

LATINO DIABETES ASSOCIATION

(323) 837-9869 www.LDA.org

200 W. Mines Ave. Montebello, CA 90640

Mailing Address: PO Box 1347 Montebello, CA 90640

GUÍA DE CLINICAS MEDICAS COMUNITARIAS BAJO-COSTO O GRATIS

Español: Estas Clinicas Comunitarias son organizaciones no lucrativas y NO son manejadas por el gobierno. Los servicios incluyen cuidado primario, pediátrico, medicinas gratis o a bajo costo, inmunizaciones/vacunas, cuidado dental, embarazo, clinica para la mujer OBG/YN, consejeros de salud, salud mental, servicios para la familia y de juventud, cuidado de la visión, abuso de alcohol/substancia, prueba de SIDA/STD/VIH y más!

Llame a las clinicas en este guía que este mas cercana a usted para verificar los servicios y si tienen lista de espera.

COMMUNITY MEDICAL CLINIC DIRECTORY LOW-COST OR FREE

English: These Community Clinics are "non-profit" and NOT managed by the government. Services include diabetes care, primary care, dental care, free/low cost medications, immunizations, OBG/YN pregnancy, women's health, pediatric care, mental health/counseling, family & youth services, vision care, alcohol/substance abuse, AIDS/STD/HIV testing, and more!

Call a clinic in your area to check what services they provide and if they have a waiting list.

EAST LOS ANGELES area: Boyle Heights and East L.A.

1. L.A. Christian Health Centers Pico-Aliso Clinic
1625 E. 4th Street **Boyle Heights (Los Angeles)** 90033 (323) 268-8391

Servicios:

Costo: dependiendo de ingresos

Hrs: Lun – Vier 7:30am – 5:00pm

Services: Adult and pediatric primary and prevention medical care, diabetes asthma and high blood pressure management, nutrition, pharmacy laboratory and x-rays, adult and child immunizations, optometry, mental health, case management, well child outreach visits, health education, TB screenings, HIV/Hepatitis C education counseling testing and care, etc.

Fees: Depending on income "sliding scale"

Hrs: Mon – Fri 7:30am – 5:00pm

www.lachc.com

2. Clinica Monseñor Cesar Romero
2032 Marengo St. **Boyle Heights (Los Angeles)**
90033 (323) 987-1030 After hours emergency:
(323) 227-2257

Servicios:

Costo: dependiendo de ingresos

Hrs: Lun – Juev 8:00am – 5:00pm

Services: Complete medical exams, diabetes and other chronic disease prevention, eye/diabetes

retinopathy screening, on-site pharmacy, medication education, breast cancer screening, child immunizations, adult vaccines, child dental care, couples/family therapy, drugs and alcohol counseling and treatment, "Healthy Baby" preventive care, AIDS/HIV/STD screening, teen pregnancy prevention counseling, reading program for children under 5, community organizing

Fees: Depending on income "sliding scale"

Hrs: Mon – Thurs 8:00am – 5:00pm, clinic department hours vary

www.clinicaromero.com

3. AltaMed Buenacare substance abuse 1701
Zonal Ave. **Boyle Heights (Los Angeles)** 90033 (323) 223-6146

Servicios:

Costo: dependiendo de ingresos

Hrs: Lun – Vier 7:30am – 5:00pm

Services:

Fees: Depending on income "sliding scale"

Hrs: Mon – Fri 7:30am – 5:00pm

4. Altamed Clinic at Estrada Courts 1305 S.
Concord St. #18 **Boyle Heights (Los Angeles)** 90023 (323) 981-9816

Servicios:
Costo: dependiendo de ingresos
Hrs: Lun – Vier 7:30am – 5:00pm

Services:
Fees: Depending on income “sliding scale”
Hrs: Mon – Fri 7:30am – 5:00pm

5. AltaMed 3945 W. Whittier Blvd. **Boyle Heights (Los Angeles) 90023 (866) 709-9378 or (323) 265-1998**

Servicios:
Costo: dependiendo de ingresos
Hrs: Lun – Vier 7:30am – 5:00pm

Services:
Fees: Depending on income “sliding scale”
Hrs: Mon – Fri 7:30am – 5:00pm

6. AltaMed 5427 E. Whittier Blvd. **East LA (Los Angeles) 90022 (800) 337-8665 or (323) 869-1900**

Servicios:
Costo: dependiendo de ingresos
Hrs: Lun – Vier 7:30am – 5:00pm

Services:
Fees: Depending on income “sliding scale”
Hrs: Mon – Fri 7:30am – 5:00pm

7. Altamed Youth, Senior, and HIV Services 512 S. Indiana St. **East LA (Los Angeles) 90063 (800) 833-6235 or (323) 307-0160**

Servicios:
Costo: dependiendo de ingresos
Hrs: Lun – Vier 7:30am – 5:00pm

Services:
Fees: Depending on income “sliding scale”
Hrs: Mon – Fri 7:30am – 5:00pm

8. AltaMed Senior BuenaCare 5425 E. Pomona Blvd. **East LA (Los Angeles) 90022 (323) 720-9950**

Servicios:
Costo: dependiendo de ingresos
Hrs: Lun – Vier 7:30am – 5:00pm

Services:
Fees: Depending on income “sliding scale”
Hrs: Mon – Fri 7:30am – 5:00pm

9. *QueensCare Franciscan Family Clinics Main# (800) 454-1800 or (323) 981-1660 133 N. Sunol Drive **East LA (Los Angeles) 90063**

NORTHEAST LOS ANGELES, PASADENA, GLENDALE, BURBANK areas: Eagle Rock, El Sereno, Glendale, Highland Park, Lincoln Heights, Pasadena, etc

1. Comprehensive Community Health Center 1704 Colorado Blvd. **Eagle Rock (Los Angeles) 90041 (323) 256-4116**

2. *QueensCare 4448 York Blvd. **Eagle Rock (Los Angeles) 90041 (323) 344-5233**

3. *QueensCare 150 N. Reno St. **Eagle Rock (Los Angeles) 90026 (213) 380-7298**

4. Arroyo Vista Family Health Center 4815 East Valley Blvd. **El Sereno (Los Angeles) 90032 (323) 222-1134**

5. All for Health, Health for All (818) 409-3020 519 E. Broadway Ave. **Glendale. 91206**

6. Northeast Community Clinic 5428 N. Figueroa St. **Highland Park (Los Angeles) 90042 (323) 256-3884**

7. Comprehensive Community Health Center 5059 York Blvd. **Highland Park (Los Angeles) 90042 (323) 344-4144**

8. Northeast Community Clinics Women’s Health Center 5820 N. Figueroa St. **Highland Park (Los Angeles) 90042 (323) 255-6000**

9. Arroyo Vista Family Health Center 6000 N. Figueroa St. **Highland Park (Los Angeles) 90042 (323) 254-5291**

10. Arroyo Vista Family Health Center 2411 North Broadway St. **Lincoln Heights (Los Angeles) 90031 (323) 987-2000**

11. St. John’s Well Child & Family Center 2512 Alta Street **Lincoln Heights (Los Angeles) 90031 (323) 441-2139**

12. California Health Alliance of Pasadena 1855 N. Fair Oaks Ave. #200 **Pasadena 91103 (626) 398-6300**

13. URDC/Bill Moore Community Health Clinic 1460 N. Lake Ave. **Pasadena (626) 398-3796**

SOUTHEAST LOS ANGELES areas: Bell, Bell Gardens, Compton, Cudahy, Huntington Park, Inglewood, La Habra, Lynwood, Pico Rivera, SouthGate, Watts, Whittier, etc.

