

# COMMUNITY RESOURCE GUIDE



**AVPH**

Antelope Valley Partners for Health

*Community Collaborative Promoting Health and Wellness*

44226 10<sup>th</sup> St. West  
Lancaster, CA 93534

661-942-4719

**Antelope Valley Partners for (AVPH)**, is a non-profit 501 (c)(3) mission is to educate, strengthen and advocate for the community through services and partnerships, achieving optimal health and quality of life for all people living in the Antelope Valley. The vision of AVPH is that all children, families and individuals in the Antelope Valley will have optimal psychosocial, physical and environmental health. The AVPH slogan is:

**“Healthy People in a Healthy Antelope Valley”**

AVPH was formed by concerned grassroots community members in 1999, comprised of residents and representatives from an array of public and private organizations. The purpose was to identify and then address the health and wellness needs of the community. From its inception, AVPH has had a special interest in programs that are geared toward children and their families. AVPH strongly believes that real change in social and health behaviors start with the children of the community, and it continually seeks to bring together key partners to develop or expand innovative programs.

**Youth Services Department:** With the aid of numerous programs: Supporting Youth Victims, Ready to Rise, Untied Way, LSD Mentoring and Social Services Explorers Club. Youth Services Department delivers information, services, and support to youth in the AV. Focuses on victims of crime due to opioid crisis, youth who are in or will be in the juvenile system, college preparedness for low-income high students, volunteer mentoring, and youth leadership.



**Conference Center, Café de AVPH and Catering Services:** Our conference center and facility offers the perfect space for any occasion or event, including trainings, weddings, birthday parties, anniversaries, or corporate events. We offer a variety of spaces for renting for all different group sizes at our centralized location. To tour or reserve any of the spaces, please contact us.



**Welcome Baby:** The Welcome Baby Program brings a voluntary hospital and home-based intervention for pregnant and postpartum women. The program’s primary objective is to work with families to maximize the health, safety and security of the baby while focusing on parent-child relationships and giving families access to support and services when needed.



**Prevention and Aftercare Services (PAS):** Reflects an integrated set of activities, resources, services and supports, all of which contribute to increasing family and community Protective Factors associated with decreasing DCFS Entry/Re-entry rates, as well as an overall reduction in child abuse and neglect.

**Handyworker Program (HWP):** Free Minor Home Repairs for low to moderate income homeowners in the Unincorporated Areas of the Antelope Valley, including Sun Village, Littlerock, Pearblossom, Lake Los Angeles and others.



**The Lactation Center:** The lactation center strives to provide the highest quality, individualized support and assistance to the mother and her baby for the duration of their breastfeeding relationship.

**Resource Support Services (RSS):** RSS offers supportive services to any Relative, Non-Relative Extended Family Members (NREFM) and children residing with them; including linkage to community resources and/or Emergency needs.



**CalFresh Healthy Living:** The new brand identity for SNAP-funded nutrition education programs in California, previously known as Champions for Change. The rebrand connects all the SNAP services & programs provided to eligible Californians under one brand name. Cal Fresh is rebranding food assistance programs, nutrition education programs, employment and training programs, & disaster response programs with the goal of increasing participation in the services.

**AVPH Food Pantry:** If you would like to choose your fruits and veggies, and other healthy foods, join us for our Food pantry. If interested, call for more details.



**Senior Box Program:** Free food assistance for older adults, 60 years and older. Will be able to receive 10-12 lb. food kit. Call for details.



**Zumba Fitness Classes:** If you would like to get your sweat on while doing cardio, and dancing with our certified Zumba instructors, join us at AVPH for our Zumba fitness classes. If interested, call for more details.

## BREASTFEEDING SUPPORT

### Antelope Valley Partners for Health

**Jodi Rosen, RN, IBCLC 661- 942-4719**

44226 10<sup>th</sup> St West  
Lancaster, CA 93534

Breastfeeding classes, consultations, Lactation Center & free breastfeeding support group

### Kaiser Permanente- Center for Healthy Living

**\*\* Kaiser members only\*\* 661-726-2200**

Classes: Online only, 1.5 hours each class, call to register

**Breastfeeding Class:** One time class, can request to take it more than once if needed.

**Baby Care Basics Class:** Days & times vary offered 1x/ month \*subject to change.

RN's available for 1:1 lactation consultation \*call for appointments/availability.

**BabyCafe:** Nurse teaches a new skill to parent each session.

**La Leche League 661-917-7900**

### Women, Infants and Children (WIC)

**Palmdale 661-726-6300**

2247 East Palmdale Blvd  
Palmdale, CA 93550

**Lancaster 661-949-5805**

44216 10<sup>th</sup> St West  
Lancaster, CA 93534

Currently closed to public, all services are being provided over the phone. Email documents and benefits card will be mailed out if approved. Call for appointment and details.

Nutrition education & counseling for pregnant, nursing or postpartum women. Breastfeeding classes, breastfeeding education & support. Nutritious food vouchers for qualifying families.

### AV Hospital Women & Infants Pavilion

**44155 15<sup>th</sup> St West 661-726-6210**

Lancaster, CA 93534

Onsite consultation with an IBCLC, Breastfeeding classes, Nursing Bra fittings, Breast pumps for sale/rent, Medela Breastfeeding supplies, & Milk bank donor site. Childbirth classes and newborn care education.

