



COMMUNITY RESOURCE GUIDE

For Families/Caregivers of Children Ages 0-5



Serving the communities of:

Watts/Willowbrook



Funded by First 5 LA.

Revised Jun 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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- Social and Health Services Resources

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Funded by First 5 LA.

First 5 LA Resources



FIRST 5 LA RESOURCES

PERINATAL AND PARENTAL SUPPORT

Parent Circles of Los Angeles County/

Para Los Niños

Information: 213 250-4800

Website: <http://paralosninos.org/>

Location: 500 Lucas Avenue, Los Angeles, CA 90017

Welcome Baby

Website:

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

Locations:

Martin Luther King Jr Community Hospital,
1680 E. 120th St. Los Angeles, CA 90059

St. Francis Medical Center,
3630 E. Imperial Hwy. Lynwood, CA 90262

Cost: None

Telephone: Call 211 for information

Parent Child Interaction Therapy (PCIT)/ Children's Institute, Inc.

Information: 213 260-7600

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

Location: 10221 South Compton Avenue
Suites 104 and 203
Los Angeles, CA 90002

Kendren Community Health Center

Information: 323 233-0425

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

St. 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: 808 W 58th St. Los Angeles, CA 90037

BEST START

Watts/Willowbrook Best Start

Information: (213) 482-7542

Website:

<http://www.first5la.org/index.php?r=site/tag&id=605>

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

Wellness Center/ Jordan High School Wellness Center

Information: 323 488-5915

Website: <http://thelatrue.org/wellness-centers/jordan-h-s/>

Hours: Mon – Thurs 8 am - 4:30 pm
Fri 1 pm - 5 pm

Location: 10110 Juniper Street, Los Angeles,
CA 90002

NUTRITION AND PHYSICAL ACTIVITY

Athens Park

Location: 12603 South Broadway Ave,
Willowbrook, CA 90061
Information: 213 572-0191

Avalon and Gage Tot Park

Location: 6301 S. Avalon Blvd. Los Angeles
90003
Information: 213 572-0191

Watts Farmer's Market

Information: 323 463-3171
Hours: Sat 10am-2pm
Payment: EBT/Cal-Fresh accepted
Location: 1335 E 103rd St, Watts, CA 90002
Transportation: NA

HOUSING

Permanent Supportive Housing

Information: Contact 211 for screening
Website:
<http://www.first5la.org/index.php?r=site/article&id=3081>

EARLY CARE AND EDUCATION

Graham Public Library

Information: (323) 582-2903
Website:
<http://www.colapublib.org/libs/graham/index.php>
Hours: Mon-Tues 11-8, Wed-Thurs 11-6, Fri-Sat 11-5
Location: 1900 E. Firestone Blvd.
Los Angeles, CA 90001

VISION

Children's Vision Care Program

Information: 800 485-9196
Website: www.visiontolearn.org

Nutrition and Healthy Lifestyle Resources



NUTRITION AND HEALTHY LIFESTYLE RESOURCES

Women, Infants, Children (WIC)

Registration: 310 661-3080

Website: 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: 501 E. Florence Ave., Los Angeles, CA 90003

Other WIC services in Compton: Watts Healthcare Corporation/310 639-3061

Transportation: NA

CalFresh

Website:

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

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

Watts Healthy Farmer's Market

Information: 323 463-3171

Hours: Sat 10am-2pm

Payment: EBT/Cal-Fresh accepted

Location: 1335 E. 103rd St.

Los Angeles, CA 90002

Transportation: NA

Community Garden

Information: 323 376-3905

Website: <http://lagardencouncil.org/greater-watts/>

Description: Community garden for the greater Watts community

Hours: Call for information

Cost: Call for information

Location: 600 E. 118th Pl., Los Angeles, CA 90059

Farm Basket Programs

Available at the South Central Farm Cooperative booth in the Watts Healthy Farmers Market

Cost: Sliding scale \$15 - \$25/per week

Food Bank/Service Program/ Greater New Morning B.C.

Information: 323 529-4446

Website: <http://www.lafoodbank.org/pantry-locator.aspx?zip=90003>

Services: Food distribution

Hours: Sat 8 - 11 am

Cost: None

Location: 210 W. Florence Ave.

Los Angeles, CA 90003

Transportation: NA

GROCERY STORE TOURS/FOOD DEMONSTRATIONS

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

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: 8565-2 South Broadway, Los Angeles, CA 90003

Location: 539 E Florence Avenue, Los Angeles, CA 90003

Location: 454 West Florence Ave, Unit 101, Los Angeles, CA 90003

Location: 10317 S Avalon Blvd, Los Angeles, CA 90003

California Steak & Fries

Location: 11810 Wilmington Avenue
Los Angeles, CA. 90059

Physical Activity Resources



PHYSICAL ACTIVITY RESOURCES

PARKS/RECREATION CENTERS

Green Meadows

Contact: 323 565-4242

Website:

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

Hours: Mon 10am - 6pm; Tues - Thursday: 12pm - 9pm; Fri 12pm - 7pm; Sat: 9am - 5pm; Sunday: Closed

Indoor Facilities: Indoor Gymnasium and indoor gym, indoor basketball courts

Outdoor Facilities: Baseball diamond, basketball courts, children's play area, football field, picnic tables, tennis courts.

Accessibility: Reasonable accommodation

Lights After Dark: Yes

Ca Sports Leagues: Youth flag football, youth soccer

Registration: On site

Cost: \$40 for sports

Location: 431 E. 89th St., Los Angeles, CA 90003

Ted Watkins Memorial Park

Contact: 323 357-3032

Website:

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

Hours: Sunrise - Sunset

Outdoor Facilities: Swimming pool, skate park, walking path, fitness zones and Farmer's Market.

