

**LOOKING FOR HELP?**

# **RESOURCE PACKET**

**Addictions Research  
Laboratory**

**CONTACT US:  
310-206-6756**

**UCLA**

# ALCOHOL TREATMENT



# **ALCOHOL TREATMENT SERVICES**

- **Alcoholics Anonymous**

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

**(323) 936-4343 or (800) 923-8722**

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.



- **Addiction Recovery Hotlines**

24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

1) SAMHSA's National Help Hotline

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

**1-800-662-4357 or 1-800-487-4889**

2) Los Angeles Addiction Hotline

<http://losangeles.theaddictionhotline.org/>

**1-855-YES-REHAB**

3) Alcohol and Drug Helpline

**1-800-662-4357**

- **SMART Recovery**

<https://www.smartrecovery.org/>

Self-Management And Recovery Training (SMART) is a community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating) guided by our science-based 4-Point Program





- **NIAAA Treatment Navigator**

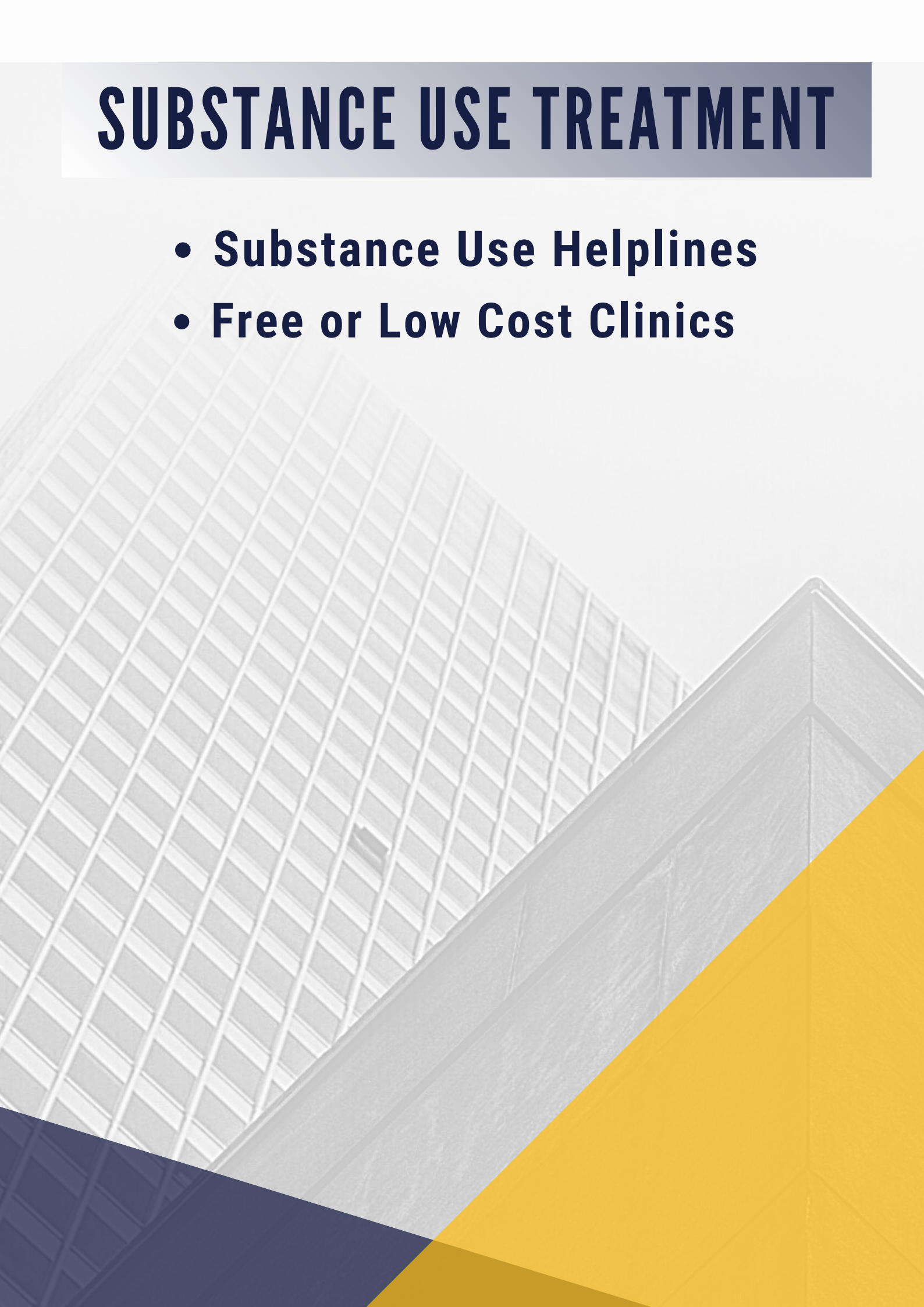
<https://alcoholtreatment.niaaa.nih.gov/>

The Navigator helps adults find alcohol treatment for themselves or an adult loved one. It is produced by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and will steer you towards various evidence-based treatment options.



