**Community Resource Guide**





for Families/Caregivers of Children Ages 0-5

Serving the community of:

*San Pedro*

Funded by First 5 LA



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

Table of Contents

**First 5 LA Resources pg. 3**

Perinatal and Parent Support

Oral Health

Best Start

Health Coverage and 211 LA County

Nutrition and Physical Activity

Housing

Early Care and Education

Vision

**Nutrition and Healthy Lifestyle Resources pg. 6**

Public Health Foundation Enterprises (PHFE) WIC

CalFresh

Farmers’ Markets

Community Gardens

Grocery Store Tours/Food Demos

Choose Health LA Restaurants

**Physical Activity Resources pg. 10**

Parks/Recreation Centers

Community Pools

Track/Tennis Courts

Bike Paths

Walking/Hiking Trails

YMCA/YWCA & Other Gyms

Sports Leagues for 0-5

**Free/Low-Cost Resources for Pregnant/Post-Partum Women pg. 16**

Breastfeeding Support

Baby-Friendly Hospitals

Parent/Caregiver Support Groups

Healthy Families America

Choose Health LA Moms

**Social and Health Services Resources pg. 19**

Information Helpline for LA County

Free Health Coverage Program

Low-Cost Dental Services

Prenatal and Primary/Urgent Care

Substance Use Treatment

Community Assistance Programs

Housing

Choose Health LA Child Care

Funded by First 5 LA





**First 5 LA Resources**

First 5 LA Resources

**Perinatal and Parent Support**

***Welcome Baby***

Providence Little Company of Mary Medical Center San Pedro

Registration: (310) 514-5444

Website: <http://california.providence.org/san-pedro/>

Hours: Monday-Friday, 8:00AM-4:30PM

Location: 470 North Hawaiian Ave., Wilmington, CA 90744

Transportation: Accessible via Metro Bus 246 (Figueroa St. & E St. stop)

Torrance Memorial Medical Center

Registration: (310) 514-5444

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

Hours: Monday-Friday, 8:00AM-4:30PM

Location: 3330 Lomita Blvd., Torrance, CA 90505

Transportation: Accessible via Torrance Transit Bus 9 (Lomita Blvd. at Garnier St. stop)

***Parent Child Interaction Therapy (PCIT)***

Information: (310) 833-3135

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

Hours: Monday-Friday, 8:00AM-6:00PM

Location: 222 West Sixth St., Suite 230, San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (Centre St. & 6th St. stop) and Metro Bus 205 (7th St. & Palos Verdes stop)

**Best Start**

***Wilmington Best Start***

Information: (213) 482-7540

Website: <http://www.first5la.org/index.php?r=site/tag&id=597>

Hours: Bi-monthly, Thursdays, 9:00AM-11:00AM

Location: St. Peter & Paul Church, 515 West Opp St., Wilmington, CA 90744

Transportation: Accessible via Metro Bus 246 (Anaheim St. & Neptune Ave. stop)

**Health Coverage and 211 LA County**

***211 LA County***

Telephone: Dial 2-1-1

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

Hours: Available 24 hours, 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 Center***

San Pedro School Mental Health Clinic (Located at Cabrillo Elementary School)

Information: (310) 832-7545

Website: <http://notebook.lausd.net/portal/page?_pageid=33,1049501&_dad=ptl&_schema=PTL_EP>

Hours: Monday-Friday, 8:00AM-4:30PM

Location: 704 West 8th St., San Pedro, CA 90731

Transportation: Accessible via Metro (Gaffey St. & 7th St. stop)

**Nutrition and Physical Activity**

***Tot Parks***

Vista De Vizcaino Tot Park

Information: (310) 548-7756

Website: <http://www.sanpedro.com/spcom/locpkbc.htm>

Hours: Monday-Sunday, Dawn-Sunset

Location: Via Cabrillo Marina 224 Whalers Walk, San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (Gaffey St. & 9th St. stop)

***Farmer’s Market – Market Match Program***

Historic Downtown Farmer’s Market

Information: (310) 832-2183

Hours: Friday, 9:00AM-2:00PM

Payment: WIC accepted

Location: 6th St. between Pacific Ave. and Mesa St., San Pedro, CA 90731

Transportation: Accessible via LADOT Commuter Express 142 (7th St. & Mesa St. stop)

**Early Care and Education**

***Library***

Preschool Without Walls – San Pedro Regional Library

Information: (310) 548-7779

Website:

