



# **2016-2017 RESOURCE BINDER**

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**DIOCESE OF ORANGE  
OFFICE OF LIFE, JUSTICE & PEACE**

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**REVISED AUGUST 11, 2016**

# TABLE OF CONTENTS

Message from the Director.....	3
Index.....	4-5
Addictions/Substance Abuse.....	6-8
Adoption & Foster Care.....	9
Children Services Ages 0-18.....	10
Death Penalty.....	11
Domestic Violence.....	12-13
Elder Abuse/Older Adult Services.....	14-15
Family Resources.....	16-17
Grief Support.....	18-19
Homelessness & Temporary Housing.....	20-21
Human Trafficking.....	22-23
Hunger/Food.....	24
Immigration.....	25
Job Training.....	26
Legal.....	27
Mental Health.....	28-29
Natural Family Planning .....	30-31
Orange County Connections.....	32
Parenting Classes/Education.....	33
Pregnancy Resources.....	34
Re-Entry.....	35
Searching for a Counselor?.....	36
Special Needs.....	37-38
Suicide.....	39



# MESSAGE FROM THE DIRECTOR

Dear Brothers and Sisters,

In keeping with the call to commemorate the Year of Mercy, this year we invite parishes to deepen their connections with organizations in the community that serve those in need and at the margins. This resource manual, in its first edition, is offered with the purpose of placing the best of our Catholic and other community resources into the hands of those on the front lines at parishes. It is just one tool to help us to be better equipped and trained to respond to the needs of those within our parishes, both registered parishioners and all those who live within our parish boundaries, as well as other neighbors who come our way.

This resource manual will only be as helpful as the training, structures, and leadership that we have in place at our parishes to put it to use and to respond accordingly. Additionally, this is not merely a list for making referrals. Our emphasis at the parish must always be accompaniment: How are we walking alongside sisters and brothers in need and making sure that they not only get the phone number or resource they need but follow-through and care so that they know that they are loved? Our Office is committed to offering training and to help strengthen, form, and facilitate Life, Justice, and Peace leadership and committees to serve your parish.

In addition, towards that end, this October, parishes are invited to celebrate Life & Dignity Month. We suggest hosting a ministry fair and other opportunities to encounter the Church's beautiful teaching on the protection of the life and dignity of the human person from the beginning to the end of life. Such opportunities should engage and take into consideration the beautiful diversity of your parish, especially those members of your parish that may be marginalized, and efforts should be made to use the languages spoken in your parish.

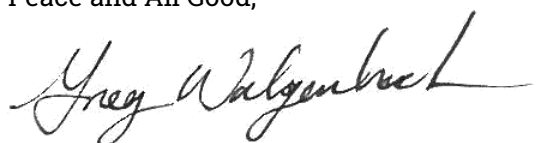
As an example, a parish might have tables with representatives from :

- your local life-affirming Pregnancy Resource Center, Shelter, or Clinic
- Yes on Prop 62 (and No on 66) Initiative to End the Death Penalty in California
- Catholic Charities of Orange County and parish teams to promote the Citizenship Campaign
- Catholic Healthcare to share about caring for the whole person at the end of life
- Organizations serving sisters and brothers struggling with homelessness, Foster Care, Mental Health, and other ministries that serve human persons at every stage of life.

While many of the resources in the manual empower our charitable outreach as well, we always ask how we can work together to advocate for justice. This initiative is intended to welcome parishioners into a deeper understanding and practice of Catholic Social Teaching, to broaden the reach of our Respect Life and Justice ministries, and to strengthen your parish in its effective social ministry, in its witness as a community of salt and light.

We welcome feedback on this resource in order to make corrections and additions for future editions and are interested to hear how your parish engages in creative outreach during Life and Dignity Month and uses this tool throughout the year.

Peace and All Good,



Dr. Greg Walgenbach  
Director, Office of Life, Justice & Peace

# INDEX

**A**ccess California Services: (800) 287-1332  
Adult Children of Alcoholics: (310) 534-1815  
Ageless Alliance: (949) 407-5921  
Alcoholics Anonymous:  
    O.C. Central Office: (714) 556-4555  
    South O.C. Central Office: (949) 582-2697  
    AA Spanish District Office: (714) 956-7243  
Al-Anon Alateen: (888) 425-2666  
American Family Housing: (714) 897-3221  
American Family Housing Shelter for the Homeless: (714) 897-3221  
American Family Housing: (714) 897-3221

**B**raille Institute: (800) 272-4553

**C**al Optima PACE Program: (714) 468-1100  
CalFresh (Food Stamps): (714) 347-9670  
CalFresh Specialist/Certified Enrollment Counselor: (714) 668-1130 ext. 4  
California 2-1-1: 211  
Cantlay Center for Food Distribution: (714) 668-1130  
Casa de la Familia: (714) 667-5220  
Casa Teresa: (714) 538-4860  
Casa Youth 12-17 Year: (800) 914-2272  
Catholic Charities of Orange County: (949) 281-1709  
Catholic Deaf Community: (714) 282-6019  
Catholic Mobilizing Network: (202) 541-5290  
Catholic Worker: (714) 835-6304  
Centralized Assessment Team: (714) 517-6353  
Child Help USA: (800) 422-4453  
Children & Adolescent Mental Health Services: (714) 834-5015  
Coast Hills Community Church: (714) 734-2753  
Cocaine Anonymous: (949) 650-1011  
Compassionate Friends: (714) 993-6708  
Connect The Tots: (714) 480-4678  
Consulate of Mexico Orange County: (714) 835-0403  
Council on Aging Orange County: (714) 479-0107  
County Behavioral Health Information and Referral: (714) 834-2332  
County Directory Assistance: (855) 886-5400  
Court Appointed Special Advocates: (714) 619-5151  
Crystal Meth Anonymous: (855) 638-4373  
CSP Youth Center 11-17 Year: (949) 494-1311

**D**ayle Mcintosh Center: (714) 621-3300  
Department of Rehabilitation: (714) 991-0800  
Depression Bipolar Resource Center: (714) 744-8718  
Didi Hirsch Suicide Prevention Hotline: (877) 727-4747

**E**dward House—Fullerton (Men): (951) 858-6599  
Elder Care: (800) 677-1116

Emancipated Youth Center: (877) 636-4781  
Emmanuel House (Adults with HIV/AIDS): (714) 836-7188

**F**air Housing Council of O.C.: (714) 569-0823  
Fair Housing Foundation: (800) 446-FAIR  
Faith In Motion: (714) 746-2778  
Families and Communities Together: (714) 566-2878  
Families Forward: (949) 552-2727  
Family Support Network: (714) 447-3301  
Forever Footprints: (800) 714-9320  
Friendship Shelter: (949) 494-6928  
Fristers: (949) 387-7889  
Fullerton Interfaith/New Vista: (714) 680-3691

**G**ary's Place for Kids: (949) 348-0548  
Global Homeboy Network: (323) 526-1254  
Grandmas' House of Hope: (714) 558-8600  
Grupo Santa Rita: (714) 544-3250

**H**annah's House: (714) 738-2185  
Help Me Grow O.C.: (866) 476-9025  
Heritage House: (949) 646-2271  
Heritage House North: (714) 687-0077  
HIS House (Placentia): (714) 993-5774  
Hoag Hospital Presbyterian: (949) 764-8358  
Homeboy Industries: (323) 526-1254  
Hope & Healing After Abortion: (800) 722-4356  
Hospice Care of California: (800) 889-3227  
Hospitals with Alcoholics Facilities:  
    La Palma (Med Detox): (714) 670-7400  
    Orange (St. Joseph): (714) 771-8134  
    Mission Hospital: (949) 499-1311  
House of Hope: (714) 258-4450  
Housing Opportunities Collaborative: (714) 599-1014  
Human Options: (877) 854-3594  
Huntington Youth Center: (714) 842-6605

**I**nterfaith Shelter Network (Fullerton): (714) 738-0534  
Interval House: (562) 594-4555, (714) 891-8121

**J**ob Corps: (202) 693-3000  
Joseph's House (Santa Ana): (714) 836-7188  
Justice in Education: (714) 542-1707

**L**akeview Senior Center: (949) 724-6926  
Laura's House: (949) 498-1511, (866) 498-1511  
Laurel House 11-17 Year: (714) 832-0207  
Lawyer Referral & Information Service: (877) 257-4762  
Legal Aid Society of Orange County: (714) 571-5200

**M**arijuana Anonymous: (714) 999-9409, (800) 766-6779  
Mariposa Women and Family Center: (714) 547-6494  
Mary's Shelter 12-17 Year: (714) 730-0930

# INDEX

Mental Health Association of O.C.: (714) 668-1530  
Mission Hospital Conference Center: (949) 364-1400 Ext 5399  
Mission Pacific Coast Recovery: (949) 245-8067

**N**AMI OC Warm Line: (714) 991-6412

Narcotics Anonymous: (714) 590-2388 | (888) 593-3108  
National Alliance on Mental Illness O.C.: (714) 991-6412  
National Catholic Council on Alcoholism and Related Drug Problems, Inc.: (800) 626-6910  
National Center on Elder Abuse: (855) 500-3537  
National Council on Alcoholism & Drugs: (949) 770-1191 | (714) 835-4252  
National Suicide Prevention Hot Line: (800) 273-TALK  
New Hope Crisis Counseling Hotline: (714) 639-4673  
Nicotine Anonymous: (800) 642-0666

**O**.C. Adult Protective Services: (800) 451-5155  
O.C. Area of Narcotics Anonymous: (714) 590-2388  
O.C. Behavioral Health Info. & Referrals: (855) 625-4657  
O.C. Conservation Corps & Charter School: (714) 956-6222 ext. 200  
O.C. Department of Education: (714) 966-4000  
O.C. Dept. of Child Support Services: (866) 901-3212  
O.C. Health Care Agency: Tobacco Use Prevention Program (TUPP): (714) 541-1444  
O.C. Human Trafficking Task Force: (888) 373-7888  
O.C. Social Services Agency: (888) 871-5437  
O.C. Substance Abuse Prevention Network: (855) 625-4657  
Obria Medical Clinic: (800) 771-5089  
O.C. Community Services Office on Aging: (800) 510-2020  
O.C. Health Care Agency: (714) 834-4369  
O.C. Mental Health Clinic: (714) 834-4707  
O.C. Psychiatric Society: (949) 250-3157  
O.C. Rescue Mission: (714) 247-4300  
OCLinks: (855) 625-4657  
Office of Pastoral Care: (714) 282-6001  
Olive Crest: (714) 543-5437  
Orange County Crisis Triage: (866) 830-6011  
Overeaters Anonymous: (714) 953-0900

**P**adres Unidos: (714) 618-8423  
Parent to Parent: (855) 955-5900  
ParentTeam: (714) 352-5987  
Phoenix House O.C., Inc.: (714) 953-9373  
Precious Life: (562) 431-5025  
Presbyterian Church of the Master: (949) 582-2670  
Project Kinship Orange County: (714) 315-6435  
Providence Speech and Hearing Center: (714) 639-4990

**R**eclaim Sexual Health: (920) 766-9380  
Recovery Homes:  
The Villa in Santa Ana: (714) 541-2732

Heritage House C.M.: (949) 646-2271  
Ashland Home—Laguna Niguel: (949) 460-0375  
The Lynn House in Costa Mesa: (714) 438-0110  
Charlie Street—Costa Mesa: (949) 642-2941  
Salvation Army Adult Recovery: (714) 758-0414  
Roque Center/Stanton Detox: (714) 952-4032  
Regional Center of Orange County: (714) 796-5100

**S**addleback Church: (949) 609-8370  
Salvation Army (Santa Ana): (714) 542-9576  
Second Harvest Food Bank O.C.: (855) 233-3362  
Sex Addicts Anonymous: (949) 478-5617  
Sexual Assault Hotline: (714) 957-2737 (North), (949) 831-9110 (South)  
Soldier's Project: (818) 761-7438  
Special Needs Advisory Circle: (714) 282-3039  
St. Joseph Hospital: (714) 771-8134  
St. Jude Community Services: (800) 870-7537 Ext. 3  
St. Jude Medical Center: (714) 446-7035  
Strength in Support: (949) 505-5015 Ext. 106/102  
Survivors After Suicide Attempt Support Group: (714) 547-0885

**T**aller San Jose Hope Builders: (714) 543-5105  
The Bridge House (12 Steps Oriented): (714) 473-4032  
The Center for Advance Care Planning and Advocacy: (714) 712-7259, (714) 319-4241  
The Child Guidance Center: (714) 953-4455  
The Salvation Army (O.C.): (714) 758-0414  
The Society of St. Vincent de Paul: (714) 542-0448  
Thinking Feeling Being Well Outreach and Engagement Program: (888) 955-6570  
Thomas House: (714) 647-7534  
Toby's House: (949) 661-4408  
Touchstones: (714) 639-5542

**V**eteran's Crisis Line: (800) 273-8255  
VITAS Hospice: (714) 734-2753

**W**estern Youth Services: (949) 855-1556  
With Tender Loving Care (WTLC): (714) 992-1931  
Women Helping Women/Men2Work: (949) 631-2333  
Women's Transitional Living Center: (714) 992-1931  
Working Wardrobes: (714) 210-2460  
World Relief Garden Grove: (714) 210-4730

**X**avier Society for the Blind: (714) 473-7800

# ADDICTIONS/SUBSTANCE ABUSE

## **AL-ANON ALATEEN:**

For families and friends of alcoholics  
12391 Lewis St., Suite 101, Garden Grove, CA 92840  
(714) 748-1113 | [www.orangecountyalanon.org](http://www.orangecountyalanon.org)  
World Service General (888) 425-2666 | (757) 563-1600

## **Alcoholics Anonymous**

Orange County Central Office (714) 556-4555  
1526 Brookhollow Dr., Suite 75, Santa Ana, CA 92705  
  
S. Orange County Central Office (949) 582-2697  
27281 Las Ramblas, Suite 135, Mission Viejo, CA 92691

AA Spanish District Office  
330 N. State College, Suite 206, Anaheim, CA 92806  
(714) 956-7243 | [www.oc-aa.org](http://www.oc-aa.org)

