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
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

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.
PERINATIAL 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.