



SURVIVOR GUIDE

**Supporting Survivors in Accessing Information and
Resources for Enhanced Safety, Well-being, and Justice**

Updated 2025

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SURVIVOR JUSTICE CENTER

WHO WE ARE

The Survivor Justice Center (SJC), formerly the Los Angeles Center for Law and Justice, is a nonprofit organization dedicated to provide survivors with client-centered services which are holistic, trauma-informed, culturally responsive and collaborative. The Center provides legal representation to survivors of domestic violence, sexual assault, and human trafficking in Los Angeles County. Our Integrated model allows Attorneys and Community Advocates to work together to support survivors through both legal and personal challenges. With a strong focus on empowerment and self-determination, we strive to ensure that every survivor has the tools and support they need to rebuild their lives by accessing community resources and justice as they begin their healing journey.

SERVICES PROVIDED

Legal Services

- Domestic Violence Restraining Orders
- Family Law (custody, divorce, paternity)
- Immigration relief (e.g. U Visa, T Visa, VAWA petitions, Removal Defense)
- Criminal Justice Advocacy
- Legal referrals to partner organizations (if needed)

Community Advocacy Services offered to clients

- Emotional Support and Court Accompaniments
- Safety Planning for Survivors and their children
- Navigation of systems like housing, healthcare, public benefits, and immigration
- Referrals to counseling, shelters, food assistance, and more
- Support from intake through exit, with goal tracking and follow-up

Contact information:

Phone: (323) 980-3500

Email: services@survivorjusticecenter.org

Website: <https://www.survivorjusticecenter.org/>



Fill out Referral Form and our legal assistants will reach out to schedule an initial Intake Appointment. **(Services by appointment only)**

TRAUMA & SAFETY PLANNING

WHAT IS TRAUMA?

Trauma is a distressing or disturbing experience that can cause significant emotional and psychological harm. Experiencing violence or abuse can shatter a person's sense of safety and leave them feeling overwhelmed and helpless. The event or events can be so stressful that it overpowers a person's ability to cope and process the emotions involved. Traumatic events don't have to be physically harmful, anything that leaves a person feeling isolated and overwhelmed can result in trauma. You are not alone in this, and your feelings are normal given what you've experienced.

WHAT TO DO IF YOU HAVE EXPERIENCED TRAUMA



**Seek support
from trusted
friends, family
or agencies.**



**Call hotlines for
emergency help
and support.**



**Care for your
physical and
mental health
needs**

**Remember: We all process trauma differently, do what's best
for your health and mental wellbeing.**

SAFETY PLANNING

- Taking steps to ensure your safety in challenging situations can be overwhelming; however, having a safety plan can provide a solid starting point. A safety plan is a set of actions that can help lower your risk of being hurt during unsafe or dangerous situations.
- A safety plan can be developed through a conversation with an advocate and/or someone you trust and written down in a document for you to carry if needed. Your safety plan is personal, can change, and meets your needs and those of your loved ones.
- It should include identifying a safe location for you to go to if you need to leave your home. It should include safe numbers of trusted individuals you can easily contact. It is important that you review your safety plan multiple times in the year to ensure its accurate and that it meets your needs.

SAFETY PLANNING

CREATING A SAFETY PLAN

QUESTIONS TO ASK YOURSELF

1. What do I consider to be an unsafe situation?
2. What signs tell me I'm in danger?
3. What strategies have I used in the past to keep me and my loved ones safe?
4. What actions can I take to improve my safety and my children's at home, work, and in my community?
5. What actions can I take to protect myself financially and with technology?
6. Do I have a safe place to go to if I needed to?
7. Who can I reach out to in an emergency?
8. If I have to see my abuser in the community/court/custody exchange, what actions can I take to keep myself and family calm and safe?
9. When I feel stressed, scared, or sad, what are healthy activities that help me feel better? For example:
 - a. Contacting my therapist or a hotline
 - b. Taking deep breaths (Box Breathing, 4-7-8 Breathing, Belly Breathing)
 - c. Grounding strategies (5 Senses, Splash cold water on your face, body scan)



IMPORTANT ITEMS TO TAKE WITH YOU IN AN EMERGENCY:

- Important Identification Documents like: Yours and children's ID/Driver's License/Birth Certificate/Passports/Social Security Card
- Money/Credit Cards/Checkbooks
- Copies of Medi-Cal/CalWORKs/CalFresh Information
- Gender or Name Change Documents
- Immigration Documents/Green Card/Work Permit/ Case Documents
- Copies of Legal Orders/ Divorce Papers/ Copies of Custody/ Visitation Orders/ Restraining Orders
- Lease Agreement/House Deed/Income Tax Papers
- Car Keys/House Keys
- Cell Phone Charger
- Extra Set of Clothes/A bag with basic toiletries
- Medical Record/ Vaccination cards
- Medications (for you and children)
- Journal of incidents and related photographs
- Partner's social security number, date and place of birth and recent pay stub
- Extra clothes toys and supplies for your children (diapers, formula, etc.)
- Special items or family photos



GETTING HELP

TRUST YOURSELF

When creating a safety plan with an advocate be clear and open regarding your needs, trust yourself and the process to help identify information and resources that can be useful in keeping you safe. Your voice and your choices are the most powerful tools to creating a safety plan that meets your needs. Remember to practice and to discuss your safety plan with your loved ones to be better prepared. Reach out to trusted individuals and professionals if you need assistance in creating and implementing your safety plan.

EMERGENCY NUMBERS & HOTLINES

If your life is in danger call 911 for emergency support

- **National Suicide & Crisis Lifeline:** Call or Text 988
- **LA County Mental Health Helpline:** 1(800)854-7771 or text "LA" to 741741
- **National Domestic Violence Hotline:** 1(800)799-7233 or Text START to 88788
- **National Sexual Assault Hotline:** 1(800)656-4673 or Text HOPE to 66743
- **Human Trafficking Hotline:** 1(888)373-7888 or Text: 233733
- **National Teen Dating Abuse Helpline:** 1(866)311-9474
- **LA County Raids and Rapid Response Network: Hotline:** 1(888)-624-4752



MENTAL HEALTH / TRAUMA SUPPORT RESOURCES

Mental Health matters and is just as important as physical health. Often, mental health challenges go unnoticed, if left untreated mental health can have an impact on our overall functioning. Did you know, there are plenty of mental health providers that offer affordable services, and some are covered through Medi-Cal. Some of the mental health services include individual therapy, family therapy, support groups and counseling.

NATIONAL ALLIANCE ON MENTAL HEALTH GREATER LOS ANGELES COUNTY (NAMI GLAC)

NAMI Greater Los Angeles County is a non-profit organization that supports individuals living with mental illness and their families through peer-led support groups, a confidential warmline offering emotional support and resource referrals, and educational programs that promote mental health awareness and reduce stigma. They also advocate for improved mental health policies and services. NAMI GLAC provides services in both English and Spanish, aiming to create a more informed, compassionate, and connected community for those affected by mental health challenges.

Contact Information:

In Crisis, call: 988

NAMI GLAC Office: (213)386-3615

NAMI GLAC Warmline: (818) 208-1801; M-F, 10a.m.-8p.m.|Sa, 10a.m.-2p.m

Email Hope Warmline: Hope@namiglac.org

NAMI GLAC Website: <https://namiglac.org/>

NAMI South Bay Los Angeles County (NAMI SBLA)

NAMI SBLA Office: (310) 5333-0705; M-F 10 am - 10 pm, ET.

NAMI National Helpline: (800) 950-6264; M-F 10 am - 10 pm, ET.

Text: 62640

Email Helpline: helpline@nami.org

Webiste: <https://www.nami.org/>



NAMI GLAC



NAMI SBLA



NAMI

MENTAL HEALTH / TRUAMA SUPPORT RESOURCES

ALTERNATIVE CRISIS RESPONSE (ACR)

ACR in Los Angeles County offers a range of services designed to provide compassionate, community-based mental health crisis intervention without defaulting to police involvement. Key services include 24/7 help line for immediate support and referrals, mobile Field Intervention Teams (FIT) that respond in-person to crises, Psychiatric Urgent Care Centers for Short term stabilization, and Crisis Residential Treatment Programs offering temporary safe housing. ACR also provides follow-up teams to connect individuals with ongoing care and support, aiming to resolve crises using the least restrictive options while keeping people safely within their communities whenever possible.

