



# Resource Guide

Antelope Valley

**2016**

*Thank you to Dennis Johnson, PIP, Emilie Wager, PIP, & Community Partners for your work on this resource guide edition*



Please note: **This is not an exhaustive resource listing.** Resources included in this guide are not necessarily DCFS or court approved-**PLEASE CONSULT WITH YOUR SOCIAL WORKER AND/OR ATTORNEY.** Additionally, resources not contained in this guide may be acceptable to DCFS and/or court-again, consult with your CSW and/or attorney.

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### **A Caring Mind, Inc.**

1028 W. Avenue L-12  
Lancaster, CA 93534  
(661) 400-6193

**Services Provided:** Mental health counseling for child abuse, depression, trauma, crisis, eating disorders, attachment, family dynamics, and pain management.

**Fees:** Cash, private insurance, sliding scale, and Victims of Crime accepted.

**Additional Information:** Monday through Saturday 8:00 am – 8:00 pm.

### **A Second Wind Violence Prevention Project**

38733 9<sup>th</sup> St East Suite M  
Palmdale, CA 93550  
661-947-6642

**Services Provided:** Offers anger management services, couples and individual counseling, domestic violence classes

### **Action Family Counseling, Inc.**

CALL TO MAKE AN APPOINTMENT  
(661) 297-8691, For Teens, (800) 367-8336

**Services Provided:** Offers hope to parents, teaches limit setting with love; encourages positive peer support among teens, helps deal with teen anger, defiance, substance abuse issues, and gang intervention

**Fees:** Weekly meetings are free

**Additional Information:** Meets Thursdays from 7:00 pm to 9:00 pm.

### **Acton Rehabilitation**

30500 Arrastre Canyon Rd.  
Acton, CA 93510  
(661) 223-8700

**Services Provided:** Residential long term treatment, special programs for persons with co-occurring mental health and substance use disorders.

**Additional Information:** Bi-lingual, Spanish speaking

### **Anger Intervention Services**

1008 W Avenue M-14, Suite A  
Palmdale, CA 93551  
661-418-3649 (English) 661-202-5896 (Spanish)  
Email: [angerinterventionservices@gmail.com](mailto:angerinterventionservices@gmail.com)

**Services Provided:** Domestic violence, Anger Management (men and women batterer's program), Drug and Alcohol and Teen intervention

## **Antelope Valley Child Abuse Prevention Council - Yes2Kids**

P.O. Box 82, Lancaster, CA 93584

(661) 940-9530 Answering Machine (leave your message they will call you back in 24 Hrs.)

**Website:** [www.yes2kids.net](http://www.yes2kids.net)

**Services Provided:** Parenting Classes, Anger Management, Mandated Reporter Training, Play 'N' Learn & Parent Café Groups.

**Fees:** Call for Parenting, Anger Management, and Mandated Reporter Training Prices. All Play 'N' Learn classes and Parent Café groups are free.

**Additional Information:** Bilingual. All classes are conducted Lake LA, Littlerock, Palmdale, and Lancaster

Anger Management --Spanish - Monday 7:00 pm Palmdale / English - Thursday 7:00 pm Lancaster;

Parenting Spanish - Tuesday 7:00 pm Palmdale / English - Wednesday 7:00 pm Lancaster.

Annual outreach programs (Child Abuse Prevention Walk, Writing Contest, etc.).

## **Antelope Valley Community Clinic (AVCC)**

James A. Cook, Founder & CEO

Lancaster location:

45104 10<sup>th</sup> St. West

Lancaster, CA 93534

(661) 942-2391

Palmdale location:

2151 East Palmdale Blvd

Palmdale, CA 93550

(661) 575-0009

**Website:** [www.avelinic.org](http://www.avelinic.org)

**Services Provided:** Primary Care, Dental Exams, Physical Exams, Pediatrics, Mental Health Education & Prevention

**Fees:** Accepts Medi-Cal, Medi-Cal HMO, & other commercial plans; sliding scale

**Additional Information— AVCC Health & Wellness**

45104 10<sup>th</sup> St. West, Lancaster

Administration, Primary Care, Dental, Home base for Mobile Clinics

Monday - Friday 8:00 am – 5:00 pm

Lab Hours

Monday -Friday 8:00 am - 3:45 pm (Closed 12:00 pm – 1:00 pm)

**AVCC Urgent Care**

5104 10<sup>th</sup> St. West, Lancaster

Monday - Friday 8:00 am – 8:00 pm & Saturday 9:00 am – 3:00 pm

**AVCC-Lancaster**

44216 10<sup>th</sup> Street West

Primary Care, Mental Health

Monday – Friday – 8:00 am – 5:00 pm

**AVCC Palmdale**

2151 East Palmdale Blvd

Primary Care, Dental, Mental Health, Psychiatry

Monday - Friday 8:00 am – 5:00 pm

Lab Hours

Monday - Friday 8:00 am - 3:45 pm (Closed 12:00 pm – 1:00 pm)

**AVCC Adult Day Health Care**

858 Jack man Street #101, Lancaster

Monday – Friday 9:00 am – 3:00 pm

**Antelope Valley Council on Alcoholism & Drug Dependency (AVCADD)**

311 E. Ave. K-4 (Cross street: Division).

Lancaster, CA 93535

(661) 948-5046

**Website:** [www.alcoholismcouncilofav.com](http://www.alcoholismcouncilofav.com)

**Services Provided:** (Adult) Outpatient Counseling and Case Management, PC 1000-Deferred Entry of Judgment Classes, PC 1210 formerly known as Prop 36 (Alternative Sentencing program), affordable on-site Urine Analysis, sober living and 12 step referrals. (Youth and Family) Family sessions and groups, including AOD Prevention & Treatment, 10-52 week Parenting classes, 10-52 week Anger Management (Anderson & Anderson)

**Additional Information:** Bilingual; Office Hours: Monday - Friday 9:00 am - 5:00 pm.

Classes/groups may meet evenings.

**Parenting:** Tuesday at 5:00 pm      **Anger Management:** Monday at 6:00 pm

**Drugs and Alcohol:** Tuesday, Wednesday and Thursday at 6:00 pm

**Antelope Valley Partners for Health (AVPH), Black Infant Health (BIH), & Healthy Homes**

44226 10th St. West (near Texas Cattle Company in the Whole Wheatery/Round Table complex)

Lancaster, CA 93534

(661)942-4719

**Website:** [www.AVPH.org](http://www.AVPH.org)

**Services Provided:** One-stop Resource Center, Wellness Homes, Welcome Baby, In Home Visitation, Health programs. Monitored visitation/coaching services--to make a referral for visitation services, please submit referral through DCFS Visitation Coordinator.

