Breastfeeding, Health and Other Resources for New Moms

The resource is divided by eight Service Planning Areas (8). Please click to the SPA that you live in to go to the resources available near you.

For more information, please contact
Choose Health LA Moms at lamoms@ph.lacounty.gov
Maternal, Child, and Adolescent Health
600 S. Commonwealth Ave, Suite 800
Los Angeles, CA 90005
P: 213.639.6400
Antelope Valley Resources (SPA 1)

Health Services
- **Tarzana Treatment Center**
  661-726-2630
  907 West Lancaster Blvd., Lancaster 93434
- **Antelope Valley Community Clinic - Palmdale**
  661-575-0009
  2151 East Palmdale Blvd., Palmdale 93550
  Services: Primary care, dental, mental health, psychiatry.
- **Antelope Valley Community Clinic – Lancaster**
  661-942-2391
  44216 10th Street West, Lancaster, CA 93534
  Services: Primary care, dental, mental health, Saturday clinic.
- **Bartz-Altadonna Community Health Center**
  661-874-4050
  43322 Gingham Ave. Suite 105, Lancaster, CA 93535
  Services: Primary care, women's health, reproductive health and family planning, mental health.

Breastfeeding Classes & Support
- **Antelope Valley Hospital WIC Program**
  661-726-6393
  This WIC program offers breastfeeding classes, support groups, in-office consults, bedside assistance, and a pump loan program to eligible women.

Food Banks
- **South Antelope Valley Emergency Services**
  661-267-5191
  1002 E. Avenue Q-12, Palmdale, CA 93550
  Hours: Mon-Thurs 8am-3pm
- **Santa Clarita Valley Food**
  661-255-9078
  32142 North Crown Valley Road, Acton
  Hours: 2nd Thursday 10am-11:30am
• Salvation Army – Lancaster  
  661-948-3418  
  44517 Sierra Highway, Lancaster 93534  
  Hours: 1st Monday 12pm-2pm

• Grace Resource Center  
  661-940-5272  
  45132 N. Sierra Highway, Lancaster 93534  
  Hours: Tues & Thurs 10am-11am & 1pm-2pm

• Hope Chapel  
  661-943-1074  
  6015 W Ave J-8, Quartz Hill 93536  
  Hours: Friday 9:30am-11am

• Palmdale Soup Kitchen  
  661-940-5272  
  38117 E 13th Street, Palmdale, CA 93550

Shelters & Affordable Housing Programs

• Valley Oasis  
  http://www.valleyoasis.org/  
  661-949-1916  
  Valley Oasis creates and provides comprehensive services to people who have suffered violence and are homeless. Services include a 60-day emergency shelter, transitional housing, homeless solutions access center, sexual assault response services, and outreach.

• Lancaster Community Shelter  
  http://www.homelessshelterdirectory.org/cgi-bin/id/shelter.cgi?shelter=10066  
  661-940-5272  
  45134 North Sierra Highway, Lancaster, CA 93534  
  The program provides emergency shelter for up to 90 days and transitional shelter for up to six months for singles, couples and families who are homeless in the Antelope Valley.

• HPRP Lancaster  
  661-942-0051  
  44933 N. Fern Ave., Lancaster, CA 93534  
  The Homeless Prevention Rapid re-housing Program provides services to homeless individuals and persons who are at risk of homelessness.

Domestic Violence & Legal Assistance

• Valley Oasis  
  http://www.valleyoasis.org/  
  661-949-1916  
  Domestic violence shelter. Provides shelter for domestic violence victims, single men, single women, pregnant women, unaccompanied youth, single men with children and single women with children.
Mental Health

- **Mental Health America of Los Angeles**
  http://www.mhala.org/antelope-valley-services.htm
  661-726-2850
  43423 Division St., Suite 107, Lancaster, CA 93535
  This program provides mental health services for individuals age 18 and older with severe and persistent mental illness who are in the Antelope Valley area.

- **Antelope Valley Hospital Mental Health Services**
  http://www.avhospital.org/Services/MentalHealthServices/Pages/default.aspx
  661-949-5250
  1600 West Avenue J - Lancaster, CA 93534
  The Mental Health Services Department is a 12-bed acute psychiatric service within Antelope Valley Hospital, an acute general hospital, providing inpatient adult mental health/psychiatric services.

- **Child and Family Guidance Center**
  http://www.childguidance.org/
  661-265-8627
  40005 10th Street West, Suite 106, Palmdale, CA 93551
  The Child and Family Guidance Center empowers children and families to achieve health and wellbeing through innovative mental health services and community programs.

Employment Training & Financial Education

- **Antelope Valley WorkSource Center**
  http://www.wiblacity.org/
  661-726-4151
  1420 W. Avenue L, Lancaster, CA 93534
  WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.

Child Care

- **Child Care Resource Center Antelope Valley - R&R/APP**
  661-949-0615
  42281 10th Street West, Lancaster, CA 93534
San Fernando Valley Resources (SPA2)

Health Services

- **Glendale Health Center**
  818-500-5785
  501 North Glendale Avenue, Glendale 91206
  Services: Adult, pediatric, OBGYN, prenatal, family planning, cancer detection.

- **North Hollywood Health Center**
  818-766-3982
  5300 Tujunga Avenue, North Hollywood, CA 91601

- **Pacoima Health Center**
  818-896-1903
  13300 Van Nuys Boulevard, Pacoima, CA 91331

- **San Fernando Health Center**
  818-837-6969
  1212 Pico St, San Fernando, CA 91340

- **Valley Community Clinic**
  818-763-8836
  6801 Coldwater Canyon Ave., North Hollywood, CA 91605
  Services: Adult, pediatric, OBGYN, optometry, dental, HIV/AIDS, family planning, counseling, tobacco cessation.

Breastfeeding Classes & Support

- **Bellies, Babies and Bosoms**
  [www.bellies.biz](http://www.bellies.biz)
  818-541-1200
  2430 Honolulu Avenue, Montrose, CA 91020–1824.
  Five Certified Lactation Educators / Consultants available.
  Also serves San Gabriel Valley, Eagle Rock, Foothills

- **Claire, Jessica, IBCLC**
  323-206-6557
  In-Home Lactation Assistance
  Also serves San Fernando and San Gabriel Valleys
• Gallant, Kathryn, RN, IBCLC "LA Baby Love"
  www.lababylove.com
  818-465-3119
  Also serves West Los Angeles / Santa Monica

• Glendale Memorial Hospital & Health Center
  818-507-4191
  1420 S. Central Avenue Glendale, CA 91204
  Also serves San Fernando Valleys, Greater Los Angeles area.
  Cathy Rgagasa, RN, Director of Women's Services

• Henry Mayo Newhall Memorial Hospital
  661-253-8238
  Mary Beth Sweet, BS, IBCLC, Jolli Bernier BA, IBCLC, Lisa Araki, IBCLC,
  Jodi Rosen, RN, CLE
  23845 McBean Parkway, Suite 112, Valencia, CA 91355-2083

• "Ideal Birth"
  818-859-2478
  Dahila Frydman + Malia Aharoni IBCLC and ACHI Master Doulas
  4454 Van Nuys Blvd., #216, Sherman Oaks, CA 91403
  Also serves West LA, Los Angeles
  Available weekends and evenings.

• La Leche League
  http://www.llusa.org/locator/california/
  Serves La Canada, La Crescenta, Montrose, Sunland, Tujunga, Pasadena, Glendale
  Meet at Crescenta - Canada YMCA 1930 Foothill Blvd., La Canada 91011

• “My Nursing Coach”, A Mobile Lactation Center
  818-431-1118
  Linda Hanna, RNC, MSN / Ed, IBCLC Owner
  7437 Topanga Canyon Blvd., Canoga Park, CA 91303-1212
• Northeast Valley Health Corp  
WIC Breastfeeding Helpline: 818-837-6349  
This WIC center offers prenatal breastfeeding classes, support groups, breast pump loans for medical need, and a breastfeeding helpline in English, Spanish, and Armenian.

• Ognjanovic, Mina J. BA, IBCLC, RLC, Doula(DONA)  
818-915-0190; 818-906-2733  
17046 Burbank Blvd., Encino, CA 91316  

• Rosenthal, Chrisie, BS, IBCLC, RLC  
818-216-2319  
"The Land of Milk and Mommy“ chrisier@yahoo.com  
Breastfeeding consults in office, client's home. Phone consults available. Specializes in feeding difficulties, milk supply, multiples. Warm, supportive service. Available 7 days and evenings. Most insurance accepted as payment in full.

• Steinberg, Ellen, RN, LCCE, IBCLC  
www.babyhelp.us  
818-345-4439; 818-929-7584  
4431 Callada Place, Tarzana, CA 91356  

• Takeda, Cindee Robinson, MS, CLE, IBCLC  
661-618-4570; 661-298-1774  
28468 Alder Peak, Santa Clarita, CA 91387-3109  
Also serves San Fernando Valley Private breastfeeding instruction. Consults in client's home, pediatric office. Experienced with pre-term, multiples & special needs infants. Available weekends & evenings.

