

COMMUNITY YOUTH RESOURCE GUIDE



Antelope Valley Partners for Health

Community Collaborative Promoting Health and Wellness

44226 10th Street West

Lancaster CA, 93534

661-942-4719



This guide provides a list of youth services and programs available in the community of the Antelope Valley. If you have any questions, please contact Kimberly Pichinte at (661) 942-4719 xt.151 or at kpichinte@avph.org

This directory is meant as a general inventory of programs for children and youth; it may be utilized by families, service providers, friends, and youth themselves. The services in this directory are provided in the community and are accessible to young people meeting program criteria. Services listed do not require a referral from a physician or mental health provider, nor will the services listed require referral from child welfare or juvenile justice systems or from the court system.

✚ **Antelope Valley Partners for Health (AVPH) (Lancaster, CA (661) 942-4719)** The Youth Services Department helps youth in the community grow by providing education, resources and creating a safe place for each youth to succeed in the Antelope Valley. As a department we will strive to meet each youth right where they are in their lives, to promote and teach a lifestyle that encourages physical and mental health.

**Linkage to resources please contact Kimberly Pichinte at kpichinte.org or (661) 942-4719 ext.151*


{Programs Included/Services Provided}

- ❖ **Supporting Young Victims (SYV):** Deliver the most current information, services, and support to children and youth ages 6-17 years old who are crime victims because of the opioid crisis.
- ❖ **United Way:** Providing career speakers to multiple schools in the AV. We are very excited as a team to bring specific career speakers to your campus in the career fields you the student have chosen, such as entrepreneur, videographer, nurse, police officer, and many more.
- ❖ **Social Services Explorers:** Equipping and building up young leaders to impact their schools and communities today.
- ❖ **Ready to Rise:** Provides and establishes a comprehensive, community driven and multidisciplinary response to youth ages 11-24 who are in the juvenile system or at risk to be in the juvenile system.
- ❖ **Antelope Valley Youth Opioid Coalition:** Through partnerships with local organizations, and agencies we will advocate for each youth by addressing and bringing awareness to the opioid crisis in the Antelope Valley. For more information regarding meeting date/time please contact David Pedraza @ (661) 942-4719 ext.109

✚ **Bartz-Altadona Community Health Center (Lancaster, CA (661) 874-4050)** provides, patient-centered, high-quality, trauma-informed health and wellness care services to residents of the Antelope Valley regardless of ability to pay. The **behavioral health department** at Bartz-Altadonna Community Health Center offers a welcoming environment to patients suffering from mental and behavioral health problem, Bartz-Altadonna Community Health Center uses the Adverse Childhood Experience (ACE) questionnaire to help provide trauma-informed services to all our patients.


**Informal Referrals for: Children Mental Health Services, Severe Mental Health Issues, Formal Mental Health assessments, Detox Residential Treatment*

- ❖ **Psychiatric medication Management**
 - Meetings with Psychiatrist 1x/month or quarterly
- ❖ **Short-Term Individual Therapy and Emotional Support Services**
 - Childhood trauma in adults, Post-Traumatic Stress
 - Depression, Anxiety, Panic Attacks, Mood Swings
 - Teen Issue 13+
 - Anger Management
 - Parenting Skills
 - Grief and Loss
 - Character Building
 - Assertiveness Training
- ❖ **Medication Assisted Treatment**
 - Drug, Alcohol, Opioid Use Treatment & Counseling 18+
- ❖ **Support Groups and Classes**
 - Smart Recovery Group: Thursdays 5:30pm-6:30pm and Fridays 5pm-6pm
 - Promotores: Mental Health Topics (Spanish) Wednesdays 5pm-6pm Saturdays 10am-11:30am

 **Change Lanes Youth Support Services (Lancaster, CA (661) 948-2555)** provides prevention, intervention, education and outreach services to youth ages 7 - 17 years of age. Many of the youth we serve have experienced some type of trauma in their lives. Our goal is to provide a healthy environment for them surrounded by individuals who understand and can guide them without adverse consequences. We aid in helping our young people reduce further trauma and transition into adulthood with a positive mindset, achievable goals and better outcomes.


Services offered include: ****All programs listed have a 30\$ registration fee. For accommodation please contact office.***

- ❖ Life Skills Development
- ❖ Afterschool Program
- ❖ Parent Education
- ❖ Child Sexual Awareness & Child Safety
- ❖ Community service for youth only

 **Child and Family Guidance Center (CFGC) (Palmdale, CA (661) 265-8627)** provides counseling to children and families throughout the Antelope Valley. Services may be provided in a variety of settings, depending on the program engaged. If you feel that we may be of service to yourself, family, or someone that you know, then call to get the process started today! Outpatient services are available in English and Spanish and include individual, family, and group therapy; psychiatric evaluation and medication management; rehabilitation and skill building; and case management services. ****All programs listed require medi-cal.***

Programs include:

