

SERVICES AND INFORMATION REFERENCE

PEOPLE WHO HELP PEOPLE

LASH.FINDHELP.COM	The Website lists 5,400 programs in the Antelope Valley for: Food, Housing, Goods, Transit, Health, Money, Care, Education, Work, and Legal (See "Housing" for utility assistance)		
211 Los Angeles	211	Telephone & Online only, no walk-ins	Provides information where to find advocacy, disaster services, housing, public safety, services for seniors
NAME	PHONE #	ADDRESS	NOTES
HOUSING			
211 Los Angeles	211	Telephone & Online only, no walk-ins	Provides advocacy, disaster services, housing, public safety, services for seniors.
Valley Oasis Family Solutions	661-942-2758 or 661-239-9300	43434 Sahuayo St	Homeless Placement
Dept of Public Social Services	626-569-1399	349-B East Avenue K-6	Welfare & Homeless Program
Domestic Violence Housing First	661-945-5509		
L.A. Homeless Authority	800-548-6047		
L.A. County Dev. Authority Antelope Valley Office	661-575-1511	2323 East Palmdale Blvd., Ste B Palmdale, CA 93550	Housing Assistance Division
Catalyst Foundation	661-948-8559	44758 Elm St	Vet services, food programs, HIV testing, counseling
S.A.V.E.S Emergency Lodging	661-267-5100	38300 Sierre Highway, Palmdale	M-TH 7:30am to 6pm closed Friday
AV Council on Alcohol & Drugs	800-304-2219		
Mental Health Association	661-726-2850	43423 N Division	Showers, laundry, phone, and housing assistance. Must qualify. Tue, Thur, Fri 9am-1pm
DPSS (Dept of Social Services)	866-613-3777	349-B E. Ave K6	must receive benefits from DPSS to receive vouchers, call 211 for all others
Unalienable Rights Inc, Demeiia Reese	223-286-5585	dreese@housing4every1.org	www.housing4every1.org
Calworks Outreach (families with children in home)	661-942-2758	How to apply online: BenefitsCal.com	financial assistance and housing-related wrap-around supportive services, including, but not limited to: rental assistance, housing navigation, case management, security deposits, utility payments, moving costs, hotel and motel vouchers, legal services, and credit repair
Kensington Campus serves adult individuals (not families) currently experiencing homelessness	661-723-6284	3211 W I Ave, Lancaster, CA 93536	14 acres therapeutic community designed to house, employ, and rehabilitate the local homeless population, Offers interim housing, case management, wellness programs, medical and mental health care.
Independent Living Center	661-942-9726	606 E. Ave K4, Lancaster, 93534	Assists People with Disabilities to gain skills they need to reach new levels of independence. ILC serves disabled persons of all ages (Youth, Older Adults & Veterans). Offers Vocational Training, Housing Asst, Computer Skills, Traumatic Brain Injury Support, Advocacy Services, Independent Living Skills
Volunteers of America	661-723-4873	45150 60th St. West, Lancaster	Provides employment services, housing services, services for veterans
Volunteers of America - Youth Program - Specialized Emergency Housing	661-449-1675	avisar@voala.org	offer the youth (18-24) housing for up to 45 days along with case management services. Helps get document ready, search for employment leads, and referrals for housing programs .