## **Mariposa Women and Family Center**

Women's Outpatient Substance Abuse Program  
Adolescent Girl Substance Abuse Program  
812 W. Town & Country Road, Orange, CA 92868  
(714) 547-6494 | [info@mariposacenter.org](mailto:info@mariposacenter.org) |  
[www.mariposacenter.org/women-s-substance-abuse-tream.html](http://www.mariposacenter.org/women-s-substance-abuse-tream.html)

## **Mission Pacific Coast Recovery**

Inpatient/Outpatient Treatment Program/  
Rehabilitation/Recovery Programs  
31872 Coast Highway, Laguna Beach, CA 92651  
(866) 633-6787 | [www.pacificcoastrehab.com](http://www.pacificcoastrehab.com)  
Herbert Brown: (949) 245-8067

## **National Catholic Council on Alcoholism and Related Drug Problems, Inc.**

The National Catholic Council on Addictions, affiliated with the United States Conference of Catholic Bishops, is committed to assisting its members to a greater awareness and acceptance of alcoholism, other chemical addictions and prevention issues. [www.nccatoday.org](http://www.nccatoday.org)  
1601 Joslyn Road, Lake Orion, MI 48630  
(800) 626-6910 | [ncca@guesthouse.org](mailto:ncca@guesthouse.org)

## **Orange County Area of Narcotics Anonymous**

P.O. Box 1058, Anaheim, CA 92815  
(714) 590-2388 | [webservant@orangecountyna.org](mailto:webservant@orangecountyna.org) |  
[www.orangecountyna.org/index.html](http://www.orangecountyna.org/index.html)

## **St. Joseph Hospital**

Medically supervised detoxification from alcohol or other chemical dependence.  
1100 West Stewart Drive, Orange, CA 92868  
(714) 771-8134 | [www.sjo.org/clinical\\_services/behavioral\\_health\\_services/inpatient\\_services.aspx](http://www.sjo.org/clinical_services/behavioral_health_services/inpatient_services.aspx)

## **The Salvation Army | Orange County, CA**

1300 S. Lewis, Anaheim, CA 92805  
[www.salvationarmyoc.org](http://www.salvationarmyoc.org) | (714) 758-0414

## **Homeboy Industries**

(323) 526-1254 | [www.homeboy-industries.org](http://www.homeboy-industries.org)  
Individuals facing substance abuse and alcoholism addiction treatment require a continuum of care that helps them gradually ease their way back into the challenges of daily life. Treatment must provide structure, support and feedback required to break the behavioral cycle of substance abuse while providing opportunities to learn adaptive skills to prevent relapse. Our substance abuse and addiction treatment outpatient program places emphasis on the disease concept of addiction, participation in an AA or NA meetings with focus on the 12-step model, and developing a relationship with a sponsor.

## **Phoenix House Orange County, Inc. (Recovery Center)**

Phoenix House is now offering Recovery Coaching and Peer Mentoring for People in Recovery. All services are free and open to the public, ages 18 and over.

Regina Fournier, Program Coordinator  
(714) 953-9373 ext. 4839 |  
[rfournier@phoenixhouse.org](mailto:rfournier@phoenixhouse.org)

## **Touchstones**

Touchstones residents and staff see ourselves as a family where there is sobriety, growth, mutual respect and support. Value is placed on each other's differences creating a spirit of loving, learning and contributing. We create this family by listening to thoughts and feelings of others in order to understand and give thoughtful feedback. For more information: (714) 639-5542 | [socialmodel.com](http://socialmodel.com) | [touchstones@socialmodel.com](mailto:touchstones@socialmodel.com)



# ADDICTIONS/SUBSTANCE CONT...

## **ParentTeam**

ParentTeam is a support network of parents for parents who have a child suffering from drug or alcohol addiction, no matter their age. Our goal is to help every parent dealing with the crisis of substance abuse to survive the overwhelming shame, fear, and desperation they feel and to empower them to proactively get the help their child needs. (714) 352-5987 | info@parentteam.com | www.parentteam.com

## **Heritage House Programs**

Substance Abuse Treatment for Women and Children in Orange County Heritage House Programs provide residential alcohol & drug abuse treatment for pregnant/parenting women and their minor children. Women must be at least 18 years of age to participate and must be a mom, either pregnant or parenting.

Heritage House | (949) 646-2271  
2212 Placentia Ave., Costa Mesa, CA 92627  
Heritage House North | (714) 687-0077  
321 N. State College Blvd., Anaheim, CA 92806

## **OC Substance Abuse Prevention Network**

The mission of the Orange County Substance Abuse Prevention Network (OCSAPN) is to promote and enhance the quality, quantity, coordination, and cooperation of prevention services in Orange County. Looking for assistance?  
(855) 625-4657 | www.ocprevention.org

## **Edward House—Fullerton: Men**

Sober Living Transitional Housing  
Applicant Requirements:

- Working or with stable income.
- Must be sober, (pass a drug test)
- Willing to attend mandatory weekly House meeting.
- Participate in House chores.
- Be actively involved in personal recovery/re-entry.

For more information: Bob (951) 858-6599

## **National Council on Alcoholism & Drugs**

DUI Programs: Certified by the State of California and County of Orange to provide a DUI/DDP (Driving Under the Influence/Drinking Driver Program) for

individuals convicted of DUI. We are one of the very few non-profits in California offering this service. Prevention Services: Services dedicated to creating and implementing effective prevention strategies through collaborative efforts that reduce alcohol, tobacco and drug related issues. NCADD-OC offers educational presentations as a valuable resource for communities and schools in Orange County.  
(949) 770-1191 | (714) 835-4252 | www.ncaddoc.org

## **Other 12-Step Programs**

Adult Children of Alcoholics: (310) 534-1815  
Cocaine Anonymous: (949) 650-1011  
Crystal Meth Anonymous: (855) 638-4373,  
www.crystalmeth.org  
Marijuana Anonymous:(714) 999-9409, (800) 766-6779  
Narcotics Anonymous: (714) 590-2388 | (888) 593-3108  
Nicotine Anonymous: (800) 642-0666  
Overeaters Anonymous: (714) 953-0900  
Sex Addicts Anonymous: (949) 478-5617 |  
www.ocisaa.org

**\* The following numbers should only be given at specific request. Making clear that Alcoholics Anonymous is not affiliated with any of the following enterprises. "An AA group ought never endorse any outside facility or enterprise."**

## **Hospitals with Alcoholics Facilities**

- \* La Palma (Med Detox): (714) 670-7400
- \* Orange (St. Joseph): (714) 771-8134
- \* Mission Hospital: (949) 499-1311

## **Recovery Homes**

- Women:
- \* The Villa in Santa Ana: (714) 541-2732
  - \* W/ Children: Heritage House C.M.: (949) 646-2271
  - \* Ashland Home—Laguna Niguel: (949) 460-0375
  - \* The Lynn House in Costa Mesa: (714) 438-0110
- Men:
- \* Charlie Street—Costa Mesa: (949) 642-2941
- Co-Ed:
- \* Salvation Army Adult Recovery (714) 758-0414
  - \* Roque Center/Stanton Detox: (714) 952-4032

## **OC Health Care Agency: Tobacco Use Prevention Program (TUPP)**

TUPP provides free tobacco education and quit smoking services.  
For more information call: (714) 541-1444

# ADDICTIONS/SUBSTANCE ABUSE CONT...

## **Pornography Addiction:**

### **For Your Marriage**

This list provides information about ministries, support groups, and resources for men and women who are looking for support to overcome pornography use and addiction, parents who want to help their children avoid pornography, filtering services to block pornography on Internet-enabled devices, a list of recommended books, and more.

### **Integrity Restored**

Our mission is to restore the integrity of individuals, spouses, and families that have been affected by pornography and pornography addiction.

Integrity Restored provides education, encouragement, and resources to, break free from pornography, heal relationships, and to assist parents in preventing and responding to pornography exposure which is so devastating in the lives of our children.

We also hope to be a resource that assists clergy in assisting families at the parish level, so that the domestic church truly becomes what it is, the human space in which we encounter Christ.

1595 Peachtree Parkway, Ste. 204-370, Cumming, GA 30041  
admin@integrityrestored.com | www.integrityrestored.com

### **National Center on Sexual Exploitation**

Founded in 1962, National Center on Sexual Exploitation is the leading national organization opposing pornography by highlighting the links to sex trafficking, violence against women, child abuse, addiction and more. The organization changed its name from Morality In Media to the National Center on Sexual Exploitation early in 2015 to better describe the organization's scope and mission, which is to expose the seamless connection between all forms of sexual exploitation.

Our Mission: Opposing sexual exploitation. Defending human dignity. Our Vision: All individuals have a right to be free from the effects of pornography and all other forms of sexual exploitation.

1100 G Street NW #1030 Washington, DC 20005 202-393-7245 www.endsexualexploitation.org

### **Reclaim Sexual Health**

A professional and science-based Catholic online program designed to help individuals overcome unhealthy sexual behaviors.

Elizabeth Ministry International Headquarters  
120 W. 8th St., Kaukauna, WI 54130 | (920) 766-9380 | www.reclaimsexualhealth.com



# ADOPTION & FOSTER CARE

*“Adoption is a very generous way to become parents. I encourage those who cannot have children to expand their marital love to embrace those who lack a proper family situation. They will never regret having been generous. Adopting a child is an act of love, offering the gift of a family to someone who has none. It is important to insist that legislation help facilitate the adoption process, above all in the case of unwanted children, in order to prevent their abortion or abandonment. Those who accept the challenge of adopting and accepting someone unconditionally and gratuitously become channels of God’s love. For he says, ‘Even if your mother forgets you, I will not forget you’ (Is 49:15).”*

*“...children, whether natural, adoptive or taken in foster care, are persons in their own right who need to be accepted, loved and cared for, and not just brought into this world. The best interests of the child should always underlie any decision in adoption and foster care. On the other hand, the trafficking of children between countries and continents needs to be prevented by appropriate legislative action and state control.” –from Pope Francis, Amoris Laetitia (The Joy of Love), nos. 179-180*

## **Orange County Social Services Agency**

(888) 871-5437 | <https://media.ocgov.com/gov/ssa/adopt/oc4kids/default.asp>

## **Faith In Motion**

Faith in Motion is a unique collaboration between the Social Services Agency, Children and Family Services and Orange County’s faith-based communities. The program’s primary mission is to find loving foster and adoptive families for children who have been removed from their biological families due to abuse or neglect. Faith in Motion’s two main goals are to:

- Recruit foster and adoptive families within the faith community; and,
- Encourage faith-based congregations to develop support services for foster and adoptive families.

(714) 746-2778 | <http://oc4kids.com/involved/fim>

Roylyn Burton: [roylyn.burton@ssa.ocgov.com](mailto:roylyn.burton@ssa.ocgov.com)

## **Court Appointed Special Advocates (CASA)**

Our mission is to provide quality advocacy for children through a unique one-on-one relationship between a trained and supervised court-appointed volunteer and an abused, abandoned or neglected child. We believe that the protection of our children is a fundamental obligation of our society and therefore our advocates and staff will fight for and protect a child’s right to be safe, to be treated with dignity and respect and to live in a healthy environment where he/she can learn and grow.

(714) 619-5151 | [www.casaoc.org](http://www.casaoc.org)

Matthew Wadlinger: [mwadlinger@casaoc.org](mailto:mwadlinger@casaoc.org)

## **Olive Crest**

Olive Crest is dedicated to Preventing child abuse, to Treating and Educating at-risk children and to Preserving the family... “One Life at a Time.” From counseling to foster care services to transitional living assistance, Olive Crest offers a broad spectrum of care for abused, neglected, and at-risk children and their families: Loving homes and tools for success.

2130 E. 4th St., Ste. 200, Santa Ana, CA 92705 | (714) 543-5437

Wendy McMahan: [wendy-mcmahan@olivecrest.org](mailto:wendy-mcmahan@olivecrest.org)

# CHILDREN SERVICES AGES 0 - 18

## **Family Support Network**

Provides services and resources that help children with special needs or are “at risk” and their families reach their full potential.

1015 S. Placentia Ave., Fullerton, CA 92831 | (714) 447-3301 | [www.familysupportnetworkca.org](http://www.familysupportnetworkca.org)

## **Help Me Grow O.C.**

Help Me Grow connects children and families to developmental services to enhance the behavior and development of children birth through five years living in Orange County.

(866) 476-9025 | [www.helpmegrowoc.org](http://www.helpmegrowoc.org)

## **Connect The Tots**

A program of the O.C. Health Care Agency, serving families with children from birth to those preparing to enter school and are at risk of mental illness and/or school failure due to social/emotional problems.

1200 N. Main St., #300, Santa Ana, CA 92701

(714) 480-4678 | [www.http://ohealthinfo.com/bhs/about/pi/support/tots](http://www.http://ohealthinfo.com/bhs/about/pi/support/tots)

## **The Child Guidance Center**

Interaction Therapy for Parents and children, a program that works with parent and child simultaneously. For children that exhibit many behavioral problems.

525 Cabrillo Park Dr., #300 | Santa Ana, CA 92701 | (714) 953-4455 | [www.cgcoc.org](http://www.cgcoc.org)

## **O.C. Dept. of Child Support Services**

Provides professional cost-effective services to parents or caretakers of minor children.

1055 N. Main Street, Santa Ana, Ca 92701 | (866) 901-3212 | [www.css.ocgov.com](http://www.css.ocgov.com)

## **Providence Speech and Hearing Center**

We offer a one-of-a-kind experience where patients receive care with advanced technology and a supportive, optimistic approach. We cherish an imaginative environment with exercises, treatment, and hands-on activities that allow children to grow and advance their skills. Our staff, audiologists, speech therapists, and volunteers all play an intricate part in the success and health of our patients.

Accepting most major insurance and medical groups, we also provide grants, scholarships, and financing options for patients from low-income families.

Make an appointment: If your child is in need of any of our services, please call us or go online so we can schedule a day and time that works best for you.

