



COMMUNITY RESOURCE GUIDE

for Families/Caregivers of Children Ages 0-5



Serving the communities of:

***Pico Union, University Park, Exposition Park,
Jefferson Park, West Adams, Crenshaw,
and Baldwin Hills***

INTRODUCTION

Choose Health LA Kids is a partnership between the Los Angeles County Department of Public Health and 20 funded agencies throughout LA County working towards reducing childhood obesity among children ages 0-5. Funded by First 5 LA, Choose Health LA Kids' funded agencies are engaging the community through a variety of activities including grocery store tours, food demonstrations, parent education, and linking community resources to families with children ages 0-5.

WHAT YOU WILL FIND

The Community Resource Guide for Families/Caregivers of Children Ages 0-5 is a comprehensive publication focusing on Los Angeles County. The Guide is divided into five sections:

- First 5 LA Resources
- Nutrition and Healthy Lifestyle Resources
- Physical Activity Resources
- Free/Low-Cost Resources for Pregnant/Post-Partum Women
- Social and Health Services Resources

TABLE OF CONTENTS

First 5 LA Resources		pg #3
Perinatal and Parent Support	Housing	
Oral Health	Early Care and Education	
Best Start	Vision	
Health Coverage and 211 LA County	Parent-Child Interaction Therapy	
Nutrition and Physical Activity		
Nutrition and Healthy Lifestyle Resources		pg #6
Women, Infants and Children (WIC)	Community Gardens	
CalFresh	Food Pantries	
Nutrition Programs	Grocery Store Tours/Food Demos	
Farmers' Markets	Choose Health LA Restaurants	
Physical Activity Resources		pg #11
Parks/Recreation Centers	Sports Leagues for 0-5	
Track/Tennis Courts	Shared Use Spaces	
Walking/Hiking Trails	Fitness Activities	
YMCA/YWCA & Other Gyms		
Free/Low-Cost Resources for Pregnant/Post-Partum Women		pg #15
Breastfeeding Support	Parent/Caregiver Support Groups	
Baby-Friendly Hospitals	Healthy Families America	
Choose Health LA Moms		
Social and Health Services Resources		pg #18
Information Helpline for LA County	Community Assistance Programs	
Free Health Coverage Program	Family Support and Child Development	
Low-Cost Dental Services	Los Angeles County Local Libraries	
Free/Low-Cost Family Planning	Budgeting Resources	
Prenatal and Primary/Urgent Care	Housing	
Free/Low-Cost Mental Health Care	Choose Health LA Child Care	
Developmental Disability Services	School Readiness	
Substance Use Treatment		

First 5 LA Resources



FIRST 5 LA RESOURCES

PERINATAL AND PARENT SUPPORT

Parent Circles of Los Angeles County

Information: 213-250-4800

Website: www.paralosninos.org

Description: Parent support groups to foster social connections, reduce isolation, and encourage sharing knowledge and skills among parents of children prenatal to age five.

Black Infant Health

Information: 213-637-8473

Description: Description: The BIH Program is a state program to address the high infant mortality rate among African Americans. Services are provided by health departments: Los Angeles County Department of Public Health (subcontractors), City of Long Beach, and City of Pasadena

Welcome Baby

Description: A voluntary hospital and home-based intervention for pregnant and postpartum women that engages Best Start families prenatally, at birth and postpartum. Families outside a Best Start community are eligible for the hospital visit and postpartum services if needed. A universal risk screening is conducted at the Welcome Baby hospital visit with all participating families to help identify those needing additional support. (Providers that are also Baby Friendly Hospitals are noted. Baby-Friendly Hospitals work to enhance and support a continuum of care to improve initiation and duration of breastfeeding by improving breastfeeding policies and procedures.

One Step Ahead/Little by Little

Information: Mercedes Perezchica, First 5 LA, mperezchica@first5la.org

Description: A 6 year strategic partnership with Public Health Foundation Enterprises WIC Program (PHFE WIC) to expand the early literacy and safety education program to WIC sites throughout Los Angeles County. The program aims to improve the health,

developmental and safety outcomes of young children in low-income communities receiving WIC services in Los Angeles County. The program builds on the original Little by Little program (LBL) by adding child safety education to the literacy intervention which was demonstrated to significantly increase children's school readiness, particularly among low-income Spanish-speaking children.

ORAL HEALTH

St. John's Well Child & Family Center

Information: 213-749-0947

Website: www.wellchild.org

Hours: Mon/Thurs [10:30am-6:00pm],
Tues/Wed/Fri [8:30am-4:00pm], Sat
[7:00am-2:00pm]

Location: 1910 Magnolia Ave. # 101 Los Angeles, CA 90007

Transportation: LA Metro 35

BEST START

Metro LA Best Start

Information: 213-250-4800 ext. 553

Website: www.first5la.org

Description: Parents and community leaders in 14 communities work together to build foundations for the health, safety, and school readiness of children ages 0-5.

Hours: Fridays at 4:00pm

Location(s): Pico Union Vest Pocket Park

Transportation: LA Metro 35

HEALTH COVERAGE AND 211 LA COUNTY

211 LA County

Telephone: Dial 2-1-1

Website: <https://www.211la.org>

Hours: Available 24/7

Languages: Hearing-impaired, English, Spanish, and 140 other languages interpreted

Cost/Insurance: Free for those who qualify

Description: Confidential referrals to services

St. John's Well Child and Family Center at Manual Arts High School

Information: For more information please see:

http://notebook.lausd.net/portal/page?_pageid=33,922965&_dad=ptl&_schema=PTL_EP#where

NUTRITION AND PHYSICAL ACTIVITY

Market Match

California's healthy food initiative program provides matching funds so you can buy more fruits and vegetables at farmer's markets.

Spend \$5: Receive \$5

Spend \$10: Receive \$10

Spend \$20: Receive \$20

Website: <http://ecologycenter.org/marketmatch/>

Adams & Vermont Farmers' Market

Information: 323-777-1755

Hours: Wednesday: [2:00pm-6:00pm]

Location: 1432 W. Adams Blvd. Los Angeles, CA 90007

Transportation: Metro Local Line 204 / 754

HOUSING

PATH (formerly Beyond Shelter)

Information: 323-212-6285 or 211 Additional questions, please contact Sharon Murphy at First 5 LA 213-482-7531 or 213-482-5902.