1. Watts Health Care Corporation Crenshaw
Community Health Center 3756 Santa
Rosalía Dr. #400 **Baldwin Hills (Los
Angeles)** 90008 (323) 568-5400

Services: Dental, obstetrics, gynecology physical
therapy, pediatrics/adolescent, pharmacy
Servicios:

Costo: dependiendo de ingresos

Hrs: Lun – Juev 8:00am – 5:00pm

www.wattshealth.org

2. AltaMed 6901 S. Atlantic Blvd. **Bell** 90201
(323) 562-6700 or (888) 282-2355

3. Community Medical Alliance 4129 E. Gage
Ave. **Bell** 90201 (323) 771-8400

4. JWCH Institute 6912 Ajax Ave. **Bell Gardens**
90201 (323) 562-5815

5. Bell Gardens Family Medical Center 6501 S.
Garfield Ave. **Bell Gardens** 90201 (562) 928-
9600

6. St. John's 2115 N. Wilmington Ave. **Compton**
90222 (310) 603-1332

7. St. Francis Medical Clinic 457 Long Beach
Blvd. **Compton**, CA 90221 (310) 761-8461

8. De Novo Healthcare (310) 605-4800 803 E.
Rosecrans Ave. **Compton**, CA 90221

9. St. Francis Clinic 4811 Elizabeth St. **Cudahy**
90201 (323) 586-9220

10. St. Francis Clinic 8847 E. Imperial Hwy #A
Downey 90242 (310) 603-6552

11. Hawaiian Gardens Health Center 22310
Wardham Ave. **Hawaiian Gardens** 90716
(562) 420-2433

12. Community Medical Alliance Gage Middle
School 2880 E. Gage Ave. **Huntington Park**
90201 (323) 826-9449 (323) 826-1554

13. St. Francis Clinic

14. 2700 E. Slauson Ave. #200 **Huntington Park**
90255 (323) 588-8558

15. JWCH Institute 3624 Martin Luther King Blvd.
Lynwood 90262 (310) 638-9025

16. Baart 11315 S. Atlantic Blvd.
Lynwood 90262 (310) 537-5883

17. Health Benefits Resource Center (800) 603-
9355 3628 E. Imperial Hwy. #104 **Lynwood**
90262 **Help with Medi-Cal forms and
referrals to low-income health care clinics.

18. St. Francis Medical Clinic 3628 E. Imperial
Hwy. #303 **Lynwood** 90262 Children: (310)
900-7360 Women/OBGYN: (310) 900-7365

19. JWCH Institute 12360 Firestone Blvd.
Norwalk 90201 (562) 281-0305

20. AltaMed 9436 E. Slauson Ave. **Pico Rivera**
90660 (562) 949-6069

21. Tavarua Medical and Mental Services 8207
Whittier Blvd. **Pico Rivera** 90660 (562) 692-
2522

22. Watts Health Center 10300 S. Compton Ave.
Watts (Los Angeles) 90002 (323) 564-4331

23. Watts Health Care Corporation Magic
Johnson School-Based Health Clinic at
Jordan High School 2265 E. 103rd St. **Watts**
(Los Angeles) 90002 (323) 569-7183

24. Presbyterian Health Physicians Family Health
Center 12291 E. Washington Blvd. # 200
Whittier 90606 (562) 907-4000

25. American Indian Health Center 12456 E.
Washington Blvd. **Whittier** 90602 (562) 693-
4325

CENTRAL/SOUTH L.A., PICO-UNION, DOWNTOWN, and HOLLYWOOD areas:
South Central, Downtown, USC, Hollywood, Silverlake, Los Feliz, MacArthur Park, Pico-Union,
Chinatown, Koreatown, Little Tokyo, etc.

1. Eisner Pediatric & Family Medical Center 1530
S. Olive St. **Downtown (Los Angeles)** 90015
(213) 747-5542

2. Northeast Community Clinics (California
Family Care) 1414 S. Grand Ave. #200
Downtown (Los Angeles) 90015 (213) 743-
9000

3. JWCH Institute Safe Harbor Clinic 721 E. 5th
Street **Downtown (Los Angeles)** 90013
(213) 622-4073

4. JWCH Institute Weingart Clinic 515 E. 6th
Street **Downtown (Los Angeles)** 90013
(213) 622-2639

5. Chinatown Service Center Family Health Clinic at Alpine Tower Senior Housing 767 N. Hill St. 2nd Floor #200 **Chinatown (Los Angeles)** 90012 (213) 808-1700

6. Homeless Healthcare Los Angeles 2330 Beverly Blvd. **Downtown (Los Angeles)** 90057 (213) 744-0724

7. AIDS Healthcare Foundation 1414 S. Grand Ave. #400 **Downtown (Los Angeles)** 90015 (213) 741-9727

8. L.A. Christian Health Centers Joshua House Clinic 311 E. Winston Ave. **Downtown "Skid Row" (Los Angeles)** 90013 (213) 893-1960

Services: Adult and pediatric primary and prevention medical care, diabetes asthma and high blood pressure management, nutrition, pharmacy laboratory and x-rays, adult and child immunizations, dental, optometry, mental health, case management, well child outreach visits, health education, TB screenings, HIV/Hepatitis C education counseling testing and care, etc.

