

United Way of Greater Los Angeles

HELP FOR HARD TIMES

When Tough Times Hit

Unemployment, even temporary, is an extremely difficult experience. Losing your job is traumatic, especially if it affects your entire family's income. Knowing where to turn and how to take control of your situation can help reduce the impact on you and your family. These are some tips on where you can turn when times get tough, as well as some of the resources that are available through United Way of Greater Los Angeles and its partners.

Emergency Referral Line 2-1-1, 24/7

United Way of Greater Los Angeles is a major investor in this basic needs assistance call line. Even if you've never needed help before, the loss of a job, diminished benefits or an unexpected health crisis might have you looking for assistance. That's where 2-1-1 comes in. 2-1-1 is available 24 hours a day and is staffed by counselors that can get you the help you need. All calls are free and confidential. Trained counselors can assist you with almost any challenge – mental health problems, substance abuse, heating bill assistance, financial planning, state and federal assistance programs, employment resources, education or credit issues and more.

Get Started Be Productive

If you or a family member have lost a job, getting the job search started may be particularly hard. First, explore your unemployment and WorkSource options and benefits. Some may be time sensitive. For more information about **unemployment insurance call (800) 300-5616** or apply online at the Employment Development Department website at www.edd.ca.gov.

While looking for a job should be your first priority, this is a good time to do all the things you've been putting off: fix the faucets, give your car a tune-up, clean out the garage, visit friends and relatives or take a community class.

Check your local newspaper for a list of activities, many of which are free. You may also check with your local recreation department, city or county website, library, community center or college.

Volunteering is a particularly rewarding way to use your time, even for a short period. United Way of Greater Los Angeles currently has a number of volunteer opportunities with its homeless service providers available through its website. Go to unitedwayla.org and click on Get Involved/Ending Homelessness and enter your zip code to find a good match, or call Lisa Davidowitz at (213) 808-6228.

Manage Your Finances

Here's a list of basic things you can do to get your finances in order:

1. Prepare a household budget
2. List assets
3. Set priorities
4. Make a list of creditors
5. Notify your creditors and stay in touch
6. Pay what you can
7. Stop credit purchases
8. Reduce household expenses
9. Sell what you don't need
10. Check into other financial resources

United Way has partnered with several organizations across the County that are designed to help you manage your money wisely. The following is a sample list of some of our partners (for a complete list please visit unitedwayla.org):

Watts/Century Latino Organization
2214 E. 108th St.
Los Angeles, CA 90059
(213) 564-9140

Valley Economic Development Center
5121 Van Nuys Blvd.
3rd Floor, Van Nuys, CA 91403
(818) 907-9977 or Toll Free: (800) 304-1755

PACE Business Development Center (El Monte Branch)
11100 Valley Boulevard, Suite 209 El Monte, CA 91731
Viem Hong or Mike (Dandan) Shan at
(626) 442-8668 Ext. 105 or Ext. 107

PACE Business Development Center (Los Angeles Branch)
1055 Wilshire Boulevard, Suite 900B Los Angeles, CA 90017
Contact Carol Wu at (213) 989-3151

Long Beach Community Action Partnership
3012 Long Beach Boulevard, Long Beach, CA 90807
info@lbcap.org (562) 437-0681

If you are looking for information regarding the appropriate strategies for dealing with **foreclosure** and **homeownership** preservation, please call:

Center for Foreclosure Solutions
(888) 995-HOPE
<http://www.lanhs.org/ForeclosureSolutions.html>

**Together we'll fight poverty.
United we'll win.**



Creating Pathways Out of Poverty

Take Advantage of Health Care Services

Access to affordable health care is critical, especially during economic downturn. With the decrease in employer-based benefits, job loss causing loss of health benefits individuals and their families will require access to low or no cost health care. The following United Way partners can give you free access to healthcare services:

Venice Family Clinic
604 Rose Ave., Venice, CA 90291
Appointment Line: (310) 392-8636
General Administration: (310) 392-8630

Saban Free Clinic (formerly LA Free Clinic)
(323) 653-8622

Eisner Pediatric & Family Medical Center
1530 South Olive
Los Angeles, CA 90015
(213) 747-5542

Samuel Dixon Family Health Center
Newhall Center
(661) 291-1777

Wilmington Community Clinic
1009 N. Avalon Blvd.
Wilmington, CA 90744
(310) 549-5760

And here are a few partners that offer mental health services (for a complete list visit unitedwayla.org):

Airport Marina Counseling Service
7891 La Tijera Blvd.
Westchester, CA 90045
(310) 670-1410

Jewish Family and Children's Service
3801 East Willow Street
Long Beach, CA 90815
(562) 427-7916

Chinatown Service Center
767 N. Hill Street #400
Los Angeles, CA 90012
(213) 808-1700

Other Resources:

Credit Counseling
Springboard Credit
To arrange for a counseling session call:
(877) Wise-Plan, (877) 947-3752 or
visit springboardcredit.org

Housing

United Way partners with a variety of regional organizations providing emergency shelter, supportive housing and comprehensive programs on securing permanent housing. Some of our partners include:

East LA Community Corporation
530 South Boyle Avenue
Los Angeles, CA 90033
(323) 269-4214

LA Family Housing
7843 Lankershim Boulevard
North Hollywood, CA 91605
(818) 982-4091
Email: info@lafh.org

LTSC Community Development Corporation
231 E. Third St., Suite G-106
Los Angeles, CA 90013
(213) 473-3030

OPCC
1453 16th Street
Santa Monica, CA 90404-2715
(310) 264-6646

Union Station Foundation
825 E. Orange Grove Boulevard
Pasadena, CA 91104
(626) 240-4550

Rent assistance becomes available the first of the month, but runs out quickly. Call 2-1-1 for more information.

Emergency Food and Shelter Program

United Way manages this program which assists people with economic emergencies. Funding is provided by the Federal Emergency Management Agency (FEMA), as well as the state of California to supplement the work of local non-profits who assist low-income and homeless individuals with the basic necessities of food and shelter services. For more information, please call Elizabeth Heger at (213) 808-6610.

Utility Assistance Program

United Way of Greater Los Angeles manages this program which is comprised of the Energy Assistance Fund (EAF) and Gas Assistance Fund (GAF). Please call 2-1-1 for an agency referral, go to www.sce.com, www.socalgas.com, or the United Way website (unitedwayla.org) for a list of organizations that participate in the programs.