

Hello, Jenny

My name is Ebony Cherette and I have seen you are in need of some help. I heard a little about your background and I am aware of your current living situation. I have created a resource guide to allow you to have all the resources I found that might help you get services that will better your situation. Also, included is a 10 day planner to help you have a complete schedule on how to access the resources. This includes the bus times and routes to take you to the required locations.

You might be wondering why I wanted to do this and I will be 100% honest with you . I am a step away from being homeless myself. I was blessed to have a home I inherited, but in a blink, I can be homeless too. I can relate to you because we are the same age and both are african american women making it through life without a lot of support. I know there is power in support and I also know that power you hold will get you back on your ideal journey. I have faith in your process and I will pray for you every step of the way. Practice daily affirmations , pray to the lord for strength, and love yourself and nothing will get in your way. I believe in you sister. We need you in the lawyer field. You deserve it.

Resource Guide

Description of what is provided	Contact information	Expected period of enrollment	Eligibility requirements	Documents or requirements needed for accessing the resource	Details on how to apply and access the resource
Redeem life church -Food Pantry	405 N. Azusa ave , Azusa , Ca 91702	N/A	Open to all.	Must fill out brief question online	Available on 1st and 3rd saturdays of

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- Not young, Not old group (for people 18-29)	(626) 210-1243 -Saturday 9:30am - 11:30am www.redeemedlife.church/outreach/				the month
<i>Foothill Unity Center</i> -Pantry; Bagged lunches (2 day supply) -Hygiene Packs - Full service case management (Hotel voucher, bus tokens, taxi vouchers) -Health services(Mental, glasses, dental, and medical)	790 w. Chestnut Ave, Monrovia ,CA 91016 (626)358-3486 Monday: 1:00pm- 3:30 pm Wednesday & Friday: 9:00am- 11:30am PASADENA LOCATION: 191 N. Oak Ave., Pasadena, CA 91107 (626)584-7420 Monday, Wednesday, Friday: 9:00am- 11:30am foothillunitycenter.org	N/A -Bagged lunch is available 3x a week -Hygiene Packs- once a week -If approved, 120 Day program	Must live in the Foothill area of los Angeles County	Identification card or SSI card (if available)	Must register via email or Phone number
Azusa Library -Internet access, Books, Resources,	729 Dalton Ave , Azusa 91702 (626)812-5268	-45 minute resources	N/A	Email address	Call to make an appointment

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<p>Safe space</p> <p>Neighborhood Connections- Offers a community resource specialist</p>	<p>Monday, tuesday, thursday, and friday 11:00am -4:00pm Wednesday 11:00am-6:30 pm www.ci.azusa.ca.us/library</p>				<p>(626) 812-5100</p> <p>nc@azusaca.gov</p>
	unionstationhs.org/impact/access/	-45 minute intake session/ 2 week follow up with intensive assistance	Request screening from 211		No appointment required. Intake is offered at first come, first serviced
<p>Friends In Deed:</p> <ul style="list-style-type: none"> - Outreach services - Food Pantry - Women support 	<p>Friends In Deed * Mon – Fri, 9:00 am – 5:00 pm Thur, 9:00 am – 2:00 pm (626) 797-2402 www.friendsindeedpas.org</p>	N/A	N/A	None required- Completely free services	Call For Appointment
<p>-The Women's room Provides daytime shelter for women -hygiene packs - Laundry room -Showers</p>	<p>444 East Washington Blvd Pasadena, CA MONDAY-THURSDAY 10AM to 4PM twrassociate@frie</p>		First come, First serve , Must be vaccinated or Negative covid test to stay on grounds. Still	Vaccination Cards copy	Walking welcome ,Limited to 25-30 max occupy

