

FOOD RESOURCES

Los Angeles County Resources

Website: 211la.org

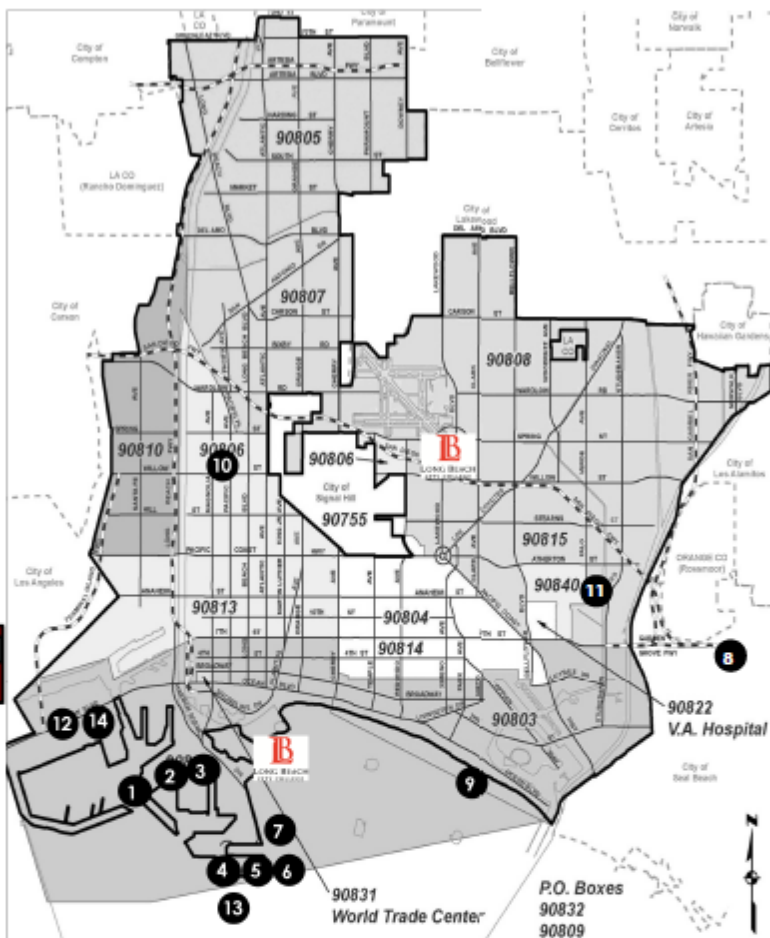
Groceries and Food Banks

- N. Long Beach Ministry. 5239 Atlantic Ave, LB 90805 562-822-9957  
Friday 10AM-12:30PM Arrive 8AM-10AM for sign-up
- West Side Baptist. 1490 W 23rd, LB 90810 562-426-2775  
4th Thursday 11AM-2PM
- Iglesia Cristiana Emmanuel. 1309 E. 3rd St. LB 90802 562-225-7350  
2nd and Last Saturday 9AM-11AM
- Calvary Chapel North LB. 5600 Linden Ave, LB 90805 562-422-1635  
2nd/4th Wednesday, 8:30AM
- St. Gregory. 6201 Willow, LB 90815 562-420-1311  
1st Wednesday, 9:30AM-12PM Photo ID
- Parkcrest Church. 3936 Woodruff, LB 90808 562-421-9374  
4th Thursday (not Nov/Dec) 10AM-11AM.
- Stevenson Food Bank 515 Lime, LB 90802 562-674-8131 1st/3rd Friday 1:30-3:30PM  
Salvation Army. 3092 Long Beach Blvd, LB 90807 562-247-3525  
Thursday (closed Dec) 11:30AM-11:45AM
- First Baptist Church. 1000 Pine, LB 90813 562-432-8447 Mondays, 9:30AM-11AM.  
Latin American Center. 1330 Gundry LB 90813 562-570-4006  
2nd/4th Saturday, 9AM-12PM
- Shalom Service Center. 2131 Long Beach Blvd, LB 90806 562-591-2214  
Monday-Friday 9AM-4:30PM
- Centro Shalom. 2131 Long Beach Blvd, LB 90806 562-591-2214 T/TH 8AM-10AM.
- Marian Outreach Center. 2344 Cota, LB 90810 562-989-1954  
Thursday 10AM-1:30PM
- Carson Assembly of God. 4102 Cherry Ave, LB 90807 562-424-8412 Sun. 12:30-3PM.
- Christian Outreach in Action. 515 E. 3rd Street, LB 90801 562-432-1440  
Tuesday and Thursday 9AM-12PM.
- Lutheran Social Services. 1611 Pine Ave, LB 90813 562-599-1321  
Monday, Tuesday, Thursday 10AM-12PM and 12:30PM-2PM Wed. 11AM-2PM.
- Catholic Charities. 123 E. 14th St, LB 90813 562-591-1351  
Tuesday and Thursday 9:30AM-12PM. and 1:30PM-3PM
- Grace Memorial Baptist. 1029 E. 19th St, LB 90813 562-591-4774  
1st/3rd Monday 9AM-12PM
- Emmanuel Presbyterian 4017 E. 6th Street, LB 90814 562-439-8946  
3rd Saturday 9-11AM
- 7th St. Church. 668 N. Obispo Ave, LB 90814 562-434-3408  
4th Saturday 8:30AM-12:30PM and 10AM-12:30PM
- HMHY (Help Me Help You). 2640 Santa Fe, LB 90810 562-674-8131  
2nd/4th Wednesday 1:30PM-3PM
- Lakewood First United Methodist. 4300 Bellflower, Lakewood 90713 562-425-1219  
Saturdays 9AM-11AM