# **SUBSTANCE USE TREATMENT**

- **Substance Use Helplines**
- **Free or Low Cost Clinics**



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<http://losangeles.theaddictionhotline.org/>

**1-855-YES-REHAB**

**3) Alcohol and Drug Helpline**

**1-800-662-4357**

**4) California Smokers' Hotline**

<http://www.nobutts.org>

**1-800-NOBUTTS (1-800-662-8887)**

**5) Cocaine Anonymous Hotline L.A. Area**

**(310) 216-4444**

**6) Narcotics Anonymous**

**(800) 863-2962 or (323) 933-5395**



- **Free or Low Cost Substance Use Treatment**

**1) Cabrito Foundation**

**1-800-662-4357 or 1-800-487-4889**

**Location: 7552 Remmet Ave., Canoga Park, CA**

Sober Living house for alcoholic men, meetings

**2) The Salvation Army-Canoga Park**

**[https://canogaparkarc.salvationarmy.org/canoga\\_park\\_adult\\_rehabilitation\\_center/](https://canogaparkarc.salvationarmy.org/canoga_park_adult_rehabilitation_center/)**

**(818) 883-6321**

**Location: 21375 Roscoe Blvd., Canoga Park**

Adult Rehabilitation Center

**3) Prototypes**

**[www.prototypes.org/](http://www.prototypes.org/)**

**(213) 542-3838**

**Location: 1000 North Alameda Street, Suite 390, Los Angeles, CA 90012**

Assessment for substance use and mental health disorders and referrals to treatment

**4) Glendale Adventist Medical Center**

**[www.adventisthealth.org/glendale/services/center-for-behavioral-health-recovery/alcohol-drug-services-gaads-/](http://www.adventisthealth.org/glendale/services/center-for-behavioral-health-recovery/alcohol-drug-services-gaads-/)**

**(818) 242-3116**

**Location: 1509 Wilson Terrace, Glendale, CA 91206**

Interventions, assessments, detoxification, day treatment, outpatient, residential, continuing care.

## **5) Tarzana Treatment Centers**

**<https://www.tarzanatc.org/>**

**(888) 777-8565**

**Location: Tarzana, Woodland Hills, Reseda, Northridge, Long Beach, Lancaster, Palmdale**

Substance abuse treatment, mental health, detoxification, rehabilitation, community counseling, court services, education, family services, HIV services, sober living, youth, education, medical, outpatient services

## **6) McIntyre House**

**<https://mcintyrehouse.org/>**

**(323) 662-0855**

**Location: 544 N. Kenmore Ave Los Angeles, CA**

Sober living home for men

## **7) Felicity House**

**[www.felicityhouse.com/](http://www.felicityhouse.com/)**

**(310) 837-3042**

**Location: 3701 Cardiff Ave Los Angeles, CA**

Sober living home for women

## **8) The Salvation Army - Los Angeles**

**<https://lahopeharbor.salvationarmy.org/>**

**Location: 3107 S Grand Ave, Los Angeles, CA 90007**

Rehabilitation, substance use treatment



## **9) People in Progress**

**(818) 668-0599**

**Location: 60th & Broadway St, Los Angeles, CA 90002**

Sober living home for men

## **10) Clare Foundation Inc.**

**<https://www.clarematrix.org/>**

**(310) 314-6200**

**Location: 2611 30th Street, Santa Monica, CA 90405**

Residential treatment, outpatient treatment, sober living, prevention, detoxification

## **11) Phoenix House-Venice**

**<https://phoenixhouseca.org/venice-beach-residential-services/>**

**(310) 392-3070**

**Location: 503 Ocean Front Walk Venice, CA**

Residential, outpatient, assessment, mental health

# SMOKING CESSATION



# **SMOKING CESSATION RESOURCES**

- **California Smoker's Helpline**

<http://www.nobutts.org/>

**1(800) NO-BUTTS**

Free telephone counseling, texting program, web-based referral, email updates

- **1-800-QuitNow**

A free telephone service that will link callers to a trained quit coach in their area to help them quit tobacco.

- **Become an Ex**

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

A national campaign launched in 2008 by the National Alliance for Tobacco Cessation. Smokers can create personalized quit plans

- **QuitNet**

<https://quitnet.meyouhealth.com/>

Provides personalized online support, phone calls with quit-smoking coach, guides, community support

- **Centers for Disease Control and Prevention:**

1) [www.smokefree.gov/](http://www.smokefree.gov/)

2) **How to Quit, Useful Resources to Quit Smoking**

<http://www.cdc.gov/tobacco/how2quit.htm>

3) **You Can Quit**

[http://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/you\\_can\\_quit/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/index.htm)



# **MENTAL HEALTH SERVICES**

- **Medical Services**
- **Group Specific Resources**
- **Crisis Hotlines**
- **Low Cost Clinics**
- **Technology (Mobile Apps)**

# MEDICAL SERVICES

- **Department of Mental Health**

<https://dmh.lacounty.gov/our-services/>



The largest county mental health department in the country, directly operates more than 80 programs and contracts with more than 700 providers. Mental health services provided include assessments, case management, crisis intervention, medication support, peer support and other rehabilitative services.