Website: www.beyondshelter.org

Hours: Monday-Friday [9:00am-5:00pm]

Location: 3323 W. Washington Blvd. Los Angeles, CA 90018

Transportation: LA Metro 35 or 209

West Hollywood Community Housing

Information: 323-231-1106

Website: www.hdsimanagement.com

Hours: Monday-Friday [8:30am-4:30pm]

Location: 3460 S. Broadway St. Los Angeles, CA 90007

Transportation: LA Metro 102

EARLY CARE AND EDUCATION

LAUP

Information: 1-866-675-5400

Website: www.laup.net

Description: Provides preschool services to Los Angeles County 4-year-olds through direct funding of preschool spaces in previously empty classrooms.

Location(s): Multiple in LA County

VISION

Vision to Learn

Information: Information: Serena Oberstein (800) 485-9196

mail@visiontolearn.org

Website: <http://visiontolearn.org>

Location(s): LA County

Description: A program to improve the vision and school readiness of preschool children in LA County.

PARENT-CHILD INTERACTION THERAPY (PCIT) PROVIDER

Kedren Community Health Center

Location: 4211 S. Avalon Blvd., Los Angeles CA 90011

Contact information: 323-233-0425

Website:

<http://www.first5la.org/index.php?r=site/article&id=3082>

Nutrition and Healthy Lifestyle Resources



NUTRITION AND HEALTHY LIFESTYLE RESOURCES

Women, Infants, Children (WIC)

Registration: 1-888-942-9675

Website: <http://www.phfewic.org/>

Services: Provides breastfeeding support, nutrition education, and food for children ages 0-5 and pregnant/breastfeeding women.

Cost/Insurance: Free for those who qualify.

Hours: Mon/Tues/Thu [8:30am-5:30pm],
Wed [10:00am-7:15pm], Fri [10:00am-5:30pm]

Language(s): English and Spanish

Location(s): Pico Union, Baldwin
Hills/Crenshaw, W. Washington Blvd.

Transportation: Local Metro

CalFresh

Website:

<http://www.dss.cahwnet.gov/foodstamps>

Services: A nutritional assistance program that adds to a family's food budget to obtain healthy and nutritious food.

NUTRITION PROGRAMS

St. John's Well Child and Family Center

Registration: 213-749-0947

Website: <http://www.wellchild.org>

Services: Nutritional counseling and medical services

Cost/Insurance: Free or low cost

Hours: Mon/Wed/Fri [8:00am-5:00pm],
Tues/ Thu [8:00am-7:00pm], Sat [7:30am-3:30pm]

Ages: All ages

Languages: English and Spanish

Location: 1910 Magnolia Ave. Los Angeles,
CA 90007

Transportation: LA Metro #35

Catch Healthy Habits

Registration: 323-291-3414

Website: www.oasisnet.org

Services: Seniors teach kids how to eat healthy and exercise.

Cost/Insurance: Free

Hours: Monday-Friday [10:00am-4:00pm]

Ages: All ages

Language(s): English and Spanish

Location: 4005 Crenshaw Blvd. Los Angeles,
CA 90008

Transportation: Metro 105, LA DASH
Crenshaw

FARMERS' MARKETS

Market Match

California's healthy food initiative program provides matching funds so you can buy more fruits and vegetables at farmer's markets.

Spend \$5: Receive \$5

Spend \$10: Receive \$10

Spend \$20: Receive \$20

Website: <http://ecologycenter.org/marketmatch/>

West Adams/Pico Farmers' Market

Information: 323-777-1755

Hours: Thursday [2:00pm-5:00pm]

Payment: EBT/CalFresh accepted

Location: 1432 W. Adams Los Angeles, CA
Transportation: Metro 204

Crenshaw/Baldwin Hills Farmers' Market

Information: 323-463-3171

Hours: Saturday 10:00am-3:00pm

Payment: EBT/CalFresh accepted

Location: 3650 W. Martin Luther King Blvd.
Los Angeles, CA 90008
Transportation: Metro 105, LA DASH
Crenshaw

Mid-City Farmers' Market

Information:

www.lacienegafarmersmarket.com

Hours: Thursday [2:00pm-7:00pm]

Payment: EBT/CalFresh accepted

Location: 1801 La Cienega Blvd. Los Angeles
Transportation: Metro 105

Wellington Farmers' Market

Information:

www.wellingtonfarmersmarket.org

Hours: Sunday [9:00am-1:00pm]

Payment: EBT/CalFresh accepted

Location: 4394 W. Washington Blvd. Los Angeles, CA
Transportation: LA Metro 35, DASH Midtown

Jefferson Park Farmers' Market

Information: 323-730-7745
Hours: Sat/Sun [9:00am-4:00pm]
Payment: EBT/CalFresh accepted
Location: 1968 W. Adams Los Angeles
Transportation: LA Metro 14/37, 207, or DASH Midtown

Community Services Unlimited

Information: 213-746-1216
Website: www.csuinc.org
Hours: Vary by location
Payment: EBT/CalFresh accepted
Location: 817 W. 34th St. Los Angeles, CA 90089

Weekly Produce Stand – Magnolia Place

Information: 213-746-1216
Hours: Thursday [9:30am-12:00pm]
Payment: EBT/CalFresh accepted
Location: 1910 Magnolia Ave. Los Angeles, CA 90007
Description: Produce stands carry a wide range of healthy groceries including eggs, dry goods, baked items, and more.
Transportation: LA Metro #35

Weekly Produce Stand – Century Market

Information: 213-746-1216
Hours: Friday [2:00pm-5:30pm]
Payment: EBT/CalFresh accepted
Location: 3894 S. Western Ave. Los Angeles, CA 90062
Description: Produce stands carry a wide range of healthy groceries including eggs, dry goods, baked items, and more.
Transportation: LA Metro 102 or 207

Weekly Produce Stand – The EXPO Center

Information: 213-746-1216
Hours: Wednesday [4:00pm-7:00pm]
Payment: EBT/CalFresh accepted
Location: 3990 Bill Robertson Ln. Los Angeles, CA 90037

Description: Produce stands carry a wide range of healthy groceries including eggs, dry goods, baked items, and more.
Transportation: LA Metro 40 or 204

USC Eco-Op Farmers' Market

Information: 323-272-9171
Hours: Tuesday [11:00am-7:00pm]
Location: 3200 University Ave. Los Angeles, CA 90007
Transportation: LA Metro 35 or 200

Central Avenue Farmers' Market

Information: 323-463-3171
Hours: Thursday [10:00am-3:00pm]
Location: 4301 S. Central Ave. Los Angeles, CA 90011
Transportation: LA Metro 53

