



RESOURCE DIRECTORY

Free/Low Cost

Services in Orange County, California

PLEASE NOTE:

Saddleback College assumes no responsibility for services offered by these individuals/organizations printed on this list. All information is provided as a public service and has not been verified for accuracy.

Re-Entry & Resource Center-Saddleback College

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ABUSE (Physical, Sexual, Or Emotional, Battery, Victims Of Rape, And Violence)

“A Safe Way Out” (multilingual)	(800) 978-3600
Batterer’s Counseling Referrals (multilingual)	(714) 935-7956
Center for Hope & Healing	(949) 752-2738
Center/Healing Childhood Trauma	(949) 348-1717
Children & Youth Services (Mission Viejo)	(949) 770-0855
CSP	
Pilgrimage family counseling	(949) 460-5320
Domestic Violence Hotline	(800) 548-2722
Domestic Violence Assistance Program (multilingual)	(714) 935-7956
Friendship Shelter	(949) 494-6928
Human Options’ Walk-in Center	(714) 435-9992
Resources	(949) 854-3554
Interval House (Hotline number)	(714) 891-8121
Laura’s House Walk-In Center	(949) 240-0363
Laura’s House (Hotline number)	(949) 498-1511
Levy, Jaye, LCSW (Adults Molested as Children)	(714) 730-1217
Mariposa Women's Center	(714) 547-6494
Rape Crisis Hotline	(949) 831-9110
Red Cross (Santa Ana)?	
24 Hour Hotline (Sexual Assault)	(714) 957-2737
Women Helping Women	(949) 631-2333
Women’s Domestic Violence Hotline	(714) 992-1931

Addictive & Compulsive Behaviors/Addiction Therapy (Alcohol, Drugs, Sex, Work, Relationships, Gambling, etc.)

Al-anon/Alateen	(714) 748-1113
Alcoholics’ Anonymous	(714) 556-4555
Center for Family Counseling (Costa Mesa)	Fax #(714) 754-1144
Center For Hope and Healing	(949) 752-2738
Cocaine Anonymous	(949) 650-1011
Community Alliance Network	(949) 595-2288
Community Counseling Center (CCC)	(949) 493-7333
CSP Youth Shelter (Teens)	(949) 494-4311
Drug Abuse Services (Out Patient)	(714) 480-6660
Drug & Alcohol Programs	(714) 834-3840
Drug, Alcohol, and Tobacco Education	(714) 327-1061
Hope Institute (Up to age 22) Scholarships Available	(714) 432-0020
Mission Hospital Helpline	(949) 364-1770
El Modena Community Center (Spanish), Orange	Fax #(714) 532-3452
Family Resource Center	(949) 364-0500

For Families, Irvine	(949) 724-6650
Interventionists (Alcohol & Drug Consultants)	(714) 517-5038
Junior League of Orange County, Irvine	(949) 261-0823
Marijuana Anonymous	(714) 999-9409
Mariposa Women's Center	(714) 547-6494
National Council on Alcoholics	(714) 835-4252
Nicotine Anonymous	(800) 642-0666
OC Drug Abuse Services	(714) 834-3840
Community Counseling service (Mission Viejo)	(949) 493-7333
Positive Action Center (P.A.C.)	(800) 337-2966
Tobacco Use Prevention Program	(714) 541-1444
Mission Hospital Helpline	(949) 364-1770
Western Youth Services, Fullerton	(714) 871-5646
Also- See Health and Mental Health	

Adoption

Adoption Network	(800) 455-6055
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Aids

Aids Hotline	(800) 922-2437
Aids Services Foundation Orange country	(949) 809-5700

Anger Management

Anger Management Program (Family therapist)	(949) 496-9823
Center for Hope & Healing	(949) 752-2738
Family Resource Center	(949) 364-0500
Pilgrimage	(949) 460-5320
Info Link	(800) 600-4357
Mariposa Women's Center	(714) 547-6494
Pilgrimage Family Therapy Center (Mission Viejo)	(949) 493-7333

Also- See Health and Mental Health

Animal Services

Animal Shelter	(949) 492-1617
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**Anxiety Reduction: Post Traumatic Stress Disorder,
Performance Anxiety, Social Anxiety, Panic Attacks, Phobias,
and OCD**