LA Family Housing	818-255-2766		Assists with families with children to find housing
LA Family Housing	818-675-3981	7843 Lankershim Blvd, N Hollywood, Ca	Helps people transition out of homelessness & poverty through a continuum of housing enriched with supportive services
TAY Penny Lane	661-266-4783		Youth 18 and under. Offers shelter, mental health, substance abuse, employment assistance, GEDs support, HIV testing
Salvation Army	661-948-3418		Individual, not under 18
Housing Rights Center (HRC) LA County	800-477-5977	3255 Wilshire Blvd, Suite 1150, Los Angeles 90010	Housing Counselors can answer your questions about landlord-tenant rights and responsibilities - deposits, evictions, repairs, and more. Project Place provides information on affordable rentals, sr housing and vet housing. Email: info@housingrightscenter.org

HOTEL VOUCHERS			
DPSS (Dept of Social Services)	866-613-3777	349-B E. Ave K6	must receive benefits from DPSS to receive vouchers, call 211 for all others
EVICTION INFORMATION/ASSISTANCE			
BASTA	661-525-5050	667 W. Ave J, Lancaster, 93534	Offers legal representation, support for tenant rights, general housing advice, supporting with LA Rent Escrow Account Program (REAP)
UTILITY ASSISTANCE - CONTACT 211 OR LASH.FINDHELP.COM			
Emergency 24/7 referrals: 211 Maravilla Foundation	800-906-4651 for appt unless shut off	43460 Sahuayo St	Pays gas & electric once a year only. 726-9813
Low Income Home Energy Assistance Program (LIHEAP)	866-674-6327	Caliheatapply.com	
California Alternate Rates for Energy (CARE)		check out website to request an application form to receive 30 to 35% discount	Please contact your utility company
The Family Rate Assistance Program (FERA)		offers a discount on your electricity bill if you are a customer of So Cal Edison, San Diego Gas & Electric.	For more information, please contact your utility company
Weatherization	661-726-9808		
Salvation Army	661-948-3418	44517 Sierra Hwy, Lancaster	Electric assistance. Tues only 9am. or call for appt. No gas asst.
St Stephen's Church	661-947-6451	1737 E. Ave. R, Palmdale	\$25.00 per year, paid directly to company
Energy Savings Assistance Program (ESA)		to request an application form and more info, please contact your utility company	Provides no-cost weatherization services
So Cal Edison	800-655-4555	Lost job, reduced energy rate through CARE or FERA programs	Residential customers with past due balance may qualify for a 12-month repayment plan
LOS ANGELES COUNTY WATERWORKS DISTRICTS LATE FEES AND NON-PAYMENT DISCONNECTIONS			
Low Income Household Water Assistance	323-721-4162	http://maravilla.org/services/utility-assistance	Offers assistance to residents who are experiencing challenges with unpaid/past due bills
Los Angeles County Waterworks Districts	877-637-3661		Offers customer payment plans to allow customers additional time to pay past due balances
A MEAL FOR EVERY DAY CALL 211 FOR GROCERIES OR MEALS OR LASH.FINDHELP.COM			
MONDAY			
St. Vincent de Paul	661-942-3222	45058 Trevor Ave #B, Lancaster	Breakfast - 9:00am to 10:00am
United Methodist Church	661-942-0419	918 W Avenue J, Lancaster	Soup Kitchen 12noon to 1pm
Desert Vineyard	661-945-2777	1011 E Ave I, Lancaster	Monday Night Manna 6 -7 pm
New Beginning Adventist Church	661-349-7174	45354 Sierra Hwy, Lancaster	1:00-2:30pm Lunch
Mojave/Rosamond Sal Army	661-824-2100	15662 K St., Mojave	Monday - Friday 8:30-10:30
Paving the Way Foundation	661-522-4134	44818 Fern Ave, St 105	Breakfast - 8:00am to 9:00am
TUESDAY			
Salvation Army	661-948-3418	44517 Sierra Hwy, Lancaster	11:00-12 noon Lunch
Mojave/Rosamond Sal Army	661-824-2100	15662 K St., Mojave	Monday - Friday 8:30-10:30
Paving the Way Foundation	661-522-4134	44818 Fern Ave, St 105	Breakfast - 8:00am to 9:00am
Grace Resources	661-940-5272	45134 N. Sierra Highway	5:30pm
WEDNESDAY			
St. Vincent de Paul	661-942-3222	45058 Trevor Ave #B, Lancaster	9:00-10:00am Breakfast
Salvation Army	661-948-3418	44517 Sierra Hwy, Lancaster	Hot Lunch 11:00 - 12 noon