Contact Information:

24/7 Help Line: (800) 854-7771

Website: <https://dmh.lacounty.gov/acr/>



TRAUMA RECOVERY CENTER AT USC

The Trauma Recovery Center at USC is a free, culturally sensitive clinic under the USC Suzanne Dworak-Peck School of Social work. It supports survivors of crime and trauma--including sexual assault, community violence, child abuse, trafficking, grief and loss. They offer mental health care, case management, outreach, and referrals to services people might need. Services are offered in person and virtually.

Contact Information:

Phone: (866) 345-8777

Email: trcsowk@usc.edu

Website: <https://dworakpeck.usc.edu/clinical-programs/trauma-recovery-center/our-services>



MENTAL HEALTH / TRUAMA SUPPORT RESOURCES

SAFE HARBOR TRAUMA RECOVERY CENTER

Safe Harbor Trauma Recovery Center (Harbor-UCLA Medical Center) provides free and confidential services for survivors of crime and their families. These include mental health therapy, medication management, case management, legal aid, crisis management, substance use support, outreach, housing and employment referrals, food, medical services. Safe Harbor TRC will not turn anyone away based on insurance or immigration status.

Contact Information:

Phone: (424) 306-4000

Website: <https://dhs.lacounty.gov/harbor-ucla-medical-center/our-services/resources/trauma-recovery-center/>



CASA DE LA FAMILIA

Casa de la Familia is a non-profit mental health organization that offers individual, group, family, and couples therapy, as well as support groups, case management, court advocacy and psychoeducation. They also help clients with therapy through the California Victim Compensation Program. They provide both in person and virtual services at low or no cost. Making mental health more accessible for those most in need.

Contact Information:

Phone: 1-877-411-5588

Website: <https://casadelafamilia.org/new-clients>



PEACE OVER VIOLENCE

Peace Over Violence is a nonprofit in Los Angeles dedicated to ending sexual, domestic, and interpersonal violence. They offer free support services including hotlines, counseling, education, prevention and advocacy.

Contact Information:

Phone: (213) 955-9090 Ext. 502

Hotline Central LA: (213) 626-3393

Hotline South LA: (310) 392-8381

Hotline West San Gabriel Valley: (626) 793-3385

Website: <https://www.peaceoverviolence.org/counseling>



VICTIM SUPPORT SERVICES & RESOURCES

As a survivor of a crime, you have rights. The resources and tools provided are meant to help you access justice, resources and support.

MARSY'S LAW - CALIFORNIA VICTIM'S BILL OF RIGHTS

Under California's Marsy's Law (2008), Crime victims have constitutional rights to protect their right to justice and due process

Automatic Rights:

- Protection from intimidation and harassment
- Fair and respectful treatment
- Privacy protection
- Right to refuse speaking with the offender's attorney

Rights Upon Request (ask in advance and in writing):

- Notice of hearings and court proceedings
- Right to be heard at bail, sentencing, or parole hearings
- Updates on custody status and release information
- Right to seek restitution

To learn more about Victim Rights Visit:

<https://www.cdcr.ca.gov/victim-services/marsys-law/>



VICTIM ADVOCATES

According to California Penal Codes § 679.04 and § 868.5 As a victim or survivor of a crime you have the right to have an advocate as a support person during the legal proceedings of your case. This person can be with you while you are interview by law enforcement authorities, prosecutors, or defense attorneys.

In addition, Victim Advocates can support with individual advocacy, linkages and referrals to local organizations that can best support you as you navigate the legal process and take steps in healing.

- Domestic Violence Counselor-Victim Privilege (Evidence Code Sections 1037-1037.8)
- Sexual Assault Counselor-Victim Privilege (Evidence Code Sections 1035-1036.2)
- Human Trafficking Case Worker-Victim Privilege (Evidence Code Sections 1038-1038.2)

VICTIM SUPPORT SERVICES/RESOURCES

TYPES OF VICTIM ADVOCATES AND SUPPORT THEY CAN PROVIDE

Victim Advocates and Victim Services Representatives help victims regardless of immigration status, whether or not criminal charges are filed against their abuser.