- **National Alliance on Mental Health (NAMI) Los Angeles**

<https://www.namiurbanla.org/resources>



NAMI Urban Los Angeles (NULA) provides education about severe brain disorders, supports increased funding for research, and advocates for adequate health insurance, housing rehabilitation, and jobs for people with serious psychiatric illnesses in communities of color. It also seeks to educate the public about the myths of mental illness to eradicate stigma

- **Los Angeles Care Health Plan**

[www.lacare.org/members/getting-care/behavioral-health](http://www.lacare.org/members/getting-care/behavioral-health)



L.A. Care provides substance use disorder services and mental health services including treatment for anxiety, depression, or behavior health problems. Your doctor can provide you with some outpatient mental health services. Outpatient mental health services are a benefit covered by L.A. Care Health Plan. You can call L.A. Care Health Plan or ask your PCP for the name of a mental health provider.



- **Community Clinic Association**

<https://ccalac.org/find-a-clinic/>

Search by keyword or location to view clinics in your area.

- **Department of Health Services (DHS)**

<https://dhs.lacounty.gov>

The Department of Health Services (DHS) is an integrated system of providers, clinics, and hospitals. Find lost cost clinics and patient resources.

- **Applying for Medi-Cal**

<https://www.coveredca.com/apply/>

Medi-Cal is a program that offers free or low-cost health coverage for children and adults with limited income and resources. If you qualify, you can enroll in Medi-Cal year-round. Medi-Cal covers low-income adults, families with children, seniors, persons with disabilities, pregnant women, children in foster care and former foster youth up to age 26.



# **GROUP SPECIFIC RESOURCES**

- **Veterans Crisis Hotline**

**Phone: 1-800-273-8255**

**For deaf and/or hearing impaired: 1-800-799-4889**

**Text: 838255**

A free and confidential resource available to provide support, resources or dispatch emergency services to help you through any personal crisis, regardless if you are or are not enrolled in VA healthcare. Both the hotline and texting service is available 24/7.

- **Asian Mental Health Collective**

**<https://www.asianmhc.org/apisaa>**

The mission of the Asian Mental Health Collective is to normalize and de-stigmatize mental health within the Asian community. They provide a number of resources such as crisis and suicide hotlines, a spreadsheet of different organizations specific to a particular ethnic group, and a directory of Asian-identifying therapists in the U.S.

- **Therapy for Latinx**

**<https://www.therapyforlatinx.com/>**

The goal of Therapy for Latinx is to provide an accessible means to finding a therapist. There is a search bar that will allow you to look up therapists either through specialization or location and filter through by gender, payment types, identity, etc. Therapy for Latinx has all the steps laid out for their therapist matching service, and provides additional resources aimed for latinx/hispanic identifying individuals.

# **CRISIS HOTLINES**

- **Suicide Hotlines**

- 1) Los Angeles Suicide Prevention Center  
**(310) 391-1253**
- 2) National Suicide Prevention Hotline  
**1 (800) 273-TALK (8255)**
- 3) Trevor Project  
**1 (866) 488-7386**  
24-Hour Crisis Hotline for LGBT & Questioning Youth, toll free

- **Violence and Sexual Assault Hotlines**

- 1) National and Domestic Violence Hotline  
[www.thehotline.org](http://www.thehotline.org)  
**1 (310) 799-SAFE(7233)**
- 2) Los Angeles Co. Assaults Against Women Hotline  
**(213) 626-3393**
- 3) National Domestic Violence/ Child Abuse/ Sexual Abuse Resource Hotline  
**(800) 799-SAFE (800-799-7233)**  
**(TDD) 800 - 787-3224**  
**(Spanish) 800-942-6908**
- 4) National Rape Crisis Hotline (RAINN)  
**1 (800) 656-4673**
- 5) Women and Children Crisis Shelter Referral Service  
**(562) 945-3939**
- 6) Rape UCLA (Santa Monica) Treatment Center  
**(310) 319-4503**



7) Love is Respect (Dating Abuse and Domestic Violence Resource)  
**(562) 945-3939**

- **Child Abuse Hotlines**

1) Child Abuse Hotline (L.A. Dept. of Children's Services)  
**1 (800) 540-4000**

2 Child Abuse Hotline (Child Help USA)  
**1-800-4-A-CHILD (800-422-4453)**

3) Safe Place  
**Text SAFE and your current location to the number 69866 (24/7)**  
Texting resource for teens in crisis/needing shelter

