

COMMUNITY RESOURCE GUIDE



AVPH

Antelope Valley Partners for Health

Community Collaborative Promoting Health and Wellness



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44226 10th St West, Lancaster, CA 93534

Antelope Valley Partners for (AVPH), is a non-profit 501 (c)(3) mission is to educate, strengthen and advocate for the community through services and partnerships, achieving optimal health and quality of life for all people living in the Antelope Valley. The vision of AVPH is that all children, families and individuals in the Antelope Valley will have optimal psychosocial, physical and environmental health. The AVPH slogan is:

“Healthy People in a Healthy Antelope Valley”

AVPH was formed by concerned grassroots community members in 1999, comprised of residents and representatives from an array of public and private organizations. The purpose was to identify and then address the health and wellness needs of the community. From its inception, AVPH has had a special interest in programs that are geared toward children and their families. AVPH strongly believes that real change in social and health behaviors start with the children of the community, and it continually seeks to bring together key partners to develop or expand innovative programs.

Youth Services Department: With the aid of numerous programs: Supporting Youth Victims, Ready to Rise, Untied Way, LSD Mentoring and Social Services Explorers Club. Youth Services Department delivers information, services, and support to youth in the AV. Focuses on victims of crime due to opioid crisis, youth who are in or will be in the juvenile system, college preparedness for low-income high students, volunteer mentoring, and youth leadership.



Conference Center, Café de AVPH and Catering Services:

Welcome Baby: The Welcome Baby Program brings a voluntary hospital and home-based intervention for pregnant and postpartum women. The program's primary objective is to work with families to maximize the health, safety and security of the baby while focusing on parent-child relationships and giving families access to support and services when needed.



Prevention and Aftercare Services (PAS): Reflect an integrated set of activities, resources, services and supports, all of which contribute to increasing family and community Protective Factors associated with decreasing DCFS Entry/Re-entry rates, as well as an overall reduction in child abuse and neglect.



Handy Workers Program (HWP): Free Minor Home Repairs for low to moderate income homeowners in the Unincorporated Areas of the Antelope Valley, including Sun Village, Littlerock, Pearblossom, Lake Los Angeles and others



The Lactation Center: The lactation center strives to provide the highest quality, individualized support and assistance to the mother and her baby for the duration of their breastfeeding relationship.



Resource Support Services (RSS): RSS offers supportive services to any Relative, Non-Relative Extended Family Members (NREFM) and children residing with them; including linkage to community resources and/or Emergency needs.



CalFresh Healthy Living: The new brand identity for SNAP-funded nutrition education programs in California previously known as Champions for Change. The rebrand connects all the SNAP services & programs provided to eligible Californians under one brand name. Cal Fresh is rebranding food assistance programs, nutrition education programs, employment and training programs, & disaster response programs with the goal of increasing participation in the services.



AVPH Food Pantry: If you would like to choose your fruits and veggies, and other healthy foods, join us for our Food pantry. If interested, call for more details.



Senior Box Program: Free food assistance for older adults, 60 years and older. Will be able to receive 10-12 lb. food kit. Call for details.



Zumba Fitness Classes: If you would like to get your sweat on while doing cardio, and dancing with our certified Zumba instructors, join us at AVPH for our Zumba fitness classes. If interested, call for more details.

BREASTFEEDING SUPPORT

Antelope Valley Partners for Health

Jodi Rosen, RN, IBCLC 661-942-4719

44226 10th St West
Lancaster, CA 93534

Breastfeeding classes, consultations, Lactation Center & free breastfeeding support group

Kaiser Permanente- Center for Healthy Living

**** Kaiser members only** 661-726-2200**

Classes: Online only, 1.5 hours each class, call to register

Breastfeeding Class: One time class, can request to take it more than once if needed.

Baby Care Basics Class: Days & times vary offered 1x/ month *subject to change.

RN's available for 1:1 lactation consultation *call for appointments/availability.

BabyCafe: Nurse teaches a new skill to parent each session.

La Leche League 661-917-7900

Women, Infants and Children (WIC)

Palmdale 661-726-6300

2247 East Palmdale Blvd
Palmdale, CA 93550

Lancaster 661-949-5805

44216 10th St West
Lancaster, CA 93534

Currently closed to public, all services are being provided over the phone. Email documents and benefits card will be mailed out if approved. Call for appointment and details.

Nutrition education & counseling for pregnant, nursing or postpartum women. Breastfeeding classes, breastfeeding education & support. Nutritious food vouchers for qualifying families.