<http://www.lapl.org/whats-on/events/preschool-without-walls>

Hours: Thursdays, 1:00PM-3:00PM

Location: 931 South Gaffey St., San Pedro,

CA 90731

Transportation: Accessible via DASH San

Pedro Green Line Bus (Gaffey St. & 9th St. stop)

**Nutrition and Healthy Lifestyle Resources**



Nutrition and Healthy Lifestyle Resources

***Public Health Foundation Enterprises (PHFE) WIC***

Registration: (888) 278-6455

Website: [www.phfewic.org/Breastfeeding.aspx](http://www.phfewic.org/Breastfeeding.aspx)

Services: Provides breastfeeding support, nutrition education, and food for children ages 0-5 and pregnant/breastfeeding women.

Cost/Insurance: Free for those who qualify

Hours: Monday, Tuesday, Thursday, 9:15AM-5:30PM; Wednesday, 11:00AM-7:15PM; Friday, 10:00AM-5:30PM

Languages: English, Spanish

Location: 312 North Gaffey St., San Pedro, CA 90731

Transportation: Accessible via LADOT Commuter Express 142 (Gaffey St. & 5th St. stop)

***CalFresh***

Website: [www.dss.cahwnet.gov/foodstamps](http://www.dss.cahwnet.gov/foodstamps/)

Services: Improve the nutrition of your household; increase your food-buying power, benefits used instead of money at the grocery store.

Apply online: <http://www.benefitscal.org>

Department of Public Social Services – Compton Office

Information: (866) 613-3777

Participant Help Line: (310) 258-7400,

(866) 613-3777

Programs Offered: CalWORKs, CalFresh, Medi-Cal, Refugee

Hours: Monday-Friday, 8:00AM-5:00PM

Location: 211 East Alondra Blvd., Compton, CA 90220

Transportation: Accessible via Metro 202 (Willowbrook Ave. & Cocoa St. stop)

Department of Public Social Services – Paramount Office

Information: (310) 258-7400

Participant Help Line: (310) 258-7400,

(310) 603-5101

Hours: Monday-Friday, 8:00AM-5:00PM

Programs Offered: CalWORKs, CalFresh, Medi-Cal

Location: 2961 East Victoria St., Rancho Dominguez, CA 90221

Transportation: Accessible via Commuter Express 142 and via Long Beach Transit 52 (Victoria St. & Santa Fe Ave. stop)

Department of Public Social Services – South Family Office

Information: (310) 761-2000

Participant Help Line: (310) 258-7400,

(626) 569-1399

Hours: Monday-Friday, 8:00AM-5:00PM

Programs Offered: CalWORKs, CalFresh, Medi-Cal, Refugee

Location: 17600 A Santa Fe Ave., Rancho Dominguez, CA 90221

Transportation: Accessible via Commuter Express 142 and via Long Beach Transit 52 (Santa Fe Ave. & Artesia Blvd. stop)

***Farmers’ Market, Historic Downtown***

Information: (562) 449-9299

Hours: Friday, 9:00AM-2:00PM

Payment: WIC accepted

Location: 6th St. between Pacific Ave. and Mesa St., San Pedro, CA 90731

Transportation: Accessible via LADOT Commuter Express 142 (7th St. & Mesa St. stop)

***Food Net San Pedro Service Center***

Information: (310) 519-6091, (310) 762-1533

Website: <http://css.lacounty.gov/service-locations/san-pedro-service-center/>

Meals Served: None

Services: Provides three-day supply of groceries

Hours: Monday-Friday, 8:00AM-5:00PM; Distribution services: Every third Friday of the month, 9:00AM-11:00AM; Pantry Program: Tuesday-Friday, 2:00PM-4:30PM

Cost: Free

Location: 769 West 3rd St., San Pedro, CA 90731

Transportation: Accessible via LADOT Commuter Express 142 (Gaffey St. & 1st St. stop)

***Harbor Interfaith Service Family Resource Center***

Information: (310) 831-9123

Website: [www.harborinterfaith.org/frc.html](http://www.harborinterfaith.org/frc.html)

Meals Served: None

Services: Provides emergency food and bread distribution

Hours: Monday-Friday, 9:00AM-5:00PM

Cost: Free, Registration Required

Location: 670 West 9th St., San Pedro, CA 90731

Transportation: Accessible via LADOT Commuter Express 142 (Gaffey St. & 7th St. stop)

***Salvation Army San Pedro Temple Corps***

Information: (310) 832-7228

Website: [www.salvationarmy-socal.org/southern-california/Seniors](http://www.salvationarmy-socal.org/southern-california/Seniors)