New Beginning Adventist Church	661-349-7174	45354 Sierra Hwy, Lancaster	8:00am Breakfast
Mojave/Rosamond Sal Army	661-824-2100	15662 K St., Mojave	Monday - Friday 8:30-10:30
Paving the Way Foundation	661-522-4134	44818 Fern Ave, St 105	Breakfast - 8:00am to 9:00am
Grace Resources	661-940-5272	45134 N. Sierra Highway	5:30pm for dinner, lunches on patio every 2nd, 3rd, 4th Wed of the month

THURSDAY			
United Methodist Church	661-942-0419	918 W Avenue J, Lancaster	12 noon to 1 pm Soup Kitchen
Central Christian Church	661-945-7902	3131 W. Ave J, Lancaster	6pm - 7pm Hot meal
Mojave/Rosamond Sal Army	661-824-2100	15662 K St., Mojave	Monday - Friday 8:30-10:30
Paving the Way Foundation	661-522-4134	44818 Fern Ave, St 105	Breakfast - 8:00am to 9:00am
FRIDAY			
Salvation Army	661-948-3418	44517 Sierra Hwy, Lancaster	Hot Lunch 11:00 - 12 noon
Antelope Valley Partners for Health	661-942-4719	44226 10th St West, Lancaster	Emergency meals 8:00-11:00. First come, first served
Mojave/Rosamond Sal Army	661-824-2100	15662 K St., Mojave	Monday - Friday 8:30-10:30
Kingdom Builders Church	661-726-1196	208 Pillsbury, Lancaster	10:00am to 1:00pm
SATURDAY			
St. Vincent de Paul	661-942-3222	45058 Trevor Ave #B, Lancaster	9:00-10:00am Breakfast
New Beginning Adventist Church	661-349-7174	45354 Sierra Hwy, Lancaster	8:00 am Breakfast
Calvary Chapel	661-942-0404	1661 Lancaster Blvd, Lancaster	4:00 pm Meal
SUNDAY			
Grace Resources	661-940-5272	45134 N. Sierra Hwy, Lancaster	1:30pm to 2:00pm Hot Meal
PALMDALE			
7th day Adventist Church	661-947-8496	1758 E. Ave. R., Palmdale	9-12 1st and 3rd Wednesday
St. Mary's Church	661-947-3306	1600 E. Ave. R-4	Wednesday 8-11:30am
ROSAMOND			
St. Mary's Catholic Church	661-256-4505	3100 15th St. West	1st & 3rd Thur of month 9-11am
Hummell Hall Salvation Army		2500 20th St. W.	Mon 1:00pm
Church of Christ		1389 W. Rosamond Blvd	9:30am 2nd and 4th Mon
Wayside Chapel		2584 Felsite Ave	3-4pm Wed 6-7 pm Soup Kitchen
FOOD ASSISTANCE			
MONDAY			
St. Vincent de Paul	661-942-3222	45058 Trevor Ave #B, Lancaster	9:30-11:30am Family/Senior food program, Once every 4 weeks. For residents of Lancaster & Quartz Hill
Senior Center	661-726-4400	777 W. Jackman, Lancaster	Seniors 60 and older. M-F 8 to 5
Living Waters Worship Center	661-422-6863	1111 W. Ave. L-12 A, Lancaster	Food distributed at 1pm, arrive at 8:30 to get ticket to get box at 1pm.
TUESDAY			
Grace Resource Center	661-940-5272	45134 N. Sierra Hwy, Lancaster	10am to 10:15 for Walk Up, 1:00 to 1:15 for Drive-Thru
Senior Center	661-726-4400	777 W. Jackman, Lancaster	Seniors 60 and older. M-F 8 to 5
WEDNESDAY			
St. Vincent de Paul	661-942-3222	45058 Trevor Ave #B, Lancaster	9:30-11:30am Family/Senior food program, Once every 4 weeks. For residents of Lancaster & Quartz Hill
Living Waters Worship Center	661-422-6863	1111 W. Ave. L-12 A, Lancaster	Food distributed at 1pm, arrive at 8:30 to get ticket to get box at 1pm.
Grace Resource Center	661-940-5272	45134 N. Sierra Hwy, Lancaster	10am to 10:15 for Walk Up, 1:00 to 1:15 for Drive-Thru
Senior Center	661-726-4400	777 W. Jackman, Lancaster	Seniors 60 and older. M-F 8 to 5
Salvation Army	661-948-3418	44517 Sierra Hwy, Lancaster	4th Wednesday, 9:00-10:30am
THURSDAY			
El Lirio's Pantry	661-418-7178	45029 North Trevor Avenue, Lancaster	2nd and 4th Saturdays: 9am to 11am Walk Up
Senior Center	661-726-4400	777 W. Jackman, Lancaster	Seniors 60 and older. M-F 8 to 5
Grace Resource Center	661-940-5272	45134 N. Sierra Hwy, Lancaster	10am to 10:15 for Walk Up, 1:00 to 1:15 for Drive-Thru

FRIDAY			
Total Deliverance Church	661-951-9881	45124 10th St. W or 824 W Ave L-6 St E	
World Harvest Christian Church	661-945-5500	224 W. Lancaster Blvd., Lancaster	Last Friday of month 12:00 - 2:00
Grace Place	661-948-9118	45212 7th St. E, Lancaster	2nd and 4th Fridays
Antelope Valley Partners for Health	661-942-4719	858 W. Jackman St, Lancaster	Food pantry every 2nd and 4th Friday of the month, 8am to 11am. Emergency food is available from 8am to 4pm if pantry is stocked.