AV Hospital Women & Infants Pavilion

44155 15th St West

661-726-6210

Lancaster, CA 93534

Onsite consultation with an IBCLC, Breastfeeding classes, Nursing Bra fittings, Breast pumps for sale/rent, Medela Breastfeeding supplies, & Milk bank donor site. Childbirth classes and newborn care education.

CA ASSISTANCE PROGRAMS

CalFresh

(Food stamps)

818-701-8200

349 East Avenue K-6 Suite B
Lancaster, CA 93535
www.calfresh.ca.gov

CalWORKS

310-258-7400

(Cash aid & other services for eligible families)

349 B East Avenue K-6
Lancaster, CA 93535
www.cdss.ca.gov/calworks

Medi-Cal

1-818-701-8200

(Medicaid health care program for low-income individuals/families)

349 B East Avenue K-6
Lancaster, CA 93535

Torres Martinez Tribal TANF

(Temporary Assistance for Native Families)

460 West Palmdale Blvd **661-466-1100**
Palmdale, CA 93551

Services include cash aid, supportive services such as mileage, daycare, housing, tickets, job skills, GED, substance abuse, parenting classes. Offer youth programs such as tiny tots, tutoring, and cultural education.

CHILD CARE & YOUTH PROGRAMS

Boys and Girls Club

Palmdale Facility 661-274-2582

Lancaster Facility 661-951-1013

45404 North Division St
Lancaster, CA 93535

Child Care Resource Center

250 Grand Cypress Avenue
Palmdale, CA 93551

661-789-1200

YMCA

43001 10th St West
Lancaster, CA 93534

661-723-9622

Childcare programs are operating. All other programs are on hold until further notice.

CLOTHING & FURNITURE

Goodwill Services

Long-standing nonprofit chain with a range of pre-owned clothing, furniture, housewares & more.

Palmdale Location 661-208-4490

40125 10th St West
Palmdale, CA 93551

Lancaster Location 661-341-3911

2043 West Avenue J
Lancaster, CA 93534

New 4U Kids Consignment

42741 45th St West Suite G **661-722-764**

Quartz Hill, CA 93536

<http://www.new4ukids.com/>

Treasured Twice Consignment

661-209-042

Semi-Annual consignment (Sept/Oct & Jan/Feb, check website for details)

www.treasuredtwice.com

Salvation Army Store 661-940-507

1050 Commerce Center Dr.
Lancaster, CA 93534

Thrift store and donation center.

COUNSELING

A Second Wind Violence Prevention Project

38733 9th St East Suite M

661-947-664

Palmdale, CA 93550

Anger management & domestic violence counseling services, for family, couples, & individuals

Child and Family Guidance Center

40005 10th St West Suite 106

661-265-861

Palmdale, CA 93551

Open for some in person appointments, case by case. Wrap around services, IEP.

School based therapy, Medication management, family psychiatrist, services for kids 0-18. Medi-Cal only.

AV Family Connections 661-965-641

44705 Date Avenue

Lancaster, CA 93534

Marriage, Family, Child, Crisis, Anxiety and Depression Anger Management Counseling

Hathaway-Sycamores

Child and Family Services

44738 Sierra Hwy

661-942-571

Lancaster, CA 93534

Outpatient mental health services, wraparound and in-home counseling services, & psychiatric care, commur mental health services.

COUNSELING CONTINUED

Mental Health America 661-726-2850
506 West Jackman St
Lancaster, CA 93534
Support services and adult integrated services.
www.Mhala.org

OUTreach Center 661-927-7433
(LGBT Community Center)
44845 Cedar Avenue
Lancaster, CA 93534
www.outreachcenterav.org
Youth groups, support groups, social activities, individual & family counseling

Personal Involvement Center
44300 Lowtree Avenue **661-418-5093**
Lancaster, CA 93534
Free individual counseling & parenting classes

Penny Lane 661-266-4783
43520 Division St
Lancaster, CA 93535
www.pennylane.org
Wraparound, mental health services, adoption & foster care.
Intensive services, family preservation & transitional housing for TAY. **By appointment only or via telehealth visits.**

Palmdale Vineyard 661-947-2222
509 E. Palmdale Blvd.
Palmdale, CA 93550
Parenting classes, Substance Abuse Support Groups, Anger Management, Domestic Violence and Mental Health support groups **Virtual and in person.**

Tarzana Treatment Center
44447 N 10th St. West **661-726-2630**
Lancaster, CA 93534
Medical, Counseling, & Chemical Dependency Center, residential and outpatient services Drug and Alcohol Counseling, Domestic Violence classes, Primary Care and Youth Services **In person classes**

National Alliance on Mental Illness
44349 Lowtree, Suite 104 **661-341-8041**
Lancaster, CA 93534
Spanish and English family and individual support groups for people living with or affected by mental illness.