## CA ASSISTANCE PROGRAMS

### CalFresh

(Food stamps)

**818-701-8200**

349 East Avenue K-6 Suite B

Lancaster, CA 93535

[www.calfresh.ca.gov](http://www.calfresh.ca.gov)

### CalWORKS

**310-258-7400**

(Cash aid & other services for eligible families)

349 B East Avenue K-6

Lancaster, CA 93535

[www.cdss.ca.gov/calworks](http://www.cdss.ca.gov/calworks)

## CA ASSISTANCE PROGRAMS CONTINUED

### Medi-Cal

**1-818-701-8200**

(Medicaid health care program for low-income individuals/families)

349 B East Avenue K-6

Lancaster, CA 93535

### Torres Martinez Tribal TANF

(Temporary Assistance for Native Families)

460 West Palmdale Blvd

**661-466-1100**

Palmdale, CA 93551

Services include cash aid, supportive services such as mileage, daycare, housing, tickets, job skills, GED, substance abuse, parenting classes. Offer youth programs such as tiny tots, tutoring, and cultural education.

## CHILD CARE & YOUTH PROGRAMS

### Boys and Girls Club

**Palmdale Facility**

**661-274-2582**

**Lancaster Facility**

**661-951-1013**

45404 North Division St

Lancaster, CA 93555

### Child Care Resource Center

250 Grand Cypress Avenue

**661-789-1200**

Palmdale, CA 93551

### YMCA

**661-723-9622**

43001 10<sup>th</sup> St West

Lancaster, CA 93534

Childcare programs are operating. All other programs are on hold until further notice.

## CLOTHING & FURNITURE

### Goodwill Services

Long-standing nonprofit chain with a range of pre-owned clothing, furniture, housewares & more.

**Palmdale Location**

**661-208-4490**

40125 10<sup>th</sup> St West

Palmdale, CA 93551

**Lancaster Location**

**661-341-3912**

2043 West Avenue J

Lancaster, CA 93534

### New 4U Kids Consignment

42741 45<sup>th</sup> St West Suite G

**661-722-7641**

Quartz Hill, CA 93536

<http://www.new4ukids.com/>

### Treasured Twice Consignment

**661-209-0423**

Semi-Annual consignment (Sept/Oct & Jan/Feb, check website for details)

## CLOTHING & FURNITURE CONTINUED

[www.treasuredtwice.com](http://www.treasuredtwice.com)

**Salvation Army Store 661-940-5072**

1050 Commerce Center Dr.

Lancaster, CA 93534

Thrift store and donation center.

## COUNSELING

### A Second Wind Violence Prevention Project

38733 9<sup>th</sup> St East Suite M

**661-947-6642**

Palmdale, CA 93550

Anger management & domestic violence counseling services, for family, couples, & individuals

### Child and Family Guidance Center

40005 10<sup>th</sup> St West Suite 106

**661-265-8627**

Palmdale, CA 93551

Open for some in person appointments, case by case. Wrap around services, IEP.

School based therapy, Medication management, family psychiatrist, services for kids 0-18. Medi-Cal only.

### AV Family Connections 661-965-6455

44705 Date Avenue

Lancaster, CA 93534

Marriage, Family, Child, Crisis, Anxiety and Depression & Anger Management Counseling

### Hathaway-Sycamores

#### Child and Family Services

44738 Sierra Hwy

**661-942-5749**

Lancaster, CA 93534

Outpatient mental health services, wraparound and in-home counseling services, & psychiatric care, community mental health services.

### Mental Health America 661-726-2850

506 West Jackman St

Lancaster, CA 93534

Support services and adult integrated services.

[www.Mhala.org](http://www.Mhala.org)

### OUTreach Center 661-927-7433

(LGBT Community Center)

44845 Cedar Avenue

Lancaster, CA 93534

[www.outreachcenterav.org](http://www.outreachcenterav.org)

Youth groups, support groups, social activities, individual & family counseling

### Personal Involvement Center

44300 Lowtree Avenue

**661-418-5093**

Lancaster, CA 93534

Free individual counseling & parenting classes

**COUNSELING CONTINUED****Penny Lane 661-266-4783**

43520 Division St  
Lancaster, CA 93535  
[www.pennylane.org](http://www.pennylane.org)

Wraparound, mental health services, adoption & foster care. Intensive services, family preservation & transitional housing for TAY. **By appointment only or via telehealth visits.**

**Palmdale Vineyard 661-947-2222**

509 E. Palmdale Blvd.  
Palmdale, CA 93550  
Parenting classes, Substance Abuse Support Groups, Anger Management, Domestic Violence and Mental Health support groups **Virtual and in person.**

**Tarzana Treatment Center 661-726-2630**

44447 N 10<sup>th</sup> St. West  
Lancaster, CA 93534  
Medical, Counseling, & Chemical Dependency Center, residential and outpatient services Drug and Alcohol Counseling, Domestic Violence classes, Primary Care and Youth Services **In person classes**

**National Alliance on Mental Illness 661-341-8041**

44349 Lowtree, Suite 104  
Lancaster, CA 93534  
Spanish and English family and individual support groups for people living with or affected by mental illness.

