

MENTAL HEALTH/HEALTH: Education and Support

ADULT BEREAVEMENT GROUP

Long Beach Memorial Medical Center

www.memorialcare.org/long_beach/calendar/calendar.cfm

2801 Atlantic Ave., Long Beach, CA 90806

PH: (562) 933-1450

Adult bereavement group. Go to the information desk for location.

FEE: No charge for group, parking fee.

HRS: Wednesday 3-5 PM, Thursday 6-8 PM.

AFRICAN AMERICAN INFANT HEALTH PROJECT

City of Long Beach

www.ci.long-beach.ca.us/health/mcah/aaihp.asp

6301 N. Myrtle Ave., Long Beach, CA 90805

PH: (562) 570-1148

TTY: (562) 570-4346

Health education and support for Long Beach pregnant/parenting African American women ages 18+ with children ages 0-2. FEE: No charge. HRS: Monday-Friday 8 AM-5 PM.

AMERICAN RED CROSS, GREATER LONG BEACH CHAPTER

3150 E. 29TH St., Long Beach, CA 90806

PH: (562) 595-6341 Ext. 237

Activities and courses for ages 12-24: youth council, safe kids programs for ages 7-12, holiday projects, leadership development center, youth response corps and more.

AUTISM SOCIETY OF AMERICA

Greater Long Beach/San Gabriel Valley Chapters

www.greaterlongbeach-asa.org

P.O. Box 15247, Long Beach, CA 90815

PH: (562) 943-3335

Information and referrals for autism services, free monthly support groups.

CAMBODIAN ASSOCIATION OF AMERICA
Marriage Enrichment Project

PH: (562) 988-1863

Five-session marriage skills workshop for individuals and couples. Khmer, Spanish, Laotian, Vietnamese, Chinese and Samoan spoken. FEE: No charge, \$20 bonus given for program completion.

HRS: Call for appointment and locations.

CANCER SUPPORT GROUP FOR KIDS, TWEENS AND TEENS
Long Beach Memorial Medical Center

www.memorialcare.org/long_beach/calendar/calendar.cfm

Miller Family Health Education Center, 3820 Cherry Ave., Long Beach, CA 90807

PH: (562) 933-0900

Support groups for ages 7-10, 11-13 and 14-17 who are dealing with a significant person diagnosed with cancer. Groups focus on understanding and coping with the diagnosis. FEE: No charge. HRS: Groups meet once per month. Call for information and screening.

THE CENTER, LONG BEACH

www.centerlb.org

2017 E. 4th St., Long Beach, CA 90814

PH: (562) 434-4455 Ext. 245

Services for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ): information, referrals, social and cultural activities, HIV testing, drop-in hours for ages 17 and under Monday-Friday 2-6 PM, parent/guardian support group meets the last Friday each month 7 PM, art-based workshop on addiction/ recovery Tuesday 4-5 PM. FEE: No charge. OFC HRS: Monday-Friday 11 AM-7 PM.

CENTRO CHA, INC.

www.centrocha.org

727 Pine Ave., Long Beach, CA 90813

PH: (562) 570-4722

Latina Empowerment Action Program (LEAP) for Hispanic females ages 14-24: pregnancy prevention, STD education, counseling, anger management, life skills training, gang prevention and more. Spanish spoken. FEE: No charge. HRS: By appointment.

EXCHANGE CLUB FAMILY SUPPORT CENTER

www.downeyfamilysupport.com/parent1.htm

1032 Redondo Ave., Suite B, Long Beach, CA 90804

PH: (562) 434-6899

Parent Aide Program provides trained, supervised staff for weekly in-home visits to assist parents of children ages 0-12, who are struggling with parenting issues. Call to determine eligibility. Spanish spoken. FEE: No charge.

FAMILIES IN GOOD HEALTH

St. Mary Medical Center

411 E. 10th St., Suite 207, Long Beach CA 90813

PH: (562) 491-9100

Health and social education programs for Southeast Asian and Latino communities, benefits enrollment assistance for children. Spanish, Khmer, Thai and Hmong spoken. FEE: No charge. HRS: Monday-Friday 8 AM-4:30 PM.