DOMESTIC VIOLENCE, SEXUAL ASSAULT & SURVIVOR RESOURCES

California Victim Compensation Program (CalVCP) 1-800-777-9229
Reimbursement of expenses for crime victims

CA State VINE 1-877-411-5588
(Victim Information and Notification Every Day)
Notification system for crime victims to obtain reliable information about the status of criminal cases & the custody status of offenders 24 hours a day.

National Domestic Violence Hotline
1-800-799-7233 Call center offering referrals for domestic violence and sexual assault victim.

National Sexual Assault Hotline-RAINN 1-800-656-HOPE
(Rape, Abuse & Incest National Network) **(4673)**
www.rainn.org
Online hotline & resources

Rape Crisis Center 661-949-8143
1150 West Avenue I
Lancaster, CA 93534
Crisis intervention for Sexual Assault Survivors & their families and 1:1 counseling service.

Valley Oasis 661-945-6736
DV services, DV shelter and homeless assistance services. Appointment recommended.

Two Lifestyles 661-402-3076
1224 East Avenue S, Suite C
Palmdale, CA 93550
Women only groups on anger management, parenting, victims of DV, women batterers, youth support services, and sexual abuse awareness. Registration required for all classes and small fee. DCFS drug testing daily from 7am- 8pm open for registration and classes.

EMERGENCY ASSISTANCE

Catalyst Foundation 661-948-8559
547 Lancaster Blvd, Lancaster CA 93534
Housing services and resources for people living with chronic conditions such as HIV and AIDS and SSI applicant assistance.

Lancaster United Methodist Church
918 West Avenue J **661-942-0419**
Lancaster, CA 93534
Hot meals Monday & Thursday 12:00-1:00p

Grace Resource Center 661-940-5272
45134 Sierra Hwy
Lancaster, CA 93534

EMERGENCY ASSISTANCE CONTINUED

Provides hot meals:
Tuesday 5:30-6:30p
Wednesday 5:30-6:30p, Friday 6:00-7:00p,
Sunday 1:30-3:00p
Emergency clothing, groceries, diapers, and formula
Some classes call for info

Living Stone Cathedral of Worship
37721 N. 100th St East **661-944-4128**
Littlerock, CA 93543
Food giveaway 2nd & 4th Wednesday 11am—12:30p

Salvation Army 661-948-3418
44517 Sierra Hwy.
Lancaster, CA 93534
Food Box Wednesday 1:30pm-2:30pm
Friday 2:00pm-3:00pm
Need an appointment for food box.
Clothing voucher once every 6 months

SAVES 661-267-5197
1002 East Avenue Q-12
Palmdale, CA 93550
Food Bank every Tuesday and Thursday (1pm to 4pm) must be in-line by 3pm
Food pantry, clothing & discount bus passes

St. Vincent DePaul 661-942-322
Food Pantry
45058 Trevor Avenue
Lancaster, CA 93534
Sack Lunch served:
Mon, Wed, Thurs, & Sat. 9:30am-11:30pm
Clothing:
Mon & Wed 10am-12pm
Haircuts:
Monday 8:30am-11:00am

Total Deliverance Church 661-951-988
2733 West Avenue L
Lancaster, CA 93536
Food ministry year-round & Thanksgiving
Toy giveaway every December

EMPLOYMENT & JOB TRAINING ASSISTANCE

DPSS Cal WORKS 1-866-613-3777
 Helpline for enrolled client 1-626-569-1399
 349 East Avenue K-6 Suite B
 Lancaster, CA 93535
 Cal-Fresh and Cal Works application and case management services.

Employment Development Department (EDD)
www.edd.ca.gov

GAIN (Case Management) 1-855-219-4154
 1050 East Palmdale Blvd Suite 204
 Palmdale, CA 93550
 Childcare funds, transportation & job search workshops

Work Source AV One-Stop Career Center
Lancaster Location 661-726-4128
 1420 West Avenue 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 & fax available

FARMER'S MARKETS

Antelope Valley Winery Farmer's Market 661-722-0145
 Saturdays 9am-12pm, May through November
 42041 20th St West
 Lancaster, CA 93536

Lancaster Boulevard Farmer's Market 661-723-6077
 Every Thursday (Summer hrs. 4p-9p, Winter hrs. 3-7pm)
 Lancaster Blvd, between Fern and Ehrlich Avenue
 Lancaster, CA 93534

HOUSING ASSISTANCE

Valley Oasis 661-942-2758
Singles
 43434 East Sahuayo St
 Lancaster, CA 93535
Families
 310 E. Palmdale Blvd. Suite A
 Palmdale CA, 93550
 Permanent & temporary housing for families and singles

