

MAY 2026

# YOUR RIGHTS, YOUR COMMUNITY

## A RESOURCE GUIDE FOR IMMIGRANT FAMILIES



Photo by Jacqueline Ramirez

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# LETTER FROM THE **LA** LOCAL

Hello Neighbor!

We are The LA Local, your independent, nonprofit news organization for Boyle Heights, East LA, Koreatown, Pico Union, Westlake, Inglewood and South LA. We deliver community-centered daily news that is inspiring, empowering and trustworthy so that you can thrive.

After the immigration raids began last summer, we surveyed residents and learned that access to mental health and immigration legal services were critical needs. In response, we produced a mental health resource guide and hosted a panel featuring mental health experts. Over 200 people attended in person and online.

This resource zine is a continuation — primarily made for our immigrant community. From the restaurant workers, to the street vendors who feed our cravings or sell bouquets made with love, from the students becoming first-generation graduates, to the business owners who serve our community, this guide is a gentle reminder that our city still cares for you.

This zine was also made for our neighbors who live in mixed-status households and are doing their best to keep their loved ones safe. This guide is a reminder that we see you.

Lastly, this zine would not have been possible without you. You let us know your needs, and we responded. Let's remain in conversation. Complete the survey (page 20) and let us know your evolving concerns, needs and what you wish people knew about your neighborhood.

Follow us on IG @[hey.lalocal](https://www.instagram.com/hey.lalocal), visit our website [thelocal.org](https://thelocal.org), send tips to [tips@thelocal.org](mailto:tips@thelocal.org), and give us a call **323-272-4530**.

We are here for you.

In community,

The LA Local

# KNOW YOUR RIGHTS!



I do not wish to speak with you, answer your questions, or sign or hand you any documents based on my 5th Amendment rights under the United States Constitution.

I do not give you permission to enter my home based on my 4th Amendment rights under the United States Constitution unless you have a warrant to enter, signed by a judge or magistrate with my name on it that you slide under the door.

I do not give you permission to search any of my belongings based on my 4th Amendment rights.

I choose to exercise my constitutional rights.



Information provided by Immigrant Legal Resource Center, adapted by The LA Local.



Courtesy Lalo Alcaraz

## HOW TO LOCATE SOMEONE

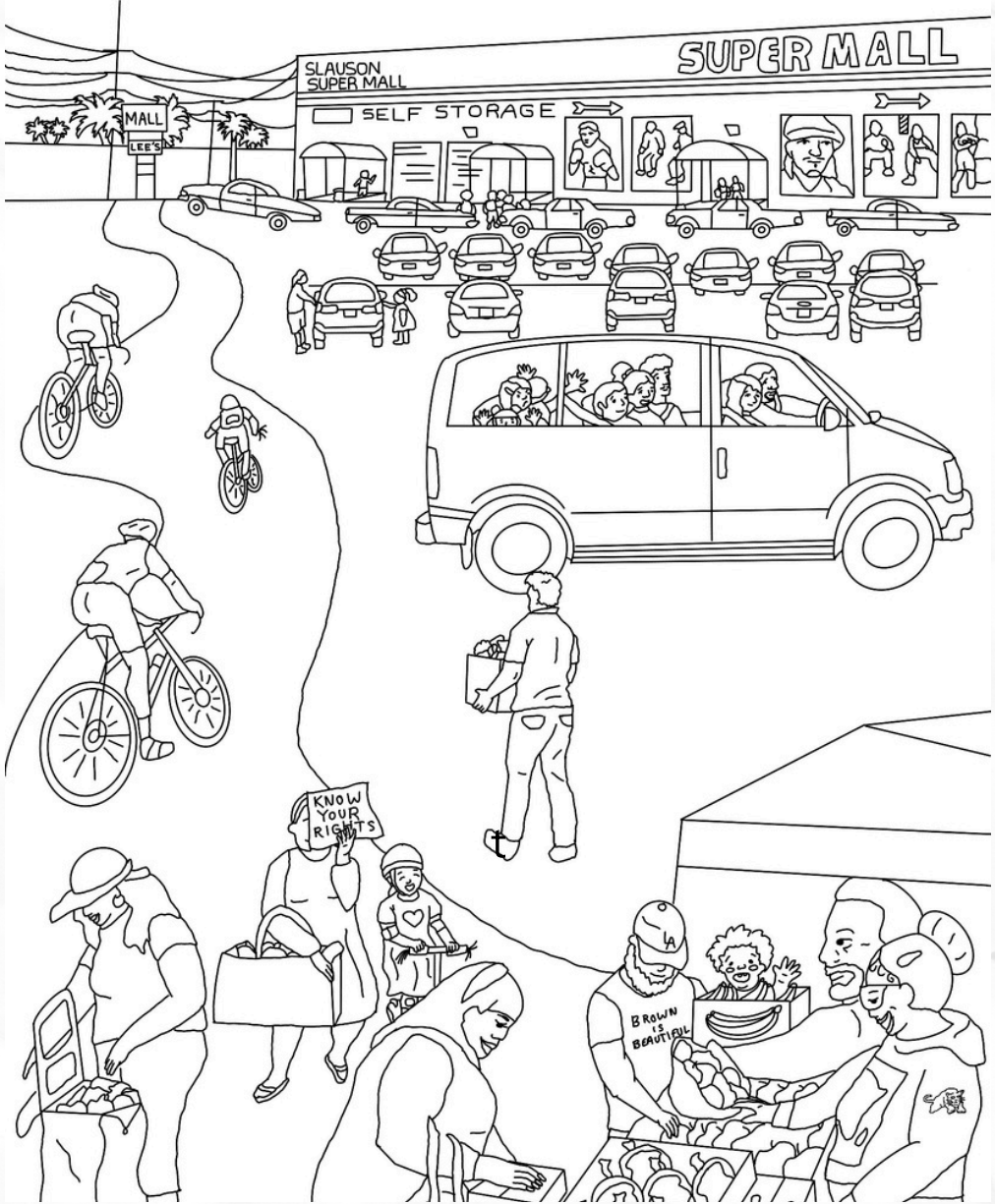
Use the ICE locator at [locator.ice.gov](https://locator.ice.gov) to find a loved one in detention. The easiest method is by using their Alien Registration Number (A#), but you can also search using their name, date of birth and country of origin.