• "The Pump Connection", Rebecca Burditt, BS, CLE  
818-225-8822  
13940 Ventura Blvd., Sherman Oaks, CA 91432  
Also serves Greater Los Angeles  
• Toussaint, Yvonne, LLL
  Serves San Fernando Valley. Support group prenatal, postpartum, extended breastfeeding and tandem nursing.
  E-mail support at MYMightyMilk@gmail.com

• Wells, Rachelle, CLE
  213-864-4118
  11546 Canton Drive, Studio City, CA 91604
  Also serves Los Angeles

Food Banks
• SOVA Community Food and Resource Program
  877-275-4537
  Valley Pantry: 6439 Vanowen St., Van Nuys, CA 91406
  Hours: Mon, Tue, Wed, Fri 10am-1:30pm, Sun 9am-12pm

• West Valley Food Pantry
  http://www.westvalleyfoodpantry.org/
  818 346-5554
  5700 Rudnick Ave., Woodland Hills, CA 91367

• Loaves & Fishes – Glendale
  818-409-3080
  4322 San Fernando Road, Glendale, CA 91204
  Hours: Mon, Tue, Wed, Fri 10am-12pm & 1:15pm-3:30pm

• Glendale Central Spanish S.D.A
  818-243-3006
  901 E. Broadway, Glendale, CA 91205
  Hours: Wed 4:30-5:30pm

• Burbank Temporary Aid Center
  http://burbanktemporaryaidcenter.org/
  818-848-2822 ext 107
  1304 W. Burbank Blvd., Burbank, CA 91506
  Hours: Mon-Fri 9am-12pm & 1:30pm-5pm
Shelters & Affordable Housing Programs

- **Los Angeles Family Housing Corporation**
  - [www.lafh.org](http://www.lafh.org)
  - (818) 982-4091
  - 7843 Lankershim Boulevard, North Hollywood, CA 91605
  
  LAFH is the largest provider of affordable housing in the San Fernando Valley and a best practices provider of basic needs and homeless services throughout Greater Los Angeles. They own and operate 3 shelters and 19 permanent affordable apartment buildings. LAFH also provides supportive services including family case management, housing counseling and placement assistance, and job training for homeless and low-income families.

- **San Fernando Valley Rescue Mission**
  - [http://www.sfvrescuemission.org](http://www.sfvrescuemission.org)
  - 818-785-4476
  - 13422 Saticoy Street, North Hollywood, CA 91605
  
  San Fernando Valley Rescue Mission is a non-profit corporation that acts in partnership with other nonprofit agencies to address homelessness and hunger. They offer food, shelter, clothing, referrals, rehabilitation programs, and counseling at their multiple facilities and locations (Rescue Centers).

- **Ascencia Glendale**
  - [http://www.ascenciaca.org/](http://www.ascenciaca.org/)
  - (818) 246-7900
  - 437 Fernando Court, Glendale, CA 91204
  
  Ascencia provides a range of housing and programs to assist people in Glendale out of homelessness. Services include emergency housing, family transitional and permanent housing, referrals and resources.

- **Good Shepherd Center for Homeless Women and Children**
  - (213) 235-1460
  - Languille Emergency Shelter
  - 267 N. Belmont Ave., Los Angeles, CA 90026
  
  The Center provides emergency housing for women who are homeless. Each night up to 30 unaccompanied women receive shelter, communal meals, clothing and assistance with obtaining employment services, government benefits and housing placement.

- **Hope of the Valley**
  - [http://www.hopeofthevalley.org](http://www.hopeofthevalley.org)
  - 818-392-0020
  - 8165 San Fernando Rd., Sun Valley, CA 91352
  
  Genesis House is an emergency shelter for single women and children who are transitioning out of homelessness.
Domestic Violence & Legal Assistance

- **Valley Center for Prevention of Family Violence**  
  818-786-2079  
  13655 Victory Blvd. Suite 201, Van Nuys, CA 9140  
  The agency provides domestic violence services for people who live, primarily, in the San Fernando Valley. Services include parenting classes, support groups, referrals to shelters, and counseling.

- **Valley Women’s Center**  
  818-713-8700  
  22110 Roscoe Blvd., Suite 204, Canoga Park, CA 91304  
  The Valley Women's Center provides low-cost outpatient treatment in English, Spanish, Farsi and Russian for women and their family members at risk for alcohol, drugs, domestic violence and other threats to family stability.

- **YWCA Glendale**  
  24/7 Abuse Hotline: 888-999-7511  
  735 East Lexington Drive, Glendale, CA 91206  
  The program provides domestic violence and shelter services, including case management, referrals, childcare, and counseling for battered women and their children in Los Angeles County.

- **Haven Hills**  
  24/7 Crisis Line: 818-887-6589  
  The agency provides domestic violence services for people in Los Angeles County. Services include the crisis line, crisis shelter, transitional living shelter, outreach support groups, and children's programs.

Mental Health

- **Northridge Hospital Medical Center**  
  [http://www.dignityhealth.org/northridgehospital/](http://www.dignityhealth.org/northridgehospital/)  
  24-Hour Psychiatric Services Line: 818-885-5484  
  Information Line: 818-885-5484  
  18300 Roscoe Blvd, Northridge, CA 91328  
  The hospital provides counseling, inpatient services and partial hospitalization mental health services for individuals age 13 and older in Los Angeles County.

- **West Valley Mental Health Services**  
  818-598-6900  
  7621 Canoga Avenue, Canoga Park, CA 91303  
  Adults only. Crisis intervention, assessment, short-term treatment/stabilization and hospitalization, mental health referrals/consultation for families.
• **San Fernando Valley Community Mental Health Center**  
  MacDonald East Valley Carey MHC  
  [http://www.movinglivesforward.org/programs](http://www.movinglivesforward.org/programs)  
  818-908-3855  
  11631 Victory Blvd., 203, North Hollywood, CA 91606  
  Adult outpatient program servicing severe and persistent mentally ill adults. We provide medication management, crisis management, 5150 capability, brief individual therapy, case managements services.

• **Valley Trauma Counseling Center**  
  24/7 Hotline: 818-886-0453  
  Administration Line: 818-56-5330  
  7116 Sophia Avenue, Van Nuys, CA 91406  
  VTCC provides a 24-Hour Sexual Assault Emergency Response Team, counseling, and prevention education to individuals and families in the San Fernando and Santa Clarita Valleys. Programs are available in both English and Spanish.

• **Didi Hirsch Mental Health Services**  
  Crisis Line: 877-727-4747  
  Administration Line: 818-244-7257  
  1540 East Colorado Street, Glendale, CA 91205  
  The program provides mental health services for people of all ages in Los Angeles County. Services include 11 centers, a 24 hour crisis line, counseling, community outreach, and training programs.

**Employment Training & Financial Education**

• **Chrysalis**  
  [http://www.changelives.org/client_center](http://www.changelives.org/client_center)  
  818-794-4200  
  14015 Van Nuys Blvd, Ste. E, Pacoima, CA 91331  
  Chrysalis provides the resources and support needed to find and retain employment.

• **Jewish Vocational Service of Los Angeles (JVS)**  
  818-550-7500  
  301 E. Glenoaks Blvd., Suite 2, Glendale, CA 91207  
  JVS helps navigate the changing job market and overcome barriers to employment through career services and training programs, workshops, and counseling.
• Van Nuys-North Sherman Oaks WorkSource Center
  http://www.wiblacity.org
  818-781-2522
  15400 Sherman Way, Ste 140, Van Nuys 91406
  WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.

• Neighborhood Housing Services
  818-834-7858
  11243 Glenoaks Boulevard, Suite 9, Pacoima, CA 91331
  NeighborWorks® Homeownership Centers provide comprehensive financial education from budgeting and saving, credit repair and homebuying classes to foreclosure prevention counseling clinics.
San Gabriel Valley Resources (SPA 3)

Health Services
- Monrovia Health Center
  626-256-1600
  330 W. Maple Avenue, Monrovia, CA 91016
- Pomona Health Center
  909-868-0235
  750 S. Park Ave, Pomona, CA 91766
  Services: Public health center, STD testing, TB immunizations.
- La Puente Health Center
  626-855-5300
  15930 Central Ave., La Puente, CA 91744
- AltaMed Health Services – El Monte
  626-453-8466
  10454 East Valley Blvd., El Monte, CA 91731
  Services: Primary care.
- Pomona Clinic Coalition
  909.622.6516
  1770 N. Orange Grove Ave., Pomona, CA 91767
  Services: If you live in the local community, do not have medical insurance, and/or cannot afford medical care, you can qualify for the primary health care services offered through the Pomona Clinic Coalition.
- El Proyecto del Barrio
  http://www.elproyecto.us/hms_FactSheet.aspx
  626-969-7885
  150 North Azusa Ave., Azusa, CA 91702
  Services: Family practice medical services, OBGYN, pediatric, HIV testing and treatment, family planning, CPSP program.