Adams and Vermont Farmers' Market

Information: 323-777-1755
Hours: Wednesday [2:00pm-6:00pm]
Payment: EBT/CalFresh accepted
Location: 1432 W. Adams Blvd. Los Angeles, CA 90007
Transportation: LA Metro 14/37 or 204

COMMUNITY GARDENS

Union Avenue Community Garden

Information: 213-381-3747
Cost: \$15/year
Location: 1136 S. Union Ave. Los Angeles, CA 90015
Transportation: DASH Pico Union, LA Metro 28

Erika J. Glazer Community Garden

Information: 323-633-4118
Contact: Julie Burleigh
Email: jburleigh13@mac.com
Location: 2632 Raymond Ave. Los Angeles, CA 90007
Transportation: LA Metro 14/37

Crenshaw Community Garden

Information: 323-307-1777
Location: 1423 Crenshaw Blvd. Los Angeles, CA 90019
Transportation: LA Metro 30/330 or 33

Vermont Square Community Garden

Information: 213-399-1476
Location: 4712 S. Vermont Ave. Los Angeles, CA 90037
Transportation: LA Metro 204

FOOD PANTRIES

St. Agnes Catholic Church Food Pantry

Information: 323-731-2464
Meals Served: No
Services: Church provides emergency food for people who live near parish. Must bring two reusable bags.
Hours: Tues/Fri [9:00am-10:30am]
Cost: Free
Location: 2625 S. Vermont Ave. Los Angeles, CA 90007
Transportation: LA Metro 204, LA Metro 14/37

Christ the Good Shepherd Episcopal Food Closet

Information: 323-295-4139
Meals Served: No
Services: Provides emergency food for people in Los Angeles area including homeless and undocumented residents.
Hours: Friday [9:30am-2:00pm]
Cost: Free
Location: 3303 W. Vernon Ave. Los Angeles, CA 90008
Transportation: LA Metro 105, LA Metro 102

World Harvest Food Bank

Information: 213-746-2227
Meals Served: No
Services: Receive up to 150lbs of food for \$25. Food includes produce, sugar, eggs, and bread.
Hours: Mon-Fri [8:00am-6:00pm]
Cost: Free
Location: 3200 S. Grand Ave. Los Angeles, CA 90007

Transportation: DASH King-East, LA Metro 35

GROCERY STORE TOURS/FOOD DEMONSTRATIONS

Children's Bureau—Choose Health LA Kids

Information: 213-342-0200 ext. 1241

Grocery store tours teach families how to shop healthier; food demonstrations show families how to prepare delicious and healthy snacks and meals at home.

See the last page of this Community Resource Guide for more information about Children's Bureau Choose Health LA Kids.

CHOOSE HEALTH LA RESTAURANTS

To locate Choose Health LA Restaurants in your community please visit:

<http://www.choosehealthla.com/eat-healthy/restaurants/>

Price range is approximate cost per person for a meal including one drink, tax, and tip

\$ Under \$10
\$\$ \$11-\$30
\$\$\$ \$31-\$60
\$\$\$\$ Above \$61

Subway

Information: www.subway.com
Cuisine: Sandwiches
Cost: \$
Hours: Vary by location
Location: Metro LA, Crenshaw/Baldwin Hills

Blu Elephant Cafe

Information: <http://www.yelp.com/biz/blu-elephant-cafe-los-angeles-4>
Cuisine: Sandwiches, Coffee, Tea
Cost: \$
Hours: Mon-Fri [7:30am-8:00pm]
Location: 2024 W. Washington Blvd. Los Angeles, CA 90018

La Valentina Mexican Grill

Information: Mexican Restaurant offering a wide variety of tacos, enchiladas, burritos & more. Plus a patio.

Cuisine: Mexican Food

Cost: \$

Hours: Mon-Fri [9:00am-5:00pm]

Location: 2719 S. Vermont Ave, Los Angeles, CA 90007

Phone: 323-734-4071

Lucy's Bakery

Information: <http://www.yelp.com/biz/lucys-bakery-los-angeles-2>

Cuisine: Food and Bakery

Cost: \$

Hours: [5:00am-11:00pm]

Location: 1330 W Washington Blvd. Los Angeles, CA 90007

Phone: 213-747-4969

Physical Activity Resources



PHYSICAL ACTIVITY RESOURCES

PARKS/RECREATION CENTERS

Jim Gilliam Recreation Center

Telephone: 323-291-5928

Website:

<http://www.laparks.org/dos/reccenter/facility/jimGilliamRC.htm>

Hours: Mon-Fri [9:00am-8:00pm], Sat [9:00am-5:00pm], Sun [9:00am-3:00pm]

Indoor Facilities: Auditorium, basketball courts, and gym with weights

Outdoor Facilities: BBQ pits, playground, basketball courts, football fields, soccer fields, and tennis courts

Walk/Jog Facilities: Walking trails and walking club with incentives

Summer Night Lights: Wed-Sat (June 25-Aug 9) [7:00pm-11:00pm]

Location: 4000 S. La Brea Ave. Los Angeles, CA 90008

Transportation: DASH Crenshaw

Vineyard Recreation Center

Telephone: 323-732-2469

Website:

<http://www.laparks.org/dos/reccenter/facility/vineyardRC.htm>

Hours: Mon-Sat [8:00am-6:00pm], Sun [8:00am-4:00pm]

Indoor Facilities: Basketball courts and community room

Outdoor Facilities: Children's playground and picnic tables

Walk/Jog Facilities: Walking trail

Location: 2942 Vineyard Ave. Los Angeles, CA 90016

Transportation: LA Metro 35, Metro Expo Line

*Dog friendly

Denker Recreation Center

Telephone: 323-732-2469

Hours: Mon-Fri [8:00am-9:00pm], Sat/Sun [9:00am-5:00pm]

Indoor Facilities: Basketball courts, community room, and indoor gym

Outdoor Facilities: Baseball diamond, playground, soccer field, and picnic tables

Walk/Jog Facilities: Walking trail

Location: 1550 W. 35th Place, Los Angeles, CA 90018

Transportation: LA Metro 35 or 206

*Dog friendly

Westside Neighborhood Park

Telephone: 323-292-6622

Website:

<http://www.laparks.org/dos/parks/facility/westsideNeighborhoodPk.htm>

Hours: Open 7 days a week dawn to dusk

Outdoor Facilities: Children's playground and basketball courts

Location: 3085 Clyde Ave. Los Angeles, CA 90016

Transportation: LA Metro 35

*Dog friendly

Benny H. Potter Park

Telephone: 213-847-0641

Website:

<http://www.laparks.org/dos/parks/facility/secondAvepk.htm>

Hours: Open 7 days a week dawn to dusk

Outdoor Facilities: Children's playground, basketball courts, and BBQ pits

Location: 2413 2nd Ave. Los Angeles, CA 90018

Transportation: LA Metro 14/37 or 209, DASH Midtown

*Dog friendly

Culver City Community Pool

Telephone: 310-253-6680

Website:

<http://www.culvercity.org/live/community-neighborhood/parks-recreation-culture/culver-city-pool>

Hours: [6:00am-2:00pm] & [7:00pm-8:30pm]

Classes: Start in July 2015

Registration: 4117 Overland Ave. Culver City, CA 90230

Cost: \$50 for 2 weeks of classes

Location: 4175 Overland Ave. Culver City, CA 90230

Transportation: Culver City Bus 3

Ladera Park

Telephone: 323-298-3629

Website:

http://parks.lacounty.gov/wps/portal/dpr/Parks/Ladera_Park

Outdoor Facilities: Baseball/softball field, basketball court, children's play areas, recreation center, outdoor amphitheater, picnic area with barbecue grills, and tennis courts

Location: 6027 Ladera Park Ave. Los Angeles, CA 90056

Transportation: LA Metro 212

*Dog friendly

Norman O. Houston Park

Telephone: 323-292-6622

Website:

<http://www.laparks.org/dos/parks/facility/houstonNOPk.htm>

Outdoor Facilities: Basketball courts, children's play area, and picnic tables

Location: 4800 S. La Brea, Los Angeles, CA 90008

Transportation: LA Metro 212

*Dog friendly

Rueben Ingold Parkway

Telephone: 323-298-3629

Website:

http://parks.lacounty.gov/wps/portal/dpr/Parks/Rueben_Ingold_Parkway

Outdoor Facilities: Baseball/softball field, basketball court, children's play areas, recreation center, outdoor amphitheater, picnic area with barbecue grills, and tennis courts

Location: 4400 Mount Vernon Dr. Los Angeles, CA 90043

Transportation: LA Metro 102 or 212

*Dog friendly

TRACK OR TENNIS COURTS

Jim Gilliam Tennis Courts

Hours: Mon-Fri [9:00am-8:00pm], Sat [9:00am-5:00pm], Sun [9:00am-3:00pm]

Description: Outdoor lighted courts

Lights After Dark: Yes

Cost: Free

Location: 5401 Highlight Pl. Los Angeles, CA 90016

Transportation: DASH Crenshaw

WALKING/HIKING TRAILS

Kenneth Hanh State Recreation Park

Website:

http://parks.lacounty.gov/wps/portal/dpr/parks/kenneth_hahn_state_recreation_area

Hours: Daily from 6:00am to sunset

Descriptions: This park contains lawns, picnic sites, tot lots, fishing lakes, a community center, and 5 miles of trails.

Cost: \$6 parking, cash only

Location: 4100 S. La Cienega Blvd. Los Angeles, CA 90056

Transportation: Culver City Bus 5

YMCA/YWCAS AND OTHER GYMS

Crenshaw Family YMCA

Telephone: 323-292-9195

Website: www.ymcala.org/crenshaw

Hours: Mon-Fri [9:00am-6:00pm], Sat [9:00pm-5:00pm], Sun [closed]

Child Care: Yes

Description: Child care, health, well-being & fitness, and sports programs

Location: 3820 Santa Rosalia Dr. Los Angeles, CA 90008

Transportation: DASH Crenshaw, LA Metro 105

SPORTS LEAGUES FOR 0-5

T-Ball and Baseball Leagues at Denker Recreation Center

Ages: 5-15

Description: T-Ball and baseball leagues for children ages 5-15

Registration: Walk-in only

Location: 1550 W. 35th Place, Los Angeles, CA 90018

Cost: \$25

Format Schedule: 4/25/15 - 6/13/15

SHARED USE SPACES

Miguel Contreras Learning Complex

Description: JUGAR Nights take place in this shared space in which participants take part in a variety of physical activities.

Location: 322 S. Lucas Ave. Los Angeles, CA 90017

Format Schedule: Tues/Thurs [3:30pm-5:00pm]

Leichty Middle School Walking Club

Description: Members of this walking club will have opportunities for daily exercise.

Location: 650 S. Union St. Los Angeles CA 90017

Format Schedule: Mon-Fri [6:00pm-9:00pm], Sat/Sun [9:00am-6:00pm]

FITNESS ACTIVITIES

Kicks for Kids at University of Southern California

Ages: All ages

Description: USC Kicks for Kids is dedicated to promoting a healthy and active lifestyle for children with developmental disabilities in the greater Los Angeles area. Weekly soccer activities and wholesome snacks will be provided.

Location: 3551 Trousdale Pkwy. Los Angeles, CA 90089

Registration:

www.usckicksforkids.org/registration/

Cost: FREE

Yoga Class at Magnolia Place

Ages: All ages

Description: Reduce stress, strengthen your bones and muscles, increase oxygen to your brain, ease depression, and gain flexibility.

Location: 1910 Magnolia Ave. Los Angeles, CA 90007

Registration: 323-208-1121

Cost: FREE

Hours: Tues [7:45am-9:00am]

Transportation: LA Metro 35

Tae Kwon Do Classes at Magnolia Place

Ages: 5-12

Description: A self-defense class for children designed to enhance a child's self-esteem and strengthen their body and mind.

Location: 1910 Magnolia Ave. Los Angeles, CA 90007

Registration: 323-630-0045

Cost: FREE

Hours: Thurs [Beginner: 5:30pm-6:15pm],
Thurs [Intermediate: 6:30pm-7:15pm]

Transportation: LA Metro 35

Free/Low-Cost Resources for Pregnant/Post-Partum Women



FREE/LOW-COST RESOURCES FOR PREGNANT/POST-PARTUM WOMEN

BREASTFEEDING SUPPORT

Breastfeeding Resource Directory

Website: <http://breastfeedla.org/resource-directory/>

La Leche League Helpline (Available 24/7)

877-4-LALECHE (877-452-5324)
<http://breastfeedinghelpline.com>

WIC Breastfeeding Helpline

Telephone: 1-888-278-6455
Cost: Free
Hours: Mon-Fri [8:00am-6:00pm]
Languages: English and Spanish
Description: Provides breastfeeding support, nutrition education, and food for children ages 0-5. Also provides support for pregnant women and or women who are breastfeeding.

