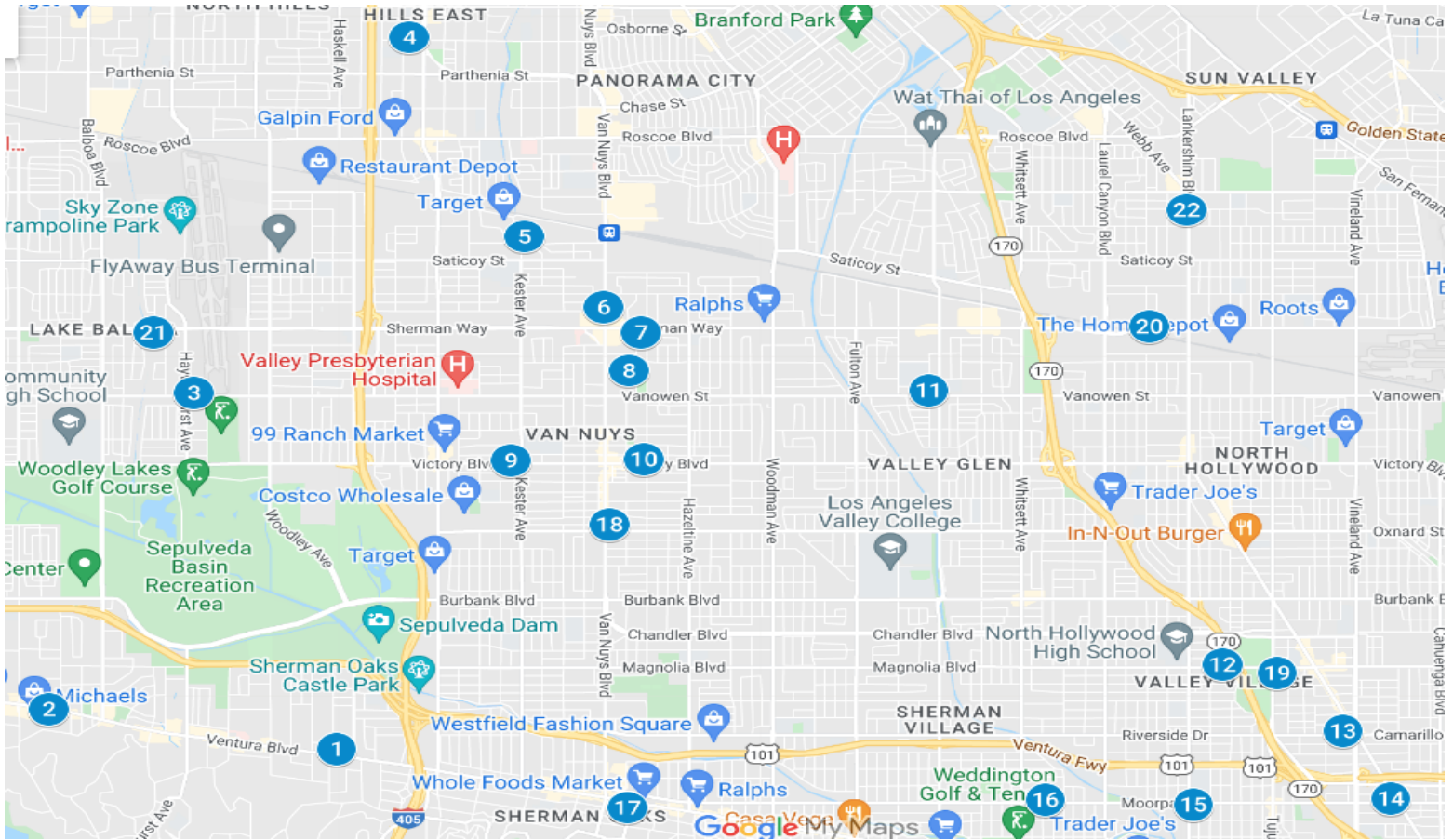


FREE SERVICES NEAR SHERMAN OAKS



FREE FOOD (and more):