Breastfeeding Classes & Support
- Guerena, Norma, RN, IBCLC
  909-594-0074
  20723 E. Walnut Canyon Road, Walnut, CA 91789
  Serves San Gabriel Valley and Orange County
- Huntington Hospital
  626-397-3172
  Ann Meier, RN, BSN, ANLC Mon. - Fri. 9:00 AM - 4:30 PM
  100 W. California Avenue, P.O. Box 7013, Pasadena, CA 91105-7103
• Meier, Ann, RN, BSN, ANLC  
  626-390-0139  
  2261 Sinaloa Ave., Altadena, CA 91001  
  Breastfeeding consults in clients home. Available weekends.

• Methodist Hospital of Southern California  
  626-574-2415  
  300 W. Huntington Drive, Arcadia, CA 91007  
  Monday - Friday 10:00 AM - 6:00 PM  
  Serves Greater San Gabriel Valley / Los Angeles  

• Pomona Valley Hospital Medical Center  
  909-623-6455  
  1798 N. Garey Ave. Pomona, CA 91767  
  Terry Bretscher, RN, CLC, IBCLC Mon. - Sat. 9:00 AM - 2:30 PM  
  Prenatal breastfeeding classes. Free consults in hospital, Lactation Center. Breast pump rentals & sales. Lactation Center Mon., Thu., Fri. 9:00 – 12:00PM., Tues., Wed. 12:00 PM – 3:00 PM. “Breastmilk Expressions” program for mothers returning to school or work. Medical translators available for many languages. Medi-Cal reimbursable services.

• Sainato, Christina, MPH, IBCLC, RD  
  TheNourishingMother.com  
  626-993-7361  
  Pasadena, CA.  
  Also serves Greater San Gabriel Valley and Los Angeles. Breastfeeding consults in client’s home. Credit Cards accepted. Available weekends and evenings.

• San Gabriel Valley Medical Center  
  626-457-3281  
  Tanya Colligan, CLE, IBCLC 9:00am-4:00pm  
  438 W. Las Tunas Drive, San Gabriel, CA 91776  
  Serves Pasadena and San Gabriel Valley prenatal breastfeeding classes. Consults Pasadena and San Gabriel Valley. Breast pump rental and sales as well as support groups. Chinese spoken.

Food Banks

• People for People  
  626-285-2549  
  1311 E. Las Tunas Drive  
  Hours: Tue-Thurs 9am-2:30pm, Fri 8am-12:30pm

• Salvation Army – Pomona  
  909-623-1579  
  490 E. La Verne Ave., Pomona CA 91767  
  Hours: Mon, Tue, Thurs, Fri 9-11am
• Shepherd's Pantry  
  626-852-7630  
  657 E. Arrow Highway, Glendora, CA 91740  
  Hours: Wed & Thurs 5-7pm

• Cory’s Kitchen  
  626-922-3076  
  405 N. Azusa Ave., Azusa, CA 91702  
  Hours: Mon 6-8pm

• Salvation Army – Pasadena  
  626-773-4400 ext 404  
  1000 E. Walnut Street, Pasadena, CA 91106  
  Hours: Mon-Fri 9-11:30am & by appt. in PM

Shelters & Affordable Housing Programs

• Door of Hope  
  http://www.doorofhope.us/  
  626-304-9130  
  669 North Los Robles Avenue, Pasadena, CA 91101  
  Door of Hope is part of the Pasadena, Glendale and greater Los Angeles networks that offer permanent housing solutions to homelessness. They provide transitional housing and a restoration program especially designed for homeless families with children.

• Passageways  
  (626) 403-4888  
  1020 South Arroyo Parkway, Suite #100, Pasadena, CA 91105  
  This organization is a multi-service center designed to meet the needs of homeless people. Services include: intakes for a shelter or transitional housing, case management, drug and alcohol program referrals, counseling, and street outreach. Contact agency before referring a family, and ask to speak to a case manager for information regarding availability at the shelter.

• Inland Valley Hope Partners  
  http://www.inlandvalleyhopepartners.org/  
  909-622-3806  
  1753 N. Park Ave., Pomona, CA 91768  
  The program provides shelter for homeless single women, single women with children, single men with children, two-parent families with children, and married couples who live in the San Gabriel Valley and Inland Valley.

• Our Savior Center  
  http://www.oursaviourcenter.org/about_us_0.aspx  
  626-579-2190  
  4368 Santa Anita Ave., El Monte, CA 91731  
  Our Savior Center has the Cleaver Family Wellness Clinic, temporary emergency shelter, food distribution, youth education and recreation, adult ESL classes, and adult computer classes.
Domestic Violence & Legal Assistance

- **YWCA of San Gabriel**
  
  24 hour Crisis Helpline: 626-967-0658
  943 N. Grand Ave., Covina, CA 91724
  YWCA Wing program provides safe emergency and transitional shelter, support groups, individual assistance and provide or help families access longer term transitional housing.

- **Shepherd’s Door Domestic Violence Resource Center**
  
  888-979-8884
  P.O. Box 40441, Pasadena, CA 91114
  The resource center provides direct services, including an emergency temporary shelter, crisis counseling, case management, and legal advocacy as well as education classes.

- **Project Sister Family Service**
  24 Hour Hotline: 909-626-4357
  909-623-1619
  P.O. Box 1369, Pomona, CA 91769-1369
  Project Sister provides a 24 hour hot line, information and referral service, counseling, support groups, and a walk-in clinic for victims of sexual assault or child abuse.

Mental Health

- **Arcadia Mental Health Services**
  626-821-5858
  330 E. Live Oak Avenue, Arcadia, CA 91006

- **Santa Anita Family Services**
  [http://www.santaanitafamilyservice.org](http://www.santaanitafamilyservice.org)
  626-359-9358
  Santa Anita provides therapeutic services to children, seniors and other family members within the San Gabriel Valley.

- **Pacific Clinics**
  877-722-2737
  800 South Santa Anita Avenue, Arcadia, CA 91006
  The center is a specialized mental health facility which offers a variety of multilingual, multicultural, family-oriented professional mental health services which are sensitive to the needs of San Gabriel Valley residents of all ages who are of Asian/Pacific heritage.
- **Tri-city Mental Health Center**  
  909-623-6131  
  2008 N. Garey Avenue, Pomona, CA 91767  
  The agency provides mental health services for people of all ages who live in Claremont, La Verne and Pomona.

- **San Gabriel Valley Depression and Bipolar Support Alliance**  
  2550 E. Foothill Blvd. Pasadena CA, 91107  
  Offer support and education for people with depression or bipolar disorder. Support groups meet twice a week.

- **Aurora Behavioral Health Care - Aurora Charter Oak Hospital**  
  800-654-2673  
  1161 E. Covina Blvd, Covina, CA 91724  
  Aurora Charter Oak Hospital is a 134-bed facility providing treatment for psychiatric and chemical dependency problems.

**Employment Training & Financial Education**

- **Pacific Asian Consortium on Employment**  
  [http://pacela.org/services](http://pacela.org/services)  
  213-353-3982  
  1055 Wilshire Blvd., Suite 1475, Los Angeles, CA 90017  
  Offers help through a business development center, financial information and asset building, and workforce development center.

- **Chinatown Service Center**  
  626-293-8733  
  112 N. Chandler Avenue, Suite 105, Monterey Park, CA 91754  
  Workforce Development Division operates employment orientation, training and placement programs targeting the multi-cultural Chinatown and greater City of Los Angeles area.

- **JVS Los Angeles GROW**  
  626-584-5887  
  2555 E. Colorado Blvd., Pasadena, CA 91107  
  JVS helps navigate the changing job market and overcome barriers to employment through career services and training programs, workshops, and counseling.
- **West San Gabriel WorkSource Center**  
  323-647-6500  
  1000 Corporate Center Drive, Suite 550, Monterey Park, CA 91754  
  WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.

- **Pacific Asian Consortium in Employment**  
  [http://pacela.org/services/financial-education-0](http://pacela.org/services/financial-education-0)  
  213-353-3982  
  PACE LA’s financial education and asset building education programs offer one-on-one counseling, workshops, and classes to low-income individuals and families.
Metropolitan Resources (SPA 4)

Health Services

- **Central Health Center**
  213-240-8204
  241 N. Figueroa Street, Los Angeles, CA 90012
  Services: Public health center

- **Hollywood/Wilshire Health Center**
  [http://sabancommunityclinic.org/services/Health-Care-Services](http://sabancommunityclinic.org/services/Health-Care-Services)
  323-769-7800
  5205 Melrose Ave., Los Angeles, CA 90038
  Services: Public health center – preventive health care, dentistry, pediatrics, pharmacy, OBGYN.

- **Eisner Pediatric and Family Medical Clinic**
  213-747-5542
  1530 South Olive St., Los Angeles, CA 90015
  Services: Family medical care, women’s health, pediatric, mental health, and more.