- LBCC Student Health—Over the Counter Nutrition (protein bars/water).  
A1010 LAC and GG117 PPC. 562-938-4210. M-TH 8AM-5PM. F 8AM-12PM
- Burns Community Center. 5510 Clark Ave, Lakewood 90712 562-925-7512  
If you call two days in advance, they will prepare a bag of groceries for you
- Rosewood Christian Reformed. 10115 Rose St, Bellflower 90706 562-804-4778  
Fridays 3PM-4PM
- Cityline Church Food Bank. 6236 Woodruff Ave, Lakewood 90713 562-925-0251  
Third Saturday of each Month. (Call for time)
- California Outreach. 15929 Garfield Ave, Paramount 90723 714-927-7258  
Mondays @ 5PM
- Cottonwood Church. 4505 Katella, Los Alamitos 90720 714-947-5300 Appt only.  
Sunday 9AM-11:45AM; Thursday 10:45AM-12:45PM; Wednesday 10AM-1:45PM
- St. Isadore. Heart of the City. 10941 Reagan St, Los Alamitos, CA 90720 562-596-9918  
2nd/3rd Saturday. 8:00AM-11:00AM Food /clothing. Must show ID

Hot Meals

- Christian Outreach. 515 E. 3rd St, LB 90802 562-432-1440  
Breakfast: 7 days: 7-8AM. Dinner: M-F 4:30-5:30 PM Lunch: Sat. 11:30AM-1:00PM
- Wherever He Goes. 1001 E. 3rd, LB 90802 562-331-4433 Breakfast: 3rd Sun. 8-10AM
- Beacon for Him. 439 W. Anaheim, LB 90813 562-591-2299  
Breakfast: Mondays 9AM-12PM.
- Spiritual Truth East. 717 PCH, LB 90806 562-489-1017  
Snack/Lunch Monday and Thursday 11AM-3PM
- Urban Community Outreach Chr. 241 Cedar Ave, LB 90802 562-582-1000  
Hot Meal Every Sunday 12:30PM-4:00PM
- St. Francis Center. 1041 E. 7th St, LB 90813 562-434-3408 M-F Dinner: 5PM
- Second Samoan Church. 655 Cedar Ave, LB 90802. 562-628-9282  
Dinner: Wed 6:00PM. Hot Lunch: 2nd/3rd/4th Monday 12:00PM
- First Baptist. 1000 Pine Ave, LB 90813 Last Sun: Hot Meal, 2-3:30PM. 562-432-8447
- Samaritan House: LB Rescue Mission. 1335 Pacific Ave, LB 90813  
Hot Lunch: M-TH 12:00PM Hot Dinner: Every Day @ 5:30PM 562-591-1292
- LB Friends Church. 850 Atlantic Ave, LB 90813 Dinner: Sunday , 6PM 562-437-1566
- Catholic Charities. 123 E. 14th St, LB 90813 213-251-3432  
Sandwiches: Tuesday/Wednesday 10:00AM
- St Luke's Episcopal Church. 525 E. 7th St, LB 90813 2nd/4th Saturday Lunch:  
11:00AM-1:00PM. 1st/3rd Saturday Breakfast: 8:00AM-11:00PM 562-436-4047
- Calvary Baptist Church, 14722 Clark Ave, Bellflower 9070 562-925-3706  
Every Saturday: hot breakfast, clothes, and a shower