- **LGBT Hotlines**

1) LGBT National Hotline  
**1 (888) 843-4564**  
Peer Counseling, information, and local resources for all ages

2) LGBT Youth Support Line  
**1 (800) 850-8078**  
Peer Counseling, information, and local resources for youth up to age 25

3) Trevor Project-Talk Line  
**1 (866) 488-7386**  
24-Hour Crisis Hotline for LGBT & Questioning Youth, toll free



- **Mental Health Hotlines**

- 1) Los Angeles County Mental Health/ Crisis Line

**1 (800) 854-7771**

- 2) NAMI Helpline (National Alliance for the Mentally Ill)

**1 (800) 950-NAMI (6264)**

- 3) Mental Health America

**1 (800) 969-NMHA (6642)**

For a referral to specific mental health service or support program in your community

- **General Crisis Support By Text Message**

- 1) National and Domestic Violence Hotline

**[www.thehotline.org](http://www.thehotline.org)**

**1 (310) 799-SAFE(7233)**

# Free or Low-Cost Health Clinics In Los Angeles County

## Health Clinics in **SPA 4** Serving:

Boyle Heights Chinatown Eagle Rock Echo Park El Sereno Glassell Park  
Hancock Park Highland Park Hollywood Hills Hollywood Park Korea Town  
La Brea Monterey Hills Mount Olympus Silverlake Westlake

**Note: Clinics have variable hours. Please call before visiting.**

### AltaMed Health Services

#### - Buena Care

1701 Zonal Avenue  
Los Angeles CA 90033  
(323) 223-6146  
PPP, Primary Care

Hours: M,T,Th,F 12-6pm  
†, ⚡: S

### Arroyo Vista Family Health Foundation - Lincoln Heights

2221 North Broadway  
Los Angeles CA 90031  
(323) 224-2188

PPP, Primary Care  
Monday-Friday 8:30-5:00  
⚡: C M V S

### Arroyo Vista Family Health Foundation - El Sereno

4815 E. Valley Blvd, Unit C  
Los Angeles CA 90032

(323) 222-1134  
PPP, Primary Care  
Monday-Friday 8:30-5:00  
⚡: C M V S

### Arroyo Vista Family Health Foundation - Highland Park

6000 North Figueroa Street  
Los Angeles CA 90042  
(323) 254-5221

Primary, PPP  
Monday-Friday 8:30-5:00  
⚡: C M V S

### Asian Pacific Health Care Venture

1530 Hillhurst Ave., Suite 200  
Los Angeles CA 90027  
(323) 644-3888  
PPP

Monday, Tuesday - 9:00 am - 7:30 pm  
Wednesday, Thursday  
Friday 8:00 a.m. - 7:30 pm  
Saturday 8:00 am - 3:00 pm  
⚡: C M V S J T U

### California Family Care - Grand Ave

1400 S Grand Ave #800  
Los Angeles CA 90015  
(213) 742-6200  
Monday-Saturday 8:00am-5:00pm  
⚡: S

### Central Health Center

241 North Figueroa Street  
Los Angeles CA 90012  
(213) 240-8203  
Public Health Center  
Monday - Friday 8:00am - 4:00pm  
⚡: A T C S V

### Chinatown Service Center

767 North Hill Street, Suite 200  
Los Angeles CA 90012  
(213) 808-1700  
PPP  
Monday-Friday 8:30am-5:00pm  
⚡: C M S V O

### Clinica Medica Jose Carlos - East LA Health Task Force

2120 East 6th Street  
Los Angeles CA 90023  
(323) 881-1112  
Monday, Wednesday 10:00am - 7:00pm  
Thursday, Friday 9:00am - 6:00pm  
Saturday 8:30am - 5:30pm  
⚡: S

### Clinica Msr. Oscar A. Romero

123 S. Alvarado Street  
Los Angeles CA 90057  
(213) 989-7700  
Dental, General Medicine  
Monday - Thursday 7:00am - 7:00pm  
Friday/Saturday 7:00am - 12:00pm  
⚡: S O

### Eisner Pediatric and Family Medical Clinic

1530 South Olive Street  
Los Angeles CA 90015  
(213) 747-5542  
PPP  
Monday-Saturday 8:00am-4:30pm  
⚡: T S

### Franciscan Clinics Queenscare Family Clinic - Eagle Rock

4448 York Blvd.  
Los Angeles CA 90041  
(323) 344-5233  
Primary, PPP  
Monday-Friday 8:30-6:00  
⚡: S

### Franciscan Clinics Queenscare Family Clinic - Echo Park

150 N. Reno Street  
Los Angeles CA 90026  
(213) 380-7298  
Dental  
Monday- Friday 8:00am-5:30pm  
⚡: S A

### Franciscan Clinics Queenscare Family Clinic - Hollywood

4618 Fountain Avenue  
Los Angeles CA 90029  
(323) 953-7170  
PPP, Primary  
Monday- Friday 8:30am-6:00pm  
⚡, ⚡: S A

## Legend

- ✗ Not accepting new patients at this time
- ⚡ Other Languages Spoken
  - S: Spanish
  - M: Mandarin
  - C: Cantonese
  - V: Vietnamese
  - K: Korean
  - T: Tagalog
  - A: Armenian
  - O: Other
- † Interpreters Available
- ⚡ Urgent Care Available