Available Victim Advocates:

- Domestic Assault Response Teams (DART)
- Sexual Assault Response Teams (SART)
- District or City Attorney Victim Advocates

Advocates can support with:

- Court accompaniment and reporting assistance
- Safety Planning
- Paperwork help (CalVCB, Medi-Cal, TCVAP applications)
- Case status notifications
- Referrals and Resources
- Restitution assistance
- Navigation of legal systems

VICTIM ASSISTANCE PROGRAMS (VAPS)

Victim Assistance Programs (VAPs) in Los Angeles County are available through the City Attorney's Office and the County District Attorney's Office, offering support services like crisis intervention, referrals to community resources, and help with criminal justice processes and compensation claims.

City of Los Angeles (VAP) Program

Contact Information:

Phone: (213) 978-4537

Website: <https://www.helpcrimevictims.org/#/homepage>



District Attorney (DA) victim advocate

Contact Information:

To Request Victim Services call: (800) 380-3811

Family Violence Phone: (213) 257-2173

Website: <https://da.lacounty.gov/victims>



VICTIM SUPPORT SERVICES & RESOURCES

SELF-HELP CENTERS

Self-Help Centers were established to help ensure victims of crime fully understand and exercise their rights. Self-Help Centers offer free legal information, resources, and support so that victims (and others without attorneys) can better advocate for themselves and access justice. These centers can be accessed at various locations throughout LA County.

For specific locations visit the California Self-Help

Website:

<https://selfhelp.courts.ca.gov/self-help/find-self-help?s=Los+Angeles>



RESTRAINING ORDERS

You have the right to request a restraining order even without making a police report.

Domestic Violence Restraining Orders Can Include:

- Stay-away, no-contact, and move-out orders
- Child custody, visitation, and support orders
- Protection for pets
- Duration: 1-5 years

Website: <https://selfhelp.courts.ca.gov/restraining-orders>



EMERGENCY PROTECTIVE ORDERS (EPO)

- Request an EPO from law enforcement at the scene or at a police station
- Law enforcement connects to an on-call judge 24/7 to issue orders
- Valid for 5-7 days, providing immediate protection and/or move-out orders
- Gives you time to decide next steps while having some protection



INCIDENT REPORT

- You can make a police report any time after a crime occurs.
- You do not have to report alone - advocates, family, or friends can accompany you
- Reports may lead to criminal charges or provide documentation for other support services
- You know your situation best - talk to advocates or attorneys to help decide if reporting is right for you

VICTIM SUPPORT SERVICES & RESOURCES

RESTITUTION

Convicted offenders must reimburse victims for financial losses. This applies to felony cases and misdemeanor cases. There is no time limit to request restitution. Victims will need to provide receipts and documentation to prosecutors or probation office to use as evidence. Your Survivor Justice Center legal team can help request a Restitution Order.

V.I.N.E (VICTIM INFORMATION & NOTIFICATION EVERYDAY)

V.I.N.E is a free, anonymous, and nationwide victim network. It allows survivors, victims of crime, and other concerned citizens to access timely and reliable information about offenders or criminal cases in U.S. jails and prisons. You can register to receive automated notifications via email, text, or phone call, or check custody status information online at any time.

Register by calling: 1-877-411-5588

Website: www.vinelink.com

(Service available in multiple languages)



SAFE AT HOME PROGRAM

California Address Confidentiality Program for survivors of domestic violence, stalking, sexual assault, and human trafficking:

- Confidential substitute mailing address
- Use for government records, mail, school, and legal documents
- Keeps your actual home address private
- Available to survivors and eligible household members

Apply through authorized agencies like Survivor Justice Center

Contact Information:

Toll-free: (877) 322-5227

Email: SafeAtHome@sos.ca.gov

Website: www.sos.ca.gov/safeathome



CALIFORNIA VICTIM COMPENSATION BOARD (CALVCB)

CalVCB is a financial assistance program that helps crime victims cover expenses not reimbursed by other sources. If you qualify, CALVCB can reimburse you for costs related to a crime. CalVCB will ask for receipts, crime reports, and bills and other proof of your expenses.