**DOMESTIC VIOLENCE, SEXUAL ASSAULT & SURVIVOR RESOURCES****California Victim Compensation Program (CalVCP) 1-800-777-9229**

Reimbursement of expenses for crime victims

**CA State VINE 1-877-411-5588 (Victim Information and Notification Every Day)**

Notification system for crime victims to obtain reliable information about the status of criminal cases & the custody status of offenders 24 hours a day.

**National Domestic Violence Hotline 1-800-799-7233** Call center offering referrals for domestic violence and sexual assault victim.**National Sexual Assault Hotline-RAINN 1-800-656-HOPE (4673)**  
(Rape, Abuse & Incest National Network)

[www.rainn.org](http://www.rainn.org)  
Online hotline & resources

**Rape Crisis Center 661-949-6143**

1150 West Avenue I  
Lancaster, CA 93534  
Crisis intervention for Sexual Assault Survivors & their families and 1:1 counseling service.

**DOMESTIC VIOLENCE, SEXUAL ASSAULT & SURVIVOR RESOURCES CONTINUED****Valley Oasis 661-945-6736**

DV services, DV shelter and homeless assistance services. Appointment recommended.

**Two Lifestyles 661-402-3076**

1224 East Avenue S, Suite C  
Palmdale, CA 93550  
Women only groups on anger management, parenting, victims of DV, women batterers, youth support services, and sexual abuse awareness. Registration required for all classes and small fee. DCFS drug testing daily from 7am-8pm open for registration and classes.

**EMERGENCY ASSISTANCE****Catalyst Foundation 661-948-8559**

547 Lancaster Blvd, Lancaster CA 93534  
Housing services and resources for people living with chronic conditions such as HIV and AIDS and SSI applicant assistance.

**Lancaster United Methodist Church 661-942-0419**

918 West Avenue J  
Lancaster, CA 93534  
Hot meals Monday & Thursday 12:00-1:00p

**Grace Resource Center 661-940-5272**

45134 Sierra Hwy  
Lancaster, CA 93534  
Provides hot meals:  
Tuesday 5:30-6:30p  
Wednesday 5:30-6:30p, Friday 6:00-7:00p,  
Sunday 1:30-3:00p  
Emergency clothing, groceries, diapers, and formula. Some classes call for info.

**Living Stone Cathedral of Worship 661-944-4128**

37721 N. 100<sup>th</sup> St East  
Littlerock, CA 93543  
Food giveaway 2<sup>nd</sup> & 4<sup>th</sup> Wednesday 11am—12:30p

**Salvation Army 661-948-3418**

44517 Sierra Hwy.  
Lancaster, CA 93534  
Food Box Wednesday 1:30pm-2:30pm  
Friday 2:00pm-3:00pm  
Need an appointment for food box.  
Clothing voucher once every 6 months

**SAVES 661-267-5191**

1002 East Avenue Q-12  
Palmdale, CA 93550  
**Food Bank every Tuesday and Thursday (1pm to 4pm) must be in-line by 3pm**

Food pantry, clothing & discount bus passes

**EMERGENCY ASSISTANCE CONTINUED****St. Vincent DePaul 661-942-3222**

**Food Pantry**  
45058 Trevor Avenue  
Lancaster, CA 93534  
Sack Lunch served:  
Mon, Wed, Thurs, & Sat. 9:30am-11:30pm  
Clothing:  
Mon & Wed 10am-12pm  
Haircuts:  
Monday 8:30am-11:00am

**Total Deliverance Church 661-951-9881**

2733 West Avenue L  
Lancaster, CA 93536  
Food ministry year-round & Thanksgiving  
Toy giveaway every December

**EMPLOYMENT & JOB TRAINING ASSISTANCE****DPSS Cal WORKS 1-866-613-3777**  
Helpline for enrolled client **1-626-569-1399**

349 East Avenue K-6 Suite B  
Lancaster, CA 93535  
Cal-Fresh and Cal Works application and case management services.

**Employment Development Department (EDD)**

[www.edd.ca.gov](http://www.edd.ca.gov)

**GAIN (Case Management) 1-855-219-4154**

1050 East Palmdale Blvd Suite 204  
Palmdale, CA 93550  
Childcare funds, transportation & job search workshops

**Work Source AV One-Stop Career Center Lancaster Location 661-726-4128**

1420 West Avenue I  
Lancaster, CA 93534  
**South Valley Location 661-265-7421**

38510 Sierra Hwy  
Palmdale, CA 93550  
Job search resource center, internet job search, library, resume assistance, computer & fax available

**FARMER'S MARKETS****Antelope Valley Winery Farmer's Market 661-722-0145**

Saturdays 9am-12pm, May through November  
42041 20th St West  
Lancaster, CA 93536



**FARMER'S MARKETS CONTINUED****Lancaster Boulevard 661-723-6077****Farmer's Market**

Every Thursday (Summer hrs. 4p-9p, Winter hrs. 3-7pm)