- **Kheir Health Services Center**
  213-637-1070
  266 South Harvard Blvd., Los Angeles, CA 90004
  Services: Primary care, sliding scale.

- **LAC + USC Medical Center**
  323-226-5111
  1200 North State Street, Los Angeles, CA 90033
  Services: General clinic 8am-5pm, emergency services available on a 24-hour basis.

- **Los Angeles Free Clinic – Beverly**
  [http://sabancommunityclinic.org/services/Health-Care-Services](http://sabancommunityclinic.org/services/Health-Care-Services)
  323-658-9193
  8405 Beverly Blvd., Los Angeles, CA 90048
  Services: Prenatal care, OBGYN, dentistry, pediatrics, family planning, preventive health care.

- **Queenscare Family Clinics**
  323-669-4302
  1300 North Vermont Avenue, Suite 1002, Los Angeles, CA 90027
  Services: Primary care, specialty care, outreach, health services for low-income individuals.
• JWCH Institute - Center for Community Health Downtown
  213-486-4045
  522 South San Pedro Street, Los Angeles, CA 90013
  Services: medical, dental, and vision care, HIV treatment and support services, case management, mental health, substance abuse, pharmacy, and assistance with acquiring public benefits and access to housing.

Breastfeeding Classes & Support
• **LA Breastfeeding**
  [www.labreastfeeding.com](http://www.labreastfeeding.com)
  818-839-1617
  Cathleen Redus, CLE
  Los Angeles, CA 90039
  Private and group breastfeeding classes and prenatal and postnatal breastfeeding support.

• **PFHE WIC**
  888-278-6455
  The WIC program serves pregnant, breastfeeding and postpartum women, infants and children up to 5 years old in low income families. WIC provides free supplemental foods, nutrition education, breastfeeding support and education and other support services to eligible women.

• **Pump Station**
  [www.pumpstation.com](http://www.pumpstation.com)
  323-469-5300
  1248 Vine Street, Los Angeles, CA 90038
  Locations in Santa Monica, Hollywood, and Westlake. Breastfeeding classes, Breastfeeding support groups, and private lactation consultants. Pump rental and full store.

• **Two Doulas Birth**
  [www.twodoulasbirth.com](http://www.twodoulasbirth.com)
  323-989-3832
  Leah Miller + Becca Gordon Doulas, Lactation Consultant
  Downtown Los Angeles
  Prenatal birth and breastfeeding classes. Classes held at Dragonfly DuLou, Los Feliz.

• **Wachsmann Melanie, CLE, CD. CPD “Doula Mellie”**
  310-435-6760
  Los Angeles, CA 90016
  Also serves West LA, Santa Monica
  Prenatal breastfeeding classes, private instruction; consults in client’s home. Available weekends and evenings

• **Good Samaritan Hospital**
  Lactation Resource Center
  213-977-2150 HealthEd@GoodSam.org
  637 Lucas Ave., 7th floor, Los Angeles, CA 90017
  Breastfeeding assistance, support groups, private consulatations, and more.
Food Banks

- **Food on Foot**
  http://www.foodonfoot.org/
  310-442-0088
  1625 N. Schrader Blvd., Los Angeles, CA 90028
  Hours: Every Sun @ 3:15pm

- **SOVA Community Food and Resource Program**
  877-275-4537
  1140 N. La Brea Avenue, West Hollywood, CA 90038
  Hours: Mon, Tue, Wed, Fri 10am-1:30pm, Sun 9am-12pm

- **Hospitality Kitchen**
  http://lacatholicworker.org/visiting-and-volunteering/soup-kitchen
  323-267-8789
  821 E. 6th Street, Los Angeles, CA 90021
  Hours: Tuesdays, Thursdays, and Saturdays 7:30a.m.-12:45p.m.

- **Catholic Charities of L.A.**
  http://catholiccharitiesla.org/
  323-662-4392
  4665 Willow Brook Avenue, Los Angeles, CA 90029
  Hours: Mon-Fri 10am-12pm & 1-3pm

- **World Harvest Food Bank**
  http://www.worldharvestfoodbank.org
  213-746-2227
  1014 Venice Blvd., Los Angeles, CA 90015
  Hours: Mon-Fri 8am-5pm

- **Holman United Methodist Church Food Pantry**
  323-731-7285
  3320 W. Adams Blvd., Los Angeles, CA 90018
  Hours: Mon, Wed, Fri 1-3pm

Shelters & Affordable Housing Programs

- **Daytime Women’s Center**
  http://www.dwcweb.org
  213-680-0600
  442 S. San Pedro Street, Los Angeles, CA 90013
  Hours: Monday-Friday 9am-5pm
  Dedicated to serving the unique needs of homeless and very low-income women in downtown Los Angeles’ Skid Row community. Open Monday thru Friday, 6am to 4pm and Saturday and Sunday, 7am to 3pm, the Center also provides three meals a day, laundry facilities, day beds, and clothing to women who drop-in.
• **Homeless Health Care Los Angeles**  
  [http://www.hhcla.org](http://www.hhcla.org)  
  213-744-0724  
  2330 Beverly Blvd, Los Angeles, CA 90057  
  HHCL provides direct service, education, and advocacy including physical exams, health screenings, child and family services, and assessment and monitoring of chronic conditions.

• **P.A.T.H. (People Assisting the Homeless)**  
  (323) 644-2200  
  340 North Madison Avenue, Los Angeles, CA 90004  
  PATH Services provides the support that homeless individuals and families need in order to successfully transition from living on the street to thriving in homes of their own. The services they provide are available to anyone who is homeless or at risk of becoming homeless. They have six programs: PATHways Transitional Housing; P.A.T.H./Foundation House; PATHfinders Job Centers; PATHacademy JobTraining Program; Homeless Access Center; and Street Outreach Teams.

• **Weingart Center for the Homeless**  
  (213) 627-9000  
  566 South Pedro Street, Los Angeles, CA 90013  
  The Weingart Center for the Homeless provides comprehensive human services to homeless men, women, veterans, parolees, families, HIV+ and other at-risk individuals, giving them the skills, resources, and referrals for shelter, housing, food, medical services, mental health services, legal services, and case management.

• **Union Rescue Mission**  
  213-347-6300  
  545 San Pedro St • Los Angeles, CA 90013  
  The mission provides emergency services including food, shelter, and clothing for homeless men, women, and children.

**Domestic Violence & Legal Assistance**

• **House of Truth**  
  323-266-4139  
  House of Ruth provides temporary and transitional housing for homeless & battered women & their children in Boyle Heights near downtown LA. Comprehensive services also include case management, health screening and education, life skills training, transportation, counseling and therapy, and more.
- **Center for the Pacific Asian Family**  
  24 hour Multilingual Hotline: 800-339-3940  
  1102 Crenshaw Blvd., Los Angeles, CA 90019  
  CPAF was founded to help address domestic violence and sexual assault in the Asian and Pacific Islander communities. Some of their key services include: 24 hour bilingual hotline and intervention services, emergency shelter, and childcare program.

- **Los Angeles Center For Law And Justice**  
  (323) 980-3500  
  1241 S. Soto Street, Suite 102, Los Angeles, CA 90023  
  The agency provides domestic violence assistance for low-income residents, regardless of immigration status, in Los Angeles County who are on CalWORKs or other eligible funding sources. Programs include family law, teen legal advocacy, housing law, and domestic violence projects.

- **About Face: Domestic Violence Intervention Project**  
  213-384-7084  
  3407 West 6th Street, Suite 700, Los Angeles, CA 90020  
  The program provides domestic violence group therapy programs for people who live in Los Angeles County.

**Mental Health**

- **Hollywood Mental Health Services**  
  323-769-6100  
  1224 N. Vine Street, Los Angeles, CA 90038  
  Hollywood Mental Health Services offers outpatient or partial hospitalization care for people ages 18 and over.

- **Northeast Mental Health Services**  
  323-478-8200  
  5321 Via Marisol Rd., Los Angeles, Ca 90042  
  Northeast Family Mental Health Service offers outpatient or partial hospitalization care for people ages 18 and over.

- **Downtown Mental Health Center**  
  213-460-6100  
  529 Maple Street, Los Angeles, CA 90013

- **Portals House**  
  213-639-2500  
  679 S. New Hampshire Avenue, 5th Floor, Los Angeles, CA 90005-1355  
  This agency provides mental health services for chronically mentally-ill adults and young adults, ages 17 to 65. Services include social rehabilitation, case management, housing services, and employment and education services.
• **St. Anne’s**  
  http://www.stannes.org/  
  213-381-2931  
  155 N. Occidental Boulevard, Los Angeles, CA 90026  
  St. Anne’s offers an array of comprehensive programs for at risk young pregnant and parenting women and their children including: residential treatment care, transitional housing, mental health, child care, family literacy, family preservation, and educational and vocational preparation.

