

By Your Side



A guide with all the
resources for your
family's needs

PAMC PACIFIC ALLIANCE
MEDICAL CENTER



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Special Note: PAMC has no direct affiliation with the resources listed in the Community Resource Guide. For further information on any of the services mentioned, please contact the organization directly at the number listed. Please be advised that these services are offered to families demonstrating financial need and are subject to income verification.

The organizations below offer help with breastfeeding information.

Women, Infants, and Children (WIC)

1-888-942-9675

- Provides nutrition education and breastfeeding promotion

Watts Healthcare Corporation (WIC)

323-568-3070

- Prenatal, post-partum, breastfeeding classes, and private instruction
 - Available to WIC participants at no cost
 - Serves South Los Angeles, Watts, Compton, Huntington Park, & Adams District

La Leche League

562-448-9226

www.lalecheleague.org

- Provides breastfeeding education, information, and support to breastfeeding mothers; babies are always welcome at LLL functions

The organizations below offer help with childcare & daycare services.

California Children's Academy

323-343-1681

2701 N. Main St. Los Angeles, CA 90031

3759 E. 57th St. Maywood, CA 90270

- Affordable child care (6weeks through pre-kindergarten) to low income families

Plaza Community Services

323-736-1480; taylor@plazacs.org

- Early Head Start Program (6 weeks through 4 years of age) servicing 90003, 90011, 90021, 90022, 90023, 90033, 90063

Plaza Community Services

323-736-1480

2737 W Sunset Blvd. Los Angeles, CA 90026

- Child care (3-5 years of age), serving free breakfast, lunch, and snacks; free for families that qualify

Little Tokyo Service Center

213-481-0227; contact: Adriana Perez at aperez@ltsc.org

- Family Child Care network includes licensed home-based providers who provide subsidized child care for income eligible infants and toddlers in and around downtown Los Angeles
- To consult with a social worker about resources or services, please call the Social Services Department at **213-473-3035**

Crystal Stairs Child Care Resource and Referral Service

323-299-8998

www.crystalstairs.org

- Helps parents locate childcare in South Los Angeles, Inglewood, Hawthorne, Gardens, and Lawndale

The Salvation Army – Los Angeles Day Care

213-623-9022

836 Stamford Avenue, Los Angeles, CA 90021

Offers Day Care for children 2-12 years of age

- Program serves low-income families working in the two and a half square mile area that is comprised of the garment district, flower and produce markets

The organizations listed below offer help with diapers, clothing, and personal goods.

Healthy Start

323-242-5000 ext. 4100

- Support with clothing, baby supplies, and diapers

Catholic Charities of Los Angeles – St. Mary’s Center

213-251-3591

4665 Willow Brook Ave. Los Angeles, CA 90029

- The program provides personal goods for families living in the Hollywood/ Downtown and surrounding areas of Los Angeles. Services include clothing, diapers, and personal grooming supplies. Items may not always be available; call for availability of items.

Catholic Charities of Los Angeles – El Santo Nino Community Center

213-748-5246

601 E. 23rd St. Los Angeles, CA 90011

- The program provides emergency clothing assistance for men, women and children is usually available, but supply depends on donations.

Southeast Churches Service Center

323-585-8254

2780 E. Gage Ave. Huntington Park, CA 90255

- The program provides personal goods for adults and children. Service includes used clothing. The selection and supply available depend upon donations.

African American Unity Center

323-789-7300

944 W. 53rd St. Los Angeles, CA 90037

- The program provides personal goods for people of all ages who live in South Central Los Angeles. Services include clothing. Sizes, style and color availability depends on donations. Services are restricted to Los Angeles residents.

Assistance League of Southern California – Operation School Bell

1370 N. St. Andrews Place Los Angeles, CA 90028

- The program provides personal goods, including school uniforms (blue and white only) and shoes for children age 4 to 12 who attend elementary schools in the Los Angeles Unified School District (LAUSD). A school referral is required for service.
- A referral is required. Referrals are only accepted from LAUSD personnel – no exceptions. LAUSD schools arrange appointments for children with the agency and provide intake assessments.