- ❖ **Individual, Family, and Group Therapy services:**
 - Aggression Replacement Therapy (ages 9-17)
 - Crisis Oriented Recovery System (ages 3-18)
 - Functional Family Therapy (ages 11-17)
 - Individual Cognitive Behavioral Therapy (teens and adults)
 - Interpersonal Psychotherapy (age 12 and over)
 - Managing and Adapting Practice (ages 3-18)
 - Positive Parenting Program (ages 1-16)
 - Seeking Safety (ages 13-18)
 - Trauma Focused Cognitive Behavior Therapy (ages 3-18)
- ❖ **School-Based Mental Health Services**
- ❖ **Full-Service Partnership**
- ❖ **Outreach Services**
- ❖ **Parent and Teen Libraries**
- ❖ **Psychiatric Services**
- ❖ **Therapeutic Services**
- ❖ **Incredible Years (ages 2-11)**
- ❖ **Multi-Systemic Therapy (ages 12-17)**

 **Grace Resources (Lancaster, CA (661) 940-5272)** mission is to empower people to thrive with dignity, not just survive, through training, education, food, clothing, and spiritual investment. Our vision is to eliminate hunger and poverty in the Antelope Valley, sharing the love of Christ in a tangible way by the giving of services.

- ❖ **Food Pantry:** If you find yourself in need please visit us at the scheduled times below. Please be on time and bring identification if you have it. If you do not have a way to cook them let us know so we can make accommodations.
 - Food pick-up Tuesday 10AM & 1PM Thursday 10AM & 1PM
 - Orientation Wednesday 10AM (Spanish) 1PM (English)
- ❖ **Child and Infant needs**
- ❖ **Hygiene Kits**
- ❖ **Grace's Closet** Monday – Friday 9:15 AM – 11:15 AM
- ❖ **Education Classes:**
 - Effective Communication: Tuesday & Thursday 8 AM – 11 AM 12 week (Free)
 - Computer Class: Tuesday & Thursday 9 AM – Noon 12-week (Free) Computer Lab is open every Friday
 - Power: Setting health boundaries: Monday & Wednesday 9 AM – Noon 9 Weeks (Free)

✚ **"Mighty LITTLE Giants, Inc"** Mighty LITTLE Giants is an organization that provides support, education and hope for mothers and fathers experiencing preterm deliveries. Our mission is to bridge the gap for our families and become their light in a dark season. In addition to the NICU / NICCU support services, we also support our families with monthly events, peer - to - peer mentoring , emergency financial support, and life AFTER the NICU life skills.
*The families that we service have a preterm baby, but we are able to support families with newborns as well.

Leading by experience, our goal is to give the MLG families rest, peace and education. We offer:

- ❖ Craft & Conversation Sessions
- ❖ Peer -to-Peer Support & Mentor Programs
- ❖ Parenting "New Normal" Life-skills

For additional information on our programs please check our website at www.MightyLittleGiants.org. If you or someone you know is in need, please contact us by **email at info@mightylittlegiants.org** or **call us at (213) 590-485**

✚ **National Alliance on Mental Health (NAMI) Antelope Valley (Lancaster, CA (661) 341-8041)** is dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy. NAMI advocates at the county, state and national levels for non-discriminatory access to quality healthcare, housing, education and employment for people with mental illness. NAMI's goals are too:

- ❖ Educate the public about mental illness.
- ❖ Work to eliminate the stigma of mental illness.
- ❖ Advocate for increased funding for research into the causes and treatment of mental illness.

Courses Provided:

- ❖ Family to Family(12 weeks)
<https://www.nami.org/find-support/nami-programs/nami-family-to-family>
- ❖ Peer to Peer(10 weeks)
<https://www.nami.org/find-support/nami-programs/nami-peer-to-peer>
- ❖ Basics: <https://www.nami.org/find-support/nami-programs/nami-basics>

Support Groups:

- ❖ Family Support Group (Every 2nd and 4th Monday from 7-8:30 at AV Hospital):
<https://www.nami.org/find-support/nami-programs/nami-family-support-group>
- ❖ Spanish Family Support Group: **meets at the NAMI Antelope Valley office conference room on the 1st Tuesday of every month from 6-8 pm**
- ❖ Connection Recovery Support Group (Every 2nd and 4th Monday from 7-8:30 pm at the NAMI Antelope Valley office conference room 44349 Lowtree Ave Lancaster 93534):
<https://www.nami.org/find-support/nami-programs/nami-connection>

✚ **Penny Lane (Lancaster/Palmdale, CA (661) 948-2555)** strives to foster hopes and dreams by empowering children, youth and families to reach their highest potential.

❖ **The Yellow Submarine Transitional Age Youth (TAY) Drop-in Center** is dedicated in providing a safe space for youth ages 16-25 in the Antelope Valley. Our mission is to assist and foster success for those who are LGBTQ identified or questioning, foster youth, and/or experiencing homelessness between the ages of 16-25 by creating a safe space for youth to achieve and prosper. ****For monthly calendar of events at Penny Lane please contact Maria Arroyo at marroyo@pennyLane.org***

Services provided are:

- Creative Strengths-Based Support Groups
- HIV/STI Education and Testing (provided by JWCH Institute)
- Showers and Laundromat
- Games and Socialization
- Snacks and hot meals
 - Tuesday-Friday Lunch 1 PM – 2:30 PM Dinner 4 PM – 6 PM
 - Saturday Breakfast 8 AM – 11 AM Lunch 1 PM – 2 PM Dinner 5 PM – 8 PM
- Job Prep Workshops
- Resume Building
- Internet Access
- Employment Goal Setting, and Job Experience/Internship.