WIC Breastfeeding Support

Registration: 1-888-278-6455
Website: <http://www.phfewic.org/>
Cost/Insurance: Free for those who qualify
Classes: Vary by location
Hours: Call location for information
Languages: English and Spanish
Locations: WIC Pico Union, WIC Washington, and WIC Rodeo

WIC Pico Union

Registration: 1-888-942-2229
Website: <http://www.phfewic.org/>
Cost/Insurance: Free for those who qualify
Classes: Vary by location
Hours: Mon/Tue/Thu [9:15am-5:30pm], Wed [11:00am-7:15pm], Fri [10:00am-5:30pm]
Languages: English and Spanish
Location: 1619 W. Pico Blvd. Los Angeles, CA 90007
Transportation: DASH Pico Union, LA 30/330

WIC Washington

Registration: 1-888-942-2229
Website: <http://www.phfewic.org/>
Cost/Insurance: Free for those who qualify
Classes: Vary by location
Hours: Mon/Tue/Thu [8:30am-5:30pm], Wed [10:00am-7:15pm], Fri [10:00am-5:30pm]
Languages: English and Spanish
Location: 1649 W. Washington Blvd. Los Angeles CA 90007
Transportation: LA Metro 35

WIC Rodeo

Registration: 1-888-942-2229
Website: <http://www.phfewic.org/>
Cost/Insurance: Free for those who qualify
Classes: Vary by location
Hours: Mon/Tue/Thu [8:30am-5:30pm], Wed [10:00am-7:15pm], Fri [10:00am-5:30pm]
Languages: English and Spanish
Location: 3667 Crenshaw Blvd. Los Angeles, CA 90016
Transportation: Metro Expo Line, DASH Midtown

WIC Breastfeeding Classes

Appointments: 1-888-278-6455
Website: <http://www.phfewic.org/>
Cost/Insurance: Free for those who qualify
Referral: None required
Hours: Vary by location
Languages: English and Spanish
Locations: WIC Pico Union, WIC Washington, and WIC Rodeo

BABY-FRIENDLY HOSPITALS

To find Baby-Friendly Facilities in LA County funded by First 5 LA, visit: <http://www.first5la.org/index.php?r=site/article&id=3059>. For a complete listing of Baby-Friendly Facilities in the USA, visit:

<https://www.babyfriendlyusa.org/find-facilities>.

LAC+USC Medical Center

Phone: 323-226-6118
Location: 2051 Marengo St. Los Angeles, CA 90033

Kaiser Permanente Medical Center

Phone: 1-800-954-800
Location: 6041 Cadillac Ave. Los Angeles, CA 90034

Get free support, a health tracker, and more.
For more information, visit
ChooseHealthLAMoms.com

PARENT/CAREGIVER SUPPORT GROUPS

For immediate help: National Perinatal & Postpartum Depression Hotline (available 24/7) 800-773-6667 or 800-PPD-MOMS

Mother Circles at Magnolia Place

Phone: 213-749-0947
Location: 1910 Magnolia Ave. Los Angeles, CA 90007
Time: Tuesdays 10:00am-11:30am
Description: Free mother support group for mothers and pregnant women. Talking topics include self-esteem, depression, anxiety, communication between parent and child and stress management.

HEALTHY FAMILIES AMERICA

Healthy Families America

Description: A home-visiting based program designed to work with overburdened families to help children have healthy childhoods.
Languages: English and Spanish
Telephone: 323-953-7350
Cost: Free

CHOOSE HEALTH LA MOMS

Description: This free, proven program, created by postpartum experts, can help you return to your weight before pregnancy, increase your energy levels, and make you feel better about you!

Social and Health Services Resources



RESOURCES

INFORMATION HELPLINE FOR LA COUNTY: 211 LA COUNTY

Telephone: Dial 2-1-1

Online Directory: <https://www.211la.org/>

Cost: Free

Hours: Available 24/7

Languages: Hearing-impaired, English, Spanish, and 140 other languages interpreted

Cost/Insurance: Free for those who qualify

Description: Confidential referrals to services

FREE HEALTH COVERAGE PROGRAM

Magnolia Place Family Center

Location: 1910 Magnolia Ave. Los Angeles, CA 90007

Phone: 213-743-9236

Hours: Mon-Fri [8:00am-5:00pm]

Description: Assistance with Medi-Cal, Covered CA, and Cal Fresh applications

Community Health Councils, Inc.

Location: 3731 Stocker St. Suite 201 Los Angeles, CA 90008

Phone: 323-295-9372

Hours: Mon-Frid [9:00am-5:00pm]

Description: Assistance with Covered CA and Medi-Cal applications

LOW-COST DENTAL SERVICES

Private and Public Free/Low-Cost Dental Clinics:

<http://publichealth.lacounty.gov/ohp/ppplistsings.htm>

Crenshaw Community Health Center

Appointments: 323-568-5400

Website: <http://www.wattshealth.org/clinical-services/crenshaw-community-health-center/>

Ages: All ages

Cost/Insurance: Discounted fees, Medi-Cal, Medicare, credit cards, or private insurance

Description: Primary medical care practice

Location: 3756 Santa Rosalia Ave. Suite 400, Los Angeles CA, 90008

Transportation: DASH Crenshaw, LA Metro 105

St. John's Well Child & Family Center

Appointments: 213-749-0947

Website: www.wellchild.org

Ages: All ages

Cost/Insurance: Sliding scale cash basis, Medi-Cal, Medicare, credit cards, or private insurance

Description: Health and dental services for uninsured, low-income residents in the community

Location: 1910 Magnolia Ave. Los Angeles, CA 90007

Transportation: LA Metro 35

H. Claude Hudson Comprehensive Health Care

Appointments: 213-744-3945

Website:

<http://dhs.lacounty.gov/wps/portal/dhs/hudsonn>

Ages: All ages

Cost/Insurance: Sliding scale cash basis, Medi-Cal, Medicare, credit cards, or private insurance

Description: Immunizations, prenatal care, women's health, and treatment for chronic illness

Location: 1910 Magnolia Ave. Los Angeles, CA 90007

Transportation: LA Metro 35

FREE/LOW-COST FAMILY PLANNING

Find a family planning clinic near you:

Website: <http://www.hhs.gov/opa/>

Español:

<http://www.hhs.gov/opa/espanol/index.html>

Planned Parenthood Los Angeles – Baldwin Hills/Crenshaw

Appointments: 800-576-5544

Website:

www.plannedparenthood.org/health-center/

Ages: Teens/Adults

Cost/Insurance: Free or sliding-scale

Referral: None required

Hours: Mon-Sat [8:00am-4:30pm]