Meals Served: None

Services: Provides food box distribution with canned meats, rice, pasta, dried beans, and frozen meat

Hours: Friday, 9:00AM-11:30PM, 1:30PM-3:00PM

Cost: Free

Location: 138 South Bandini Ave., San Pedro, CA 90731

Transportation: Accessible via LADOT Commuter Express 142 (Gaffey St. & 1st St. stop)

***National Why Hunger Hotline***

Information: (800) 5-HUNGRY (for English),   
(877) 8-HAMBRE (for Spanish),

(212) 629-8850

Website: [www.whyhunger.org/findfood](http://www.whyhunger.org/findfood)

Meals Served: None

Services: Connect you to food and local programs across the U.S.

Hours: Monday-Friday, 6:00AM-2:00PM; Saturday, 7:00AM-11:00AM

Cost: Free

***Mary Star of the Sea Catholic Church***

Information: (310) 833-3541

Meals Served: Lunch

Services: Provides sack lunch for San Pedro residents only

Hours: Monday-Friday, 6:30PM

Cost: Free

Location: 870 West 8th St., San Pedro, CA 90731

Transportation: Accessible via Metro Bus 205 (1st St. & Cabrillo St. stop) and via DASH San Pedro Green Line Bus (Gaffey St. & 7th St. stop)

**Grocery Store Tours/Food Demonstrations**

***The Children’s Clinic, “Serving Children and Their Families”***

Information: (562) 264-2806

Grocery store tours teach families how to shop healthier; food demonstrations show families how to prepare delicious and healthy snacks and meals at home.

See the last page of this Community Resource Guide for more information about The Children’s Clinic, “Serving Children and Their Families.”

**Choose Health LA Restaurants**

**To locate Choose Health LA Restaurants in your community please visit:**

[**http://www.choosehealthla.com/eat-healthy/restaurants/**](http://www.choosehealthla.com/eat-healthy/restaurants/)

Price range is approximate cost per person for a meal including one drink, tax, and tip

$ Under $10

$$ $11-$30

$$$ $31-$60

$$$$ Above $61

***Subway® Restaurants***

Information: (310) 548-7334

Cuisine: Sandwiches, Fresh Fit choices, Breakfast, Salads, Fresh Fit for Kids

Cost: $

Website: [www.subway.com](http://www.subway.com)

Hours: Sunday-Saturday, 6:00AM-11:00PM

Location: 980 North Western Ave., San Pedro, CA 90732

Transportation: Accessible via Metro Bus 205 (Western/Park Plaza stop)

***Subway® Restaurants***

Information: (310) 519-1300

Cuisine: Sandwiches, Fresh Fit choices, Breakfast, Salads, Fresh Fit for Kids

Cost: $

Website: [www.subway.com](http://www.subway.com)

Hours: Sunday, Saturday, 7:00AM-11:00PM; Monday-Friday, 6:00AM-11:00PM

Location: 285 West 6th St., San Pedro, CA 90731

Transportation: Accessible via Metro Bus 205 (Mesa St. & 7th St. stop) and via DASH San Pedro Green Line Bus (Centre St. & 7th St. stop)

***Subway® Restaurants***

Information: (310) 833-1222

Cuisine: Sandwiches, Fresh Fit choices, Breakfast, Salads, Fresh Fit for Kids

Cost: $

Website: [www.subway.com](http://www.subway.com)

Hours: Sunday-Saturday, 6:00AM-11:00PM

Location: 1306 South Gaffey St., San Pedro, CA 90731

Transportation: Accessible via Metro Bus 205 (13th St. & Gaffey St. stop)

***Subway® Restaurants***

Information: (310) 833-8600

Cuisine: Sandwiches, Fresh Fit choices, Breakfast, Salads, Fresh Fit for Kids

Cost: $

Website: [www.subway.com](http://www.subway.com)

Hours: Sunday-Saturday, 7:00AM-10:00PM

Location: 1436 West 25th St., San Pedro, CA 90732

Transportation: Accessible via DASH San Pedro Green Line Bus (25th St. & White Point Dr. stop)



**Physical Activity Resources**

Physical Activity Resources

**Parks/Recreation Centers**

***Angels Gate Park Recreation Center***

Telephone: (310) 548-7705

Website: <http://www.laparks.org/dos/reccenter/facility/angelsGateRC.htm>

Hours: Park: Monday-Sunday, Dawn-Dusk; Office: Monday-Friday, 12:00PM-4:00PM; Saturday, 9:00AM-1:00PM; Sunday, By Appointment; Holidays, Closed