The Hands Ministry

626-275-2607

151 E. Orange Grove Blvd. Pasadena, CA 91103

Coleman James Learning Center

- Provides personal goods for people who live in Pasadena. Services include clothing in all sizes including children’s clothes and baby clothes. Diapers are sometimes available depending on donations.

The organizations listed below offer help with children's after school programs, parenting classes, adult educational classes, nutrition education, breastfeeding education, and family art events.

All Peoples Community Center

213-747-6357

822 East 20th St., Los Angeles, CA 90011

- Offers Programs for low-income adults and families
 - Parenting Classes
 - Educational Classes
 - Women Support Groups

SHIELDS for families ASK/PAS program

323-242-5000 ext. 3215

- Parenting classes
- Vocational and education support

Women, Infants, and Children (WIC)

1-888-942-9675

- Provides nutrition education and breastfeeding promotion

Watts Healthcare Corporation (WIC)

323-568-3070

- Prenatal, post-partum, breastfeeding classes, and private instruction
 - Available to WIC participants at no cost
 - Serves South Los Angeles, Watts, Compton, Huntington Park, & Adams District

La Leche League

(English): **562-448-9226** (Spanish): **310-891-1532**

www.lalecheleague.org

- Provides breastfeeding education, information, and support to breastfeeding mothers; babies are always welcome at LLL functions

LA Red Shield Youth & Community Center

213-381-3747

1532 W. 11th St., Los Angeles, CA 90015

- Offers an after school program for children 6 years and older
 - Various programs available
 - \$10 yearly fee
- Offers limited recreational program for children under 6 years of age at a minimal cost

A Place Called Home

323-232-7653 ext. 2239 or ext. 2202

membership@apch.org

Program Hours Monday-Friday 2pm-6:30pm

- Provides South Central children and teens 8–21 years old with love, safety, enrichment, training, and opportunities through educational programs, counseling, and mentorship
- Free membership

Museum of Latin American Art

628 Alamitos Avenue, Long Beach, CA 90802

562-437-1689

www.molaa.org/target-free-sundays/

- Target Free Sundays at MOLAA
 - Free admission and free activities for the whole family throughout the day
 - Tours take place at 2pm every Sunday

California African American Museum

Exposition Park, 600 State Drive, Los Angeles, CA 90037

213-744-7432

www.caamuseum.org/web_pages/target_sundays.htm

- The second Sunday of each month from 11am-4pm

The organizations listed below offer help with paying utilities.

CalWorks

323-563-4401 (South Central)
10728 S. Central Ave.
Los Angeles, CA 90059

323-586-7379 (Florence)
1740 E. Gage Ave.
Los Angeles, CA 90001

- Program provides temporary financial assistance to families with children under 19 that are U.S. citizens or legal residents

SHIELDS for families ASK/PAS program

323-242-5000 ext. **3215**; contact: Carolina

- Assistance with support in paying for utilities

Good Shepard Center: Farley House

213-235-1460

- Offers employment services

Southern California Gas Company

800-427-2200

555 W. 5th St. GT121E2, Los Angeles, CA 90013

- Assistance Programs: CARE/Limited-Income Rates: You may qualify to receive a 20% rate discount through the California Alternate Rates for Energy (CARE) Program
- You may qualify for other programs, such as LIHEAP and other State Assistance Programs

Salvation Army – Los Angeles Family Services Office

213-896-9178

906 South Francisco St. Los Angeles, CA 90015

Email: lex.giron@USW.salvationarmy.org

Website: <http://losangelescentral.salvationarmy.org/>

- Utility bill assistance for customers of Southern California Edison and the Gas Company through the Energy Assistance Fund (EAF) and the Gas Assistance Fund (GAF) programs. The GAF/EAF program will pay up to \$100 per utility (\$200 for all electric households); assistance is available once each program year. Household income earnings cannot exceed the Federal Poverty Guidelines. Services are provided on a first-come, first-served basis.