HOUSING ASSISTANCE CONTINUED

Homeless Assistance Program Mental Health America 661-726-2850
 506 West Jackman St
 Lancaster, CA 93534
 Mail service, showers, & transitional program for ages 18-25

Housing Authority 661-575-1511
 2323 East Palmdale Blvd
 Palmdale, CA 93550
 Housing assistance, Section 8, rental list, & financial education
www.lacda.org

LA Homeless Service Authority 213-225-6581

Section 8 Housing 1-800-731-4663
 Online Applications @ www.lacda.org

LEGAL INFORMATION

Antelope Valley Juvenile Court 661-483-5924
 1040 West Avenue J
 Lancaster, CA 93534
 M-F 8am-4:30pm

AV Self Help Legal Access Center (LA Superior Court, Lancaster) 1-800-433-6251

42011 4th St West
 3rd Floor, Rm. 3700
<http://www.nls-la.org>
 Family law, housing, employment, name change, restraining order, health, community & consumer law.
 Hours: Mon-Thurs 8:30a-12p, 1:30p-4p; Fri 8:30a-12p

Cash Assistance Programs for Immigrants (CAP) (Social Security Office) 1-800-772-1213

Child Support 1-866-901-3212

Greater Valley Immigration, Citizenship And Education Services 661-272-1424
 1305 East Palmdale Blvd #9
 Palmdale, CA 93550

Refugee Programs Bureau 1-916-654-4356
www.cdss.ca.gov/inforesources/refugees

National Human Trafficking Resource Center 1-888-373-7888

LEGAL INFORMATION CONTINUED

Registrar-Recorder County Clerk 1-800-201-8999
 44509 16th St West, Suite 3
 Lancaster, CA 93534
 Birth, death & marriage records

Sheriff's Department
Lancaster Location 661-948-8466
 501 West Lancaster Blvd
 Lancaster, CA 93534
Palmdale Location 661-272-2401
 750 East Avenue Q
 Palmdale, CA 93550

Social Security Office 1-800-722-1211
 42225 10th St West, Suite A
 Lancaster, CA 93534
 Social security card, SSI and SSD applications and services.
 M&T 9am-4pm
 W 9am-12pm
 Th&F 9am-4pm

Superior Court 661-483-553
 42011 4th St West
 Lancaster, CA 93534

LIBRARIES & LITERACY

Lake Los Angeles Library 661-264-059
 16921 East Avenue O #A
 Palmdale, CA 93591

Lancaster Library 661-948-502
 601 West Lancaster Blvd
 Lancaster, CA 93534

Little Rock Library 661-944-4113
 35119 80th St East
 Littlerock, CA 93543

Palmdale Library 661-267-560
 700 East Palmdale Blvd
 Palmdale, CA 93550

Quartz Hill Library 661-943-241
 5040 W. Avenue M-2
 Quartz Hill, CA 93536

MATERNAL & CHILD SERVICES**AVPH Healthy Families America**

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

In-home visitation serving pregnant mothers or mothers with children up to 3 months of age, to promote healthy birth outcomes, assist in creating & sustaining healthy, nurturing, enriched & safe homes. Focus on child abuse prevention, LVN & Family Support Workers provide education on labor & delivery, pregnancy health, breastfeeding, child development, parenting, caring for new baby, and referrals to local agencies.

AVPH Welcome Baby 661-942-4719

44226 10th St West
Lancaster, CA 93534

This program is available to pregnant women of all income levels who live in LA County and plan to deliver at a participating WB hospital. WB offers one-on-one appointments to provide information to help nurture healthy development, help with breastfeeding & referrals to additional resources.

Children's Bureau**Black Infant Health 661-949-0131**

921 West Avenue J Suite C
Lancaster, CA 93534

Group sessions & client centered case management to help African American women develop life skills, learn strategies for reducing stress & build social support. Encourage healthy birth outcomes & health promoting goals for women & their infants.

Children's Bureau 661-272-9996

Palmdale
1529 East Palmdale Blvd # 210
Palmdale, CA 93550

Children's therapy and foster family therapy, mental health counseling, school-based services and out-patient services.

Lancaster 661-949-0131

921 West Avenue J Suite C
Lancaster, CA 93534

Children's Bureau 661-949-0131**Partnership for Families**

921 West Avenue J Suite C
Lancaster, CA 93534

Home visitation program for pregnant women in the AV. Support services include parenting, counseling, teaching/demonstrating, parent self-help & other referrals to community agencies as needed.