**Fees:** Free

**Additional Information:** Office Hours: Monday-Friday 8:00 am - 5:00 pm.

**Antelope Valley Pregnancy Counseling Center & Women’s Clinic**

2270 E. Palmdale Blvd. #K (Cross street: 22nd. East)

Palmdale, CA 93550

(661) 947-0400

**Website:** [www.avpcc.com](http://www.avpcc.com)

**Services Provided:** Free pregnancy tests, individual counseling, and limited early term ultrasound.

**Fees:** Free.

**Additional Information:** Office Hours: Monday-Friday 9:00 am - 2:00 pm

**Antelope Valley Self-Help Legal Access Center-Neighborhood Legal Services**

L.A. Superior Court-Lancaster

42011 4<sup>th</sup> Street West

3<sup>rd</sup> Floor, Room 3700

(800) 433-6251

**Website:** <http://www.nls-la.org>

**Services Provided:** Help is available at no cost to qualifying residents in the areas of Family Law, Immigration Law, Administrative (Public Benefits) Law, Housing Law, Employment Law, Health Law, Community and Consumer Law, Domestic Violence.

**Fees:** Free services

**Additional Information:** Office Hours: Monday – Thursday 8:30 am - 12:00 pm & 1:30 pm - 4:30 pm, Friday 8:30a-12 pm. Bilingual Spanish speaking

### **Antelope Valley Transit Authority**

422 10 6th Street West (Cross street: Ave. M)

Lancaster, CA 93534

(661) 945-9445

**Website:** [www.avta.com](http://www.avta.com)

**Services Provided:** Local transit and Dial-A-Ride van services to disabled persons and seniors over the age 65.

**Fees:** Medi-Care Accepted for Dial-A-Ride discount

Local transit services one-way trips are \$1.50, 4-hour passes \$2.00, Day passes \$5.00, weekly pass \$15.00 and 31 day-pass \$50.00

**Additional Information:** Office Hours: Monday - Friday 8:00 am - 6:00 pm. Open last Saturday of every month 8:00 am to 2:00 pm

### **Antelope Valley Veterans Center**

38925 Trade Center Drive, Suite J

Palmdale, CA 93551

(661) 267-1026

**Services Provided:** Readjustment Counseling, Post Trauma Counseling, Sexual Trauma, Bereavement (COMBAT VETERANS ONLY), Help for Women veterans, Referrals for VA benefits, Employment referrals.

**Fee:** Free

**Additional Information:** Community based counseling program of the Dept of Veteran Affairs to provide a broad range of counseling, outreach and referral services to eligible veterans and their families.

### **Antelope Valley WorkSource Center**

1420 West Ave. I

Lancaster, CA 93534

(661) 726-4128

**Website:** <http://www.av.worksource.ca.gov/>

**Services Provided:** Access to job leads, computers with Internet Access, Fax & Copy Machines, Interview Preparation, Job Corps Services, Job Search Workshops, One-on-One Case Management, Resume Preparation, Training Assistance, Typing Test Certifications, Unemployment Insurance Access, Veterans Services, Youth Employment Opportunity Program and Wi-Fi.

**Fees:** Most Services Free

**Additional Information:** Bilingual. Office Hours: Monday thru Friday 8:00 am – 5:00 pm; Wed until 7:00 pm

### **Associated Christian Therapy**

41765 12<sup>th</sup> St West

Palmdale, CA 93551

661-952-7543

**Services Provided:** Christian based therapy, Children, Adults, Individual, Family, Marriage Counseling, Victims of Crime (VOC) accepted, Dependency Court ordered counseling

**Additional Information:** Issues on Autism, ADD, ADHD, No medication or prescriptions

### **AV Saving Grace**

Call for address & information

(661) 200-4362

**Services Provided:** 16 week Domestic Violence education for victim/survivors and childcare.

One year Mentors Program for Women.

**Fees:** Free

**Additional Information:** Spanish translation available. Office hours: Monday – Friday 9:00 am – 3:00 pm

### **Bartz-Altadonna Community Health Center**

43322 Gingham Avenue, Suite 104/105

Lancaster, CA 93535

(661) 874-4050

**Website:** <http://www.bartz-altadonna-chc.org/>

**Services Provided:** Medical Care, Adult Mental Health, Family Planning, Parenting, Medication Assistance, HIV & STD testing & services

### **Beacon of Hope**

44615 N. 10<sup>th</sup> St. West

Lancaster, CA 93534

(661) 977-6644

**Services Provided:** Mental Health Services, including DV counseling (for female victims only)

**Fees:** Cash, most types of insurance, Victims of Crime (VOC)

**Additional Information:** Spanish speaking therapist available, Sat 9:00 am to 10:30 am

### **Bienvenidos Children Center**

950 E. Palmdale Blvd Ste E

Palmdale, CA 93550

(661) 538-9204

**Services Provided:** Domestic Violence education, life skills workshops, counseling, advocacy, and referrals for those enrolled in Cal Works. Respite child care provided while in program.

**Fees:** Free

**Additional Information:** Services must have an active GAIN case and be a victim of DV

### **Bikers Against Child Abuse** (BACA)

High Desert Chapter

P.O Box 1328

Rosamond, CA 93560

661-428-4375

**Website:** [www.bacaworld.org](http://www.bacaworld.org)

**Services Provided:** B.A.C.A.'s mission is to help children to not feel afraid of the world in which they live. This is accomplished by providing group support for the child during a stressful time and then withdrawing once the crisis is over.

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**CASA** (Court Appointed Special Advocate)

Lancaster, CA

661-723-2272

**Website:** [www.casala.org](http://www.casala.org)

**Services:** Advocate for foster children, be their voice in Court.

**Additional Information:** Need Volunteers

**Care Net Women's Resource Center**

44733 10<sup>th</sup> Street West

Lancaster, CA 93534

(661) 729-4277

**Website:** <http://avcarenet.com/>

**Services Provided:** Resources for pregnant women including maternity homes, free pregnancy testing, and free ultrasound, physicians referrals, adoption referrals, WIC application assistance, "verification of positive pregnancy test" for Medi-Cal application, "Earn while you learn" program, peer counseling, bible study support groups (for post-abortion and those who have experienced abuse).