Lancaster Blvd, between Fern and Ehrlich Avenue

Lancaster, CA 93534

**HOUSING ASSISTANCE****Valley Oasis 661-942-2758****Singles**

43434 East Sahuayo St

Lancaster, CA 93535

**Families**

310 E. Palmdale Blvd. Suite A

Palmdale CA, 93550

Permanent &amp; temporary housing for families and singles

**Homeless Assistance Program****Mental Health America 661-726-2850**

506 West Jackman St

Lancaster, CA 93534

Mail service, showers, &amp; transitional program for ages 18-25

**Housing Authority 661-575-1511**

2323 East Palmdale Blvd

Palmdale, CA 93550

Housing assistance, Section 8, rental list, &amp; financial education

[www.lacda.org](http://www.lacda.org)**LA Homeless Service 213-225-6581****Authority****Section 8 Housing 1-800-731-4663**Online Applications @ [www.lacda.org](http://www.lacda.org)**LEGAL INFORMATION****Antelope Valley Juvenile Court**

1040 West Avenue J

**661-483-5924**

Lancaster, CA 93534

M-F 8am- 4:30pm

**AV Self Help Legal Access Center**(LA Superior Court, Lancaster) **1-800-433-6251**42011 4<sup>th</sup> St West3<sup>rd</sup> Floor, Rm. 3700<http://www.nls-la.org>

Family law, housing, employment, name change, restraining order, health, community &amp; consumer law.

Hours: Mon-Thurs 8:30a-12p, 1:30p-4p; Fri 8:30a-12p

**Cash Assistance Programs for****Immigrants (CAP)**

(Social Security Office)

**1-800-772-1213****Child Support****1-866-901-3212****LEGAL INFORMATION CONTINUED****Greater Valley Immigration, Citizenship And Education Services**

1305 East Palmdale Blvd #9

**661-272-1424**

Palmdale, CA 93550

**Refugee Programs Bureau****1-916-654-4356**[www.cdss.ca.gov/inforesources/refugees](http://www.cdss.ca.gov/inforesources/refugees)**National Human Trafficking****Resource Center****1-888-373-7888****Registrar-Recorder County Clerk**44509 16<sup>th</sup> St West, Suite 3**1-800-201-8999**

Lancaster, CA 93534

Birth, death &amp; marriage records

**Sheriff's Department****Lancaster Location****661-948-8466**

501 West Lancaster Blvd

Lancaster, CA 93534

**Palmdale Location****661-272-2400**

750 East Avenue Q

Palmdale, CA 93550

**Social Security Office**42225 10<sup>th</sup> St West, Suite A**1-800-722-1213**

Lancaster, CA 93534

Social security card, SSI and SSD applications and services.

M&amp;T 9am-4pm

W 9am-12pm

Th&amp;F 9am-4pm

**Superior Court****661-483-5536**42011 4<sup>th</sup> St West

Lancaster, CA 93534

**LIBRARIES & LITERACY****Lake Los Angeles Library 661-264-0593**

16921 East Avenue O #A

Palmdale, CA 93591

**Lancaster Library****661-948-5029**

601 West Lancaster Blvd

Lancaster, CA 93534

**Littlerock Library****661-944-4138**35119 80<sup>th</sup> St East

Littlerock, CA 93543

**Palmdale Library****661-267-5600**

700 East Palmdale Blvd

Palmdale, CA 93550

**Quartz Hill Library****661-943-2454**

5040 W. Avenue M-2

Quartz Hill, CA 93536

**MATERNAL & CHILD SERVICES****AVPH Healthy Families America**44226 10<sup>th</sup> St West**661-942-4719**

Lancaster, CA 93534

In-home visitation serving pregnant mothers or mothers with children up to 3 months of age, to promote healthy birth outcomes, assist in creating & sustaining healthy, nurturing, enriched & safe homes. Focus on child abuse prevention, LVN & Family Support Workers provide education on labor & delivery, pregnancy health, breastfeeding, child development, parenting, caring for new baby, and referrals to local agencies.

**AVPH Welcome Baby 661-942-4719**44226 10<sup>th</sup> St West

Lancaster, CA 93534

This program is available to pregnant women of all income levels who live in LA County and plan to deliver at a participating WB hospital. WB offers one-on-one appointments to provide information to help nurture healthy development, help with breastfeeding & referrals to additional resources.

**Children's Bureau****Black Infant Health****661-949-0131**

921 West Avenue J Suite C

Lancaster, CA 93534

Group sessions & client centered case management to help African American women develop life skills, learn strategies for reducing stress & build social support. Encourage healthy birth outcomes & health promoting goals for women & their infants.

**Children's Bureau****661-272-9996****Palmdale**

1529 East Palmdale Blvd # 210

Palmdale, CA 93550

Children's therapy and foster family therapy, mental health counseling, school- based services and out-patient services.

**Lancaster**

921 West Avenue J Suite C

**661-949-0131**

Lancaster, CA 93534

**Children's Bureau****661-949-0131****Partnership for Families**

921 West Avenue J Suite C

Lancaster, CA 93534

Home visitation program for pregnant women in the AV.

Support services include parenting, counseling, teaching/demonstrating, parent self-help & other referrals to community agencies as needed.

**The Children's Center 661-949-1206****Of Antelope Valley**

45111 Fern Avenue

Lancaster, CA 93534

Child abuse prevention, intervention, treatment, education, family support, & children's therapy.