VICTIM SUPPORT SERVICES & RESOURCES

CALIFORNIA VICTIM COMPENSATION BOARD (CALVCB)

CalVCB offers support for victims of:

- Assault
- Domestic Violence
- Sexual Assault
- Child Abuse
- Vehicular Manslaughter
- Homicide
- Drunk Driving
- Human Trafficking
- Robbery

Some expenses CalVCB can help reimburse include:

Crime Scene Cleanup
Medical/Dental Bills
Relocation
Home security installation
Funeral Costs
Mental Health Counseling
Income loss

To be eligible for compensation, victims must be:

- A California resident at the time of the crime, or
- A non-resident victimized in California.

The crime must involve:

- Physical injury,
- Emotional injury due to the threat of physical injury,
- Death, or
- Emotional injury, in some cases.

The Survivor/ Victim must:

- Cooperate with police and court officials to arrest and prosecute the offender (Exceptions may apply)
- Cooperate with CalVCB staff
- Not have been involved in events leading to the crime.
- Not have committed a felony at the time of the crime
- File the application within time limits. These are:
 - Within seven years of the crime, or
 - Seven years after the direct victim turns 21 years of age, or
 - Seven years from when the crime could have been discovered
- Some applications filed later than this may be considered. File a Late Consideration Form if that is the case.

Contact Information:

Phone: 1-800-777-9229

Website: <https://victims.ca.gov/>



A member of your legal team at Survivor Justice Center can provide you additional information and help you begin your application.

PUBLIC BENEFITS FOR SURVIVORS

In California, if you are a survivor of domestic violence, human trafficking, sexual assault, or other serious crimes, you may be eligible for public benefits and support services, regardless of your immigration status.

TRAFFICKING AND CRIME VICTIMS ASSISTANCE PROGRAM (TCVAP)

TCVAP benefits and services are equivalent to federally funded benefits available to refugees and certified human trafficking victims. Additionally, SIJS applicants may be eligible for some state funded aid depending on their circumstances and eligibility requirements.

Benefits may include:

- **California Work Opportunity and Responsibility to Kids (CalWORKS)**
 - This program offers financial help to survivors and their families to meet basic needs while working toward self-sufficiency. Additional services may include job training, childcare, transportation, and domestic violence support.
- **Refugee Cash Assistance (RCA)**
 - This program provides short-term financial help to eligible refugees, asylees, and other humanitarian immigrants who are not eligible for other cash aid programs like CalWORKS. Services may include job placement, English classes, and case management.
- **California Food Assistance Program (CalFresh)**
 - Helps low-income individuals and families buy groceries by providing monthly benefits on an EBT card which works like a debit card. Benefits can be used at most grocery stores and farmers market.
- **California's Medicaid Program (Medi-Cal)**
 - Provides free or low cost health insurance to eligible individuals and families with low income. It covers a wide range of services including doctor visits, mental health care, hospital stays, prescriptions, dental, vision and more.
- **In-Home Supportive Services (IHSS)**
 - IHSS is a free low or low-cost program that helps seniors, people with disabilities, and blind individuals stay safely in their own homes by providing in-home care services. This can include help with bathing, dressing, cooking, cleaning, and medical needs.

In Los Angeles County survivors can visit their local Department of Public Services Office, apply online or can contact the DPSS customer service line and visit the DPSS website for more information and access to resources.

Contact Information:

Phone: (866) 613-3777

Website: <https://dpss.lacounty.gov/en.html>

Apply online: <https://benefitscal.com/>



SHELTER AND SUPPORTIVE SERVICES

SHELTER AND HOUSING RESOURCES

Shelter and housing resources are essential in addressing housing insecurity. In LA County, numerous resources are available to provide housing support and case management services aimed at reducing homelessness and helping when people are in need. Below you will find a list of domestic violence shelters that provide emergency and transitional housing support along with housing agencies in Los Angeles County that can provide additional support.

1736 FAMILY CRISIS CENTER (1736 FCC)

Type: *Emergency Shelters, Transitional Housing, & Support Services*

1736 FCC serves vulnerable individuals and families throughout Los Angeles and Orange Counties. They provide confidential shelters, emergency shelters, counseling, legal assistance, advocacy, case management and more.