Costo/Fees:

Hrs: Lun/Mon – Vier/Fri 7am – 3:30pm

www.lachc.com

9. UCLA Health Center (at Union Rescue Mission) 545 S. San Pedro Ave. **Downtown "Skid Row" (Los Angeles)** 90013 (213) 673-4849, USC School of Dentistry Union Rescue Mission (213) 347-6300

10. Central City Community Health Center 5970 S. Central Ave. **Florence-Firestone (Los Angeles)** 90001 (323) 234-3280

11. Saban L.A. Free Clinic 6043 Hollywood Blvd. **Hollywood (Los Angeles)** 90028 (323) 462-8632 653-1990

12. Saban L.A. Free Clinic 8405 Beverly Blvd. **Hollywood (Los Angeles)** 90048 (323) 653-1990

13. Saban L.A. Free Clinic 5205 Melrose Ave. **Hollywood (Los Angeles)** 90038 653-1990

14. AIDS Healthcare Foundation 1300 N. Vermont Ave. #407 **Hollywood (Los Angeles)** 90027 (323) 662-0492

15. *QueensCare 4618 Fountain Ave. **Hollywood (Los Angeles)** 90029 (323) 953-7170

16. *QueensCare 184 S. Bimini Place **Hollywood (Los Angeles)** 90004 (213) 201-6878

17. Foshay Middle School Clinic (California Family Care) 3751 S. Harvard Blvd. **Jefferson Park (Los Angeles)** 90018 (323) 373-9400

18. Arroyo Vista Family Health Center (303 S. Loma Dr. **Koreatown (Los Angeles)** 90017 (213) 201-5800

19. JWCH Institute 340 N. Madison Ave. **Koreatown (Los Angeles)** 90004 (323) 644-2252 or (213) 644-2275

20. KHEIR/Mark Taper Foundation Community Clinic 3727 W. 6th Street #200 **Koreatown (Los Angeles)** 90020 (213) 637-1070

21. Koryo Health Foundation 1058 S. Vermont Ave. **Koreatown (Los Angeles)** 90006 (213) 380-8833

22. *QueensCare 3242 W. 8th St. **Koreatown (Los Angeles)** 90005 (213) 368-9779

23. Mission City Community Network, Inc Clinic 4842 Hollywood Blvd. **Los Feliz (Los Angeles)** 90027 (323) 644-1110

24. AltaMed (at Children's Hospital Los Angeles General Pediatrics 4650 W. Sunset Blvd. **Los Feliz (Los Angeles)** 90027 (323) 669-2113

25. AltaMed at Children's Hospital Los Angeles Teenage Health Center 5000 Sunset Blvd. **Los Feliz (Los Angeles)** 90027 (323) 669-2153

26. Asian Pacific Health Care Venture 1530 Hillhurst Ave. #200 **Los Feliz (Los Angeles)** 90027 (323) 644-3888

27. Asian Pacific Health Care Venture School-based health clinic at Marshall High School 3939 Tracy St. **Los Feliz (Los Angeles)** 90027 (323) 665-1129

28. Clinica Monseñor Cesar Romero 123 S. Alvarado St. **Pico-Union (Los Angeles)** 90057 (213) 989-7700 After hours emergency:

Servicios:

Costo: dependiendo de ingresos

Hrs: Lun – Vier 7:30am – 5:00pm

Services: Complete medical exams, diabetes and other chronic disease prevention, eye/diabetes retinopathy screening, on-site pharmacy, medication education,

breast cancer screening, child immunizations, adult vaccines, child dental care, couples/family therapy, drugs and alcohol counseling and treatment, "Healthy Baby" preventive care, AIDS/HIV/STD screening, teen pregnancy prevention counseling, reading program for children under 5, community organizing.
Fees: Depending on income "sliding scale"
Hrs: Mon – Fri 7:30am – 5:00pm

Clínica Msr. Oscar A. Romero

Children's Clinic

201 S. Alvarado Street, Suite 100

Los Angeles, CA 90057

Main Line:

After-Hours Emergency:

(323) 227-2257

(213) 989-7702

(213) 201-8300

Monday - Thursday:

Friday: 8:00am - 5:00pm

8:00am - 12:00pm

Servicios:

Costo: dependiendo de ingresos

Hrs: Lun – Vier 7:30am – 5:00pm

Services:

Fees: Depending on income "sliding scale"

Hrs: Mon – Thurs 8:00am – 5:00pm, Fri 8:00am – 12pm

29. Hollywood Sunset Free Clinic 3324 W. Sunset Blvd. **Silverlake (Los Angeles)** 90026 Medi-Cal
Appointments: (323) 660-2400 Counseling: (323) 661-0718

29. JWCH Institute 1910 W. Sunset Blvd. # 650 **Silverlake (Los Angeles)** 90026 (213) 484-1186
30. Clinica Para Las Mujeres (California Family Care) 231 W. Vernon Ave. #203 **South L.A. (Los Angeles)** 90037 (323) 231-8814
31. T.H.E. Clinic 3834 S. Western Ave. **South L.A. (Los Angeles)** 90062 (inside the Ruth Temple Health Center building) (323) 295-6571
32. UMMA Community Clinic (University Muslim Medical Association) 711 W. Florence Ave. **South L.A. (Los Angeles)** 90044 (323) 789-5610
33. St. John's Well Child & Family Center 5701 S. Hoover St. **South L.A. (Los Angeles)** (323)-541-1400
34. St. John's Well Child & Family Center 6505 8th Ave. **South L.A. / Hyde Park (Los Angeles)** 90043 (323) 750-9232
35. South Central Family Health Center 4425 S. Central Ave. **South L.A. (Los Angeles)** 90011 (323) 908-4200
36. Watts Health Care Corporation 8005 S. Figueroa St. **South L.A. (Los Angeles)** 90003 (323) 778-9049
37. Watts Health Care Corporation/House of Uhuru 8005 S. Figueroa St. **South L.A. (Los Angeles)** 90003 (323) 568-5400
38. Baart 4920 S. Avalon Blvd. **South L.A. (Los Angeles)** 90011 (323) 235-5035
39. St. John's Well Child & Family Center 1910 S. Magnolia Ave. **USC/Exposition Park (Los Angeles)** 90007 (213) 749-0947

SAN GABRIEL and POMONA VALLEY areas: El Monte, La Puente, Pomona, West Covina, etc.

1. Our Savior Center Cleaver Family Wellness Clinic 4368 Santa Anita Ave. **El Monte** (626) 579-0290 or (626) 579-1191
2. AltaMed 10454 E. Valley Blvd. **El Monte** 91731 (626) 453-8466
3. Baart 15229 East Amar Rd. **La Puente** 91744 (626) 855-5090

4. San Gabriel Valley Foundation Dental Health Clinic 14101 E. Nelson Ave. **La Puente** 91746 (626) 934-2892
5. East Valley Community Health Center 680 Fairplex Dr. **Pomona** 91768 (909) 620-8088
6. East Valley Community Health Center 420 S. Glendora Ave. **West Covina** 91790 (626) 919-5724 or (626) 919-4333

SAN FERNANDO and ANTELOPE VALLEY areas: North Hollywood, Pacoima, San Fernando, Van Nuys, Lancaster, Palmdale, Santa Clarita, etc.