MATERNAL & CHILD SERVICES CONTINUED**The Children's Center 661-949-1206****Of Antelope Valley**

45111 Fern Avenue
Lancaster, CA 93534

Child abuse prevention, intervention, treatment, education, family support, & children's therapy. TAY program serving youth 16-25 at risk of homelessness or homeless. Also assist in probation and parole for all ages.

Dept. Public Health CalWORKs Home Visiting Line 213-639-6434

600 S Commonwealth Avenue
Los Angeles, CA 90005

MATERNAL DEPRESSION, COUNSELING & SUPPORT**Women and Infants Pavilion**

44155 15th St West **661-726-6210**
Lancaster, CA 93534

Education and Breastfeeding Center

Various support groups, educational classes/lectures, and consultations. Call for information.

Wesley Health Centers**(Formerly AV Community Clinic) 661-942-2391**

Karen Gilmore, LCSW 661-902-1962
Registration **661-942-2391 ext. 425**

Palmdale

2151 East Palmdale Blvd
Palmdale, CA 93550

Lancaster

45104 10th St West
Lancaster, CA 93534

East Palmdale

37926 East 47th St., Suite D
Palmdale, CA 93552

AV Family Connections 661-965-6455**Joanna Morse, MA, MFT**

44709 Date Avenue
Lancaster, CA 93534

Marriage, Family, Child, Crisis, Anxiety and Depression & Anger Management Counseling

Joy in Bereavement 661-350-1644

Trend Wellness Home
43057 39th St West
Lancaster, CA 93536

Pregnancy & infant loss support group; 2nd Wednesday of each month 6:30-8:00 pm
Register online: pearbabydoula.com.

LA County Department of Mental Health (Access Center for AV)

349 East Avenue K-6 Suite A **661-723-4260**
Lancaster, CA 93535

MATERNAL DEPRESSION, COUNSELING & SUPPORT CONTINUED**LA County Department of****Mental Health 1-800-854-7771****(Psychiatric Evaluation Team)**

Gatekeeping, referrals to mental health services and emergency crisis services.

A Caring Mind**Dr. Maegan Munro, PHD**

1026 West Avenue L12 Suite 107 **661-400-6193**
Lancaster, CA 93534

Mental Health America 661-726-2850

506 West Jackman St
Lancaster, CA 93535

Housing aid, homeless support, nurse, therapy and counseling

Office of Women's Health**Resource Line 1-800-994-9662****Postpartum Education for Parents**

311 Baby Hotline **1-800-311-2229**

Postpartum Support International

Aid & access to local support **1-800-944-4773**
www.postpartum.net

Suicide Hotline

English (including vets) 1-800-273-8255

Spanish 1-888-628-9454

MEDICAL & DENTAL SERVICES**Wesley Health Centers 661-942-2391****Palmdale**

2151 East Palmdale Blvd.
Palmdale, CA 93550

Ext. 320**Palmdale**

37926 47 St East
Palmdale, CA 93552

Lancaster

45104 10th St West
Lancaster, CA 93534

Ext. 435**Antelope Valley Hospital**

1600 West Avenue J
Lancaster, CA 93534

661-949-5000

**MEDICAL & DENTAL SERVICES
CONTIUED**

Bartz-Altadonna 661-874-4050
Community Health Center
 43322 Gingham Avenue Suite 105
 Lancaster, CA 93535
 Comprehensive medical care for all ages, mental health care & women's care for low-income, uninsured, underinsured & homeless persons. Medical care & supportive services for HIV & Hepatitis C.
www.bachc.org

Denti-Cal 1-800-322-6384
 Beneficiary helpline

Dentists 4 Uninsured 661-726-1010
 657 West Avenue J
 Lancaster, CA 93534
 PPO only, no medical.
www.dentists4uninsured.com

LA County Department of Public Health
 335 East Avenue K-6 A 661-471-4880
 Lancaster, CA 93535

LA County High Desert Regional Center 661-471-4000
 335 East Avenue I
 Lancaster, CA 93534
 No Emergency Services

Lake Los Angeles Health Clinic 661-225-3105
 16921 East Avenue O Suite G
 Palmdale, CA 93591
 Monday, Wednesdays & Friday's 8-4:30pm
 Appointment required.

Littlerock Community Health Clinic 661-225-3155
 8201 Pearlblossom Hwy
 Littlerock, CA 93543
 Tuesdays & Thursdays 8-4:30pm
 Appointment required.