Contact Information:

Phone: (310)543-9900

24-Hour Hotline: (213) 745-6434

Website: <https://www.1736fcc.org/>



RAINBOW SERVICES

Type: *Emergency Shelter & Transitional Housing for Domestic Violence Survivors*

Provides emergency shelters, transitional shelters, support, and resources for domestic violence survivors. Services also include mental health counseling, case management, support groups, and legal assistance.

Contact Information:

Phone: (310)548-0611

24-Hour Hotline: (310) 547-9343

Website: <https://www.rainbowservicesdv.org/>



ANGEL STEP INN

Type: *Emergency Shelter for Survivors Fleeing Domestic Violence*

Provides services for survivors actively fleeing domestic violence. Services include 24-hour hotline, emergency shelter, counseling, education, and case management.

Contact Information:

For support & information call the 24-Hour Hotline: (323) 780-4357

Website: <http://www.angelstepinn.org/home.aspx>



SHELTER AND SUPPORTIVE SERVICES

EAST LOS ANGELES WOMEN'S CENTER

Type: *Emergency Shelter & Support Services for Survivors*

Provides culturally responsive, trauma informed, evidence based services across many areas. They offer crisis intervention, mental health support, and temporary housing for survivors of sexual assault and domestic violence. The Hope and Heart Project offers hospital-based shelter, and the center also offers transitional housing services.

Contact Information:

Phone: (323) 526-5819

Website: https://www.elawc.org/housing_services



VALLEY OASIS

Type: *Emergency Shelter & Supportive Services*

Provides services to men, women and children of all ages; individual and group therapy, domestic violence education/prevention groups, safety planning, emergency safety moves, assistance in applying for financial assistance, assistance in applying for housing opportunities, resources and referrals.

Contact Information:

Phone: (661) 949-1916

Website: <https://www.valleyoasis.org/what-we-do/trauma-services/>



HOUSE OF RUTH

Type: *Emergency Shelter & Supportive Services*

Provides survivor driven advocacy and financial assistance to survivors experiencing homelessness. Our financial support ranges from short to longer term financial assistance including security deposits, rental assistance, and other identified financial barriers that prevent stable housing.

Contact Information:

Hotline: 1 (877) 988-5559

La línea emergencia directa en español: 1 (909) 643-6577

Website: <https://www.houseofruthinc.org/housing-services>



HOUSING INFORMATION

DOWNTOWN WOMEN'S CENTER

Type: *Permanent Supportive Housing & Supportive Services*

Provides permanent housing and support for women. Offers programs like Permanent Supportive Housing, Community-Based Housing, and Rapid Re-Housing. Additional services include case management, healthcare, job training, and community activities.

Contact Information:

Phone: (213) 680-0600

Website: www.downtownwomenscenter.org/housing/



LOS ANGELES COUNTY DEVELOPMENT AUTHORITY (LACDA)

Type: *Public Housing Authority*

County agency that provides housing and services for low-income residents in Los Angeles. It offers programs for multifamily rental housing, section 8, home improvements, affordable housing, and public housing.

Contact Information:

Phone: (626) 262-4511

Website: <https://www.lacda.org/home>



LOS ANGELES HOMELESS SERVICES AUTHORITY (LAHSA)

Type: *Homeless Service Authority*

Los Angeles County LAHSA is the lead agency in the HUD-funded Los Angeles Continuum of Care, and coordinates and manages federal, state, county, and city funds for programs providing shelter, housing, and services to people experiencing homelessness. They work with programs that offer outreach, access centers, emergency shelters, safe havens, transitional and permanent housing, and prevention, along with the necessary supportive services designed to provide the tools and skills required to attain a stable housing environment. They lead the Coordinated Entry System for LA County.

Contact Information:

Phone: (800) 548-6047

Website: <https://www.lahsa.org/>

Coordinated Entry System: <https://www.lahsa.org/ces/>



HOUSING INFORMATION

HEALTHY HOUSING FOUNDATION

Type: *Affordable Permanent Housing*

Provides housing units at an affordable cost to low-income people, including families with children, and those previously unsheltered or homeless.