FAMILY COUNSELING PROGRAM

Youth Services Division, Long Beach Police Department

City of Long Beach

1957 Pacific Ave., Long Beach, CA 90806

PH: (562) 570-1426

Licensed therapists provide counseling to assist parents in dealing with teens and family issues. Spanish spoken. FEE: No charge. HRS: By appointment.

FAMILY SUPPORT GROUP IN SPANISH

Department of Mental Health, Office of the Family Advocate

Los Angeles County

The Vasek Polak Children's Clinic Family Health and Wellness Center

1057 Pine Ave., Long Beach, CA 90813

PH: (213) 251-6520

Support group for Spanish speakers 18+. Topics include: stress, domestic violence, depression, panic attacks, mental illness, autism, ADHD, school behavior problems, community resources and more. FEE: No charge.

HRS: 1st and 3rd Friday 9-11 AM

FAMILY SUPPORT PROGRAM

Personal Involvement Center

2438 Vermont Ave., Suite 302, Harbor City, CA 90710

PH: (310) 517-8675

In-home case management program to assist families mobilize formal and informal resources. Phone intake to determine needs. Spanish spoken. FEE: No charge.

GRANDPARENTS AS PARENTS

www.grandparentsasparents.org

P.O. Box 964, Lakewood, CA 90714

PH: (562) 421-7991

Support for those raising other people's children: referrals, support groups, family outings, clothing exchange and more.

HOME VISITATION PROGRAM

Richstone Family Center

www.richstonefamily.org

13634 Cordary Ave., Hawthorne, CA 90250

English: (310) 970-1921 Ext. 224

Spanish: (310) 970-1921 Ext. 134

Family needs assessment, parent education and case management for zip codes 90801, 90802, 90803.

Spanish spoken. FEE: No charge. HRS: Monday-Thursday 9 AM-9 PM, Friday 9 AM-6 PM.

**LONG BEACH CHAPTER STROKE ASSOCIATION OF
SOUTHERN CALIFORNIA**

P.O. Box 8340, Long Beach, CA 90808

PH: (562) 537-0556

Assistance to stroke survivors and their families/caregivers: support groups, information, referrals and more.

Interpreters available. FEE: No charge.

**MILLER CHILDREN'S ABUSE AND VIOLENCE INTERVENTION
CENTER**

2865 Atlantic Ave., Suite 110, Long Beach, CA 90806

PH: (562) 933-0590

Coordinated services for children and families traumatized by child abuse, domestic violence and violence in the community: forensic interviews, crisis intervention, counseling, parenting classes, school-based services, community education, advocacy and consultation. Call for initial phone screening to determine eligibility. Spanish spoken. FEE: No charge for most services, small fee for parenting classes. HRS: Monday-Friday 8 AM-5 PM, evening hours by appointment.

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)

www.nami.org

P.O. Box 91206, Long Beach, CA 90809

PH: (562) 435-2264

Promotes the welfare and appropriate treatment of those with severe/persistent mental illness. Support group and speakers' bureau meetings are held at Pacific Hospital. Call for more information.

PACIFIC ASIAN COUNSELING SERVICES (PACS)

www.pacsla.org

3530 Atlantic Ave., Suite 210, Long Beach, CA 90807

PH: (562) 424-1886

Youth Excelling for Success (YES): homework help and other after-school activities for grades K-12

Monday-Thursday 3-7 PM. Leading Out Loud (LOL): youth leadership program for high school students and recent graduates. Partnerships for Families (PFF): case management for pregnant teens and their families.

Jumping Over Barriers (JOBS): employment services for adults/youth.

Call/visit the website for more information. FEE: No charge.

PATHS PROGRAM

City of Long Beach

www.lbyouth411.com

PH: (562) 570-7925

Program for ages 14-18 to reduce teen pregnancy and promote responsible parenting. Workshop topics include self-esteem, decision-making, communication skills, values clarification, birth control, reproductive anatomy, STDs and more. Available for schools and other locations upon request. FEE: No charge.