South Valley Medical Clinic 661-225-3001
 38350 40th St East
 Palmdale, CA 93552
 Urgent Care Services

Urgent Care 661-225-3050
 38350 40th St East Palmdale, CA 93551 Ext. 100
 Open 7 days a week 8am -12am (midnight)

PARKS & RECREATION

Lancaster City Parks 661-723-6077
 44933 Fern Avenue
 Lancaster, CA 93534
<https://www.cityoflancasterca.org>
 After school programs, sports, swimming, preschool & other recreational activities

Palmdale City Parks 661-267-5611
 827 East Avenue Q-9
 Palmdale, CA 93550
cityofpalmdale.org/174/parks-and-recreation
 After school programs, sports, preschool & other recreational activities.
 Swim lessons beginning in June 2021.
Palmdale Playhouse (Acting, drama, choir)
 *Currently closed due to COVID-19.

**PREGNANCY, OBGYN & FAMILY
PLANNING**

AV Birth Center 661-733-6945
 1505 West Avenue J Suite 203
 Lancaster, CA 93534
 Water birth center, midwifery care, childbirth classes & parenting resources

AV Hospital OB Clinic 661-726-6180
 Lancaster
 44105 15th St West Suite 301
 Lancaster, CA 93534

Women's Clinic 661-947-0400
 (Antelope Valley Pregnancy Counseling Center)
 1334 East Palmdale Blvd Suite E
 Palmdale, CA 93550
 Free pregnancy tests, limited ultrasounds, referrals, diapers, crisis counseling, maternity clothing, baby items & supplies as well as referrals & post abortion services.
www.womensclinicav.com

Care Net 661-729-4277
 Women's resource center
 44733 10th St. West
 Lancaster, CA 93534
 Free pregnancy testing, ultrasound, counseling & referrals, Lamaze & labor coaching, maternity & baby clothing, diapers, father's support group etc.
www.avcarenet.com

Elizabeth House 626-577-4434
Maternity Shelter
 Adult pregnant women in crisis
 760 Santa Barbra St.
 Pasadena, CA 91101
www.elizabethhouse.net

**PREGNANCY, OBGYN & FAMILY
PLANNING CONTINUED**

First Health Medical Clinic 661-579-9760
 822 East Avenue K
 Lancaster, CA 93535

LA County High Desert Regional Center 661-471-4000
 335 East Avenue I
 Lancaster, CA 93534
 No Emergency Services

Planned Parenthood 1-800-576-5544
 533 East Palmdale Blvd Suite 533-A1
 Palmdale, CA 93550

PUBLIC TRANSPORTATION

Antelope Valley Transit Authority 661-945-944
 42210 6th St West
 Lancaster, CA 93536
www.avta.com

Local bus service in the AV, commuter services, bus passes, Dial-A-Ride and free rides to those 62 years & older

Access Paratransit 1-800-827-082
www.accesssla.org TDD 800-827-135
 Curb-to-curb shared ride service for functionally disabled individuals in LA County. Call to schedule a Transit Evaluation appointment to determine eligibility.

MetroLink 1-800-371-546
 Train services
Lancaster Station
 44812 Sierra Hwy
 Lancaster, CA 93534

Palmdale Station
 39000 Clock Tower Plaza Dr.
 Palmdale, CA 93550
www.metrolinktrains.com

SCHOOLS & ADULT EDUCATIO

Antelope Valley Adult School 661-942-304
 45110 3rd St East
 Lancaster, CA 93535
 Offers literacy services, diploma, GED, ESL, Citizenship classes & Career technical education classes.
www.avadulted.org

Antelope Valley Union High School District 661-948-761
 44811 North Sierra Hwy
 Lancaster, CA 93534
 Diploma program, GED, ESL, ABE, citizenship, career tech prep

SCHOOLS & ADULT EDUCATION CONTINUED

Desert Sands Charter High School
44130 20th St West **661-942-3357**
Lancaster, CA 93534
Independent study high school program

Empower Generations 661-306-4361
43301 Division St Unite 304,
Lancaster CA 93535
Tuition free high school for pregnant & parenting teens,
flexible schedules, no childcare needed.
www.empowergenerations.org

GED Testing Service
www.GEDcomputer.com/clicks

Lancaster School District
Preschool Programs 661-723-0351

44327 Fig Avenue
Lancaster, CA 93534
Free Preschool for eligible parents
Special Needs / Disabled Children Program

Options for Youth
Public Charter Schools
Lancaster 661-522-4322
1160 Commerce Dr.
Lancaster, CA 93534
www.ofy.org

Palmdale 661-579-3600
2140 East Palmdale Blvd
Palmdale, CA 93550
For students ages 14-24
www.ofy.org

Palmdale School District
Palmdale 661-947-7191
39139 10th St East
Palmdale, CA 93550
Palmdalesd.org