Services: Birth control, STD testing, Plan B pill, Abortion referral, Pregnancy testing, and counseling

Location: 3637 S. La Brea Ave. Los Angeles, CA 90016

Transportation: DASH Crenshaw, LA Metro 212/312

Ruth-Temple Public Health Center

Appointments: 323-730-1920

Website: <http://std-clinics.healthgrove.com/1/2463/Ruth-Temple-Health-Center>

Ages: Teens/Adults

Cost/Insurance: Free or sliding-scale

Referral: None required

Hours: Mon-Sat [9:00am-5:00pm]

Services: Free and low-cost public health services, STD testing/treatment, and family planning

Location: 3834 S. Western Ave. Los Angeles, CA 90062

Transportation: LA Metro 102 or 207

Crenshaw Community Health Center

Appointments: 323-568-5400

Website: www.wattshealth.org

Ages: All ages

Cost/Insurance: Discounted fees, Medi-Cal, Medicare, credit cards, or private insurance

Referral: None required

Hours: Mon-Fri [8:30am-5:30pm]

Services: Family planning and pharmacy

Location: 3756 Santa Rosalia Ave. Suite 400, Los Angeles CA, 90008

Transportation: DASH Crenshaw, LA Metro 105

T.H.E. Health and Wellness Center

Appointments: 323-730-1920

Website: www.tohelpeveryone.org

Ages: All ages

Cost/Insurance: Discounted fees, Medi-Cal, Medicare, credit cards, or private insurance

Referral: None required

Hours: Mon-Thu [7:00am-7:00pm], Fri 7:00am-5:00pm, Sat [9:00am-1:00pm]

Services: HIV/AIDS screening and treatment, pregnancy testing, STD treatment, preconception counseling, and family planning

Location: 3834 S. Western Ave. Los Angeles, CA 90062

Transportation: LA Metro 102 or 207

PRENATAL AND PRIMARY/URGENT CARE

Find a medical or dental clinic care near you:

LA County Department of Health Services

Clinics/Urgent Care:

<http://dhs.lacounty.gov/wps/portal/dhs/locations/>

U.S. Health Resources and Services Administration
Federally-Qualified Health Centers (FQHCs)

<http://findahealthcenter.hrsa.gov/help/>

Community Clinic Association of LA County

<http://ccalac.org> – “Find a Clinic” tab

St. John’s Well Child & Family Center

Appointments: 213-749-0947

Website: www.wellchild.org

Ages: All ages

Cost/Insurance: Discounted fees, Medi-Cal, Medicare, credit cards, or private insurance

Referral: None required

Hours: Mon/Wed/Fri [8:00am-5:00pm], Tu/Thu [8:00am-7:00pm], Sat [7:30am-3:30pm]

Services: Health services for uninsured, low-income residents in the community

Location: 1910 Magnolia Ave. Los Angeles,
CA 90007

Transportation: LA Metro 35

Orthopedic Hospital of Los Angeles for Children

Appointments: 213-742-1162

Website: www.orthohospital.org

Ages: Children only

Cost/Insurance: Discounted fees, Medi-Cal,
Medicare, credit cards, or private
insurance

Referral: None required

Hours: Mon-Fri [7:00am-11:00pm], Sat-Sun
[9:00am-9:00pm]

Services: Emergency care for children with
musculoskeletal injuries

Location: 403 W. Adams Blvd. Los Angeles,
CA 90007

Transportation: LA Metro 14/37

T.H.E. Health and Wellness Center

Appointments: 323-730-1920

Website: www.tohelpeveryone.org

Ages: All ages

Cost/Insurance: Discounted fees, Medi-Cal,
Medicare, credit cards, or private
insurance

Referral: None required

Hours: Mon-Thu [7:00am-7:00pm], Fri
[7:00am-5:00pm], Sat [9:00am-1:00pm]

Services: Prenatal care, pregnancy testing,
physical exams, and case management

Location: 3834 S. Western Ave. Los Angeles,
CA 90062

Transportation: LA Metro 102 or 207

Crenshaw Community Health Center

Appointments: 323-568-5400

Website: www.wattshealth.org

Ages: All ages

Cost/Insurance: Discounted fees, Medi-Cal,
Medicare, credit cards, and private
insurance

Referral: None required

Hours: Mon-Fri [8:30am-5:30pm]

Services: Family planning and pharmacy

Location: 3756 Santa Rosalia Ave. Suite 400,
Los Angeles CA, 90008

Transportation: DASH Crenshaw, LA Metro
105

H. Claude Hudson Comprehensive Health Care

Appointments: 213-744-3945

Website:

dhs.lacounty.gov/wps/portal/dhs/hudson

Ages: All ages

Cost/Insurance: Sliding scale cash basis,
Medi-Cal, Medicare, credit cards, or
private insurance

Description: Immunizations, prenatal care,
women's health, and treatment for
chronic illness

Location: 2829 S. Grand Ave. Los Angeles, CA
90007

Transportation: DASH King-East, LA Metro 35

FREE/LOW-COST MENTAL HEALTH CARE

For immediate help: National Perinatal &
Postpartum Depression Hotline (available
24/7) 800-773-6667 or 800-PPD-MOMS

Find a clinic or urgent care center:

LA County ACCESS Center Helpline
800-854-7771 (available 24/7)

<http://dmh.lacounty.gov/wps/portal/dmh>

***For help finding services, call a
"Navigator" from LA County Department
of Mental Health SPA 6:***

Up to Age 15: Debresha MacDaniel
323-290-5828

Ages 16-25: Margarita Cabrera
323-290-5827

Ages 26-59: Manuel Ortega
323-290-5818

Age 60+: Joyce Chiang
213-738-3492

***Mental Health Services at Children's
Bureau***

Appointments: 213-342-0154

Website: www.all4kids.org
Ages: Children
Cost/Insurance: Medi-Cal
Referral: None required
Hours: Variable
Services: Mental health services for children and their families offered at home, school, or Children's Bureau
Location: 1910 Magnolia Ave. Los Angeles CA 90007
Transportation: LA Metro 35

DEVELOPMENTAL DISABILITY SERVICES

South Central Los Angeles Regional Center

Location: 650 W. Adams Blvd. Los Angeles, CA 90007
Website: <http://sclarc.org/> Phone: 213-744-7000
Cost/Insurance: Free
Hours: Mon-Fri [8:00am-5:00pm]
Description: Support for families and persons with developmental disabilities
Ages: 0-3
Transportation: LA Metro 14/37

