

Antelope Valley Family Resources

Includes: Palmdale, Acton, Agua Dulce, Gorman, Lake Hughes, Lake Los Angeles, Lancaster, Littlerock, Quartz Hill, and others

Quick Reference Contacts

Dial 211 (Dial 211 from any area code in L.A. County)

Valley Oasis (Family Solutions Center): (661) 942-2758

SAVES: (661) 267-5191

Grief/Loss: (Pro-Care Hospice) (661) 951-1146

What I Need (WIN) APP- Must download on a smartphone

Crime Survivors Resource Center: (844) 853-HOPE or <https://crimesurvivors.org>

Food Resources

Palmdale Community Foundation-S.A.V.E.S.

- Food services, motel vouchers, and senior food programs for low income individuals. Must present proof of income, proof of address, and valid identification.
- Location: 1012 East Avenue Q-12, Palmdale, CA. 93550
- Phone: 661-267-5191
- Hours of operation:
 - Food: Tuesday and Thursday, 1:00pm to 5:00pm
- More info: [City of Palmdale SAVES Program](#)

Grace Resource Center, Inc.

- Location: 45134 N. Sierra Hwy, Lancaster, CA. 93534
- Phone: 661-940-5272
- Hours of operation:
 - Hot meals -- Wednesday and Friday at 5:30pm, Sunday at 1:30pm
 - Groceries -- Tuesday and Thursday, 10am to 1pm
 - Spanish-speaking Grocery Service: Wednesday, 10am

Meals and Groceries at Courson Park

- Location: 38226 10th St. East, Palmdale, CA 93550
- Hours of Operation:
 - Groceries: Tuesdays and Thursdays, 10:00am to 12:00pm
 - Lunch: 2nd and 4th Saturday of the month, 12:00pm
 - Hot Meals: Sundays, 4:00pm to 5:00pm

AVPH Food Pantry

- Location: 44226 10th St. West, Lancaster, CA 93534
- Phone: (661) 942-4719 ext.131
- Hours of operation:
 - 8:00 am to 11:00 am (first come first serve)
 - December 11th and December 18th
 - Emergency meals served by the café every Friday 10:00 am to 12:00 pm.

Food Resources (*continued*)

Shekinah Worship Center

- Location: 42640 10th Street West, Lancaster, CA. 93534
- Phone: 661-940-8378
- Hours of operation (December):
 - Grocery Distribution- December 19th from 8:30 to 12:30 pm

Desert Vineyard Church

- Location: 1011 E. Avenue I, Lancaster, CA 93535
- Phone: (661) 945-2777
- Hours of Operation:
 - Every Thursday at 5:00pm

Salvation Army – Lancaster Corp

- Location: 44517 Sierra Highway, Lancaster, CA. 93534
- Phone: 661-940-8378
- More info: [Salvation Army Lancaster Facebook](#)

Twin Lakes Community Church

- Drive up, pre-bagged grocery service. Homeless clients will be served in Mt. Olive Church parking lot. Non-Senior clients can have others pick up their food for them with a current piece of mail and a note giving permission.
- Location: 17213 Lake Los Angeles, Palmdale, CA. 93591
- Phone: 661-264-1215
- Hours of operation:
 - Food: Tuesday to Thursday from 9:30am to 12:30pm
 - The food bank will be closed December 24-31, 2020

Palmdale Lighthouse Assembly of God Church

- Drive-thru grocery pick-up
- Location: 38500 9th St. East, Palmdale, CA. 93550
- Phone: 661-273-2636
- Hours of operation: Last Saturday of the month at 9:30am

California Department of Social Services (CDSS)

- An extension of Pandemic EBT (P-EBT) will be given to those that are still a California registered student, can be assumed to attend school via virtual instruction.
- Can receive up to \$246 and may vary from student to student
- Contact CalFresh Policy Bureau at (916) 651-8047 if you have questioned or need guidance regarding P-EBT extension provisions.

Housing Resources

Valley Oasis (Family Solution Center)

- Assists with permanent housing for families and individuals.
- Phone: (661) 942-2758

Housing Right Center

- Resource for families who have questions about housing and evictions.
- They have a hotline for questions.
- <https://www.housingrightscenter.org/>
- Phone: (800) 346-2883, (800) 447-5977

Eviction Network

- Resource for families facing eviction
- www.evictiondefensenetwork.org
- Phone: (213) 385-8112

Homeless Prevention Rapid Rehousing (HPRP)

- HPRP partners with The Salvation Army to serve households who are homeless or those that will become homeless without HPRP assistance.
- To learn more about the HPRP program, including eligibility requirements please call The Salvation Army at (661) 267-5296.