Indoor Facilities: Angels Gate Cultural Arts Center

Outdoor Facilities: Basketball Court, Children’s Play Area, Historic Korean Friendship Bell, Hiking Trails

Walk/Jog Facilities: Walking Trail

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: 3601 Gaffey St., San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (25th St. & Alma St. stop)

***Leland Recreation Center***

Telephone: (310) 548-7706

Website: <http://www.laparks.org/dos/reccenter/facility/lelandRC.htm>

Hours: Monday, Closed; Tuesday-Friday, 11:00AM-7:00PM; Saturday, 10:00AM-3:00PM; Sunday, Closed

Indoor Facilities: Multipurpose Room, Stationary Exercise Equipment, and Restrooms

Outdoor Facilities: Baseball Diamond, Basketball Courts, Children’s Play Area, Picnic Tables, and Volleyball Courts

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Sports Leagues: Visit website for the most up to date list of sport leagues

Registration: Please visit center

Cost: Prices vary. *Financial Assistance is available.*

Location: 863 South Herbert Ave., San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (Summerland Ave. & Meyler St. stop)

***Martin J. Bogdanovich Recreation Center***

Telephone: (310) 548-7590

Website: <http://www.laparks.org/dos/reccenter/facility/bogdanovichRC.htm>

Hours: Monday-Friday, 9:00AM-6:00PM; Saturday, 9:00AM-4:00PM; Sunday, 9:00AM-3:00PM

Indoor Facilities: Auditorium, Gym

Outdoor Facilities: Baseball Diamond, Basketball Courts, Children’s Play Area, Football Field, Soccer Field

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Baseball Diamond lighted until 10:00PM

Classes: Visit website for the most up to date list of classes

Registration: Please visit center

Cost: Prices vary. *Financial Assistance is available.*

Location: 1920 Cumbre Dr., San Pedro, CA 90732

Transportation: Accessible via DASH San Pedro Green Line Bus (White Point Dr. & 25th St. stop)

***Peck Park Community Recreation Center***

Telephone: (310) 548-7580

Website: <http://www.laparks.org/dos/reccenter/facility/peckParkComCtr.htm>

Hours: Monday-Thursday, 9:00AM-6:30PM; Friday, 9:00AM-6:00PM; Saturday, 9:00AM-4:00PM

Gym Hours: Tuesday-Friday, 3:00PM-8:00PM; Saturday, 10:00AM-2:00PM

Computer Lab: Monday, Tuesday, Thursday, and Friday 1:00PM-5:00PM; Wednesday and Saturday, 10:00AM-1:00PM

Indoor Facilities: Auditorium, Basketball Courts, Computer Lab, Meeting Rooms, Party Rooms

Outdoor Facilities: Barbecue Pits, Baseball Diamonds, Basketball Court, Children’s Play Area, Football Filed, and Picnic Tables

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Basketball Courts, Parking Lot lighted until 10:00PM

Classes: Visit website for the most up to date list of classes

Cost: Prices vary. *Financial Assistance NOT available.*

Location: 560 North Western Ave., San Pedro, CA 90732

Transportation: Accessible via DASH San Pedro Green Line Bus (Western Ave. & Crestwood St. stop)

***Alma Park***

Telephone: (310) 548-7671

Website: <http://www.laparks.org/dos/parks/facility/almaPk.htm>

Hours: Monday-Sunday, 5:00AM-10:30PM

Indoor Facilities: None

Outdoor Facilities: Picnic Tables

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: West 21st St. and Meyler St., San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (Alma St. & 22nd St. stop)

***Averill Park***

Telephone: (310) 832-7328

Website: <http://www.laparks.org/dos/parks/facility/averillPk.htm>

Hours: Monday-Sunday, Dawn-Dusk

Indoor Facilities: None

Outdoor Facilities: Barbecue Pits, Picnic Tables, Gazebo, Pond

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 1300 South Dodson Ave., San Pedro, CA 90732

Transportation: Accessible via DASH San Pedro Green Line Bus (White Point Dr. & 25th St. stop)

***Bandini Canyon Park***

Telephone: (310) 548-7529

Website: <http://www.laparks.org/dos/parks/facility/bandiniCanyonPk.htm>

Hours: Monday-Sunday, Dawn-Dusk

Indoor Facilities: None

Outdoor Facilities: Open Space

Walk/Jog Facilities: Hiking Trail

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: O’Farrell and Bandini, San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (Summerland Ave. & Meyler St. stop) and via Commuter Express 142 (Gaffey St. & 1st St. stop)