Walk/Jog Facilities: Yes

Lights After Dark: No

Classes: After school program

Sports Leagues: Baseball, flag football, basketball, soccer

Location: 1335 E. 103rd St., Los Angeles, CA 90002

*Dog friendly

Ted Watkins Memorial Park Swimming Pool

Contact: 323 357-3032

Website:

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

Hours: Sunrise - Sunset

Lights After Dark: No

Location: 1335 E. 103rd St., Los Angeles, CA 90002

Open only during the summer.

TRACK OR TENNIS COURTS

Green Meadow Recreation Center

Hours: Contact: 323 565-4242

Lights After Dark: Yes (Summer nights)

Location: 431 E. 89th St., Los Angeles, CA 90003

Hours: Mon 10am - 6pm; Tues - Thursday: 12pm - 9pm; Fri 12pm - 7pm; Sat: 9am - 5pm; Sunday: Closed

BIKE PATHS

Watts Towers Crescent Greenway

Website:

<http://www.traillink.com/trail/watts-towers-crescent-greenway.aspx>

Description: 0.2 Mile trail

Location: Near the Watts Towers

WALKING/HIKING TRAILS

Watts Towers Crescent Greenway

Website:

<http://www.traillink.com/trail/watts-towers-crescent-greenway.aspx>

Description: 0.2 Mile trail

Location: Near the Watts Towers

YMCA/YWCAS AND OTHER GYMS

YMCA/YWCA: Weingart YMCA Wellness and Aquatic Center

Contact: 323 754-3191

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

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

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

Classes: Call for information

Sports Leagues: Call for information

Costs: Two adults + children: \$59 per month

One adult + children: \$49 per month

Location: 9900 South Vermont Ave.
Los Angeles, CA 90044

SPORTS LEAGUES FOR 0-5

AYSO Watts Region 1665

For more information:

<http://www.aysowatts.org/>

SHARED USE SPACES

Ted Watkins Park

Contact: 323 357-3032

Website:

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

Hours: Sunrise - Sunset

Outdoor Facilities: Swimming pool, skate park, walking path, fitness zones and Farmer's Market.

Location: 1335 E. 103rd St., Los Angeles, CA 90002

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

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
Cost/Insurance: Available to those enrolled in WIC.
Classes: Call for information
Hours: Call for information
Languages: English, Spanish
Location(s): 501 E. Florence Ave., Los Angeles, CA 90003

Breastfeeding Classes

Registration: 310 661-3080
Website: www.slahp.org/
Cost/Insurance: Available to those enrolled in WIC
Classes: Call for information
Hours: Call for information
Languages: English, Spanish
Location(s): 501 E. Florence Ave., Los Angeles, CA 90003

Breastfeeding Support Groups

Registration: 310 661-3080
Website: www.slahp.org

Cost/Insurance: Available to those enrolled in WIC

Classes: Call for information

Hours: Call for information

Languages: English, Spanish

Location(s): 501 E. Florence Ave., Los Angeles, CA 90003

BABY-FRIENDLY HOSPITALS

Kaiser Permanente 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

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

Choose Health LA Moms

Registration: 213 639-6400
Website:
<https://publichealth.lacounty.gov/mch/LAMOM/LAMOM.htm>

PARENTS AS TEACHERS

Parents as Teachers

Description: Parents as Teachers helps organizations and professionals work with parents during the critical early years of their children's lives, from conception to kindergarten
Cost: Free
Contact:
Shields for Families (PAT)

9624 Compton Ave., Los Angeles, CA 90002
Phone: 310 604-4446

El Nido Family Center (PAT)
2152 W. Manchester Ave., Los Angeles, CA
90047
Phone: 323 971-7360

Richstone Family Center (PAT)
2930 W. Imperial Ave. #515, Inglewood, CA

90303
Phone: 323 777-2590

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

Social and Health Services Resources

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ES 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

LOW-COST DENTAL SERVICES

Private and Public Free/Low-Cost Dental Clinics:

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

Watts Healthcare Corporation

Appointments: 323 564-4331

Website: www.wattshealth.org

Ages: Adults, Children

Languages: English, Spanish

Cost/Insurance: Low cost

Location: 10300 Compton Ave.
Los Angeles, CA 90002

FREE/LOW-COST FAMILY PLANNING

Planned Parenthood/Stoller Filer Health Center

Appointments: 800 576-5544

Website:

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=4056>

Cost/Insurance: Free or sliding-scale

Referral: None required

Hours: M – F 8am to 5pm

Languages: English, Spanish

Services: Birth Control; HIV, STD and pregnancy testing, men's and women's health care

Location: 11722 S. Wilmington Ave., Los Angeles, CA 90059

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

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

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 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: 213 738-2425

Transition Age Youth: 213 738-3313

Adults: 213 738-2425

SUBSTANCE USE TREATMENT

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
Location: 11601 S. Western, Los Angeles CA,
90047
Website: <http://www.shieldsforfamilies.org>

COMMUNITY ASSISTANCE PROGRAMS

Women, Infants, Children (WIC)

Registration: 310 661-3080
Website: 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
Language(s): English, Spanish
Location(s): 130 E. Compton Blvd., Compton,
CA 90221
Other WIC services in Compton: Watts
Healthcare Corporation/310 639-3061
Transportation: NA

Cal Fresh

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

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

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

Welcome Baby

Website:
[http://www.first5la.org/index.php?r=site/arti
cle&id=3086](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)

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
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 or call 1-323-757-7244 ext. 233