Please note that all information is current as of October 2016. Please call resource listed to confirm services. LBCC Office of Student Affairs October 2016



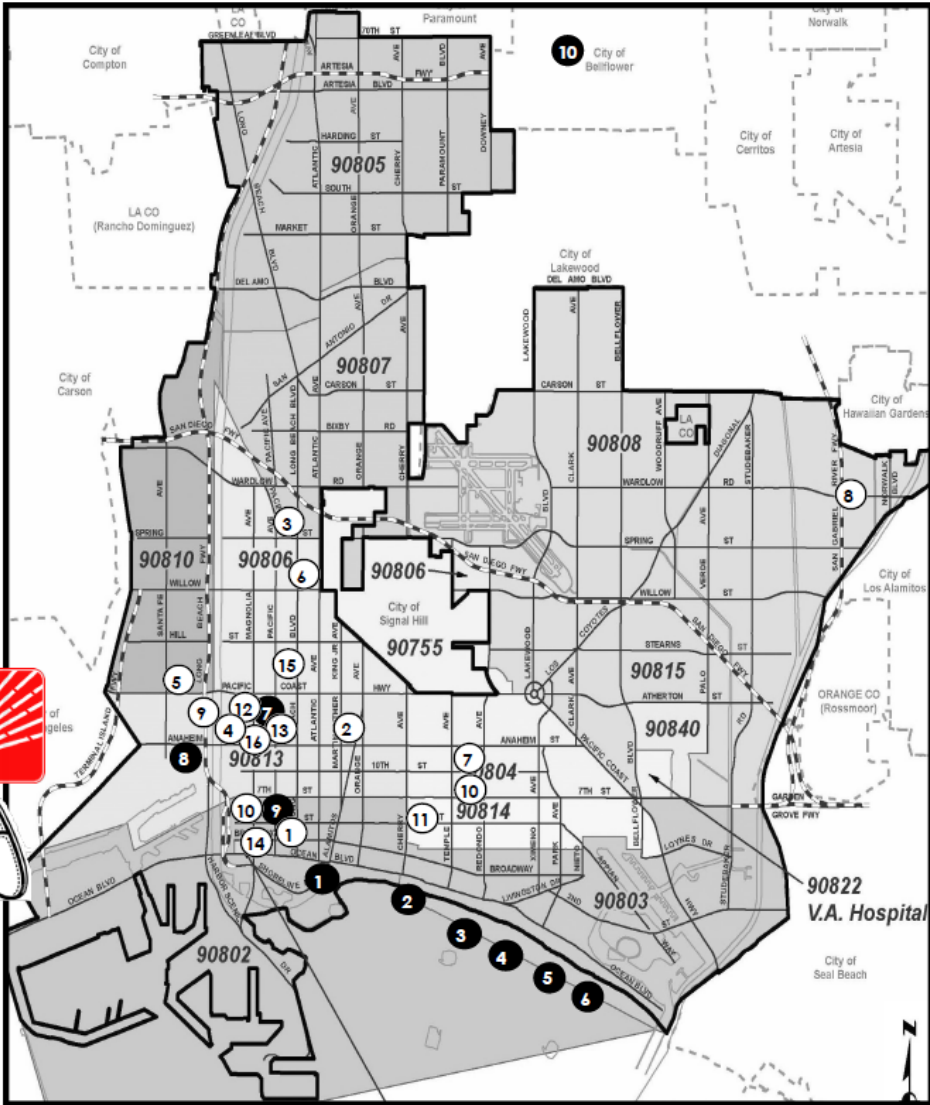
online housing resources

- Craig's List.** <https://losangeles.craigslist.org>. Click on "Housing" for shared housing options as well as rooms and apartments. Prices vary from \$200 to \$900 a month.
- Couchsurfing.com.** Airbnb type website for travelers and individuals looking for short term free and low cost housing options. Participants are vetted to ensure safety.
- SHARE! Collaborative Housing** is a public-private partnership providing affordable, permanent supportive housing to college students in single-family houses in LA County. Call 1-877-SHARE-49 or write [info@shareselfhelp.org](mailto:info@shareselfhelp.org).
- Off Campus Housing. CSULB.** <https://csulb.ach101.com/> LBCC students can review various types of housing options. It is free for students, faculty & staff to post a listing. New listings are posted in real-time so check back often.
- LINC Housing Corporation.** Low cost housing—mostly families and seniors, 562-9-684-1100. Also offers supportive services through the [LINC Cores](#) program.

- Multi-Service Center.** 1301 W 12th St, LB 90813. LB Transit 45/191/92. 562-733-1147. Main entry point into finding homeless shelter in Long Beach and LA County. All persons seeking homeless services must first contact the MSC. Need ID, Social Security and Income Info. Hours: M/T/W/F 8:30AM-4:00PM TH: 8:30AM-2:00PM .
- Project Achieve.** 562-218-9864. 1368 Oregon Ave, LB 90813. Emergency shelter for single adults. 30-60 day stay. Need ID: Social security ad proof of income. Men and women. Must register with Multi-Service Center first.
- Long Beach Rescue Mission.** Short term and long term shelters, meals, clothing, substance abuse rehab, 90 days of case management. For men and women and women with children. Men's house is Samaritan house. Women and children: Lydia House. Don't need ID. Contact them directly at 562-591-1292. 1335 Pacific Ave, LB 90813.
- MHA The Village. MHA Homeless Assistance Program (HAP).** 456 Elm Ave, LB 90802. For persons who are homeless and have mental illness. Drop-in center provides free showers, laundry, lockers and toiletries and phone usage. M-F 9:00AM-5:00PM 562-437-6717.