**Fees:** Free services

**Additional Information:** Monday, Thursday 10:00 am - 5:00 pm; Friday 11:00 am – 5:00 pm

**Cedarwood Counseling Center**

44809 Fern Avenue

Lancaster, CA 93534

(661) 945-7608

**Services Provided:** 52-week domestic violence perpetrators' intervention program, 52-week child abuse intervention parenting program and anger management (12-52 weeks), individual and group counseling.

**Fees:** \$40 enrollment, \$25 per session; sliding scale offered

**Additional Information:** Bilingual for DV counseling. Office Hours: Monday –Friday 8:00 am -8:30 pm; Saturday 8:00 am – 12:00 noon

**Change Lanes**

43845 10<sup>th</sup> St West, Unit 1D

Lancaster, CA 93534

(661) 948-2555

**Website:** [www.changelanes.org](http://www.changelanes.org)

**Services Provided:** 12-26 anger management, life skills, 26-52 week victim and perpetrator's domestic violence; 3 month, 6 month, or 1 yr outpatient substance abuse treatment, parent education, youth 12step, community service, sexual awareness classes, and afterschool program

**Fees:** \$25.00 intake, DV offenders \$20 per session, DV Youth and all others \$10 per session

**Additional Information:** Monday-Friday 8:30 am - 6:30 pm, Wednesday 10 am- 2:00 pm, Saturday 10:00 am to 2:00 pm



## **Cherished**

(661) 214-3020

**Website:** [CherishedHighDesert@gmail.com](mailto:CherishedHighDesert@gmail.com)

**Services Provided:** Cherished is a residential program and social enterprise for women who are victim/survivors of commercial sexual exploitation and trafficking. They provide job training skills and opportunities, and may be able to help with transitional housing for those who meet criteria and qualifications.

**Additional Information:** Please call phone number for more information as confidentiality is protected

## **Child and Family Guidance Center (CFGC)**

45005 10<sup>th</sup> St. West Ste 106

Palmdale, CA 93551

(661) 265-8627 and 661-940-9040

**Website:** [www.childguidance.org](http://www.childguidance.org)

**Services Provided:** Trauma Focused Cognitive Behavioral Therapy (CBT), Aggression Replacement Therapy (ART), and other mental health services, parenting, PCIT (Parent-Child Interaction Therapy)

**Fees:** Medi-Cal

**Additional Information:** Monday-Friday 8:30 am - 6:00 pm. Spanish speaking services.

## **Child/Spousal Support Services Department (CSSD)**

5770 South Eastern Avenue

Commerce, CA 90040-2924

866-901-3212 TDD 866-399-4096

**Website:** [cssd.lacounty.gov](http://cssd.lacounty.gov) or [childsup-connect.ca.gov](http://childsup-connect.ca.gov)

**Email:** [cservice@cssd.lacounty.gov](mailto:cservice@cssd.lacounty.gov)

## **Children's Bureau**

**Website:** [www.all4kids.org](http://www.all4kids.org)

Mental Health Sunrise Building:

921 W Avenue J Annex 1 -2

Lancaster, CA 93534

(661) 949-0131

1529 East Palmdale Blvd #210

Palmdale, CA 93550-2029

661-272-9996

**Services Provided:** Mental Health services for children and adolescents

**Fees:** Medi-Cal only

**Additional Information:** Bilingual. Monday-Friday 8:00 am - 5:00 pm

Partnership For Families (PFF)

921 W Avenue J, Annex 1 -2

Lancaster, CA 93534

(661) 949-0131

Prevention and Aftercare Services (PnA)

44848 Rodin Avenue

Lancaster, CA 93534

(661) 341-3341 or 661-941-2165

**Services Provided:** Partnership For Families (PFF), Prevention & Aftercare Services (PAS), 8 week NuParent class (0-5 yrs), Infant Massage.

**Fees:** Most PFF, PAS, and parenting classes are free

**Additional Information:** Bilingual. Office hours Monday-Friday 8:30 am - 5:00 pm

### **Child Care Resource Center (CCRC)**

250 Grand Cypress Avenue (Cross street: Ave. O and Division)

Palmdale, CA 93551

(661) 789-1200

**Website:** [www.ccrcla.org](http://www.ccrcla.org)

**Services Provided:** Assistance in finding child care, subsidized child care, Head Start and Early Head Start, child development, school readiness/preschool, book/toy/resource lending library, and workshops.

**Additional Information:** Office Hours: Monday 8:00 am-7:00 pm, Tuesday-Friday 8:00 am -5:00 pm; Library Monday to Thursday 9:00 am – 12:00 pm

### **Children’s Center Of The Antelope Valley**

45111 Fern Ave.

Lancaster, CA 93534

(661) 949-1206

**Website:** <http://www.childrenscenter.av.org/>

**Services Provided:** Clinical Services: Child Abuse Treatment Program, Trauma-Focused Therapy, Child Abuse Prevention and Intervention Program and Family Preservation Program.

**Fees:** Clinical services: Medi-Cal or private insurance

**Additional Information:** Bilingual. Office Hours: Monday-Friday 8:00 am – 6:00 pm

### **Department of Mental Health (DMH)**

Palmdale Mental Health

1529 E. Palmdale Boulevard #150

Palmdale, CA 93550

(661) 575-1800

Antelope Valley Mental Health

349 E. Avenue K-6

Lancaster, CA 93535

(661) 723-4260

**Services Provided:** Adult outpatient services, Crisis Intervention, individual and group therapy, case management and rehabilitation services.

**Fees:** Cash, Medi-Cal, sliding scale, and Medi-Care

**Additional Information:** Bilingual. Office Hours: Monday-Friday 8:00 am – 5:00 pm

### **Department of Social Services (D.P.S.S.)**

Cal-Works for families

349-B East Ave K-6

Lancaster, Ca 93535

1-866-613-3777

General Relief for individuals

337 East Ave. K-10

Lancaster, Ca 93535

(661) 974-8993

**Services Provided:** Cash aid, Food stamps, Medi-cal, Emergency housing support to those who qualify, pilot program, and Domestic Violence assistance.