❖ **Substance Use Disorder (SUD) Treatment Program** (Outpatient and Intensive Outpatient Treatment ages 12 – adults) believes in working on the core issues of substance and alcohol use by utilizing proven evidence-based practices that promote and sustain clean and sober living. ****All programs listed require medi-cal.***

Services include:

- Individual counseling
- Group counseling
- Multi-family group counseling evidence-based practices
- Case management
- Psychiatric services
- Mental health services
- Relapse prevention and recovery support
- Alumni programs/employment resources
- Aftercare services

✚ **Project J.O.Y~ Jobs and Opportunities for Youth (Palmdale, CA (661) 794-2162)** mission is to empower, educate and encourage the most vulnerable children and families in the Antelope Valley. Project J.O.Y serves children, youths and families in homeless shelters, transitional homes, domestic violence shelters and foster care.

Services include:

- ❖ Families in transition (H.I.R.E.D homeless, low-income, teen parents, vulnerable youth, widowed, divorced single parents) through career services program such as the Helping Individuals Reach Employment Desired Program
- ❖ Mobile Career Coaching
- ❖ Career Clothing Closet and Image Consulting
- ❖ Job Readiness and Life Skills certificates
- ❖ Resume, cover letter and mock interviews
- ❖ Professional development training certificates
- ❖ Job placement and linkage to supportive services
- ❖ Work based training center on site

✚ **South Antelope Valley Emergency Services (SAVES) (Palmdale, CA (661) 267-5191)** provides food and transportation programs for people of low income. SAVES also provides motel vouchers, back to school supplies and they assist with emancipated/foster youth and or runaways.

✚ **The Children's Center of the Antelope Valley (Lancaster, CA (661) 949-1206)** Is dedicated to the service and protection of children and families in the Antelope Valley. By providing access to therapists and resources we are able to promote healing within our community.

Child Abuse Prevention & Treatment

- ❖ **Clinical Therapy:** Providing effective treatment for individuals experiencing depression, anxiety or trauma. This program is designed to support and educate individuals and their caregivers to promote positive mental health and well-being.
- ❖ **Parent Child Interaction Therapy (PCIT):** Parent-Child Interaction Therapy is a proven parent-child treatment program for parents who have children with behavioral problems (e.g., aggression, non-compliance, defiance, and temper tantrums).
- ❖ **Relative Support Services:** A support program that provides extensive resources and support for grandparents and other relative caregivers that are raising children due to loss of custody or other extraneous circumstances.


Wraparound Engagement Desert Outreach (W.E.D.O): is a collaboration of agencies working to build a trauma-informed community in the Antelope Valley. Our partners recognize the long-lasting effects of trauma, including homelessness and justice involvement W.E.D.O. works to provide resources, referrals, and opportunities for two particularly vulnerable populations – Transitional Age Youth, 16-25 years, and justice involved individuals with history of trauma. W.E.D.O. also works to reduce stigma associated to trauma and its effects by providing education and training to our community.

- ❖ **Transitional Age Youth:** Young adults aged 16-25 years old who are at-risk of, or experiencing, unstable housing and need resources in order to sustain independence.
- ❖ **Justice Involved Individuals:** Adults with a history of trauma who have had recent justice involvement and need resources and opportunities to ease within the community.
 - Peer Mentoring
 - Hygiene Services
 - Medical Clinic
 - Legal Services
 - Employment Assistance
 - Overcoming Barriers to obtain housing
 - Academic Support
 - Budget & Planning
 - Social Connectivity and Spiritual Support

✚ **Tarzana Treatment Center Lancaster/Palmdale, CA (661) 726-2630/(661) 729-9090** The Youth Services Department of Tarzana Treatment Centers offers full-service, comprehensive substance abuse treatment programs. We serve patients from 12 through 17 years of age and, as appropriate, transitional-age youth from 18 to 23. Our philosophy is that providing youth with support, education, and structure will empower them to make healthier choices in their lives. We believe strongly in the importance of family involvement, which is encouraged throughout all phases of treatment.


****All our services are available to youth in any of the following programs:***

- ❖ Detoxification
- ❖ Residential Treatment
- ❖ Day Treatment/Partial Hospitalization
- ❖ Short- and Long-Term Intensive Outpatient Therapy
- ❖ Accredited On-site Special Education School
- ❖ Dual Diagnosis Program for Substance Abuse and Mental Health
- ❖ Case Management

 **United Friends of the Children Lancaster, CA** United Friends offers an 11-year education support continuum that follows LA County foster youth from the seventh grade through the completion of a bachelor's degree. Starting as early as the 7th grade and following students through college graduation, we provide academic preparation and other forms of support to and through college. Activities include college counseling, workshops, college tours, enrichment and social activities, academic preparation, as well as emergency and enrichment grants.