Learn 4 Life 877-360-5327
Lancaster
Assurance learning Academy
43145 Business Center Pkwy
Lancaster, CA 93535

Desert Sands
44130 20th St West
Lancaster, CA 93534

Palmdale
AV Learning Academy
37212 47th St. East
Palmdale, CA 93552

SCHOOLS & ADULT EDUCATION CONTINUED

AV Learning Academy
533 East Palmdale Blvd Suite H-J
Palmdale, CA 93550

Desert Sands
16921 Avenue O Suite H
Lake Los Angeles, CA 93591

Early Head Start Home 661-273-4710
975 East Avenue P-8
Palmdale, CA 93550
(Between Avenue Q and Avenue P)

Youth Build 661-266-8900
38626 9th St East
Palmdale, CA 93550
Alternative school for students ages 16-29; Students
work.

toward earning their High School Diploma as well as
learning job skills & helping to build affordable housing in
the community.

LA County Office of Education
Danielle Graysmith (562)367-5775
9300 Imperial Hwy,
Downey, CA 90242
Assists with homelessness and with transitional age youth
(TAY) in the AV.

The Farmworker Institute of
Education and Leadership
Development (FIELD) 661-822-4381
ESL, High School Diploma, Career technical education
www.farmworkerinstitute.org

SPECIAL NEEDS

A & M Hearing Service
43797 15th St Wcst **661-948-4776**
Lancaster, CA 93534
www.antelopevalleyhearingaids.com

Special Parents Network
NLACRC Regional Center 661-945-9598
43210 Gingham Avenue
Lancaster CA, 93535
Free state services for families, relatives, caregivers &
professionals involved with children with Autism and
other special needs. English and Spanish. Contact
office for times and locations.

Discovery Resource Center
1529 East Palmdale Blvd Suite 113 **661-947-1595**
Palmdale, CA 93550
Linkage, peer support groups, Mental health services,
homeless assistance and advocacy.

SPECIAL NEEDS CONTINUED

Family Focus Resource Center
(Located in Regional Center)
43210 Gingham Avenue **661-945-9598**
Lancaster, CA 93535
Parent-to-parent mentoring & support for families with
children with special needs: ADD, Dyslexia, Physical and
mental impairment & developmental delays. Support
information & referral services for families with children
with special needs from birth to 22 years.

AV College Office for Students
With Disabilities 661-722-6300
3041 West Avenue K **Ext. 6724**
Lancaster, CA 93536

Greater Los Angeles Agency on
Deafness, Inc (GLAD)
(323) 478-8000
Video Phone (323) 892-2225

2222 Laverna Avenue Los Angeles, CA 90041
www.gladinc.org
www.facebook.com/gladhq

Antelope Valley Foundation for the
Developmentally Disabled
(Day Star) **661-945-7290**

Adult Services
646 West Lancaster Blvd Suite 109
Lancaster, CA 93534
Adult day care services for people with developmental
disabilities. Must be referred through regional center. *Virtual
Services

Community Therapy-Baby Steps
Lancaster 661-945-7878
43860 10th St, West
Lancaster, CA 93534
Therapy & Early Intervention Services

Beltone Hearing Aid Center
753 W Lancaster Blvd **661-948-4573**
Lancaster, CA 93534
Hearing aids and hearing testing

The Braille Institute 323- 663-1111
741 North Vermont Avenue
Los Angeles, CA 90029
Services for people that are visually impaired: Classes,
low vision department, library.

California Children's Services Palmdale
Medical Therapy Unit
Palmdale 661-456-1255
37005 Hillcrest Drive
Palmdale, CA 93552
Physical and occupational therapy by referral only.

SPECIAL NEEDS CONTINUED

Desert Haven 661-948-8402
43437 Copeland Circle
Lancaster, CA 93535
Provides services for individuals with special needs.

Early Childhood Education
Palmdale School District 661-273-4710
975 East Avenue P-8
Palmdale, CA 93552
Free Pre-School for Eligible Families

Lancaster School District
Preschool Programs 661-723-0351
44327 Fig Avenue
Lancaster, CA 93534
Free Preschool for eligible parents
Special Needs / Disabled Children Programs
<https://sites.google.com/lancsd.org/lancaster-school-district-ece/home>

Hear USA 661-949-1824
2054 West Avenue K
Lancaster, CA 93534
Hearing screening and Hearing Aids

North Los Angeles County
Regional Center 661-945-6761
43210 Gingham Avenue Suite 3
Lancaster, CA 93535
Provides services for children ages 0-3 years with developmental delays or at risk for delays.