Kicks for Kids at University of Southern California

Location: 3551 Trousdale Pkwy. Los Angeles, CA 90089
Website: www.usckicksforkids.org
Cost/Insurance: Free
Description: USC Kicks for Kids is dedicated to promoting a healthy and active lifestyle for children with developmental disabilities in the greater Los Angeles area. Weekly soccer activities and wholesome snacks will be provided.
Ages: All ages

Jeffrey Foundation

Location: 5470 W. Washington Blvd. Los Angeles, CA 90016
Website: www.thejeffreystation.com
Phone: 323-965-7536
Cost/Insurance: Free or low-cost

Hours: Mon-Fri [9:00am-5:30pm]
Description: Educational, creative, and recreational activities to help children's academic, social, and behavioral development.
Ages: 1-5
Transportation: LA Metro 35

SUBSTANCE USE TREATMENT

Drug and Alcohol Use Treatment

Treatment Referrals: 800-564-6600
<http://www.publichealth.lacounty.gov/sapc/>

Quit Smoking Support – California Smokers' Helpline

English: 800-NO-BUTTS (800-662-8887)
Spanish: 800-45-NO-FUME (800-456-6386)
Deaf and Hard of Hearing: 800-933-4TDD (800-933-4833)
Ask for: Mandarin, Cantonese, Vietnamese, Korean
Web: <http://californiasmokershelpline.org> or Los Angeles County
<http://www.laquits.com>
Cost: Free

Matrix Institute on Addictions

Description: Adult treatment, detox, and 12 step meetings
Phone: 323-938-8184
Website: www.matrixinstitute.org
Hours: Mon-Fri [5:00am-2:00pm], Sat-Sun [7:00am-10:00am]
Location: 5220 W. Washington Blvd. Suites 101&102, Los Angeles, CA 90016
Transportation: LA Metro 35

Life Health Services Inc.

Description: Alcohol and drug education, social life skills, behavior modification, drug testing, and job readiness
Phone: 323-299-4000
Hours: Mon-Fri [9:00am-7:00pm]
Location: 3701 W. Stocker St. Los Angeles,

CA 90008
Transportation: LA Metro 102

COMMUNITY ASSISTANCE PROGRAMS

WIC Pico Union

Registration: 1-888-942-2229
Website: <http://www.phfewic.org/>
Cost/Insurance: Free for those who qualify
Classes: Vary by location
Hours: Mon/Tue/Thu [9:15am-5:30pm], Wed [11:00am-7:15pm], Fri [10:00am-5:30pm]
Languages: English and Spanish
Location: 1619 W. Pico Blvd. Los Angeles, CA 90007
Transportation: DASH Pico Union, LA 30/330

WIC Washington

Registration: 1-888-942-2229
Website: <http://www.phfewic.org/>
Cost/Insurance: Free for those who qualify
Classes: Vary by location
Hours: Mon/Tue/Thu [8:30am-5:30pm], Wed [10:00am-7:15pm], Fri [10:00am-5:30pm]
Languages: English and Spanish
Location: 1649 W. Washington Blvd. Los Angeles CA 90007
Transportation: LA Metro 35

WIC Rodeo

Registration: 1-888-942-2229
Website: <http://www.phfewic.org/>
Cost/Insurance: Free for those who qualify
Classes: Vary by location
Hours: Mon/Tue/Thu [8:30am-5:30pm], Wed [10:00am-7:15pm], Fri [10:00am-5:30pm]
Languages: English and Spanish
Location: 3667 Crenshaw Blvd. Los Angeles, CA 90016
Transportation: Metro Expo Line, DASH Midtown

CalFresh

Website: <http://www.calfresh.ca.gov>

Services: Nutritional assistance program that adds to a family's food budget to obtain healthy and nutritious food.

HOUSING

Department of Housing and Urban Development Public Housing Agency

Rental housing for eligible low-income families, the elderly, and persons with disabilities.
PHA: 213-252-1020
Address: 2600 Wilshire Blvd. Los Angeles, CA 90057
Phone Number: 213-252-1020

PATH (formerly Beyond Shelter)

Information: 323-212-6285 or 211
Website: <http://www.epath.org/site/PATHBeyondShelter/home.html>
Hours: Mon-Fri [9:00am-5:00pm]
Location: 3323 W. Washington Blvd. Los Angeles, CA 90018
Transportation: LA Metro 35 or 209

West Hollywood Community Housing

Information: 323-231-1106
Website: www.hdsimanagement.com
Hours: Monday-Friday 8:30am-4:30pm
Location: 3460 S. Broadway St. Los Angeles, CA 90007
Transportation: LA Metro 35

FAMILY SUPPORT AND CHILD DEVELOPMENT

Family Enrichment Program

Description: A program for parents and children under the age of 3 designed to enhance relationships between parent and child by strengthening parenting skills.
Phone: 213-342-0101
Hours: Mon-Fri [9:00am-11:00pm], [1:00pm-3:00pm]
Location(s): 1910 Magnolia Ave. Los Angeles, CA 90007

Cost: Free
Transportation: LA Metro 35

Family Source

Description: Provides resources, linkages and referrals for families
Phone: 323-630-0045
Hours: Monday-Friday [8:00am-4:00pm]
Location: 1910 Magnolia Ave. Los Angeles, CA 90007
Cost: Free
Transportation: LA Metro 35

Family Crisis Center

Description: Assistance for domestic violence victims, as well as homeless, and unemployed individuals
Phone: 323-737-3900
Hours: 24 Hours
Location: 2116 Arlington Ave. Los Angeles, CA 90018
Cost: Free
Transportation: LA Metro 209 or 35, DASH Midtown

Counseling and Case Management

Description: Center-based case management and support that helps parents with resources, referrals and parenting education
Phone: 323-630-0045
Hours: Mon-Fri [8:00am-4:00pm]
Location: 1910 Magnolia Ave. Los Angeles, CA 90007
Cost: Free
Transportation: LA Metro 35

Library Program

Description: Family oriented program focused on inspiring and creating opportunities for literacy.
Phone: 323-342-0194
Hours: Mon/Wed/Thurs/Fri [4:00pm-5:30pm]
Location: 1910 Magnolia Ave. Los Angeles, CA 90007
Cost: Free
Transportation: LA Metro 35