• **Children’s Institute**  
  http://www.childrensinstitute.org/  
  213-260-7600  
  2121 West Temple Street, Los Angeles, California 90026  
  Children’s Institute offers mental health assessment, individual and family treatment programs, intensive home-based services, and early care and education programs for children and families who reside in high-need, low-resource communities.

**Employment Training & Financial Education**

• **Women In Non-Traditional Employment Roles**  
  http://www.winterwomen.org/  
  213-749-3970  
  3655 South Grand Avenue, Suite 210, Los Angeles, CA 90007  
  WINTER provides women with career and technical training, support and transitional services, mentor programs, and community outreach for economically disadvantaged community women.

• **Pacific Asian Consortium on Employment (PACE)**  
  http://pacela.org/services  
  213-353-3982  
  1055 Wilshire Blvd., Suite 1475, Los Angeles, CA 90017  
  PACE offers help through a business development center, financial information and asset building, and workforce development center.

• **Chinatown Service Center**  
  http://www.cscla.org/  
  213-808-1700  
  767 N. Hill Street, Suite 400, Los Angeles, CA 90012  
  Workforce Development Division operates employment orientation, training and placement programs targeting the multi-cultural Chinatown and greater City of Los Angeles area.

• **Chrysalis**  
  http://www.changelives.org/client_center  
  213-806-6300  
  522 S. Main St, Los Angeles, CA 90013  
  Chrysalis provides the resources and support needed to find and retain employment.
• **Community Career Development**  
  213-365-9829  
The Wilshir Metro, Compton, and South Los Angeles WorkSource Centers offer free employment services including workshops, short term vocational training, assistance with unemployment insurance, and job search techniques.

• **Jewish Vocational Service of Los Angeles (JVS)**  
  323-761-8888  
  6505 Wilshire Blvd, Suite 200, Los Angeles, CA 90048  
  JVS helps navigate the changing job market and overcome barriers to employment through career services and training programs, workshops, and counseling.

• **Hollywood WorkSource Center**  
  323-454-6100  
  4311 Melrose Ave, Los Angeles, CA 90029  
  WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.

• **East LA Community Corporation**  
  323-269-4214  
  530 South Boyle Avenue, Los Angeles, CA 90033  
  ELACC is a community development corporation focused on financial education, housing development, assets and wealth building, tenant services, and community organizing for Boyle Heights and East Los Angeles.

• **Pacific Asian Consortium in Employment (PACE)**  
  [http://pacela.org/services/financial-education-0](http://pacela.org/services/financial-education-0)  
  213-353-3982  
  1055 Wilshire Blvd., Suite 1475, Los Angeles, CA 90017  
  PACE LA's financial education and asset building education programs offer one-on-one counseling, workshops, and classes to low-income individuals and families.

• **Search to Involve Pilipino Americans**  
  [http://www.sipa-online.org/financial%20literacy](http://www.sipa-online.org/financial%20literacy)  
  213-382-1819  
  3200 W. Temple St., Los Angeles, CA 90026  
  SIPA provides a wide range of financial literacy services and asset-building assistance programs to low and moderate income consumers. This includes seminars and workshops on basic personal finance, budgeting, banking, savings and investments and using credit wisely.
• **Koreatown Youth and Community Center**  
  [http://www.kyccla.org/programs/CEDS.htm](http://www.kyccla.org/programs/CEDS.htm)  
  213-365-7400  
  **3727 West 6th Street, Suite 300, Los Angeles, CA 90020**  
  KYCC offers programs in consumer advocacy, financial case management, financial education and asset building, free income tax preparations, and small business technical advice.

• **Neighborhood Housing Services**  
  213-381-2862  
  **3926 Wilshire Boulevard, Suite 200, Los Angeles, CA 90010**  
  NeighborWorks® Homeownership Centers provide comprehensive financial education from budgeting and saving, credit repair and homebuying classes to foreclosure prevention counseling clinics.
Health Services

- **Simms/Mann Health and Wellness Center**  
  310-998-3203  
  2509 Pico Blvd, Santa Monica, CA 90405  
  Services: Integrative medicine, obesity prevention & weight management, chronic pain treatment & management.

- **Westside Family Health Center**  
  310-450-2191  
  1711 Ocean Park Blvd., Santa Monica, CA 90405  
  Services: Primary care, OB/GYN, prenatal care, family planning, well-child checkups, preventive care, vision screening, immunizations.

- **Women's Clinic & Family Counseling Center**  
  310-203-8899  
  9911 W. Pico Blvd., Los Angeles, CA 90035  
  Services: Primary care, OB/GYN, family planning, mammograms, counseling services, mental health.

- **Venice Family Clinic**  
  [http://www.venicefamilyclinic.org/](http://www.venicefamilyclinic.org/)  
  310.392.8636  
  Multiple locations in Venice, Santa Monica, Mar Vista, Inglewood, and Culver City.  
  Services: Primary care, women’s health (OBGYN, screening, family planning, prenatal care), pediatric, eye care, domestic violence intervention, lab and diagnostic services, specialty care.

Breastfeeding Classes & Support

- **Cedars-Sinai Lactation Education Center**  
  310-423-5312  
  8700 Beverly Blvd., Suite 3202, Los Angeles, CA 90048  
  Also serves Greater Los Angeles Area  
  Linda Kingsley, B.A., IBCLC, RLC Program Coordinator. Mon - Sat 8:00 AM - 4:00 PM Prenatal breastfeeding classes. Consults in hospital. NICU Lactation Program. Breast pump rentals & related sales. Medical translators for most languages, serve hearing impaired.
### Epps, Cynthia, MS, IBCLC
http://www.cynthiaepps.com/
310-458-6430; 310-968-0387
457 25th Street, Santa Monica, CA 90402
Also serves Los Angeles, South Bay, San Fernando Valley
Prenatal breastfeeding classes, private instruction. Consults in hospital, client's home. Credit cards accepted. Available weekends by appointment only.

### Katznap-Yackman, Yana, BA, IBCLC, RLC
323-240-6002
Serves Marina Del Rey and West Los Angeles

### MCH Services Inc., Rona Cohen, RN, MN, IBCLC
www.mchservicesinc.com
800-822-6688
P.O. Box 6241, Beverly Hills, CA 90212-1241
National & International Corporate Lactation Program
Prenatal education through corporate lactation programs only. Breast pump sales. Credit cards accepted.

### Slavick, Suzy, RN, IBCLC
310-871-3554
145 South La Peer Drive, Beverly Hills, CA 90211-2601
Also serves Culver City

### Tellalian, Louise Arce, RN, CLC, FACCE
310-274-2272
1911 San Ysidro Drive, Beverly Hills, CA 90210-1520
Serves Greater Los Angeles
Prenatal breastfeeding classes; small group in home setting on Saturday AM with phone follow-up. Private instruction available. Phone counselling.

### The Sanctuary Breastfeeding Resource Center, Kimberly Durdin, IBCLC
www.birthsanctuary.com
877-552-6437 (24 Hours / 7 Days)
11965 Venice Blvd. Suite 307, Los Angeles, CA 90066
Prenatal, postpartum breastfeeding classes, support group. Consults in hospital, clinic, client's home. Breast pump rentals, sales and related sales. Low cost services available.
Kaiser Permanente Medical Center, WLA  
323-857-4121  
6041 Cadillac Ave. Los Angeles, CA 90034-1702.  
Also serves WLA, Baldwin Hills  
Gwen Brown, RN, BSN, CLC, Alexanne Soltwedel, RN, BSN, CLE  
Lactation Clinic Mon.-Fri. 9:00 AM - 5:30 PM  
Prenatal, postpartum breastfeeding classes. Consults in hospital, clinic.  
Breast pump sales and related sales. Support group. Special services to NICU graduates and teens. Weekend services for inpatients. Services free to Kaiser patients.

Food Banks

- **SOVA Community Food and Resource Program**  
  877-275-4537  
  8846 W. Pico Blvd., Los Angeles, CA 90035

- **St. Augustine’s S.A.V.E.S Food Pantry**  
  [http://www.homelessshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=3560](http://www.homelessshelterdirectory.org/cgi-bin/id/foodbank.cgi?foodbank=3560)  
  310-838-2702  
  3820 Jasmine Ave., Culver City, CA 90232  
  Hours: Mon, Wed, Fri 9-11:45am

- **Ocean Park Community Center**  
  310-450-4050 ext. 130  
  503 Olympic Blvd., Santa Monica, CA 90401  
  Hours: Tues 1-2:30pm

- **St. Joseph Center**  
  310-396-6468 ext. 348  
  204 Hampton Drive, Venice, CA 90291  
  Hours: Mon, Wed, Thur 10am-12pm & Tue, Fri 1-3pm

- **Mildred Crush Foundation**  
  [http://www.mildredcurshfoundation.com](http://www.mildredcurshfoundation.com)  
  310-452-1830  
  610 California Avenue, Venice, CA 90291  
  Hours: 2nd & 4th Thurs 12:30-1:30pm

Shelters & Affordable Housing Programs

- **Upward Bound House**  
  310-458-7779  
  Upward Bound House provides housing, supportive services, and advocacy for families and their children at its Family Center in Culver City and Family Place in Santa Monica.
- **City Of Santa Monica Housing And Economic Development Department**  
  [http://www.smgov.net/departments/hed/](http://www.smgov.net/departments/hed/)  
  1901 Main Street, Suite C, Santa Monica, CA 90405  
  The agency provides housing services for residents of the City of Santa Monica.