1. El Proyecto del Barrio Health Education Services and Resource Center 8902 Woodman Ave. **Arleta** (818) 830-7033 or (818) 830-7090
2. El Proyecto del Barrio 20800 Sherman Way, **Canoga Park** (818) 883-2273
3. Northeast Valley Health Corporation 7107 Remmet Ave. **Canoga Park** 91303 (818) 340-3570
4. Canyon Country Clinic 27225 Camp Plenty Rd. #2 **Canyon Country** 91351 (661) 424-1220
5. Partners In Care Foundation Black Infant Health 1122 W. Avenue L-12 #103 **Lancaster** 93534 (661) 945-0650 Care-A-Van Mobile Health Clinic (661) 942-2391
6. Tarzana Treatment Centers 907 W. Lancaster Blvd. **Lancaster** 93534 (661) 726-2630
7. Tarzana Treatment Centers 44443-44447 N. 10th Street West **Lancaster** 93534 (661) 723-4829
8. Mission City Community Network Black Infant Health Program 10200 Sepulveda Blvd. #300A **Mission Hills** 91345 (818) 830-6373 Mental Health Program #300B (818) 830-1441
9. Mission City Community Network 15206 Parthenia St. **North Hills** 91343 (818) 895-3100
10. Comprehensive Community Health Center 12157 Victory Blvd. **North Hollywood** 91606 (818) 755-8000
11. Valley Community Clinic 6801 Coldwater Canyon Ave. **North Hollywood** 91605 (818) 763-8836
12. Tarzana Treatment Centers 8330 Reseda Blvd. **Northridge** 91324 (818) 534-1820
13. MEND- Meet Each Need with Dignity 10641 N. San Fernando Rd. **Pacoima** 91331 (818) 897-2443 or (818) 896-0246
14. Northeast Valley Health Corporation 12756 Van Nuys Blvd. **Pacoima** 91313 (818) 896-0531
15. Mission City Community Network Clinic at Pacoima Middle School 9919 Laurel Canyon Blvd. **Pacoima** 91331 (818) 834-6075
16. El Proyecto del Barrio Pregnancy (Perinatal) and Drug Outpatient Services 9140 Van Nuys Blvd. **Panorama City** (818) 895-2206
17. Tarzana Treatment Centers 7101 Baird Ave. **Reseda** 91335 (818) 342-5897
18. Mission City Community Network Women's Health Clinic 18905 Sherman Way #100 and #200 **Reseda** 91335 (818) 881-1213
19. Partners In Care Foundation 732 Mott St. #150 **San Fernando** 91340 (818) 837-3775
20. Northeast Valley Health Corporation 1600 San Fernando Rd. **San Fernando** 91340 (818) 365-8086
21. Northeast Valley Health Corporation clinic at San Fernando High School 11133 O'Melveny Ave. **San Fernando** 91340 (818) 365-7517
22. AIDS Healthcare Foundation 4835 Van Nuys Blvd. #200 **Sherman Oaks** 91403 (818) 380-2626
23. Northeast Valley Health Corporation Sun Valley Health Center 7223 N. Fair Ave. **Sun Valley** 91352 (818) 432-4400
24. Northeast Valley Health Corporation clinic at L.A. Mission College Student Health Center 13356 Eldridge Ave. **Sylmar** 91342 (818) 362-6182
25. Tarzana Treatment Centers 18700 Oxnard St. **Tarzana** 91356 (818) 654-3950
26. Northeast Valley Health Corporation 23763 Valencia Blvd. **Valencia** 91355 (661) 287-1551
27. Samuel Dixon Family Health Center 25115 West Avenue Stanford #A-104 **Valencia** 91355 (661) 257-7892
28. Samuel Dixon Family Health Center 30257 San Martinez Rd. **Val Verde** 91384 (661) 257-4008

29. Northeast Valley Health Corporation 7138
Van Nuys Blvd. **Van Nuys** 91405 (818) 778-6240
30. Northeast Valley Health Corporation Clinic at
Van Nuys Adult Health Center 6551 Van
Nuys Blvd. #201 **Van Nuys** 91401 (818) 988-6335
31. Van Nuys Medical & Mental Health Services
6265 Sepulveda Blvd. **Van Nuys** 91411 (818)
779-0555

SOUTH BAY and LONG BEACH areas: Gardena, Inglewood, Long Beach, Redondo Beach, San Pedro, Torrance, Wilmington, etc.

1. SouthBay Family Healthcare Centers 742 W.
Gardena Blvd. **Gardena** 90247 (310) 802-6170
2. SouthBay Family Healthcare Centers 1091 S.
La Brea Ave. **Inglewood** 90301 (310) 802-6170
3. SouthBay Family Healthcare Centers (OBGYN
Office) 323 N. Prairie Ave. #210 **Inglewood**
90301 (310) 802-6170
4. The Children's Clinic 2801 Atlantic Ave. **Long
Beach** 90806 (562) 933-0400 Dental Clinic:
(562) 933-3141
5. The Children's Clinic 1057 Pine Ave. **Long
Beach** 90813 (562) 366-5900
6. The Children's Clinic 1060 E. 70th St. **Long
Beach** 90805 (562) 531-7284
7. The Children's Clinic 730 W. Third St. **Long
Beach** 90802 (562) 435-5040
8. The Children's Clinic 700 Locust Ave. **Long
Beach** 90813 (562) 436-4420
9. The Children's Clinic 1301 W. 12th St. **Long
Beach** 90803 (562) 733-1147 x117
10. Tarzana Treatment Centers 5190 Atlantic
Ave. **Long Beach** 90805 (562) 428-4111
11. Westside Neighborhood Clinic 2125 Santa
Fe Ave. **Long Beach** 90810 (562) 432-9575
12. AltaMed Youth Services 711 E. Wardlow
Road, #203 **Long Beach** 90807 (562) 595-8040 or (866) 928-8336
13. SouthBay Family Healthcare Centers 2114
Artesia Blvd. **Redondo Beach** 90278 (310)
802-6170
14. Harbor Free Clinic Pediatric Center 731 S.
Beacon St. **San Pedro** 90731 (310) 732-5887
15. Harbor Community Clinic Harbor Community
Clinic 593 W. 6th St. **San Pedro** 90731 (310)
547-0202
16. SouthBay Family Healthcare Centers 23430
Hawthorne Blvd. #210 **Torrance** 90505 (310)
802-6170
17. Wilmington Community Clinic 1009 N. Avalon
Blvd. **Wilmington** 90744 (310) 549-5760
18. Community Medical Alliance Wilmington
Family Health Care 714 N. Avalon Blvd.
Wilmington 90074 (310) 816-9700

WEST LOS ANGELES area: Beverly Hills, Culver City, Santa Monica, Venice, West Hollywood, etc.