**Additional Information:** Office hours: Monday-Friday 8:00 am – 5:00 pm

### **Desert Vineyard Parenting Classes**

818 ½ Palmdale Blvd

Palmdale, CA 93550

(661) 317-4826

**Services Provided:** Parenting classes, Celebrate Recovery (Biblical based 12 step program)

**Fees:** Free

Revised May 2016

### **Design For Living Community Services**

104 E. Avenue K-4, Suite B

Lancaster, CA 93535

(661) 874-4680

**Services Provided:** Drug treatment programs, parenting, anger management, DV for victims & perpetrators, Gang violence prevention, Substance abuse and Life skills classes, Teen pregnancy, Cultural Diversity, STD/HIV Awareness and individual counseling

**Fees:** Parenting--\$15 per session, DV & anger management--\$20 per session

**Additional Information:** English only.

### **Family Focus Resource Center** (Sponsored Program by California State University

Antelope Valley (Lancaster Branch)

43210 Gingham Avenue

Lancaster, CA 93535

661-945-9598

**Services Provided:** Free assistance for parents and caregivers of children with developmental delays or special needs, Parent to parent mentoring, Workshops and parent education, Resources and Referrals, Child development Screening, IEP Training, Support Groups, Lending Library

### **Family Growth Counseling**

43535 17<sup>th</sup> Street West, Suite 304

Lancaster, CA 93534

661-942-4079

**Services Provided:** Marriage, Family, Child Crisis Counseling, Alcohol and Drug counseling.

### **Families In Transition (formerly “A Change of Faces”)**

200 W. Pondera St. (Cross street: Division).

Lancaster, CA 93534

(661) 948-5312

**Services Provided:** Monitored Visitation, 26 week Anger Management; 26 week Domestic Violence for victims, 26 week Parenting Classes, Individual counseling, Child Sexual Abuse Awareness, Hands-on Parenting for Teens.

**Additional Information:** Office Hours: Monday-Friday 9:00 am -5:00 pm; Weekends (Monitored Visits - \$30 intake; \$40 per hour)

### **Family Planning Clinic**

335-B East Avenue K-6

Lancaster, CA 93535

(661) 945-0650

**Services Provided:** Family Planning Services; Breast Exam and Pap smear, Contraceptive Services, Depo-Provera Injections, Pregnancy Verification and Counseling.

**Fee:** Free for California Residents with gross family income below the Federal Poverty Level

**Additional Information:** Office Hours: Monday-Friday 8:00 am – 5:00 pm

### **Families United: New Beginnings**

1317 E. Palmdale Blvd. #17, Palmdale, CA 93550

(661) 794-8139

**Website:** [www.fu\\_nb.com](http://www.fu_nb.com)

**Email:** familiesunitedla@yahoo.com

**Services Provided:** Anger Management Classes, 15 week Victims-Domestic Violence Classes, 52-week Batterers-Domestic Violence Program, Parenting Classes, Individual and Family Counseling, 52-week Child Abusers Treatment program (Criminal and Dependency Court approved)

**Fees:** Sliding scale / varies

**Additional Information:** Specialized services for Regional Center clients. Office Hours: Monday-Friday 09:30 am – 6:00 pm

### **Friends Outside**

44750 60<sup>th</sup> Street West, Lancaster, CA 93536

661-728-0844

**Services Provided:** Assist in improving quality of life of families, children and communities impacted by incarceration, and to assist with successful reentry.

### **Gay and Lesbian Center** (Anti Violence and Legal)

(323-993-7670)

**Services Provided:** Support for victims of a hate crime and gay bashing.

### **Grace Chapel**

44648 15<sup>th</sup> St. West

Lancaster, CA 93534

(661) 948-0855

**Website:** <http://www.gclancaster.com>

**Services Provided:** Individual counseling, domestic violence, parenting, sexual abuse awareness.

**Fees:** Free

**Additional Information:** Christian Based

### **Grace Resources**

45134 N. Sierra Hwy, Lancaster, CA 93535

(661) 940-5272

**Website:** <http://www.graceresources.org>

**Services Provided:** Cal-Fresh Representative, Emergency groceries, school supplies, monitored visitation/coaching services, computer training, emergency baby supplies, and P.O.W.E.R. classes. Hot meals on Wednesday 5:30 pm; Friday 6:00 pm; and Sunday 1:30 pm.

**Fees:** Free

### **Greater Valley Immigration Services**

1305 East Palmdale Blvd. Suite 9

Palmdale, CA 93550-4853

(661) 272-1424

**Services Provided:** Immigration, students differed action and citizenship.

**Fees:** Free & Low Cost Services

## **Grounding Point**

North Office - 44809 Fern Avenue  
Lancaster, CA 93534  
(661) 948-2322

**Website:** [www.groundingpointcs.org](http://www.groundingpointcs.org)

**Services Provided:** Counseling services; individual/adult psychotherapy, child play therapy, couples, partners & families anger management, parenting classes, sexual abuse awareness, life coaching, short term treatments.

**Fees:** Cash & Check, slots available for low income families; first consultation at no cost

**Additional Information:** Bilingual. Office Hours: Monday–Saturday; call to arrange an appointment (answering machine, they will call you back in 5 hrs.)

## **High Desert Recovery Services**

44900 60<sup>th</sup> Street West (Cross Street Ave. I).  
Lancaster, CA 93536  
(661) 940-3549

**Services Provided:** Substance Use Intensive Outpatient Program, 4 month evidence based matrix

**Fees:** Medi-Cal, no insurance

**Additional Information:** Office Hours: Monday-Friday 8:00 am - 4:30 pm,  
Saturday 7:00 am -12:30 pm

## **High Desert Counseling Services**

44349 Lowtree Suite 117  
Lancaster, Ca 93534  
(661) 524-9111

**Website:** [www.hdcscounseling.com](http://www.hdcscounseling.com)

**Services Provided:** Individual, family, and couples counseling. Domestic violence batters group, anger management and substance abuse groups.

