



IMMIGRANT RIGHTS

Resources for Individuals and Families Affected by Increased ICE Activity in Los Angeles

Neighborhood Legal Services of Los Angeles has put together a list of resources to help with issues caused by the increased ICE activity in Los Angeles.

If you or someone you know has been impacted, please look below to find information about legal resources.



(800) 433-6251



nlsla.org

Legal Resources

Know Your Rights

All people in the United States, regardless of immigration status, have certain rights and protections under the U.S. Constitution. It is important that community members, regardless of their immigration status, understand their rights. The resources below outline the basic rights and protections everyone is afforded under the constitution.

Digital Resources for more information about “Know Your Rights”

- [LA County Office of Immigrant Affairs](#)
- [Asian Americans Advancing Justice Southern California \(AJSOCAL\)](#)
- [The Coalition for Humane Immigrant Rights \(CHIRLA\)](#)
- [Council on American-Islamic Relations \(CAIR\)](#)
- [Comunidades Indigenas En Liderazgo \(CIELO\)](#)
- [THAI Community Development Center](#)
- [We Have Rights](#)

Know Your Rights Videos From NLSLA

- [English Immigration Know Your Rights Training](#)
- [Spanish Immigration Know Your Rights Training](#)

Red Cards

Red Cards are credit card sized fact sheets that have basic information about your rights and how to use them. It is helpful to have them with you in case of an emergency. [Red Cards can be viewed and printed here.](#)

Rapid Response Networks

- Los Angeles: CHIRLA 24/7 Rapid Response Hotline: (888) 624-4752
- Orange County: Rapid Response Hotline: (714) 881-1558
- [Additional networks can be found on the CIPC website](#)

Legal Resources

Information for detained individuals and how to locate detained individuals

If someone is detained, it can sometimes be difficult to locate them to assist with the proper legal representation. If you or someone you know has been detained, the following resources can be used to help locate them or help with legal representation:

- ImmDef hotline to locate a detained family member: (213) 833-8283
- [ICE detainee locator](#)

Removal Defense Attorneys

These private attorneys charge for their services. NLSLA is not affiliated with them or responsible for their work.

Inna Parizher, Esq.

PO Box 10340, Glendale, CA 91209 | (310) 630-9499
InnaParizher@ParizherImmigration.com

Patricia M. Corrales, Esq.

708 N Marengo Ave, Ste E, Pasadena, CA 91103
(626) 791-1434 | Patricia.M.Corrales@gmail.com

Sabrina Damast, Esq.

510 W 6th St, Ste 330, Los Angeles, CA 90014
(323) 475-8716 | sabrina@sabrinadamast.com

Cynthia Lucas, Esq.

234 E Colorado Blvd, Ste 220, Pasadena, CA 91101
(213) 802-0633 | info@lucasandbarba.com

Angeline Chen, Esq.

555 S Flower St, 24th Floor, Los Angeles, CA 90071
(213) 417-5169 | achen@clarkhill.com

Robert Jacobs, Esq.

12631 Imperial Hwy, Ste A-113, Santa Fe Springs, CA
(562) 462-1424 | rfjimmigration@gmail.com

Anya McLean, Esq.

22048 Sherman Way, Ste 106, Los Angeles, CA 91303
(213) 351-6500 | office@mcleanlawaz.com

Monica Mansouri, Esq.

16633 Ventura Blvd, Ste 1050, Encino, CA 91436
(818) 986-1079 | monica@monicamansourilaw.com

Diego J. Weinsetel, Esq.

6521 Whittier Blvd, Los Angeles, CA 90022
(323) 213-3004 | info@lawofficeofdjwt.com

Claudia Perez, Esq.

1800 W Beverly Blvd, Ste 202, Montebello, CA 90640
(213) 788-7834 | admin@cpimmigration.com

Karla Navarete, Esq.

8977 California Ave, South Gate, CA 90280
(213) 444-9563 | karla@suabogadachicana.com

Yohandra Ugarte Alvarez, Esq.

445 S Figueroa St, Ste 3100, Los Angeles, CA 90071
(213) 640-0302

Juliana Garcia, Esq.