General questions: (714) 639-4990 | Schedule Appointments: (714) 923-1521

## **Western Youth Services**

A society where youth and families are emotionally equipped and empowered to succeed.

The foundation of positive mental health for children starts when they have a caring adult who believes in them. However, that's not happening for far too many children. Across the nation, nearly 15 million children suffer from a serious mental illness. That's one in five children. Right here in Orange County, mental illness affects approximately 150,000 children.

We are their advocates. We believe in them. And we uplift them so they believe in themselves, too. The children we serve experience the happiness of self-confidence and the exhilaration of rising above the real challenges that hold them back. They discover their potential, and go on to create fulfilling lives.

Our goal is to make this success a reality for every child, in every community.

[www.westernyouthservices.org](http://www.westernyouthservices.org) | (949) 855-1556

# DEATH PENALTY

*"The new evangelization calls for followers of Christ who are unconditionally pro-life: who will proclaim, celebrate and serve the Gospel of life in every situation. A sign of hope is the increasing recognition that the dignity of human life must never be taken away, even in the case of someone who has done great evil. Modern society has the means of protecting itself, without definitively denying criminals the chance to reform. I renew the appeal I made most recently at Christmas for a consensus to end the death penalty, which is both cruel and unnecessary." – Pope John Paul II, Mass in St. Louis, MO, January 27, 1999*

*I have set before you life and death, the blessing and the curse. Choose life, then, that you and your descendants may live. (Dt 30:19)*

## Catholic Mobilizing Network

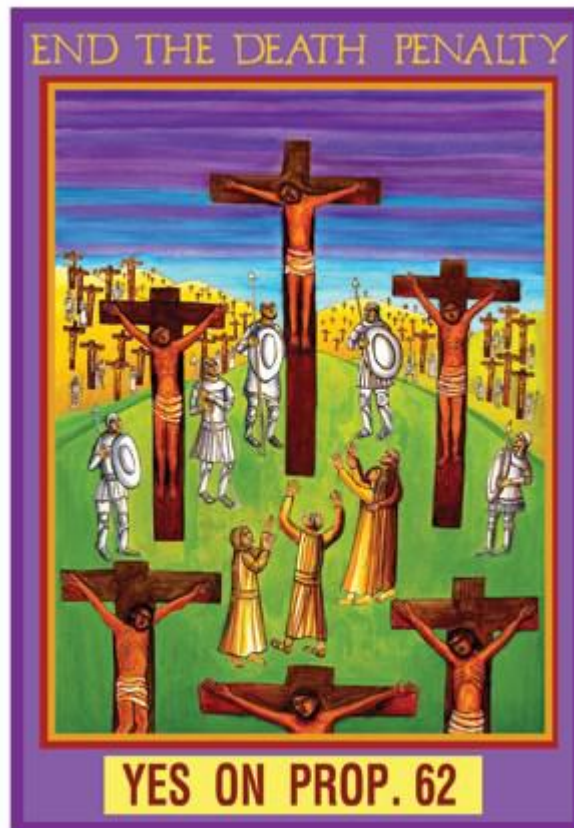
Catholic Mobilizing Network (CMN) proclaims the Church's unconditional pro-life teaching and its application to capital punishment and restorative justice. CMN works in close collaboration with the U.S. Conference of Catholic Bishops to prepare Catholics for informed involvement in campaigns to repeal state death penalty laws and expand or inaugurate restorative justice programs.

415 Michigan Avenue NE, Suite 210, Washington, DC 20017

(202) 541-5290 | [info@catholicmobilizing.org](mailto:info@catholicmobilizing.org) | [www.catholicmobilizing.org](http://www.catholicmobilizing.org)

## Death Penalty Focus

Jan Urban: [janurban714@gmail.com](mailto:janurban714@gmail.com)



# DOMESTIC VIOLENCE

*Violence against women, inside or outside the home, is never justified. Violence in any form—physical, sexual, psychological, or verbal—is sinful; often, it is a crime as well.*  
— U. S. Catholic Bishops, “When I Call for Help”

## Sample Protocol for Responding to Domestic Violence Victims

### **Initial Response**

*“I’m sorry that this has happened or is happening to you and I am glad that you are telling me so that we can help.”*

*“I would like to ask you a few more questions. Is the person who is abusing you living with you right now?”*

*“Are there children or elders in the home?”*

*“Do you feel safe going home?”*

*“Let me give you some pointers on how to develop a safety plan for you and your children.”*

### **Harm Reduction Strategies**

“I want you to know that I am concerned for your safety and the safety of your children, you are not alone and help is available. This is not your fault. Please don’t feel ashamed, violence between family members is common and it does not go away and often gets worse over time. It can have a significant impact on your health and wellbeing”.

“There are people who can help you. I would like you to call Human Options. They are a community program that we work closely with. It would be confidential and they can tell you about many options and services that are available for you.”

(We may want to designate someone at Catholic Charities or other Catholic agency who would also be a person to call). “I would like you to call Norma at Catholic Charities she can tell you about the many options and services available for you.”

“If you feel like making a call now I can make a phone available to you.” (877) 854-3594.

“If you would like to think about it let me give you this card. You can tear off the bottom number and put it someplace and call when you are ready. There will be someone there 24-hours a day. I encourage you to call soon.”

“Please let me know how you are doing. If it becomes dangerous for you do not hesitate to call 911.”

### **Short Safety Plan - Items to take or put in a safe place checklist:**

Identification	Birth certificates for my children and me
Immunization records	Social Security cards
School and medical records	Money, bankbook, credit cards
Keys - house/car/office	Driver’s license and registration
Medications	Change of clothes
Welfare identification	Passports, green card, work permit
Divorce papers	Lease/rental agreement, house deed
Mortgage payment book, current unpaid bills	Insurance papers
Address book	Pictures, jewelry, items of sentimental value
Children’s favorite toys and/or blankets	

# DOMESTIC VIOLENCE CONT...

*Violence against women, inside or outside the home, is never justified. Violence in any form-physical, sexual, psychological, or verbal is sinful; often, it is a crime as well.*  
—U.S Catholic Bishops, “When I Call for Help,” 2002

## **Human Options**

Jessica Renaga: funddevelopment@humanoptions.org | www.humanoptions.org | (877) 854-3594

## **Laura’s House**

Amy Borst: aborst@laurashouse.org | www.laurashouse.org | (949) 498-1511 | (866) 498-1511

## **Domestic Abuse Hotlines**

Interval House: (562) 594-4555 | (714) 891-8121 | (800) 978-3600 | www.intervalhouse.org

Women’s Transitional Living Center: (714) 992-1931 | info@wtlc.org | www.wtlc.org

## **Sexual Assault Hotline:**

Community Service Programs, Sexual Assault Victim Services: (714) 957-2737 (North) | (949) 831-9110 (South)

## **Legal Services**

Information on restraining orders, child custody/visitation and other family issues

Community Services Program Volunteer attorneys are available in the Program Center and assist victims with legal issues. www.occourts.org

## **Professional Social Services: Catholic Charities of Orange County**

General Number: (714) 347-9600 | Counseling Center: (714) 347-9674

New Hope Crisis Counseling Hotline: (714) NEW-HOPE | (714) 639-4673

## **Casa de la Familia**

A crime can have a severe effect on the victim. For weeks, months or sometimes even years after the crime has been committed, the victim may continue to experience emotional problems, which can lead to feelings of guilt, depression, anxiety, frustration or anger.

1650 E. 4th Street, Suite 101, Santa Ana, CA 92701 | (714) 667-5220 | www.casadelafamilia.org

## **With Tender Loving Care (WTLC)**

WTLC provides individuals, groups, and family counseling for both residential and non-residential clients.

WTLC has a supportive counseling team that helps survivors through their difficult emotional journey. Our

counselors are aware of the practical needs of each survivor. They encourage our clients to know

themselves and help them to become emotionally strong and independent. Clothing Drop-Off: Bargain Box:

233 W. Amerige Ave., Fullerton, CA 92832 | www.wtlc.org | 24-Hr Hotline: (714) 992-1931

## **Grupo Santa Rita**

Grupo de apoyo para Mujeres Victorimas de Violencia Domestica. El grupo de apoyo Santa Rita ofrece:

Apoyo y ayuda | Cariño y Comprensión | Espiritualidad de Grupo | Información de Recursos

Los grupos de apoyo de Santa Rita se reúnen en:

Iglesia de Inmaculado de Corazón de Maria: 1100 S. Center St., Santa Ana, CA 92704

Iglesia de Santa Cecilia: 1301 Sycamore Ave., Tustin, CA 92780 | (714) 544-3250

Para información favor de llamar a;

Ester Alaniz: (714) 376-4373 | Imelda Gutierrez (714) 546-5235 | Eloisa Ayon (714) 654-7103

# ELDER ABUSE/OLDER ADULT SERVICES

## What is elder abuse?

Although each state has a different definition, elder abuse is a term referring to any knowing, intentional, unintentional or negligent act by any person that causes harm or a serious risk of harm to an older adult. This abuse manifests itself in many forms, including financial abuse, physical abuse, sexual abuse, psychological abuse, neglect, and self-neglect and occurs both in the community and facilities.

## Red Flags of Abuse:

- Neglect
- Financial Abuse/Exploitation
- Psychological/Emotional Abuse
- Physical/Sexual Abuse

**If you or someone you know is in a life threatening situation or immediate danger, call 911 or the local police or sheriff.**

To report suspected abuse in the community, contact your local Adult Protective Services agency. For state reporting numbers, visit [www.apsnetwork.org](http://www.apsnetwork.org), visit the NCEA website at [www.ncea.aoa.gov](http://www.ncea.aoa.gov) or call the Eldercare Locator at 1-800-677-1116 ([eldercare.gov](http://eldercare.gov)).

To report suspected abuse in a nursing home or long-term care facility, contact your local Long-Term Care Ombudsman. For reporting numbers, visit [www.ltombudsman.org](http://www.ltombudsman.org), visit the NCEA website at [www.ncea.aoa.gov](http://www.ncea.aoa.gov) or call the Eldercare Locator at 1-800-677-1116 ([eldercare.gov](http://eldercare.gov)).

## Cal Optima PACE Program

Cal Optima PACE is a long-term comprehensive health care program that helps older adults to remain as independent as possible.

What services does PACE provide?

- Routine medical care, including specialist care
- Prescribed drugs and lab tests
- Personal care for things like bathing, dressing and light chores at home and in our Day Center
- Rides to health-related appointments, and to and from our Day Center

13300 Garden Grove Blvd., Garden Grove, CA 92843 | (714) 468-1100 | [www.caloptima.org](http://www.caloptima.org)

## OC Community Services- Office on Aging

To ensure that Orange County's older adults experience a high quality of life characterized by independence, safety, health, transportation, affordable housing, appropriate nutrition and social activity.

Our long-term goals are to:

- Improve access of Orange County's older adults to nutritious food
- Improve transportation for Orange County's older adults
- Improve the health and safety of Orange County's older adults
- Improve Orange County's older adults' access to appropriate and affordable housing
- Improve the ability of Orange County's older adults to be active, productive, and experience social interaction.

800.510.2020 | 714.480.6450 | [officonaging.ocgov.com](http://officonaging.ocgov.com) | 1300 S. Grand Ave, Bldg B, 2<sup>nd</sup> Fl, Santa Ana, CA 92705

## Ageless Alliance: United Against Elder Abuse

Ageless Alliance is a national, non-profit grassroots organization working to promote aging with dignity and eliminate elder abuse, neglect, and exploitation through Awareness, Advocacy, and Action.

(949) 407-5921 | (844) 922-4353 | 30262 Crown Valley Pkwy B-408 Laguna Niguel, CA 92677

[info@agelessalliance.org](mailto:info@agelessalliance.org), [agelessalliance.org](http://agelessalliance.org)



# ELDER ABUSE/OLDER ADULT SERVICES CONT...

## **National Center on Elder Abuse**

National, state, and local partners in the field will be fully prepared to ensure that older Americans will live with dignity, integrity, independence, and without abuse, neglect, and exploitation. (855) 500-3537 | 1000 South Fremont Avenue, Unit 22 Bld. A-6, Alhambra, CA 91803 | [www.ncea.aoa.gov](http://www.ncea.aoa.gov) | [ncea@med.usc.edu](mailto:ncea@med.usc.edu)

## **St. Jude Medical Center Senior Services**

- Caring Neighbors Visitation Program
- Fall Risk Reduction Program
- Late Life Depression Solutions
- Senior Resources 101 Class/Resource Guide
- Healthy Living with Chronic Conditions
- Transportation
- Healing Hearts After Loss
- Medicare Insurance Plan Information

130 W. Bastanchury Rd., Fullerton, CA 92835 | (714) 446-7035

## **The Center for Advance Care Planning and Advocacy**

The Center for Advance Care Planning and Advocacy is dedicated to engage the community and healthcare providers in conversations around care preferences and what makes life meaningful. Our mission is to help ensure that patients receive the right care at the right time and that this whole person care is aligned with their values, goals and priorities. In turn, St. Joseph Health will effectively steward these documents and honor these care preferences, which will improve the quality of care we provide at end of life, enhance the patient experience and reduce healthcare costs.

200 W. Center St. Promenade, Suite 200C, Anaheim CA 92805 | [www.stjosephhomehealth.org](http://www.stjosephhomehealth.org) | Suzanne Engelder: [suzanne.engelder@stjoe.org](mailto:suzanne.engelder@stjoe.org) | (714) 712-7259 or (714) 319-4241 | Fax: (714) 712-9529

## **Hospice Care of California**

Gina Andres: [gina.andres@hospicecom.com](mailto:gina.andres@hospicecom.com)

## **Council on Aging Orange County**

Helping Seniors remain healthy, connected & protected. The Council on Aging-Orange County promotes the independence, health and dignity of older adults through compassion, education and advocacy.