# Free or Low-Cost Health Clinics In Los Angeles County

## Health Clinics in **SPA 4** Serving:

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Hancock Park Highland Park Hollywood Hills Hollywood Park Korea Town  
La Brea Monterey Hills Mount Olympus Silverlake Westlake

**Note: Clinics have variable hours. Please call before visiting.**

### Franciscan Clinics Queenscare Family Clinic - Wilshire Center

3242 West 8th Street  
Los Angeles CA 90005  
(213) 368-9779  
Primary, PPP  
Monday-Friday 9:00am-6:00pm  
⚡, ⚡: S K

### Koryo Health Foundation Community Clinic

1058 South Vermont Avenue  
Los Angeles CA 90006  
(213) 380-8833  
PPP  
Monday-Friday 8:30am-5:00pm  
⚡: S K

### Los Angeles Free Clinic

6043 Hollywood Boulevard  
Hollywood CA 90028  
(323) 462-4158  
PPP  
Medical services for adolescents  
ages 12-24 years  
Tuesday, Thursday 1:00pm-6:00pm  
X, ⚡: T S

### Hollywood-Wilshire Health Center

5205 Melrose Avenue  
Los Angeles CA 90038  
(323) 769-7800  
Public Health Center  
Monday, Wednesday, Friday 7:30-4:00  
Tuesday 7:30-5:00 Thursday 7:30-2:00  
⚡, ⚡: V K S O

### LAC + USC Medical Center

1200 N. State Street  
Los Angeles CA 90033  
(323) 226-5111  
Hospital  
Monday-Friday 8:00 a.m.- 5:00 p.m  
⚡, ⚡, ⚡: S

### Los Angeles Free Clinic - Beverly

8405 Beverly Boulevard  
Los Angeles CA 90048  
(323) 658-9193  
Dental, Specialty  
X, ⚡: T S

### JWCH Institute Safe Harbor

721 East 5th Street  
Los Angeles CA 90013  
(213) 622-4073  
PPP  
Tuesday, Wednesday,  
Friday 8:00am-4:30pm  
⚡: S

### LAC + USC Medical Center Outpatient Dept.

1175 North Cummings St.  
Los Angeles CA 90033  
(323) 226-8000  
GR  
Monday - Friday 8:00am - 5:00pm  
⚡: S O

### Los Angeles Free Clinic @ BAART Hollywood

6411 Hollywood Blvd  
Los Angeles CA 90028  
(323) 957-0604  
PPP, Specialty  
Monday-Friday 6:00am-2:00pm  
⚡: A K S O

### JWCH Institute Weingart Medical Clinic

515 East 6th Street  
Los Angeles CA 90021  
(213) 622-2639  
Primary  
Monday-Friday 7:30am-4:30pm  
⚡, ⚡: S

### KHEIR Health Services Center

266 South Harvard Blvd  
Los Angeles, CA 90004  
(213) 637 - 1070  
Primary  
Sliding Scale  
Monday-Friday 9:00am-5:30pm  
⚡, ⚡: S K

