



# Community Action Team Los Angeles Air Force Base

Integrated Prevention  
Phone 310-653-5052

	First Sergeant	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
<b>Family</b>															
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	•		•		•	•				•	•	•			•
<b>Personnel</b>															
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	•			•	•	•									•
<b>Finance</b>															
Emergency Need	•									•					•
Foreclosure	•									•					•
Mortgages/Loans	•									•					•
Retirement/Separation	•									•					•
<b>Legal</b>															
Divorce	•							•		•	•	•			•
Power of Attorney	•							•							•
Wills	•							•							•
General Legal Advice	•							•							•
<b>Helping Agencies</b>							<b>Emergency Services</b>								
<b>ADAPT</b>							<b>Visitor Control Center</b>							310-653-0548	
<b>Military and Family Readiness Center</b>							<b>Ambulance (on or off base)</b>							911	
<b>American Red Cross</b>							<b>Command Post</b>							310-653-3070	
<b>Base Operator</b>							<b>Fire</b>							911	
<b>Child Development Center</b>							<b>National Suicide and Crisis Lifeline</b>							988	
<b>Education Center</b>							<b>Chaplain (Duty Hours)</b>							310-653-5080	
<b>24/7 Employee Assistance Program (EAP)</b>							<b>Chaplain (Non-Duty Hours)</b>							310-653-3070/310-864-5066	
<b>Equal Opportunity Office</b>							<b>Emergency Management</b>							310-653-6906	
<b>Exceptional Family Member Program (EFMP) Medical</b>							<b>Family Advocacy</b>							310-653-6860	
<b>Health Promotion Team</b>							<b>Mental Health Clinic</b>							310-653-6860	
<b>Inspector General</b>							<b>Medical Appointment Line</b>							310-653-2873	
<b>Military Family Life Counselor</b>							<b>Air Force Wounded Warrior Program (AFW2)</b>							1-800-581-9437	
<b>Military OneSource</b>							<b>Sexual Assault Response/Victim Advocate</b>							310-653-7272	
<b>Personal Financial Counselor</b>							<b>Special Victims' Counsel</b>							1-805-606-1521	
<b>School Liaison Officer</b>							<b>Security Forces</b>							310-653-5787	
<b>Youth Programs</b>							<b>National Sexual Assault Hotline</b>							1-800-656-HOPE (4673)	
<b>National DoD Safe Helpline</b>							<b>Updated 2 Dec 24</b>								



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.