Chabbad Jewish Center (All Religions) Group	(949) 770-1270
Pilgrimage	(949) 460-5320
Mariposa Women's Center	(714) 547-6494
Pilgrimage Family Therapy Center (Mission Viejo)	(949) 493-7333

See Health/Mental Health

Assertiveness

Institute for Relationships	(949) 249-4170
Mariposa Women's Center	(714) 547-6494

Bilinguals (Services for Bilinguals)

211-Orange Country.	(888) 600-4357
Women's Transitional Living Center	24-Hour Hotline (714) 992-1931
Info Link (referral line)	(949) 955-2255

Behavioral Problems/Child & Adolescent Behavioral Problems

Family Resource Center	(949) 364-0500
Family Therapy Center	(949) 460-5320
Hope Institute (Scholarships Available)	
Mariposa Women's Center (Classes)	(714) 547-6494
Pilgrimage Family Therapy Center (Mission Viejo)	(949) 493-7333

Also- See Health and Mental Health

Business/Consumer Problems

Chamber of Commerce	(949) 492-1131
Consumer Credit Counseling	(714) 547-2227

Cancer (Fighting with Cancer)

Cancer Info Service	(800) 422-6237
Mission Hospital	(949) 364-1400 ext. 2273 & 2207

San Clemente Hospital

(949) 496-1122
Doctor's # (949) 489-4607

Also- See Health and Mental Health

Career Counseling

CUSD Career Preparation Office
Women's Transitional Center

(949) 234-5345
(714) 992-1931

Child/ Child Abuse

(Spanish & Vietnamese)

Child Abuse Registry 24-hour hotline# (714) 940-1000
Child Find of America Inc. (800) 426-5678
Child Guidance Center, Inc. (Spanish) (714) 953-4455
Child Help USA (800) 422-4453
Children & Youth Services (Mission Viejo) (949) 770-0855
ICAN Associates (626) 455-4585
Info Link (referral line) (949) 955-2255
(888) 600-4357
Junior League of O.C. (949) 261-0823
National Child Abuse Hotline (800) 422-4453
Natl. Ctr./Missing/Exploited Children (800) 843-5678
National Runaway Switchboard (800) 621-4000
Orange Children & Parents Together Inc. (714) 639-4000
O.C. Workforce Investment Act-Youth Services (949) 234-5345
Pilgrimage Family Therapy Center (Mission Viejo) (949) 493-7333
YMCA of So. O.C., Santa Ana (now called YWISE Place) (714) 542-3577
See Also Abuse

Child Care

Boys and Girls Clubs (South Coast) (949) 492-0376
Capistrano Unified School District After School program
(YMCA)
(Scholarships Available)
Children's Home Society of CA Hotline (714) 543-2273
Early Childhood Education Program (949) 234-5341
Info Link (referral line) (949) 955-2255
Info Link Toll free for outside O.C. (888) 600-4357
Kid Care Hotline (714) 543-2273
Saddleback Unified School District After School Program
(TLC) (Scholarships Available) (949) 586-1234
South Coast YMCA (949) 495-0453
(Scholarships Available for all programs)

Co-Dependency

Center for Hope & Healing (949) 752-2738
Health Psychology Associates (949) 551-4272

Communication

Family Therapy Center (949) 460-5320
Dr. David Erinson (949) 249-4170
Mariposa Women's Center (714) 547-6494
Pilgrimage Family Therapy Center (Tustin) (714) 573-7557
Pilgrimage Family Therapy Center (Mission Viejo) (949) 493-7333

Community Education & Training

Info Link (referral line) (949) 955-2255
Info Link Toll free for outside O.C. (888) 600-4357
Family Resource Center (949) 489-7227
Women's Transitional Center (714) 992-1931

Conflict Resolution

C.S.P. Dispute Resolution Services (949) 250-0488
F.A.C.E.S. (Jane McDonald, psychotherapist) (714) 505-0803
Institute for Relationships (949) 249-4170
Mariposa Women's Center (714) 547-6494