Program Services:

- ❖ Long-term relationship- to surround you with a community of people who care about you and your future
- ❖ Workshops- to build your college readiness skills and build relationships with your peers
- ❖ College tours- to help you figure out what you want in a college and what you need to do to get there
- ❖ Enrichment financial grants- to expand your world through hands on experiences
- ❖ Academic and test preparation- to give you the tools you need to find success in school
- ❖ College and financial aid application support- to help you navigate your way through application season
- ❖ Career exploration and development- to align your interest, strengths, and desires with career paths
- ❖ Persistence grant- to help through the hard times that inevitably arise


 **Valley Oasis (Lancaster/Palmdale, CA (661) 266-1948)** a community-based organization dedicated to eliminating social and domestic violence and homelessness through community awareness, intervention, prevention, safe shelter, and supportive services.

All programs of Valley Oasis provide services to the following individuals:

- ❖ Men
- ❖ Women
- ❖ Children/Youth
- ❖ Emancipated Minors
- ❖ Lesbian, Gay, Bi-sexual, Transgender and Questioning
- ❖ All Races, Socio-economic Backgrounds, and Religious Beliefs

Programs:

- ❖ Domestic Violence Housing First
- ❖ Sexual Assault Response Services
- ❖ Kayla's Place (young victims exposed to violence)
- ❖ S.A.R.S
- ❖ CalWORKS Outreach
- ❖ CalWORKS Legal
- ❖ Homeless Services
- ❖ Thrift Store

 **Youth Support Association Academy (Lancaster, CA (661) 949-6615)** provides programs based on research and education for identified issues which threaten the quality of life for youth and their families who need a comforting and encouraging environment to improve their day to day existence.

- ❖ Teen Anger Management Classes
- ❖ Tutoring Program
- ❖ Teen-Peer Helping Class

✚ **Young People in Recovery (YPR)**- is a peer recovery support organization focused on creating recovery-ready communities throughout the nation for people in, or seeking, recovery. YPR envisions a world where all young people have the resources they need to thrive in recovery from addiction to drugs and alcohol. YPR's mission is to provide the life skills and peer support to help people recover from substance use disorder and reach their full potential. **For more information please contact Program Coordinator Jessica Saldana at Jessica.saldana@youngpeopleinrecovery.org**

YPR Chapter Objective and Resources: YPR chapters work to make their communities recovery-ready by providing free services such as:

- ❖ Advocacy and community organizing events including town halls, asset mapping, rallies, etc.
- ❖ Pro-social activities that may include but are not limited:
 - Fitness-based outing
 - Substance use-free social events
- ❖ Regular all-recovery meetings
 - An all-recovery meeting is an open support group for all who have experienced addiction, are affected by addiction, or support the recovery lifestyle. This meeting encourages all pathways of recovery to come together and build community.
- ❖ Regular workshops to develop/improve skills that will support those in seeking recovery
 - Advocacy
 - Education
 - Financial wellness
 - Housing
 - Recovery messaging
 - Employment

CA Assistance Programs	
CalFresh (food stamps) www.calfreash.gov 349-B E Ave. K-6 Lancaster, CA 93535	877-847-3663
CalWORKS www.cdss.ca.gov/calworks 349-B East Ave. K-6 Lancaster, CA 93535 (cash aid & other services for eligible families.)	661-723-4001
Medi-Cal 349-B East Ave. K-6 Lancaster, CA 93535 (Medicaid health care program for low income individuals/families.)	818-701-8200
Torres Martinez Tribal TANF 460 W. Palmdale Blvd. Palmdale, CA 93551 (Temporary Assistance for Native Families: Services include cash assistance, clothing allowance, substance abuse intervention, career guidance, tutoring & on-the-job training.)	661-466-1100
Child Care & Youth Programs	
Boys and Girls Club Palmdale Facility 815 East Ave Q-6 Palmdale, CA 93550	661-274-2582
Lancaster Facility 45404 N Division St. Lancaster, CA 93535 (Child care for children aged 6-12 with sliding scale membership fee. Teens are free)	661-951-1013
Child Care Resource Center 250 Grand Cypress Ave. Palmdale, CA 93551	661-789-1200
Connections for Care PO Box 90789 Palmdale, CA 93590 (Child care services for children with special needs.)	661-274-1946
YMCA 43001 10th St. W. Lancaster, CA 93534	661-723-9622
Torres Martinez Tribal TANF (Temporary Assistance for Native Families: Services include cash assistance, clothing allowance, substance abuse intervention, career guidance, tutoring & on-the-job training.) 460 W. Palmdale Blvd. Palmdale, CA 93551	661-466-1100

Clothing & Furniture	
Goodwill Services Palmdale location 40125 10th St. W Palmdale, CA 93551	661-208-4490
Lancaster location 2043 W. Avenue J Lancaster, CA 93534	661-341-3912
New 4U Kids Consignment 42741 45th St. W Quartz Hill, CA 93536 www.new4uonline.com (coupons)	661-722-7641

Treasured Twice Consignment www.treasuredtwice.com Semi-Annual consignment (Sept/Oct & Jan/Feb, check website for details.)	661-209-0423
Salvation Army Store 1050 Commerce Center Dr. Lancaster, CA 93534	661-940-5072