Sonus Hearing Care Associates
44407 10th St. West Suite 1 661-942-7030
Lancaster, CA 93534
Hearing screening and Hearing Aids

SUBSTANCE ABUSE/ADDICTION

Alcoholics Anonymous 661-945-5757
43619 17th St West Suite 106
Lancaster, CA 93534
Meeting directories, literature, and resources.
<http://www.avcentraloffice.org/>

Antelope Valley Rehabilitation Center
30500 Arrastre Canyon Rd 661-223-8800
Acton, CA 93510
90-day inpatient drug rehabilitation program, must live in LA county, and have Medi-Cal

California Smokers Helpline
1-800-No-Butts
1-800-662-8887
Patches, counseling, free literacy education to individuals who want to quit smoking.

SUBSTANCE ABUSE/ADDICTION CONTINUED

Changing Lanes 661-948-2555
45118 13th St. West
Lancaster, CA 93534
Prevention & intervention services for adults & youth.
Work on a sliding scale. Mental health assessments available. Substance abuse education, group counseling, parenting, domestic violence & anger management classes. \$30 Intake Fee

Department of Mental Health
Palmdale 661-575-1800
1529 East Palmdale Blvd #150
Palmdale, CA 93550
Individual therapy and psychiatry

Lancaster 661-723-4260
349 East Avenue K-6 Suite A
Lancaster, CA 93535
Individual therapy and psychiatry

Design for Change 661-942-1026
1066 East Avenue J
Lancaster, CA 93535
Residential drug/alcohol inpatient & outpatient rehabilitation

Cycles of Change 1-855-513-8267
36451 El Camino Dr
Palmdale, CA 93551
Residential drug/alcohol inpatient & outpatient rehabilitation

Tarzana Treatment Center
44447 North 10th St West 661-726-2630
Lancaster, CA 93534
Medical, Counseling, & Chemical Dependency Center

Mental Health America 661-726-2850
506 West Jackson St
Lancaster, CA 93534

New Directions 661-802-7167
1331 West Avenue J, Suite 206
Lancaster, CA 93534
Alcohol and Drug Education Services, domestic violence, parenting & anger management classes, individual and group therapy. Services provided for fee on sliding scale.

TRANSLATION & INTERPRETATION SERVICES

Gateway Languages 1-877-393-2424
<http://gatewaylanguages.com/>

Translation Services 1-888-294-3032

UTILITY ASSISTANCE

Maravilla Foundation 661-726-9813
Appointment Center 1-800-906-4651
*Only for other locations, not AV
43460 East Sahuayo St
Lancaster, CA 93535
Utilities assistance & weatherization
*Application can be picked up outside location or call to have it mailed out.

REACH 1-800-933-9677
(Relief for Energy Assistance through the Community)
One-time assistance in 18-month period
ONLY for: PG&E in Central and Northern California

Assert Inc. 661-729-2424
Toll-free 1-800-932-2932
155 West Avenue J-5
Lancaster, CA 93534
Weatherize your home for free for low-income residents.

SoCal Edison 1-800-736-4777
Energy Savings Assistance Program

SoCal Gas 1-877-238-009
California Alternative Rates for Energy (CARE)

PALMDALE NEIGHBORHOOD HOMES

Palmdale Neighborhood Homes
661-942-471

Manzanita House
38627 32nd St East
Palmdale, CA 93550

Tumbleweed House
1129 East Avenue R-4
Palmdale, CA 93550

Yucca House
503 East Avenue Q-3
Palmdale, CA 93550

Hammock House
1012 East Avenue Q-5
Palmdale, CA 93550

All locations temporarily closed.
Wellness Homes allow community members to participate in health & wellness services. They also provide an opportunity for community organizations to hold workshops, classes, meetings, or activities that benefit well-being of residents in those neighborhoods.

HOTLINES

Child Abuse Reporting Hotline

1-800-540-4000

Domestic Violence

661-945-6736

Elder Abuse Hotline 1-877-477-3646

LA County Department of Mental Health

1-800-854-7771

National Center for Missing and Exploited Children

1-800-843-5678

Narcotics Anonymous

24 Hr. Phone line 661-266-2200

National Runaway Safeline

1-800-786-2929

Statewide Spanish Speaking

Crisis Hotline 1-800-303-7432

National Lifeline for Suicide Prevention & Veteran's Crisis Line

*Press 1 for veteran's crisis line.

1-888-784-2433

Youth Crisis Line 1-800-843-5200

Los Angeles County Information

661-272-0964

Dial 211 for information 211

LA County Child Protection Hotline

Child Abuse Prevention Hotline **1-800-540-4000**

Domestic Violence Shelter Hotline

661-945-6736

Cal-Works

661-723-7772