1. AIDS Healthcare Foundation 99 N. La Cienega
Blvd. #200 **Beverly Hills** 90211 (310) 657-9353
2. Venice Family Clinic Youth Health 4401 Elenda
St. **Culver City** 90230 (310) 392-8636
3. Venice Family Clinic at Mar Vista Gardens 4909
Marionwood Dr. **Culver City** 90230 (310) 392-8636
4. Women's Clinic & Family Counseling Center 9911
W. Pico Blvd. #500 **Los Angeles (West
L.A.)** 90035 (310) 203-8899
5. Venice Family Clinic 2509 Pico Blvd. **Santa
Monica** 90405 (310) 392-8636
6. Venice Family Clinic at Santa Monica High School
601 Pico Blvd. **Santa Monica** 90405 (310) 392-8636

7. Westside Family Health Center 1711 Ocean Park Blvd. **Santa Monica** 90405 (310) 450-2191
8. Venice Family Clinic 604-622 Rose Ave. **Venice** 90291 (310) 392-8636
9. Venice Family Clinic 905 Venice Blvd. **Venice** 90291 (310) 392-8636
10. Saban L.A. Free Clinic 8405 Beverly Blvd, **West Hollywood** 90048 (323) 653-1990

11. L.A. Gay & Lesbian Center/Jeffrey Goodman Special Care Clinic 745 N. San Vicente Blvd. **West Hollywood** 90069 (323) 993-7500

HEALTH INSURANCE PROGRAMS, RESOURCES, and ASSISTANCE

“211” Call this number anytime day or night and they can give you information on social services and where to get it: Food Stamps, Emergency Shelter, Health Care, Mental Health, Senior Services, Childcare, Food Banks, Suicide Prevention, Domestic Violence, Senior Abuse, and more!

L.A. County Health Services (800) 427-8700 Call and get more information on medical and insurance programs on this page

Medi-Cal (877) 597-4777 Low-income pregnant women, disabled persons, children 21 and under and senior 65 and over

Medi-Cal Problems or Questions: Health Consumer Center of Los Angeles (HCC) (800) 433-6251, (800) 896-3203, (818) 834-7500, or (818) 896-5211

DPSS Helpline (“Welfare Department”) (877) 597-4777 Apply for Medi-Cal, Food Stamps, General Relief, CalWORKs, etc.

Free or Low-Cost Medications:
Partnership for Prescription Assistance (888) 477-2669 If you have no insurance or need help to pay for your medications, PPA may be able to help.

Medicare Problems or Questions: Center for Health Care Rights (800) 824-0780 or (213) 383-4519

Mental Health Help and Resources: LA County Mental Health Access for mental health referrals (800) 854-7771

California Children’s Services (CCS) (800) 288-4584 Medical program for low-income children 0-21 years with certain serious medical conditions who live in the County of Los Angeles

Kaiser Permanente Child Health Plan (800) 255-5053 Low cost health insurance for uninsured children 0-18 years who are not eligible for Medi-Cal or Healthy Families
Healthy Kids Health insurance for low income children 0-18 years not qualified for Medi-Cal, Healthy Families, or undocumented. CALL EITHER PROVIDER:

L.A. Care 0-19 years (888) 452-5437 or for Pregnant Women and Children 0-5 years: **First 5 L.A.** [they also have parenting classes, child behavioral problems, etc.] (888) 347-7855 or (213) 482-5902

Healthy Families For children 0-19 years who are uninsured and not enrolled or eligible for free Medi-Cal (800) 880-5305

Healthy Way L.A. (877) 333-4952

Substance Abuse: (800) 564-6600 information for children with drug or alcohol problems

Immunization Line (800) 427-8700

Cancer Detection Programs (800) 511-2300 Free breast exams, mammograms, pap smears, for women 40 and over pelvic exams (25 and older)

Access for Infants and Mothers (AIM) (800) 433-2611 Low-cost insurance for women and children 0-2 who do not qualify for free Medi-Cal

Baby-N-U (800) 422-2968 Information and referrals for pregnant women

WIC L.A. County: (888) 942-9675 Long Beach: (562) 570-4242 Nutrition program for children 0-5 years also have referrals to doctors, health insurance, etc.

Regional Centers Services for developmentally disabled persons and their families Eastern Los Angeles English: (626)

299-4830 Español: (626) 299-4831 SF Valley
(818) 778-1900 South Central L.A. (213) 744-7000

First 5 L.A. Parenting classes behavioral problems, parenting, literature (888) 347-7855

Social Security Income (800) 772-1213

Cash and medical services for blind and disabled persons

Senior Information (213) 739-7336 or (800) 510-2020 Find out where to get senior services, in home help, home delivered meals, etc.

In Home Supportive Services IHSS (888) 944-4477 Program to pay for a caregiver to help disabled persons in their home to cook, clean, grocery shopping, etc.

Abuse Hotlines: Elder Abuse: (800) 992-1660 Child Abuse: (800) 540-4000 Domestic Violence: (800) 799-7233 Rape, Abuse, & Incest (800) 656-4673

Disabled Transportation Access Paratransit (800) 883-1295 for disabled persons unable to ride on public transportation. Dial-A-Ride: Call "211"

AIDS Drug Assistance Program (888) 575-2327 Free or low-cost medications for HIV adults 18 and older

