

We are a community of volunteers who provide services to the low-income residents of the Northeast San Fernando Valley. If you would like to volunteer, or receive services, we welcome you to MEND during the days & times listed.

Areas of Service

Residents of **Arleta, Lake View Terrace, Mission Hills, North Hills, Pacoima, San Fernando, and Sylmar** are eligible for the following MEND services:

- ◇ Emergency Food Pantry
- ◇ Clothing Distribution
- ◇ Medical
- ◇ Dental
- ◇ Education and Training Programs

Residents of **Panorama City and Sun Valley** are eligible for the following MEND services:

- ◇ Emergency Food Pantry
- ◇ Clothing Distribution
- ◇ Education and Training Programs

VOLUNTEERS NEEDED:

Home Visiting: Volunteers visit with families in their homes, assess their needs, and make referrals.

Health Services: Doctors, Pharmacists, Dentists, Optometrists and Registered Nurses

To sign-up for a volunteer orientation, please visit our website:
www.mendpoverty.org
Or contact us: (818) 896-0246

*Donations are **suggested amounts only**.
No one will be turned away due to inability to offer a donation.



CLIENT SERVICES

Main Office
10641 N. San Fernando Rd.
Pacoima, CA 91331

Rose Education and Training Center
13460 Van Nuys Blvd.
Pacoima, CA 91331

Phone: (818) 896-0246
Fax: (818) 897-0109
www.mendpoverty.org

New Business Hours
Tuesday-Friday 8am– 5pm
Please Note: Both MEND Centers are closed Mondays.

EMERGENCY FOOD

Program Coordinators: Richard Weinroth,
Luke Ippoliti, Jesus De Santiago

Days/Hours:

- ◇ MEND: Every Tuesday 1-3pm, Thursday & Friday from 8am-2pm, and two Saturdays per month, from 9am-12. Check with information desk for details. (Please bring your own shopping bags.)
- ◇ Our Lady of Peace Church: Sepulveda: 2nd & 4th Friday 9am-11am.

***Donation:** None

Need to Bring: Picture ID; proof of current address and family income; birth certificates for children.

Restrictions: Can receive assistance every 30 days (once a month) from one site only; box is a 3-day supply of food.

Other Information: During non-program hours & on non-distribution Saturdays, free bread & fresh produce may be available at the MEND Center.

CLOTHING CENTER

Clothing Center Manager: Veronica Soto

Days/Hours:

Homeless Clients: Tuesdays 8:00 a.m.- 12:00p.m.

Family Clients: Tuesdays 1- 2:30p.m, Wed-Fri 8a.m-1:30p.m, Saturdays 9am-11:30 a.m.

**(For Saturdays & Wednesdays dates, please call in advance)*

***Donation:** \$3.00

Need to Bring: Picture ID; proof of current address if the address on the ID is not current.

Restrictions: Can receive assistance every 30 days (once monthly).

HOMELESS SERVICES

Days/ Hours: Tuesdays 8am-12.

Restrictions: Offered only to the homeless.

***Donations:** None

Need to Bring:

JOB SKILLS TRAINING PROGRAM

Participants learn entry-level skills in a variety of careers through on-the-job training at MEND.

Please Contact—Breanna Medina 818-896-0246

HEALTH SERVICES

Medical:

Medical Manager-Victor Estrada

Medical Assistant Manager— Andrea Banuelos

Days/Hours: Appointments MUST be made in person at the MEND Office Tuesday-Friday 8 am-5 pm.

- ◇ Family Medicine: Wednesdays 9am-12pm; Thursdays 3-7pm; 1st & 3rd Friday of the month from 1pm-5pm
- ◇ Diabetes Clinic: 2nd Saturday of each month 9am-12pm; 1st & 3rd Wed 3-7pm and 2nd Wed 8am-12pm
- ◇ Hypertension/Healthy Aging: 1st & 3rd Tues 1-5pm
- ◇ Gynecology Clinic: 1st & 3rd Tue 9am-12pm
- ◇ Chiropractic: Every Tuesday 10:30-11:30am
- ◇ Acupuncture Clinic: Every Tuesday 2pm-5pm
- ◇ Adult Peer Counseling: Wed & Th 3pm-5pm
- ◇ Vision Clinic: Days & times vary, about 5 times/month

Dental

Dental Manager— Denise Sanchez

Clinic schedule varies. Dental appointments made only after winning monthly raffle and completion of an intake interview. Patients with pain may walk-in on clinic days.

Days/ Hours: Monthly raffle held on 3rd Wednesday of each month. A raffle slip should be filled out prior to the raffle date. Please do not arrive on the day of the raffle.

***Donations:** \$10.00 for each clinic each visit

Need to Bring: A current proof of address is needed to fill out raffle slip. During the first appointment (including walk-ins) the following is required: Proof of address, Proof of income, Picture I.D.

Restrictions: Clinic services are available ONLY for patients who do NOT have Denti-Cal or private insurance.

Other Information: Basic services provided on a very limited basis.

CHRISTMAS BASKET PROGRAM

Days/Hours: Ask receptionist for more information.

***Donation:** None

Need to Bring: Picture ID, proof of current address, proof of family income, rent receipt, birth certificates for children.

Restrictions: Open only to families with children 14 years and younger. All applicants will be visited in their homes prior to being approved for a Christmas basket.

CLIENT SERVICES

Multi Benefit Screenings:

Information & Referral Specialist—

Breanna Medina

Days/Hours: Tues-Fri 8am-5pm By Appointment
Restrictions: Must reside within City of Los Angeles
Services Available By Appointment:

Interest-free Loans, Medi-cal, Food stamps and counseling consultations. *Please inquire with the Information Desk for more details and qualifications.

EDUCATION AND TRAINING CENTER

English as a Second Language

Program Coordinator: Lilia Soller/Angelica Gonzales

Days/Hours: Tuesday-Friday 9:45am-12:30pm, Tuesday-Thursday 6:30-9pm. Please call for current semester schedule.

***Donation:** \$5.00 PLUS cost of book.

Restrictions: No one is turned away due to inability to pay.

Other Information: Classes run 14weeks. We also offer GED and sewing classes.

Computer Lab :

Computer Lab Coordinator: Dinora Cubias

Days/Hours:

Keyboarding 1-3pm W/F

Keyboarding 3:30-5:30pm T/F

Intro to Computer 10am-12pm T/Th

Intro to Computer 1-3pm T/Th

Intro to Computer 3:15-5:45pm Wed.

Intro to Computer 6-8:45pm Wed.

Personal Computer Essentials 10am-12pm W/F

Office Skills 6-8:45pm Tues.

Office Skills 3:30-6:15pm Thurs.

Children/After School Program:

Youth Coordinator: Guadalupe Covarrubias

Days/Hours: Afterschool Program/One on One Tutoring: Tuesday, Wednesday and Thursday 3-6pm, Friday 3-5:30pm; Saturday Academy 9:30am-12:30pm

***Donation:** \$5.00

Need to Bring: Picture identification

Restrictions: None

Other Information: Special classes and self-paced programs available. Check for more information.