**Fees:** \$35.00 per session.

## **High Desert Pediatric Hub Clinic**

335 East Avenue I  
Lancaster, CA 93535  
Initial Exams: (661) 524-9111  
CME (Forensic): (661) 471-5057  
PHN: (661) 471-4064  
Front Desk: (661) 471-4061, (661) 524-6830  
Hub Dr: (661) 471-4060

## **Hope for Anger, Hope for Change**

942 E. Avenue Q-9  
Palmdale, CA 93550  
(661) 733-0095

**Services Provided:** 12 or 26 week Anger Management, 52 week Domestic Violence classes

**Fees:** \$50 intake and \$25 per session, or sliding scale per session

### **Kayla's Place**

44967 10<sup>th</sup> Street West  
Lancaster, CA 93534  
(661) 949-3269

**Services Provided:** Counseling 2-18 yrs, PCIT (Parent child interactive therapy.)

**Fees:** If qualify no fee for services

**Additional Information:** Office Hours: Monday - Thursday 8:00 am – 5:00 pm

### **Kearin Breakthrough Parenting**

44817 Fern Avenue (Cross street: West Lancaster Blvd.)  
Lancaster, CA 93534  
(661) 209-9939

**Website:** yes2parenting.com

**Services Provided:** 12-week parenting class emphasizing parent/child self-esteem, use of discipline to teach children, and conflict resolution. Modules of Sexual Abuse Awareness, and Domestic Violence education have been added to the program. Available in English and Spanish

**Fees:** \$20 enrollment, \$30 for workbook, \$15.00 per session.

**Additional Information:** Office Hours: Monday –Friday 8:00 am – 8:00 pm, Saturday 8:00 am – 12:00 noon

### **Labor Ready**

190 Sierra Court Suite C1  
Palmdale, CA 93550  
(661) 267-0773, (661) 276-7186

**Website:** www.laborready.com

**Services Provided:** Employment opportunities in areas such as construction, manufacturing, warehousing, retail, and hospitality

**Fees:** No cost to job seeker

### **Living Way Four Square Church (LFC) Life Choices**

43260 Challenger Way (Cross street: Ave. K)  
Lancaster, CA 93535  
(661) 948-6055

**Services Provided:** Domestic Violence (perpetrators) 52 week class.

Men: Wednesday 2:00 pm – 4:00 pm

Women: Tuesday 5:00 pm – 7:00 pm

**Fees:** \$50 enrollment \$25.00 per session

**Additional Information:** Office Hours: Tuesday-Friday 9:00am – 3:00 pm

## **M.E.N.F.O.L.K. (Males Encouraging Nurturing For the Ongoing Link to Kinship)**

975 East Avenue P-8  
Palmdale, CA 93550  
(661) 940-9530 or (661) 273-4710 (answering machine)

**Website:** [www.menfolk.org](http://www.menfolk.org)

**Services Provided:** A fathers and males support group for any male that has a role in a child's life (dad, uncle, grandfather, friend etc.). They educate males in a positive learning and social environment that supports family structure, and assists males on becoming a better role models

**Fees:** Free services

## **Mental Health America**

506 West Jackman St. (between Lancaster Blvd. and Ave. I).  
Lancaster, CA 93534  
(661) 726-2850

**Website:** [www.mhala.org](http://www.mhala.org)

**Services Provided:** Case management, money management, mental health services, job placement and help with housing coordinating services for veterans & their families

**Additional Information:** Office Hours 9:00 am- 5:00 pm. Intake: Monday, Wednesday and Friday 7:00 am – 8:00 am first come first served basis.

**Fees:** Free services

## **Metrolink**

Lancaster Station:  
44812 N. Sierra Hwy.  
Lancaster, CA 93534

Palmdale Station:  
39000 Clock Tower Plaza Dr.  
Palmdale, CA 93550 (near Sierra Hwy & 6<sup>th</sup>)

**Website:** [www.metrolinktrains.com](http://www.metrolinktrains.com)

**Services Provided:** Transportation services, if the person has a disability they accept Medi-care ID or disability ID from the DMV.

## **NAMI (National Alliance on Mental Illness)**

44349 Lowtree Avenue Ste 104 (near Ave J & 15<sup>th</sup> St. West)  
Lancaster, CA 93534  
(661) 341-8041

**Website:** [www.nami.org](http://www.nami.org)

**Services Provided:** Family-to-Family education program for families, friends, and significant others of adults living with mental illness, NAMI basics, 10 wk Peer-to-Peer course for adults living with mental health challenges, In Our Own Voice interactive presentations, Family Support & Connection Recovery Support groups, Educational meetings, and classes. Spanish speaking courses available.

**Fees:** Free

**Additional Information:** Family Support Groups meet 2<sup>nd</sup> & 4<sup>th</sup> Monday 7:00 pm – 8:30 pm; Community News & Education meetings every 3<sup>rd</sup> Monday 7:00 pm – 8:30 pm

## **New Directions Alcohol and Drug Services**

1331 W. Avenue J. Suite 206  
Lancaster, CA 93534  
(661) 942-2255 (answering machine)

**THIS IS A DCFS DRUG TESTING SITE**

**Website:** [www.newdirectionz.org](http://www.newdirectionz.org)

**Services Provided:** Parenting, Anger Management, and Domestic Violence for Victims, 12 step program, life skills, individual counseling, drug testing

**Fees:** Medi-cal, sliding scale

**Additional Information:** 26 week Parenting/ Anger Management, 26-week Domestic Violence for Victims. Office hours: Monday -Friday: 10:00 am- 7:00 pm, Saturday 9:00 am - 1:00 pm.

## **Nurse Family Partnership**

(213) 639-6449

**Website:** [www.nursefamilypartnership.org](http://www.nursefamilypartnership.org)

**Services Provided:** Assistance for pregnant women. Registered nurses provide home visits, referrals, and support for families from pregnancy to the child turns 2 years old.

**Fees:** Free

**Additional Information:** Women must be pregnant for the first time, and be 24 or less weeks pregnant. Must meet income requirements. Services available in the AV.