Contact Information:

Phone: (213) 642-3976

Email: HHF_Leasing@ahf.org

Website: <https://www.healthyhousingfoundation.net/apply/>



211 LA

Type: *Resource Platform*

2-1-1 LA helps people in Los Angeles County find services like housing assistance, trauma recovery, crisis counseling, food programs, domestic violence support, legal help, and more.

Phone: 2-1-1

Website: <https://211la.org/>



211 CA

Type: *Resource Platform*

2-1-1 CA is a statewide network that helps connect people to their local 211, no matter where they are in California. When you call or visit the website, it automatically directs you to the right 211 based on your county or zip code.

Phone: 2-1-1

Website: <https://211ca.org/>



FIND HELP

Type: *Resource Platform*

This free resource platform can be accessed by anyone and can connect individuals with resources in their local area based on zip code.

Website: <https://www.findhelp.org/>



EDUCATION AND EMPLOYMENT RESOURCES

EDUCATION & TRAINING - LA COUNTY DEPT. OF MENTAL HEALTH

This website provides a list of education-related programs and services available throughout Los Angeles County. It is not a single program, but a collection of resources to help individuals pursue a high school diploma, GED or HiSET, improve literacy, and access other educational support. The information is updated regularly to ensure access to current opportunities.

Contact Information:

Website: <https://dmh.lacounty.gov/our-services/ee/education-training/>



THE WOMEN'S NETWORK EMPLOYMENT PROGRAM

A 14-week paid training (about 20 hours/week) that teaches soft skills, computer skills, career readiness. Also includes mentorship, financial literacy, trauma recovery, job placement or internships. The Women's Network focuses on survivors of domestic violence.

Contact Information:

phone: (316) 262-3960

Website: <https://womens-network.org/get-help/domestic-violence-recovery/>



AMERICA'S JOB CENTER OF CALIFORNIA (AJCC)

AJCC in Los Angeles County provides no-cost workforce services to job seekers, youth, veterans, dislocated workers, people with barriers to employment and employers. Services include career coaching, skills and needs assessments, job search/placement assistance, interview/resume workshops, training programs (both classroom and on the job), access to computers, internet and support to overcome barriers such as transportation or housing.

Contact Information:

Phone: (888) 226-6300

Email: AJCCJobs@wdacs.lacounty.gov

Website: <https://www.ajcc.lacounty.gov/job-seekers/general-placement-services/employment-services>



IMMIGRATION RELIEF AND LEGAL HELP

U.S. law provides several protections for legal and undocumented immigrants who have been victims of a crime. As many immigrants are fearful of admitting that they have been a victim of a crime in part because they believe they will be removed (deported) from the United States if they report the crime. There are specific protections for victims of domestic violence, victims of certain crimes, and human trafficking.

If you are a survivor of a crime and feel you may be eligible to apply for any immigration remedy please contact a legal aid to get information. Be aware of Notary Fraud. Before signing any documents and making any payments make sure you get clear information regarding the eligibility and services that you will be applying for. For additional information regarding the types of immigration remedies visit the USCIS website.

Types of Immigration Relief

- **Asylum:** For individuals in the U.S. or at its borders who fear persecution in their home country due to race, religion, nationality, political opinion, or membership in a particular group.
- **U visas:** For victims of certain crimes who have been, are being, or are likely to be helpful to law enforcement in investigating or prosecuting the crime.
- **T visas:** A form of relief for victims of human trafficking.
- **Cancellation of Removal:** A complex form of relief that can grant permanent residency for individuals who meet criteria like a 10-year residency in the U.S., good moral character, and proof of exceptional hardship if removed to a U.S. citizen or lawful permanent resident family member.
- **Waivers of Inadmissibility:** A process for individuals seeking an immigration benefit who are otherwise inadmissible to the U.S. due to certain grounds.
- **Humanitarian Parole:** A temporary measure to allow entry into the U.S. for individuals facing urgent humanitarian crises, such as seeking life-saving medical treatment or fleeing severe political instability.
- **Adjustment of Status:** Allows a noncitizen in the U.S. to apply to become a lawful permanent resident.