Consumer Fraud Protection

AARP www.aarp.org or (800) 424-3410
American Assn. of Homes & Services for the Aging (800) 508-9442
Eye Care America (800) 222-3937
American Cancer Society (800) 227-2345
American Pharmaceutical Association (800) 237-2742
American Speech-Language-Hearing Association (800) 638-8255
Chief Postal Inspector (U.S. Postal Service) (202) 268-4298
Federal Trade Commission, Consumer Response Center (877) 382-4357
Food and Drug Administration (888) 463-6332
Food & Drug Administration Center for Food Safety & Applied Nutrition (800) 332-4010
National Institute on Aging Information Center (800) 222-2225
National Cancer Institute Information Service (800) 422-6237
National Center for Vision and Aging (800) 334-5497
National Citizens' Coalition for Nursing Home Reform (202) 332-2275
National Eye Institute (301) 496-5248

National Institute on Deafness & Other Communication Disorders	(800) 241-1044
National Institute on Aging Information Center	(800) 222-2225
Prevent Blindness America	(800) 331-2020
U.S. Administration on Aging (Eldercare Locator)	(800) 508-9442
U.S. Department of Health & Human Services (National Health Information Center)	(800) 336-4797
U.S. Pharmacopeia	(800) 822-8772
Your State Attorney General	www.naag.org

Crisis Hotlines

Adult Services call center for the country of Orange	(714) 825-3030
	Hotline # (800) 451-5155
	Fax # (714) 825-3001
Child Abuse Registry (24 Hours) Orange Country	(714) 940-1000
New Hope Hotline	(714) 639-4673
Human Options Hotline	(949) 854-3554
Interval House (Hotline)	(714) 891-8121
Laura's House (Hotline)	(949) 498-1511
Rape Crisis Hotline (24 Hours)	(949) 831-9110
WTLC (Hotline)	(714) 992-1931

Dating Violence

Human Options	(949) 737-5242- ext. 14
Interval House	(562) 594-9492
Mariposa Women's Center	(714) 547-6494
See Also Abuse	

Depression/Control of Depression/Bi-Polar

Orange Country Health and Psychology Associates	(949) 551-4272
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Disability

Mariposa Women's Center	(714) 547-6494
Mariposa Women's Center (Parenting Special Needs Children)	(714) 547-6494
Saddleback College –Disabled Students Programs (DSPS)	(949) 582-4612

Divorce Recovery/Divorce Recovery Groups

Family Therapy Center (949) 460-5320
Mariposa Women's Center (714) 547-6494
Community Counseling Services (Mission Viejo) (949) 493-7333

Domestic Violence Awareness Education & Prevention Training/Group & Individual Counseling to Victims

Asian Pacific American Legal Center (213) 977-7500
Counseling Charities of Orange County, Santa Ana (714) 347-9600
(Spanish & Vietnamese)
Center for the Pacific Asian Family (323) 653-4042, (800) 339-3940
CSP Domestic Violence Services (714) 973-0134
Domestic Violence Crisis Hotline (English & Spanish) (818) 242-1106
Domestic Violence Hotline (800) 978-3600
Family Violence Project -Jewish Family Services (818) 505-0900
(Spanish, Fri and Sat Japanese & English)
Human Options Community Education (949) 737-5242, ext. 13 or 14
Info Link (888) 600-4357
Laura's House Hotline (949) 498-1511
Mariposa Women's Center (714) 547-6494
Women's Transitional Living Center (Orange) (714) 992-1939
See Also Abuse

Donations/Volunteer Opportunities

Goodwill Industries (714) 547-6300
Salvation Army (800) 958-7825
(Orange County) Volunteer Center (714) 953-5757
Volunteer Center of Orange County (714) 953-5757
(Nonprofit Resource Center)

Dysfunctional Families

Mariposa Women's Center (714) 547-6494

Eating Disorders / Compulsive Eating

Family Therapy Center (949) 460-5320
OCHPA (949) 551-4272

Education

Adult Education	(949) 493-0658
Administration, O.C. Dept. of Education	(714) 966-4000
Cal Optima	(714) 246-8500
Capistrano Unified School District	(949) 489-7000
Coastline Community College	(714) 546-7600
South Orange County Community College district	(949) 582-4500