The organizations listed below offer help with food benefits, baby formula, baby food, supplemental food programs, and federally funded food programs.

CalFresh

323-563-4401 (South Central)
10728 S. Central Ave.
Los Angeles, CA 90059

323-586-7379 (Florence)
1740 E. Gage Ave.
Los Angeles, CA 90001

- Program gives you benefits to help you buy food
 - Must meet limits on income and resources
 - Must be U.S. citizen or legal resident

Harbor Pregnancy Help Center

310-518-4135

705 W. Pacific Cost Hwy. Wilmington, CA 90744

- The program provides personal goods for low income women of all ages. Services include baby formula and baby food.

Women, Infants, and Children (WIC)

1-888-942-9675

- Provides supplemental foods

All Peoples Community Center

213-747-6357

822 East 20th St., Los Angeles, CA 90011

- Offers Programs for low-income adults and families
 - Supplemental Food Program (SFP)

All Peoples Christian Center

213-747-6357

822 E. 20th St. Los Angeles, CA 90011

- Offers an ongoing food program consisting of supplemental food for low-income families in South Central Los Angeles.

Southeast Churches Service Center

323-585-8294; 323-585-8254

2780 E. Gage Ave. Huntington Park, CA 90255

- Assist with emergency food for individuals, couples and families who live in the cities of Bell, Cudahy, Huntington Park, Maywood, South Gate, and Walnut Park. Assistance may be in the form of bags of groceries or sack lunches, depending on the situation

Holy Cross Community Center

323-232-3333

104 W. 47th Pl. Los Angeles, CA 90037

- Helps low-income families by providing bagged groceries containing canned and packaged dried goods, bread and fruit.
- The service area includes Los Angeles that is bordered by Martin Luther King Blvd. on the north, Slauson Ave. on the south, Hoover St. on the west and Avalon Blvd. on the east. The area served includes portions of Los Angeles zip code areas 90037 and 90011

California Department of Education

800-952-5609

<http://www.cde.ca.gov/fg/aa/nt/>

- Federally funded programs (contact agency to apply or locate participating facilities):
 - Child and Adult Care Food Program (CACFP)
 - Fresh Fruit and Vegetable Program
 - National School Lunch Program (NSLP)
 - School Breakfast Program (SBP)
 - School Meals
 - Special Milk Program

The organizations below offer help with housing services

SHIELDS for families ASK/PAS program

323-242-5000 ext. 3215

Good Shepard Center: Farley House

213-235-1460

- Offers housing for women with up to two children
- Assistance with section 8 housing application

PUBLIC SERVICES

The organizations below offer help with paternity declaration and birth records.

Declaration of Paternity

866-249-0773

askpop@dcss.ca.gov

- Provides information on declaration of paternity
 - Legally establishes a parent-child relationship between the father and child

Los Angeles County Registration

323-260-2991

4716 E. Cesar Chavez Ave. East Los Angeles, CA 90022

- Request for certified copies of Los Angeles birth records

SAFETY

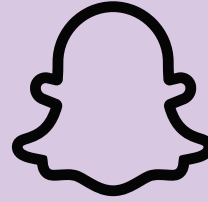
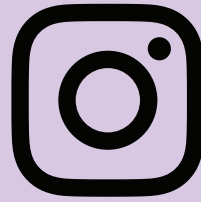
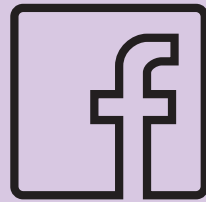
The organizations below offer help with obtaining a car seat.

Family Source Center

323-526-9301

- Car seat program provides a car seat at no cost to families residing in Los Angeles who qualify. Call to apply. Proof of residence, income, and child's birth certificate required. Please call to verify when service is available.

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If you need additional assistance contacting the listed organizations,
a team member from PAMC would be happy to assist you.

For more information, call 1-800-307-2229.