Food Stamps: (877) 597-4777 Low income persons and families working or not

Deaf Information (800) 660-4026
1. 905-9666

L.A. COUNTY PUBLIC HEALTH CLINICS: Main# (800) 427-8700

1. Bellflower Public Health Center 10005 E. Flower St. **Bellflower** 90706 (562) 804-8112
2. Central L.A. Public Health Center 241 N. Figueroa St. **Chinatown (Los Angeles)** 90012 (213) 240-8248, (213) 240-8251, or (213) 240-8203
3. Dollard 1108 N. Oleander **Compton** 90220 (310) 763-2244
4. Edward Roybal Comprehensive Health Center (Clinica de Colores) 245 S. Fetterly Ave. **East L.A. (Los Angeles)** 90022 (800) 383-4600 or (323) 780-2373
5. El Monte Comprehensive Health Center 10953 Ramona Blvd. **El Monte** 91731 (800) 383-4600 or (626) 579-8412
6. Glendale Public Health Center 501 N. Glendale Ave. **Glendale** 91206 (818) 500-5785
7. Hollywood/Wilshire Public Health Center 5205 Melrose Ave. **Hollywood (Los Angeles)** 90038 (323) 769-7800
8. Curtis-Tucker Public Health Center 123 W. Manchester Blvd. **Inglewood** 90301 (310) 419-5325
9. Lake Los Angeles 16921 E. Avenue O #G **Lake Los Angeles** 93535 (661) 945-8444
10. La Puente Public Health Center 15930 Central Ave. **La Puente** 91744 (626) 855-5300
11. Antelope Valley Public Health Center 335- East Avenue K-6 **Lancaster** 93535 (661) 949-5000
12. Littlerock Health Center 8201 Pearblossom Hwy. **Littlerock** 93543 (661) 945-8381
13. Long Beach Comprehensive Health Center 1333 Chestnut Ave. **Long Beach** 90813 (562) 599-8704
14. Monrovia Public Health Center 330 W. Main Ave. **Monrovia** 91016 (626) 256-1600
15. Pacoima Public Health Center 13300 Van Nuys Blvd. **Pacoima** 91331 (818) 896-1900
16. South Valley Health Center 38350 40th St. East **Palmdale** 93550 (661) 945-8205
17. Pomona Public Health Center 750 S. Park Ave. **Pomona** 91766 (909) 868-0235
18. San Fernando Health Center 1212 Pico St. **San Fernando** 91340 (818) 837-6969
19. Burke Public Health Center 2509 Pico Blvd #325 **Santa Monica** 90405 (310) 998-3200

20. H. Claude Hudson Comprehensive Health Center 2829 S. Grand Ave. **South L.A (Los Angeles)** 90007 (800) 383-4600
21. Hubert H. Humphrey Comprehensive Health Center 5850 S. Main St. **South L.A (Los Angeles)** 90003 (323) 846-4312
22. Ruth-Temple Public Health Center 3834 S. Western Ave. **South L.A (Los Angeles)** 90062 (323) 730-3507
23. South Public Health Center 1522 E. 102nd St. **South L.A (Los Angeles)** 90002 (323) 563-4055 or (323) 563-4053

24. Torrance Public Health Center 711 Del Amo Blvd. **Torrance** 90502 (310) 354-2300
25. Mid-Valley Comprehensive Health Center 7515 Van Nuys Blvd. **Van Nuys** 91405 (818) 947-4000
26. Whittier Public Health Center 7643 S. Painter Ave. **Whittier** 90602 (562) 484-5350
27. Wilmington Family Health Center 1325 Broad Ave. **Wilmington** 90744 (310) 518-8800

L.A. COUNTY HOSPITALS Main# (800) 427-8700 or (800) 378-9919

1. LA County USC (“General Hospital”)

1200 N. State St. Los Angeles (Boyle Heights) 90033 (323) 409-5111 or (323) 409-1000 Emergency: (323) 409-4000

2. Harbor UCLA 1000 W. Carson Torrance

90509 (310) 222-2121 or (310) 222-3314

3. Martin Luther King / Drew Medical

Center Los Angeles 12021 S. Wilmington

Ave. Los Angeles (South L.A.) 90059 (310) 668-5011 or (310) 668-4321

4. Olive View Medical Center 14445 Olive

View Dr. Sylmar 91342 (818) 364-3184

5. Rancho Los Amigos 7601 E. Imperial

Hwy. Downey 90242 (562) 401-7111

6. High Desert Care Center 44900 North

60 West Lancaster 93536 (661) 945-8492

You can call and make an appointment with one of these L.A. county Public Health Clinics for FREE or LOW-COST clinic health care. Services include Internal/Family medicine, Diabetes testing and care, Pediatrics, Immunizations, Pregnancy tests, AIDS/HIV/STD testing, etc. No matter what your financial or immigration status is, it is ILLEGAL for any hospital to turn anyone away and deny emergency medical services.

Programs for low-income / uninsured persons to pay for care or hospitalization at L.A. County hospitals or clinics:

Emergency Medi-Cal Available at Emergency Rooms only and is Medi-Cal on a one time emergency basis (800) 378-9919

ATP (Ability To Pay program) - Pay according to your total household income (800) 378-9919

ORSA Outpatient Reduced Simplified Application program (800) 378-9919 Outpatient

“Sliding Scale” (Means you pay depending on your total household income)

*For eligibility and details, check with the Admissions or Social Services department at the hospital or clinic you go to, or call “211

Free or Low-Cost Specialty Care Hospitals:

QueensCare hospitalization services: Qualified patients from QueensCare clinics who need hospitalization can be admitted through a clinic to one of nine QueensCare partner hospitals. Doctor visits or tests needed before going to the hospital or after hospital care may also be paid.

QueensCare partner hospitals include California Hospital Medical Center, Cedars-Sinai Medical Center,

Children’s Hospital Los Angeles, Glendale Memorial Hospital, Good Samaritan Hospital, Providence St. Joseph Medical Center, L.A. County/USC Medical Center, Rancho Los Amigos, St. Vincent Medical Center, and White Memorial Medical Center.

1. **Children’s Hospital of Los Angeles** Hospital care specializing in infants and children. 4650 W. Sunset Blvd. Los Angeles, CA (323) 660-2450

3. **Orthopedic Hospital of Los Angeles** 2400 S. Flower St. Los Angeles, CA 90007 (213) 742-1000

4. **City of Hope Cancer Treatment Center** and Hospital 1500 E. Duarte Rd. Duarte, CA 91010 (626) 256-4673

5. **Rancho Los Amigos Rehabilitation Center** A national leader in physical rehabilitation, diabetes amputation prevention, spinal cord/brain injuries, orthopedics, prosthetics, and much more. 7601 E. Imperial Hwy. Downey, CA 90242 (562) 401-6554

6. **Shriner's Hospital** Free hospital care for qualified children 3160 Geneva St. Los Angeles, CA 90020 (213) 388-3151

7. **Eisner Pediatric & Family Medical Center** 1530 S. Olive St. Los Angeles, CA 90015 (213) 747-5542

8. **Hill Burton** Free Hospitalization Program for uninsured persons (800) 638-0742

9. **Sisters of Charity** 28600 Palos Verdes Dr. E. Rancho Palos Verdes, CA Free food, clothes, and household items. Call for availability. (310) 831-4104

OTHER LOW-COST OR FREE CLINICS IN OTHER COUNTIES:

Many people may be going or coming from other Counties or have other places living there so we've included Low-Cost or Free health clinics in all other counties in Southern California:

IMPERIAL COUNTY Free/Low-Cost Clinics

Imperial County [SD County] "211" Medical/Social Services Information (800) 227-0997

