



# COMMUNITY RESOURCE GUIDE

for Families/Caregivers of Children Ages 0-5



Serving the communities of:  
***South Los Angeles***



Funded by First 5 LA.

Revised Feb 2016

## 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
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Funded by First 5 LA.

# First 5 LA Resources



# FIRST 5 LA RESOURCES

## PERINATAL AND PARENT SUPPORT

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### *Parent Circles of Los Angeles County*

#### *Para Los Ninos*

Information: 213 250-4800  
Website: <http://paralosninos.org/>  
Location: 500 Lucas Avenue, Los Angeles, 90017

#### *Welcome Baby*

Website:  
<http://www.first5la.org/index.php?r=site/article&id=3086>  
Location(s): West Athens and Broadway/Manchester Best Start Communities  
Cost: None  
Telephone: Call 211 for information

### *Parent Child Interaction Therapy (PCIT)/ Para Los Ninos, Vermont Family Services*

Information: 323 758-7902  
Website: <http://paralosninos.org/>  
Location: 5054 S. Vermont Avenue  
Los Angeles, CA 90037

### *Kendren Community Health Center*

Information: 323 233-0425 xt. 265  
Location: 4211 S. Avalon Blvd., Los Angeles, CA 90011

### *One Step Ahead / Little by Little*

Information: 323 757-7244 ext 266  
Website: <http://www.slahp.org/one-step-ahead/>  
Hours: 8 am to 5 pm  
Locations: 250 E. Manchester Avenue  
Los Angeles, CA 90003

### *Black Infant Health*

Information: 213 637-8473  
Website:  
<http://publichealth.lacounty.gov/mch/BIH/bih.htm>

## ORAL HEALTH

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### *Saint John's Well Child and Family Center*

Information: 323 541-1616  
Website: <http://www.wellchild.org>

Hours: Mon, Tues, Thurs: 8am to 7pm /Wed, Fri 8am to 5pm/ Saturday 7am to 3pm  
Location: 5701 S. Hoover St. Los Angeles 90037

## BEST START

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### *Broadway/Manchester Best Start*

Information: 213 482-7818  
Website: <http://www.first5la.org>  
Hours: Call for times  
Location: Mark Twain Library 9621 S Figueroa St, Los Angeles 90003

### *West Athens Best Start*

Information: 213 482-9417  
Website:  
<http://www.first5la.org/index.php?r=site/tag&id=615>  
Hours: Call for times

## HEALTH COVERAGE AND 211 LA COUNTY

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### *Healthy Kids*

Information: 1-888-4LA-KIDS (452-5437)  
Website: [www.lacare.org/health-plans/healthy-kids/plan-overview](http://www.lacare.org/health-plans/healthy-kids/plan-overview)

### *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

### *Wellness Centers*

Information: Crenshaw High School Wellness Center 323 730-1920 x5005; Fremont High School Wellness Center 323 404-9270; Locke Early Education Center Wellness Center 323 755-0721

Website: <http://thelatruster.org/wellness-centers/>

Locations: Crenshaw Wellness Center: 3206 West 50th Street Los Angeles, CA 90043; Fremont Wellness Center: 7821 South Avalon Los Angeles, CA 90003, Locke Wellness Center: 316 East 111th Street, Los Angeles, CA 90061

## VISION

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### *Children's Vision Care Program (Jr Blind)*

Information: 323 295-4555 X 298

Location: 5300 Angeles Vista

Hours: Mon- Thurs 8am-4:30pm/ Fri 8am-4pm

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## NUTRITION AND PHYSICAL ACTIVITY

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### *Athens Park Tot Park*

Information: 323 241-6700

Website:

[http://parks.lacounty.gov/wps/portal/dpr/Parks/Athens\\_Park](http://parks.lacounty.gov/wps/portal/dpr/Parks/Athens_Park)

Hours: Sunrise to Sunset

Location: 12603 S. Broadway Avenue  
Los Angeles, CA 90061

### *Farmer's Market- Market Match Program/ Heritage Farmer's Market*

<http://projects.latimes.com/farmers-markets/markets/los-angeles-heritage/>

Hours: Friday, 10 a.m. - 2 p.m.