LOS ANGELES COUNTY LOCAL LIBRARIES

Baldwin Hills Library

Description: Books, family story time, and free access to computers
Phone: 323-733-1196
Hours: Mon [10:00am-8:00pm], Tues [12:30pm-8pm], Wed [10:00am-8:00pm], Thurs [12:30pm-8:00pm], Fri [10:00am-5:30pm], Sat [10:00am-5:30pm], Sun [Closed]
Location: 2906 S. La Brea Ave. Los Angeles, CA 90016
Website: www.lapl.org/branches/baldwin-hills
Transportation: LA Metro 212/312

Exposition Park Library

Description: Books, family story time, and free access to computers
Phone: 323-290-3113
Hours: Mon [10:00am-8:00pm], Tues [10:00am-8:00pm], Wed [10:00am-8:00pm], Thurs [10:00am-8:00pm], Fri [9:30am-5:30pm], Sat [9:30am-5:30pm], Sun [1:00pm-5:00pm]
Location(s): 3900 S. Western Ave. Los Angeles, CA 90062
Website: www.lapl.org/branches/exposition-park
Transportation: LA Metro 102 or 207

Pico Union Library

Description: Books, family story time, and free access to computers
Phone: 213-368-7545
Hours: Mon [10:00am-8:00pm], Tues [12:00pm-8:00pm], Wed [10:00am-8:00pm], Thurs [12:00pm-8:00pm], Fri [9:30am-5:30pm], Sat [9:30am-5:30pm], Sun [Closed]
Location: 1030 S. Alvarado St. Los Angeles, CA 90006
Website: www.lapl.org/branches/pico-union
Transportation: LA Metro 28 or 200

BUDGETING RESOURCES

Financial Literacy Classes

Description: Learn about budgeting, savings, credit, banking, and investing
Phone: 213-342-1239
Hours: 5:00-6:00pm
Dates: Thursday, bi-quarterly
Location: 1910 Magnolia Ave. Los Angeles CA 90007
Transportation: LA Metro 35

Jewish Free Loan Association (JFLA)

Description: A nonprofit agency offering assistance to people of all faiths facing financial challenges. For over 100 years, JFLA has provided help through interest-free loans for emergencies, education, life events and more.
Phone: 323-761-8830
Hours: Mon & Wed [11:00am-5:00pm]
Location: 1910 Magnolia Ave. Los Angeles CA 90007
Transportation: LA Metro 35

HOUSING

Esperanza Housing

Description: Provides education, home visits, and remediation to help families prevent lead poisoning and asthma triggers at home.
Phone: 213-748-7285
Location: 3655 S. Grand Ave., Ste. 280, Los Angeles, CA 90007
Website:
www.esperanzacommunityhousing.org
Transportation: LA Metro 81 or 102 or 200

LIFT

Description: LIFT works one-on-one to find jobs, secure safe and stable housing, make ends meet through public benefits and tax credits, and obtain quality referrals for services like childcare and healthcare

for people.
Phone: 213-744-9468
Location(s): 1910 Magnolia Ave. Los Angeles, CA 90007
Transportation: LA Metro 35

CHILD CARE

Choose Health LA Child Care (CHLA Child Care)

General Information: CHLA Child Care supports the healthy growth and development of children by improving the nutrition and physical environment of child care settings. CHLA Child Care works with child care providers, events for parents and children, and information and tools for all. For more information, contact: 1-888-92-CHILD or visit <http://www.ccala.net>

Crystal Stairs Inc.

Description: Crystal Stairs Research and Referral program assist families in finding child care in South Los Angeles, Inglewood, Hawthorne and Gardena based on location, needs, cost and other factors of the family.
Phone: 323-299-8998
Hours: Mon-Fri [9:00am-4:00pm]
Location(s): 5110 W. Goldleaf Circle, Suite #150
Cost: Subsidized child care is provided to eligible CalWorks families that meet requirements.
Transportation: LA Metro

SCHOOL READINESS

Magnolia Place Preschool

Location: 1910 Magnolia Ave. Los Angeles, CA 90007
Phone: 213-342-0101
Description: Half and full day preschool for children and programming for their families to develop skills that will increase their success in kindergarten.
Ages: 3-5
Cost: Free or low-cost

Family Enrichment Program

Location: 1910 Magnolia Ave. Los Angeles, CA 90007

Phone: 213-342-0101

Description: A program for parents and children under the age of 3 designed to enhance relationships between parent and child by strengthening parenting skills.

Cost: Free or low-cost

PACE Head Start

Location: 1910 Magnolia Ave. Los Angeles, CA 90007

Phone: 213-342-0101

Description: A program for families to develop skills that will increase their child's success in kindergarten.

Ages: 3-5

Cost: Free or low-cost

USC Head Start

Location: 741 W. 27th St. Los Angeles, CA 90007

Phone: 213-743-2466

Description: A program for families to develop skills that will increase their child's success in kindergarten.

Ages: 3-5

Cost: Free or low-cost

Norwood Elementary School Head Start

Location: 2020 Oak St. Los Angeles, CA 90007

Phone: 213-300-5451

Description: A program for families to develop skills that will increase their child's success in kindergarten.

Ages: 3-5

Cost: Free or low-cost

Vermont Elementary School Head Start

Location: 1435 W. 27th St. Los Angeles CA 90007

Phone: 323-733-2195

Description: A program for families to develop skills that will increase their child's

success in kindergarten.

Ages: 3-5

Home Base Program Head Start

Location: 3215 S. Hoover Blvd. Suite B, Los Angeles, CA 90007

Phone: 323-733-1650

Description: A program for families to develop skills that will increase their child's success in kindergarten.

Ages: 0-3

Cost: Free or low-cost

University Gardens Head Start

Location: 1250 W. Jefferson Blvd. Los Angeles, CA 90007

Phone: 323-733-1650

Description: A program for families to develop skills that will increase their child's success in kindergarten.

Ages: 2-3

Cost: Free or low-cost

John Mack Elementary School Head Start

Location: 3020 S. Catalina Los Angeles, CA 90007

Phone: 323-730-7620

Description: A program for families to develop skills that will increase their child's success in kindergarten.

Ages: 3-5

Cost: Free or low-cost

Weemes Elementary School Head Start

Location: 1260 W. 36th Pl. Los Angeles, CA 90007

Phone: 213-309-7755

Description: A program for families to develop skills that will increase their child's success in kindergarten.

Ages: 3-5

Cost: Free or low-cost

ACKNOWLEDGMENTS

This Community Resource Guide was developed for you by:



For more information contact (213) 342-0100 ext. 1241.
Visit Children's Bureau's website at www.all4kids.org.