Counseling	
Family Growth Counseling 43535 17th St West Ste. 304 Lancaster, CA 93534 (Marriage, family, alcohol, drug & child counseling.)	661-942-4079
Hathaway –Sycamores Child and Family Services 44738 Sierra Hwy. Lancaster, CA 93534 (Outpatient mental health services, wraparound and in-home counseling services.)	661-942-5749
Mental Health America 506 West Jackman Street Lancaster, CA 93534	661-726-2850
OUTreach Center (LGBT Community Center) 44845 Cedar Ave Lancaster, CA 93534 www.outreachcenterav.org (Youth groups, support groups, social activities, individual & family counseling, community condom provider.)	661-927-7433
Personal Involvement Center 44818 20th St. W Located inside the Walter E Forte Jr. Educational Building, Room 7 Lancaster, CA 93534 (Free individual counseling, parenting classes, anger management classes, and domestic violence classes.)	661-220-2995
Second Wind Violence Prevention Project 38733 9th St East Ste. M Palmdale, CA 93550 (Anger management & domestic violence services, family, couple & individual counseling. Court mandated referral needed for services*)	661-947-6642
Yes 2 Kids Antelope Valley Child Abuse Prevention Child Abuse Prevention Hotline (Marriage and parenting courses, anger management courses, Parent Café, play and learn.)	661-940-9530 800-540-4000

Domestic Violence, Sexual Assault & Survivor Resources	
California Victim Compensation Program (CalVCP) 1-800-777-9229 www.victimcompensation.ca.gov (Reimbursement of expenses for crime victims.)	

44226 10th Street West
Lancaster CA, 93534
661-942-4719

CA State VINE	877-411-5588
Notification system for crime victims to obtain reliable information about the status of criminal cases and the custody status of offenders 24 hours a day. (Victim Information & Notification Every Day)	
National Domestic Violence Hotline	800-799-7233
National Sexual Assault Hotline-RAINN	800-656-HOPE
(Rape, Abuse & Incest National Network) www.rainn.org Online hotline & resources	
Rape Crisis Center	661-949-6143
1150 West Ave I Lancaster, CA 93534 Crisis intervention for Sexual Assault Survivors and their families	
Valley Oasis	
Domestic Violence Shelter	661-945-6736
Outreach	661-723-7772

Emergency Assistance/Hot Meals & Food Pantry's	
Antelope Valle Partner for Health	661-942-4719
44226 10th St W Lancaster, CA 93534 Hot Meals every Friday from 10am-12pm Food giveaway every 2nd and 4th Friday of the month	
Catalyst Foundation	661-341-3482
44758 Elm Ave. Lancaster, CA 93534 Referrals for housing and community programs, homeless services	
Lancaster United Methodist Church	661-942-0419
918 West Ave J Lancaster, CA 93534 Hot meals Monday and Thursday 12:00-1:00pm	
Lighthouse Fellowship	661-947-2938
38325 10th St. E Palmdale, CA 93550 Food giveaway 4th Tuesday of each month, 10a-12pm Phone calls answered on Thursdays and Fridays 11-5pm	
Living Stone Cathedral of Worship	661-944-4128
37721 N. 100th St. E Littlerock, CA 93543 Monthly Food giveaway 2 nd /3 rd Wed 2:30p-5pm	
Mercy Ministry	661-273-4337
38442-38448 20th Street East Palmdale, CA 93550 Food giveaway every Friday 6:00p	
Salvation Army	661-948-3418
44517 Sierra Hwy. Lancaster, CA Hot meals Tuesday, Wednesday, Friday 11:00-12:00pm Food Box Wednesday 9:00-10:30am Clothing voucher once every 6 months.	
SAVES	661-267-5191
1002 East Ave Q-12 Palmdale, CA 93550 Food pantry, emergency shelter referrals, clothing & discount bus passes.	
St. Vincent DePaul	661-942-3222

Food Pantry	
4508 Trevor Ave Lancaster, CA 93534 Hot meals served: Mon, Wed, Thurs, & Sat. 9:30am-12pm (Food bags, free haircuts, clothing)	
Total Deliverance Church	661-951-9881
45124 10th St. W. Lancaster, CA 93534 (Food ministry year-round and Thanksgiving; toy giveaway in December)	
Two Lifestyles	661-402-3076
1224 E Ave S Ste. B & Ste. C Palmdale, CA 93550 (Support groups, empowerment workshops, and support services. Women empowerment Ste. B DCFS drug test Ste. C)	

Employment & Job Training Assistance	
Work Source	
AV One-Stop Career Center	
Lancaster Location	661-726-4128
1420 West Ave I Lancaster, CA 93534	
South Valley Location	661-265-7421
38510 Sierra Hwy Palmdale, CA 93550 (Job search resource center, internet job search, library, resume assistance, computer and fax available)	

Farmers Market	
Antelope Valley Winery	661-722-0145
42041 20th St. W Lancaster, CA 93536 (Saturdays 9am-12pm, May through November)	
Lancaster Boulevard	661-723-6077
Lancaster Blvd, between Fig Ave & Date Ave Lancaster, CA 93534 (Every Thursday (Summer hrs. 4p-9p, Winter hrs. 2-6pm)	