Location: 79th and Vermont, Los Angeles, CA 90044

## HOUSING

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### *Permanent Supportive Housing*

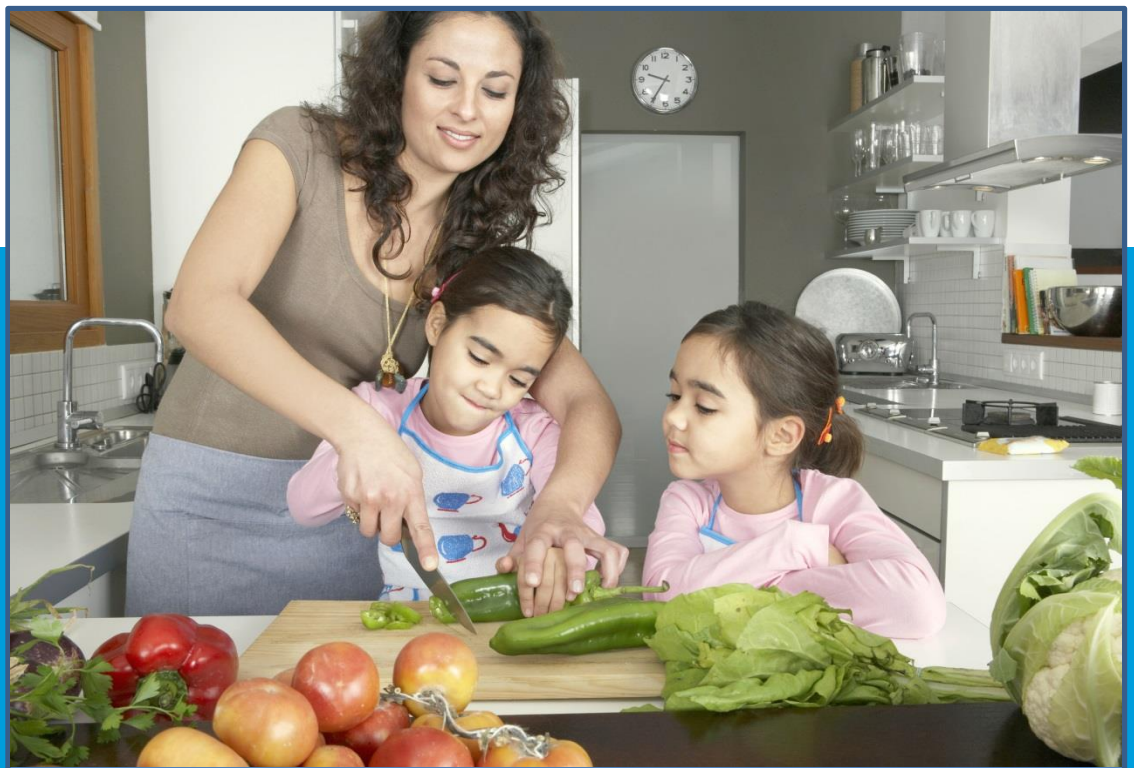
Information: Contact 211 for screening

Website:

<http://www.first5la.org/index.php?r=site/article&id=3081>

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# Nutrition and Healthy Lifestyle Resources



# NUTRITION AND HEALTHY LIFESTYLE RESOURCES

## *Women, Infants, Children (WIC)*

Registration: 310 661-3080  
Website: [www.slahp.org](http://www.slahp.org)  
Services: Provides breastfeeding support, nutrition education and checks for food for children 0-5 and pregnant/breastfeeding women.  
Cost/Insurance: Free for those who qualify.  
Hours: M-F 8am to 5pm  
Languages: English, Spanish  
Location: 4101 S. Figueroa St., Los Angeles, CA 90037  
Transportation: NA

## *CalFresh*

Website: <http://www.calfresh.ca.gov/>  
Services: Benefits used to buy foods and seeds or plants to grow food for household use

## *Other Nutrition Education Program/ To Help Everyone Health and Wellness Centers*

Registration: 323 730-1920  
Website: <http://tohelpeveryone.org>  
Services: Call for information  
Hours: Call for information  
Languages: English/Spanish  
Location: 3834 S. Western Ave. Los Angeles, CA 90062

## *Baldwin Hills Farmer's Market*

Information: 323 463-3171  
Hours: Sat 10am - 3pm  
Payment: EBT/Cal-Fresh accepted  
Location: 3650 W. Martin Luther King Blvd., Los Angeles, CA 90008