Memorize the following information:

- Phone # of your attorney (carry a copy)
- Phone number of your consulate (carry a copy)
- Phone numbers of family members
- Your Alien Registration Number (A#)
- Your date of entry into the U.S.
- Your immigration status at entry
- Your current immigration status
- Details of your criminal history, including arrests, charges, outcomes and dates

COLOR  
ME!

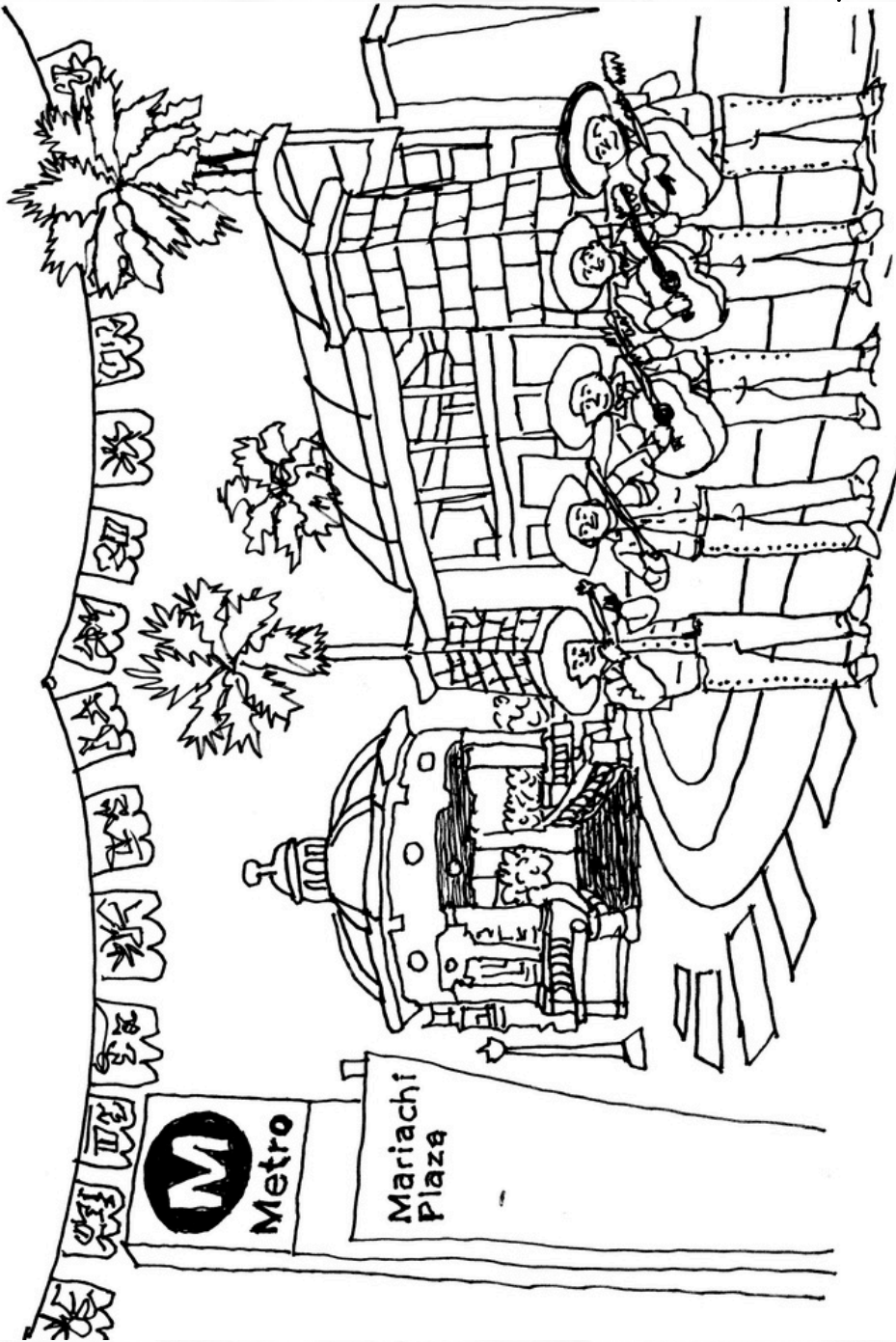
# SLAUSON



Artist Credit: Suzette Aguirre

SLAUSON SWAP MEET, SOUTH LA

COLOR  
ME!



Artist Credit: Lenny Gerard

MARIACHI PLAZA, BOYLE HEIGHTS

# ARE YOU A PARENT WHO COULD BE DEPORTED?

## MAKE A PLAN.

### Step 1: Know your goal.

#### **Will you reunite with your children in your home country?**

Make sure you have passports and a signed travel consent form for your children. Think about how your children will travel to you, and who will take them if they can't travel on their own. If you have family law custody orders, see a lawyer right away — even if you have sole custody, you must ask for court permission to move your children.

#### **Will your children stay in the U.S. with a guardian?**

A guardian can be a relative or family friend who will take responsibility for your children. You can nominate a guardian in advance, but a judge must still approve the guardianship.

Information provided by Public Counsel, adapted by The LA Local.

Information provided by Public Counsel, adapted by The LA Local.

# ARE YOU A PARENT WHO COULD BE DEPORTED?

## MAKE A PLAN.

### Step 2: Choose a caregiver who can step in immediately.

Memorize their phone number, and update school or daycare emergency contact cards. Talk with them in advance: about potential reunification and visitation, what financial support you will provide, and your child's medical needs. Give them a key to access documents in your home.

They don't need power of attorney. A caregiver's authorization affidavit and other forms will allow them to enroll children in school and get medical care. Find more info: [bit.ly/family\\_26](https://bit.ly/family_26)

### Step 3: Talk with your children.

Let them know who will take care of them if you are detained and who they should call. Make sure they know to tell other adults, like teachers, about your family plan.

# FILE OF IMPORTANT DOCUMENTS



Keep a file or a copy of these documents in a safe place. Tell your children, family members and emergency caregivers where to find this file in an emergency.

