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

Funded by First 5 LA.

Revised May 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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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](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

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**Health Coverage and 211 LA County**

**211 LA County**  
Telephone: Dial 2-1-1  
Website: [https://www.211la.org](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/#](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

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**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

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**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](http://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](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 Preschool
  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.