Elderly Services/Caring for Elderly Parents

Elder Abuse Hotline	(800) 992-1660
Info Link (referral line)	(949) 955-2255
Toll free for outside O.C.	(888) 600-4357
The Center for Hope & Healing	(949) 752-2738

Emergency Help

Evaluation/ Treatment Services	(714) 834-6900
St. Olaf Lutheran Church—Social Services	(714) 534-6450
Of southern California Hotline	(714) 894-4242

Employment Resources

Fair Employment	(800) 884-1684
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Family Conflict/Conflict Resolution

Community Counseling Center (Mission Viejo)	(949) 493-7333
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Family/Group Counseling & Therapy

Center for Family Therapy (Contact Mary Felch)	(949) 230-0950
For Families (Irvine)	(949) 724-6650
Mariposa Women's Center	(714) 547-6494
Pepperdine University Counseling Center	(949) 223-2570
Community Counseling Center (Mission Viejo)	(949) 493-7333

Family Therapy Center	(949) 460-5320
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Family Resources

Boys & Girls Club of Capistrano Valley	(949) 240-7898
English Language Development Center	(949) 488-3438

Fathers/Services for Fathers

ACFC (American Coalition for Fathers & Children) (800) 978-DADS
Fathers United For Equal Justice Hotline (714) 542-3100

Food & Clothing

Info Link (888) 600-HELP
Salvation Army Thrift Store (949) 581-1605

Goals

Mariposa Women's Center (714) 547-6494

Grief & Loss Recovery

Mariposa Women's Center (714) 547-6494
Family Therapy Center (949) 460-5320
Community Counseling Center (Mission Viejo) (949) 493-7333

Guilt

The Center for Hope & Healing (949) 752-2738

Health / Mental Health

National Alliance on Mental Illness (714) 544-8488
Abrazar, Inc. (Westminster) (714) 893-3581
Camino Health Center Clinic (949) 240-2272
Center for Hope & Healing (949) 752-2738
Child Health & Disability Prevention Program (CHDP) (800) 564-8448
City of Hope (877) 302-4673
Health Care Referral Line (800) 914-4887
Info Link (referral line) (949) 955-2255
Toll-free # outside Orange County (888) 600-4357
Community Action Partnership of Orange Country (800) 660-4232
Latino Health Access (714) 542-7792
Mental Health Clinic (Mission Viejo) Fax # (949) 831-9860
Mental Health (Mission Viejo) (949) 454-3940
Mental Health Assoc. of Orange County (714) 547-7559
Orange Count Health Care Agency
Orange County Psychiatric Society (Referrals) (714) 978-3016
Orange County Psychological Association. (949) 440-4385
Psychiatric Nurse Practitioners (949) 723-1993
SOS Free Medical and Dental (949) 650-0640

Healthy Relationships

Mariposa Women's Center (714) 547-6494

Holiday Blues

Mariposa Women's Center (714) 547-6494

Housing & Housing Referrals

Adult Protective Services (213) 351-5401
Affordable Housing List (Anaheim) (714) 765-4320
Affordable Housing List (Garden Grove) (714) 741-5150
Community Action partnership of O.C. (714) 839-6199
Community Senior Service (714) 220-0224
Homes Inc. (949) 851-2766
Women's Transitional Living Center (Bilingual Hotline) (714) 992-1931

Hunger

Info-Link Orange County (949) 955-2255
Saddleback Outreach (949) 492-5181

Immigration Problems / Questions / Rules & Regulations

Tel-Law Services (O.C. Bar Association) (949) 440-6740
Orange County Bar Association (949) 440-6747

Individual & Group Counseling & Therapy/Psychotherapy

Abrazar, Inc. (Westminster) (714) 893-3581
Boy Scouts of America (Spanish & Vietnamese) (714) 546-4990
Catholic Charities of Orange County (714) 662-7500
(Spanish & Vietnamese)
Center for Family Therapy (949) 230-0950
Child Guidance Center, Inc. (Sant-Ana) (714) 953-4455
Delhi Community Center (Spanish) (714) 481-9600
Laguna Beach Community Clinic (949) 494-0761
Pepperdine University Counseling Center (949) 223-2570
Community Counseling Center (Mission Viejo) (949) 493-7333
Psychiatric Nurse Practitioners (949) 723-1993
Saddleback Valley Community Church (949) 609-8000
Women's Transitional Center (714) 992-1931