## **Olive Support Services (OSS)**

38444 20<sup>th</sup> Street East  
Palmdale, CA 93550  
661-941-8688

**Website:** [www.olivesupportservices.org](http://www.olivesupportservices.org)

**Services Provided:** Parenting Classes, Anger Management, 52- week Batterer's Classes, Life Skills, Domestic Violence groups, Faith based services available. Court approved classes

**Additional Information:** free groceries, hygiene supplies, back to school supplies, holiday toys while supplies last.

## **Optimist Community Mental Health Services**

520 West Palmdale Blvd. Suite D (Cross street: 5<sup>th</sup> West)  
Palmdale, CA 93551  
(661)575-8395 Ext. 218

**Services Provided:** Parenting and Outpatient mental health.

**Fees:** \$25 for 8 week course per person/couple-Includes Workbook & Materials

**Additional Information:** Tuesdays 6:00 pm – 9:00 pm

## **OUTreach Center (LGBT community center)**

108 West Avenue K, #113  
Lancaster, CA, 93534  
(661) 92-PRIDE (7-7433)

**Website:** [www.lgbtoutreach.org](http://www.lgbtoutreach.org)

**Services Provided:** Youth group (24 and younger), individual or family counseling, transgender support group, host variety of social activities. Every Saturday support group and on first Sunday of the month support group for parents, Bilingual.

**Fees:** depend on the need of the client



### **Palmdale Medical Mental Health**

2720 East Palmdale Blvd Suite 129 (Cross street Ave. R).  
Palmdale, Ca 93550  
(661) 947-3333

**Services Provided:** Individual counseling for adults and children. Bilingual services available

**Fees:** Medi-cal and by income.

**Additional Information:** Monday –Friday 6:00 am - 2:30 pm

### **Parents Anonymous** (Child Abuse Prevention Intervention and Treatment Agency – CAPIT)

250 W First Street, Suite 250

Claremont, CA 91711

(909) 575-4215 or 909-575-4216

**Services Provided:** Parenting, Anger Management, Counseling, Children’s programs

**Fees:** Free for the Lancaster and Palmdale areas

**Additional Information:** Bilingual; Enrollment & Progress Letters Provided. Please be 15 minutes early to process paperwork. Mondays and Tuesday 6:30 pm - 8:30 pm

### **Penny Lane Centers**

Lancaster:

43520 Division St (Cross street: Ave. K)

Lancaster, CA 93535

(661) 816-6279 or (310) 991-1445 (answering machine)

**Website:** [www.pennylane.org](http://www.pennylane.org)

**Services Provided:** Transitional housing program for emancipating foster youth/young adults-- Provides housing, life and job skills training to young adults who have grown up in group homes or foster care and who have no family to return to when emancipated at age 18 and who would otherwise be homeless. In addition, the program provides a clean furnished apartment and emotional and academic support.

Also provides Mental Health, Foster Care/Adoption, Family Preservation, and Wraparound services

**Additional Information:** Transitional Housing Referrals made through CSW/ILP Coordinator or contact 661-226-4783 or 661-865-7670

Palmdale:

1020 E. Palmdale Blvd Ste 101A

Palmdale, CA 93550

(661) 206-6295

### **Personal Involvement Center, Inc.** (Child Abuse Prevention Intervention and Treatment

Agency – CAPIT)

44818 20<sup>th</sup> Street West, Room 7

Lancaster, CA 93536

(661) 220-2995

**Services Provided:** Counseling, parenting classes, case management services, and referrals to community programs

**Fees:** Free

**Additional Information:** Office Hours: Mon 10:00 am – 6:00 pm, Wednesday 8:00 am – 5:00 pm, Friday 10:00 am – 4:00 pm

## **Planned Parenthood Los Angeles, Antelope Valley Center**

533 E. Palmdale Blvd Ste 533-A1

Palmdale, CA 93550

(800) 576-5544

**Services Provided:** Birth control, cancer screenings, emergency contraception, Rapid HIV testing, STD testing and treatment, well-women exams/pap smears, and primary care services for adult vaccinations, diabetes screening, and cold/cough/allergies

**Fees:** With or without insurance, they provide health care. For those uninsured, they will help see if person may qualify for a state-funded program or a lower fee scale. We accept FFACT, Medi-Cal, and some other insurance plans.

**Additional Information:** Office Hours: Monday - Friday 8:30 am - 5:00 pm

## **Pro-Care Hospice**

42442 10<sup>th</sup> St West, Suite E

Lancaster, CA 93534

661-951-1146

**Services:** grief support group for adults, walk-ins are welcome, hospice services

**Fees:** Free (support group)

**Additional Information:** Bereavement group counseling for adults every Thursday 10:30 am - 11:30 am

## **Providence Community Services**

44285 Lowtree (Cross street: Ave. J)

Lancaster, CA 93534

(661) 341-3900

**Services Provided:** Intensive In-home mental health services for children, transition age youth and children in their "Incredible Years"; focusing on anger management, relationship issues, school behavior problems, trauma, PTSD, anxiety, depression, and sexual acting out behavior.

**Fees:** Medical accepted and referrals from DMH.

**Additional Information:** Functional Family Therapy (FFT) 10-17 years of age, can be considered as drug treatment and require family/caregiver participation. Trauma Focused Cognitive Behavioral Therapy (TF-CBT) 4-17 years old. Most programs require a 12 to 15 week commitment. The Incredible Years program is 20 weeks, with caregiver participation being optimal. Consult with co-located DMH/ MAT Coordinator re: referrals. Office hours: 9:00 am- 5:30 pm.

## **Regional Center (North Los Angeles County)**

43210 Gingham Ave. (Cross street: K-8)

Lancaster, CA 93535

(661) 945-6761

**Website:** [www.nlacrc.org](http://www.nlacrc.org)

**Services Provided:** Offers services for individuals with developmental disabilities.

**Fees:** depends on the family's income

**Additional Information:** Clients should have one of the following: autism, mental retardation, epilepsy, and cerebral palsy, and disabling conditions found to be closely related to mental retardation. Office Hours: 8:30 am- 5:00 pm.

## **RAPE, ABUSE & INCEST NATIONAL NETWORK (RAINN)**

800-656-4673 (National Sexual Assault Hotline) Website: [www.rainn.org](http://www.rainn.org)

**Services Provided:** The victim services experts at RAINN take a victim-centered, trauma-informed approach to developing programs and services that support survivors of sexual violence and their loved ones. As the country's leading provider of sexual assault services, we have developed programs to help survivors in all stages of recovery.

**Fees:** Free and confidential

**Additional Information:** RAINN is the nation's largest anti-sexual violence organization and leading authority on sexual violence. It is a dynamic organization comprised of experts in victim services, public education, public policy, and technology. Our team works together to provide best-in-class services for survivors, inform and educate the nation about sexual violence, and improve the public policy and criminal justice response to sexual violence.