Commodity Supplemental Food Program (CSFP)		Heroes Park 701 W Kettering	Food Giveaway 9-11am 4th Friday of the month
Senior Center	661-726-4400	777 W. Jackman, Lancaster	Seniors 60 and older. M-F 8 to 5
SATURDAY			
St. Vincent de Paul	661-942-3222	45058 Trevor Ave #B, Lancaster	9:30-11:30am Family/Senior food program, Once every for weeks. For residents of Lancaster & Quartz Hill
Shekinah	661-940-8378	42640 10th Street West	Last Saturday of the month, if a holiday, one week earlier
Adventist Loveship	661-943-5725	836 E. Ave I	2nd Saturday 2:30-4:30, 3rd Saturday 12 Noon Jane Reynolds Park
The Redeemed Christian Church of God	661-406-4600	340 W. Milling St, Lancaster	Food Bank last Saturday of each month
Living Waters Worship Center	661-422-6863	1111 W. Ave. L-12 A, Lancaster	Distribute food at 10:45am, get in line early, line is long
Ministerio Lirios del Valle	661-418-7178	Trevor Ave	
SUNDAY			
New Conenant Ministry	661-723-1377	540 W. Lancaster Blvd #110	Free groceries every Sunday
PALMDALE			
7th Day Adventist Church	661-947-8496	1758 E. Ave. R	9-12 1st & 3rd Wednesdays
St. Mary's Church	661-947-3306	1600 E. Ave. R-4	Wednesday 8-11:30am (833)825-5822
ROSAMOND			
St. Mary's Catholic Church	661-256-4505	3100 15th St. West	1st & 3rd Thursday of the month 9:00-11:00
Hummell Hall Salvation Army	661-837-4243	2500 20th St. W.	Mon 1:00pm, Commodities 8:30 2nd Fri of month
Church of Christ	661-256-3245	1389 W. Rosamond Blvd	9:30 2nd & 4th Mon of every month
Wayside Chapel	661-256-9222	2584 Felsite Ave	3-4:00 Wed, 6-7 Soup Kitchen
CALIFORNIA CITY			
SVDP Our Lady of Lourdes	760-373-2256	9970 Cal City Blvd	9-1:30 Food Bank
FOOD BOXES			
One Love Food Ministry	661-349-3063	208 Pillsbury St, Lancaster	
Antelope Valley Senior Center	661-726-4400	777 W. Jackman	Seniors (62+) Appointment Mon 2-5, Tues 9:30-noon & 2-5
Legacy Commons	661-267-5904	930 E. Avenue Q9	Appointment only. Seniors 55+. Tues & Thurs 1:00 - 3:30
DOMESTIC VIOLENCE			
211 Los Angeles	211	Telephone & Online only, no walk-ins	Provides advocacy, disaster services, housing, public safety, services for seniors.