Individual and Group Therapy for Men

Orange country (OCHPA)

Men's Support Group

(Mission Viejo)

(949) 551-4272

(714) 547-6494

(949) 493-7333

Information & Referral

Info-Link Orange County

(949) 955-2255

Job Search/Career Exploration

See Employment Resources (Page 11)

Juvenile Delinquency

(Mission Viejo)

(949) 493-7333

Law Enforcement

Orange County Sheriff

(714) 647-7000

Library

Learning Problems & Disabilities

Maraan School

(949) 733-1500

Legal Assistance (Court Advocacy & Referrals)

Center for Disability Rights (Western Center)

(213) 736-1031

Fathers United For Equal Justice-Hotline

(714) 542-3100

Orange Country Social Services Agency

(714) 834-8899

(949) 440-6747

Legal Aid Hotline

(800) 834-5001

Legal Aid Society of Orange County

(800) 834-5001

Public Law Center

(714) 541-1010

Senior Citizen Legal Aid

(714) 571-5245

Small Claims Procedure Advisory Services

(714) 571-5277

Tel-Law Services

(949) 440-6740

Women's Transitional Center

(714) 992-1931

Life Changes

Community Counseling Center (CCC) (949) 493-7333

Marital Discord

Pilgrimage Country (949) 460-5320

Medical Problems

Delhi Community Center (Spanish, Santa Ana) (714) 481-9600
Kaiser Permanente (Orange) (714) 748-7843
Lestonnac Free Medical & Dental Clinic (Spanish) (714) 633-4600
Also- See Health and Mental Health

Mid-Life Changes

The Center for Hope & Healing (949) 752-2738

Nutrition

Mariposa Women's Center (Cooking Classes) (714) 547-6494
Nutrition Services (O.C. WIC Program) (714) 834-8333

Outreach Support Groups

Women's Transitional Center (714) 992-1931

Prescriptions

Info Link (211- Orange Country) (888) 600-HELP
Saddleback Outreach (949) 492-5181

Pain Management (Prescriptions)

Pilgrimage Counseling (949) 460-5320
Also- See Health and Mental Health

Parenting Classes

Mariposa Women's Center (714) 547-6494
Community Counseling (Mission Viejo) (949) 493-7333

**Parenting Education & Skills /Parenting Children of All Ages
Parent-Child Difficulties**

Pilgrimage Counseling (949) 460-5320
Info Link – (Orange County) (949) 955-2255
Info Link (outside Orange County) (888) 600-4357
Mariposa Women's Center (714) 547-6494
Community Counseling Center (Mission Viejo) (949) 493-7333
South Orange County Family Resource Center (949) 364-0500
The Center for Hope & Healing (949) 752-2738
Women's Transitional Center (714) 992-1931

Personal Counseling/Mental Health

Center for Hope & Healing (949) 752-2738
Info Link (referral line) (949) 955-2255
(toll-free # outside O.C.) (888) 600-4357

Also- See Health and Mental Health

Post Holiday Blues

Mariposa Women's Center (714)-547-6494
Also See Personal Counseling

Postpartum Adjustment

Community Counseling Center (Mission Viejo) (949) 493-7333
South Orange County Family Resource Center (949) 364-0500
Also See Personal Counseling

Preparing for Marriage/Enhancing Marriage

The Center for Hope & Healing (949) 752-2738

Rage

The Center for Hope & Healing (949) 752-2738
Also- See Health and Mental Health

Relationship Issues/Problems/Skills & Personal Development

Health Psychology Associates (949) 551-4272

Self-Esteem

Mariposa Women's Center (714) 547-6494
Community Counseling Center (Mission Viejo) (949) 493-7333

Senior Citizen Issues

Info Link (referral line) (949) 955-2255
Info Link (888) 600-HELP
Medicare/Social Security (800) 772-1213
Community Counseling Center (Mission Viejo) (949) 493-7333
San Clemente Seaside Senior Services (949) 498-3322
Senior Citizen Information & Assistance (714) 567-7500
Legal Advocacy Hotline (800) 834-5001
Senior Legal Services (714) 571-5245
Legal Services Hotline (714) 571-5200
South County Senior Services (949) 498-0400