## *Central Avenue Farmer's Market*

Information: 323 463-3171  
Hours: Thurs 10am- 3pm  
Payment: EBT/Cal-Fresh accepted  
Location: 4301 S. Central Ave., Los Angeles, CA 90011

## *Community Garden/ Crenshaw Community Garden*

Website: <http://lagardencouncil.org/crenshaw/>  
Location: 1423 Crenshaw Blvd., Los Angeles, CA 90019

## *Food Bank/Service Program/ Fifty Fourth Street S.D.A. Church*

Information: 323 292-2762  
Website: <http://www.lafoodbank.org/pantry-locator.aspx?zip=90062>  
Services: Food distribution  
Hours: 2<sup>nd</sup> and 4<sup>th</sup> Tuesday, 8:30am - 10am  
Location: 1973 W. 54th Street, Los Angeles, 90062

## GROCERY STORE TOURS/FOOD DEMONSTRATIONS

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### *South Los Angeles Health Projects*

Information: 323 757-7244 ext 233

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 South Los Angeles Health Projects.

## CHOOSE HEALTH LA RESTAURANTS

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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 Restaurants***

Cuisine: Sandwiches

Cost: \$

Website: <http://www.subway.com>

Location: 3274 W Slauson Ave, Los Angeles, CA 90043

Location: 1810 W Slauson Ave, Unit D, Los Angeles, CA 90047

Location: 5864 S. Vermont Ave, Vermont-Slauson Shopping Ctr, Los Angeles, CA 90044

### ***California Steak & Fries***

Cuisine: American (Traditional)

Cost: \$

Location: 11810 Wilmington Avenue Los Angeles, CA. 90059



# Physical Activity Resources



# PHYSICAL ACTIVITY RESOURCES

## PARKS/RECREATION CENTERS

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### *Denker Recreation Center*

Telephone: 323 733-8367

Website:

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

Hours: Monday - Friday: 9am - 9pm

Saturday - Sunday: 9am - 5pm

Indoor Facilities: Basketball courts, community room, indoor gym (without weights)

Outdoor Facilities: Baseball diamond, basketball courts children's play area, picnic tables, restroom(s), soccer field.

Lights After Dark: Yes

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

### *Vermont Square Park*

Telephone: 323 296-1559

Website:

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

Hours: Monday - Friday: 6am - 10pm;

Saturday - Sunday: 6am - 10pm

Outdoor Facilities: Barbecue pits, basketball courts, children's play area, picnic tables.

Lights After Dark: Yes

Location: 1248 W. 47th St., Los Angeles, CA 90011

### *97<sup>th</sup> Street Park*

Telephone: 323 296-1559

Website:

[http://www.laparksfoundation.org/EN/park/598-97th\\_st\\_park.html](http://www.laparksfoundation.org/EN/park/598-97th_st_park.html)

Hours: Sunrise to sunset

Outdoor Facilities: outdoor fitness equipment, children's play area, security fencing and cameras, solar trash compactors, benches, landscaping, and decomposed granite

Location: 554 w. 97th St, Los Angeles, 90044

### *LA84 Foundation/John C. Argue Swim Stadium*

Telephone: 213 763-0129

Website:

[http://www.laparks.org/dos/aquatic/facility/aaf\\_JohnArguePool.htm](http://www.laparks.org/dos/aquatic/facility/aaf_JohnArguePool.htm)

Location: 3980 Bill Robertson Ln., Los Angeles, CA 90037

## TRACK OR TENNIS COURTS

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### *Lyon University Center/ Campus Gym*

Contact: 213 740-5127

Lights After Dark: No

Hours: Mon- Fri 6am to midnight; Sat-Sun 11am to midnight

Location: 1026 W. 34th St., Los Angeles, CA 90089

## YMCA/YWCAS AND OTHER GYMS

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### *Crenshaw YMCA*

Contact: 323 292-9195

Website: <https://www.yocala.org/crenshaw>

Hours: Mon-Fri, 9am-6pm; Saturday, 9am-5pm

Sunday, Closed

Sports Leagues: Youth basketball

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

### *Weingart YMCA Wellness and Aquatic Center*

Contact: 323 754-3191

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

Hours: Mon-Thu, 6am-11pm; Fri 6am-10pm; Sat 7am-5pm

Child Care: Mon - Fri, 9am - noon & 4 - 9 pm; Sat, 8am - noon

Classes: Call for info

## SPORTS LEAGUES FOR 0-5

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### *AYSO Youth Soccer Leagues*

