



# COMMUNITY RESOURCE GUIDE

for Families/Caregivers of Children Ages 0-5



Serving the communities of:  
***Compton***



Funded by First 5 LA.

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## 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 Niños*

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

Cost: None  
Telephone: Call 211 for information

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

Information: 310 783-4677  
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

### *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: 8:00– 7:00pm/

Wed, Fri: 8:00 to 5pm / Saturday 7am to 3pm  
Location: 5701 S. Hoover St. Los Angeles 90037

## BEST START

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### *Compton/East Compton Best Start*

Information: 213 482-7542  
Website: <http://www.first5LA.org>  
Hours: Monthly, 3rd Tuesdays, 10am-12pm  
Alternate hours: 4<sup>th</sup> Thursday, 6-8pm

## HEALTH COVERAGE AND 211 LA COUNTY

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### *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*

Information: Carson High School, 310 847-7216, Washington Prep, 323 241-1909  
Locations: Carson High School, 270 East 223rd street, Carson, CA 90745, Washington Prep, 1555 West 110th Street, Los Angeles, CA. 90047

## NUTRITION AND PHYSICAL ACTIVITY

### *Washington Avenue Tot Park*

Information: 213 572-0191  
Location: 15614 Washington Ave. East Compton 90221



### ***Compton Farmers' Market: Market Match***

Location: 275 S Willowbrook Ave., Compton, CA 90220

## **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>

## **EARLY CARE AND EDUCATION**

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### ***East Rancho Dominguez Public Library***

Information: 310 632-6193

Website:

<http://www.colapublib.org/libs/dominguez/index.php>

Hours: M-Th 10 – 6, Fri – Sat 10 - 5

Closed Sunday and major holidays

Location: 4420 E. Rose St.

E. Rancho Dominguez, CA 90221

### ***Compton Public Library***

Information: (310) 637-0202

Website:

<http://www.colapublib.org/libs/compton/>

Hours: Tues-Th 10-8, Fri 10-6, Sat 10-5.

Location: 240 W. Compton Blvd.

Compton, CA 90220

## **VISION**

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### ***Children's Vision Care Program (Vision to Learn)***

Information: 800 485-9196

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

# Nutrition and Healthy Lifestyle Resources



# NUTRITION AND HEALTHY LIFESTYLE RESOURCES

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

Registration: 310 661-3080

Website: <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

Language(s): English, Spanish

Locations: 130 E. Compton Blvd., Compton, CA 90221

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

## *CalFresh*

Website:

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

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

## *Other Nutrition Education Program*

St. Vincent of Paul/Our Lady of Victory Church

Services: Food Distribution

Hours: Every third Thursday of each month

Location: 409 E. Palmer St., Compton, CA 90221

Phone: 310 631-1320

Salvation Army/ Compton

Phone : 310 639-0362

Location: 736 E. Compton Blvd., Compton, CA 90221

## *Compton Farmers' Market*

Blue Line Market

Information: 310 605-5500

Hours: 3pm to 7pm every Wednesday

Payment: EBT/CalFresh accepted

Location: MLK Transit Center/ on the Metro Blue Line

## *Lynwood Farmers' Market*

Information: 310 884-9508

Location: 12301 Atlantic Ave., Lynwood, CA 90262

Hours: Mon-Thurs, Sun: 7am-10am/ Fri &

Sat: 7-11am.

## *Community Garden*

Compton Community Organic Garden/Metro Community Developments

Information: 310 363-0281

Website: <http://metrocdc.org/garden.html>

Description: Raised container gardening

Hours: Dawn to dusk

Cost: Rental fees are \$50 for 6 months or \$100 for 12 months per planting bed.

Location: 1317 South Long Beach Blvd., Compton, CA

## *Food Bank/Service Program*

Salvation Army – Love Kitchen

Information: 310 639-0362

Meals Served: Mon. Dinner Only 6-7 p.m.