## Legend

X Not accepting new patients at this time

⚡ Other Languages Spoken

S: Spanish

M: Mandarin

C: Cantonese

V: Vietnamese

K: Korean

T: Tagalog

A: Armenian

O: Other

⚡ Interpreters Available

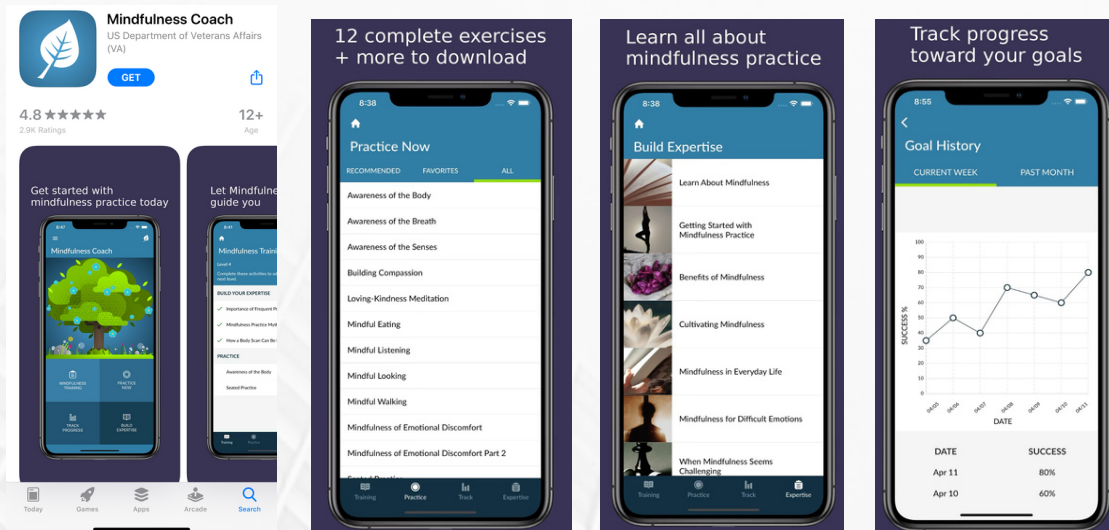
⚡ Urgent Care Available



# MOBILE APPLICATIONS

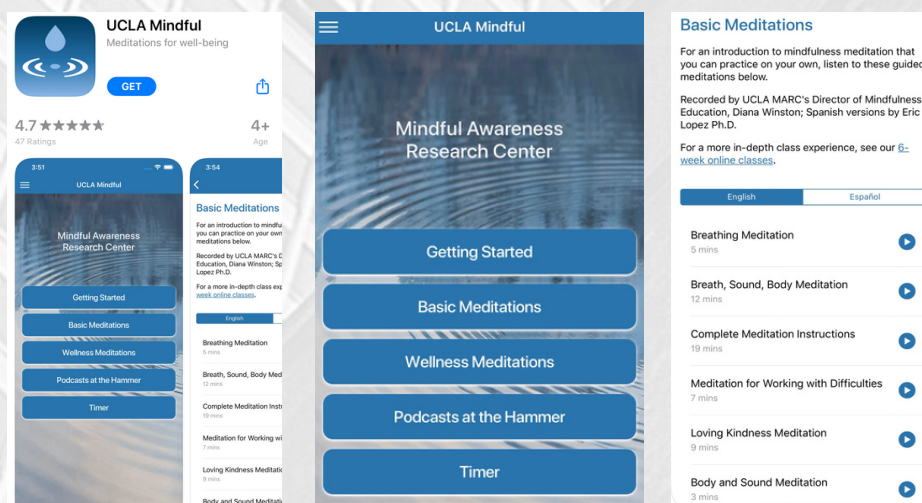
- **Mindfulness Coach App**

A free and publicly available app for people who are interesting in learning about and practicing mindfulness



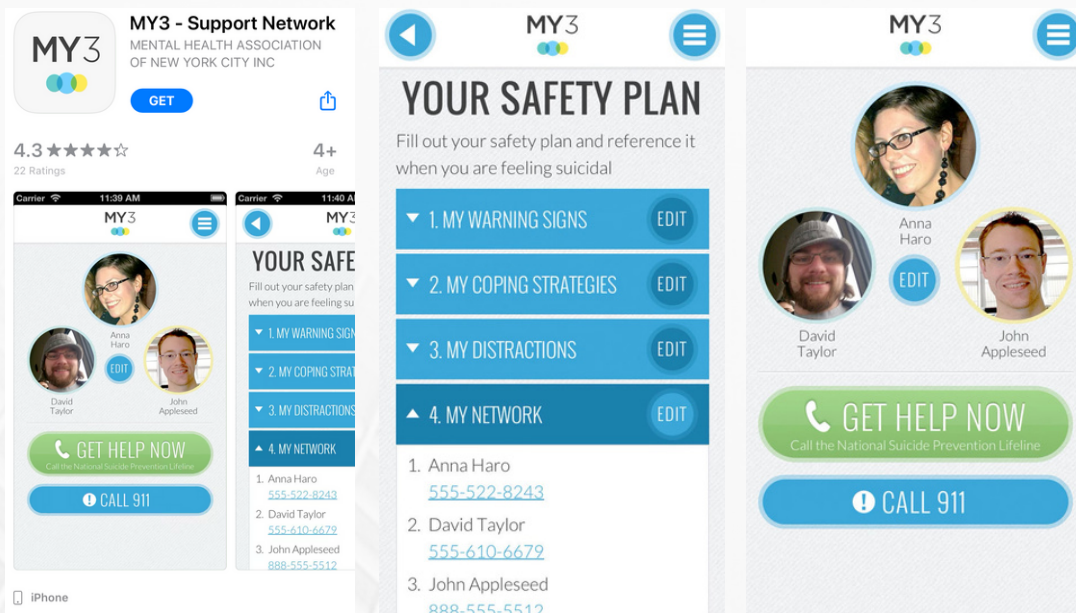
- **UCLA Mindful App**

Practice mindfulness meditation anywhere, anytime with the guidance of the UCLA Mindful Awareness Research Center. The app offers basic meditations for getting started (in both English and Spanish), wellness meditations for people suffering from challenging health conditions, informative videos, weekly podcasts, and a timer for self-meditation.