Ages: 4 and up

Registration: At location

Cost: Pre-Season Registration (Mar 17 - Jun 14): \$90; Regular Registration (Jun 15):

\$115; Under-4 (U4 Tot Soccer): \$95

Location: 5401 S. Fairfax Ave., Los Angeles,  
CA 90056

## SHARED USE SPACES

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### *Van Ness Recreational Center*

Description: Park, Outdoor Fitness Equipment

Location: 5720 2nd Ave Los Angeles, CA  
90043

Hours: Mon./Fri.9:00am-6:30pm,Tues./Thurs.  
9:00am- 9:30pm/ Wed.9:00am-9:00pm  
Sat./Sun.6:00am- 6:00pm/ Holiday1:00pm-  
9:00pm

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



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

## BREASTFEEDING SUPPORT

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### *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*

Contact: 323 905-1248  
Cost: Free  
Hours: Mon – Fri 8:30am – 4:30pm (most evenings until 7:30pm), Sat 8am – 11:30am  
Languages: English, Spanish  
Description: Speak with a breastfeeding counselor about your breastfeeding questions and concerns

### *WIC Breastfeeding Support:*

Registration: 310 661-3080  
Website: [www.slahp.org](http://www.slahp.org)  
Cost/Insurance: Available to those enrolled in WIC.  
Classes: Call for information  
Hours: Call for information  
Languages: English, Spanish  
Location: 4101 S. Figueroa St., Los Angeles, CA 90037

### *Breastfeeding Classes*

Registration: 310 661-3080  
Website: [www.slahp.org/](http://www.slahp.org/)  
Cost/Insurance: Available to those enrolled in WIC.  
Classes: Call for information  
Hours: Call for information  
Languages: English, Spanish  
Location: 4101 S Figueroa St., Los Angeles, CA 90037

### *Breastfeeding Support Groups*

Registration: 310 661-3080  
Website: [www.slahp.org](http://www.slahp.org)

Cost/Insurance: Available to those enrolled in WIC.

Classes: Call for information

Hours: Call for information

Languages: English, Spanish

Location: 4101 S. Figueroa St., Los Angeles, CA 90037

## BABY-FRIENDLY HOSPITALS

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### *Kaiser Permanente Downey Medical Center*

Contact: 562 657-9000  
Location: 9333 Imperial Hwy., Downey, CA 90242

### *Saint Francis Medical Center*

Contact: 310 900-8900  
Location: 3630 E. Imperial Hwy., Lynwood, CA 90262

## PARENT/CAREGIVER SUPPORT GROUPS

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

## HEALTHY FAMILIES AMERICA

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### *Healthy Families America*

Description: The Healthy Families America program is a voluntary, home-based intervention for mothers identified as needing support who are referred following the Welcome Baby post partum hospital visit.  
Cost: Free  
Laura Moller-Leon, South Los Angeles Health Projects 323 757-7244 ext 235

Contact: Andrea Lockhart, Children's Institute, [alockhart@childrensinstitute.org](mailto:alockhart@childrensinstitute.org)

Contact: Jermaine Strickland, Shields for Families, 323 242-5000 ext 8612

Contact: Jessica Garcia, [jessicaG@lacgc.org](mailto:jessicaG@lacgc.org)



# Social and Health Services Resources

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## ES RESOURCES

### INFORMATION HELPLINE FOR LA COUNTY: 211 LA COUNTY

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**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

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**Central City Community Health Center**  
Contact: 323 234-3280  
Location: 5970 S. Central Ave., Los Angeles, CA 90001  
Website: <http://centralcityhealth.org>

### LOW-COST DENTAL SERVICES

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Private and Public Free/Low-Cost Dental Clinics:  
<http://publichealth.lacounty.gov/ohp/ppplistings.htm>