### **Programs & Services**

- Advocacy & Protection
- Education & Outreach
- Socialization

(714) 479-0107 | [coaoc@coaoc.org](mailto:coaoc@coaoc.org) | [www.coaoc.org](http://www.coaoc.org) | 2 Executive Circle, Suite 175, Irvine, CA 92614

## **Elder Care**

Find local resources for Seniors, People with Disabilities, and Caregivers! (800) 677-1116 | [www.eldercare.gov](http://www.eldercare.gov)

## **Orange County Adult Protective Services**

Adult Protective Services (APS) are directed at preventing or remedying neglect, abuse or exploitation of adults who are unable to protect their own interests because of age or disability. Adult Protective Services are provided without regard to income or resources. A client must live in Orange County and be the victim of abuse either by self or by another that occurred in the community. To have Adult Protective Services Information or an Adult Protective Services brochure mailed to you contact 714.704.8000 | 800.451.5155

# FAMILY RESOURCES



## **California 2-1-1: Get Connected. Get Answers.**

2-1-1 is a free, confidential service providing access to current community and health information 24 hours a day. It is also a central resource during disasters and after, in recovery. Find your local 2-1-1 center for your county at [www.211california.org](http://www.211california.org)

**By dialing 2-1-1, you reach a free, 24-hour information and referral helpline** linking you to thousands of local health and human service programs in Orange County, CA. Staffed 24 hours per day by caring, experienced and trained specialists, and available anytime through our online resource database, 2-1-1 Orange County can help you connect with resources for:

- Food
- 24-hour Crisis and Suicide Counseling
- Youth and Child Care Issues
- Transportation
- Shelter
- Government Assistance programs
- Housing and Utilities
- Physical and Mental Health Services
- Elder Services
- Substance Abuse
- Prenatal Care
- Medical, Dental and Vision Care
- And many more

## **Orange County Behavioral Health Information & Referrals**

OCLinks is an information and referral phone and online chat service to help navigate the Behavioral Health Services (BHS) system within the Health Care Agency for the County of Orange. Callers are connected to clinical Navigators who are knowledgeable in every program within the BHS system. This includes children and adult mental health, alcohol and drug inpatient and outpatient programs, crisis services, and prevention/early intervention programs. Once a program is identified, the Navigator will make every effort to link the caller directly to that program while still on the call. The Navigators speak English, Spanish, and Vietnamese, while other languages can be accommodated through translation services. (855) 625-4657

## **Families and Communities Together (FaCT)**

Each Family Resource Centers is a family-friendly, community-based site that provides access to comprehensive prevention and treatment oriented social, educational and health services for all families, including birth, blended, kinship, adoptive and foster families. Family Resource Center's serve as vehicles for engaging local residents and community organizations in the identification and resolution of community concerns related to raising healthy children. Every Family Resource Center is unique to its community; services are offered by multicultural and multilingual staff that reflect the surrounding neighborhoods and the families they serve. (714) 566-2878 | [www.factoc.org](http://www.factoc.org)

## **Families Forward**

Families Forward exists to help families in need achieve and maintain self-sufficiency through housing, food, counseling, education, and other support services. (949) 552-2727 | [info@families-forward.org](mailto:info@families-forward.org) | [families-forward.org](http://families-forward.org)

The Church wishes, with humility and compassion, to reach out to families and to help each family to discover the best way to overcome any obstacles it encounters.

-Amoris Laetitia, 200

# FAMILY SERVICES CONT...

## **Mariposa Women and Family Center**

Counseling: Individual | Couples | Children | Family

Mariposa provides professional counseling for individuals, couples, children and families. Fees are based on income after payment of a \$30 intake fee. Please call for more information for their programs and a telephone screening. (714) 547-6494 | [www.mariposacenter.org](http://www.mariposacenter.org) | [www.mariposawfc.blogspot.com](http://www.mariposawfc.blogspot.com)

### For Adults:

- Personal Empowerment Program
- Focus on Women's Anger
- Men's Support Group
- Beyond Domestic Violence:
- Anxiety Groups
- Finding Your Voice
- Creative Expressions
- Women's Sexual Abuse Survivor Support Group
- Women Empowering Women
- General Grief Group

### For Teens & Family

Spin-Substance Prevention & Intervention Program

Boy & Girl Talk Group | Family Group

Mariposa Wrap Around Program for Children: Do you have a child struggling academically due to some life experiences such as divorce, domestic violence, homelessness, bullying, death of a loved one, illness, etc... then we would love to serve them! You may enroll your child for one day and up to five days a week. For one hour the child will receive homework assistance/tutoring, the second hour the child will be in peer groups (self-esteem building, effective communication, creative expression groups and etc.)

Requirements: Academic need, desire to learn & improve. Parent/guardian participate in at least one service offered by Mariposa. Monday-Friday 3:00-5:00 p.m. Children's grades 1st-6th. Please call for more information and application to enroll.

### Parenting Classes:

Pre-Registration required (714) 547-6494

Parenting of Children & Teens 2 to 17: Tuesday 6:00-8:00 p.m. 12 sessions (Court approved) \$15.00 intake session required before beginning class. Class fees: \$15.00 each for individuals, \$25.00 each for couples, or, pay in advance for all 12 sessions: \$150.00 for individual and \$250.00 for couples. Includes all materials.

### Grupos en Español:

Grupo de Apoyo para Mujeres: Jueves 6:00-7:30 p.m. Llama para mas información.

Women's Outpatient Program: Up to 24 weeks of alcohol and drug education, relapse prevention and process group, and 4 individual counseling sessions.

Women's Extended Care Program: Designed for women who have completed a minimum of 30 days in a residential treatment facility or intensive outpatient program within the past 3 months.

Men's Substance Abuse Program: Up to 24 weeks of alcohol and drug education, relapse prevention and process group, and 4 individual counseling sessions.

Childcare: We do provide free childcare to those who attend services at Mariposa. Space is limited, you must sign your child up 24 hours prior to appointment time. If your child is not signed up there is no guarantee we can accommodate him/her. Call (714) 547-6494 to sign up your child.

Pre registration required for all groups & programs. Please call (714) 547-6494 for additional information.

# GRIEF SUPPORT

## Parish Grief Support Groups

### Anaheim

#### **St. Justin Martyr Catholic Church**

2050 West Ball Rd, Anaheim CA 92804  
Six week sessions in English & Spanish on  
Thursdays: 2:00 - 4:00 p.m. (January in English), 7:00  
- 9:00 p.m. (January in Spanish), 7:00 - 9:00 p.m. (May  
and September in Spanish and English).  
Contact: Jo Ann Davis, Parish Coordinator  
(714) 917-2706, jdavis@saintjustin.org.  
For Spanish Group, contact Deacon Jose Ferreras at  
(714) 678-3426

### Brea

#### **St. Angela Merici Catholic Church**

585 S. Walnut Ave., Brea, CA 92821  
Twice a Month, Thursdays – 7:00-9:00pm  
Contacts: Deacon Mike Shaffer (714) 309-2933  
Group in Spanish:  
Contact: Leticia Garcia (714) 529-1821  
leticiag@stangelabreachurch.org

### Buena Park

#### **St. Pius V Catholic Church**

7691 Orangethorpe Avenue, Buena Park, CA 90621  
Grief Support Group  
Mondays – 7:00pm Room C  
Coordinator: John Alba (714) 522-2193

### Cypress

#### **St. Irenaeus Catholic Church**

5201 Evergreen, Cypress, CA 90630  
Bi-weekly sessions 1st & 3rd Mondays @ 7:00pm  
Contact: Marilyn Sweet (714) 527-8276

### Dana Point

#### **St. Edward the Confessor Catholic Church**

33926 Calle La Primavera, Dana Point, CA 92629  
Parent Grief Support Group  
Contact: Celine Miller at (949) 361-0878

### Fountain Valley

#### **Holy Spirit Catholic Church**

17270 Ward St., Fountain Valley, CA 92708  
Bethany Support Ministry  
Wednesdays 7:00pm  
Mary Radecki at (714) 531-8088  
dr\_marypat@yahoo.com

### Huntington Beach

#### **St. Bonaventure Catholic Church**

16400 Springdale St., Huntington Beach, CA 92649  
Grief Support – weekly sessions  
Thursdays from 7:30 pm  
Contact: Louise Dow -714-846-3359

### Laguna Niguel

#### **St. Timothy Catholic Church**

29102 Crown Valley Pkwy, Laguna Niguel, CA 92677  
Coping with Grief and Loss  
Mondays – 7:30 pm to 9:00 pm  
Contact: Sally Hotchkiss at (949) 249-4096  
shotchkiss@st-timsrc.org or  
Terri Loquercio: (949) 309-6055

### Lake Forest

#### **Santiago de Compostela Catholic Church**

21682 Lake Forest Drive, Lake Forest, CA 92630  
Grief Support – Healing from Loss.  
2nd Saturday – 10:00 am  
Contact: Ruthanne Inscore (949) 472-0962

### Newport Beach

#### **Our Lady Queen of Angels Catholic Church**

2046 Mar Vista Drive, Newport Beach, CA 92660  
Grief Support Group – six sessions  
Sundays – 11:30am– 1:00pm  
Contact: Rosemary Nicholson  
(949) 219-1406, rnicholson@olqa.org

### Orange

#### **Holy Family Cathedral**

566 South Glassell Street, Orange, CA 92866  
Walking With Those Who Grieve: If you are struggling  
from the loss of a loved one, please call, Yolanda  
Singh-Villa at 714-760-4453. We offer Companion  
Ministers who are available to walk with you during  
your times of grief, even if your loss was months/  
years ago. You are not alone, we are here to help.

### Yorba Linda

#### **St. Martin de Porres Catholic Church**

19767 Yorba Linda Blvd., Yorba Linda, CA 92886  
Contact: Dave LaPane, Coordinator 714-996-3415  
dlwoodworker2000yahoo.com

## GRIEF SUPPORT CONT...

### **Coast Hills Community Church**

5 Pursuit, Aliso Viejo, CA 92656  
Grief Support Group Contact: Linda McMahon,  
VITAS Bereavement Services Mgr. (714) 734-2753

### **Compassionate Friends**

Grace Bible Chapel  
1119 S. Lambert Dr., Fullerton, CA 92833  
Grief Support for the loss of a child (12 and older).  
Meets the 3rd Wednesday of each month at 7:00pm.  
Chapter Leader, Roy Redman (714) 993-6708

### **Lakeview Senior Center**

20 Lake Rd, Irvine, CA 92614  
Grief Support for the loss of a spouse (949) 724-6926

### **Gary's Place for Kids**

At Mission Hospital Conference Center  
26726 Crown Valley Pkwy, Mission Viejo, CA 92692  
Grief Support Group for children ages 3 – 18 years.  
Adult group meets concurrently with children's  
group. For more information call: (949) 348-0548

### **Mariposa Women and Family Center**

812 W. Town and Country Road, Orange, CA 92868  
Various Grief Groups for All Ages  
For more information on dates/times/registration  
(714) 547-6494, [www.mariposacenter.org](http://www.mariposacenter.org)

### **Hoag Hospital Presbyterian**

307 Placentia Ave. Ste105-B,  
Newport Beach, CA 92663

#### Facing Forward

Every Wednesday 5:30-7pm  
Marilyn Kaplan, LCSW: (949) 764-8358

#### Life Goes On Support Group

Friday nights 7:00-8:30pm 10 Weeks only  
Marilyn Kaplan, LCSW: (949) 764-8358  
Regular attendance required.

### **Hospice Care of California**

377 E. Chapman Ave Suite 280, Placentia, CA 92870  
Healing Broken Hearts Grief Support Group  
John Choi (800) 889-3227 Tuesdays 10:00 – 11:30 am

### **Mission Hospital Conference Center**

Living Life Again Support Group  
10 Week Course / 3 times per year  
Please contact : (949) 364-1400 Ext 5399

### **Presbyterian Church of the Master**

26051 Marguerite Parkway, Mission Viejo, CA 92692  
Grief Recovery Group. Offered two times per year. For  
more information please call: (949) 582-2670

### **Saddleback Church**

1 Saddleback Pkwy., Lake Forest, CA 92630  
Grief Share- 13 week Group  
Elaine, (949) 609-8392, [elaineq@saddleback.com](mailto:elaineq@saddleback.com)  
Empty Arms Support Group - For families who have  
suffered the loss of a child. Meets Sundays  
For more information please call: (949) 609-8370

### **St. Joseph Hospital**

1100 West Stewart Dr., Orange, CA 92868  
Bereavement Support Group | Grief Support Group  
For more information, please call (714) 771-8137

### **St. Jude Community Services**

130 Bastanchury Rd., Fullerton, CA 92835  
"Healing Hearts After Loss"  
Thursdays 2:00pm-3:00pm (800) 870-7537 Ext. 3

### **Survivors After Suicide Attempt Support Group**

Didi Hirsch Mental Health Services  
Orange County Center | (714) 547-0885  
2021 East 4th Street, Ste 204, Santa Ana, CA 92705

### **VITAS Hospice**

220 Commerce Suite 100, Irvine, CA 92602  
Grief 101 – for those whose loved ones have died in  
the last 12 weeks. Please call: (714) 734-2753

### **Forever Footprints**

Support | Education | Remembrance  
Forever Footprints is a nonprofit organization that  
supports families who have lost a baby in pregnancy  
or infancy. [info@foreverfootprints.org](mailto:info@foreverfootprints.org) |  
[www.foreverfootprints.org](http://www.foreverfootprints.org) | (800) 714-9320

### **Hope & Healing After Abortion**

A Ministry to Those Hurt by Abortion – is our  
diocesan pastoral care ministry developed to meet  
the needs of those who have been hurt by the act of  
abortion. There is no fee for this service. This  
ministry is open to anyone affected by the act of  
abortion, including men and significant others and it  
is non-denominational - our outreach extends  
beyond the Catholic Community.