***Deane Dana Friendship Park and Nature Center***

Telephone: (310) 519-6115

Website: <http://parks.lacounty.gov/wps/portal/dpr/Parks/Deane_Dana_Friendship_Park_and_Nature_Center>

Hours: Monday-Sunday, Sunrise-Sunset

Nature Center: Monday, Closed; Tuesday-Sunday, 9:00AM-5:00PM

Parking Lot: Monday-Sunday, 7:30AM-5:00PM; Monday-Sunday, 7:30AM-7:00PM (Daylight Savings Time)

Indoor Facilities: Classroom, Natural History Museum, Nature Center

Outdoor Facilities: Children’s Play Area, Hiking Trails, Outdoor Classroom, Picnic Area

Walk/Jog Facilities: Hiking Trails

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: 1805 West 9th St., San Pedro, CA 90732

Transportation: Accessible via DASH San Pedro Green Line Bus (25th St. & White Point Dr. stop) and Metro 205 (Weymouth Ave. & 9th St. stop)

***Field of Dreams***

Telephone: (310) 548-7705

Website: <http://www.laparks.org/dos/parks/facility/fieldofdreams.htm>

Hours: Monday-Sunday, Dawn-Dusk by Permit Only (Temporary Closed)

Indoor Facilities: Restrooms

Outdoor Facilities: Football, Rugby, Soccer Field

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: 501 Westmont Dr., San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (Summerland Ave. & Gaffey St. stop) and Metro Bus 550 (Gaffey St. & Westmont Dr. stop)

***Harbor Highlands Park***

Telephone: (310) 548-7529

Website: <http://www.laparks.org/dos/parks/facility/harborHighlandsPk.htm>

Hours: Monday-Sunday, 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Baseball Diamond, Basketball Courts, Children’s Play Area, and Picnic Tables

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: 825 Capitol St., San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (Summerland Ave. & Meyler St. stop) and Metro Bus 550 (Gaffey St. & Capitol St. stop)

***Joan Milke Flores Park***

Telephone: (310) 548-7705

Website: <http://www.laparks.org/dos/parks/facility/joanMilkeFloresPk.htm>

Hours: Monday-Sunday, Sunrise-Sunset

Indoor Facilities: None

Outdoor Facilities: Hiking Trails, Ocean Views, and Picnic Tables

Walk/Jog Facilities: Walking access to Fort Mac Arthur, Wilders Addition, Angels Gate Cultural Arts Center, and Korean Friendship Bell

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: 3601 South Gaffey St., San Pedro, CA 90731

Transportation: Accessible via Metro Bus 246 (Shepard St. & Gaffey St. stop) and via DASH San Pedro Green Line Bus (Western Ave. & 25th St. stop)

\*Dog friendly

***Lookout Point Park***

Telephone: (310) 548-7756

Website: <http://www.laparks.org/dos/parks/facility/lookoutPointPk.htm>

Hours: Monday-Sunday, 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Viewpoint

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: Gaffey St. and 37th St., San Pedro, CA 90731

Transportation: Accessible via Metro Bus 246 (Shepard St. & Gaffey St. stop) and via DASH San Pedro Green Line Bus (25th St. & Alma St. stop)

\*Dog friendly

***Point Fermin Park***

Telephone: (310) 548-7705

Website: <http://www.laparks.org/dos/parks/facility/pointFerminPk.htm>

Hours: Monday-Sunday, 6:00AM-10:00PM

Indoor Facilities: Restrooms

Outdoor Facilities: Point Fermin Lighthouse, Barbecue Stands, Bike Path, Children’s Play Area, Gazebos, Stage/Bandshell, Picnic Tables, Ocean Views

Walk/Jog Facilities: Jogging Trail and Walking Path; Access to Hiking Trails to Korean Friendship Bell, Joan Milke Flores Park, Wilders Addition Park

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: 807 Paseo del Mar, San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (25th St. & Alma St. stop) and Metro Bus 246 (Shepard St. & Gaffey St. stop)

\*Dog friendly

***Rena Park***

Telephone: (310) 548-7756

Website: <http://www.laparks.org/dos/parks/facility/renaPk.htm>

Hours: Monday-Sunday, 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Children’s Play Area, Picnic Tables

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: 510 Leland Ave., San Pedro, CA 90732