Housing Assistance	
Lancaster Community Shelter	661-945-7524
44611 N Yucca Ave. Lancaster, CA 93534 (Shelter with breakfast & dinner for single men and women. Families must call for phone assessment. Offers support groups, rent programs and clothing.)	
Homeless Assistance Program	
Mental Health America	661-726-2850
506 West Jackman St. Lancaster, CA 93534 (Mail service, showers, help with bills, Transitional Program for ages 16-25)	
Housing Authority	661-575-1511
2323 East Palmdale Blvd Palmdale, CA 93550 (Housing assistance, Section 8, rental list, financial education)	
Section 8 Housing	800-731-4663
On-line Applications @ www.Hacola.org	
Tent to Tent Ministries	661-445-6369

Legal Information	
Antelope Valley Juvenile Court 1040 W Ave J Lancaster, CA 93535	661-483-5924
AV Self Help Legal Access Center (LA Superior Court, Lancaster) 42011 4th St. West 3rd Floor, Rm. 3700 http://www.nls-la.org (Family law, housing, employment, name change, restraining order, health, community and consumer law Hours: Mon-Thurs 8:30a-12p, 1:30p-4p; F 8:30a-12p)	800-433-6251
Care One Legal Debt Relief Over the phone non-profit counseling/debt relief program	866-234-2671
Cash Assistance Programs for Immigrants (CAP) (Social Security Office)	800-772-1213
Immigration, Citizenship & Education Services 1305 East Palmdale Blvd #9 Palmdale, CA 93550 Mon, Wed, Fri 10a-3p; Tue 10a-5p; Thurs 10a-6:30p Free citizenship classes	661-272-1424
Refugee Programs Bureau www.rpb@dss.ca.gov	916-654-4356
National Human Trafficking Resource Center	888-373-7888
Sheriff's Department Lancaster 501 West Lancaster Blvd Lancaster, CA 93534	661-948-8466
Palmdale 750 East Ave Q Palmdale, CA 93550	661-272-2400
Social Security Office 44451 20th St West Lancaster, CA 93534	800-772-1213

Libraries & Literacy	
Lake Los Angeles Library 16921 E. Avenue O, #A Palmdale, CA 93591	661-264-0593
Lancaster Library http://www.nls-la.org 601 W. Lancaster Blvd. Lancaster, CA 93534	661-948-5029
Literacy Word AV P.O. Box 901394 Palmdale, CA 93590 (Adult Program; learn how to read free.)	661-575-0298
Littlerock Library 35119 80th St. E Littlerock, CA 93543	661-944-4138
Palmdale Library 700 E. Palmdale Blvd. Palmdale, CA 93550	661-267-5600
Quartz Hill Library 5040 W Ave M-2 Quartz Hill, CA 93536	661-943-2454

Maternal & Child Services	
AVPH Healthy Homes In-home visitation serving pregnant mothers or mothers with children up to 3 months of age, to promote healthy birth outcomes and to assist in creating and sustaining healthy, nurturing, enriched and safe homes. Focus on child abuse prevention, healthy birth outcomes. LVN &	661-942-4719

Family Support Workers provide education on labor & delivery, pregnancy health, breastfeeding, child development, parenting, caring for new baby, referrals to local agencies and much more.	
AVPH Welcome Baby This program is available to women of all income levels who live in LA County, plan to deliver at a participating WB hospital and are pregnant. WB offers one-on-one appointments to provide information to help nurture healthy development, help with breastfeeding and referrals to additional resources.	661-942-4719
Children's Bureau Palmdale 1529 East Palmdale Blvd. # 210 Palmdale, CA 93550	661-272-9996
Lancaster 921 W. Ave. J Suite C Lancaster, CA 93534	661-949-0131
The Children's Center of AV "Family Support" 45111 Fern Ave Lancaster, CA 93534 (Child abuse prevention, intervention, treatment, education, family support, and children's therapy.)	661-949-1206
Nurse Family Partnership (Home visitation program with a Public Health Nurse from pregnancy up to two years of the child's age. Services for first-time parents; must enroll by 24th week of pregnancy.)	818-441-9416 213-639-6433
Yes 2 Kids/Parent Café (Parenting classes and child's play For more info, contact Charles Avila)	661-940-9530

Maternal Depression, Counseling & Support	
Wesley Clinic Palmdale 2151 E Palmdale Blvd Palmdale, CA 93550	661-942-2391
Lancaster 45104 10th St. West Lancaster, CA 93534	661-942-2391
Family Growth Counseling 43535 17th St West Ste. 304 Lancaster, CA 93534 (Marriage, Family, Child, Crisis Counseling; Alcohol and Drug Counseling)	661-942-4079
Joy in Bereavement Trend Wellness Home 43057 39th St W, Lancaster, CA 93536 (Pregnancy & infant loss support group; 2nd Wednesday of each month 6:30-8:00pm)	661-350-1644
Suicide Hotline Spanish	800-273-8255 800-303-7432

Medical & Dental Services	
Antelope Valley Community Dental Clinic Palmdale 2151 E. Palmdale Blvd. Palmdale, CA 93550	661-942-2391 x 322
Lancaster 45104 10th St. W. Lancaster, CA 93534	661-942-2391 x 433