Confidential HOTLINE: 1-800-722-4356  
Michael Donaldson: [mdonaldson@rcbo.org](mailto:mdonaldson@rcbo.org)



# HOMELESSNESS & TEMPORARY HOUSING

Remember when we encounter a sister or brother struggling with homelessness we encounter Christ:

- Take the time to talk to and LISTEN to those in need
- Find out what the need of the person is, are they looking for shelter, clothing, food or other. Also ask if this is a one short term or long term situation
- Be sure you have a system in place at your parish to make referrals to the right agencies, given particular situations of individuals
- Consider how you can be more welcoming to the homeless in your community and how you can help get people off the streets

Please visit our website for a listing by deaneries: <https://www.rcbo.org/resource/housing-homelessness/>

## **Single Men with Children**

- Families Forward (Irvine): (949) 552-2727
- Fullerton Interfaith/New Vista: (714) 680-3691
- HIS House (Placentia): (714) 993-5774
- American Family Housing (Westminster): (714) 897-3221
- Thomas House (Garden Grove): (714) 647-7534

## **Single Men**

- Emmanuel House (Adults with HIV/AIDS) (Santa Ana): (714) 836-7188
- Friendship Shelter (Laguna Beach): (949) 494-6928
- Interfaith Shelter Network (Fullerton): (714) 738-0534
- Joseph's House (Santa Ana): (714) 836-7188
- The Bridge House (12 Steps Oriented, Sober) (Anaheim): (714) 473-4032
- Salvation Army (Santa Ana): (714) 542-9576

## **Single Women & Pregnant**

- Casa Teresa (Orange): (714) 538-4860
- Hannah's House (Orange): (714) 738-2185
- House of Hope (Santa Ana): (714) 258-4450
- Catholic Worker (Co-Ed) (Santa Ana): (714) 835-6304
- Precious Life (Los Alamitos): (562) 431-5025
- Toby's House (South County): (949) 661-4408

## **Couples**

- Friendship Shelter (Laguna Beach): (949) 494-6928
- HIS House (Placentia): (714) 993-5774
- American Family Housing Shelter for the Homeless (Westminster): (714) 897-3221

## **Teens**

- Casa Youth 12-17 (pregnant okay): (800) 914-2272
- CSP Youth Center 11-17: (949) 494-1311
- Emancipated Youth Center: (877) 636-4781
- Huntington Youth Center: (714) 842-6605
- Laurel House 11-17: (714) 832-0207
- Mary's Shelter 12-17 (pregnant ok): (714) 730-0930

## **Fair Housing Council of Orange County**

Our mission is to protect the quality of life in Orange County by ensuring equal access to housing opportunities, fostering diversity and preserving dignity and human rights.

For information, call the Fair Housing Council of Orange County at (800) 698-FAIR. (714) 569-0823 | [info@fairhousingoc.org](mailto:info@fairhousingoc.org) | [www.fairhousingoc.org](http://www.fairhousingoc.org)

## **Orange County Rescue Mission**

Provides assistance in the areas of guidance, counseling, education, job training, shelter, food, clothing, health care and independent living communities. [info@rescuemission.org](mailto:info@rescuemission.org) | 714.247.4300

## **Fair Housing Foundation**

Everyone Benefits from fair housing, including landlords, tenants, housing providers, owners, home seekers, lenders and realtors. By ensuring that all people have equal access to housing that they qualify for, fair housing creates diversity in neighborhoods. [fhf@fairhousingfoundation.com](mailto:fhf@fairhousingfoundation.com) | (800) 446-FAIR | [www.fairhousingfoundation.com](http://www.fairhousingfoundation.com)

## **Housing Opportunities Collaborative**

A guide to housing and community resources in Orange County. (714) 599-1014 | [www.ochoc.org](http://www.ochoc.org)



# HOMELESSNESS & TEMPORARY HOUSING CONT...

## **Orange County Department of Education**

McKinney Vento Homeless Liaisons

200 Kalmus Dr, Costa Mesa, CA 92626 | 714.966.4000 714.966.4093 | [www.ed-data.k12.ca.us/searchpage.asp](http://www.ed-data.k12.ca.us/searchpage.asp)

## **Grandmas' House of Hope**

Empowering the invisible populations of Orange County. We say "Yes!" when everyone else says "No." When our good works are done, we envision a thriving, supportive community full of caring and productive individuals where everyone has a safe place to call home. [tobi@grandmashouseofhope.org](mailto:tobi@grandmashouseofhope.org)  
1505 E 17th St, Ste 116, Santa Ana, CA 92705 | (714) 558-8600 | [info@grandmashouseofhope.org](mailto:info@grandmashouseofhope.org)

## **American Family Housing**

AFH provides a continuum of housing and an array of services to support homeless and low income families and adults to secure a stable home, to be an active part of their community, and to achieve a self-sustaining way of life. [info@AFHusa.org](mailto:info@AFHusa.org) | (714) 897-3221 | 15161 Jackson St., Midway City, CA 92655

## **Home Aid Orange County**

Gina Scott: [gina@homeaidoc.org](mailto:gina@homeaidoc.org)

## **Isaiah House—Orange County Catholic Worker**

Leia: [orangecountycatholicworker@gmail.com](mailto:orangecountycatholicworker@gmail.com)

## **Illumination Foundation**

Sinae Bang: [sbang@ifhomeless.org](mailto:sbang@ifhomeless.org)

## **Mercy House**

Irene Mendoza: [irenem@mercyhouse.net](mailto:irenem@mercyhouse.net)

## **California 2-1-1: Get Connected. Get Answers.**



2-1-1 is a free, confidential service providing access to current community and health information 24 hours a day. It is also a central resource during disasters and after, in recovery. Find your local 2-1-1 center for your county at [www.211california.org](http://www.211california.org)

**By dialing 2-1-1, you reach a free, 24-hour information and referral helpline** linking you to thousands of local health and human service programs in Orange County, CA. Staffed 24 hours per day by caring, experienced and trained specialists, and available anytime through our online resource database, 2-1-1 Orange County can help you connect with resources for:

- Personal Empowerment Program
- Focus on Women's Anger
- Men's Support Group
- Beyond Domestic Violence:
- Anxiety Groups
- Finding Your Voice
- Creative Expressions
- Women's Sexual Abuse Survivor Support Group
- Women Empowering Women
- General Grief Group

# HUMAN TRAFFICKING

*"Human trafficking is a crime against humanity. We must unite our efforts to free victims and stop this crime that's become ever more aggressive, that threatens not just individuals, but the foundational values of society..." – Pope Francis*

**Call the National Human Trafficking Resource Center 888-373-7888 to report a tip or connect with anti-trafficking services in your area.**

## **Orange County Human Trafficking Task Force**

The OCHTTF was established in 2004 and is a collaboration of law enforcement, victim services and community organizations, with a common goal to combat human trafficking. If something doesn't look right and you think someone may be a victim or possible human trafficking activity, call the National Human Trafficking Resource Center Hotline: (888) 373-7888 | 24/7 | [www.ochumantrafficking.com](http://www.ochumantrafficking.com)

## **Sisters of St. Joseph—Corporate Stance Against Human Trafficking and Slavery**

Maria Elena Perales: [justice@csjorange.org](mailto:justice@csjorange.org). We, Sisters of St. Joseph of Orange, embracing our mission of unity and reconciliation, are compelled to restore right relationships in order to advance the global community of life, to denounce all forms of human trafficking and slavery within the United States and the international community. We commit the gift of ourselves and our Congregational resources to educate about the root causes, consequences and magnitude of human trafficking and slavery:

- To minister to survivors freed from any form of modern day slavery
- To collaborate with others to abolish human trafficking and slavery
- To use our strength as consumers and investors to promote a just society that eliminates the incentives for human trafficking to be more aware of, identify and report potential victims to 1-888-3737-888.

## **How You and Your Faith Community Can Fight Human Trafficking**

Human Trafficking is the fastest growing illegal enterprise in the U.S. and is predicted to pass drug abuse in size in a few short years. The National Center for Missing and Exploited Children estimated that over 100,000 kids under the age of 18 are being exploited every year in the U.S. Contrary to popular belief, around 70% are U.S. citizens. The U.S. Department of Justice tells us that 82% is sex trafficking. People in the developed countries are often shocked to find out how prevalent trafficking is occurring in their own communities. What they may not be aware of is that there are porn addicts in every community in the world which is creating a demand for sex trafficking victims.

1. Raise awareness! If you want to request a dynamic speaker or want to join our speaker's bureau, please email us at [ucanfightht@throughGodsgrace.com](mailto:ucanfightht@throughGodsgrace.com). If you have a small group, our site has many resources to support you to raise awareness including a power point with sound that you can show to your group, visit [www.throughGodsgrace.com](http://www.throughGodsgrace.com) and click on the Speakers Resources Tab.
2. Parents can go to [Netsmartz.org](http://Netsmartz.org) and select "teens" and watch the free videos with their children. They are very powerful. 100% of children online will be approached by a predator. Any device can use your wifi to get on the internet so move the wifi into your bedroom and turn it off at night and take away your child's cell phone before they go to bed as predators and teen porn users are active at night. Make sure all their social media apps have privacy settings so teens are only talking to their friends. Predators are approaching teens at malls etc. How they "fish" for victims with low self-esteem is to come up to teens and state "You are so beautiful!" If the teen says "Thank you" and keeps walking, the predator knows they will be too much work to trick. If they say "No, I'm not," they become a target.
3. Over 60% of victims are from the foster care system. The most effective way to address this is to ask your pastor/rabbi to talk about taking care of the orphan during the service. Then have them

## HUMAN TRAFFICKING CONT...

- invite everyone to visit tables as they leave, hosted by foster/adoptive and mentoring organizations.
4. Talk to men and youth about the dangers of viewing porn, how it rewires the brain. Fight the New Drug.org has great resources you can use. Teen porn addicts could be future clients for the Traffickers. Start a "Celebrate Recovery" program at your church to help victims of porn addiction and their spouses.
  5. Flight Attendants can get training through Airline Ambassadors.org. Hotels and Motels can obtain resources through ECPAT, [www.ecpat.net](http://www.ecpat.net). Lawyers can get training through [www.castla.org](http://www.castla.org). On the "Resources and Training," tab, select "Legal Resources."
  6. Raise awareness regarding labor trafficking, which makes up 2/3 of all trafficking in the world. For Easter sell "Fair Trade" chocolate like "World's Finest Chocolate." Offer "Fair Trade," slave free, coffee at donut sales and other social events. Have a table at your church or school fair with Fair Trade products on them, so people know where to buy them. Free2Work.org has reports for this type of table. Have a Donation Jar on the table for the International Justice Mission as eliminating corruption in the developing countries (third world) is key to saving people from this injustice. At your "Awareness" table have a flyer educating people on how to recognize labor Trafficking in the U.S. Let them know if they see someone who is working multiple shifts, 7 days a week for a nail salon, retirement home, as a dishwasher or a domestic servant, etc. and/or never leaves their job to go home, they should call the police.
  7. Get a group together and put up flyers in your community. When victims were asked why they did not run away, their response was that they did not know where they could get help. Go to the California Department of Justice website. Search for Senate Bill 1193. Scroll down to the word "model" that is highlighted. Print out the flyer and go to the businesses listed, like liquor stores and bus stations and show the owner a copy of the bill and ask them where they would like you to post the flyer.
  8. Close to 100% of victims will have contact with a health professional while they are victims. At the "Rescue and Restore" website, (<http://www.acf.hhs.gov/programs/orr/programs/anti-trafficking>) select the "Rescue and Restore" tab and then scroll down to order "campaign materials" and order the one for health care professionals. Distribute them to local clinics and emergency rooms. They are free.
  9. Many states have a school regulation that requires "Human Trafficking Awareness" to be taught at all schools. Ask your schools if they are doing this. Youth pastors and teachers can order the program from either i-Empathize or The A21 campaign so they have a tool to teach their youth. Teachers can learn how to recognize victims by going to [www.ed.gov](http://www.ed.gov) and search for "Human Trafficking" and then print out the brochure entitled "Human Trafficking in America's Schools." We also need to discourage young people from becoming recruiters by letting them know that penalties are severe, up to 15 years in prison! Recruiters are teens and young adults who the Traffickers pay to trick young people into becoming victims. We need "School Clubs" on every campus. This club can raise awareness as to how Traffickers trick young people, take on hosting Fair Trade events, put out flyers in the community, etc.
  10. Invite your group to go to your city and ask them to incorporate "What does Human Trafficking look like?" as part of The Neighborhood Watch program and invite Homeland Security to train the postal workers to recognize signs of trafficking. Pressure them to close down the illegal massage parlors.
  11. Your Faith Community can do a fundraiser for an organization that is helping victims like "Saving Innocence" or "The Dream Center." They can host a drive for organizations that are protecting the most likely victim from becoming trafficked like Covenant House does. An example would be to hold a blanket drive for Covenant House with an altar and bulletin announcement stating..."Human Trafficking is the fastest growing illegal enterprise in California, having surpassed drug abuse in size in many parts of Los Angeles. Please bring your blankets next week to the table outside for Covenant House, who rescues homeless teens before the Traffickers find them. Also at the table will be information on how

# HUNGER/FOOD

*“Faced with a world today where so many people are suffering from want, the council asks individuals and governments to remember the saying of the Fathers: “Feed the people dying of hunger, because if you do not feed them you are killing them,” and it urges them according to their ability to share and dispose of their goods to help others, above all by giving them aid which will enable them to help and develop themselves.” – Documents of the Second Vatican*

## **Cantlay Center for Food Distribution**

3631 W. Warner Avenue, Santa Ana 92704 | (714) 668-1130

### **CalFresh Specialist/Certified Enrollment Counselor**

Michael Tijerino, Food Distribution, Program Coordinator  
mtijerino@ccoc.org | (714) 668-1130 ext. 4

Food Distribution: Tuesdays, Wednesdays, & Thursdays | From 7:30 a.m. – 12:00 p.m.

First come, first served | Must be low-income | Resident of Orange County | Proof of identification is required

### **CalFresh (Food Stamps) Application & Renewal Assistance**

Isabel Zamorano (CalFresh Specialist/Enrollment Counselor)  
izamorano@ccoc.org | (714) 347-9670

## **Second Harvest Food Bank Orange County**

To learn about free groceries and meals in your neighborhood, or to make an appointment to meet with one of our CalFresh Application Assistors, please call our Helpline toll free: (855) 2-FeedOC or (855) 233-3362.