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	ndsindeedpas.org		can access admentitis but required to stay outside		
Sierra Family Center-Pacific Clinic -Mental Health Services - Housing support	1160 s. Grand Ave , Glendora, ca 91740 <u>(626) 335-5980</u> MON - FRI 9:00 a.m. - 5:00 p.m. https://locator.lacounty.gov/health/Location/3181159/pacific-clinics---sierra-family-center	N/A	Uninsured/Insured	California ID, Medical Card,	Call for appointment
East San Gabriel Valley Coalition for homeless: Winter Shelter	1345 Turnbull Canyon Rd. ,Hacienda Heights, Ca 91745 Open - 6:00 pm-7:00 am December 1st-March 1st.	Limited 3 month program, availability varies daily	Homeless	N/A	Call shelter (626) 252-9060
211 L.A. COuntY information line -Provides information about all Los Angeles county resources	Call 211 (within L.A. County only) -24 hours available www.211la.org	Unlimited	N/A	Varies upon resources	Must have access to a cell phone and internet

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Arcadia Mental health - Crisis text line -24 hour crisis counselor. Specialize in Anxiety, depression, and self harm	330 Live oak ave, Arcadia , ca 91006 741741- text from any cell phone	Unlimited text	Open to everyone	Cellphone	Text 741741
Ascencia -Emergency housing and services -Laundry and shower service with appointment -Trauma Informed therapy (Wednesdays at 4:00 pm)	1851 Tyburn Street Glendale, CA 91204 (818) 246-7900 info@AscenciaCA.org	Depends on services required	Must live in/ near Glendale area	-Birth certificate and Social security card -Employment/ income statement (if possible) -Personal Identification card.	Intake is Monday -Thursday at 7:00 am. 2 to 4 intakes per day Must call to request a appointment
ENKI Youth and Family Services -Case management -Crisis management -Housing resource - Class on disorders	536 S. Second Ave ste J, Covina , Ca 91723 Monday-Friday 8:00 am- 5:00pm (626).967.2888 www.ehrs.com	3 hours to complete full enrollment	Needs to live in/ near centers location -Must have Medi-Cal or Medicare or Healthy Families	. Proof of address. Proof of Income. Identification Card (ID). Medi-Cal ID Card. Social Security Card. Any legal or medical document(s)	Call to make Appointment
Project sister -Counseling program	P.o.box 1369 , Pomona , Ca 91769	Depends on services rendered	Victims of sexual assault	Identification	Walks welcomed , prefer to

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-Walk in services -Group and individual sessions	(626)-915-2535 Monday-Thirsd8 :00am- 4:00 pm Friday 8:00am-1:00pm				receive a call
Inland Valley hope Inland Valley Hope partners -30 to 90 day temporary housing -Rapid rehousing	1753 N. Park Avenue ,Pomona, ca 91768 Monday-Thursda y 9:00am 2:oo pm (909)622-3896	30 to 90 days before eligibility for other programs	Screening when called	Personal Identification (If Available)	Intake required Must call before arriving
God's -Pantry -Shower program - Counselors -Case managers -Food pantry -Financial classes	250 East center street Pomona ,Ca 91767 Monday- Friday 8:00 am to 4:00 pm ww.Gods-pantry.org	Varies by program	Varies by program	Personal Identification	Email source agent Brandon: Shower and food brandon@gods-pantry.com Jorge : Therapy and counseling Jorge@gods-pantry.com
CATHOLIC CHARITIES -Housing services -Motel Vouchers -Financial assistance -Clothing	Holt Avenue, Suite 98 Pomona, CA 9176 Monday-Friday 9:00am -2:00pm (909) 629-1331 catholiccharitiesla.org/san-gabriel-re	Varies depends on program and needs	Varies by program	Personal Identification	Call to set up intake and assessment of needs.

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Los Angeles DEPARTMENT OF PUBLIC SOCIAL SERVICES – -General Relief (GR) -CalFresh (EBT) -CalWorks -Medi-Cal	POMONA 2040 W. Holt Ave. Pomona, CA 91768 866) 613-3777 (626) 569-1399 Monday-Friday 8:00am-5:00pm https://yourbenefits.laclrs.org/ybn/Index.html	3 -5 day processing time for Emergency service G.R program is for 12 months of continued services	Proof of income	Personal identification -Social Security card	Apply online, by phone or email Schedule an appointment
California Lifeline Program	Located outside DPSS office in Pomona https://www.phfwic.org/wp-content/uploads/2020/04/Free-and-Low-cost-phone-services.pdf	15 minute process, Phone is given on site If order online, 3-5 day delivery process	Medicaid/Medi-Cal Supplemental Security Income (SSI) CalFresh, Food Stamps or Supplemental Nutrition Assistance Program (SNAP)	Proof of eligibility Identification Card	Can apply in person at DPSS location or varies locations in public high traffic areas Can Apply online https://www.asurancewireless.com/