## **Raising Our Children's Kids (R.O.C.K.)**

English—Cheral 661-478-1881 Spanish—Martha 661-466-6294

**Services Provided:** 24 hour access to emergency support, weekly support groups, advice and advocacy to Kinship caregivers; referrals to the Kinship Orientation and Foster/Kinship.

**Fees:** Free

**Additional Information:** Wednesday 6:00 Effective Black Parenting Classes, Support Group meets on Thursdays from 9:30 am - 11:30 am at the Lowtree Wellness House, 1038 W. Avenue J-5 in Lancaster (cross street- 10<sup>th</sup> St. West).

## **SARS-Sexual Assault Response Services**

1150 W Avenue I

Lancaster, CA 93534

(661) 949-6143 / (800) 723-7772 (800) 723-RAPE

**Services Provided:** Domestic Violence Victims Classes, Sexual Assault Counseling, Cal –Works outpatient outreach services, individual and group counseling, and court accompaniment.

**Fees:** Free

**Additional Information:** Office Hours: Monday-Friday 8:00 am – 5:00 pm

## **Saint Vincent De Paul**

45058 Trevor Avenue, Lancaster, CA 93534

(661) 942-3222

**Services Provided:** Food bags, meals, clothes—call for schedule

**Fees:** Free

**Additional Information:** Monday, Wednesday, Thursday, Saturday 9:00 am – 12:00 pm

## **South Antelope Valley Emergency Services (S.A.V.E.S.)**

1002 E. Avenue Q-12 (Cross street: 16<sup>th</sup>. St), Palmdale, CA 93550

(661)267-5191

**Website:** <http://www.cityofpalmdale.org/departments/saves/>

**Services Provided:** Food Program, Back to School Supplies, Holiday Food Baskets, and Clothing.

**Fees:** Free Services

**Additional Information:** Must show proof of income status to qualify and provide an ID. Office Hours: Monday-Thursday 8:00 am - 5:00 pm

### **South Valley WorkSource Center**

38510 Sierra Highway (Cross street: Palmdale Blvd.)

Palmdale, CA 93550

(661) 265-7421

**Website:** <http://www.cityofpalmdale.org/svwc/>

**Services Provided:** Career Counseling, Employment Workshops, On-the-Job Training Opportunities, Entrepreneurial Assistance, Computers and Printers, Internet Access, Phones, Fax and Copy Machines and Services for Businesses.

**Fees:** Free Services

**Additional Information:** Office Hours: Monday, Tuesday, Thursday 8:30a-4:30p, Wednesday 8:30a-6:30p and Friday 8:30a- 12 noon

### **Tarzana Treatment Centers, Inc.**

44447 N. 10th Street West

Lancaster, CA 93534

(661) 726-2630

**Web site:** <http://www.tarzanatc.org/>

**Services Provided:** Drug & alcohol treatment, adolescent outpatient drug & alcohol, free/low cost mental health care, relapse prevention, on site Urine Analysis, Residential program, medication monitoring, psychiatric evaluations; STD, HIV, and Hep C education, testing, and support, free health coverage program

**Fees:** Medi-Cal Accepted

**Additional Information:** Office Hours: Monday-Friday 9:00 am - 8:30 pm

### **The Catalyst Foundation**

616 West Lancaster Blvd

Lancaster, CA 93534

(661) 948-8559

**Services Provided:** Information, referrals, transportation, HIV testing, counseling, employment training, and HOPWA housing assistance for people living with HIV/AIDS, Title IV work program for Seniors, community garden. Monday - Thursday 8:00 am – 5:00 pm.

**Fees:** Free.

## **The “Inn Between” Lancaster Community Shelter-Grace Resources**

44611 Yucca Avenue  
Lancaster, CA 93534  
(661) 945-7524

**Website:** [www.graceresource.org](http://www.graceresource.org)

**Services Provided:** Parenting classes, Emergency shelter for single women and single men and families with children. 2 meals - breakfast and dinner.

**Fees:** Free services

## **Torres Martinez Tribal TANF**

460 W. Palmdale Blvd  
Palmdale, CA 93551  
(661) 466-1100

**Web site:** [www.tmtanf.org](http://www.tmtanf.org)

**Services Provided:** Monthly assistance to American Indian families who qualify, substance abuse intervention, career guidance, continuing education, tutoring, and cultural enrichment activities.

**Fees:** Free

## **Two Lifestyles, Inc**

1747 E Avenue Q, Suite E-5 (between Q and 20<sup>th</sup> St East, Bus #9)  
Palmdale, CA 93550  
661-402-3076 ext 109

**THIS IS A DCFS DRUG TESTING SITE (7:00 am – 5:00 pm)**

2113 Palmdale Blvd.  
Palmdale, CA 93550  
(661) 402-3076

**Services Provided:** Focus on women victim/survivors of Domestic Violence, Anger Management, Sexual Abuse, Parenting, Youth Life Skills, Support Groups, Women’s Empowerment Workshops, Case Management, Community Service, Sexual Abuse

**Fees:** Sliding Scale

**Additional Information:** Office Hours: Monday-Friday 5:00 pm - 8:00 pm.

## **Valley Oasis**

P.O. Box 2980  
Lancaster CA, 93539  
(661)945-6736

**Website:** [www.avdvc.org](http://www.avdvc.org)

**Services Provided:** Referral based agency. Emergency Response Team, Emergency Shelter, Legal Advocacy (Companion to Court ) and Safe Houses. Case management, Transportation, Day Care, Group and Individual counseling.

**Fees:** Free

**Additional Information:** English and Spanish

## **Valley Oasis Homeless Program**

43434 Sahuayo Street  
Lancaster, CA 93535  
(661) 942-2758

**Services Provided:** Resource referrals, case management, Walk-ins for adults Tuesday – Friday 9:00 am – 12:00 pm

**Additional Information:** Appointment only (8:00 am- 5:00 pm)

## **VIDA- Vital Intervention and Directional Alternatives**

Lancaster office:  
1040 W. Avenue J  
Lancaster, CA 93534  
(661) 949-6585

Palmdale Office & Site:  
Oaktree Learning Center  
38126 35<sup>th</sup> St. East  
Palmdale, CA

Site: Lancaster High School  
44701 32<sup>nd</sup> St. East, Lancaster, CA 93534

**Services Provided:** A structured 16 week program for non-violent at risk youth referred by public agencies such as DCFS

## **Vitas Healthcare**

4444 16<sup>th</sup> Street West, Suite 205  
Lancaster, CA 93534  
(661) 942-3595

**Website:** [www.vitas.com](http://www.vitas.com)

**Services Provided:** Hospice services, Grief counseling for adults

**Fees:** Free

**Additional Information:** Grief support group every other Thursday 5:30 pm.

## **Women, Infants and Children (WIC)**

701 West Avenue K, Suite 104  
Lancaster, CA 93534  
(661) 949-5805 (answering machine)

2247 E. Palmdale Blvd., Suite A  
Palmdale, CA 93550  
(661)726-6300

**Services Provided:** Nutrition education, breastfeeding support, referrals, vouchers for healthy foods to families that meet the income guidelines, for children 0-5 years old.