1. Encino: Valley Beth Shalom 15739 Ventura Blvd. Food Pantry Mon, Tues, Thurs 10am to 2pm. One visit per month.
2. Encino: St. Nicholas 17144 Ventura Blvd. Meal Served Sun 2 to 3pm.
3. Lake Balboa: SOVA 16439 Vanowen St. Food Pantry Mon – Thurs 10am to 1:30pm. Sunday 9am to noon. Two visits per month.
4. North Hills: NVCS 15453 Rayen St. Drive-Thru Pantry Fri 10am to noon. Hot Breakfast served Mon, Wed, Fri 6:30 to 8:30am. Also Safe Parking Mon -- Fri 7pm to 7am. Sat & Sun 7pm to 6am. **HOUSING INTAKE.**
5. Van Nuys: Rock of the Valley 7722 Kester Ave. Drive-Thru Distribution Tues 4 to 5pm.
6. Van Nuys: Loaves & Fishes 7309 Van Nuys Blvd. Food Pantry & Baby Items Mon and Wed 10am to noon.
7. Van Nuys: the Church on the Way 14300 Sherman Way. Food Pantry Wed 2:30 to 3:30.
8. Van Nuys: YMCA 6901 Lennox Ave. Produce Box Thurs 10am. Must register in advance.
9. Van Nuys: Salvation Army 14917 Victory Blvd. Food Pantry Wed 1 to 4pm, Fri 9am to noon. ID required.
10. Van Nuys: Central Lutheran Church 6425 Tyrone Ave. Food Pantry Mon 1 to 3pm.
11. Valley Glen: Village Family Services for Youth (aged 14 – 24) 6801 Coldwater Canyon (entrance in back of building.) Hot Meal, Snacks. Also Laundry, Hygiene Kits, Clothing. Mon -- Fri 11am to 7pm, Sat & Sun 9am to 3pm. **HOUSING INTAKE.**
12. North Hollywood: NoHo Park at Magnolia & Underpass. Meals, Clothing, Pet Food. 2nd and 3rd Sunday each month at noon.
13. North Hollywood: NHHA St. Matthew's 11031 Camarillo. Meals, Clothing, Hygiene Products, Mail Service, ID help, Safe Parking referral. Mon 8:30 to noon, Wed 8:30 to noon, Friday 8:30 to noon. Produce Pantry 3rd Sat of the month 11am to 1pm. **HOUSING INTAKE.**
14. North Hollywood: St. Charles Borromeo Service Center 10825 Moorpark St. Food Pantry, Clothing, Hygiene Products, Baby Items Tues, Wed, Sat, Sun 9 to 11:30 am.

SEE MORE OTHER SIDE

15. Studio City: Interfaith Food Pantry 4390 Colfax Ave. Food Pantry Mon & Fri 7:30 to 11am.
16. Studio City: NHHHA Unitarian Church Drop-In Program 12355 Moorpark St. Meals, Clothing, Hygiene Kits, Computer Access, Mail Service, Phone Help. Tues 8am to noon. **HOUSING INTAKE.**
17. Sherman Oaks: United Methodist Church 14401 Dickens Street. Community Food Pantry (in front) always open.

FREE SHOWERS (and more):

- (see 4. above) North Hills: NVCS 15453 Rayen St. Mon, Wed, Fri 6:30am to 8:30am.
- (see 8. above) Van Nuys: YMCA 6901 Lennox Ave. Mon – Fri 9am to 2pm.
- (see 10. above) Van Nuys: Hope of the Valley Help Center (Enter on Victory.) Mon – Fri 8am to 3:30pm. **HOUSING INTAKE.**
- (see 11. above) Valley Glen: Village Family Services for Youth (aged 14 – 24.) Mon -- Fri 7am to 7pm, Sat & Sun 9am to 3pm.
- (see 13. above) North Hollywood: NHHHA St Matthew's. Wed & Fri 8:30am to noon. Also medical help on Wed.
- (see 14. above) North Hollywood: St. Charles Borromeo Thursday 8am to noon. Also hot meal served. **HOUSING INTAKE**
18. Van Nuys: LA SAN Truck 14415 Aetna St. Thurs 7am to 1pm. Hygiene kits usually provided.
 19. North Hollywood: YMCA 5142 Tujunga Ave. Mon -- Fri noon to 3pm. Must have ID. .
 20. North Hollywood: Hope of the Valley Navigation Center 11839 Sherman Way. Mon – Fri 8am to 3:30pm. Also Storage Bins, Hygiene Kits, Snacks, Referrals. **HOUSING INTAKE.**
 21. Lake Balboa: Access (open to all) and Cornerstone (for those with mental illness only) 16650 Sherman Way. Mon -- Fri 8am to 4pm. Also Laundry, Bagged Lunch. **HOUSING INTAKE.**

OTHER FREE RESOURCES:

Emergency Shelter: Hope of the Valley Pacoima. Please call 818-257-8521 for bed availability

Walk-In Health Services: Northeast Valley Health Corp. 6551 Van Nuys Blvd

(See 22. On Map) Walk-in **HOUSING INTAKE** and Health Services: LA Family Housing 7843 Lankershim

Pet Assistance: The Rescue Train 818-927-1364

Pet Food Pantry: East Valley Animal Shelter Van Nuys: call 213-264-8985 or register at animalservices.com/petfoodpantry/

Free meals for kids K-12: www.kiwikids.org/los-angeles

Free Meals for Seniors: Sherman Oaks Adult Center 5056 Van Nuys Blvd. Also: Project Angel Food, Meals on Wheels, Great Plates, Jewish Family Services, Valley InterCommunity Council, One Generation

Social Services: call 866-613-3777 or use DPSS.lacounty.gov

Family, Immigration, Child Care, ESL, Education, Job Help: North Hills NVCS (see #5 on map)

Free Cell Phone: call 800-430-0443 or use www.californialifeline.com

Outreach Request: call 211 or use the 211 app or use www.lahsa.org

Mental Health Outreach Request: call 213-480-3480 or 213-738-4775

Emergency Shelter Hotline: 800-548-6047

Crisis Hotline: 323-686-0950

Homeless Veterans Hotline: 800-273-8255

Mental Health Hotline: 800-854-7771

Domestic Violence Hotline: 800-978-3600

California Youth Crisis Hotline: 800-843-5200

Substance Abuse Hotline: 844-804-7500

Sherman Oaks City Council Office: 818-728-9924