10 Day Schedule

Days	Resource	Goal	Accessibilit y (Bus route and time)	Accomplished
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Monday	Azusa Library	Navigate resources with Neighborhood Connections	Walk	Learn about the available resources in Azusa and surrounding area
	11:00 am (1 hour)	<ul style="list-style-type: none"> -Ask for available stationary(keep track of resources) -Assistance with guest library card -Create new email -Pick up food pack 		<ul style="list-style-type: none"> -Library privileges with guest card -Ask about bus token
	-Foothill Unity Center (1:00pm)	<ul style="list-style-type: none"> -Hygiene pack -Talk with case manager (ask for motel voucher and bus tokens) -Assistance with filing for EBT benefit and medical -Request ID voucher and Birth certificate voucher -Ask for backpack or bag something to hold paperwork -Visit onsite medical services for check up 	Bus 188 - 11:31am	<ul style="list-style-type: none"> -Sack lunch (2 day supply) -Hygiene kit to shower -3 Day hotel voucher - Provided 7 day bus pass -Complete medical and Calfresh packet -1 week follow up with case manager
	-Hotel (5:00Pm)	<ul style="list-style-type: none"> -Referral for mental health evaluation -Permission to receive mail(California ID at address) 		<ul style="list-style-type: none"> -Hotel for the next 3 days. Self care and security.
		(3 hours)	-Bus 187 -5:31pm	

Tuesday	<p>Department of social service office(DPSS)</p> <p>(9:00am)</p> <p>Schedule Appointments from hotel phone</p>	<p>Apply for General Relief (G.R).</p> <p>-Ask about available resources(welfare to work)</p> <p>-Print out of EBT acceptance form (3 days for card)</p> <p>(2 hours)</p> <p>-Print out of processing medical form</p> <p>- Sierra Family center- psych evaluation</p>	<p>Bus</p> <p>-188- 7:31</p> <p>To 292 - 11:25 walk to holt</p> <p>Walk back to 292 by 2:41 holt bus arrives</p> <p>Terminal station take 188 at 3:31</p>	<p>- Successfully Applied for G. R.</p> <p>- Obtained Print out(if needed when applying for services)</p> <p>-Psych Appointment for Wednesday at 12:00pm</p>
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Wednesday	<p>Foothill Unity center</p> <p>Sierra Family center (2 hours)</p> <p>Hotel (3:00pm)</p>	<p>-Pick up food pack</p> <p>-Get covid tested</p> <p>-Schedule appointment for Eye check (next Monday)</p> <p>Dentist (next Wednesday)</p> <p>12:00 appointment</p> <p>-Email shepherd's pantry to be out on food pick up list for tomorrow</p> <p>-Call 211 to take needs assessment</p>	<p>-Bus</p> <p>188 runs every 31 minutes</p> <p>(7:31am arrival)</p> <p>Returned 188 at 1:31am to citrus college</p> <p>-Stop and eat at park</p> <p>Walk home to hotel(Apu)</p>	<p>-Sack lunch (2 day supply)</p> <p>-Diagnosis and possible prescription (1 month follow up scheduled)</p> <p>-Shepherds food pick up tomorrow</p> <p>-211 link to more resources</p> <p>RELAX-SELF CARE</p> <p>(Last Day at hotel)</p>
Thursday	<p>Leave Hotel (11:00am check out)</p> <p>Shepherd pantry</p> <p>San Gabriel Valley coalition (ESAVCH)</p>	<p>Contact East San Gabriel for Winter shelter stay (ESAVCH)</p> <p>Food pick up (Small box)</p> <p>Shelter until march 1</p>	<p>Bus</p> <p>Bus</p> <p>Bus</p>	<p>-Shelter opens at 6:00pm</p> <p>-Food for the next few days</p> <p>-1 Night stay (Must be out by 7am)</p>