You may also go to the website <https://feedoc.org/get-help/get-food-2/> and enter your zip code to find a location to find food.

### **Other Services Include:**

- Mobil Pantry—Our Mobile Pantries offer a large variety of fresh produce and other groceries items completely free to the public. Just stop by any of our locations. We encourage you to visit only pantries located in the city where you live. For information regarding food distributions in your area and other direct food assistance in English and Spanish, please call our helpline at (855) 2-FeedOC
- Groceries for Seniors- Second Harvest Food Bank of Orange County provides twice monthly supplemental groceries to low-income seniors at nearly 40 sites around Orange County. You do not need to bring proof of income, age, or identification. [www.feedoc.org](http://www.feedoc.org)
- After School and Summer Meals for Kids- Second Harvest Food Bank of Orange County provides Kids Cafes with a healthy after school and summer meals. You DO NOT need to be a member of the after school or summer meal program in order to receive the Kids Cafe meal. Any child 18 and under can receive a Kids Cafe meal.

## **The Society of St. Vincent de Paul (Orange County)**

Inspired by Gospel values, the Society of St. Vincent de Paul (the “Society”), a Catholic lay organization, leads women and men to join together to grow spiritually by offering person-to-person service to those who are needy and suffering following the example and teachings of its founder, Blessed Frédéric Ozanam, and the inspiration of its patron, St. Vincent de Paul.

District Council of Orange: 1505 East Seventeenth Street Suite #109, Santa Ana, CA 92705

(714) 542- 0448 | [requestinfo@svdpc.org](mailto:requestinfo@svdpc.org) | <http://www.svdpc.org/index.html>– You may go to the website to see what parishes participate in the St. Vincent de Paul society and contact them for services.

# IMMIGRATION

## **Catholic Charities of Orange County**

DACA Renewal (Our processing fee is \$150.00)

Catholic Charities of Orange County provides accredited legal assistance in document preparation for individuals and families seeking assistance with immigration services.

### **CITIZENSHIP**

(\$30 Application Preparation Fee, not including filing fee to Department of Homeland Security)

- Application assistance and picture
- Citizenship Classes (always free Tues/Weds evenings)
- Interview Preparation Classes
- Follow-up for Catholic Charities Cases

### **IMMIGRATION**

- Consultation
- Deferred Action for Childhood Arrivals (DACA)
- DACA Renewals (\$150)
- Deferred Action for Parental Accountability (DAPA)
- Family Based Petitions
- Fiancée/Fiancé Visa
- Parole In Place (for family of US military)
- Work Authorization Application
- Affidavit of Support
- FBI Wrap Sheet
- Certificate of Citizenship for Children (Under 18 years old if parent/s is/are U.S. Citizen)
- Tourist Visa
- Re-Entry Permit
- Adjustment of Status
- Freedom of Information Act (FOIA)
- Removals of Conditional Residence
- Replacement of Lost Green
- I-601/I-601-A Waiver

If you are low income or receiving public assistance, you may qualify for USCIS fee waiver for citizenship or some immigration services.

Please Call Catholic Charities' Immigration Office for an appointment so that we may serve you better. We offer services in English, Spanish and Vietnamese 714-347-9604.

Catholic Charities' Immigration Program is located at 1800 E. 17th Street Santa Ana, CA 92705 Tel. (714) 347-9610 Fax (714) 542-3541 or in South Orange County Tuesday/Thursday by appointment at 26010 Domingo Ave, Capistrano Beach, CA 92624 (949) 281-1709, [www.ccoc.org](http://www.ccoc.org).

## **Consulate of Mexico Orange County**

To protect and guard the dignity, rights and interests of Mexican nationals living in Orange County, as provided by international, national, and local laws.

(714) 835-0403 | [www.sre.gob.mx/santaana](http://www.sre.gob.mx/santaana) | [consana@sre.gob.mx](mailto:consana@sre.gob.mx)

### **Refugees**

#### **World Relief Garden Grove**

Mission: Empowering the local Church to serve the most vulnerable

Vision: In community with the local Church, World Relief envisions the most vulnerable people transformed economically, socially, and spiritually.

[www.worldreliefgardengrove.org](http://www.worldreliefgardengrove.org) | (714) 210-4730

#### **Access California Services**

Vision: A world in which each individual leads a dignified and enriched life.

Mission: Access California Services is a culturally sensitive community-based organization dedicated to empowering under-served populations, with a focus on Arab- American & Muslim- American communities. We strive to enhance quality of life and foster self-determination through direct health & human services.

(800) 287-1332 | (714) 917-0440 | [www.accesscal.org](http://www.accesscal.org)



# JOB TRAINING

All people have the right to economic initiative, to productive work, to just wages and benefits, to decent working conditions, as well as to organize and join unions or other associations. (USCCB, A Catholic Framework for Economic Life)

“In many cases, poverty results from a violation of the dignity of human work, either because work opportunities are limited (through unemployment or underemployment), or ‘because a low value is put on work and the rights that flow from it, especially the right to a just wage and to the personal security of the worker and his or her family.” – Pope Benedict XVI, Caritas in Veritate, #63

## **Taller San Jose Hope Builders**

Free Job Training and now in Anaheim & Santa Ana. We provide young adults, ages 18-28, with training to get and keep a job. Apply online at: [www.tsjhopebuilders.org/apply](http://www.tsjhopebuilders.org/apply) or apply at one of our offices:

100 N. Harbor #200, Anaheim, CA 92805 | 801 N. Broadway, Santa Ana, CA 92701

To apply, applicants must: Have right-to-work documents, speak, read, & write English, and pass drug test.

Questions? Call (714) 543-5105 | Yesenia Altamirano: [yaltamarino@tsjhopebuilders.org](mailto:yaltamarino@tsjhopebuilders.org)

## **Orange County Conservation Corps & Charter School**

Youth Employment Program—Ages 18-25 | No experience and no high school diploma required.

Call us or come in for an application: 1548 E. Walnut Ave., Fullerton, CA 92831

(714) 956-6222 ext. 200 | [jobs@hireyouth.org](mailto:jobs@hireyouth.org) | [www.hireyouth.org](http://www.hireyouth.org)

## **WHW (Women Helping Women/Men2Work)**

Since 1993, they provide the unemployed and underemployed the skills and resources they need to get and keep a good job at no charge.

“Empowering Employment Success”: They provide business apparel, accessories and professional styling referral form must be completed, signed and faxed in by counselor or case worker | All appointments must be scheduled in advance | Appointments available Monday to Friday 9:00 a.m.-5:00 p.m. and Saturday 9:00 a.m.–1:00 p.m. | For more information and to schedule an appointment call (949) 631-2333 | [www.whw.org](http://www.whw.org)  
1800 East McFadden Avenue, Suite 1A, Santa Ana, CA 92705

## **Working Wardrobes**

Working Wardrobes empowers men, women, veterans and young adults overcoming difficult challenges to confidently enter the workforce and achieve self-sufficiency. We provide career assessments, skills training, career development services, job placement assistance and professional wardrobes in an environment of dignity and respect.

3030 Pullman Street, Suite A Costa Mesa, CA 92626 | (714) 210-2460 | Fax (714) 434-2870

[www.workingwardrobes.org](http://www.workingwardrobes.org) | [www.thehangerboutiques.org](http://www.thehangerboutiques.org)

## **Job Corps**

Job Corps is the nation's largest career technical training and education program for young people ages 16 through 24. Students can earn a high school diploma, a high school equivalency credential, or college credits through Job Corps. We offer career technical training in more than 100 career areas. Students receive housing, meals, basic health care, a living allowance, training, and preparation for a career, all at no cost. For up to 21 months after graduation, a career transition counselor will help your student make the transition from Job Corps into the real world.

Phone: (202) 693-3000 | Fax:(202) 693-2767 | [national\\_office@jobcorps.gov](mailto:national_office@jobcorps.gov) | [www.jobcorps.gov](http://www.jobcorps.gov)



# LEGAL

## **Lawyer Referral & Information Service**

The only referral service sponsored by the Orange County Bar Association

Finding an attorney to protect you, your family or your business need not be an overwhelming process. Depend on the Orange County Bar Association Lawyer Referral & Information Service (LRIS) to refer you to the right Orange County attorney, experienced in your particular area of need and in good standing with the State Bar of California. The LRIS also distinguishes itself by meeting American Bar Association referral service standards.

(877) 257-4762 | (949) 440-6747 | [www.lrisoc.org](http://www.lrisoc.org)

## **Legal Aid Society of Orange County**

The mission of Legal Aid Society of Orange County and Community Legal Services in southeast Los Angeles County is to provide civil legal services to seniors and low-income individuals and to promote equal access to the justice system through advocacy, legal counseling, innovative self-help services, in-depth legal representation, economic development and community education.

- Consumer Law
- Criminal Law
- Employment Law
- Family and Children's Law
- Health Law
- Housing Law
- Taxes
- Protection from Abuse
- Public Benefits
- Health Consumer Center
- Tenant/Foreclosure
- Bankruptcy
- Elder Law
- Expungement
- Others...

All services are free. Contact us through our hotline: (800) 834-5001 | (714) 571-5200 | [www.legal-aid.com](http://www.legal-aid.com)

# MENTAL HEALTH

## Why is Mental Health Awareness Important?

Untreated mental illness can worsen in severity and lead to pain and suffering for individuals, families and communities. But through treatment there is hope.

- 1 in 4 people in Orange County are experiencing a mental health challenge.
- Mental Illness is a major contributor to substance abuse, homelessness and suicide.
- Suicide is the 3rd leading cause of death among 10-24 year olds. 90% of those who die by suicide have a mental illness.

## The 3 R's of Mental Health Help:

Recognize – warning signs

Refer – to helpful community resources

Recover – be with them on their journey to health

## Crisis Resources

### **Centralized Assessment Team:**

A program of the Orange County Health Care Agency – Behavioral Health Services. CAT provides emergency psychiatric evaluation services to the community. If an individual is assessed with a serious mental health condition, the CAT can facilitate a 72 hour psychiatric evaluation (5150) at a nearby hospital. (866) 830-6011 or (714) 517-6353 (available 24/7)

### **Child Help USA:**

Crisis line helps both child and adult survivors of abuse including sexual abuse and provides treatment referrals – (800) 4ACHILD (800-422-4453)

### **Didi Hirsch Suicide Prevention Hotline:**

(24 hours/day–365 days/year) – (877) 727–4747

### **Emergency - 911**

### **National Suicide Prevention Hot Line:**

(24 hours/day –365 days/year)– (800) 273–TALK

### **NAMI OC Warm Line:**

(714) 991-6412

### **New Hope Crisis Counseling Hotline:**

Offers live counseling at [www.newhopenow.org](http://www.newhopenow.org) or (714) NEW Hope (714-639-4673)

### **Orange County Crisis Triage:**

Emergency Only (866) 830-6011

**Veteran's Crisis Line:** (800) 273-8255 – Press 1

## Services

**American Academy of Child and Adolescent Psychiatry:** [www.aacap.org](http://www.aacap.org)

**Children & Adolescent Mental Health Services:**

[ssa.ocgov.com](http://ssa.ocgov.com) | (714) 834-5015  
(8:00 a.m. – 5:00 p.m., M-F)

**County Behavioral Health Information and Referral:**

Monday to Friday, 8:00 a.m. – 6:00 p.m.  
(855) 625-4657 | (714) 834-2332

**National Alliance on Mental Illness Orange County:**

NAMI provides emotional support, education, and resources for families and those affected by mental health conditions. [www.namioc.org](http://www.namioc.org) or (714) 991-6412  
Brandi Callison: [outreach@namioc.org](mailto:outreach@namioc.org)

**OCLinks:**

(855) OC-Links (625-4657) Information and referral service to help navigate the Behavioral Health Services System within the Health Care Agency in Orange County.

**Orange County 211:**

(Dial 211–toll free) Mental Health, Substance Abuse, Legal Assistance, Housing & more.

**Orange County Psychiatric Society:**

Local chapter of the American Psychiatric Association. Represents psychiatrists and includes reference resources. (949) 250-3157

**Orange County Mental Health Clinic:**

Provides mental health care on a walk in basis. Call for appointments, times and directions, (714) 834-4707 or [www.ochealthcare.org](http://www.ochealthcare.org)

## MENTAL HEALTH CONT...

### **Thinking Feeling Being Well Outreach and Engagement Program:**

The Well Outreach and Engagement Program is a mental health prevention and early intervention program serving the central region of Orange County including Costa Mesa, Fountain Valley, Garden Grove, Huntington Beach, Orange, Santa Ana, and Villa Park.