Transportation: Accessible via DASH San Pedro Green Line Bus (Summerland Ave. & Leland St. stop)

\*Dog friendly

***San Pedro Plaza Park***

Telephone: (323) 255-0370

Website: <http://www.laparks.org/dos/parks/facility/sanPedroPlazaPk.htm>

Hours: Monday-Sunday, 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Pocket Park

Walk/Jog Facilities: Walking, Jogging Strip

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 7000 South Beacon St., San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (7th St. & Mesa St. stop) and via Commuter Express 142 & 205 (7th St. & Palos Verdes stop)

\*Dog friendly

***White Point Nature Preserve Park***

Telephone: (310) 561-0917

Website: <http://www.laparks.org/dos/parks/facility/whitePointPk.htm>

Hours: Nature Center: Wednesday, Saturday, Sunday, 10:00AM-4:00PM; Nature Preserve Park: Monday-Sunday, Dawn-Dusk

Indoor Facilities: Nature Education Center, Restrooms

Outdoor Facilities: Hiking Trails, Picnic Area

Walk/Jog Facilities: Hiking Trails

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 1600 West Paseo del Mar, San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (White Point Dr. & 25th St. stop)

\*Dog friendly

***Wilder’s Addition Park***

Telephone: (310) 548-2631

Website: <http://www.laparks.org/dos/parks/facility/wildersAdditionPk.htm>

Hours: Monday-Sunday, Dawn-Dusk

Indoor Facilities: None

Outdoor Facilities: Benches

Walk/Jog Facilities: Walking, Jogging Strip

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 607 Paseo del Mar, San Pedro, CA 90731

Transportation: Accessible via Metro Bus 246 (Paseo Del Mar & Meyler St. stop) and via DASH San Pedro Green Line Bus (Alma St. & 25th St. stop)

\*Dog friendly

**Track or Tennis Courts**

***Peck Park Tennis Court***

Hours: 5:00AM-10:00PM

Description: 6 Lighted Tennis Courts

Lights After Dark: Tennis Courts lighted until 10:00PM

Cost: Free

Location: 560 North Western Ave., San Pedro, CA 90732

Transportation: Accessible via DASH San Pedro Green Line Bus (Western Ave. & Crestwood St. stop)

**Walking/Hiking Trails**

***Friendship Park Hike (Deane Dana Friendship Park & Nature Center)***

Website: <http://parks.lacounty.gov/wps/portal/dpr/Parks/Deane_Dana_Friendship_Park_and_Nature_Center>

Hours: Monday-Sunday, 7:00AM-6:00PM

Descriptions: 1.4-mile path with ocean view

Lights After Dark: None

Cost: Free

Location: 1805 West 9th St., San Pedro, CA 90732

Transportation: Accessible via DASH San Pedro Green Line Bus (25th St. & White Point Dr. stop) and via Metro 205 (1st St. & Western Ave. stop)

***Korean Friendship Bell***

Website: <http://www.laparks.org/dos/parks/facility/whitePointPk.htm>

Hours: Monday-Sunday, 7:00AM-6:00PM

Descriptions: 1.4-mile path with ocean view

Lights After Dark: None

Cost: Free

Location: 3601 South Gaffey St., San Pedro, CA 90731

Transportation: Accessible via Metro Bus 246 (Shepard St. & Gaffey St. stop) and via DASH San Pedro Green Line Bus (Western Ave. & 25th St. stop)

***White Point Preserve Park***

Website: <http://pvplc.org/_lands/whitepoint.asp>

Hours: Monday, Tuesday, Thursday, Friday, Dawn-Dusk; Wednesday, Saturday, Sunday, 10:00AM-4:00PM

Descriptions: 1.4-mile path with ocean view

Lights After Dark: Street lighting

Cost: Free

Location: 1600 West Paseo del Mar, San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (Western Ave. & 25th St. stop)

**YMCA/YWCAs and Other Gyms**

***San Pedro & Peninsula YMCA***

Telephone: (310) 832-4211

Website**:** [**http://www.ymcala.org/san-pedro-peninsula**](http://www.ymcala.org/san-pedro-peninsula)

Hours: Monday-Friday, 5:00AM-10:00PM; Saturday, 7:00AM-6:00PM;

Sunday, 7:00AM-6:00PM

Child Care: Childcare, Academic Enrichment

Facilities: Fitness Center, Pool, Gymnasium, Equipment

Classes: Group Classes, Healthy Lifestyles, Personal Fitness, Water Activities

Sports Leagues: Swim Team

Registration: <http://www.ymcala.org/san-pedro-peninsula/pages/benefits>

Cost: Please see website for membership options. *Financial Assistance is available.*