- **Ocean Park Community Center**  
  [https://www.opcc.net/](https://www.opcc.net/)  
  310-450-4050  
  1453 16th Street, Santa Monica, CA 90404-2715  
  The agency provides homeless support services for women, men, couples, and families; including people who are undocumented who are in or have been recently evicted from housing in the city of Santa Monica.

- **St. Joseph Health Center**  
  [http://www.stjosephctr.org/affordable_housing.html](http://www.stjosephctr.org/affordable_housing.html)  
  310-396-6468  
  204 Hampton Drive, Venice, California 90291-8633  
  St. Joseph Center's Affordable Housing Program assists homeless families and individuals to qualify for government subsidized housing.

### Domestic Violence & Legal Assistance

- **Jenesse Center Inc.**  
  [https://jenesse.org](https://jenesse.org)  
  24/7 Hotline: 800-479-7328  
  Administration Line: 323-299-9496  
  The program provides domestic violence and shelter services for battered women or men and their children, who are Los Angeles County residents, including single women, single men, pregnant women and emancipated minors.

- **Sojourn Center**  
  [https://www.opcc.net/?nd=sojourn](https://www.opcc.net/?nd=sojourn)  
  24-Hour Hotline: 310-264-6644  
  SOJOURN provides battered women and their children with a 24 hour crisis hotline, an emergency shelter, support groups, legal advocacy, community education, and domestic violence classes for survivors.

### Mental Health

- **Edelman Mental Health Center**  
  310-966-6500  
  11531 W. Olympic Blvd., Los Angeles, CA 90064

- **Family Service of Santa Monica**  
  310-451-9747  
  1533 Euclid St, Santa Monica, CA 90403  
  The agency provides mental health services for individuals of all ages in the Santa Monica area. Services include counseling, teen parenting program, adoption services, support groups, and special education.
- **Open Paths Counseling Center**
  [http://openpaths.org/](http://openpaths.org/)
  English: (310) 258-9677, Español: (310) 967-6090
  5731 W. Slauson Ave., Suite 175, Culver City, CA 90230
  Open Paths offers therapeutic counseling in English and Spanish to members of the community who are unable to afford standard fees for mental health services. Some of the services include individual, marital, child and family therapy, group therapy and parenting education.

- **Didi Hirsch Mental Health Services**
  Crisis Line: 877-727-4747
  Administration Line: 310-390-8896
  The program provides mental health services for people of all ages in Los Angeles County. Services include 11 centers, a 24 hour crisis line, counseling, community outreach, and training programs.

**Employment Training & Financial Education**

- **Chrysalis**
  [http://www.changelives.org/client_center](http://www.changelives.org/client_center)
  310-401-9400
  1853 Lincoln Blvd, Santa Monica, CA 90404
  Chrysalis provides the resources and support needed to find and retain employment.

- **Marina del Rey WorkSource Center**
  310-309-6000
  13160 Mindanao Way, Suite 240, Marina Del Rey, CA 90292
  WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.

- **YWCA Santa Monica/Westside**
  310-452-3881
  2019 14th Street, Santa Monica, CA 90405
  The Libbie Agran Financial Literacy Center promotes financial literacy and economic justice by providing: computer labs and software to build skills for girls in math, science and personal finance and programs for women and families to build skills in personal financial management and wealth building.
South Los Angeles Resources (SPA 6)

Health Services

- Martin Luther King Jr. Center for Public Health
  323-568-8100
  11833 S. Wilmington Ave., Los Angeles, CA 90059
  Services: Immunizations, TB testing and treatment, STD testing and treatment

- Ruth Temple Health Center
  323-730-3507
  3834 S. Western Ave., Los Angeles, CA 90062
  Services: Public health clinic

- St. John’s Well Child & Family Health Center
  http://www.wellchild.org/
  323-541-1411
  Multiple locations in South Los Angeles.
  Services: Primary care, dental, women’s health, pharmacy, mental health, HIV/AIDS, children’s services.

- Compton Central Health Clinic
  http://www.comptoncentralhealthclinic.org/
  310-635-7123
  201 N. Central Ave., Compton, CA 90220
  Services: Primary care, laboratory, pharmacy, and radiology services.

- Wesley Health Centers - Lynwood
  http://jwchinstitude.org/
  310-223-1035
  3591 & 3580 East Imperial Highway, Lynwood, CA 90262
  Services: Primary care, pediatrics, senior care, HIV testing, specialty referrals, women’s health.

- Watts Health Center
  http://www.wattshealth.org/
  323-564-4331
  10300 South Compton Ave., Los Angeles, CA 90002
  Services: Primary care, pediatrics, women’s health, urgent care, pharmacy, vision, dental.

- South Central Family Health Clinic
  http://www.scfhc.org/
  323-908-4200
  4425 South Central Ave., Los Angeles, CA 90011
  Services: Primary care, women’s health, pediatrics, behavioral health, health education, classes.
Breastfeeding Classes & Support

- **Watts Healthcare Corporation**
  323-564-4331
  10300 S. Compton Ave., Los Angeles, CA 90002
  Breastfeeding Support Groups offered every 2nd and 4th Wednesday 2:30pm-3:30pm and one on one breastfeeding support from peer counselors. Must be a WIC participant.

- **The Community Birth Center, Racha Tahani Lawler, CPM, LM**
  323-541-9100
  2422 W. Florence Ave., Los Angeles, CA 90043

- **T.H.E. Clinic**
  323-730-1920
  3834 S. Western Ave., Los Angeles, CA 90062-1104
  Offers women’s health services including prenatal care, perinatal, and prenatal education as well as diaper support group. Walk-ins accepted.

- **South LA Health Projects WIC**
  310-661-3080
  Breastfeeding Helpline: 323-905-1248
  2930 W. Imperial Highway, Suite 601, Inglewood, CA 90303
  This WIC center offers breastfeeding peer counselors, prenatal breastfeeding classes, support groups, breast pump loans for medical need, and pumps for working mothers.

- **Good Samaritan Hospital Lactation Resource Center**
  213-977-2150 HealthEd@GoodSam.org
  637 Lucas Ave., 7th floor, Los Angeles, CA 90017
  Breastfeeding assistance, support groups, private consultations, and more.

Food Banks

- **Another Chance Outreach**
  310-631-2408
  456 W. Compton Blvd., Compton 90220
  Hours: 2nd & 4th Sat 8-10am

- **Lynwood All People’s First**
  310-639-2010
  4330 Martin Luther King Jr. Blvd., Lynwood 90262
  Hours: Fri 8:30-9:30pm

- **Shields for Families**
  323-242-5000
  11705 Deputy Yamamoto Place, Lynwood 90262
  Hours: Thurs 10am-2pm
• **Paramount Care Foundation**  
  562-272-7647  
  8206 Alondra Blvd., Paramount 90723  
  Hours: Fri 9-10am

• **Ministerio a la Luz**  
  626-253-5929  
  111 N. Long Beach Blvd., Compton 90221  
  Hours: Sat 10am-12pm

**Shelters & Affordable Housing Programs**

• **Watts Labor Community Action Committee**  
  [http://www.wlcac.org/social-services.htm](http://www.wlcac.org/social-services.htm)  
  323-563-5639  
  10950 S. Central Ave., Watts, CA 90059  
  Includes an access center, shelter plus care programs, women’s shelter, and transitional housing services for women and men in South Central Los Angeles.

• **Compton Welfare Rights**  
  310-631-5193  
  528 W. Almond Street, Compton, CA 90220  
  A free shelter for homeless women and women with children age 10 or younger.

• **Watts/Century Latino Organization**  
  [http://www.wattscenturylatino.org/slaoh.htm](http://www.wattscenturylatino.org/slaoh.htm)  
  323-564-9140  
  10360 Wilmington Avenue, Los Angeles, CA 90002  
  The South Los Angeles Home Ownership Program provides first-time home buyer education and counseling as well as foreclosure prevention and counseling.

• **West Los Angeles Community Development Corporation**  
  [http://www.westangelescdc.org/index.html](http://www.westangelescdc.org/index.html)  
  323-751-3440  
  6028 Crenshaw Blvd, Los Angeles, CA 90043  
  This agency provides emergency services, food and nutrition programs, utility assistance, housing and employment referrals, homebuyer education, and credit counseling to individuals and households in South Los Angeles.