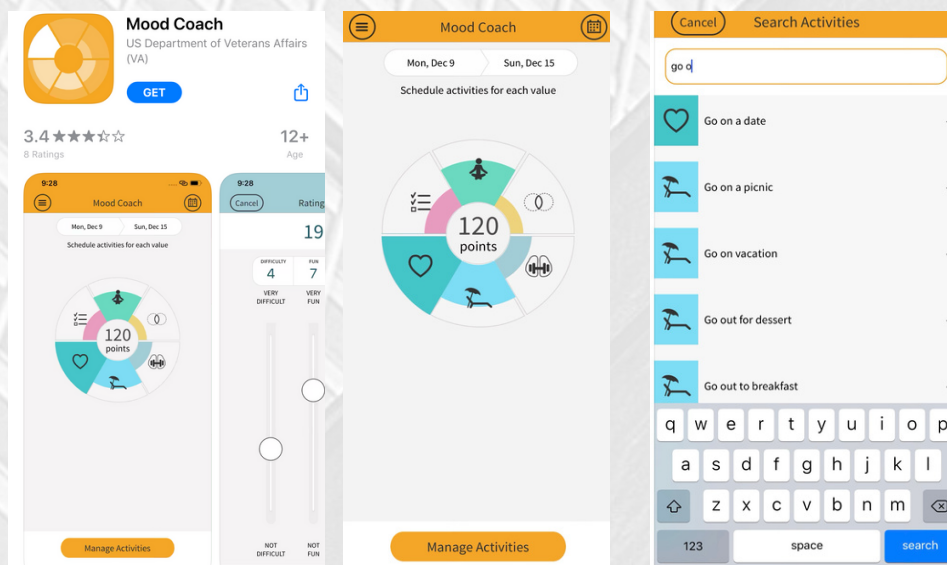
- **My3 App**

With MY3, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide.



- **Mood Coach App**

An app that helps you learn and practice Behavioral Activation, a non-medication intervention for depressed mood. It can be used on its own or in combination with face-to-face healthcare. It is not intended to replace therapy for those who need it.





# **COVID-RELATED RESOURCES**

- **Los Angeles Resources**
  - **Technology Resources**



# **LOS ANGELES RESOURCES**

- **Los Angeles Resources**

**<https://corona-virus.la/resources>**



This website contains updated resources to help provide support during the COVID-19 crisis. These resources topics include: students and education, immigrants, safety and support, testing and health, food and supplies, and more.

- **COVID-19 + Mental Health Resources**

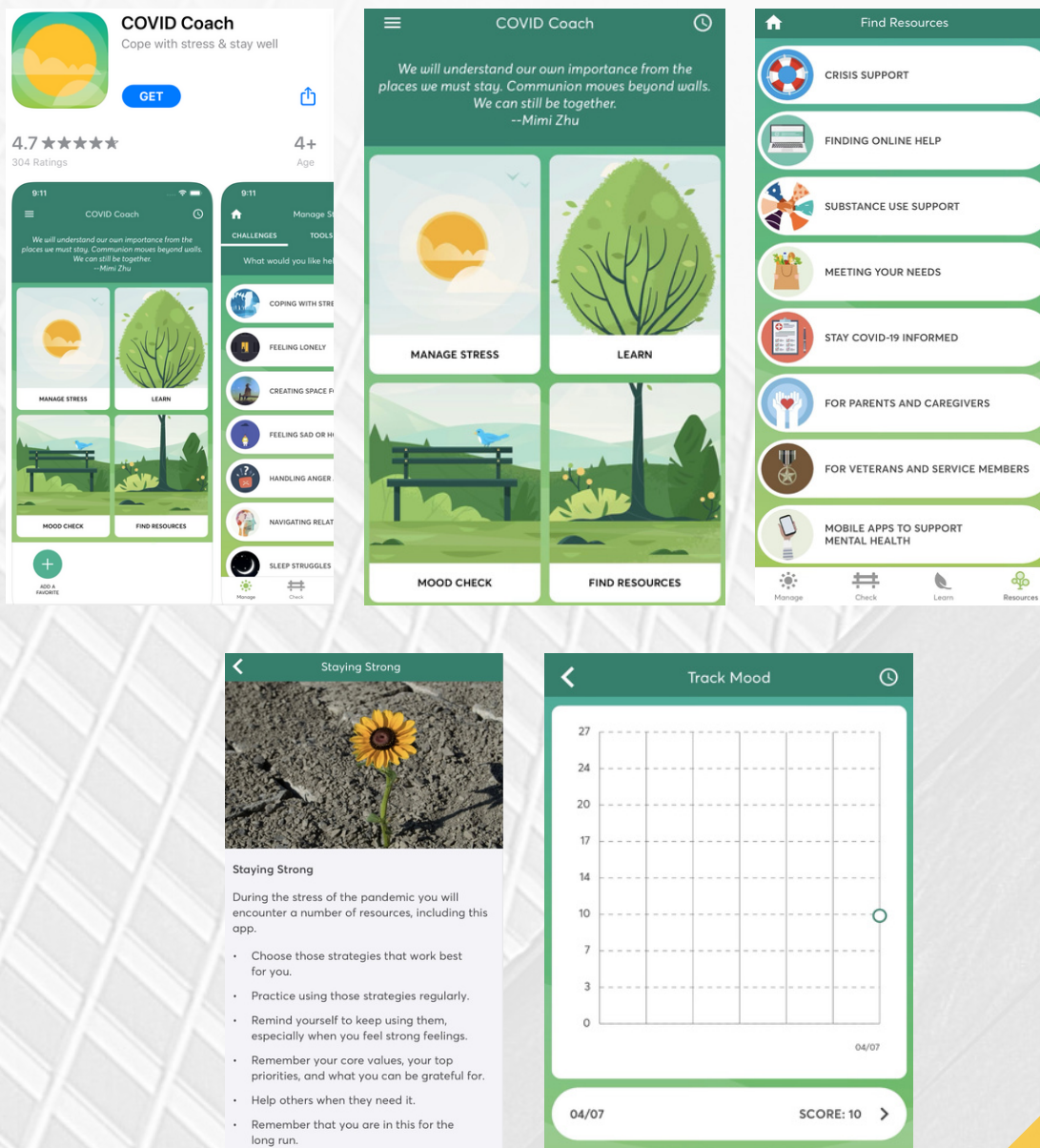
**<https://dmh.lacounty.gov/covid-19-information/>**