PATHWAYS VOLUNTEER HOSPICE

3300 South St., Suite 206, Long Beach, CA 90805

PH: (562) 531-3031

Bereavement services for all ages: individual/family assessment, school/community based support groups, grief education for school staff/students, volunteer training and more. Spanish and Khmer spoken.

FEE: No charge.

HRS: Monday-Friday 9 AM-5 PM.

PERINATAL LOSS SUPPORT GROUP**Long Beach Memorial Medical Center**

www.memorialcare.org/long_beach/calendar/calendar.cfm

PH: (562) 933-1454

Support group for those mourning the death of a baby before or after birth. Go to the information desk for location. FEE: No charge for group, parking fee. HRS: 2nd and 4th Monday 7-8:30 PM.

ROLE OF MEN ACADEMY**City of Long Beach**

1133 Rhea St., Long Beach, CA 90806

PH: (562) 570-7966 or (562) 570-4441

Program for non-custodial fathers ages 16+ of children ages 0-5: classes in prenatal health, parenting, family relationships and fathers' legal rights/responsibilities.

SECOND GENERATION TEEN DATING VIOLENCE PROGRAM**Interval House**

6615 E. Pacific Coast Highway, Suite 170, Long Beach, CA 90803

PH: (562) 594-4555

Counseling and other activities for youth who are victims of domestic violence. FEE: No charge.

HRS: By appointment.

SEXUAL ASSAULT CRISIS AGENCY (SACA)

3711 Long Beach Blvd, Suite 815, Long Beach CA 90807

24-Hour Hotline: (562) 989-5900

Outreach Office: (562) 989-0309

Services for sexual assault survivors: crisis intervention; individual and group counseling for ages 13+; accompaniment to rape exam, police station, court hearings for ages 15+; school and community education on sexual harassment/assault for grades 4+. FEE: No charge. HRS: Monday-Friday 9 AM-5 PM.

SHARE!

Emotional Health Association

www.shareselfhelp.org

PH: (310) 305-8878

Referrals to over 10,000 self-help support groups throughout LA County.

SUPPORT GROUP FOR PARENTS AND CAREGIVERS OF CHILDREN AGES 0-12**For the Child**

4565 California Ave., Long Beach, CA 90807

PH: (562) 427-7671 – Ask for intake coordinator

Support group for parents/caregivers (of children 0-12) who have a history of substance abuse, domestic violence or mental health problems. Topics include: the impact of substance abuse and domestic violence on parent-child relationships, managing anger, helping children cooperate, parenting under stress, improving communication, building a child's self-confidence. FEE: No charge. HRS: Group for English speakers - Wednesday 10-11:30 AM, group for Spanish speakers – Tuesday 10-11:30 AM.

TAKE 5 ENRICHMENT PROGRAM**Victory Community Center**

PH: (310) 522-4677 – Ask for Freddie Gomez

Cell: (310) 505-3779

Twelve-week anger management program for ages 14-19. FEE: No charge. HRS: Monday 5-7 PM. Call for registration and location information.

UNITED CAMBODIAN COMMUNITY

2201 E. Anaheim St., Suite 200, Long Beach, CA 90804

PH: (562) 433-2490

Community-based empowerment programs for all ethnicities: performing arts for ages 8-18; Proud Parenting Program for pregnant/parenting ages 14-24+ Thursday 5:30-7 PM, assistance to Southeast Asian immigrants and more. Spanish spoken. FEE: No charge. HRS: Monday-Friday 9 AM-6 PM.

THE WELLNESS CENTER

Mental Health America of Los Angeles

1078 Atlantic Ave., Long Beach, CA 90813

PH: (562) 285-0149

Programs to promote wellness, healing and recovery for ages 18+ with an Axis I mental health diagnosis: counseling, medication evaluation/support, self-help meetings, social/recreational opportunities and more.

Call for a phone screening to determine eligibility. FEE: Medi-Cal, some services are low-cost/no charge.