Domestic Violence Shelter Valley Oasis Shelter	661-945-5509	Hotline - 661-945-6736	legal and financial assistance, counseling, housing, support, children's services, Community Education Services
Antelope Valley Resources WEDO	24 HOUR HOTLINE – (661)945-6736	43434 Sahuayo St	Arrange intake Mondays through Fridays from 9am to 3pm. The shelter is a 60 day emergency shelter open 24-hours a day. With a 65 bed capacity, the shelter provides services to men, women and children of all ages who are victims of domestic violence
Valley Oasis	661-949-1916 Homeless Services: 661-942-2758	PO Box 2980, Lancaster 93539	Emergency Shelter: 661-945-5509 24 Hour Hotline 661-945-6736 Services Men, Women, Children, Emancipated Minors, Lesbian, Gay, Transgender, All Races and Religious Beliefs
Paving the Way Foundation	661-522-4134	44818 Fern Ave, St 105	Offers classes for Domestic Violence
Oneness Church dba Oneness Safe Haven	800-649-9118	hotline: 800-649-9118	Emergency Services, Counseling, Housing, Support, Children's Services
New Direction	661-802-7167	1331 W Ave J, St 206, Lancaster	Also provides assistance with drug and alcohol, anger management, parenting
Kingdom Builders Church	661-726-1196	208 Pillsbury, Lancaster	women's shelter, offer food every Friday

MEDICAL ASSISTANCE			
Lions Club	661-494-0947	44517 Sierra Hwy	Help with eye care
Tarzana Treatment Center	661-726-2630, Clinic: 723-4829	44447 10th St West	Chemical Dependency Center, No Medicare
High Desert Medical	661-471-4000		
Rape Hotline	661-723-7273		
Valley Oasis Hotline	661-945-6736		
JWCH Institute, Inc Wesley's Health & Wellness	661-942-2391	45101 10th St W. dhs.lacounty.gov/mhla	Mon - Fri 8 to 5 County operated, Eng/Spanish spoken. Dental, primary care, pharmacy. 844-744-6452 - member services
Paving the Way Foundation	661-522-4134	44818 Fern Ave, St 105	
Bartz-Altadonna	661-874-4050 call for appts	43322 Gingham Ave, St 104, Lancaster	Mon - Fri 7:30am to 6:30pm, Sat - 9 to 6 Medical & mental healthcare for all ages, low income, uninsured, homeless. Www.bachc.org
MENTAL HEALTH ASSISTANCE			
Mental Health of America	661-726-2850	506 W Jackman, Lancaster	This agency provides homeless support, mental health services and volunteer opportunities for people in the
VETERAN'S ASSISTANCE			
LA County Dept of Military & Veterans Affairs	Service/Intake (661) 726-4410, (661) 726-4400	777 W. Jackman St.	http://mva.lacounty.gov/ Hours: 8am – 4pm
Veteran's Assistance	661-802-1461		Michelle Smith
Red White Blue	661-755-9321	42018 50th Street West, Quartz Hill	give support to our nation's heroes and provide development services to those in need
MHALA Mental Health of Los Angeles	661-947-1993	1529 E Palmdale Blvd St 330, Palmdale	Victoria Garcia 661-855-0192 www.mhala.org
Volunteers of America	661-723-4873	45150 60th St. West, Lancaster	Provides employment services, housing services, services for veterans and shelter for homeless veterans, and veterans who are at risk of becoming homeless
DPSS (Dept of Social Services)	866-613-3777	349-B E. Ave K6	Can help with housing and filling out forms. Must receive benefits from DPSS to receive vouchers, call 211 for all others.
Independent Living Center	661-942-9726	606 E. Ave K4, Lancaster, 93534	Assists Veterans with Disabilities to gain skills they need to reach new levels of independence. Offers Vocational Training, Housing Asst, Computer Skills, Traumatic Brain Injury Support, Advocacy Services, Independent Living Skills
Culdesac Investments	562-841-6759	www.CuldesacInvestments.com	Safe, structured housing with a supportive community. Affordable rates per bed. Access to essential resources & services tailored to meet the needs of residents
Military Veteran Housing Assistance	661-947-1994	1530 E Palmdale Blvd St 330, Palmdale	
CLOTHING			
St. Vincent de Paul	661-942-3222	45058 Trevor Ave #B, Lancaster	9:30 - 11:30am
Paving the Way Foundation	661-522-4314	44818 Fern Ave. Suite 105	The Closet has men and women's semi-casual clothing to help adults dress for job interviews. Mon to Fri 9am to 1pm
Grace Resources	661-940-5272	45134 N. Sierra Highway	call ahead
HAIRCUTS			
St. Vincent de Paul	661-942-3222	45058 Trevor Ave #B, Lancaster	Mondays & Wednesdays, sign up at 8:15, limited number accepted.
LEGAL AID/SERVICES			
Neighborhood Legal	800-433-6251	45111 Fern Ave, Lancaster	Available 2nd Wednesday of the month, partnered with DMH
CalWorks Legal Services	661-723-7772		
LawHelpCA.org	213-830-0845	42011 4th Street West, Lancaster	New online workshops and appts will now be offered remotely; limited in person asst is available by appt only. Please call to schedule an appt via phone (213)-830-0845 during office hours Mon-Fri from 8:30a.m. – 4:30p.m. (except court holidays) or schedule a appt remotely through website.