TAY program serving youth 16-25 at risk of homelessness or homeless. Also assist in probation and parole for all ages.

**MATERNAL & CHILD SERVICES  
CONTINUED****Dept. Public Health CalWORKs Home  
Visiting Line 213-639-6434**

600 S Commonwealth Avenue  
Los Angeles, CA 90005

**MATERNAL DEPRESSION,  
COUNSELING & SUPPORT****Women and Infants Pavilion  
44155 15th St West 661-726-6210**

Lancaster, CA 93534

**Education and Breastfeeding Center**

Various support groups, educational classes/lectures, and consultations. Call for information.

**Wesley Health Centers  
(Formerly AV Community Clinic) 661-942-2391**

**Karen Gilmore, LCSW 661-902-1962**  
Registration **661-942-2391 ext. 425**

**Palmdale**  
2151 East Palmdale Blvd  
Palmdale, CA 93550

**Lancaster**  
45104 10th St West  
Lancaster, CA 93534

**East Palmdale**  
37926 East 47th St., Suite D  
Palmdale, CA 93552

**AV Family Connections 661-965-6455  
Joanna Morse, MA, MFT**

44709 Date Avenue  
Lancaster, CA 93534  
Marriage, Family, Child, Crisis, Anxiety and Depression &  
Anger Management Counseling

**Joy in Bereavement 661-350-1644**

Trend Wellness Home  
43057 39th St West  
Lancaster, CA 93536  
Pregnancy & infant loss support group; 2nd Wednesday of  
each month 6:30-8:00 pm  
Register online: pearbabydoulas.com.

**LA County Department of Mental Health  
(Access Center for AV)**

349 East Avenue K-6 Suite A **661-723-4260**  
Lancaster, CA 93535

**LA County Department of  
Mental Health 1-800-854-7771**

(Psychiatric Evaluation Team)  
Gatekeeping, referrals to mental health services and  
emergency crisis services.

**A Caring Mind  
Dr. Maegan Munro, PHD**

1028 West Avenue L12 Suite 107 **661-400-6193**  
Lancaster, CA 93534

**MATERNAL DEPRESSION,  
COUNSELING & SUPPORT  
CONTINUED****Mental Health America 661-726-2850**

506 West Jackman St  
Lancaster, CA 93535  
Housing aid, homeless support, nurse, therapy and  
counseling.

**Office of Women's Health  
Resource Line 1-800-994-9662****Postpartum Education for Parents  
311 Baby Hotline 1-800-311-2229****Postpartum Support International**

Aid & access to local support **1-800-944-4773**  
[www.postpartum.net](http://www.postpartum.net)

**Suicide Hotline**  
**English (Including vets) 1-800-273-8255**  
**Spanish 1-888-628-9454****MEDICAL & DENTAL SERVICES****Wesley Health Centers 661-942-2391**

**Palmdale**  
2151 East Palmdale Blvd. **Ext. 320**  
Palmdale, CA 93550

**Palmdale**  
37926 47 St East  
Palmdale, CA 93552

**Lancaster** **Ext. 435**  
45104 10th St West  
Lancaster, CA 93534

**Antelope Valley Hospital  
1600 West Avenue J 661-949-5000**

Lancaster, CA 93534

**Bartz-Altadonna  
Community Health Center 661-874-4050**

43322 Gingham Avenue Suite 105  
Lancaster, CA 93535  
Comprehensive medical care for all ages, mental health care  
& women's care for low-income, uninsured, underinsured &  
homeless persons. Medical care & supportive services for  
HIV & Hepatitis C.  
[www.bachc.org](http://www.bachc.org)

**Denti-Cal 1-800-322-6384**  
Beneficiary helpline**MEDICAL & DENTAL SERVICES  
CONTINUED****Dentists 4 Uninsured 661-726-1010**

657 West Avenue J  
Lancaster, CA 93534  
PPO only, no medical.  
[www.dentists4uninsured.com](http://www.dentists4uninsured.com)

**LA County Department of Public Health  
335 East Avenue K-6 A 661-471-4880**

Lancaster, CA 93535

**LA County High Desert Regional Center  
335 East Avenue I 661-471-4000**

Lancaster, CA 93534  
No Emergency Services

**Lake Los Angeles Health Clinic  
16921 East Avenue O Suite G 661-225-3105**

Palmdale, CA 93591  
Monday, Wednesdays & Friday's 8-4:30pm  
Appointment required.

**Littlerock Community Health Clinic  
8201 Pearblossom Hwy 661-225-3155**

Littlerock, CA 93543  
Tuesdays & Thursdays 8-4:30pm  
Appointment required.

**South Valley Medical Clinic  
38350 40th St East 661-225-3001**

Palmdale, CA 93552  
Urgent Care Services

**Urgent Care 661-225-  
3050**

38350 40th St East Palmdale, CA 93551 **Ext. 100**  
Open 7 days a week 8am-12am (midnight)

**PARKS & RECREATION****Lancaster City Parks 661-723-6077**

44933 Fern Avenue  
Lancaster, CA 93534  
<https://www.cityoflancasterca.org>  
After school programs, sports, swimming, preschool & other  
recreational activities

**Palmdale City Parks 661-267-5611**

827 East Avenue Q-9  
Palmdale, CA 93550  
[cityofpalmdale.org/174/parks-and-recreation](http://cityofpalmdale.org/174/parks-and-recreation)  
After school programs, sports, preschool & other  
recreational activities.  
Swim lessons beginning in June 2021.