- **PASSPORTS**
- **BIRTH CERTIFICATES**
- **MARRIAGE LICENSE (IF APPLICABLE)**
- **CAREGIVER'S AUTHORIZATION AFFIDAVIT AND/OR FORM GC-211 "NOMINATION OF GUARDIAN," AS APPLICABLE**
- **A WRITTEN RECORD STATING WHO YOU HAVE CHOSEN AS BACK-UP CAREGIVER, AND ANY AGREEMENTS YOU MADE WITH THEM**
- **ANY RESTRAINING ORDERS YOU MAY HAVE AGAINST ANYONE (IF APPLICABLE)**
- **A-NUMBER AND ANY IMMIGRATION DOCUMENTS (WORK PERMIT, GREEN CARD, VISA, ETC.)**
- **DOCUMENTS DEMONSTRATING YOUR RESIDENCE IN THE UNITED STATES AND AMOUNT OF TIME YOU HAVE BEEN PHYSICALLY PRESENT IN THE UNITED STATES**
- **DRIVER'S LICENSE AND/OR OTHER IDENTIFICATION CARDS**
- **SOCIAL SECURITY CARD OR ITIN NUMBER**
- **REGISTRY OF BIRTH (FOR U.S. BORN CHILDREN REGISTERED IN PARENT'S HOME COUNTRY) (IF APPLICABLE)**
- **EMERGENCY NUMBERS AND IMPORTANT CONTACT INFORMATION**
- **CHILDREN(S)' MEDICAL INFORMATION, INCLUDING HEALTH INSURANCE, MEDICATION LIST, AND DOCTOR'S CONTACT INFORMATION**

# MY FAMILY PLAN

If I become unavailable,  
I would like \_\_\_\_\_  
to care for my children.

My children's names and dates of birth are:

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My chosen caregiver's address and phone number  
are:

---

My long-term goal is:

---

My children go to school at:

---

My children go to the doctor at:

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Other important things to know:

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# IMMIGRATION LEGAL RESOURCES

