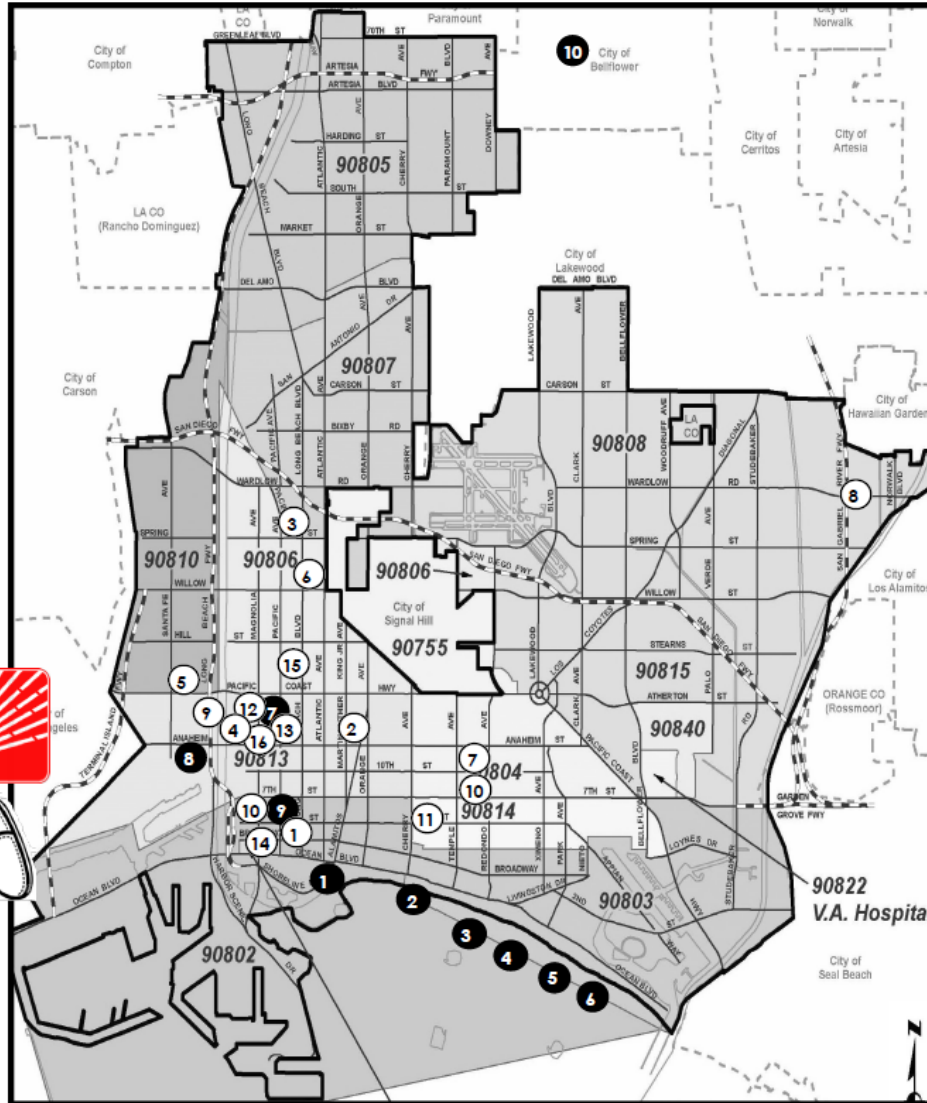


Showers/Clothes/Furniture



LBCCONNECTS



Showers

- 1 Alamitos Beach. Shoreline drive just south of Ocean Blvd. LB Transit 21,22,121. Free showers. Hours: Sunrise to Sunset. 7 days.
- 2 Junipero Beach. Near Cherry and Ocean. LB Transit 121. Free showers. Hours: Sunrise to Sunset. 7 days.
- 3 Belmont Pier. Belmont Veterans Memorial Pier. LB Transit 121. Free showers. Hours: Sunrise to Sunset. 7 days.
- 4 Granada Beach. Granada Ave and Ocean. LB Transit 121. Same as above.
- 5 Mother's Beach. Naples and Marina Pacifica. LB Transit 121. Free showers. Hours: Sunrise to Sunset. 7 days.
- 6 Colorado Lagoon. Marine Park near Marine Stadium. LB Transit 121, 131. Free showers. Hours: Sunrise to Sunset. 7 days.
- 7 St. Luke's Episcopal. 525 E. 7th Street, LB 90813, 1st, 2nd, 3rd, and 4th Saturday of each Month. 8:00 AM 562-436-4047. Free showers.
- 8 Multi-Service Center. 1301 W 12th St, LB 90813. LB Transit 45/191/92. 562-570-4500. Free showers/Mail Services. M/T/W/F 8:30AM-4:00PM TH: 8:30AM-2:00PM
- 9 MHA Homeless Assistance Program (HAP). 456 Elm Ave, LB 90802. For persons who are homeless and have mental illness. Drop-in center provides free showers, laundry facilities, lockers and toiletries. M-F 9:00AM-5:00PM 562-437-6717
- 10 Calvary Baptist Church. 14722 Clark Ave, Bellflower 90706 562-9253706 Every Saturday: hot breakfast, clothes and a shower.