[www.well.brightfutures4kids.org](http://www.well.brightfutures4kids.org) | (888) 955-6570

### Education, Advocacy & Support

#### **American Foundation for Suicide Prevention:**

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

#### **Depression Bipolar Resource Center:**

St. Joseph's Hospital | (714) 744-8718

#### **Depression Bipolar Support Alliance:**

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

**Know The Signs:** Education on recognizing the signs of suicidal thoughts. [www.suicideispreventable.org](http://www.suicideispreventable.org)

**Mental Health America:** Mental Health America (MHA) – founded in 1909 – is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. Advocacy, education, activism, grass roots action. [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

#### **Mental Health Association of Orange County:**

The Mental Health Association of Orange County is dedicated to improving the quality of life of Orange County residents impacted by mental illness through direct service, advocacy, education and information dissemination. (714) 668-1530, [www.mhaoc.org](http://www.mhaoc.org)

#### **Substance Abuse and Mental Health Services Administration (SAMHSA):**

Federal agency with education and resources [www.samhsa.gov](http://www.samhsa.gov)

**Suicide Prevention Resources Center:** [www.sprc.org](http://www.sprc.org)

#### **The National Institutes of Mental Health:**

We support research on anxiety disorders, Attention Deficit Disorder (ADD), Autism Spectrum Disorders,

Bipolar Disorder, Borderline Personality Disorders, Depression, Eating Disorders, Generalized Anxiety Disorder, Obsessive – Compulsive Disorder, panic Disorder, Post Traumatic Stress Disorder, Schizophrenia, Social Phobias, and Suicide Prevention. Information on mental health can be found at <http://www.nimh.nih.gov/index.shtml>

#### **Walk in Our Shoes:**

Lived experience and resources for youth. [www.walkinourshoes.org](http://www.walkinourshoes.org)

### Veteran's Resources

#### **Long Beach Veteran's Administration Hospital**

##### **Mental Health Treatment Center:**

Gateway for mental health treatment, contact triage nurse at (562) 826-5737

#### **Outpatient Psychiatry Program:**

(562) 826-5603

#### **Substance Abuse Treatment Center:**

(562) 826-5610

#### **The Program for Traumatic Stress:**

(562) 826-8000 (x 5308)

#### **Women's Mental Health Center:**

(562) 826-8000 (x4919)

### Other

#### **Soldier's Project:**

Connects post 9/11 combat veterans with mental health services. (818) 761-7438

#### **Strength in Support:**

Provides confidential mental health services to military and veterans. (949) 505-5015 x 106/102 | [www.StrengthinSupport.org](http://www.StrengthinSupport.org)

# NATURAL FAMILY PLANNING

## **Natural Family Planning:**

Diocese of Orange

Office of Pastoral Care for Families In All Stages

<https://www.rcbo.org/resource/natural-family-planning/> | (714) 282-6001

Natural Family Planning (NFP) is the general title for the scientific, natural and moral methods of family planning that can help married couples either achieve or postpone pregnancy. It is not contraception. NFP methods are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy. Since the methods of NFP respect the love-giving (unitive) and life-giving (procreative) nature of the conjugal act, they support God's design for married love!

In NFP both husband and wife are taught to understand and live God's design for married love – this will give them countless blessings! NFP methods promote a holistic approach to family planning which both respects procreation and has the potential to deepen the intimacy of husband and wife. NFP methods support reproductive health. They are good for the body. For the woman, NFP charting can even assist in the diagnosis of underlying medical problems. And, if a couple find they are having trouble conceiving, NFP information can help them pinpoint the most fertile time of the wife's cycle. The natural methods have none of the harmful side effects caused by contraception, especially chemical contraceptives (e.g. pill, injection, etc.). NFP methods can be marriage strengthening because it relies on couple communication and behavior change. When living the NFP lifestyle, husband and wife learn that they have a shared responsibility for safeguarding God's gift of human sexuality, marriage and family. They also grow in their understanding of God's will for their family size. NFP has the potential to make a good marriage great!

## **Natural Family Planning:**

Diocese of Orange NFP Methods/Classes

### **Billings Method of Natural Family Planning**

The Billings Ovulation Method™ is a natural method of fertility management. It teaches you to recognize your body's natural signal of fertility - cervical mucus.

The methods that observe cervical mucus are commonly called the "Ovulation Method" or "OM." In NFP education, a woman learns how to identify the normal, healthy, cervical mucus which indicates the days that sexual intercourse is most likely to result in pregnancy. A number of NFP providers teach a variety of approaches to the observation and charting of cervical mucus.

Meetings are on Saturdays, 10:30 a.m.-12:15 p.m.  
(12:15-1:00 p.m. follow-up) Cost: Free

St. Martin de Porres Church, Yorba Linda  
in the St. Paul Room. For more information call 714-  
970-2771. Louise Allard

Spanish Instructors:

Our Lady of Guadalupe Church, La Habra  
Gervaci and Cecilia Medina, (714) 396-9117  
[medinabillingsusa@gmail.com](mailto:medinabillingsusa@gmail.com)  
[paz4mercy@hotmail.com](mailto:paz4mercy@hotmail.com)

### **Couple to Couple League**

CCL provides Natural Family Planning (NFP) instruction that is both thorough and engaging. You'll learn the Sympto-Thermal Method, a modern, scientific and highly effective way to postpone or achieve pregnancy. With the guidance of a certified teaching couple, you and your fiancé or spouse will benefit from both their knowledge of the method and experience of using NFP in their own marriage. No matter which form of our class you select, you will receive a first-rate program and ongoing support while learning and beyond. CCL offers Live Onsite, Live Online, and Self Paced Online classes. The live course consists of three classes spaced approximately a month apart. Isaac and Kaylene Gleason at [isaac.kaylene@gmail.com](mailto:isaac.kaylene@gmail.com) | 714-321-1691 Beth and Greg Gath [bethandgreg@verizon.net](mailto:bethandgreg@verizon.net) | 562-377-5877.

# NATURAL FAMILY PLANNING

## **Creighton Model FertilityCare™ System**

The Creighton Model FertilityCare System (CrMS) and the new woman's health science of NaProTechnology (Natural Procreative Technology) are available to women who want to understand their menstrual and fertility cycles. Married couples can use the system to plan their families naturally, as the CrMS can be used both to achieve and avoid pregnancy. All women can use the system to monitor their reproductive health. .

Learning the Creighton Model FertilityCare System begins with an Introductory Session then continues with a series of essential, individualized follow-up teaching appointments (personal instruction on use of the system and complete chart review).

## **Introductory Sessions**

Catholic Charities of O.C. FertilityCare Center  
1820 E. 16th Street, Santa Ana, CA 92701  
(sessions are on Saturdays starting at 9:00a.m.)  
Contact: Marianne Dyogi, CFCP at  
msdyogi@gmail.com or 714-803-4775,  
www.stellamarisfertilitycare.com

St. John the Baptist Church  
1015 Baker St., Costa Mesa, CA 92626  
Dulce (Candy) Rodriguez: Office: (714) 540-2214, Cell:  
(714) 272-7811, candy@sjboc.org,  
www.stjohnthebaptistcostamesa.org/natural-family-  
planning

St. Joseph Church  
717 N. Bradford Lane, Placentia, CA 92870  
(sessions start at 7:30 p.m.)  
Samantha Aronson, FCPI at 909-270-7336 or  
samantha.fertilitycare@gmail.com  
www.VitaeFertilityCare.com

Our Lady of Guadalupe Church  
900 W. La Habra Blvd., La Habra, CA (sessions are  
held in the Coleman Center)  
Janis Dunne at jddunne@roadrunner.com

Mission Basilica Pastoral Center  
31520 Camino Capistrano,  
San Juan Capistrano, CA 92675  
For dates or more information, please contact  
Virginia Schoenfeld, PhD at 949-584-1942 or by email  
at: virginia@thebreathcenter.org

## **Wholesome Fertility Care**

Natalie Menegatti, FCPI by email at:  
menegatti.fertilitycare@gmail.com

Spanish speakers may contact:  
Arianna Banuelos, FCPI at(562) 458-8782 or by email  
at ariannabcrms@gmail.com  
Website: ww.wholesomefertilitycare.com

## **Natural Family Planning International, Inc. (NFPI)**

NFP is a way of following God's plan for achieving and/or avoiding pregnancy. It consists of ways to achieve or to avoid pregnancy using the physical means that God has built into human nature. NFP consists of two distinct forms:

1. Ecological breastfeeding. This is a form of child care that normally spaces babies about two years apart on the average.
2. Systematic NFP. This is a system that uses a woman's signs of fertility to determine the fertile and infertile times of her cycle.

You can teach yourself how to practice both forms of NFP by using the short and easy-to-read manual, Natural Family Planning: The Complete Approach. Visit [www.nfpandmore.org](http://www.nfpandmore.org) for more information.

## **SymptoPro Fertility Education**

SymptoPro Fertility Education is a highly effective, scientifically based method of natural family planning that can be used throughout a woman's entire reproductive life to either postpone or achieve pregnancy. Regular cycles are NOT required. SymptoPro is a Sympto-Thermal Method of education based on changes in cervical fluid, waking body temperature, and changes in the cervix. After charting these observations, the couple interprets the chart and makes decisions on their family planning intention. Online class with personal follow-up is \$110. SymptoPro charting app is \$12. To register, go to: [www.symptopro.org](http://www.symptopro.org) For charting assistance, please contact: Kerry Ann Caswell: (949) 854-7645 or [kac16@cox.net](mailto:kac16@cox.net) or Debi Hoppe: (949) 854-8770 or [debihoppe@gmail.com](mailto:debihoppe@gmail.com)



# ORANGE COUNTY CONNECTIONS



The essential services the County provides are designed to make Orange County a safe, healthy, and fulfilling place to live, work and play. Community members interact with the County government daily through services such as adopting a pet, receiving social services, ordering a copy of a birth certificate or receiving Peace Officer protection.

“ Making Orange County a safe, healthy, and fulfilling place to live, work, and play, today and for generations to come, by providing outstanding, cost-effective regional public services.”

## County Directory Assistance (855)886-5400

[www.ocgov.com](http://www.ocgov.com)

County Public Information Line	(855) 886-5400
Animal Care Services	(714) 935-6848
Cemetery District	(949) 951-9102
Child Abuse Hotline	(800) 207-4464
Child Support Services	(866) 901-3212
Elder/Disables Abuse Hotline	(800) 451-5155
OC Fire Authority	(714) 573-6000
Housing/Community Services	(714) 480-2900
John Wayne Airport	(949) 525-5200
Jury Services	(714) 834-7000
OC Parks & Beaches	(714) 973-6865
OC Mental Health	(714) 480-6767
Probation	(714) 569-2000
Public Defender	(714) 834-2144
OC Public Libraries	(714) 566-3000
OC Red Cross	(714) 481-5300
Office on Aging	(714) 567-7500
Registrar of Voters	(714) 567-7600
Senior Services	(714) 567-7500
Sheriff-Coroner	(714) 647-7000
Social Services Agency	(714) 541-7700
The Toll Roads	(949) 754-3400
OC Transportation Authority	(714) 560-6282
	(714) 567-7450
Veterans Services	(714) 567-7450
Volunteer/Intern Opportunities	(714) 834-7440
OC Waste & Recycling	(714) 834-4000
Water Pollution Hotline	(877) 897-7455

# PARENTING CLASSES/EDUCATION

*"When they become parents, spouses receive from God the gift of a new responsibility. Their parental love is called to become for the children the visible sign of the very love of God, 'from whom every family in heaven and on earth is named.'" -Familiaris Consortio, 14*

## Parent to Parent

Parent to Parent utilizes the COPE Curriculum for parents of children ages 0-12 and who are experiencing difficulty in implementing effective positive parenting strategized. The strategies introduced to parents have been proven to help with strengthening relationships and communication with their children

### Class Information

- Open to parents and caregivers with children ages 0 to 12 years of age.
  - All services are provided in English and Spanish.
- The course is offered in various locations throughout Orange County.
  - Free child care at select locations.

1-855-955-5900 | PsP@BrightFutures4Kids.org

## Padres Unidos

Padres Unidos is a community support system dedicated to promoting self-sufficiency and mutual responsibility. Their commitments is to all is to cultivate education, emotional growth, spiritual, social, physical and mental health within families.

Community Center: 708 N. Garfield, Santa Ana, CA 92701 | (714) 618-8423

## Obria Medical Clinic

For many, becoming a parent is one of the most wonderful and rewarding experiences on earth. As joyful as it can be, parenthood also comes with its share of challenges. The prospect of childbirth and childrearing is especially daunting for those in the midst of an unplanned pregnancy. Thousands of men and women, however, have overcome their doubts and fears and have found that raising a child while still pursuing their own goals and dreams is not only possible, but incredibly fulfilling.

Obria offers valuable information on how to prepare for a baby and how to parent. When pregnant, parenting education is important. It teaches you how to prepare for a baby, and helpful tips on how to parent. Through parenting education, prospective adult and teenage parents are better equipped with skills that will be needed when the baby arrives.

Other resources—such as help with housing, baby clothes, food, school continuation and employment—are also available for parents at all Obria Medical Clinics. [www.obria.org](http://www.obria.org) | (800) 771-5089

## OC Health Care Agency: Alcohol and Drug Education and Prevention Team—Parenting Initiative

ADEPT's Parenting Initiative recognizes that parents play a critical role in the prevention of alcohol and drugs among their children. To increase capacity of this initiative, we want to share our tools with your school or community agency, so that you can help spread the word about the importance of parental involvement in order to reduce alcohol and drug use among youth in Orange County.

For more information, contact: Sherryl Ramos | (714) 834-4369 | [sramos@ochca.com](mailto:sramos@ochca.com)

## Boystown

Since 1917, Boys Town's mission has been to give at-risk children and families the love, support and education they need to succeed. Because we firmly believe that regardless of background and circumstances, every child and every family has the potential to thrive.