Website: <https://www.uscis.gov/humanitarian>



The Survivor Justice Center team can help you in your immigration matters if you are eligible and can give you further information regarding Immigration Relief.

IMMIGRATION RELIEF AND LEGAL HELP

LEGAL AID FOUNDATION OF LOS ANGELES (LAFLA)

Provides legal representation and advocacy in cases of employment, Domestic Violence/ Family Law, Eviction Defense, Expungement, Government Benefits, Immigration, Housing and Homelessness.

Walk in DV Clinics:

- Downtown LA: 111 N. Hill St., Room 216 - Mon/Wed 9am-12pm, 1-3pm
- Long Beach: 275 Magnolia Ave., Room 1004 - Mon/Wed 9am-12pm, 1-3pm
- Santa Monica: 1725 Main St., Room 121 - Mon/Wed/Fri 8:30-11am

Contact Information:

Website: <https://lafla.org/get-help/domestic-violence-family-law/>

Phone: (800) 399-4529



CENTRAL AMERICAN RESOURCE CENTER (CARECEN-LA)

Provides several services that directly support survivors of violence, particularly immigrant women and families. Through Survivors of Violence Unit, CARECEN offers free immigration legal services for those eligible under protections like VAWA, U Visas and T Visas. These services include full legal representation and help with gathering evidence, preparing applications, and navigating complex immigration processes. CARECEN also provides education, enrichment and leadership development programs for children, youth and adults, and runs CARECEN Day Labor Center.

Contact Information:

Website: <https://www.carecen-la.org/>

Phone: (213) 385-7800



CHIRLA (COALITION FOR HUMANE IMMIGRANT RIGHTS OF LOS ANEGELS)

Provides low-cost and free immigration legal services to immigrant communities in Los Angeles. They assist with a wide range of immigration issues. CHIRLA offers weekly legl clinics for consultations and conducts community education, know-your-rights workshops, and advocacy to empower immigrants.

Contact Information:

Website: <https://www.chirla.org/>

To speak with a legal representative, call: (213) 201-8773



IMMIGRATION: KNOW YOUR RIGHTS

Everyone in the U.S. has certain rights guaranteed under the U.S. Constitution, regardless of immigration status. You can't always control whether you will come in contact with immigration or law enforcement so it is important to know your rights and how to use them to advocate for yourself. Support your loved ones by being prepared and helping them know how to respond to encounters with the police or immigration enforcement (ICE).

****THIS IS NOT INTENDED AS LEGAL ADVICE****

In any interaction with law or immigration enforcement take these important steps:

- **Stay calm**
- **Stay silent (Don't mention where you were born or how you entered the US)**
- **Record details and names (When reasonably possible)**
- **Do NOT Run Away**
- **Ask to speak to your lawyer before signing any documents or answering any questions**
- **If you do speak, do not lie or overshare unnecessary information**



IMMIGRATION: KNOW YOUR RIGHTS

THE RED CARDS

The Red Card: Know Your Rights is available in several languages. You are able to print out and cut a copy to carry with you at all times.

To Access visit the website for the Immigrant Legal Resource Center (ILRC):
<https://www.ilrc.org/red-cards-tarjetas-rojas>

Side A: Explains your rights and what to do if confronted by ICE



You have constitutional rights:

- DO NOT OPEN THE DOOR if an immigration agent is knocking on the door.
- DO NOT ANSWER ANY QUESTIONS from an immigration agent if they try to talk to you. You have the right to remain silent.
- DO NOT SIGN ANYTHING without first speaking to a lawyer. You have the right to speak with a lawyer.
- If you are outside of your home, ask the agent if you are free to leave and if they say yes, leave calmly.
- GIVE THIS CARD TO THE AGENT. If you are inside of your home, show the card through the window or slide it under the door.

I do not wish to speak with you, answer your questions, or sign or hand you any documents based on my 5th Amendment rights under the United States Constitution.

I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution unless you have a warrant to enter, signed by a judge or magistrate with my name on it that you slide under the door.

I do not give you permission to search any of my belongings based on my 4th Amendment rights.

I choose to exercise my constitutional rights.

These cards are available to citizens and noncitizens alike.

Side B: Conveys these rights to ICE so you don't have to say anything; just show them the card