NO RENT

- Website helps build letter to landlord for those that are struggling with rent
- <https://www.norent.org/en/>

School Support

LA County Library- Online Tutoring

- Free online tutoring in English and Spanish with the Public Library - <https://www.lapl.org/onlinetutor>
- Help is available everyday from 11:00 am to 11:00 pm for K-12 students and adults learners.
- Library card and access to a device is needed.

LA County Library- Laptop and Hotspot Loan

- Laptop and hotspot loan and wireless printing service - <https://lacountylibrary.org/express-service/>

IFoster & Learn To Be- Foster Youth Tutoring

- Free 1 on 1 tutoring to Foster Youth, in any subject area
- Available for students K-12
- Phone number: 1-855-936-7837
- <https://www.ifoster.org>

Social Emotional/Mental Health

L.A Care Community Resource Center

- Online Parenting Class
- Tuesdays, 10:15am to 11:45am
- Register by calling (213) 438-5580

L.A Care Community Resource Center

- Online Anger Management Class
- Tuesdays, 12:00pm to 1:30pm
- Register by calling (213) 438-5580

L.A Care Community Resource Center

- On Demand Classes on YouTube channel, include: Fitness and exercise classes (Yoga, Zumba, etc), nutrition and healthy cooking classes, health education classes, children's classes.
- You can access classes at <https://www.youtube.com/activehealthyinformed>

Other Resources

Safelink Free Government Phone Program

- Program provides Wireless Phones to eligible households.
- Certain eligibility requirements must be met, which are set by each State where the service is provided.
- <https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/zipcode>

California LifeLine

- Provides discounted home phone and cell phone services to qualified households.
- <https://www.cpuc.ca.gov/General.aspx?id=2752#qualify>

Crime Survivors

- Resource guide website
- Provides anyone in need with guides for finding an advocate, obtaining crisis support, learning about victim's rights, paying for crime-related expenses, healing and recovery, and much more.
- https://dev--crimesurvivors.netlify.app/Los_Angeles_County

What I Need (WIN) app

- Application available for download in a smartphone (must download the app)
- Connects families and youth to resources

Holiday/Seasonal Resources

AVTA Grocery Giveaway

- Holiday Meal Supplies, Groceries, and Toy Distribution
- Location: Antelope Valley Transit Authority, 42210 6th Street West, Lancaster, CA 93534
- Date: Sunday, December 20th, 12:00pm to 3:00pm (while supplies last)
- Drive-Thru Only

The Day of Giving

- A free drive-thru event for the family, December 11th from 10:00am to 12:00pm
- Enjoy a day of celebration, information, and services. Items provided will include: Hygiene kits, toys, beanies, etc
- Location: Christ Church of the Valley, 2714 E. Avenue R, Palmdale, CA 93550
- Phone number: (213) 905-9608 or (213) 408-2441

Voices of our Youth Wonderland

- Holiday event and toy giveaway, December 21th from 4:00pm to 7:00pm
- Will provide toys, clothing, and food for over 3,000 children and their families.
- Sign up at <https://voicesofouryouth.org/events>
- Location: 43040 20th St. E, Lancaster CA 93535

Penny Lane- Tamales and Champurrado

- Curbside pickup event: tamales y champurrado, December 12th from 2:00pm to 6:00 pm
- RSVP early on Instagram (@PLC_TAYCenters) or call (661) 361-1822
- www.pennylane.org

Mildrie's Road Foundation-Toy and Resource Giveaway

- Location: 1140 Commerce Center Drive, Lancaster, CA 93534
- Telephone: (661) 752-5068
- Date: Diciembre 24, 2020, 2:00pm to 6:30pm
- Call for more information

Resources for Parents

Title/Description	Link
Supporting your child's mental health as they return to school (UNICEF)	https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return
<i>How parents can help their children navigate their feelings during school reopening</i>	

<p>'What will a return to school during COVID-19 pandemic look like?' (UNICEF)</p> <p><i>What parents need to know about school reopening in the age of coronavirus</i></p>	<p>https://www.unicef.org/coronavirus/what-will-return-school-during-covid-19-pandemic-look</p>
<p>Starting a New School Year Following a Summer of Change (Psych Central)</p> <p><i>Resources for helping students transition back to school</i></p>	<p>https://psychcentral.com/lib/starting-a-new-school-year-following-a-summer-of-change/</p>
<p>Helping Children Cope with Changes Resulting From COVID-19 (National Association of School Psychologists)</p> <p><i>Tip for parents on helping children during the COVID-19 pandemic</i></p>	<p>https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19</p>
<p>Helping Kids Grieve (Sesame Street in Communities)</p> <p><i>Tips and resources for parent on helping children who lost a loved one</i></p>	<p>https://sesamestreetincommunities.org/topics /grief/</p>