- Transition in Place.** A project of MHA, TIP provides up to one year transitional housing services for homeless youths age 18-22. Please contact Hilary Kyle, [hkyle@mhala.com](mailto:hkyle@mhala.com), TIP Coordinator at MHA-Village. 456 Elm Ave, LB 90802. 562-437-6717, x234.
- Housing Jobs Collaborative.** Joint MHA/DHS Program. Eligibility: Homeless adults and adults fleeing domestic violence. Deposit + first month's rent in exchange for intensive case management and desire and capability to be self-sufficient within on year. Contact: John Guimson at 562-279-5924 [jguimson@mhala.org](mailto:jguimson@mhala.org) or Natali Garcia 562-335-2874.
- New Life Beginnings Inc.** 835 E. 6th St., Long Beach, CA 90802 562-590-1538. Homeless pregnant women, and pregnant women dealing w/ substance abuse. Full service housing & support.
- Precious Life.** 562-431-5025. Los Alamitos. Residential /supportive services for homeless pregnant women. 30 days of no cost housing/case management. 30 days to 2 years.
- Interval House.** 6615 East PCH, LB, CA 90803. 24 hour crisis hotline at 562-593-4555. Office number 562-594-9492. Emergency and transitional shelter for victims of abuse all ages, females, and their children. 30 days emergency shelter. Up to 1 year transitional.
- Women's Shelter.** 30 days of emergency shelter for victims of domestic violence. Call hotline for placement 562-437-4663. Men, women, and children.
- Su Casa.** 3840 Woodruff Ave, LB, CA 90808. 562-421-6537. Emergency shelter and transitional housing for women/children affected by domestic violence. Hotline: 562-402-4888.
- Villages at Cabrillo.** Residential housing community providing supportive housing for veterans and families and children, and persons seeking sobriety. Wrap around services including child care, substance abuse, skills and tools for self-sufficiency. 2001 River Ave, LB 90810. Hours: M-F 8:00AM-5:00PM. 562-200-7300.
- LB Homeless Access: New Image Emergency Shelter.** Provides case management and supportive housing services for homeless individuals and families in the Long Beach area as well as homeless individuals with chronic mental illness. 562-983-7289. (under renovation through October). Like the MSC. 401 E. Ocean Blvd, LB 90802.
- Homeless Veterans.** Contact VA's National Call Center for Homeless Veterans at 1-877-4AID-VET (1-877-424-3838) to speak to a trained VA responder. The hotline and online chat are free. Accessible through Villages at Cabrillo.