Clothes/Furniture/Hygiene Kits

- 1 Christian Outreach. 515 E. Third St, LB 90802 Clothing, hygiene kits, and furniture. Fridays 9:00AM-12:00PM. 562-432-1440 FREE
- 2 Salvation Army Family Store. 1334 Alamitos Ave, LB 90813. Redeems clothing vouchers. Clothing and furniture. M-F: 9:00AM-5:00PM 562-218-2355
- 3 Salvation Army Family Service. 3092 Long Beach Blvd, LB 90807. Clothing. Tuesday/Individuals: 8:30AM-11:30AM. Wed/Thurs/Families: 8:30AM-11:30AM.
- 4 Long Beach Rescue Mission Thrift Store. 702 W. Anaheim St, LB 90813. Clothing and furniture. M-F: 9:00AM-6:00PM, Saturday: 10:00AM-6:00PM. 562-495-8900 LOW-COST
- 5 Goodwill Stores. 800 W. PCH, LB 90806. 562-435-8214. Low-cost clothing and furniture. M-S: 9:00AM-9:00PM. Sunday: 10:00AM-8:00PM.
- 6 Goodwill Stores. 2610 Atlantic Ave, LB, CA 90806. 562-989-3630. Low-cost clothing and furniture. M-S: 9:00AM-9:00PM. Sunday: 10:00AM-8:00PM.
- 7 Goodwill Stores. 1130 Redondo Ave, LB, CA 90804. 562-498-0040. Low-cost clothing and furniture. M-S: 9:00AM-9:00PM. Sunday: 10:00AM-8:00PM.
- 8 Goodwill Stores. 8155 E. Wardlow, LB, 90808. 562-719-9242. Low-cost clothing and furniture. M-S: 9:00AM-9:00PM. Sunday: 10:00AM-8:00PM.
- 9 Goodwill Stores. 730 W. Esther St, LB, 90813. Last chance sales. Open 7 Days: 8:00AM-4:00PM. 562-435-4761.
- 10 Out of the Closet. 3500 E. PCH LB 90804. Low-cost clothing and household goods. 562.494.0340. M-S: 10:00AM-7:00PM. Sunday: 10:00AM-6:00PM
- 11 Assistance League Thrift Store. 2100 E. 4th St, LB 90814. 562-434-7121. Used and vintage clothing, furniture. Monday: 10AM-4PM Tues-Sat: 10AM-6PM
- 12 Lutheran Social Services. 1611 Pine St, LB 90813 562-599-1321 Clothing/Seasonal Hygiene Packs. M-Th: 10AM-12PM ;12:30PM-2PM FREE
- 13 Catholic Charities. 123 E. 14th St, LB 90813. 562-591-1351. Clothing available Monday and Wednesdays: 9:30AM-12:00PM, 1:30PM-3:00PM. Bring ID. FREE
- 14 Urban Community Outreach Center. 241 Cedar Ave, LB 90802 FREE Clothing, plastic tarps, blankets, sleeping bags, hygiene kits, detergents. Every Sunday 12:30PM-4:00PM 562-582-1000 FREE
- 15 Centro Shalom. 2131 Long Beach Blvd, LB 90806. 562-591-2214. Furniture and clothing center. Open M-F: 9:00AM-3:00PM. FREE
- 16 Beacon for Him. 439 W. Anaheim, LB 90813. Breakfast: 9-12 562-591-2299. Offers free laundry services, every 1st and 3rd Thursday @ 11:30AM. (Arrive by 10:00AM. First come, first served.) The Laundromat at Cedar & Anaheim.

ONLINE: FREE HOUSEHOLD GOODS and FURNITURE

Craigslist.org. Click on "Free" under "for Sale" for household goods, furniture, and office supplies (e.g., "printer")
 Recycle.com. Similar to Craig' list, this site has numerous free clothing, household goods and furniture for free
 Nextdoor.com. Lots of great information on apartments, free stuff, and low-cost furniture available close to you.