Friday	Foothill Center	Pick up EBT Card from office (9:00 am)	Bus	-Have Food stamps to purchase food
	Catholic Charities	-Eat lunch	Bus	-Received 3 day hotel voucher (Return to previous hotel)
	(9:30am)	-Free clothing		-received another 7 day bus pass and a tap card
	Free phone sign up	-request motel vouchers	BUS Station	-Email God's Pantry for case management and counseling services
	Hotel (5:00 Pm)	-Bus pass/Tap card	Bus	
		-Receive free government phone on the spot with EBT card qualifiers)		
Saturday	Text Crisis Hotline	Text 741741	walk	SELF CARE DAY
		Use this resource to deal with anxiety from this new schedule		Celebrate your hard work. Treat yourself to a hot bath and buy some your enjoy with EBT for dinner
		TAKE A MENTAL DAY- Enjoy doing nothing in the security of the hotel room(last day)		

Sunday	<p>Hotel Check out (11:00am)</p> <p>East San Gabriel Valley Coalition (ESAVCH)</p> <p>(6:00 pm doors open)</p>	<p>Repack bags(try to keep things to two bags)</p> <p>-Contact Union Service see if room is available</p>	<p>Bus (new bus pass)</p> <p>Bus</p>	<p>Secured another night at a shelter</p> <p>-Text crisis hotline about situation and any feeling that might be present (Embrace the supportive system)</p>
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Monday	Foothill Church	-California ID arrival to Foothill (1:00pm)	Bus	-Have California ID allows for access to more services
	Library	-Lunch sack (enjoy lunch and pick up hygiene kit)		- Been on medication for 5 complete day and access to supportive services
	East Gabriel Valley Coalition (ESSVCH)	-Eye Exam at 2:00pm - Check email for union station	Bus	-Reached out to resources to secure better housing in more secure locations
	(Shelter opens at 6:00pm)	-set up appointment for Inland Hope 30 day shelter stay (9:00am appointment) - Set up Wednesday appointment for Ascensia for 2:00pm Ask to join 4:00pm Trauma therapy session	Bus	Shelter stay

Tuesday	<p>Inland Hope 30 – 90 day shelter</p> <p>Project sister</p> <p>Need to be in room by 6:00pm</p>	<p>9:00 am appointment for housing (45 minute intake and tour of new room)</p> <p>Visit Project sister as a walk in seeking therapy</p> <p>-First night at new shelter</p>	Bus	<p>Successfully enrolled in the program. Granted a 60 stay with eligibility to extend 30 days.</p> <p>-Inform case manager of services you receive to make sure they can continue to be accessed</p> <p>- Found secure housing (YOU DID It)</p>
Wednesday	<p>Foothill church</p>	<p>Dentist Exam at 10:00 am</p> <p>Ascensia Appointment at 2:00pm</p>	Bus	<p>If you are confident in the location your at cancel Ascensia Appointment</p>

3 month goal

Resource	Goal	How many times
Foothill Center	Build support system with the people who helped you	<p>-Once a week for hygiene</p> <p>-Meet with case manager once a month</p>

Friends in DEED “ The Women Room”	- Visit the Women room at least twice a week. Creates a supportive environment where friendship can be made	-Visit the women's center Twice a week to create
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6 Month Goal

Resource	Goal	How many times
ENIK	Join the class that teaches you about your diagnosis	Finish the whole course
The Women Room	Keep attending the Women room for support. Practice and attend job search	When actively job seeking , once a week so that travel time doesn't interrupt your work.
Foothill center	Keep up with case manager	-Hygiene packet(Saves money)
Inland hope services	Moved into transitional housing or successfully rent a room through the program	Live at home for the full length of time. Only move when required.
Project Sister	Keep up the therapy session. Allow the support and healing	One to two times a week
Full time job	Secured a full time job . Purchased a small car for transportation from saving up income for 3 plus months.	Milestone . Created ownership and security with car purchase.

Two year goal

Resource	Goal	How often
Permanent housing	Successfully living on your own and out of homelessness for good.	Lifelong
Mentally Strong	Still using mental health services but easing off medication and thriving from a holistic approach	Continuously
School	Applied for or took steps to return to school. Obtain this for yourself.	Finish degree requirements or new interests.