**Saint John's Well Child and Family Center**  
Appointments: 323 541-1411  
Website: <http://www.wellchild.org/>  
Ages: All ages  
Languages: English/Spanish  
Cost/Insurance: Low Cost  
Description: Preventative, Fillings, Extractions  
Location: 4085 S. Vermont Ave., Los Angeles, CA 90008

### FREE/LOW-COST FAMILY PLANNING

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**Planned Parenthood/S. Mark Taper Foundation Center for Medical Training**  
Appointments: 800 576-5544  
Website:

<http://www.plannedparenthood.org/healthcenter/centerDetails.asp?f=3862&a=90070&v=details#>

Ages: All ages  
Cost/Insurance: Free or sliding-scale  
Referral: None required  
Hours: M – F 8am to 5pm, Sat 8am-4pm  
Languages: English, Spanish  
Services: Birth control; HIV, abortion, STD and pregnancy testing, men's and women's health care  
Location: 400 W. 30th St., Los Angeles, CA 90007

Find a family planning clinic near you:

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

### PRENATAL AND PRIMARY/URGENT CARE

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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

**South Central Family Health Center**  
Contact: 323 908-4200  
Web: [www.scfhc.org](http://www.scfhc.org)  
Location: 4425 S. Central Avenue Los Angeles, CA 90011  
Hours: M-F 7am-7pm, Sat 7am-6pm

## FREE/LOW-COST MENTAL HEALTH CARE

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**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 Mental Health 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:**

Children: 213 739-7349

Transition Age Youth: 213 738-3313

Adults: 213 738-2425

## SUBSTANCE USE TREATMENT

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**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

**Drug and Alcohol Use Treatment**

Treatment Referrals: 800-564-6600

<http://www.publichealth.lacounty.gov/sapc/>

**Shields for Families:**

Contact: 323 242-5000

Web: <https://www.shieldsforfamilies.org/>

Location: 11601 S. Western Ave., Los Angeles CA, 90047

## COMMUNITY ASSISTANCE PROGRAMS

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**Women, Infants & Children (WIC)**

Registration: 310 661-3080

Website: [www.slahp.org](http://www.slahp.org)

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

Cost/Insurance: Free for those who qualify.

Hours: M-F 8am to 5pm

Languages: English, Spanish

Location: 4101 S. Figueroa St., Los Angeles, CA 90037

Transportation: NA

**WATTS HealthCare Corporation WIC Program (Special Supplement Nutrition Program for Women, Infants, and Children)**

Contact: 323 564-4331

Location: 10300 Compton Ave., Los Angeles, CA 90002

Website:

<http://www.wattshealth.org/services/wic/watts-health-center-wic/>

Hours: M-Th 8am-6pm, Fri 8am-5pm

**Cal-Fresh**

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

Services: Benefits used to buy foods and seeds or plants to grow food for household use

Contact: 1-877-847-3663 (FOOD)

**Healthy Start Program**

Ages: Pre-K

Description: Healthy Start enhances efforts to close the achievement gap by helping children and their family members gain access to an array of learning supports.

Information: 213 241-4293

## HOUSING

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### *Department of Housing and Urban Development Public Housing Agency*

Rental housing for eligible low-income families, the elderly, and persons with disabilities.

PHA: Los Angeles City

Address: 2600 Wilshire Blvd., Los Angeles, CA 90057

Phone Number: 213 252-2500

Hours: Mon-Fri 8am-4:30pm

## FIRST 5 LA RESOURCES

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### *Welcome Baby*

Website:

<http://www.first5la.org/index.php?r=site/article&id=3086>

Location: Please call 211 for information.

## CHOOSE HEALTH LA CHILD CARE

### *Choose Health LA Child Care (CHLA Child Care)*

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**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 - R&R/APP**

Location: 5110 West Goldleaf Circle,  
Suite 150

Los Angeles, CA 90056

323 299-8998

323 421-1028

## ACKNOWLEDGMENTS

This Community Resource Guide was developed for you by:



South Los Angeles Health Projects focuses on low-income adults, infants and children in South Los Angeles, working to enhance their health and quality of life. That is our mission. We pursue this mission by promoting good nutrition, breastfeeding, immunization and healthy preconception and interconception practices.

Location: 2930 W Imperial Hwy, Inglewood, CA 90303

For further information, please visit our website: [www.slahp.org](http://www.slahp.org) or call 1-323-757-7244 ext 233