Please note that all information is current as of October 2016. Please call resource listed to confirm services. LBCC Office of Student Affairs October 2016





ONLINE: FREE HOUSEHOLD GOODS and FURNITURE

Craigslist.org. Click on "Free" under "for Sale" for household goods, furniture, and office supplies (e.g., "printer") Recycle.com. Similar to Craig' list, this site has numerous free clothing, household goods and furniture for free Nextdoor.com. Lots of great information on apartments, free stuff, and low-cost furniture available close to you.

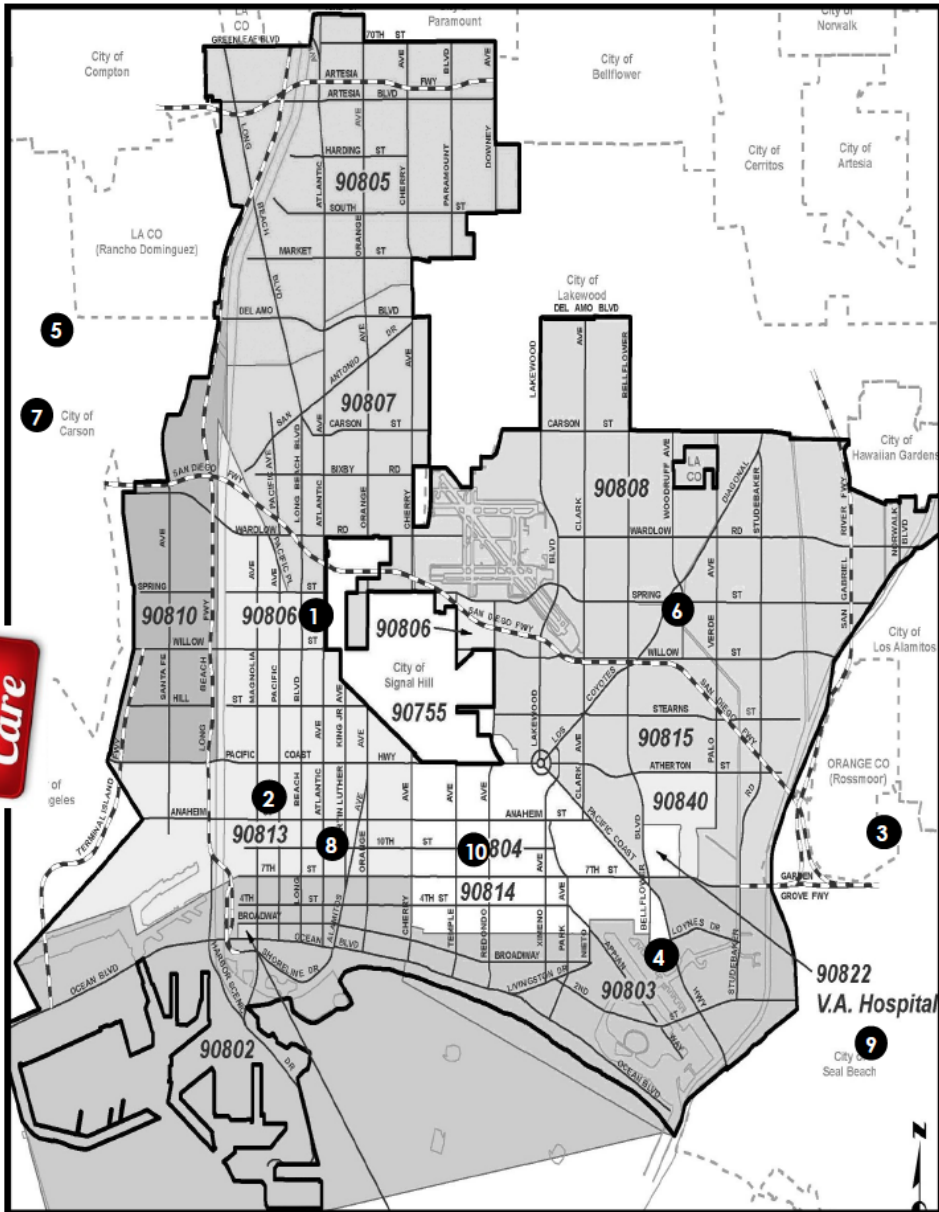
Please note that all information is current as of October 2016. Please call resource listed to confirm services. LBCC Office of Student Affairs October 2016

