

COMMUNITY RESOURCE GUIDE

for Families/Caregivers of Children Ages 0-5



Serving the communities of:

***Pacoima, Arleta, Mission Hills,
San Fernando, Sun Valley, and Sylmar***

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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Funded by First 5 LA.

First 5 LA Resources



FIRST 5 LA RESOURCES

PERINATAL AND PARENT SUPPORT

Parent Support Circles of Los Angeles County

Information: 818- 677-6854

Website:

<http://www.csun.edu/family-focus-resource-center/>

Services: The program implements parent support groups to foster social connections, reduce isolation, and encourage sharing knowledge and skills among parents of children prenatal to age five.

Location:

Family Focus Resource & Empowerment Center,
18111 Nordhoff St, E-109
Northridge CA 91330

Welcome Baby

Information:

Valley Presbyterian Hospital, 818-781-8120
Providence Holy Cross, 818-496-4173

Website:

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

Services: A voluntary hospital and home-based intervention for pregnant and postpartum women that engages Best Start families prenatally, at birth and postpartum.

Location(s):

- Valley Presbyterian Hospital,
15107 Vanowen St., Van Nuys CA 91405
- Providence Holy Cross Medical Center
15031 Rinaldi St. Mission Hills, CA 91345

Parent Child Interaction Therapy (PCIT)

Information: Michelle Wells 818-908-4990

Website:

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

Services: Parent Child Interaction Therapy (PCIT) is an evidenced based high quality parenting program that works with parents and children to improve the quality of the parent-child relationship and to teach parents the skills necessary to manage their child's severe behavior problems.

Location: San Fernando Valley CMHC/East Valley Youth & Family Center
6305 Woodman Ave., Van Nuys, CA 91401

One Step Ahead / Little by Little

Information: 1-800-313-4942 or
818-361-7541

Website:

<http://www.first5la.org/index.php?r=site/article&id=3085>

Services: One Step Ahead/Little by Little is a program to expand the early literacy and safety education program to WIC sites throughout Los Angeles County. Available to WIC clients.

Location: Panorama City WIC
8532 Van Nuys Blvd.
Panorama City, CA 91402

Black Infant Health (BIH)

Website:

<http://www.lapublichealth.org/mch/BIH/bih.htm>

Services: The BIH program is a state program to address the high infant mortality rate among African Americans. The program offers health education, empowerment, case management, social support, and referrals for pregnant and parenting African American women who are 18 years or over.

Contact: Yolanda Rogers (213) 637-8473

BEST START

Northeast Valley Community Best Start

Information: 213-482-9488

Website:

<http://www.first5la.org/index.php?r=site/tag&id=576>

Services: Best Start brings together parents, and community leaders to work and develop strategies to create the best possible neighborhood for young children and their families.

Hours: Monthly, 4th Thursday of the month from 9-11:30am

Location: David M. Gonzales Recreation Center, 10943 Herrick Ave.
Pacoima, CA 91331

Panorama City & Neighbors Best Start

Information: 213-482-9387

Website:

<http://www.first5la.org/index.php?r=site/tag&id=576>

Services: Parents and community leaders in 14 communities work together to build foundations for the health, safety and school readiness of infants.

Hours: Monthly, 4th Tuesday of the month from 6:00-8:30pm

Location:

New Horizons Center

15725 Parthenia St., North Hills, CA 91343

HEALTH COVERAGE AND 211 LA COUNTY

211 LA County

Telephone: Dial 2-1-1

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

Hours: available 24 h / 7 days a week

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: 818- 830-4200

Website: <http://thelatrust.org/wellness-centers/james-monroe-high-school/#>

Services: Wellness Centers are designed to provide services to meet the unique needs of the communities they serve, including: primary health care services; mental and behavioral health services; oral health services; coordination of family support services; health insurance enrollment and renewal; student and parent engagement for health and wellness career pathways.

Location:

James Monroe High School

9229 Haskell Avenue North Hills, CA 91343

NUTRITION AND PHYSICAL ACTIVITY

Tot Parks

Services: Parks feature brighter lighting, safer equipment, and a special space for children ages 0-5 to play.

Location(s):

- Ritchie Valens Recreation Center,
10731 Laurel Canyon Blvd.,
Pacoima, CA 91331

- Fernangeles Recreation Center,
8851 Laurel Canyon Blvd.,
Sun Valley, CA 91352

- Howard Finn Park,
7747 Foothill Blvd., Sunland, CA 91402

50 Parks Initiative

Services: Park features outdoor fitness equipment, children's play area, security fencing and cameras, solar trash compactors, benches, landscaping and decomposed granite.

Location:

Amistad Park

13116 Kagel Canyon St., Arleta, CA 91331

HOUSING

Permanent Supportive Housing

Services: Rental assistance and permanent supportive housing for homeless families or families at risk of homelessness.

Location(s):

– People Assisting the Homeless (PATH)

Website: www.epath.org

340 North Madison Avenue,
Los Angeles, CA, 90004

Contact Information: 323-644-2216

(Services), 323-644-2200 (Administration)

– L.A. Family Housing

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

7843 Lankershim Blvd.,
North Hollywood, CA 91605

Contact Information: 818-982-4091

EARLY CARE AND EDUCATION

LAUP

Information: 866-675-5400

Website: www.laup.net

Services: LAUP serves more than 10,000 children each year by supporting private, public, charter, faith-based and family child care preschool programs.

Location(s):

- Sara Coughlin Elementary School CSPP
11035 Borden Street, Pacoima, CA
Contact Information: 818-686-6428
- Kids' Korner Preschool
9757 Arleta Ave., Arleta, CA
Contact Information: 818-890-0200
- Guardian Angels Academy
13413 Bradley Ave, Sylmar, CA
Contact Information: 818-362-2526
- Fernangeles State Prescho
12001 Art Street, Sun Valley, CA
Contact Information: 818-767-0380
- Panorama City Elementary School CSPP
8600 Kester Avenue, Panorama City, CA
Contact Information: 818-895-4230

VISION

Children's Vision Care Program

Information: 800-485-9196

Contact: mail@visiontolearn.org

Website: <https://www.visiontolearn.org>

Services: The Children's Vision Care Program is a partnership with UCLA to improve the vision and school readiness of preschool children in Los Angeles County. Provide free eye exams and eyeglasses to children.