## **BET TZEDEK**

3250 Wilshire Blvd.  
Los Angeles, CA 90010  
(323) 939-0506

## **PUBLIC COUNSEL**

610 S. Ardmore Ave.  
Los Angeles, CA 90005  
(213) 385-2977

## **ESPERANZA IMMIGRANT RIGHTS PROJECT**

1530 James Wood Blvd.  
Los Angeles, CA 90015  
(213) 251-3505

## **IMMIGRATION CENTER FOR WOMEN AND CHILDREN**

634 S. Spring St. Ste. 727  
Los Angeles, CA 90014  
(213) 614-1165

## **EL RESCATE**

1605 W. Olympic Blvd. Ste. 516  
Los Angeles, CA 90015  
(213) 387-3284

## **CENTRAL AMERICAN RESOURCE CENTER (CARECEN)**

2845 W. 7th St.  
Los Angeles, CA 90005  
(213) 385-7800 Ext. 136

## **IMMIGRATION CENTER FOR WOMEN AND CHILDREN**

634 S. Spring St. Ste. 727  
Los Angeles, CA 90014  
(213) 614-1165

## **IMMIGRATION DEFENDERS LAW CENTER**

634 S. Spring St. 10th Floor  
Los Angeles, CA 90014  
(213) 634-0999

## **ASIAN AMERICANS ADVANCING JUSTICE**

1145 Wilshire Blvd.  
Los Angeles, CA 90017  
(888) 349-9695

## **CHIRLA**

2533 W. 3rd St. Ste. 101  
Los Angeles, California 90057  
(213) 201-3797

# RENT RELIEF RESOURCES

## **PROYECTO PASTORAL**

135 N. Mission Rd.  
Los Angeles, CA 90033  
(323) 881-0018

## **CENTRAL CITY NEIGHBORHOOD PARTNERS**

501 S. Bixel St.  
Los Angeles, CA 90017  
(213) 482-8618

## **EL CENTRO DE AYUDA**

2130 1<sup>st</sup> St.  
Los Angeles, CA 90015  
(323) 526-9301

## **ALL PEOPLES COMMUNITY CENTER**

822 E. 20<sup>th</sup> St.  
Los Angeles, CA 90011  
(213) 747-6357

## **BARRIO ACTION YOUTH AND FAMILY**

4927 Huntington Dr. N  
Los Angeles, CA 90014  
(323) 221-0779

## **EL NIDO FAMILY CENTER**

2069 W. Slauson Ave.  
Los Angeles, CA 90047  
(323) 998-0093



# COMMUNITY CLINICS

Free and low-cost

1

**AltaMed Health Services**

1701 Zonal Ave.  
Los Angeles, CA 90033  
(323) 223-6164

2

**Arroyo Vista Family Health Center - Lincoln Heights**

2221 N. Broadway  
Los Angeles, CA 90031  
(323) 224-2188

3

**Clinica Romero**

2032 Marengo St.  
Los Angeles, CA 90033  
(213) 989-7700

4

**Kheir Clinic**

3727 W. 6<sup>th</sup> St.  
Los Angeles, CA 90020  
(213) 235-2500

5

**Koryo Health Foundation**

1058 S. Vermont Ave.  
Los Angeles, CA 90006  
(213) 380-8833

6

**El Dorado Community Service Center**

4450 W. Century Blvd.  
Inglewood, CA 90304  
(310) 671-0555

7

**South Central Family Health Center**

4425 S. Central Ave.  
Los Angeles, CA 90011  
(323) 908-4200

# FOOD DISTRIBUTION

## **Projecto Pastoral - (323) 881-0018**

370 S. Clarence St. Los Angeles, CA 90033

Tuesdays, Thursdays: 12 p.m.

Wednesdays , Fridays: 11 a.m.

## **Pico Union Project - (213) 915-0084**

1153 Valencia St. Los Angeles, CA 90015