Shower

- Alamitos Beach. Shoreline drive just south of Ocean Blvd. LB Transit 21,22,121. Free showers. Hours: Sunrise to Sunset. 7 days.
- Junipero Beach. Near Cherry and Ocean. LB Transit 121. Free showers. Hours: Sunrise to Sunset. 7 days.
- Belmont Pier. Belmont Veterans Memorial Pier. LB Transit 121. Free showers. Hours: Sunrise to Sunset. 7 days.
- Granada Beach. Granada Ave and Ocean. LB Transit 121. Same as above.
- Mother's Beach. Naples and Marina Pacifica. LB Transit 121. Free showers. Hours: Sunrise to Sunset. 7 days.
- Colorado Lagoon. Marine Park near Marine Stadium. LB Transit 121, 131. Free showers. Hours: Sunrise to Sunset. 7 days.
- St. Luke's Episcopal. 525 E. 7th Street, LB 90813. 1st, 2nd, 3rd, and 4th Saturday of each Month. 8:00 AM 562-436-4047. Free showers.
- Multi-Service Center. 1301 W 12th St, LB 90813. LB Transit 45/191/92. 562-570-4500. Free showers/Mail Services. M/T/W/F 8:30AM-4:00PM TH: 8:30AM-2:00PM
- MHA Homeless Assistance Program (HAP). 456 Elm Ave, LB 90802. For persons who are homeless and have mental illness. Drop-in center provides free showers, laundry facilities, lockers and toiletries. M-F 9:00AM-5:00PM 562-437-6717
- Calvary Baptist Church. 14722 Clark Ave, Bellflower 90706 562-9253706 Every Saturday: hot breakfast, clothes and a shower.

Clothes/Furniture/Hygiene Kits

- Christian Outreach. 515 E. Third St, LB 90802 Clothing, hygiene kits, and furniture. Fridays 9:00AM-12:00PM. 562-432-1440 FREE
- Salvation Army Family Store. 1334 Alamitos Ave, LB 90813. Redeems clothing vouchers. Clothing and furniture. M-F: 9:00AM-5:00PM 562-218-2355
- Salvation Army Family Service. 3092 Long Beach Blvd, LB 90807. Clothing. Tuesday/Individuals: 8:30AM-11:30AM. Wed/Thurs/Families: 8:30AM-11:30AM.
- Long Beach Rescue Mission Thrift Store. 702 W. Anaheim St, LB 90813. Clothing and furniture. M-F: 9:00AM-6:00PM, Saturday: 10:00AM-6:00PM. 562-495-8900 LOW-COST
- Goodwill Stores. 800 W. PCH, LB 90806. 562-435-8214. Low-cost clothing and furniture. M-S: 9:00AM-9:00PM. Sunday: 10:00AM-8:00PM.
- Goodwill Stores. 2610 Atlantic Ave, LB, CA 90806. 562-989-3630. Low-cost clothing and furniture. M-S: 9:00AM-9:00PM. Sunday: 10:00AM-8:00PM.
- Goodwill Stores. 1130 Redondo Ave, LB, CA 90804. 562-498-0040. Low-cost clothing and furniture. M-S: 9:00AM-9:00PM. Sunday: 10:00AM-8:00PM.
- Goodwill Stores. 8155 E. Wardlow, LB, 90808. 562-719-9242. Low-cost clothing and furniture. M-S: 9:00AM-9:00PM. Sunday: 10:00AM-8:00PM.
- Goodwill Stores. 730 W. Esther St, LB, 90813. Last chance sales. Open 7 Days: 8:00AM-4:00PM. 562-435-4761.
- Out of the Closet. 3500 E. PCH LB 90804. Low-cost clothing and household goods. 562.494.0340. M-S: 10:00AM-7:00PM. Sunday: 10:00AM-6:00PM
- Assistance League Thrift Store. 2100 E. 4th St, LB 90814. 562-434-7121. Used and vintage clothing, furniture. Monday: 10AM-4PM Tues-Sat: 10AM-6PM
- Lutheran Social Services. 1611 Pine St, LB 90813 562-599-1321 Clothing/Seasonal Hygiene Packs. M-Th: 10AM-12PM ;12:30PM-2PM FREE
- Catholic Charities. 123 E. 14th St, LB 90813. 213-251-3432 Clothing available Monday and Wednesdays: 9:30AM-12:00PM, 1:30PM-3:00PM. Bring ID. FREE
- Urban Community Outreach Center. 241 Cedar Ave, LB 90802 FREE Clothing, plastic tarps, blankets, sleeping bags, hygiene kits, detergents. Every Sunday 12:30PM-4:00PM 562-582-1000 FREE
- Centro Shalom. 2131 Long Beach Blvd, LB 90806. 562-591-2214. Furniture and clothing center. Open M-F: 9:00AM-3:00PM. FREE
- Beacon for Him. 439 W. Anaheim , LB 90813. Breakfast: 9-12 562-591-2299. Offers free laundry services, every 1st and 3rd Thursday @ 11:30AM. (Arrive by 10:00AM. First come, first served.) The Laundromat at Cedar & Anaheim.