Bartz-Altadonna Community Health Center 43322 Gingham Ave., Ste. 105 Lancaster, CA 93535 (Comprehensive medical care for all ages, mental health care and women's care for low-income, uninsured, underinsured and homeless persons. Medical care and supportive services for HIV and Hepatitis C.)	661-874-4050
Denti-Cal (Beneficiary helpline)	800-322-6384
Dentists 4 Uninsured 657 W. Avenue J Lancaster, CA 93534 www.dentists4uninsured.com	661-726-1010
LAC Dept of Public Health 335 East Ave K-6 Ste. B Lancaster, CA 93535	661-723-4526
LA County High Desert Regional Center 661-471-4000 335 E. Avenue I Lancaster, CA 93534 (No Emergency Services)	
Lake Los Angeles Health Clinic 16921 Ave O, Ste. G Palmdale, CA 93591 (Monday-Friday 8am – 4pm Appointment required)	661-225-3105
Littlerock County Health Clinic 8201 Pearblossom Hwy. Littlerock, CA 93543	661-225-3155
South Valley Medical Clinic 38350 40th St East Palmdale, CA 93552	661-225-3001
Urgent Care 38350 40th St E Palmdale, CA 93551 (Open 7 days a week 8am – midnight)	661-225-3050

Parks and Recreation	
Lancaster City Parks 44933 Fern Avenue Lancaster, CA 93534 www.cityoflancaster.ca.org (After school programs, sports, swimming, preschool and other recreational activities)	661-723-6077
Palmdale City Parks 38260 10th St East. Palmdale, CA 93550 www.cityofpalmdale.org/department/parks (After school programs, sports, swimming, preschool and other recreational activities. Palmdale Playhouse (Acting, drama, choir).)	661-267-5611

Pregnancy, OBGYN and Family Planning	
AV Hospital OB Clinics Palmdale 38350 40th St E. Ste. 200 Palmdale, CA 93550 Lancaster 44105 15th St W Ste. 301 Lancaster, CA 93534	661-726-6325 661-726-6180
Women's Clinic (Antelope Valley Pregnancy Counseling Center) 1334 E. Palmdale Blvd. Suite E Palmdale, CA 93550 (Free pregnancy tests, ultrasounds, referrals, diapers, crisis counseling, maternity clothing, baby items and supplies as well as referrals and post abortion services.)	661-947-0400

Care Net Women's resource center 44733 10th Street West Lancaster, CA 93534 (Free pregnancy testing, ultrasound, counseling & referrals, Lamaze and labor coaching, maternity and baby clothing, diapers, father's support group etc.)	661-729-4277
Elizabeth House Maternity Shelter Adult pregnant women in crisis First Health Medical Clinic 579-9760 822 East Ave. K Lancaster, CA 93535	626-577-4434
LA County High Desert Regional Center 661-471-4000 335 E. Avenue I Lancaster, CA 93534	
Public Transportation	
Access Paratransit www.accessla.org (Curb to curb shared ride service for functionally disabled individuals in LA County. Call to schedule a Transit Evaluation appointment to determine eligibility.)	800-827-0829
Antelope Valley Transit Authority 42210 6th St. W. Lancaster, CA 93536 www.avta.com (Local bus service in the AV, commuter services, bus passes, Dial-A-Ride and free rides to those 65 years and older.)	661-945-9445
MetroLink www.metroinktrains.com Train services Lancaster Station 44812 Sierra Hwy Lancaster, CA 93534 Palmdale Station 39000 Clock Tower Plaza Dr. Palmdale, CA 93550	800-371-5465

Schools and Adult Education	
Antelope Valley Adult School 45110 3rd St. E Lancaster, CA 93534	661-942-3042
Antelope Valley Union High School District 661-948-7655 44811 N. Sierra Hwy. Lancaster, CA 93534 (Diploma program, GED, ESL, ABE, citizenship, career tech prep)	
Desert Sands Charter High School 44130 20th St. W Lancaster, CA 93534 (Independent study high school program)	661-942-3357
Empower Generations (Tuition free high school for pregnant and parenting teens, flexible schedules, no childcare needed.)	661-306-4361
GED Testing Service www.GEDcomputer.com/clicks	
Lancaster School District Preschool Programs 808 West Ave J Lancaster, CA 93534 (Free Preschool for eligible parents. Special Needs/Disabled Children Program)	661-723-0351

Opportunities for Learning & Options for Youth	
Independent Study Centers	
Lancaster	661-522-4322
1160 Commerce Dr Lancaster, CA 93534	
Palmdale	661-579-3600
2140 East Palmdale Blvd Ste. C Palmdale, CA 93550	
Palmdale School District	661-947-7191
Early Head Start Home	661-273-4710
975 E. Avenue P-8 Palmdale, CA 93550 (Between Ave Q and Ave P)	
Youth Build	661-266-8900
38626 9th St. E Palmdale, CA 93550 (Alternative school for students ages 16-24; Students work toward earning their High School Diploma as well as learning job skills and helping to build affordable housing in the community)	

Family Focus Resource Center	661-945-9598
43210 Gingham Ave. Lancaster, CA 93535 (Support information and referral services for families with children with special needs. Birth to 22 years. www.csunfamilyfocus.com)	