Separation Issues

Pilgrimage Counseling (949) 460-5320
Health Psychology Associates (949) 551-4272

(Mission Viejo) (949) 493-7333

Sex Education for Teens

Friends First (800) 909-WAIT
Also- See Health and Mental Health

Shame

The Center for Hope & Healing (949) 752-2738

Shelter/Emergency Shelter

Casa Youth Shelter, Los Alamitos (562) 594-6825
CSP Youth Shelter, Laguna Beach (949) 494-4311
Friendship Shelter (949) 494-6928
Info Link (888) 600-HELP
Women's Transitional Living Center Inc. (714) 992-1931

Singles/Services for Single Parents

Info Link (referral line) (949) 955-2255
Toll free for outside O.C. (888) 600-4357

Social Services

Social Services (714) 541-7700
Child Abuse Registry (714) 940-1000
General Relief (714) 834-8899
(949) 587-8544
Orange County Social Services Agency-Administration (714) 541-7700
Social Security/Medicare (800) 772-1213

Stress Management/Stress Reduction

Mariposa Women's Center (714) 547-6494
Community Counseling Center (Mission Viejo) (949) 493-7333

Study Skills/ Obtaining GED or HS Diploma

Substance Abuse

Info Link (referral line) (949) 955-2255
Toll free for outside O.C. (888) 600-4357
See Addictive and Compulsive Behaviors.
Also See
Health and Mental Health
Youth and Teen Problems and Programs

Suicide

Suicide Hotline (Crystal Cathedral, Garden Grove) (714) 639-4673
Suicide Prevention (310) 391-1253

Support Groups/ Education Programs (Parents & Children)

South Orange County Family Resource Center (949) 551-4272
South Orange County Family Resource Center (949) 364-0500
Women's Transitional Center (714) 992-1931

Teen Pregnancy

Florence Crittenton Services (Spanish, Fullerton) (714) 680-8200
Info Link (referral line) (949) 955-2255
Toll free for outside O.C. (888) 600-4357

Time Management

Mariposa Women's Center (714) 547-6494

Transportation

Info Link (888) 600-HELP
Metro Access (800) 827-0829
CUSD Career preparation office (949) 234-5345
OCCA Admin Office (714) 560-6282

Verbal Strength & Agility Training-How to Express Yourself How to say "No"

Health Psychology Associates (949) 551-4272

Victims of a Crime

CSP (949) 975-0244
NOGALES (714) 525-8509
Health Psychology Associates (949) 551-4272
Dr. David Erinson (949) 249-4170
Mariposa Women's Center (714) 547-6494
Community Counseling Center (Mission Viejo) (949) 493-7333
The Center for Hope & Healing (949) 752-2738
Also- See Health and Mental Health

Women in Transition

Youth & Teen Problems/Programs

American Red Cross (Santa Ana) (714) 835-5381
Boy Scouts of America (714) 546-
4990Campfire Boys & Girls (Spanish) (714) 838-
9991

Child Health and Disability Program	(714) 834-8440
Family Health Dental Center	(800) 914-4887
Drug Abuse Services (Out Patient)	(714) 480-6660
Girls Inc.	(949) 646-7181
Girl Scouts Council of O.C. (Spanish & Vietnamese)	(949) 461-8800
Vietnamese	(949)461-8895
Spanish	(949)461-8864
Info Link (referral line)	(949) 955-2255
Toll-free # outside Orange County	(888) 600-4357
Mental Health Referral Line (Santa Ana)	(714) 480-6767
Natl. Runaway Switchboard	(800) 621-4000
Community Counseling (Mission Viejo)	(949) 493-7333
South Orange County Family Resource Center	(949) 364-0500
Mission Hospital	(949) 364-1770
YMCA of South Orange County (Santa Ana)	(714) 542-3577
(now called YWISE Place)	

FOR MORE INFORMATION CALL:

Saddleback College/Re-Entry & Women's Resource Center
Sholeh Alizadeh (949) 582-4611
salizadeh@saddleback.edu