JUSTICE INVOLVED INDIVIDUALS			
Children's Center of AV	661-949-1206	45111 Fern Ave, Lancaster	Justice involved individuals for all ages.

DRUG & ALCOHOL			
New Direction	661-802-7167	1331 W. Ave J, Ste 206, Lancaster	outpatient, drug test -also provides assistance with domestic violence (victim), parentig, and anger
BABY/CHILDREN ASSISTANCE			
WIC Office	661-949-5805	44216 10th St. West	Baby food & service to children & pregnant mothers
Lost Angels Children's Project, Inc	661-579-6052 ofc 661-365-8427 cell	email: matt@lostangelscp.org	
Lancaster Children's & Family Services	661-951-4107	1150 West Ave J, Lancaster	Children and Family Services promotes the economic and social well-being of children, youth, and families. Under the Department of Children and Family Services (DCFS), the Children and Family Services Office also provides protective services.
DCFS Hotline	800-540-4000		To report child abuse
Grace Resources	661-940-5272	45134 Sierra Hwy	Tues &Thurs 10am to 12:30pm, 1:30pm to 3pm Wed: 10am to 2pm
Kayla's Place	661-949-3269		To qualify for services, the caregiver must have complete and total Legal custody of child and the child must have experienced trauma.
Calworks Outreach (families with children in home)	661-942-2758	How to apply online: BenefitsCal.com	If a family has little or no cash and needs housing, food, utilities, clothing or medical care, they may be eligible to receive immediate short-term help. Families that apply and qualify for ongoing assistance receive money each month to help pay for housing, food and other necessary expenses.
Children's Center of AV	661-949-1206	45111 Fern Ave, Lancaster	Services for Transitional justice involved children ages 16 to 26. Resources for 0 to 15 - Resource Orientation gathering every second Friday of the month 2 to 4pm
Grace Resources	661-940-5272	45134 N. Sierra Highway	Diapers and Wipes when available Tues/Th 2pm to 3pm, W 10-3
Briteline Care for families and kids in California		www.hellobrightline.com/brightlifekids/	Brightline Care for Families and Kids in California offers free, expert coaching for sleep issues, worry, social skills, and more. Families with kids ages 0-12 in California can receive this support without a referral or insurance.
PARENTING CLASSES			
Paving the Way Foundation	661-522-4134	44818 Fern Ave, St 105	10 week course, 2 hr long classes, Tuesdays 10am to 12pm
MENTAL HEALTH ASSISTANCE			
Mental Heath Services	661-726-2850	506 W. Jackman	
ALBA Wellness Group	818-741-2906	info@albawellnessgroup.com Telehealth available	anger management, career counseling, EMDR, Ketamine AssistedPsychotherapy
MHALA Mental Health America of Los Angeles	661-947-1993	1529 E. Palmdale Blvd, St 330 Palmdale, CA	For Veterans and their families, must have a copy of the veteran's DD214 discharge papers
HYGIENE SUPPLIES			
St. Vincent de Paul	661-942-3222	45058 Trevor Ave #B, Lancaster	9:30 - 11:30am
Grace Resources	661-940-5272	45134 Sierra Hwy	Tues &Thurs 10am to 12:30pm, 1:30pm to 3pm Wed: 10am to 2pm
LAUNDRY			
Mental Heath Services	661-726-2850	506 W. Jackman	M - F 9am - 1pm
SHOWERS			
Mental Heath Services	661-726-2850	506 W. Jackman	Line Up at 7pm
The Connection Church	661-273-0603	38458 Sierra Highway, Palmdale	9am - 2pm, Monday - Thursday. Includes a meal
Grace Resource	661-940-5272	45134 Sierra Hwy	Showers Wed & Fri Be there at noon for 1pm showers to get ticket. Only 10 showers available
MAIL GENERAL DELIVERY			
USPS General Delivery	Mail is addressed to the customer using their full name & designated General Delivery address (e.g. John Smith, General Delivery, Anytown, CA 12345-999). Mail is held at the PO for up to 30 days. Customers pick up their mail during retail hours by showing ID and requesting their General Delivery mail.		