1. Clinicas de Salud Del Pueblo 1166 K Street Brawley 92227 (760) 344-9951
2. Clinicas de Salud Del Pueblo 900 Main Street Brawley 92227 (760) 344-6471
3. Clinicas de Salud Del Pueblo 223 West Cole Rd. Calexico 92231 (760) 357-2020
4. Clinicas de Salud Del Pueblo 651 Wake Ave. El Centro 92243 (760) 352-2257
5. Clinicas de Salud Del Pueblo 8027 Highway 111 Niland 92257 (760) 359-0110
6. Clinicas de Salud Del Pueblo 2133 Winterhaven Dr. Winterhaven 92283 (760) 572-2700
7. Clinicas de Salud Del Pueblo 321 W. Hobson Way #C Blythe 92225 (760) 922-4981

8. Clinicas de Salud Del Pueblo 49111 Highway 111, #4 Coachella 92236 (760) 393-0555
9. Clinicas de Salud Del Pueblo 1289 S. Marina #A Salton Sea, CA 92275 (760) 394-4338
10. W.I.C. Nutrition Center Clinica de Salud 223 West Cole Rd. Calexico, CA 92231 (760) 768-5330
11. W.I.C. Nutrition Center Clinica de Salud 561 E Street Brawley, CA 92227 (760) 344-5950
12. Imperial County Public Health Dept (760) 482-4438
13. Imperial/San Diego County Clinic Finder (619) 542-4300

KERN COUNTY Free or Low-Cost Clinics

Kern County "211" Medical/Social Services Information (800) 273-2275 or (661) 336-5200

1. Arvin Community Health Center 1305 Bear Mountain Blvd. Arvin 93203 (661) 854-3131
2. 34th Street Community Health Center 3550 Q Street #304 Bakersfield 93301 (661) 324-1455
3. Central Bakersfield Community Health Center 301 Brundage Lane Bakersfield 93304 (661) 323-6086
4. Clinica Sierra Vista 1430 Truxtun Ave. # 400 Bakersfield 93300 (661) 635-3050

5. East Bakersfield Community Health Center 815 Dr. Martin Luther King Jr. Blvd. Bakersfield 93307 (661) 322-3905
6. East Bakersfield Dental Center 234 Baker St. #6 Bakersfield 93305 (661) 322-3905
7. Homeless Health Care Services 234 Baker St. Bakersfield 93305 (661) 322-7580
8. North of the River Community Health Center 2525 North Chester Ave. Bakersfield 93300 (661) 635-3050

9. Oildale Community Health Center 525 Roberts Lane Bakersfield 93308 (661) 392-7850
10. Buttonwillow Health Center 277 East Front St. Buttonwillow 93206 (661) 764-5211
11. Delano Community Health Center 1508 Garces Highway #1 Delano 93215 (661) 725-4780
12. Delano Family Dental & Women's Health Center 1215 Jefferson St. Delano 93215 (661) 454-1700
13. Joy Carino Kimpo Family Medical Center 1001 Main St. Delano 93215 (661) 721-7080
14. Frazier Mountain Community Health Center 704 Lebec Rd. Frazier Park 93243 (661) 248-5250
15. Lost Hills Community Health Center 21138 Paseo Robles Highway Lost Hills 93249 (661) 797-2667
16. McFarland Community Health Center 217 Kern Ave. McFarland 93250 (661) 792-3038
17. Ridgecrest Community Health Center 900 N. Heritage Park Dr. Building E Ridgecrest 93555 (760) 446-7978
18. Joy Carino Kimpo Women's Health Center 320 James St. Shafter 93263 (661) 459-1800
19. National Health Services 659 S. Central Valley Highway Shafter 93263 (661) 459-1900
20. Shafter Community Medical & Dental Center 655 S. Central Valley Highway Shafter 93263 (661) 746-9194
21. Taft Community Medical & Dental Center 1100 4th Street Taft 93268 (661) 765-5044
22. Wasco Medical & Dental Center 2101 7th St. Buildings A-G Wasco 93280 (661) 758-2263
23. Kern River Health Center 67 Evans Rd. Wofford Heights 93285 (760) 376-2276
24. Kern Valley Medical Center Wofford Heights 93285 (760) 379-2415

ORANGE COUNTY Free or Low-Cost Clinics

Orange County "211" Medical/Social Services Information (888) 600-4357

1. Latino Health Access 1701 N. Main St. #200 Santa Ana 92706 (714) 542-7792
2. Nhan Hoa Health Care Clinic 14221 Euclid St. #H Garden Grove 92843 (714) 539-9999
3. Mission Hospital Camino Health Center 30300 Camino Capistrano San Juan Capistrano 92675 (949) 240-2030
4. Tarzana Treatment Centers 820 N. Parton St. Santa Ana 92701 (714) 564-0164
5. University of California Irvine 800 N. Main St. Santa Ana 92701 (714) 456-7002
6. University of California Irvine 300 W. Carl Karcher Way Anaheim 92801 (714) 774-9804
7. Institute for Healthcare Advancement 501 S. Idaho #300 La Habra 90631 (800) 434-4633
8. Asian Health Center 155015 Edinger Ave. #JL Santa Ana 92704 (714) 418-2040
9. Laguna Beach Community Clinic 362 Third Street Laguna Beach 92651 (949) 494-0761
10. SOS Free Medical Clinic 1550 Superior Ave. Costa Mesa 92627 (949) 650-0640
11. Sierra Health Center 501 S Brookhurst Rd. Fullerton 92833 (714) 870-0717
12. Lestonnac Free Clinic 1215 E. Chapman Orange 92866 (714) 633-4600
13. Hurt Family Health Clinic 1 Hope Drive Tustin 92782 (714) 247-0300
14. St. Jude Dental Clinic 7758 Knott Ave. Buena Park 90620 (714) 522-8723

RIVERSIDE COUNTY Free or Low-Cost Clinics

Riverside County "211" Medical/Social Services Information (800) 464-1123

1. Neighborhood Healthcare 41002 County Center Dr. #310 Temecula 92591 (951) 600-6300
2. Neighborhood Healthcare - Winchester Rd. 41715 Winchester Rd #106 Temecula 92590 (951) 694-9449
3. Clinicas De Salud Del Pueblo 321 Hobson Way #C & D Blythe 92225 (760) 922-4981
4. Planned Parenthood Moreno Valley Center 12900 Frederick St. #C Moreno Valley 92553 (951) 222-3101
5. Planned Parenthood 49-111 Highway 111, Unit 6-A Coachella 92236 (760) 398-0057