dental care

- The Children's Dental Health Clinic. 455 E. Columbia 90806. Exams, x-rays, oral surgery for ages 1-21. Sliding scale. Medi-Cal. M-F 7:00 AM—4:00 PM. 562-933-3141.
- Long Beach Comprehensive Clinic. 1333 Chestnut Ave. 90813. Dental Care and Urgent Dental Care. \$60 for Dental Clinic/\$80 for Urgent Care. Medi-Cal. M-F 7:30 AM—4:30 PM and Urgent Care on Saturdays 7:30 AM—4:30 PM. 562-599-2153.
- All Children's Dental. Exams, X-rays, cleaning for all ages. Adults \$95. Children \$75. Medi-Cal only. M, W 9:00 AM-6:00 PM, T,TH 10:00AM-7:00 PM, Sat 9:00 AM-4:00 PM. Two locations: 15266 Goldenwest St., Westminster, CA 92802, 714-379-3100. 1307 S. Euclid St. Anaheim, CA 92802. 714-808-0228.
- Marina Smiles Dentistry. 6437 E. PCH. Unit A-6. 90803. \$59 coupon for cleaning, exam, digital x-rays for first time new patients. (Must get coupon). M,T 8:00 AM-5:00 PM, W,TH 10:00 AM-7:00 PM and Friday, 8:00 AM—4:00 PM. 562-735-3662.
- Harbor UCLA Medical Center. 1000 W. Carson, Torrance 90509. Emergency Clinic 24 hours. Outpatient Clinic, M-F 8:00 AM-5:00 PM. Tooth extractions only. Sliding fee based on income. LA County Residents. 323-653-1990.
- Earl B. and Lorraine H. Miller Foundation Orthodontic Ctr. 6220 E. Spring St. 90815. Low-cost orthodontic care for children 10-16 in LB, Lakewood and Signal Hill. Sliding scale. \$100 start up fee. New patients accepted every 3 months. 562-425-9453.
- Lestonnac Free Clinic-St. Vincent De Paul Location. 409 E. Palmer, Compton, 90221. Free x-rays, fillings, extractions, root canals, etc. Free and low-cost. Uninsured only. By appointment only. 424-237-0575.
- HIV Dental C.A.R.E. Clinic. 1027 Linden Ave., Suite C. 90813. Free dental services for HIV positive individuals without insurance. M-F 8:00 AM-4:30 PM. 562-624-4949.
- AltaMed Medical and Dental Group. 8041 Newman Ave., Huntington Beach. 92647. General Dental Services. Sliding fee based on income. Medi-Cal. M, W, F 8:00 AM– 5:00 PM, Thursday 9:00 AM-5:00 PM, Sat 8:00 AM-4:30 PM. 714-500-0400.
- Family Dental. \$25 exam and x-rays (includes oral cancer screening). M-Th 10:00 AM-7:00 PM, Friday 10:00 AM-6:00 PM, Saturday by appointment. Two locations: 3317 E. 10th Street 90804. 562-438-2500. 5828 Cherry Ave. 90805. (562)422-6848.

Updated as of January 2017. Please contact first as hours and terms of service are subject to change.