Services: Meals

Hours: 6 – 7pm Monday

Cost: Free

Location: 736 E. Compton Blvd., Compton, CA, 90221

## 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

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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: 961 South Long Beach Blvd  
Suite 101, Compton, CA 90221

Location: 1301 E Rosecrans Ave, Unit 104,  
Compton, CA 90221

Location: 159 E Compton Blvd, Compton, CA  
90221

### *California Steak & Fries*

Location: 11810 Wilmington Avenue  
Los Angeles, CA. 90059

### *Alexander Hub Burritos*

Location: 937 E Rosecrans Ave, Compton, CA  
90221



# Physical Activity Resources



# PHYSICAL ACTIVITY RESOURCES

## PARKS/RECREATION CENTERS

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### *Kelly Park Recreation Center*

Telephone: 310 761-1415

Website:

<http://www.comptoncity.org/index.php/Parks-and-Recreation/kelly-park.htm>

Hours: Tues – Thurs 11am – 8pm, Fri- Sat 9am- 5pm

Indoor Facilities: Kitchen, meeting rooms, stage

Outdoor Facilities: Picnic area with barbecue pits, children's playground apparatus, outdoor basketball court and volleyball court, a junior baseball diamond and outdoor restrooms

Registration: On site

Cost: Child sports: \$15 and up

Location: 2319 East Caldwell St., Compton, CA 90221

Transportation: Provided for Seniors 55 and older

### *Lynwood Park*

Contact: 310 603-0220 ext.350

Website: <http://lynwood.ca.us/>

Hours: Mon – Thurs 7am to 6 pm

Indoor Facilities: Swim Lessons

Ages: 6 months to 6 years Mom, Dad and me (6 months old/6years)

Registration: On site

Cost: Lynwood Resident Rate: Children

\$22.00 Adults \$27.00 Non – Resident Rate:

Children \$30.00 Adults \$35.00

Location: 11301 Bullis Rd., Lynwood, CA 90262

### *William Love Swimming Pool*

Contact: 310 635-3484

Website:

<http://www.comptoncity.org/index.php/Parks-and-Recreation/william-love-swimming-pool.htm>

Hours: Jun – Sept Mon and Wed 7pm to 9pm, Sat 1-4pm, Sun 1-4pm

Classes: M-F 8:30am – 11:50am

Location: Leuders Park, 1500 E. Rosecrans Ave., Compton, CA, 90221

Transportation: Provided for Seniors 55 and older

### *E. Rancho Dominguez Park*

Telephone: (310) 603-3724

Location: 15116 S. Atlantic Ave., Compton, CA 90221

Parks after Dark (PAD): June 16-August 13, 2016 (No PAD 6/30 weekend)

## TRACK OR TENNIS COURTS

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### *Wilson Park Community Center (Tennis)*

Contact: 310 631-3845,

Hours: Mon – Thurs 11am – 8 pm; Fri, Sat 9 am to 5pm

Description: 2 courts

Lights After Dark: Yes

Transportation: Provided for Seniors 55 and older

Location: 123 N. Rose Ave., Compton, CA 90221

## BIKE PATHS

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### *The Compton Creek Bike Path*

Website:

<http://www.traillink.com/trail/compton-creek-bike-path.aspx>

Description: On the east bank of the Compton Creek

Location: Accessible from neighborhoods along the way

## YMCA/YWCAS AND OTHER GYMS

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### *Fairfield Family YMCA*

Telephone: 562 423-0491

Website: <http://www.ymca.net/y-profile/?assn=0338&address=90221>

Hours: M-Th 5:30am to 9:30pm, Fri 6am to 8pm, Sat 8am to 3pm

Child Care: Before and After school programs

Facilities: Unlimited use of gym for registration fee

Classes: Call for list

Sports Leagues: Karate, Swimming, Dance

Registration: \$79  
Costs: call for prices  
Location: 4949 Atlantic Ave., Long Beach, CA 90805

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## SPORTS LEAGUES FOR 0-5

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### *AYSO Youth Soccer Leagues/ Lynwood Chapter*

Ages: 4 - 18  
Description: Parent based volunteer organization  
Registration: \$110, 11301 Bullis Rd., Lynwood, CA 90262  
Format/Schedule: Posted:  
<https://sites.google.com/site/region1288/home>

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## SHARED USE SPACES

### *Gonzales Park Aquatic Center*

Description: Swimming pool  
Location: 1101 West Cressey St. Compton, CA 90222  
Hours: 1-4pm, May thru August  
Telephone: 310 761-1463

### *Leuders Park/ William Love Swimming Pool*

Description: Swimming pool  
Location: 1500 E. Rosecrans Ave. Compton, CA 90221  
Hours: Mon – Fri 4-7pm, June – Labor Day  
Telephone: 310 635-3484

### *Ray Campanella Park*

Description: Park/Outdoor Fitness Equipment  
Location: 14812 Standford Ave. Compton, CA 90220  
Hours: Daily, Dawn - Dusk  
Telephone: 310 603-3720