5150 E Pacific Coast Hwy, Ste 200, Long Beach, CA 90804
(213) 290-5116 | juliana@julianagarcialaw.com

Noreen Barcena, Esq.

2355 E Foothill Blvd, Pasadena, CA 91107
(626) 898-7200 | noreen@barcenalaw.com

Cynthia Elizabeth Grande, Esq.

3812 Sepulveda Blvd, Ste 220, Torrance, CA 90505
(310) 713-2334 | info@thegrandelawfirm.com

Monica Ann Kane, Esq.

PO Box 41466, Los Angeles, CA 90041
(323) 908-9464 | Monica@kaneimmigration.com

FOR ASSISTANCE LOCATING YOUR DETAINED LOVED ONE:

Immigrant Defenders Law Center

Rapid Response Legal Resource Hotline: (213) 833-8283

Legal Resources

Free or Low-Cost Immigration Legal Referrals

Immigration Defenders

Community resources and attorneys for immigration assistance

Phone: 213-634-0999 | immdef.org/resources

NLSLA

Free legal assistance with U-Visa, VAWA, T-Visa, and other cases for domestic violence and sexual assault survivors

Phone: 800-433-6251 | nlsla.org/services/immigration

Community Legal Aid SoCal

Free legal aid assistance

Phone: 714-571-5200 | communitylegalsocal.org

CAST LA

Free legal assistance and other services to human trafficking survivors

Phone: 888-539-2373 | castla.org

Legal Aid Foundation of Los Angeles (LAFLA)

Free legal aid assistance with asylum applications, affirmative applications for U-Visas and T-Visas, and adjustment of status and naturalization

Phone: 800-399-4529 | lafla.org

Central American Resource Center (CARECEN)

Phone: 213-385-7800 | carecen-la.org

Asian Americans Advancing Justice – Los Angeles

Phone: 888-349-9695 | advancingjustice-la.org

Coalition for Humane Immigrant Rights (CHIRLA)

Phone: 213-353-1333 | chirla.org

Esperanza Immigrant Rights Project

Phone: 213-251-3505 | esperanza-la.org

Loyola Immigrant Justice Clinic

Phone: 213-252-7400 | lls.edu/academics/clinics/immigrantjusticeclinic

Legal Resources

Free or Low-Cost Immigration Legal Referrals

Public Counsel

Phone: 213-385-2977 | publiccounsel.org

Survivor Justice Center

Assistance for domestic violence survivors facing immigration issues

Phone: 323-980-3500 | survivorjusticecenter.org

Children's Law Center

Assistance for children in foster care

Phone: 323-980-1700 | clccal.org

Thai Community Development Center

thaicdc.org

RepresentLA

Free immigration legal services

representla.org

Immigrant Center for Women and Children

Legal and social services to women and children affected by immigration

hicwclaw.org

Los Angeles LGBT Center Immigrant Legal Services

Provides legal consultations and representation to protect members of the LGBTQ+ community fleeing persecution and torture in their countries of origin

Phone: 323-993-7670 | Email: legalservices@lgbtcenter.org | lgbtcenter.org

Family Planning in ICE Detention

In the event that you or a family member are detained by Immigration services, it is important to have a plan for how to respond and how your children will be taken care of. Below are guides to help prepare on your own:

- Family Preparedness Guide
 - [English](#)
 - [Spanish](#)

Legal organizations providing assistance with family preparedness:

- [Bet Tzedek](#): 323-939-0506
- [Survivor Justice Center](#): 323-980-3500
- [Levitt & Quinn](#): 213-482-1800
- [Community Legal Aid SoCal](#): 800-834-5001

General Need Resources

Food

If you or someone you know is dealing with food insecurity or is afraid to leave their homes due to the increased ICE presence here are some organizations that can help with groceries:

YMCA of Metropolitan Los Angeles

Email socialimpact@ymcala.org or call 323-244-9077 to request a care package or grocery delivery

Not Us Without You LA

You can apply for assistance [here](#)

211 LA

[Up-to-date information about resources in the community](#)

