission:**

Emergency shelter, meals, resources.

Address: 303 E 5th St. LA, CA, 90013

Hours: 7AM-5PM, Monday-Saturday

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[Need Help? - Los Angeles Mission](#)

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<https://gschomeless.org/need-our-help/>

Development Services:

(Ongoing change that moves all people, helpers and the helped closer to being in right relationship with God, self, and others)

Housing & Resources

1. **My Friend's Place- Youth Homelessness**
Address: 5850 Hollywood Blvd. LA, CA 90028
Phone Number: 323-908-0011
Hours: Youth Drop In: 10AM-2PM M-F
Distance From Church: 20 min drive/48 min bus
<https://www.myfriendsplace.org/for-youth>
2. **Dream Center**
Address: 2301 Bellevue Ave. LA, CA 90026
Phone Number: 213-273-7000
Hours: 9AM-5PM, M-F
Distance From Church: 26 min drive/49 min bus/2.5 hr walk
[Dream Center](#)
3. **People's Concern**
Address: 503 Olympic Blvd. Santa Monica, CA 90401
Phone Number: 310-450-4050
Hours: 9AM-5PM M-F, 1PM-5PM Tuesday's
Distance From Church: 23 min drive/1 hr bus
<https://www.thepeopleconcern.org/get-help/>
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Phone Number: 323-391-3853
Hours: 8:30AM-5:00PM, M-F
Distance From Church: 13 min drive/33 min bus/1 hr walk
<https://epath.org/regions/greater-los-angeles/>

Substance Abuse/Treatment

1. **Miracle House Foundation**
Phone Number: 866-727-3457
Email: info@miraclesoberliving.com
[Miracle House Foundation](#)
2. **Dream Center**
Address: 2301 Bellevue Ave. LA, CA 90026
Phone Number: 213-273-7000
Hours: 9AM-5PM, M-F
Distance From Church: 26 min drive/49 min bus/2.5 hr walk
[Dream Center](#)
3. **Teen Challenge**
Phone Number: 310-644-3695
Email: info@teenchallenge.org
[Los Angeles County - Teen Challenge of Southern California](#)

Youth/Kids Development

1. **Oasis of Hollywood:** Weekly Youth/Kids Programs
Address: 4150 Monroe St. LA, CA 90029
Phone Number: 323-469-3027
Hours: Youth- 6PM-8PM TUES, 7PM-10PM FRI/Kids- 3:30PM-5:00PM WED
[Oasis of Hollywood](#)
2. **My Friend's Place**
Address: 5850 Hollywood Blvd. LA, CA 90028
Phone Number: 323-908-0011
Hours: Youth Drop In: 10AM-2PM M-F
Distance From Church: 20 min drive/48 min bus
<https://www.myfriendsplace.org/for-youth>
3. **Pan Pacific Park**

Churches

1. The Heart LA Church:

Address: 5364 Wilshire Blvd., Los Angeles, CA 90036

Phone: (323) 407-7529

Hours: Sunday Service, 9:30AM and 11:00AM

theheart.cc

2. Oasis LA Church

Address: 634 Normandie Ave, Los Angeles, CA 90005

Phone: (818) 287-8055

Hours: Sunday, 8:45-2PM

oasisla.org

