SEEKING SUPPORT?
During this stressful time, Project Return Peer Support Network (PRPSN) is committed to meeting the community where they're at and offering over the phone, non-crisis support services to those in need. Here are some of the ways you can continue to utilize our services as we focus on safety during the Coronavirus outbreak:

REGION BASED PEER SUPPORT:
Non-crisis phone based one on one support will be provided from the hours of 9am-2pm Monday - Friday via our Core program regional supporters.

See back to find your regional contact.

VISIT / CALL ONE OF OUR PROGRAMS:
For the time being, select CORE Self-Help and Support groups, Hacienda of Hope, El Centrito and Un Paso Mas programs will continue to operate. For questions around availability please see the back for contact information.

CALL OUR WARMLINE:
non-crisis peer support Monday - Friday 5pm-10pm and Saturday: 11am - 4pm Toll Free #: 888.448.9777

JOIN OUR ONLINE SUPPORT GROUPS:
Visit: https://www.supportgroupscentral.com/prpsn/ for a list of our online support groups

If you are experiencing a crisis or emergency, please call:
Suicide Prevention: 800-273-8255 Suicide Prevention (Spanish) 800-273-8255
### CORE - AVAILABLE BETWEEN 9AM - 2:00PM:

**Region 1 Antelope Valley:**  
Name: Trina Forbes  
Phone #: (213) 458 - 4506  
Email: TForbes@prpsn.org  
Name: William Dempster  
Phone #: (213) 479 - 45822  
Email: WDempster@prpsn.org

**Region 2 San Fernando Valley:**  
Name: Carlo Topalian  
Phone #: (213) 446 - 2705  
Email: CTopalian@prpsn.org

**Region 3 San Gabriel Valley:**  
Name: Taura Scott  
Phone #: (213) 446 - 9779  
Email: TScott@prpsn.org

**Region 4 Downtown Los Angeles (Metro Area):**  
Name: Narcisa Gallardo  
Phone #: (213) 447 - 5343  
Email: NGallardo@prpsn.org

**Region 5 West Los Angeles & 6 South Los Angeles:**  
Contact: Hacienda of Hope Peer Specialist  
Phone #: (562) 388 - 8183

**Region 7 East Los Angeles:**  
Name: Isabel Molina  
Phone #: (213) 447 - 0198  
Email: IMolina@prpsn.org  
Name: Marc Prokop  
Phone #: (562) 968 - 4446  
Email: MProkop@prpsn.org

**Region 8 Long Beach / South Bay:**  
Name: Yvonne Miranda  
Phone #: (213) 446-8951  
Email: YMiranda@prpsn.org

### UN PASO MAS & EL CENTRITO (BILINGUAL) 9AM-5PM:

2677 1/2 Zoe Avenue, Huntington Park CA 90255  
Phone: (323) 312.0640  
Fax: (323) 312.0642

### HACIENDA OF HOPE (CALL FOR AVAILABILITY):

2241 W. Williams St., Long Beach, Ca 90810  
Phone: (562) - 388 - 8183

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