Special Needs	
A & M Hearing Service	661-948-4776
43797 15th St W Lancaster, CA 93534	
AV Autism Support Group	
NLACO Regional Center	661-951-1271
43210 Gingham Ave. Lancaster, CA 93535 (For families, relatives, caregivers & professionals involved with children with Autism and other special needs)	
AV Glad	323-478-8000
Greater Los Angeles Agency on Deafness, Inc. www.gladinc.org/events/av-glad www.facebook.com/avglad	
Antelope Valley Foundation for the Developmentally Disabled (Day Star)	
661-945-7290	
Adult Services 646 West Lancaster Blvd., Ste.109 Lancaster, CA 93534	
Discovery Resource Center	661-947-1595
1609 East Palmdale Blvd Ste. G Palmdale, CA 93550 (Advocacy programs, community outreach, and peer support services)	
Desert Haven	661-948-8402
43437 Copeland Cir. Lancaster, CA 93535 (Provides services for individuals with special needs)	
Early Childhood Education	661-273-4710
Palmdale School District 975 East Ave P-8 Palmdale, CA 93552 (Free Pre-School for Eligible Families)	
Palmdale School District	661-947-7191
Early Head Start Home	661-273-4710
975 E. Avenue P-8 Palmdale, CA 93550 (Between Ave Q and Ave P)	
Lancaster School District	661-723-0351
Preschool Programs 808 West Ave J Lancaster, CA 93534 (Free Preschool for eligible parents Special Needs / Disabled Children Program)	

Substance Abuse/Addiction	
Alcoholics Anonymous	661-945-5757
43619 17th St. W, Ste. 106 Lancaster, CA 93534	
Antelope Valley Council on Alcoholism & Drug Dependency	661-948-5046
311 E. Avenue K-4 Lancaster, CA 93535 (Outpatient, counseling, parenting classes, anger management, drug testing & alcohol/drug awareness.)	
Antelope Valley Rehabilitation Center	
661-223-8700	
30500 Arrastre Canyon Rd. Acton, CA 93510 (90-day inpatient program)	
California Smokers Helpline	661-800-No-Butts
(Patches, counseling, free literacy education to individuals who want to quit smoking.)	
Department of Mental Health	
Palmdale location	661-575-1800
1529 E. Palmdale Blvd. Ste.150 Palmdale, CA 93550	
Lancaster location	661-723-4260
349 East Ave K-6, Ste. A Lancaster, CA 93535	
Design for Change	877-267-3646
1066 E Ave J, Lancaster, CA 93535 (Residential drug/alcohol inpatient rehabilitation)	
Design for Living	661-874-4680
104 E. Ave. K-4, Ste. B Lancaster, CA 93535 (Court-sanctioned parenting classes, Substance abuse classes, individual therapy, domestic violence classes and anger management classes)	
Narcotics Anonymous	661-266-2200
24 Hr. Phone line	

Wellness Homes	
AVPH- Wellness Homes	661-942-4719
Wellness Homes allow community members to participate in health and wellness services. They also provide an opportunity for community organizations to hold workshops, classes, meetings, or activities that benefit the well-being of residents in those neighborhoods.	
Trend Wellness Home (Sponsor Kaiser Permanente) 43057 39th St. West, Lancaster, 93536	
Piute Wellness Home (Sponsor Mayor and Mrs. R. Rex Parris) 45534 5th St. East Lancaster, CA 93534	
Desert View Wellness Home (Sponsor Mr. & Mrs. George M. Lane) 1102 West Ave H-5 Lancaster, CA 93534	

<p>Lowtree Wellness Home (Sponsor Greater AV Association of Realtors). 1038 West Ave. J-5 Lancaster, CA 93534</p>
<p>Mariposa Wellness Home (Sponsor AV Hospital) 45534 Gadsden Ave. Lancaster, CA 93534</p>
<p>Linda Verde Wellness Home (Sponsor High Desert Medical Group) 44848 Rodin Ave. Lancaster, CA 93535</p>
<p>Joshua Wellness 302 E. Ave. J-12 Lancaster, CA 93534</p>

Hotlines	
Child Abuse Reporting Hotline	800-540-4000
Domestic Violence	(Local) 661-945-6736
National Center for Missing and Exploited Children 800-843-5678	
National Runaway Safeline	800-621-4000
Statewide Spanish Speaking Crisis Hotline 800-303-7432	
Suicide Crisis Intervention	888-784-2433
Youth Crisis Line	800-843-5200
Los Angeles County Information	661-272-0964
Dial 211 for information	211
Cyber Civil Rights Initiative	844-878-2274
(revenge/nonconsensual porn)	
National Teen Dating Abuse Helpline 866-331-9474	
Pathways to Safety International 833-SAFE-833 (833-723-3833) (domestic violence, dating violence, sexual assault, and stalking)	
Safe Phone Helpline (877-995-5247) (sexual assault support for the Dept. of Defense community)	
StrongHearts Native Helpline 844-7NATIVE (844-762-8483) (domestic violence and dating violence support for Native Americans)	
Teen pregnancy	866-942-6466
Substance Abuse & Mental Health Services 877-662-HELP/800-622-4357	
National Drug Helpline	888-633-3239
California Youth Crisis Line	800-843-5200