

Community Resources, Appendix J

Faith-Based Support & Counseling

- **Bethany Lutheran Church & Pastoral Care**
Contact the church office for prayer support, home visits, or spiritual counseling. (<https://www.bethanylutheran.org/>)
 - **Lutheran Social Services of Southern California**
Family support services, housing resources, food assistance, and crisis counseling. (www.lsssc.org)
 - **Concordia University – Center for Lutheran Counseling & Care Ministry**
Christ-centered mental health and family therapy options (may include referrals). (www.cui.edu)
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Health & Safety Resources (Local & State)

- **California Poison Control System**
(800) 222-1222 (24/7, toll-free) Offers expert guidance on accidental ingestions, toxic exposure, and medication safety for children. (www.calpoison.org)
 - **Child Abuse Hotline**
(800)-540-4000 (800)-272-6699 – TDD
Online Reporting: <https://reportChildAbuseLA.org>
 - **Miller Children's & Women's Hospital Long Beach**
2801 Atlantic Ave., Long Beach, CA 90806
Provides specialized pediatric care, emergency services, and parenting education programs. (www.millerchildrens.org)
 - **Long Beach Health Department – Family Health Services**
2525 Grand Ave., Long Beach, CA 90815
Offers immunizations, nutrition support (WIC), developmental screenings, and parenting programs. (www.longbeach.gov/health)
 - **EPSDT / Title V & CHIP**
Medicaid programs offering comprehensive health services and insurance for eligible children (<https://www.medicaid.gov/medicaid/benefits/early-and-periodic-screening-diagnostic-and-treatment>)
 - **First 5 Los Angeles**
Provides health, nutrition, home visiting, and preschool readiness resources for families with young children. (<https://www.first5la.org/>)
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Local/State Educational & Financial Resources

- **Harbor Regional Center (HRC)**
21231 Hawthorne Blvd., Torrance, CA 90503 (310) 540-1711
HRC serves children with developmental delays or disabilities from birth through adulthood. Services include assessment, case coordination, early intervention services, and referrals for therapy. (www.harborrc.org)

- **Stramski Center**
2651 Elm Ave, Long Beach, CA 90806 (562) 728-5034
is a special needs center that helps children and families deal with conditions, such as autism, ADHD, birth defects, learning problems, and other developmental delays.
(<https://www.millerchildrens.memorialcare.org/specialties/stramski-childrens-developmental-center>)
 - **Long Beach Unified School District – Child Find**
(562)-429-8636
Public schools are required to evaluate children (ages 3+) suspected of having a disability. LBUSD provides free evaluations, services, and IEP planning. (www.lbschools.net)
 - **Children’s Home Society of California (Long Beach)**
Offers childcare financial assistance, referrals, and the Bridge Program for foster families.
(chs-ca.org)
 - **Children Today (Long Beach)**
A nonprofit offering trauma-informed family support and community connection. (childrentoday.org)
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Federal & National Resources

- **Help Me Grow LA**
A family resource network for child development screenings, referrals, and community support.
(publichealth.lacounty.gov, parentguide.first5california.com)
 - **Head Start & Early Head Start**
Federally funded preschool/home-visiting programs for developmental support and school readiness. (ffyf.org)
 - **National Association for the Education of Young Children (NAEYC)**
Offers family-facing information on quality early childhood education and development standards (en.wikipedia.org).
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Nutrition Support

- **CalFresh (SNAP)**
Apply for food benefits at: www.getcalfresh.org
- **Women, Infants, and Children (WIC) – Long Beach**
(562) 570-4242
Nutrition support and healthy food for low-income pregnant women and children under 5.
(www.myfamily.wic.ca.gov)
- **Project Shepherd**
Neighbor-to-neighbor assistance program has collected canned goods, dry staples, toys, backpacks and personal care items to distribute to Lakewood families in need.
(<https://www.lakewoodca.gov/About/Charitable-Organizations/Project-Shepherd>)
- **LA Food Bank Long Beach**
(www.lafoodbank.org/about/locations/long-beach)