### *Washington Elementary School Natural Park*

Description: Park/Outdoor Fitness Equipment  
Location: 1421 N. Wilmington Ave. Compton, CA 90222  
Hours: Daily, Dawn - Dusk

# **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*

Telephone: 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:*

Telephone: 310 661-3080  
Website: [www.slahp.org](http://www.slahp.org)  
Cost/Insurance: Available for those enrolled in WIC.  
Classes: Call for information  
Hours: Call for information  
Languages: English, Spanish  
Location(s): 130 E. Compton Blvd., Compton, CA 90221

### *Breastfeeding Classes*

Telephone: 310 661-3080  
Website: [www.slahp.org/](http://www.slahp.org/)  
Cost/Insurance: Available for those enrolled in WIC.  
Classes: Call for information  
Hours: Call for information  
Languages: English, Spanish  
Location(s): 130 E. Compton Blvd., Compton, CA 90221

### *Breastfeeding Support Groups*

Registration: 310 661-3080  
Website: [www.slahp.org](http://www.slahp.org)  
Cost/Insurance: Available for those enrolled in WIC.  
Classes: Call for information  
Hours: Call for information  
Languages: English, Spanish  
Location(s): 130 E. Compton Blvd., Compton, CA 90221

## BABY-FRIENDLY HOSPITALS

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### *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

Contact: 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)



## CHOOSE HEALTH LA MOMS

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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](http://ChooseHealthLAMoms.com)

# 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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#### *Access for Infants/Mothers Aim*

Enroll: 800 433-2611

Website: [www.aim.ca.gov/home/default.aspx](http://www.aim.ca.gov/home/default.aspx)

#### *Child Health and Disability Prevention Program*

Enroll: 800 993-2437

Hours: Mon – Fri 8 – 5pm

#### *C.O.A.C.H for Kids*

Enroll: 888 926-2249

Hours: Mon – Fri 8 – 4:30 pm

#### *Crystal Stairs/Healthy Families/Child Health and Wellness*

Enroll: 323 299-9295

Hours: Mon – Fri 8am-5pm

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

### LOW-COST DENTAL SERVICES

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Private and Public Free/Low-Cost Dental Clinics:

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

#### *The Children's Dental Center*

Telephone: 310 419-3000

Location: 300 E. Buckthorn St., Inglewood, CA 90301

Hours: Mon – Fri 9am to 5pm

#### *Watts Health Care Corporation*

Telephone: 323 564- 4331

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

Hours: Mon – Fri 8:30 to 11:30am and 1:30 to 3:30pm

### FREE/LOW-COST FAMILY PLANNING

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#### *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: Mon – Fri 7am to 6pm/Sat 7:30 – 4pm

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

#### *Family Pact/ California Family Planning Information*

Enroll: 800 942-1054

Website:

[www.cdph.ca.gov/programs/familypact](http://www.cdph.ca.gov/programs/familypact)

#### *Wesley Health Center (JWCH)*

Contact: 562 867-7999

Location: 3591 E. Imperial Hwy., Lynwood, CA 90262

Hours: Mon-Th 8am to 7pm, Fri 8am to 5pm

#### *L.A. County Department of Health Services Family Planning Clinics*

Website: [www.dhs.co.la.ca.us](http://www.dhs.co.la.ca.us)

#### *Watts Health Corporation*

Contact: 323 564-4331

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

Hours: Mon- Fri 8am to 5pm

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

### *Saint John's Well Child Clinic*

Contact: 310 603-1332

Location: 2115 N. Wilmington St., Compton, CA 90221

Contact: 310 604-5000

Location: 15715 S. Atlantic Ave., Compton, CA 90221

Contact: 323 750-9232

Location: 6505 8<sup>th</sup> St., Los Angeles, CA 90043

Contact: 323 541-1600

Location: 5101 S. Hoover St., Los Angeles, CA 90037

### *South Central Family Health Center*

Contact: 323 908-4271

Location: 4425 S. Central Ave., Los Angeles, CA 90011

Hours: Mon – Fri 8am to 5pm

### *Saint Francis Medical Center*

Contact: 310 900-8900

Location: 3630 E. Imperial Hwy., Lynwood, CA 90262

### *To Help Everyone Health and Wellness Centers (T.H.E.)*

Contact: 323 730-1920

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

Hours: Mon- Th 7am to 7pm, Fri 7 am to 5pm, Sat 9am to 1pm

### *Watts Healthcare Corporation*

Contact: 323 564-4331

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

Hours: Mon- Fri 8am to 5pm

### *Wesley Health Center (JWCH)*

Contact: 310 763-3075

Location: 3591 E. Imperial Hwy., Lynwood CA 90262

Hours: Mon-Th 8am to 7pm, Fri 8am to 5pm

## 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 Dept of Mental Health SPA 6:*

Children: 213 738-2425

Transition Age Youth: 213 738-3313

Adults: 213 738-2425

### ***Augustus Hawkins***

Contact for children and up: 310 668-4272  
Location: 1720 E 120TH St., Los Angeles, CA 90059

