

Los Angeles Region Making The Residency Work Resources 2019-2020

Alder GSE is committed to assisting residents with assessing valuable resources that are supportive, aid in financial and mental health wellbeing, are available in their local community, and focus on ensuring capacity to make the residency work. The following top two resources per category have been selected by the Student Services Team at Alde; the complete list can be located [here](#).

If you have any questions about accessing any of the resources listed in this document, please email studentsservices@aldergse.org for support.

Health Care Options

Name	Resource	Location	Phone/Email	Website/Alder Support
Covered California	-Affordable Health Care Options	Various Locations	(800) 300-1506	Alder Health Care Benefits and Wellness Support- Here Accessing Covered CA Guide- Here
APLA Health	-Primary Care -Dental Care -Counseling	Many locations across LA County More info here: https://aplahealth.org/contact/	213.201.1600. info@apla.org	Link to Website- Here
Health Services Los Angeles County	Adult / Family Medicine (Primary Care) -Emergency Services -Pediatrics (Primary Care) -Pharmacy Services	Main Office: 313 N. Figueroa Street Los Angeles, 90012 More info Here	Contact Info for Hospitals: Here	Link to Website- Here If you don't have health insurance they are willing to help you apply for Medi-Cal or a No Cost/Low Cost program

Housing

Name	Resource	Location	Phone/Email	Website/Alder Support
Downtown Women's Center	-Permanent Supportive Housing Program	Address: 442 S. San Pedro Street, Los Angeles, CA 90013	Phone: (213) 680-0600 Email: Info@DowntownWomensCenter.org	Link to Website- Here
Neighborhood Housing Services LA County	-Financial Education -Affordable Lending -Project Management Services -Mission-Driven Real Estate Services -Neighborhood Revitalization and Advocacy -NHS LIFT Program -provides eligible buyers a 25,000 downpayment	3926 Wilshire Boulevard, Suite 200 Los Angeles, CA 90010	888-895-2647	https://nhslacounty.org

Food

Name	Resource	Location	Phone/Email	Website/Alder Support
CalFresh L.A. Program	Food Stipend	Various Locations in LA Apply through the County Office	(866) 613-3777	Accessing CalFresh LA Guide- Here
Los Angeles Regional Food Bank	-Children's Nutrition Programs -CalFresh Support Services	1734 East 41st Street Los Angeles, CA 90058	323.234.3030	Link to Website- Here
Need Help Paying Bills	-Helps you find most, if not all, the food banks across LA	varies	varies	Link to Website-Here Also Provides: -Free Health Resources -Rent Assistance



				-Low Interest Loan
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Mental Health and Wellness Resources

Name	Resource	Location	Phone/Email	Website/Alder Support
California Black Women's Health Project	-Mental Health Services	9800 S. La Cienega Blvd., Suite 905 Inglewood, CA 90301	(310) 412-1828	Link to Website-Here
National Alliance on Mental Illness Urban LA	-advocates for adequate health -insurance	4305 Degnan Blvd., Suite 104 Los Angeles, CA 90008-4949	323-294-7814	Link to Website-Here

Child Care

Name	Resource	Location	Phone/Email	Website/Alder Support
Child Care Alliance Los Angeles	Resource to Affordable or Free Child Care	815 Colorado Blvd., Second Floor, Suite C Los Angeles, CA 90041	818-717-1000	Link to Website- Here
Child Care Resource Center	-quality child care -education services for their families			Link to Website- Here

Other Resources

Name	Resource	Location	Phone/Email	Website/Alder Support
California's Low Cost Auto Insurance	Affordable Car Insurance, sponsored by the State Department		1-866-487-2365	Link to Website- Here

Los Angeles LGBT Center	-health -education -many more	1625 N. Schrader Boulevard Los Angeles, CA 90028-6213	323-993-7400	Link to Website-Here
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DACA

Name	Resource	Location	Phone/Email	Website/Alder Support
Coalition for Humane Immigrant Rights	-Civic Engagement -Community Education -Legal Immigration Services -Organizing -Policy & Advocacy	2533 W 3rd St Los Angeles, California 90057	1-888-624-4752	Link to Website-Here
EI Concilio Family Services	-Citizenship Program -Immigration Services -Youth Leadership & Development	301 S C St Oxnard, California 93030	(805) 486-9777	https://www.elconciliofs.org

GOVERNMENT RESOURCES:

Name	Resources	Location	Phone/Email	Website/Alder Support
BenefitsCal	-an online application system that allows you to apply for benefits.	Select Your County: http://www.benefitscal.com	Multiple Numbers: http://www.benefitscal.com	http://www.benefitscal.com
MyBenefitsCalWin	-descriptions of the public assistance programs that are available for	All areas	Multiple Numbers: https://www.mybenefitscalwin.org	https://www.mybenefitscalwin.org/web/consortium/help?p_p_id=help_WAR_calwinportlet&p_p_lifecycle=0&p_p_state=no



	<p>use. Each description is followed with internet links for more detailed information relating to a specific public assistance program.</p>		<p>/web/consortium/help?p_auth=92O910tk&p_p_id=help_WAR_calwinportlet&p_p_life_cycle=1&p_p_state=normal&p_p_mode=view&p_p_col_id=column-1&p_p_col_count=1&help_WAR_calwinportlet_javax.portlet.action=getContactsContent&parentCategory=contacts&tabSelected=Using%20This%20Website</p>	<p>rmaal&p_p_mode=view&p_p_col_id=column-1&p_p_col_count=1&help_WAR_calwinportlet_clickedTab=Program+Descriptions&tabSelected=Program%20Descriptions</p>
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