

Community Action Team Los Angeles Air Force Base

Integrated Resilience Office

Phone 310-653-5052

Updated 3 Mar 2026



	SRD3 First Sergeant 310-648-0671 SSC First Sergeant 310-341-8719	School Liaison Officer 653-5262	Mental Health 653-6860	Health Promotions 653-6708	Chaplain Services 653-5080	Family Advocacy 653-6860	Exceptional Family Member Program (Family Support) 310-653-5536	Legal Office 653-3084	Sexual Assault Response 653-7272	Military & Family Readiness 653-5290	Military Family Life Counselor 310-658-2334	Military Child Life Counselor 213-424-5162	Equal Opportunity 310-653-1902	Special Victims Counsel 1-805-606-1521	Commander Director
Family															
Change in Schools	•	•			•		•			•		•			•
Deployments		•	•		•		•				•				•
Divorce/Separation	•		•			•				•		•			•
Getting Married	•				•					•		•			•
Loss of Family Member/Friend	•		•		•					•		•			•
New Parent	•				•	•	•			•		•			•
PCSing		•	•		•			•		•		•			•
Raising Teens		•			•					•		•			•
Relationship Challenges	•		•		•					•		•			•
Reasonable Accommodations/Needs	•				•		•								•
Single Parent	•				•	•		•		•		•			•
Spouse Finding Work	•				•					•		•			•
Strengthening Marriage	•		•		•	•				•		•			•
Personnel															
Abuse or Trauma (past)	•		•		•	•			•						•
Alcohol Misuse/Substance Abuse	•		•		•	•									•
Anger Management	•		•		•	•				•					•
Anxiety	•		•		•	•				•		•			•
Dating Violence	•		•		•	•									•
Disability/Information and Referrals	•				•		•						•		•
Discrimination	•		•		•	•		•		•					•
Domestic Violence	•		•		•	•		•							•
Health Concerns	•		•		•	•				•		•			•
Loneliness/Isolation	•		•		•	•					•				•
Low Self-Esteem	•		•		•	•				•		•			•
Sexual Assault	•		•		•	•		•						•	•
Sleep Difficulties	•		•		•	•									•
Special Education/ Case Management	•				•	•				•					•
Stress	•		•		•	•				•		•			•
Suicide Ideation	•		•		•	•				•		•			•
Weight and Nutrition Management	•		•		•	•									•
Finance															
Emergency Need	•									•					•
Foreclosure	•									•					•
Mortgages/Loans	•									•					•
Retirement/Separation	•									•					•
Legal															
Divorce	•							•		•		•			•
Power of Attorney	•							•							•
Wills	•							•							•
General Legal Advice	•							•							•

Helping Agencies & Emergency Services		Helping Agencies & Emergency Services	
ADAPT	310-653-6860	Military Family Life Counselor	310-658-2334
Base Operator	310-653-1110	Military and Family Readiness Center	310-653-5290
Chaplain (Duty Hours)	310-653-5080	Personal Financial Counselor	505-231-3491
Chaplain (Non-Duty Hours)	310-653-3070/310-864-5066	School Liaison Officer	310-653-5262
Child Development Center	310-653-6800	Security Forces	310-653-5787
Command Post	310-653-3070	Sexual Assault Response/Victim Advocate (SAPR)	310-653-7272
Domestic Abuse Victim Advocate (DAVA)	310-653-6729/310-692-8611	Special Victims' Counsel	1-805-606-1521
Education Center	310-653-5358	National Hotlines	
Emergency Management	310-653-6906	24/7 Employee Assistance Program (EAP)	1-800-581-9437
Equal Opportunity Office	310-653-1902	Air Force Wounded Warrior Program (AFW2)	1-866-580-9078
Exceptional Family Member Program (EFMP) Medical	310-653-6753	Ambulance (on or off base)	911
Family Advocacy	310-653-6860	American Red Cross	1-800-733-2767
Guardian Resiliency Team (GRT)	310-653-2482	Fire	911
Health Promotion Team	310-653-6708	Military One Source	1-800-342-9647
Inspector General	310-653-2135	National DoD Safe Helpline	1-877-995-5247
Medical Appointment Line	310-653-2873	National Suicide and Crisis Lifeline	988
Mental Health Clinic	310-653-6860	National Sexual Assault Hotline	1-800-656-HOPE(4673)

The Community Action Team (CAT) is a coalition of Los Angeles Air Force Base helping agencies that have created a seamless system of services designed to assist our Military Members, DoD employees, and their Families.

The CAT is committed to the comprehensive health of our community by assisting with life demands through services, prevention programs, and educational opportunities at Los Angeles Air Force Base.