Paving the Way Foundation	661-522-4134	44818 Fern Ave Ste 105, Lancaster	Monday - Thursday 9am to 2pm

SAFE PARKING			
Hope of the Valley	661-644-0915	Palmdale safeparking1@hopeofthevalley.org	adults, family, youth, Open daily: 7pm-7am. No RVs, on-site restrooms.
Volunteers of America LA - Lancaster	213-247-6261	Lancaster	# of available spaces: 40. Adults and Youth served. Hours: Daily 8:30pm-6:30am. On-site restrooms, RVs allowed
IMMIGRANT ASSISTANCE			
LA County Office of Immigrant Affairs	833-825-5822		Contact: Analu Fernandini
CERTIFIED JOB TRAINING/EMPLOYMENT			
Paving the Way Foundation	661-522-4314	44818 Fern Ave	Partnered w/International Brotherhood of Teamsters, Training for: OSHA 10, Hazmat, HAZWOPER, Forklift training. Contact for schedule
HOME REPAIRS FOR QUALIFIED HOMEOWNERS			
Handyworker Program	661-878-2823 or 661-942-4719	Antelope Valley Partners for Health	Website: www.AVPH.org Service: grab bars, locks installed, smoke detectors, threshold wheelchair ramps, repair broken windows, hand rails, minor plumbing, other repairs related to health and safety.
TRANSPORTATION			
Paving the Way Foundation	661-522-4314	44818 Fern Ave	
EDUCATION/RE-ENTRY CLASSES			
Paving the Way Foundation	661-522-4314	44818 Fern Ave	LA County Alternatives to incarceration
MEALS DELIVERED			
Feed the Need	800-510-2020	661-434-1161 can leave name & info	Free meals offered for the Elderly. Elderly nutrition program for individuals 60+ in the AV (remote areas included)
Project Angel Food	323-845-1810	angelfood.org	No age limit. For those impacted by illness or disability. Go online to get application, complete app and have dr fill out his portion. Email or mail app to PAF
SENIORS			
211 Los Angeles	211	Telephone and online only, no walk-ins	nonprofit guide to services and information.
Access Services	800-827-0829		
Helping Hands Senior Foundation	818-279-6580	helpinghandsla.org	rental & moving assistance, storage, appliances, furniture, dishes, clothing, food programs, caregiver, health services
Workforce Development/Agency for Aging	888-202-4248		
ElderCare	800-677-1116		
California Dept of Aging	916-419-7500		
Independent Living Center	661-942-9726	606 E Ave K4, Lancaster	Support and resources for stroke, cancer, visual impairments, arthritis, hearing loss, physical impairment
Medicare	800-434-0222		Health Insurance counseling & Advocacy Program
Community Connections	888-670-1360	Friendship Line	Call for someone to listen 24/7
Protection from Abuse & Neglect	800-231-4024	Long Term Care Ombudsman Crisis Line	Call if you are living in a long-term care facility
Protection from Abuse & Neglect	833-401-0832	Adult Protective Services	Call if living at home
AARP's Fraud Watch Network Helpline	877-908-3360		Protection from fraud
Alzheimer's Association	800-272-3900	24/7 Helpline	support for Alzheimer's or Dementias
AV Senior Center	661-726-4400	Lancaster	
Palmdale Senior Center	661-267-5551	Palmdale	
Meals on Wheels	717-392-4842	Lancaster	M - F 8am - 2pm Provides lunch and dinner at a reasonable rate. Medically tailored fod - \$11, regular meals - \$9.50. Accepts food stamps for payment. If over 60, contact the Office of Aging, they may help with cost. Insurance may pay. Delivers food M-F including holidays if on a week day.
Culdesac Investments	562-841-6759	www.CuldesacInvestments.com	Safe structured housing with supportive community. Affordable rates per bed. Access to essential resources & services tailored to meet the nees of residents.

Information & Assistance Hotline1	(800) 510-2020		
Elder & Dependent Abuse Hotline	(877) 477-3646		
Community & Senior Centers	(800) 689-8514		
Disability Information & Access Line	(888) 677-1199		
Transportation Hotline	(888) 863-7411		
Note: This is an information only listing and subject to change at any time without notice. If you know of any changes or other places that serve our community, please let us know and we will update our list. Thank you.			