**Domestic Violence & Legal Assistance**

• **Project Impact**  
  888-431-2882  
  2640 Industry Way, Suites G and H, Lynwood, CA 90262  
  Project IMPACT’s Domestic Violence program provides adult education and free counseling.
• **1736 Family Crisis Center**
  24/7 Crisis Hotline: 310-379-3620
  Administration Line: 310-543-9900
  21707 Hawthorne Blvd., Suite 300, Torrance, CA 90503
  1736 Family Crisis Center has shelter programs, Community Service Centers, and 24-hour crisis hotlines, which are customized to address and meet every client’s individual needs. Services include domestic violence shelters, case management, counseling, legal services, job development, and family reunification.

**Mental Health**

• **Augustus Hawkins Mental Health Center**
  310-668-4271
  1720 E. 120th Street, Los Angeles, CA 90058

• **Compton Mental Health Services**
  310-668-6600
  931 E. Compton Blvd., Compton, CA 90221

• **Latino Mental Health Center**
  310-668-3112
  1720 E. 120th Street, Los Angeles, CA 90059

• **West Central Family Mental Health**
  323-298-3680
  3751 Stocker Street, Los Angeles, CA 90008

• **St. Francis Medical Center**
  310-900-8900
  3630 East Imperial Highway, Lynwood, CA 90262
  The agency provides mental health services for children of all ages and families in Los Angeles County.

• **Kedren Community Mental Health**
  323-233-0425
  4211 South Avalon Boulevard, Los Angeles, CA 90011
  Kedren Community Health Center, Inc., dba Kedren Acute Psychiatric Hospital and Community Mental Health Center, offers comprehensive programs and services for children, transitional aged youth, and adults residing in Service Planning Area 6, experiencing serious or persistent mental illness or emotional disturbances.
• **The Guidance Center**  
  310-669-9510  
  901 W. Victoria Street, Suites F & G, Compton, CA 90220  
  Services include: Case Management, Crisis Intervention, Field Capable Clinical Services, Full Service Partnership, Individual, Group and Family Therapy, Parenting Education, Psychiatric Medication.

**Employment Training & Financial Education**

• **Women In Non-Traditional Employment Roles**  
  213-749-3970  
  3655 South Grand Avenue, Suite 210, Los Angeles, CA 90007  
  WINTER provides women with career and technical training, support and transitional services, mentor programs, and community outreach for economically disadvantaged community women.

• **Community Career Development**  
  213-365-9829  
  The Wilshire Metro, Compton, and South Los Angeles WorkSource Centers offer free employment services including workshops, short term vocational training, assistance with unemployment insurance, and job search techniques.

• **Compton CareerLink**  
  310-605-3050  
  700 N. Bullis Road, Compton, CA 90220  
  CareerLink is dedicated to linking job seekers with employers through an integrated system of customer-oriented programs and services, including: career planning, job training, free workshops, CalJOBS registration, and recruitments.

• **Watts WorkSource Center**  
  323-563-4702  
  10950 South Central Ave, Los Angeles 90059  
  WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.
Health Services

- **Whittier Hospital Women’s Health Centers**
  http://www.whittierhospital.com/getpage.php?name=womenshealth
  562-945-3561
  Multiple locations in Whittier.
  Services: Prenatal care, family planning, women’s health services.

- **Children’s Clinic Family Health Center**
  http://www.thechildrensclinic.org/
  562-461-1179
  17660 Lakewood Blvd., Bellflower, CA 90706

- **Wesley Health Center – Bell Gardens**
  http://jwchstitute.org/primary-medical-care/wesley-health-centers-bell-gardens/
  323-562-5815
  6912 South Ajax Ave., Bell Gardens, CA 90201
  Services: Primary care, prenatal care, pediatrics, family planning, male wellness services, women’s health, HIV testing, laboratory services.

- **Wesley Health Center – Norwalk**
  562-281-0305
  12360 Firestone Blvd., Norwalk, CA 90650
  Services: Family medicine, prenatal care, family planning, gynecology, pediatrics, specialty referrals, HIV testing, and laboratory services.

- **Whittier Public Health Center**
  562-464-5350
  7643 S. Painter Ave., Whittier, Ca 90602
  Services: Public health center.

- **Northeast Community Clinic**
  http://neccmed.org/
  323-771-8400
  4129 East Gate Ave., Bell, CA 90201
  Services: Primary care, women’s health, pediatrics, osteoporosis screenings, HIV testing, laboratory services.
Breastfeeding Classes & Support

- **Breastfeeding Support Inc.**
  - [www.breastfeedingsupportinc.com](http://www.breastfeedingsupportinc.com)
  - 562-922-1474
  - 9819 Palm Street, Bellflower, CA 90706
  - Serves Greater Los Angeles and North Orange County

Food Banks

- **Rosewood Church**
  - 562-925-1443
  - 10115 E. Rose Street, Bellflower, CA 90706
  - Hours: Fri 3-4pm

- **City of Commerce**
  - 323-887-4460
  - 2555 Commerce Way, Commerce, CA 90040
  - Hours: 3rd Thurs 10:30am-1pm

- **Hawaiian Gardens Food Bank**
  - 562-860-9097
  - 21411 Norwalk Blvd., Hawaiian Gardens, CA 90716
  - Hours: Wed 2-6pm & Thurs 9:30am-3:30pm

- **Southeast Churches Service**
  - 323-585-8254
  - 2780 E. Gage Avenue, Huntington Park, CA 90255
  - Hours: Mon-Fri 9am-12pm & 1-4pm

- **St. Gregory the Great**
  - 562-777-2475
  - 13935 Telegraph Road, Whittier, CA 90605
  - Hours: Tue, Wed, Thurs 10am-2pm

- **Montebello Watch**
  - 626-810-5833
  - 1033 South Maple Ave., Montebello, CA 90640
  - Hours: Tue-Thurs 3-6pm

Shelters & Affordable Housing Programs

- **HPRP Huntington Park**
  - [http://huntingtonpark.org](http://huntingtonpark.org)
  - 323-388-7324
  - 2965 E. Gage Ave., Huntington Park, CA 90255
  - The Homeless Prevention Rapid re-housing Program provides services to homeless individuals and persons who are at risk of homelessness.
Domestic Violence & Legal Assistance

- **East Los Angeles Women’s Center**
  Rape and Battering Hotline 24/7: 800-585-6231
  1255 South Atlantic Blvd, Los Angeles, CA90022
  The East Los Angeles Women’s Center strives to ensure that all women, girls and their families live in a place of safety, health, and personal well-being, free from violence and abuse. Services include a 24/7 bilingual crisis hotline, domestic violence services, mental health and parenting programs, and HIV/AIDS prevention services.

- **Human Services Association**
  [http://www.hsala.org/services/program/domestic-violence-support-services](http://www.hsala.org/services/program/domestic-violence-support-services)
  (562) 806-5400
  6800 Florence Ave., Bell Gardens, CA 90201
  Current CalWORKS participants or persons eligible for CalWORKS qualify for HSA’s Domestic Violence Assistance program. Services include counseling, parenting classes, and emergency assistance, services all designed specifically for domestic violence victims.

- **Angel Step Inn Domestic Violence Emergency Shelter**
  24/7 Crisis Hotline: 323-780-4357
  11500 Paramount Blvd., Downey, CA 90241
  The program operates a battered women’s shelter and offers domestic violence services for women substance abusers, age 18 and older, and their children, including women from other counties who are fleeing a batterer.

Mental Health

- **New Directions**
  562-943-6000
  11530 La Mirada Boulevard, La Mirada, CA 90638
  The agency provides domestic violence services for adults and adolescents, ages 13 to 80, in Los Angeles County.

- **Rio Hondo Community Mental Health**
  562-402-0688
  17707 Studebaker Rd., Cerritos, CA 90701
  The Rio Hondo Community Mental Health Center in Cerritos is operated by the Los Angeles County Department of Mental Health. This facility helps individuals, families and communities develop and maintain mental health, wellness and recovery through counseling, rehabilitation programs, treatment, training and assistance.
• American Indian Counseling Center  
  562-402-0677  
  17707 Studebaker Rd., Cerritos, CA 90701  
  Services include: Case Management, Community Outreach, Collateral, Dual Diagnosis, Field Capable Clinical Services, Full Service Partnership, Group Counseling, Life Support, Medication Support, Mental Health Promotion.

• East Los Angeles Mental Health  
  562-806-5000  
  6001 Clara St., Bell Gardens, CA 90201

**Employment Training & Financial Education**

• **Southeast Los Angeles Workforce Investment Board**  
  800-481-6555  
  10900 East 183rd Street, Suite 392, Cerritos, CA 90703  
  Online community resource and career center with a wide range of free employment services and job search tools.

• **Operation Hope South Gate**  
  [http://www.operationhope.org/hopescruption.southgate](http://www.operationhope.org/hopescruption.southgate)  
  562-927-0294  
  8710 Garfield Avenue, South Gate, CA 90280  
  The South Gate HOPE Financial Dignity Center provides in-person financial support including credit and foreclosure counseling.