6. Planned Parenthood 3772 Tibbetts #A
Riverside 92506 (951) 222-3100

7. Desert AIDS Project 1695 N. Sunrise Way
Palm Springs 92263 (760) 323-2118

SAN BERNADINO COUNTY Free or Low-Cost Clinics

San Bernardino County "211" Medical/Social Services Information (888) 435-7565

1. Inland Behavioral & Health Services 665 North
D Street San Bernardino 92401 (909) 881-
6146
2. Inland Empire Community Health Center
18601 Valley Blvd. Bloomington 92316 (909)
877-0510

3. Kids Come First Community Clinic 1501 S.
Bon View Ontario 91761 (909) 673-9125
4. Vista Guidance Center 1323 Colton Ave. #215
Redlands 92374 (909) 335-7067
5. Planned Parenthood 1873 Comercenter West
San Bernardino 92408 (909) 890-5511

SAN DIEGO COUNTY Free or Low-Cost Clinics

San Diego County "211" Medical/Social Services Information (800) 227-0997

1. Chula Vista Family Clinic 865 Third Ave. #133
Chula Vista 91910 (619) 498-6200
2. Olay Family Health Center 1637 Third Ave. #B
Chula Vista 91911 (619) 205-1360
3. Mountain Health & Community Services 31115
Highway 94 Campo 91906 (619) 478-5254

4. San Ysidro Health Center 4004 Beyer Blvd.
San Ysidro 92173 (619) 428-4463
5. North Park Family Health Center 3544 30th St.
San Diego 92104 (619) 515-2424

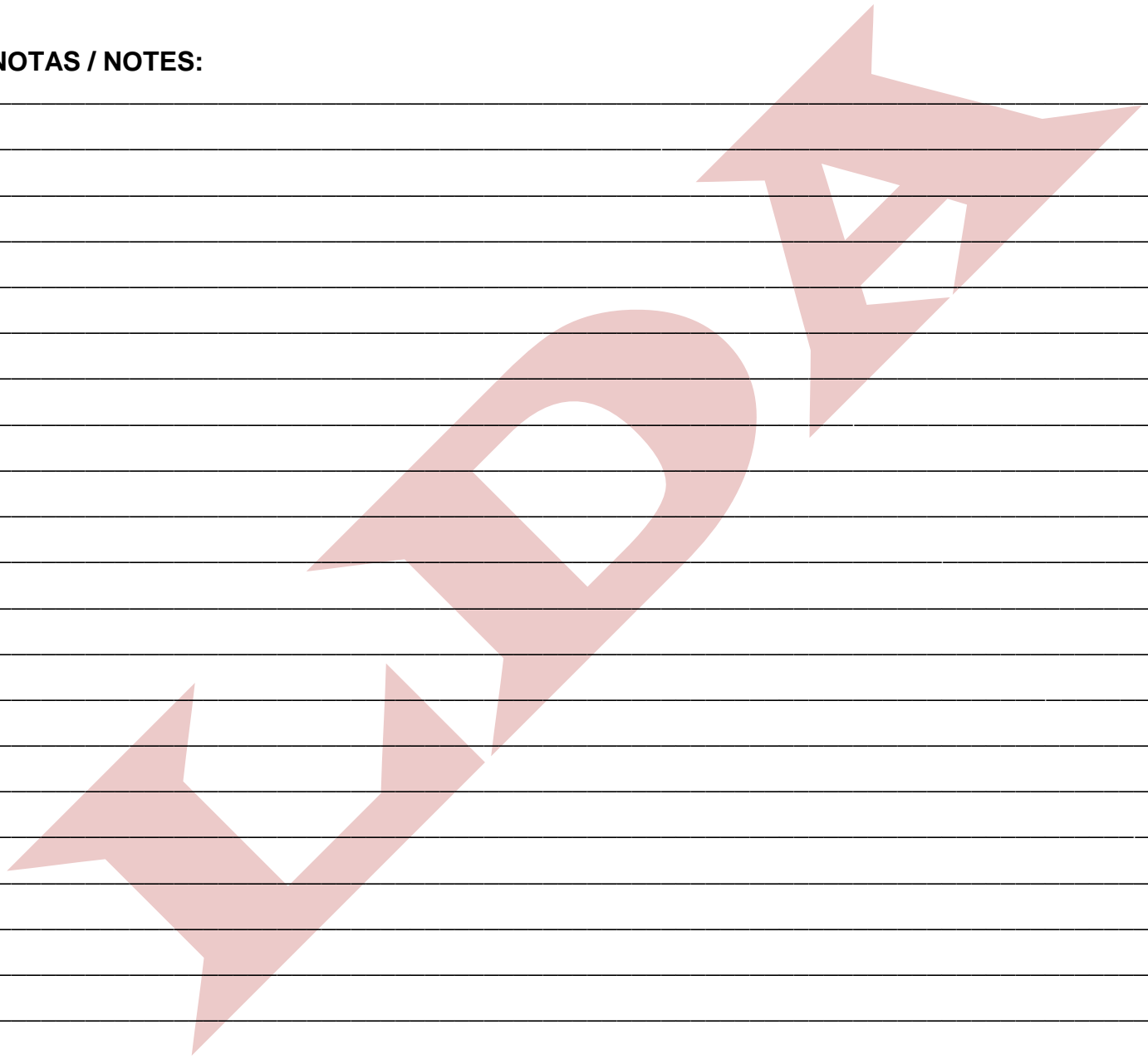
VENTURA COUNTY Free or Low-Cost Clinics

Ventura County "211" Medical/Social Services Information (800) 339-9597

1. Clinicas Del Camino Real 450 W. Clara St.
Oxnard 93033 (805) 488-0210
2. Clinicas del Camino Real 650 Meta St.
Oxnard 93031 (805) 487-5351
3. Clinicas Del Camino Real 200 S. Wells Rd.
#100 Ventura 93004 (805) 647-6322

4. Clinicas Del Camino Real 355 Central Ave.
Fillmore 93015 (805) 524-4926
5. Conejo Free Clinic 80 E. Hillcrest Dr. #102
Thousand Oaks 91360 (805) 379-1918
6. Ojai Valley Community Health Center 1200
Maricopa Highway Ojai 93024 (805) 640-
8293

NOTAS / NOTES:



LATINO DIABETES ASSOCIATION

200 W. MINES AVE. MONTEBELLO, CA 90640

MAILING ADDRESS PO BOX 1347 MONTEBELLO, CA 90640

(323) 837-9869 www.LDA.org

**GUÍA DE CLINICAS MEDICAS COMUNITARIAS
BAJO-COSTO O GRATIS**

***COMMUNITY MEDICAL CLINIC DIRECTORY
LOW-COST OR FREE***



"Caring for the Lives of Our Families"

A 501c3 Nonprofit Organization

www.LDA.org

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