**Fees:** Free

**Additional Information:** Office Hours: Monday-Friday 8:00 am – 5:00 pm; Bilingual

## **Youth Support Association**

918 W. Avenue J  
Lancaster, CA 93534  
(661) 949-6615 (answering machine).

**Website:** <http://avysa.org/>

**Services Provided:** Parenting, 8 week Teen Parenting, Cooperative Parenting & Divorce 10 week Early Childhood Parenting, 9 week School Age Parenting, 6 week Adult & Teen Anger Management, Teen Talk, Mentoring & Peer helping.

## **HELPLINES/HOTLINES**

Adult Anger Management Group.....	(661) 266-8700
AV Domestic Violence Council.....	(800) 282-4802; (661)945-6143
AV Crime Tip.....	(661) 948-COPS
American Cancer Society.....	(661) 945-7585
CA Youth Crisis Line.....	(800) 843-5464
CA HIV/AIDS Hotline.....	(800) 367-2437
Dept of Human Services (Crisis Hotline).....	(800) 854-7771
Gay & Lesbian Hotline .....	(888) 843-5464
InfoLine LA County.....	211 or (800) 339-6993
Medicare Telephone Hotline.....	(800)633-4227
Neighborhood Legal Services.....	(800) 433-6251
Poison Control.....	(800) 222-1222
Resources for Incarcerated Parents Friends Outside.....	(626) 796-7607
Substance Abuse Services.....	(800) 564-6600
Suicide Prevention Center.....	(800) 309-2131
Utility Assistance:	
HEAP (Home Energy Assistance Program.....	(866) 675-6632
Maraville Foundation.....	(800) 906-4651
Victims of Crime Resources Center.....	(800) 843-5464
Women Helping Women.....	(877) 655-3807

### **ABUSE:**

AV Human Relations Hate Crimes Hotline .....	(877)728-7322
Adult Protective Services (Elder Abuse Hotline).....	(800) 992-1660
Child Abuse Hotline (Los Angeles County) .....	(800) 540-4000
Child Abuse Hotline (National).....	(800) 422-4453
Domestic Violence (National).....	(800) 799-7233
Domestic Violence 24 hour Hotline.....	(661) 945-6736 (Local)
Domestic Violence Safety Net Hotline.....	(800) 978-3600 (District Atty)
Domestic Violence (Bilingual).....	(800) 548-2722
Sexual Assault Survivors 24 hour Hotline.....	(661) 723-7273
RAINN (Rape, Abuse, and Incest National Network) .....	(800) 656-4673
Rape Treatment Center (24 hours).....	(310) 319-4000
We Tip National Hotline .....	(800) 47-ARSON; (855) 86-BULLY
(800) 78-CRIME (800) 47-DRUGS (800) US-FRAUD (800) 6-HITNRUN	

### **CLOTHING**

Goodwill .....	(661) 948-5524, (661) 341-3912 (661) 267-2165, (661) 208-4490
Salvation Army .....	(661) 940-5072 Lancaster (661) 948-3418 Lancaster
Valley Oasis Shelter Thrift Shop.....	(661) 942-2758

### **HEALTH**

Bi-Lingual Helpline Su Familia (Health Related).....	(866) 783-2645
Call for Care (LA Care Nurse Advice Line) .....	(800) 249-3619
Poison Control.....	(800) 876-4766

**MENTAL HEALTH SERVICES (Adult)**

AV Mental Hospital .....(661) 949-5000  
AV Hospital Mental Health Unit.....(661) 949-5250  
Department of Mental Health (LA County).....(800) 854-7771  
Palmdale Mental Health Center .....(661) 575-1800  
Olive View Medical Center (24 hours).....(818) 364-1555  
National Alliance on Mental Illness (NAMI).....(661) 341-8041  
Mental Health Access Center/PMRT.....(661) 223-3838 daytime  
(800) 854-7771 after hours  
Mental Health America .....(661) 726-2850 daytime  
(661) 733-8885 after hours

**MENTAL HEALTH SERVICES (Children)**

Alafia.....(661) 940-9094  
National Alliance on Mental Illness (NAMI).....(661) 341-8041  
Valley Child Guidance Center .....(661) 265-8627

**RUNAWAY**

Angel’s Flight ..... (800) 833-2499  
Children of the Night ..... (800) 551-1300  
Covenant House ..... (800) 999-9999  
Missing Children..... (800) 222-3463

**SUBSTANCE ABUSE**

Alanon/Alateen ..... (661) 274-9353  
Alcoholics Anonymous..... (661) 945-5757  
Alcoholism & Drug Dependency..... (661) 948-5046  
California Smokers Helpline..... (800) 662-8887  
(800) 456-6386 Spanish  
Cocaine Anonymous..... (800) 347-8998  
Co-Dependants Anonymous ..... (661) 944-4927  
Narcotics Anonymous ..... (661) 266-2200

**SUICIDE**

For life-threatening emergencies, call 911  
For help with a suicidal crisis or other mental health emergency, call ACCESS at (800) 854-7771  
TTY for Hearing Impaired 562-651-2549  
Suicide Prevention Center.....(310) 391-1253  
(TALK) – National Hotline.....(800) 273-8255  
Hopeline Suicide Lifeline.....(800) 784-2433

**YOUTH**

Bullying Helpline.....(855) 86-BULLY  
Rape Crisis Hotline.....(213) 626-3393  
Teen Dating Abuse Helpline [www.loveisrespect.org](http://www.loveisrespect.org).....(866) 331-9794  
Teen Talk (Youth Support Association) ..... (661) 949-6615  
Youth Crisis Hotline.....(800) 843-5200