**Palmdale Playhouse** (Acting, drama, choir)

\*Currently closed due to COVID-19.

**PREGNANCY, OBGYN & FAMILY PLANNING**

**AV Birth Center** **661-733-6945**  
 1505 West Avenue J Suite 203  
 Lancaster, CA 93534  
 Water birth center, midwifery care, childbirth classes & parenting resources

**AV Hospital OB Clinic**  
**Lancaster** **661-726-6180**  
 44105 15<sup>th</sup> St West Suite 301  
 Lancaster, CA 93534

**Women's Clinic** **661-947-0400**  
**(Antelope Valley Pregnancy Counseling Center)**  
 1334 East Palmdale Blvd Suite E  
 Palmdale, CA 93550  
 Free pregnancy tests, limited ultrasounds, referrals, diapers, crisis counseling, maternity clothing, baby items & supplies as well as referrals & post abortion services.  
[www.womensclinicav.com](http://www.womensclinicav.com)

**Care Net** **661-729-4277**  
 Women's resource center  
 44733 10<sup>th</sup> St. West  
 Lancaster, CA 93534  
 Free pregnancy testing, ultrasound, counseling & referrals, Lamaze & labor coaching, maternity & baby clothing, diapers, father's support group etc.  
[www.avcarenet.com](http://www.avcarenet.com)

**Elizabeth House** **626-577-4434**  
**Maternity Shelter**  
 Adult pregnant women in crisis  
 760 Santa Barbara St.  
 Pasadena, CA 91101  
[www.elizabethhouse.net](http://www.elizabethhouse.net)

**First Health Medical Clinic**  
 822 East Avenue K **661-579-9760**  
 Lancaster, CA 93535

**LA County High Desert Regional Center**  
 335 East Avenue I **661-471-4000**  
 Lancaster, CA 93534  
 No Emergency Services

**Planned Parenthood** **1-800-576-5544**  
 533 East Palmdale Blvd Suite 533-A1  
 Palmdale, CA 93550

**PUBLIC TRANSPORTATION**

**Antelope Valley Transit Authority**  
 42210 6<sup>th</sup> St West **661-945-9445**  
 Lancaster, CA 93536  
[www.avta.com](http://www.avta.com)  
 Local bus service in the AV, commuter services, bus passes, Dial-A-Ride and free rides to those 62 years & older

**PUBLIC TRANSPORTATION CONTINUED**

**Access Paratransit** **1-800-827-0829**  
[www.accessla.org](http://www.accessla.org) **TDD 800-827-1359**  
 Curb-to-curb shared ride service for functionally disabled individuals in LA County. Call to schedule a Transit Evaluation appointment to determine eligibility.

**MetroLink** **1-800-371-5465**  
 Train services  
**Lancaster Station**  
 44812 Sierra Hwy  
 Lancaster, CA 93534

**Palmdale Station**  
 39000 Clock Tower Plaza Dr.  
 Palmdale, CA 93550  
[www.metroinktrains.com](http://www.metroinktrains.com)

**SCHOOLS & ADULT EDUCATION**

**Antelope Valley Adult School**  
 45110 3rd St East **661-942-3042**  
 Lancaster, CA 93535  
 Offers literacy services, diploma, GED, ESL, Citizenship classes & Career technical education classes.  
[www.avadulted.org](http://www.avadulted.org)

**Antelope Valley Union High School District** **661-948-7655**  
 44811 North Sierra Hwy  
 Lancaster, CA 93534  
 Diploma program, GED, ESL, ABE, citizenship, career tech prep

**Desert Sands Charter High School** 44130  
 20<sup>th</sup> St West **661-942-3357**  
 Lancaster, CA 93534  
 Independent study high school program

**Empower Generations** **661-306-4361**  
 43301 Division St Unite 304,  
 Lancaster CA 93535  
 Tuition free high school for pregnant & parenting teens, flexible schedules, no childcare needed.  
[www.empowergenerations.org](http://www.empowergenerations.org)

**GED Testing Service**  
[www.GEDcomputer.com/clicks](http://www.GEDcomputer.com/clicks)

**Lancaster School District**  
**Preschool Programs** **661-723-0351**

44327 Fig Avenue  
 Lancaster, CA 93534  
 Free Preschool for eligible parents  
 Special Needs / Disabled Children Program

**SCHOOLS & ADULT EDUCATION CONTINUED**

**Options for Youth Public Charter Schools**  
**Lancaster** **661-522-4322**  
 1160 Commerce Dr.  
 Lancaster, CA 93534  
[www.ofy.org](http://www.ofy.org)

**Palmdale** **661-579-3600**  
 2140 East Palmdale Blvd  
 Palmdale, CA 93550  
 For students ages 14-24  
[www.ofy.org](http://www.ofy.org)

**Palmdale School District**  
**Palmdale** **661-947-7191**  
 39139 10<sup>th</sup> St East  
 Palmdale, CA 93550  
[Palmdalesd.org](http://Palmdalesd.org)

