



COMMUNITY RESOURCE GUIDE

for Families/Caregivers of Children Ages 0-5



Serving the communities of:
South Los Angeles



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
- Free/Low-Cost Resources for Pregnant/Post-Partum Women
- Social and Health Services Resources

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First 5 LA Resources



FIRST 5 LA RESOURCES

PERINATAL AND PARENTAL SUPPORT

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):

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)/

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

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

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

BEST START

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

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

NUTRITION AND PHYSICAL ACTIVITY

Athens Park Tot Park

Information: 213 572-0191

Website:

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

Hours: Sunrise to Sunset

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

97th Street Park

Information: 213 202-2700

Website:

http://www.laparksfoundation.org/EN/park/598-97th_st_park.html

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

105th Street Park

Website:

http://www.laparksfoundation.org/EN/park/599-105th_st_park.html

Location: 609 w. 105th St., Los Angeles, 90044

Farmer's Market- Market Match Program/ Vermont Village Farmer's Market

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

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

Location: 7901 S Vermont Ave, Los Angeles, CA 90044

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

Woodcrest Public Library

Information: 323 757-9373

Website:

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

Hours: Mon-Fri 10-6, Sat 10-5

Location: 1340 W. 106th St., Los Angeles, CA 90044

VISION

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: 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: 2nd and 4th Tuesday, 8:30am – 10am

Location: 1973 W. 54th Street, Los Angeles, 90062

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: 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

Location: 11810 Wilmington Avenue
Los Angeles, CA. 90059

Physical Activity Resources



PHYSICAL ACTIVITY RESOURCES

PARKS/RECREATION CENTERS

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

97th Street Park

Telephone: 323 296-1559

Website:

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

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

Bethune Park

Location: 1244 E. 61st St., Los Angeles, CA 90001

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

Keller Park

Location: 1045 W. 126th St., Los Angeles, CA 90044

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

Roosevelt Park

Location: 7600 Graham Ave., Los Angeles, CA 90001

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

Ted Watkins Park

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

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

TRACK OR TENNIS COURTS

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

Crenshaw YMCA

Contact: 323 292-9195

Website: <https://www.ymcala.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.ymcala.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

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

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

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

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

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

BABY-FRIENDLY HOSPITALS

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

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

HEALTHY FAMILIES AMERICA

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

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

Contact: Jessica Garcia, jessicaG@lacgc.org

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:
<https://www.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

FREE HEALTH COVERAGE PROGRAM

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

Private and Public Free/Low-Cost Dental Clinics:

<http://publichealth.lacounty.gov/ohp/ppplists.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

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

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

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

Hours: M-F 7am-7pm, Sat 7am-6pm

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: 213 739-7349

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

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

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

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

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

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/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

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 or call 1-323-757-7244 ext 233