Nefta Pereda | [neftali.pereda@boystown.org](mailto:neftali.pereda@boystown.org)

# PREGNANCY RESOURCES

## ORANGE COUNTY CRISIS PREGNANCY CLINICS, CENTERS AND SHELTERS

### **Obria Medical Clinic**

8352 Commonwealth Ave.  
Buena Park, CA 90621  
714-406-1735  
[www.obriamedical.org](http://www.obriamedical.org)

### **Obria Medical Clinic**

261 East Willow St., Suite C  
Long Beach, CA 90806  
562-290-0212  
[www.obriamedical.org](http://www.obriamedical.org)

### **Obria Medical Clinic**

28201 Marguerite Parkway #13  
Mission Viejo, CA 92692  
949-364-3928  
[www.obriamedical.org](http://www.obriamedical.org)

### **Obria Medical Clinic**

1215 East Chapman Ave., #10  
Orange, CA 92866  
714-516-9045  
[www.obriamedical.org](http://www.obriamedical.org)

### **Obria Medical Mobile Clinic**

Monday, Wednesday & Fridays  
Please call the direct line for most  
current hours and locations.  
Toll Free Line: 800-771-5089

### **Horizon Pregnancy Clinic**

15601 Springdale Street, Suite 109  
Huntington Beach, CA 92649  
Phone: (714) 897-7500  
[www.horizonpc.org](http://www.horizonpc.org)

### **La Habra Life Center**

860 E. La Habra Blvd. #150  
La Habra, CA 90631  
(Entrance from Valencia)  
562-691-9395/ 888-504-0188  
[www.lifecentersoforangecounty.com](http://www.lifecentersoforangecounty.com)

### **Santa Ana Life Center**

1106 E. 17<sup>th</sup> St., Suite C  
Santa Ana, CA 92701  
714-835-5433/ 888-504-0188  
[www.lifecentersoforangecounty.com](http://www.lifecentersoforangecounty.com)

### *Additional Helpline*

#### **OptionLine**

Text "HELPLINE" to 313131  
1-800-712-4357  
[Optionline.org](http://Optionline.org)

### **Fristers**

Are you a mom between the age of 13-24? We offer education and support to help you be the best woman and best mom you can be. Register online or call us at: (949) 387-7889 | [www.fristers.org](http://www.fristers.org)  
Free Dinner | Free Childcare | Transportation Available

### **Forever Footprints: Perinatal Comfort Care Program**

Support | Education | Remembrance | Providing compassion, hope and guidance to families who continue a pregnancy with a life-limiting prenatal diagnosis.  
[www.foreverfootprints.org](http://www.foreverfootprints.org) | (800) 714-9320 | [info@foreverfootprints.org](mailto:info@foreverfootprints.org)

## **SHELTERS**

### **Casa Teresa & Hannah's House**

Accepts pregnant moms 18 years and over, parenting and placing for adoption. Orange, CA  
714-538-4860  
[www.casateresa.com](http://www.casateresa.com)

### **Mary's Shelter**

Accepts pregnant and parenting girls under 18.  
Santa Ana, CA  
714-730-0930  
[www.teenshelter.org](http://www.teenshelter.org)

### **Precious Life Shelter**

Accepts pregnant moms 18 years and over, parenting and placing for adoption. Los Alamitos, CA  
562-431-5025  
[www.preciouslifeshelter.org](http://www.preciouslifeshelter.org)

## **VIETNAMESE PREGNANCY HOTLINE**

24-hour hotlines with trained client advocates that offer free client advocacy, self-administered pregnancy testing, infant supplies and medical referrals to Vietnamese pregnant women in crisis. [www.vietrespectlife.org](http://www.vietrespectlife.org)

### **VIET PRO-LIFE**

P.O. Box 26392  
Santa Ana, CA 92799

### Hotlines:

714-721-2111/ 714 803-9959  
714-803-9969/ 714-803-9979  
[vietrespectlife@gmail.com](mailto:vietrespectlife@gmail.com)

# RE-ENTRY

## **Project Kinship Orange County**

Project Kinship provides services to address the needs of the reentry population. Services include both direct service and capacity training for systems and community agencies.

Contact Project Kinship (714) 315-6435

1505 E. 17th St., Suite 101, Santa Ana, CA 92705

Steven Kim: [steven@projectkinship.org](mailto:steven@projectkinship.org) | Mary Vu: [mary@projectkinship.org](mailto:mary@projectkinship.org)

## **Orange County Re-Entry Partnership**

The Orange County Re-Entry Partnership (OCREP) is not a service provider, but is a linkage of public, community, and faith-based agencies and advocates functioning together as a critical link between community resource providers and the formerly incarcerated striving to re-establish healthy, productive and rewarding lives. [www.ocreentry.com](http://www.ocreentry.com)

## **Global Homeboy Network**

As the largest and most successful gang intervention, rehabilitation and re-entry program in the world, Homeboy Industries has helped nurture into existence many similar programs around the world. We are creating a movement to address the lethal absence of hope. In 2014, we formalized the Global Homeboy Network to ignite further this model of social enterprise, a therapeutic community, healing, intentional attachment repair and jobs/skills training as an “exit ramp” for those stuck in a cycle of violence and incarceration. Convening and sharing strategies, best-practices and a common vision is part of the future of the Global Homeboy Network. Solidifying our services through implementation of lessons learned from the annual gathering, reconvening to share results and advancing the movement are Homeboy’s dreams for the coming years. Part of Homeboy’s wish is to broaden and further the impact of our service delivery model by establishing and building partnerships with peer organizations who can become a part of this movement.

130 W. Bruno St., Los Angeles, CA 90012 | (323) 526-1254 | [info@homeboyindustries.org](mailto:info@homeboyindustries.org)

## **Orange County Behavioral Health Information & Referrals**

OCLinks is an information and referral phone and online chat service to help navigate the Behavioral Health Services (BHS) system within the Health Care Agency for the County of Orange. Callers are connected to clinical Navigators who are knowledgeable in every program within the BHS system. This includes children and adult mental health, alcohol and drug inpatient and outpatient programs, crisis services, and prevention/early intervention programs. Once a program is identified, the Navigator will make every effort to link the caller directly to that program while still on the call. The Navigators speak English, Spanish, and Vietnamese, while other languages can be accommodated through translation services.

(855) 625-4657

## **California 2-1-1: Get Connected. Get Answers.**

2-1-1 is a free, confidential service providing access to current community and health information 24 hours a day. It is also a central resource during disasters and after, in recovery.

Find your local 2-1-1 center for your county at [www.211california.org](http://www.211california.org).

## SEARCHING FOR A COUNSELOR?

### **Catholic Charities Orange County**

Counseling Services

1800 E. 17th St., Santa Ana, CA

Sharon St. Pierre, MSW, LCSW | sstpierre@ccoc.org | (714) 347-9674

### **New Hope CRISIS HOTLINE**

Dr. Louise Dunn | ldunn@newhopenow.org | (714) 639-4673

### **eTherapy Finder: Making Therapy Widely Accessible**

Are you in need of a licensed mental health professional? [www.eTherapyFinder.com](http://www.eTherapyFinder.com)

The Diocese of Orange has partnered with eTherapyFinder to provide an easy to use, searchable database of licensed professionals for those who are looking for help with a mental health issue. Go to <http://www.eTherapyFinder.com> and click on Groups in the toolbar. Next, click on the Roman Catholic Diocese of Orange logo to locate licensed mental health professionals that are affiliated with us. "For I know well the plans I have in mind for you, plans for your welfare and not for woe, so as to give you a future of hope." Jeremiah 29:11

Visiting [eTherapyFinder.com](http://www.eTherapyFinder.com) is your first step to greater mental health.



# SPECIAL NEEDS

## **Diocese of Orange - Special Needs Advisory Circle**

We work for the inclusion of all the baptized into the embrace of the faith community including those who because of developmental challenges, struggles with mobility or other special needs, cannot be present or participate in faith formation without assistance.

(714) 282-3039 | [specialneeds@rcbo.org](mailto:specialneeds@rcbo.org)

## **Diocese of Orange – Catholic Deaf Community**

The Catholic Deaf Community serves the unique needs of deaf and hard of hearing Catholics and their families in our community. We are available to parishes, their ministers, catechists, educators and parishioners working with Deaf and Hard of Hearing members. Besides our numerous ministry services we offer assistance, resources and training for parish personnel working with Deaf and Hard of Hearing members. Our office staff is fluent in American Sign Language and Spanish.

Nancy Lopez: (714) 282-6019 | [nlopez@rcbo.org](mailto:nlopez@rcbo.org)

## **Catholic Charities of Orange County**

Columbian Disability Services serves those with developmental disabilities and their families through the following Camps: ReCreation Camp, a one week residential camp for adults, All Star Camper Escape (ACE), a twice yearly weekend residential camp for those participants who attend ReCreation Camp, RC JR., a four day residential camp for children between the ages of 4 and 17, as well as ACE JR., a weekend residential camp for those participants from RC Jr.

1820 East 16th Street, Santa Ana, CA 92701 | (714) 347-9641 | [www.camprecreationccoc.com](http://www.camprecreationccoc.com)

## **Braille Institute**

Braille Institute is a nonprofit organization whose mission is to eliminate barriers to a fulfilling life caused by blindness and severe sight loss. They offer a variety of Free Programs, Classes and Services at five Centers and 220 Community Outreach locations throughout Southern California. Each year Braille Institute serves more than 75,000 people. They provide an environment of hope and encouragement through integrated educational, social, and recreational programs and through their services, classes, and seminars. All of these services are offered free of charge thanks to the support of donors. For more information call: 1-800-BRAILLE (272-4553) | [www.brailleinstitute.org](http://www.brailleinstitute.org)

## **Department of Rehabilitation (DOR)**

The California Department of Rehabilitation (DOR) is an employment and independent living resource for people with disabilities. Services include: Career Assessment and counseling, job search and interview skills, independent living skills, career education and training, assistive technology.

Orange County Office

222 S. Harbor Blvd., Suite 300, Anaheim, CA 92805 | (714) 991-0800 (Voice) | (714) 991-0842 (TTY)

Laguna Hills Branch

24012 Calle De La Plata, Suite 220, Laguna Hills, CA 92653 | (949) 598-7942 (Voice) | (949) 598-7965 (TTY)

Santa Ana Branch

790 The City Drive South, Suite 110, Orange, CA 92868 | (714) 662-6030 (Voice) | (714) 662-6036 (TTY)

## SPECIAL NEEDS CONT...

### **Xavier Society for the Blind**

To provide the Word of God, and the best of Roman Catholic teaching and literature, spiritual and inspirational material, to blind or visually impaired persons of any faith in whatever format best meets their needs at no charge and to continually explore ways to make that material more accessible and available to the widest possible audience of those in need. To offer opportunities for volunteer service for those who wish to help in this work through their donation of time, talent or financial support.  
(714) 473-7800 | (800) 637-9193 | [info@xaviersocietyfortheblind.org](mailto:info@xaviersocietyfortheblind.org) | [www.xaviersocietyfortheblind.org](http://www.xaviersocietyfortheblind.org)

### **Justice in Education**

**Mission:** To provide training, support, and advocacy and to litigate on behalf of families having children with disabilities. **Vision:** To work to empower and provide advocacy tools to help families having children with disabilities make informed decisions and to navigate the Special Education process.

Office Address: 1800 E 17th Street, Suite 100, Santa Ana, CA 92705  
Phone: (714) 542-1707 | Fax: (866) 544-9455 | [www.justiceineducation.org](http://www.justiceineducation.org)  
[mclements@justiceineducation.org](mailto:mclements@justiceineducation.org)

### **Regional Center of Orange County**

Regional Center of Orange County (RCOC) is one of 21 private, nonprofit organizations contracted by the State of California to coordinate lifelong services and supports for individuals with developmental disabilities and their families. The regional center is the first stop for those seeking to obtain local services and supports to help them live safely and with dignity in the community. Currently, RCOC serves over 19,000 Orange County residents with developmental disabilities and their families. Developmental disabilities include autism, epilepsy, cerebral palsy, and intellectual cognitive disabilities.

Main Telephone Number and 24-Hour Line for All Locations: (714) 796-5100 | [www.rcocdd.com](http://www.rcocdd.com)  
Main Headquarters Office: 1525 North Tustin Avenue, Santa Ana, CA 92705

### **Dayle McIntosh Center**

Who we are: Dayle McIntosh Center for the Disabled (DMC) is the only Independent Living Center in Orange County. Our namesake and inspiration, the late Ms. Dayle McIntosh, was a person with quadriplegia. She only had use of her fingers and thumbs, yet she lived independently, held a job and volunteered her time to help others. Since we opened our doors in 1977, we have provided people with disabilities –of all ages and from all walks of life—with the knowledge, support, skills and tools to live richer, fuller and more independent lives. Our mission is to advance the empowerment, equality, integration and full participation of people with disabilities in the community. What we do: Very simply we help people with disabilities live independently and succeed in every area they desire. Dayle McIntosh Center is not a residential program, but a consumer-driven organization that provides a broad menu of on-site and remote services.

501 N. Brookhurst St. Suite 102, Anaheim, CA 92801 | Phone: (714) 621-3300 | Fax: (714) 663-2094  
[receptionist@daylemc.org](mailto:receptionist@daylemc.org) | [www.daylemc.org](http://www.daylemc.org)

# SUICIDE

**Warning Signs:** People who kill themselves exhibit one or more warning signs, either through what they say or what they do. The more warning signs, the greater the risk.

**Talk** – If a person talks about:

- Killing themselves
- Having no reason to live
- Being a burden to others
- Seeking revenge
- Feeling trapped
- Unbearable pain

**Behavior** – A person's suicide risk is greater if a behavior is new or has increased, especially if it's related to a painful event, loss, or change:

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online or buying a gun
- Acting recklessly
- Withdrawing from activities
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Suffering from panic attacks

**Mood** - People who are considering suicide often display one or more of the following moods:

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety

**Risk Factors** are characteristics or conditions that increase the chance that a person may try to take their life. The more risk factors, the higher the risk.

**Health Factors**

- Mental health conditions.
  - Depression
  - Bipolar (manic-depressive) disorder.
  - Schizophrenia.
  - Borderline or antisocial personality disorder.
  - Conduct disorder.
  - Psychotic disorders, or psychotic symptoms in the context of any disorder.
  - Anxiety disorders.
- Substance abuse disorders.
- Serious or chronic health conditions and/or pain.

**Environmental Factors**

- **Contagion** - would include exposure to another person's suicide, or to graphic or sensationalized accounts of suicide.
- **Access to lethal means** - including firearms and drugs.
- **Prolonged stress factors** - which may include harassment, bullying, relationship problems, and unemployment.
- **Stressful life events** - which may include a death, divorce, or loss of job.

**Historical Factors**

- Previous suicide attempts.
- Family history of suicide attempts.

## IF YOU SUSPECT SOMEONE IS AT RISK:

Take it seriously • Do not leave them alone • Help them remove lethal means like firearms and drugs • Call or escort them to an emergency room or counseling center.

## IN AN EMERGENCY, CALL 911

Emergency 24 Hour Hotlines:

New Hope Crisis Hotline 714-639-4673, [www.newhopenow.org](http://www.newhopenow.org)

Didi Hirsch Suicide Prevention Center 1-877-727-4747, [www.didihirsch.org](http://www.didihirsch.org)

National Suicide Prevention Lifeline 1-800-273-TALK (8255), [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Teen-to-teen hotline 714-663-8336 (from "Crisis Referral" packet)

Centralized Assessment Team (866) 830-6011



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