**Learn 4 Life** **877-360-5327**  
**Lancaster**  
 Assurance learning Academy  
 43145 Business Center Pkwy  
 Lancaster, CA 93535

Desert Sands  
 44130 20<sup>th</sup> St West  
 Lancaster, CA 93534

**Palmdale**  
 AV Learning Academy  
 37212 47<sup>th</sup> St. East  
 Palmdale, CA 93552

AV Learning Academy  
 533 East Palmdale Blvd Suite H-J  
 Palmdale, CA 93550

Desert Sands  
 16921 Avenue O Suite H  
 Lake Los Angeles, CA 93591

**Early Head Start Home** **661-273-4710**  
 975 East Avenue P-8  
 Palmdale, CA 93550  
 (Between Avenue Q and Avenue P)

**Youth Build** **661-266-8900**  
 38626 9<sup>th</sup> St East  
 Palmdale, CA 93550  
 Alternative school for students ages 16-29; Students work toward earning their High School Diploma as well as learning job skills & helping to build affordable housing in the community.

**SCHOOLS & ADULT EDUCATION CONTINUED****LA County Office of Education****Danielle Graysmith (562)367-5775**9300 Imperial Hwy,  
Downey, CA 90242

Assists with homelessness and with transitional age youth (TAY) in the AV.

**The Farmworker Institute of Education and Leadership Development (FIELD)****661-822-4381**

ESL, High School Diploma, Career technical education

[www.farmworkerinstitute.org](http://www.farmworkerinstitute.org)**SPECIAL NEEDS****A & M Hearing Service**43797 15<sup>th</sup> St West **661-948-4776**

Lancaster, CA 93534

[www.antelopevalleyhearingaids.com](http://www.antelopevalleyhearingaids.com)**Special Parents Network NLACRC Regional Center**43210 Gingham Avenue **661-945-9598**

Lancaster CA, 93535

Free state services for families, relatives, caregivers &amp; professionals involved with children with Autism and other special needs. English and Spanish. Contact office for times and locations.

**Discovery Resource Center 1529**East Palmdale Blvd Suite 113 **661-947-1595**

Palmdale, CA 93550

Linkage, peer support groups, Mental health services, homeless assistance and advocacy.

**Family Focus Resource Center**

(Located in Regional Center)

43210 Gingham Avenue **661-945-9598**

Lancaster, CA 93535

Parent-to-parent mentoring &amp; support for families with children with special needs: ADD, Dyslexia, Physical and mental impairment &amp; developmental delays. Support information &amp; referral services for families with children with special needs from birth to 22 years.

**AV College Office for Students****With Disabilities 661-722-6300**

3041 West Avenue K

**Ext. 6724**

Lancaster, CA 93536

**Greater Los Angeles Agency on Deafness, Inc (GLAD)****(323) 478-8000****Video Phone****(323) 892-2225**

2222 Laverna Avenue Los Angeles, CA 90041

[www.gladinc.org](http://www.gladinc.org)[www.facebook.com/gladhq](https://www.facebook.com/gladhq)**SPECIAL NEEDS CONTINUED****Antelope Valley Foundation for the Developmentally Disabled**(Day Star) **661-945-7290**

Adult Services

646 West Lancaster Blvd Suite 109

Lancaster, CA 93534

Adult day care services for people with developmental disabilities. Must be referred through regional center. \*Virtual Services

**Community Therapy-Baby Steps****Lancaster 661-945-7878**43860 10<sup>th</sup> St, West

Lancaster, CA 93534

Therapy &amp; Early Intervention Services

**Beltone Hearing Aid Center**753 W Lancaster Blvd **661-948-4573**

Lancaster, CA 93534

Hearing aids and hearing testing

**The Braille Institute 323- 663-1111**

741 North Vermont Avenue

Los Angeles, CA 90029

Services for people that are visually impaired: Classes, low vision department, library.

**California Children's Services Palmdale Medical Therapy Unit****Palmdale 661-456-1255**

37005 Hillcrest Drive

Palmdale, CA 93552

Physical and occupational therapy by referral only.

**Desert Haven 661-948-8402**

43437 Copeland Circle

Lancaster, CA 93535

Provides services for individuals with special needs.

**Early Childhood Education****Palmdale School District 661-273-4710**

975 East Avenue P-8

Palmdale, CA 93552

Free Pre-School for Eligible Families

**Lancaster School District****Preschool Programs 661-723-0351**

44327 Fig Avenue

Lancaster, CA 93534

Free Preschool for eligible parents

Special Needs / Disabled Children Programs

<https://sites.google.com/lancsd.org/lancaster-school-district-ecce/home>**Hear USA 661-949-1824**

2054 West Avenue K

Lancaster, CA 93534

Hearing screening and Hearing Aids

**North Los Angeles County****Regional Center 661-945-6761**

43210 Gingham Avenue Suite 3

Lancaster, CA 93535

Provides services for children ages 0-3 years with developmental delays or at risk for delays.

