Emergency Family Shelter 818.785.4476
S.O.S Daily Meals and Hot Showers

Mondays - Chatsworth
Chatsworth Foursquare Church
10210 Canoga Ave. (cross street Lemarsh St.)
Showers: 9:30am - 11:15am Meal: Noon - 1pm

Tuesdays - North Hollywood
1st Baptist Church of N. Hollywood
11210 Otsego St (near Lankershim Blvd)
Showers: 9am - 10:15am Meal: 10:30am - 11:30am

Tuesdays - Sun Valley
Iglesia Aposento Alto
(White Church across the street from the park, pool side)
11039 Cantara St
(cross street Ensign Ave, near San Fernando Rd and Sunland Blvd)
Showers: 10:30am - 11:45am Meal: Noon - 1pm

Wednesdays - Reseda
Zoe Christian Fellowship
7143 Baird Ave. (1 block West of Reseda Blvd., cross street Sherman Way)
Showers: 9:30am - 11:15am Meal: Noon - 1:00pm

Thursdays - Van Nuys
Central Lutheran Church (Lutheran Social Services)
6425 Tyrome Ave
(corner of Victory Blvd, 2 blocks East of Van Nuys Blvd.)
Showers: 9:30am - 11:15am Meal: Noon - 1pm

Fridays - Winnetka
Our Redeemer Lutheran Church
8520 Winnetka Ave
(across from Winnetka Park, cross street Chase St)
Showers: 9:30am - 11:15am Meal: Noon - 1pm

Saturdays - Van Nuys (2nd, 4th, and 5th)
Van Nuys Civic Center (in front of Probation Office)
(Sylvan St between Van Nuys Blvd and Sylmar Ave)
Showers: (not available) Meal: 4pm

Mental Health

ALTA Hollywood Community Hospital
of Van Nuys
Serving the needs of the mental health community
Hotline: 800-565-0558

Department of Mental Health (Pacoima)
818-832-2400

Homeless Resources
The Church on the Way
"Cornerstone Building"
Feeding every Wednesday
Sherman Way/Van Nuys
(818) 779-8215

2-1-1 (LA County) 211

Homeless Shelter Info
(800)548-6047

Lutheran Social Services (Van Nuys)
(818) 901-9480

Chrysalis (Pacoima)
(818) 794-4200

Child Care Resource Center (Chatsworth)
(818) 717-1000

SAN FERNANDO VALLEY RESCUE MISSION
An Outreach Ministry of
www.sanfernandovalleyrescuemission.org
The Valley Food Bank supports these Food Pantries:
(These locations and times are subject to change. Please call before going to pick up food)

<table>
<thead>
<tr>
<th>Food Pantry</th>
<th>Address</th>
<th>Phone Number</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid Valley Senior Center</td>
<td>8801 Kester Ave, Panorama City</td>
<td>818-892-0892</td>
<td>Monday</td>
<td>10 - 11 AM</td>
</tr>
<tr>
<td>Iglesia Misionera Antioquia Siloe</td>
<td>8235 Lankershim Blvd, N Hollywood</td>
<td>818-768-4859</td>
<td>Monday</td>
<td>1:30 - 2:30 PM</td>
</tr>
<tr>
<td>Iglesia Evangelica Camino de Santidad</td>
<td>958 N Maclay St, San Fernando</td>
<td>818-362-3126</td>
<td>Monday</td>
<td>7 - 8 PM</td>
</tr>
<tr>
<td>St Vincent de Paul (Holy Rosary)</td>
<td>7800 Vineland Ave, Sun Valley</td>
<td>818-765-3350</td>
<td>Tuesday</td>
<td>9 - 10:30 AM</td>
</tr>
<tr>
<td>Spirit of Hope Church</td>
<td>(Call First) Granada Hills</td>
<td>818-660-2164</td>
<td>Tuesday</td>
<td>10:30 AM - 3 PM</td>
</tr>
<tr>
<td>St Bridget of Sweden Church</td>
<td>16711 Gault St, Van Nuys</td>
<td>818-782-7180</td>
<td>Tuesday</td>
<td>11 AM - 1 PM</td>
</tr>
<tr>
<td>Rock of the Valley</td>
<td>7722 Kester Ave, Van Nuys</td>
<td>818-781-4156</td>
<td>Tuesday</td>
<td>4 - 5:30 PM</td>
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<tr>
<td>Panorama Baptist Church</td>
<td>8767 Woodman Ave, Arleta</td>
<td>818-894-2281</td>
<td>Wednesday</td>
<td>4 - 6 PM</td>
</tr>
<tr>
<td>Calvary Baptist Church</td>
<td>12477 Clarett St, Pacoima</td>
<td>818-554-4467</td>
<td>Thursday</td>
<td>2 - 4 PM</td>
</tr>
<tr>
<td>Leaves of Healing Tabernacle</td>
<td>9420 Lurline Ave #D Chatsworth</td>
<td>818 700-7810</td>
<td>Friday</td>
<td>7:30 - 9 PM</td>
</tr>
<tr>
<td>First United Methodist Church of SF</td>
<td>1525 Glenoaks Blvd, San Fernando</td>
<td>818-365-3156</td>
<td>3rd Fri/Mo</td>
<td>5 - 6 PM</td>
</tr>
<tr>
<td>Manna from Heaven (Valley Vineyard)</td>
<td>6642 Reseda Blvd, Reseda</td>
<td>818-343-3626</td>
<td>Saturday</td>
<td>11 AM - 1 PM</td>
</tr>
</tbody>
</table>

Emergency Shelters
- Lighthouse (Oxnard) (805) 240-1644
- PATH Achieve (Glendale) (818) 246-7900
- Family Promise (Burbank) (818) 588-6723
- PATH Ventures (Hollywood) (323) 960-3333
- New Image (Los Angeles) (323) 231-1711
- Union Rescue Mission (LA) (213) 347-6300
- People Helping People (LA) (323) 232-7956
- Precious Life (Los Alamitos) (562) 431-5025
- Good Shepherd (LA) (213) 250-5241
- Salvation Army (Bell) (323) 263-1206
- Upward Bound (Culver City) (310) 306-1865

Transitional Housing
- LA Family Housing (North Hollywood) (818) 982-4091
- Door of Hope (Pasadena and Glendale) (626) 304-9130

Rehabilitation Programs
- Ventura County Rescue Mission (Oxnard) (805) 487-1234
- Salvation Army (Canoga Park) (818) 883-6321
- People in Progress (Sun Valley) (818) 768-7494
- Bible Tabernacle (Canyon Country) (661) 252-5087