• **East LA Community Corporation**  
  323-269-4214  
  530 South Boyle Avenue, Los Angeles, CA 90033  
  ELACC is a community development corporation focused on financial education, housing development, assets and wealth building, tenant services, and community organizing for Boyle Heights and East Los Angeles.

• **Mexican American Opportunity Foundation**  
  323-278-3890  
  401 N. Garfield Avenue, Montebello, CA 90640  
  MAOF offers Financial Literacy and Education workshops on a monthly basis. Subjects covered include Identity Theft, Home Ownership, Credit Score, Credit Use, and basic banking information.
South Bay Resources (SPA 8)

Health Services
- Curtis R. Tucker Health Center
  310-419-5325
  123 W. Manchester Blvd., Inglewood, CA 90301
  Services: Public health center, STD testing, TB testing, immunizations.

- Torrance Health Center
  310-354-2300
  711 Del Amo Blvd., Torrance, CA 90502
  Services: Public health center.

- South Bay Family Health Care – Gardena
  http://www.sbfhc.org/contact-us/
  310-327-1357
  742 W. Gardena Blvd., Gardena, CA 90247
  Services: Primary care, adult disease management, women’s health, prenatal care, pediatric, dental, family planning, HIV/AIDS testing, imaging services.

- Westside Neighborhood Clinic
  562-595-5507
  1436 W. 23rd St, Long Beach, CA 90810
  Services: Primary care, immunizations, prenatal care, health education, women’s health.

- Wilmington Community Clinic
  310-549-5760
  1009 North Avalon, Wilmington, CA 90744
  Services: Primary care, pediatric, prenatal care, women’s health, family planning, STD screening.

- South Bay Family Health Care - Redondo Beach Clinics
  310-318-2521
  2114 Artesia Blvd., Redondo Beach, CA 90278
  Services: Primary care, adult disease management, women’s health, prenatal care, pediatric, dental, family planning, HIV/AIDS testing, imaging services.

Breastfeeding Classes & Support
- Beach Cities Babies
  www.beachcitiesbabies.com
  Terry Gass RN, IBCLC and Susanna Lutton, MPH, CLE
  310-372-5511
  Redondo Beach, CA 90278
- **Columbia Paediatrics Breastfeeding Clinic**  
  Susan Orr, PT, CLC, IBCLC  
  562-427-3782  
  2880 Long Beach Blvd., #425, Long Beach, CA 90806  
  Also serves South Bay  

- **Breastpump Connection**  
  Rosevear, Luanne. RN, PHN, IBCLC, BS  
  310-779-7943; 310-212-6461  
  3325 Opal Street, Torrance, CA 90503.  
  Also serves Long Beach.  

- **South Bay Baby Beginnings**  
  [http://www.southbaybabybeginnings.com/](http://www.southbaybabybeginnings.com/)  
  Patty Elder, RNC, IBCLC and Hillary Gray, RNC, IBCLC  
  310-619-6083  
  2200 Pacific Coast Highway, Hermosa Beach, CA 90254  
  Breastfeeding consults in hospital, clinic, client's home. Low cost support groups Mon. Wed. Fri. 10:00 AM - Noon. Available weekends and evenings.

- **Torrance Memorial Medical Center**  
  [www.torrancememorial.org](http://www.torrancememorial.org)  
  Susan Orr, PT, LCCE, CLC, IBCLC; Nancy Kraus, BA, LCCE, CLE; Tricia Suarez, CLE, Catherine Hargrove, RN, CLE  
  310-325-9110 Ext. 4225  
  3330 Lomita Blvd., Health Links, West Tower, Torrance, CA 90505-5073  

- **Wilmington Community Clinic**  
  Susan Estrada, CLE  
  310-549-9787  
  1009 N. Avalon Blvd., Wilmington, CA 90744  
  Private instruction in office. English and Spanish spoken.

**Food Banks**

- **Project Needs**  
  310-370-4319  
  2600 Nelson Ave., Redondo Beach, CA 90278  
  Hours: 1st & 3rd Thurs 9-11am
• City of Truth Ministries  
  310-669-8300  
  1139 E. Dominguez St, Suite D, Carson, CA 90746  
  Hours: 2nd & 4th Sun 12:30-2pm

• Food Net – Asian Service Center  
  310-217-7300  
  14112 Kingsley Drive, Gardena, CA 90249  
  Hours: Mon, Tue, Wed 9am-12pm

• WSFB – Salvation Army  
  310-677-3375  
  324 E. Queen Street, Inglewood, CA 90301  
  Hours: Mon-Fri 1-3pm

• Food Net – San Pedro Service  
  310-519-6091  
  769 W. Third Street, San Pedro, CA 90731  
  Hours: Mon-Fri 2-4:30pm

• San Pedro Temple Corps  
  310-832-7228  
  138 S. Bandini Street, San Pedro, CA 90731  
  Hours: Tue & Fri 9am-12pm & 1:30-3pm

Shelters & Affordable Housing Programs

• Harbor Interfaith Services  
  http://www.harborinterfaith.org/  
  310-831-9123  
  670 West 9th Street, San Pedro, CA 90731  
  Serves the Harbor Area and South Bay communities of Los Angeles, California. Programs include a family resource center, family shelter, and children’s center.

• Union Rescue Mission  
  www.unionrescuemission.org  
  213-347-6300  
  545 S. San Pedro St., Los Angeles, CA 90013  
  Offers emergency services, an intensive recovery program, family center, free clinics, and access to a learning center to men, women, and children experiencing homelessness with the compassion of Jesus Christ.

• Redondo Beach Housing Authority  
  http://www.redondo.org/depts/recreation/housing/default.asp  
  310-318-0635  
  1922 Artesia Blvd., Redondo Beach, CA 90278  
  The Housing Authority administers two programs for the City; the Section 8 Rent Assistance Program and a Landlord/Tenant Fair Housing Program.
Domestic Violence & Legal Assistance

- **Interval House**
  http://www.intervalhouse.org/
  Hotline: 562-594-4555, 714-891-8121
  Main Line: 562-594-9492
  6615 East Pacific Coast Highway, Suite 170, Long Beach, CA 90803
  The agency provides a battered women's shelter for women and their children of any age who are in the Long Beach and surrounding areas. Services include 24 hour crisis hotlines, emergency shelter, counseling, legal assistance, and transitional and permanent housing.

- **Rainbow Services**
  24/7 Spanish/English Hotline: 310-547-9343
  Administration Line: (310) 548-5450
  453 W 7th St, San Pedro, CA 90731
  This program has two shelters, a 30-day emergency shelter called Rainbow House and a transitional shelter where you and your children may remain for up to one year called Villa Paloma. They also have counseling, case management, parenting classes, life-skills classes, and several Children's Programs.

- **Su Casa**
  http://www.sucasadv.org/
  24/7 Hotline: 562-402-4888
  3840 Woodruff Ave., Suite 203, Long Beach, CA 90808
  Su Casa’s services include a 24-hour hotline that provides crisis intervention, information and support, an emergency and transitional shelter.

- **Women Shelter of Long Beach**
  http://womenshelterlb.com/index.php
  24-Hour Hotline: (562) HER HOME (437-4663)
  Administration Line: 562-437-7233
  WomenShelter is here to help. If you need emergency shelter, please call the hotline at 562-437-4663 (562-HER-HOME) to speak to an advocate. Or, if you are in need of counseling, referrals and help, call the Domestic Violence Resource Center at 562-437-7233.

Mental Health

- **San Pedro Mental Health Services**
  http://www.longbeach.gov/health/useful_links/mental_health_resources.asp
  Various numbers available. See website for more information.

- **Coastal Asian Pacific Family Health Center**
  (310) 217-7312
  14112 South Kingsley Dr, Gardena, CA 90249
  Provides a variety of outpatient mental health services. Specialty areas include: Case Management, Medication Support, Mental Health Services, Wellness Center
- **Children’s Institute**  
  310-783-4677  
  21810 Normandie Avenue, Torrance, California 90502  
  Children’s Institute offers mental health assessment, individual and family treatment programs, intensive home-based services, and early care and education programs for children and families who reside in high-need, low-resource communities.

- **The Guidance Center**  
  310-833-3135  
  160 W. Sixth Street, San Pedro, CA 90731  
  Services include: Case Management, Crisis Intervention, Individual, Group and Family Therapy, Parenting Education, Psychiatric Medication, Psychological Testing.

**Employment Training & Financial Education**

- **Pacific Asian Consortium on Employment**  
  [http://pacela.org/services](http://pacela.org/services)  
  213-353-3982  
  1055 Wilshire Blvd., Suite 1475, Los Angeles, CA 90017  
  Offers help through a business development center, financial information and asset building, and workforce development center.

- **Harbor WorkSource Center**  
  310-732-5700  
  1851 North Gaffey St, #F, San Pedro CA 90731  
  WorkSource Centers help people find jobs by collecting listings of job openings across the Los Angeles area and providing them to you based on your abilities and needs.