The Los Angeles County Department of Mental Health (LACDMH) aims to support the wellbeing of county residents and the community. This online resource includes a wide-range of materials relevant to mental and physical health, which were created by LACDMH, the National Alliance on Mental Illness (NAMI), and other local and national organizations.

# TECHNOLOGY RESOURCES

## • COVID COACH APPLICATION

A Free mobile application designed to help you build resilience, manage stress, and increase your well-being during this pandemic. You can track your mood, visualize your progress, and find resources to seek additional help and support.





# FOOD ASSISTANCE PROGRAMS





# **FEDERAL FOOD ASSISTANCE RESOURCES**

- **For Everyone**

<https://www.fns.usda.gov/>

For general food assistance questions, please contact the USDA National Hunger Hotline to find soup kitchens and pantries in their area. Calls are free of charge.

- English: **1-866-3-HUNGRY (1-866-348-6479)**
- Spanish: **1-877-8-HAMBRE (1-877-842-6273)**
- Text: **#97779**

- **For Adults, Seniors, Parents:**



- 1) Supplemental Nutrition Assistance Program:

[www.fns.usda.gov/snap/state-information-hotline-numbers](http://www.fns.usda.gov/snap/state-information-hotline-numbers)

The Supplemental Nutrition Assistance Program (SNAP) is a federal program that helps millions of low-income Americans put food on the table. SNAP provides families with their basic nutritional needs to get them through temporary hard times. SNAP benefits are delivered monthly through electronic debit (EBT) cards, which are used to purchase groceries at one of the more than 238,000 authorized retailers nationwide.

- 2) Disaster Supplemental Nutrition Assistance Program

[www.fns.usda.gov/disaster](http://www.fns.usda.gov/disaster)

short-term food assistance benefits to families suffering in the wake of a disaster, even those families who otherwise might not qualify for SNAP

- 3) Senior Farmers' Market Nutrition Program

[www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program-sfmnp](http://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program-sfmnp)

Designed to provide low-income seniors with access to locally grown fruits, vegetables, honey and herbs

#### 4) WIC Farmers Market Nutrition Program:

<https://dpss.lacounty.gov/en/food/calfresh.html>

CalFresh

The program issues monthly benefits on an Electronic Benefit Transfer (EBT) card. The amount of benefits a household receives is dependent on household size, countable income, and monthly expenses.

- **For Parents, Women with infants and Small Children**

1) Women, Infants and Children (WIC) program:

[www.fns.usda.gov/wic/who-gets-wic-and-how-apply](http://www.fns.usda.gov/wic/who-gets-wic-and-how-apply)

provides a voucher or coupon that can be used to buy foods that help mothers and their children eat healthy, with further assistance in healthy eating, breastfeeding, healthcare, and related services.

2) WIC Farmers Market Nutrition Program:

[www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program-fmnp](http://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program-fmnp)

Eligible WIC participants are issued FMNP coupons in addition to their regular WIC benefits. These coupons can be used to buy eligible foods from farmers, farmers' markets or roadside stands that have been approved by the state agency to accept FMNP coupons.

- **For Parents, Children and Teens under the Age of 18 Years**

Visit <https://www.fns.usda.gov/sfsp/summer-food-service-program>

OR

Call 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273)

Free and reduced-price breakfast, lunch and afterschool meals are available to children in need throughout the school year. The summer meals program provides healthy, no cost meals to children when school is out.