Raíces con Voz

Request support with groceries and essentials by directly messaging the group on Instagram:

[@raicesconvozph](#)

Aqui Para la Comunidad

Provides services for shopping and delivering groceries to people afraid to be out in public. You can request assistance through the group's form [here](#), also available in [Spanish](#)

El Monte Cares

Provides providing food distribution and baby product delivery to people affected by the ICE activity in the San Gabriel Valley. Residents interested in receiving support can call (800) 622-4302

Project Food Box

Delivers free grocery boxes to some Medi-Cal members. Those interested need to file an online application and speak with the intake team. The program is designed to support people with diabetes, cardiovascular disorders, HIV, cancer, and other conditions. More information [here](#).

Stephanie Turcios and the Church of Jesus Christ of Latter Day Saints

Provides free groceries to families in Bell, Downey, Huntington Park, Maywood, and South LA. Request support by calling 323-486-6282

General Need Resources

Food

La Mano Extendida

Provides providing weekly food and essential goods (hygiene items, baby items, school supplies) deliveries in the San Fernando Valley and Orange County. Contact: [@lamanoextendida](#) on Instagram

Thai Community Development Center

Provides food distribution for residents of Hollywood and Downtown Los Angeles who cannot leave their homes. Find more info [here](#).

Los Angeles General Medical Center

Provides a mobile food pantry for individuals dealing with food insecurity. Find dates and info [here](#).

LA Regional Food Bank

Provides groceries to homebound or undocumented clients regardless of their income or immigration status. To schedule a delivery, call (323) 234-3030 x170

Pomona Economic Opportunity Center

Delivers groceries and diapers. Call (909) 397-4215

Interfaith Refugee & Immigration Service (IRIS)

Provides food assistance - no questions asked. Call (323) 667-0489

Catholic Charities of Los Angeles

Offers in-home food deliveries by volunteers. Call 213-251-3411

Raices con Voz

Provides food and essential items. Contact [@raciesconvozph](#) on Instagram

La Puente Mutual Aid

Provides support to working class families. Contact [@lpmututalaid](#) on Instagram

Pomona Fridge

Provides groceries. Contact them on Instagram to sign up: [@pomonafridge](#)

General Need Resources

Health

If you are seeking home healthcare, look to the below resources:

LA Care

Patients can access healthcare remotely through virtual visits, on the phone and on video call appointments. Visit their [site to find care](#)

Suicide and Crisis Lifeline

For immediate mental health emergencies, call or text 988 or [visit their website](#) to chat online.

NLSLA

Created videos about coping with political stress and talking to children about what is happening during this time. Available in [English](#) and [Spanish](#)

El Monte Cares

Provides medical services and mental health resources to those who are affected by the increased ICE activity in the San Gabriel Valley. To get help, call 1-800-622-4302

Clinica Romero

Offers family-focused in-home visits to individuals affected by the ongoing ICE presence in LA. Visits provide a wide range of care including pregnancy care, therapy and checkups with no questions regarding immigration status. To get help, call 213-989-7700

El Rescate Legal Services

Offers family-focused in-home visits to individuals affected by the ongoing ICE presence in LA. Provides in-home or low profile health referrals with no questions regarding immigration status. Call 213-387-3284

The Archdiocese of Los Angeles

Provides help with prescription deliveries for immigrant parishioners who are affected

General Need Resources

Shelter and Financial Assistance

The following organizations provide assistance with housing related needs:

Thai Community Development Center

Provides cash aid for those who are sheltering in place due to the increased ICE activity in LA. Find more information [here](#)

Pomona Economic Opportunity Center

Provides aid for rent payments to individuals with housing insecurity as a result of ICE activity. Call 909-397-4215

City of Anaheim

Offers emergency grants to city residents affected by the recent ICE presence. Families must contact the city's Family Resource Centers. Contact them [here](#)

Housing Rights Center

Offers free housing counseling, discrimination investigation, and education. FCall 1-800-477-5977 or [visit their website](#)

Stay Housed LA

Helps tenants in LA County understand and protect their rights. Find online resources [here](#). Join a legal rights workshop [here](#). Get legal help for evictions [here](#)