Every Thursday 10:30 a.m.- 1 p.m.

Distributions are first come, first served.

## **Central City Neighborhood Partners - (213) 482-8618**

501 S. Bixel St. Los Angeles, CA 90017

Mondays: 2 - 5 p.m.

Thursdays: 8 a.m. - 1 p.m.

## **Healing Los Angeles Together - (213) 315-5738**

11001 Crenshaw Blvd. Inglewood, CA 90303

Wednesdays: 12 - 2 p.m.

1st, 3rd, and 5th Saturday: 12 - 2 p.m.



# FREE OR LOW-COST MENTAL HEALTH RESOURCES FOR COMMUNITIES IMPACTED BY ICE RAIDS

- **Immigrants Rising Mental Health Connector**
  - Website: [immigrantsrising.org](http://immigrantsrising.org)
- **Latinx Therapy**
  - Website: [latinxtherapy.com](http://latinxtherapy.com)
- **Xangari Institute**
  - Website: [xangari.org](http://xangari.org) | Call: (626) 260-9533
- **National Alliance on Mental Illness (NAMI)**
  - Website: [nami.org](http://nami.org)
- **Didi Hirsch Mental Health Services**
  - Website: [didihirsch.org](http://didihirsch.org) | Call: (310) 390-6612
- **Crisis Text Line**
  - How to access: Text “LT” to 741741.
- **LA LGBT Center**
  - Website: [lalgbtcenter.org](http://lalgbtcenter.org) | Call: (323) 993-7500
- **StrengthUnited**
  - Website: [csun.edu/eisner-education/strength-united](http://csun.edu/eisner-education/strength-united)
- **Quiero Más Comunidad**
  - Instagram: @quieromas\_comunidad
- **Compás con Paz Círculo**
  - Email: [pceron77@gmail.com](mailto:pceron77@gmail.com)

Information provided by Boyle Heights Beat.

# WAYS TO GET INVOLVED

## WHAT CAN I DO



Learn about your rights and share that information with others.

If you can do so safely, document ICE activity. Learn how here: [bit.ly/filmingssafely](https://bit.ly/filmingssafely)

Support street vendors and other immigrant-owned businesses.

Donate or volunteer with your local food pantry. Check that your older or undocumented neighbors have what they need.

Donate to immigrant legal defense funds, like [immdef.org](https://immdef.org).



COLOR  
ME!



Artist Credit: Julia Wolinsky

LAX TACOS, INGLEWOOD

COLOR  
ME!



HJL  
2026



Artist Credit: Hae-Joon Lee KOREAN PAVILION (DAWOOLJUNG), KOREATOWN



My Neighborhood, Our LA.



Photo by Samantha Raquel Norris

Want to learn more about The LA Local and get stories worth telling delivered to your inbox?

Check us out at [thelocal.org](http://thelocal.org) and follow us on Instagram [@hey.lalocal](https://www.instagram.com/hey.lalocal).

**WE WANT TO HEAR FROM YOU.**

**TAKE OUR SUREY!**



[bit.ly/lalocalsurvey26](https://bit.ly/lalocalsurvey26)

**THE LA LOCAL**  
Powering  
**BOYLE HEIGHTS BEAT** **LOS ANGELES DOCUMENTERS**