### ***Children Hospital Dept. of Mental Health***

Contact for children and up: 323 361-2350  
Location: 3250 Wilshire Suite 320, Los Angeles, CA 90010

### ***Children's Institute***

Contact: 323 523-8600  
Location: 10221 S. Compton Ave., Ste. 104 & 203, Los Angeles, CA 90002

### ***Didi Hirsch Community Mental Health Center***

Children and up: 310 390-8896  
24hr hotline: 877 727-4747  
Location: 4760 S. Sepulveda Blvd., Culver City, CA 90230  
Hours: Mon – Fri 8:30 -5pm

### ***Drew Child Development Corporation***

Contact for children: 323 249-2950  
Location: 1770 E. 118th St., Los Angeles, CA 90059  
Web: [www.drecdc.org/](http://www.drecdc.org/)

### ***MLK Urgent Care Center/Exodus Recovery***

Contact for children: 562 295-4617  
Location: 12021 South Wilmington Ave. Los Angeles, CA 90059  
Web: [http://www.exodusrecoveryinc.com/MLK\\_UC\\_C.html](http://www.exodusrecoveryinc.com/MLK_UC_C.html)

### ***Saint Francis Medical Center***

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

### ***Children Bureau Magnolia Place***

Contact: 213 342-0100  
Location: 1910 Magnolia Ave., Los Angeles, CA 90007  
Web: <https://www.all4kids.org/>

### ***Watts Counseling and Learning Center***

Contact: 323 564-7911  
Location: 1465 E. 103<sup>rd</sup> St., Los Angeles, CA 90002  
Hours: Mon – Fri 7 – 7pm/ Sat 7:30 – 4pm

## **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 <http://www.laquits.com>  
Los Angeles County  
Cost: Free

### ***Drug and Alcohol Use Treatment***

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

### ***Drug & Alcohol Use Treatment:***

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

### ***Alcoholics Anonymous***

Telephone: 323 936-4343  
Web: [www.lacoaa.org](http://www.lacoaa.org)

### ***Chemical and Mental Health Hospital***

Telephone: 800 821-4357

### ***L.A. Centers for Alcohol/Drugs Abuse***

Telephone: 213 626-6411  
Location: 470 E 3<sup>rd</sup> St, Unit B, Los Angeles, CA 90013

### ***JWCH/Mini Twelve Step House, Inc.***

Telephone: 323 813-0200  
Location: 5132 S. San Pedro St., Los Angeles, CA 90011



### ***Narcotics Anonymous***

Telephone: 323 933-5395

### ***SHIELDS for Families, Inc.***

Telephone: 323 242-5000

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

### ***Solutions Family Resource Center***

Telephone: 877 646-4127

Location: 200 N. Long Beach Blvd.,  
Compton, CA 90221

### ***Wesley Health Center (JWCH)***

Telephone: 562 867-7999

Location: 3591 E. Imperial Hwy.  
Lynwood, CA 90262

## **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

Language(s): English, Spanish

Location(s): 130 E. Compton Blvd., Compton,  
CA, 90221

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

### ***Cal-Fresh***

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

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

Telephone: 1 877 847-3663

### ***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: Compton

Address: 700 N Bullis Rd, Compton 90221

Telephone:

Low Income Housing: 213 814-8000

Legal Aide: 310 638-6114

Fair Housing: 800 446-3247

## **FIRST 5 LA RESOURCES**

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### ***Welcome Baby***

General Information: Provides health  
education, information and assistance for  
pregnant and new moms.

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(s): Call 211 for information

## **CHOOSE HEALTH LA CHILD CARE**

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### ***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.

### ***Crystal Stairs - R&R/APP***

Location: 5110 West Goldleaf Circle, Suite  
150

Los Angeles, CA 90056

Contact: 323 299-8998 or

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