**Sonus Hearing Care Associates**44407 10th St. West Suite 1 **661-942-7030**

Lancaster, CA 93534

Hearing screening and Hearing Aids

**SUBSTANCE ABUSE/ADDICTION****Alcoholics Anonymous 661-945-5757**43619 17<sup>th</sup> St West Suite 106

Lancaster, CA 93534

Meeting directories, literature, and resources.

<http://www.avcentraloffice.org/>**Antelope Valley Rehabilitation Center**30500 Arrastre Canyon Rd **661-223-8800**

Acton, CA 93510

90-day inpatient drug rehabilitation program, must live in LA county, and have Medi-Cal

**California Smokers Helpline****1-800-No-Butts****1-800-662-8887**

Patches, counseling, free literacy education to individuals who want to quit smoking.

**Changing Lanes 661-948-2555**45118 13<sup>th</sup> St. West

Lancaster, CA 93534

Prevention &amp; intervention services for adults &amp; youth. Work on a sliding scale. Mental health assessments available. Substance abuse education, group counseling, parenting, domestic violence &amp; anger management classes. \$30 Intake Fee

**Department of Mental Health****Palmdale 661-575-1800**

1529 East Palmdale Blvd #150

Palmdale, CA 93550

Individual therapy and psychiatry

**Lancaster 661-723-4260**

349 East Avenue K-6 Suite A

Lancaster, CA 93535

Individual therapy and psychiatry

**Design for Change 661-942-1026**

1066 East Avenue J

Lancaster, CA 93535

Residential drug/alcohol inpatient &amp; outpatient rehabilitation

**Cycles of Change 1-855-513-8267**

36451 El Camino Dr

Palmdale, CA 93551

Residential drug/alcohol inpatient &amp; outpatient rehabilitation



**SUBSTANCE ABUSE/ADDICTION  
CONTINUED****Tarzana Treatment Center**

44447 North 10<sup>th</sup> St West **661-726-2630**  
 Lancaster, CA 93534  
 Medical, Counseling, & Chemical Dependency Center

**Mental Health America 661-726-2850**

506 West Jackson St  
 Lancaster, CA 93534

**New Directions 661-802-7167**

1331 West Avenue J, Suite 206  
 Lancaster, CA 93534  
 Alcohol and Drug Education Services, domestic violence,  
 parenting & anger management classes, individual and group  
 therapy. Services provided for fee on sliding scale.

**TRANSLATION &  
INTERPRETATION SERVICES**

**Gateway Languages 1-877-393-2424**  
<http://gatewaylanguages.com/>

**Translation Services 1-888-294-3032**

**UTILITY ASSISTANCE**

**Maravilla Foundation 661-726-9813**  
**Appointment Center 1-800-906-4651**  
**\* Only for other locations, not AV**

43460 East Sahuayo St  
 Lancaster, CA 93535  
 Utilities assistance & weatherization  
 \*Application can be picked up outside location or call to have  
 it mailed out.

**REACH 1-800-933-9677**  
**(Relief for Energy Assistance through the Community)**  
 One-time assistance in 18-month period  
**ONLY** for: PG&E in Central and Northern California

**Assert Inc. 661-729-2424**  
**Toll-free 1-800-932-2933**  
 155 West Avenue J-5  
 Lancaster, CA 93534  
 Weatherize your home for free for low-income residents.

**SoCal Edison 1-800-736-4777**  
 Energy Savings Assistance Program

**SoCal Gas 1-877-238-0092**  
 California Alternative Rates for Energy (CARE)

**PALMDALE NEIGHBORHOOD  
HOMES****Palmdale Neighborhood Homes****661-942-4719**

Manzanita House  
 38627 32<sup>nd</sup> St East  
 Palmdale, CA 93550

Tumbleweed House  
 1129 East Avenue R-4  
 Palmdale, CA 93550

Yucca House  
 503 East Avenue Q-3  
 Palmdale, CA 93550

Hammock House  
 1012 East Avenue Q-5  
 Palmdale, CA 93550

**All locations temporarily closed.**

Wellness Homes allow community members to participate in  
 health & wellness services. They also provide an opportunity  
 for community organizations to hold workshops, classes,  
 meetings, or activities that benefit the well-being of residents  
 in those neighborhoods.

**HOTLINES**

**Child Abuse Reporting Hotline**  
**1-800-540-4000**

**Domestic Violence 661-945-6736**

**Elder Abuse Hotline 1-877-477-3646**

**LA County Department  
of Mental Health 1-800-854-7771**

**National Center for Missing  
and Exploited Children**  
**1-800-843-5678**

**Narcotics Anonymous**  
**24 Hr. Phone line 661-266-2200**

**National Runaway Safeline**  
**1-800-786-2929**

**Statewide Spanish Speaking Crisis  
Hotline 1-800-303-7432**

**National Lifeline for Suicide Prevention  
& Veteran's Crisis Line**  
 \*Press 1 for veteran's crisis line  
**1-888-784-2433**

**Youth Crisis Line 1-800-843-5200**

**Los Angeles County Information**  
**661-272-0964**

**HOTLINES CONTINUED**

**Dial 211 for information 211**

**LA County Child Protection Hotline**  
 Child Abuse Prevention Hotline **1-800-540-4000**

**Domestic Violence Shelter Hotline**  
**661-945-6736**

**Cal-Works 661-723-7772**

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