Location: 301 South Bandini St., San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (Gaffey St. & 7th St. stop) and via Metro 550 (7th St. & Bandini St. stop)

**Free/Low-Cost Resources for Pregnant/Post-Partum Women**



Free/Low-Cost Resources for Pregnant/Post-Partum Women

**Breastfeeding Support**

***Breastfeeding Resource Directory***

Website: <http://breastfeedla.org/resource-directory/>

***La Leche League Helpline (available 24/7)***

877-4-LALECHE (877-452-5324)

<http://breastfeedinghelpline.com>

***WIC Breastfeeding Helpline***

Telephone: (888) 278-6455

Cost: Free

Hours: Monday-Friday, 8:00AM-6:00PM

Languages: English, Spanish

Description: The helpline is supervised by a Lactation Consultant and staffed by several bilingual paraprofessionals who are Certified Lactation Educators and have excellent communication skills. They are trained to answer questions and triage breastfeeding problems. Additionally, participants receiving Breastfeeding Peer Counseling services have access to an “on-call” Lactation Consultant until 9:00PM every night including weekends.

***WIC Breastfeeding Support***

Registration: (888) 942-2229

Website: [www.phfewic.org/Breastfeeding.aspx](http://www.phfewic.org/Breastfeeding.aspx)

Cost/Insurance: Free for those who qualify

Classes: Full WIC Services, Nutrition Education, and Breastfeeding Support

Hours: Call for information

Languages: English, Spanish

Location: 312 North Gaffey St., San Pedro, CA 90731

***Breastfeeding Classes***

Appointments: None required

Website: <http://california.providence.org/san-pedro/services/obstetrics/services/>

Cost/Insurance: Free

Phone: (310) 514-5214

Referral: None required

Hours: 3rd Thursday of the month, 5:30PM-8:00PM

Languages: English, Spanish

Location: Providence Little Company of Mary, Community Health Department, 1300 West 7th St., 5th Floor, San Pedro, CA 90731

**Baby-Friendly Hospitals**

***To find Baby-Friendly Facilities in LA County funded by First 5 LA, visit:*** [***http://www.first5la.org/index.php?r=site/article&id=3059***](http://www.first5la.org/index.php?r=site/article&id=3059)

***For a complete listing of Baby-Friendly Facilities in the USA, visit:*** [***https://www.babyfriendlyusa.org/find-facilities***](https://www.babyfriendlyusa.org/find-facilities)

**Parent/Caregiver Support Groups**

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

***La Leche League***

Appointments: None required

Cost/Insurance: Free

Referral: None required

Hours: 2nd Friday of the month, 10:00AM; 3rd Monday of the month, 7:00PM

Languages: English, Spanish

Description: Serves mothers, babies, toddlers, older children, grandmothers, friends, doulas, support people, and students from San Pedro, South Bay, and Westchester

Location: Redondo Beach, Beach Cities Health District, Health Conference Room, 514 North Prospect Ave., Redondo Beach, CA 90277

***Providence Little Company of Mary Support Group***

Appointments: None required

Website: <http://california.providence.org/torrance/services/obstetrics/patient-family-support/>

Cost/Insurance: Free

Referral: None required

Hours: 1st, 2nd, and 3rd Friday of the month, 9:00AM and 12:00PM

Languages: English, Spanish

Description: Serves mothers and babies in the San Pedro, South Bay, and Westchester community

Location: 1300 West 7th St., 5th Floor, San Pedro, CA 90732

**Choose Health LA Moms**

Description: This free, proven program, created by postpartum experts, can help you return to your weight before pregnancy, increase your energy levels, and make you feel better about you!

Get free support, a health tracker, and more. For more information, visit: <https://www.choosehealthlamoms.com>

**Social and Health Services Resources**



Social and Health ServicSocial and Health Services Resources

**Information Helpline for LA County: 211 LA County**

***Telephone: Dial 2-1-1***

Online Directory: <https://www.211la.org/>

Cost: Free

Hours: Available 24/7

Languages: Hearing-impaired, English, Spanish, and 140 other languages interpreted

Cost/Insurance: Free for those who qualify

Description: Confidential referrals to services

**Free Health Coverage Program**

***Medi-Cal and Covered California***

***Providence Little Company of Mary Medical Center San Pedro***

Information: (888) 432-5464

Location: 1300 West 7th St., San Pedro, CA 90732

**Low-Cost Dental Services**

Private and Public Free/Low-Cost Dental Clinics:

<http://publichealth.lacounty.gov/ohp/ppplistings.htm>

***Assistance League of San Pedro – Frances J. Johnson Dental Center***

Appointments: (310) 832-8355

Website: <http://sanpedrosouthbay.assistanceleague.org/projects.cfm#954>

Ages: 1-18

Languages: English, Spanish

Cost/Insurance: No or low cost, $10 per visit

Description: Provides quality, low-cost dental care to children of pre-school through high school age from low-income families

Location: 1441 West 8th St., San Pedro, CA 90732

**Free/Low-Cost Family Planning**

***Harbor Community Clinic***

Appointments: (310) 547-0202 (English); (310) 547-0466 (Spanish)

Website: <http://www.harborcommunityclinic.com/>

Ages: 13 years old and up

Cost/Insurance: Free or sliding-scale

Referral: None required

Hours: Monday, 8:00AM-7:00PM; Tuesday-Friday, 8:00AM-5:00PM

Languages: English and Spanish

Services: Counseling and access to birth control methods, testing and counseling for sexually transmitted infections, testing and counseling for pregnancy, OB services, and annual pap smears

Classes: Community health education classes

Location: 593 West 6th St., San Pedro, CA 90731

Find a family planning clinic near you:

Website: <http://www.hhs.gov/opa/>

Español: <http://www.hhs.gov/opa/espanol/index.html>

**Prenatal and Primary/Urgent Care**

Find a medical or dental clinic care near you:

LA County Department of Health Services

Clinics/Urgent Care: <http://dhs.lacounty.gov/wps/portal/dhs/locations/>

U.S. Health Resources and Services Administration Federally-Qualified Health Centers (FQHCs)

<http://findahealthcenter.hrsa.gov/help/>

Community Clinic Association of LA County

<http://ccalac.org> – “Find a Clinic” tab

**Free/Low-Cost Mental Health Care**

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

***Find a clinic or urgent care center:***

LA County ACCESS Center Helpline

800-854-7771 (available 24/7) <http://dmh.lacounty.gov/wps/portal/dmh>

***For help finding services, call a “Navigator” from LA County Department of Mental Health SPA 8:***

Up to Age 15: (562) 435-2078

Ages 16-25: (562) 435-3106

Ages 26-59: (562) 435-2257

Age 60+: (562) 435-2257; (213) 738-2327

**Substance Use Treatment**

***Quit Smoking Support – California Smokers’ Helpline***

English: 800-NO-BUTTS (800-662-8887)

Spanish: 800-45-NO-FUME (800-456-6386)

Deaf and Hard of Hearing: 800-933-4TDD (800-933-4833)

Ask for: Mandarin, Cantonese, Vietnamese, Korean

Web: <http://californiasmokershelpline.org> or Los Angeles County <http://www.laquits.com>

Cost: Free

***Drug and Alcohol Use Treatment***

Treatment Referrals: 800-564-6600

<http://www.publichealth.lacounty.gov/sapc/>

**Community Assistance Programs**

***Women, Infants, Children (WIC)***

Registration: (888) 278-6455

Website: [www.phfewic.org/Breastfeeding.aspx](http://www.phfewic.org/Breastfeeding.aspx)

Services: Provides breastfeeding support, nutrition education and food for children 0-5 and pregnant/breastfeeding women

Cost/Insurance: Free for those who qualify

Hours: Monday, Tuesday, Thursday, 9:15AM-5:30PM; Wednesday, 11:00AM-7:15PM; Friday, 10:00AM-5:30PM

Languages: English and Spanish

Location: 312 North Gaffey St., San Pedro, CA 90731

Transportation: Accessible via DASH San Pedro Green Line Bus (1st St. & Gaffey St. stop) and LADOT Commuter Express 142 (Gaffey St. & 5th St. stop)

***CalFresh***

Website: [www.dss.cahwnet.gov/foodstamps](http://www.dss.cahwnet.gov/foodstamps/)

Services: Improve the nutrition of your household; increase your food-buying power, benefits used instead of money at the grocery store.

Apply online: <http://www.benefitscal.org>

Department of Public Social Services – Compton Office

Information: (866) 613-3777

Participant Help Line: (310) 258-7400,

(866) 613-3777

Programs Offered: CalWORKs, CalFresh, Medi-Cal, Refugee

Hours: Monday-Friday, 8:00AM-5:00PM

Location: 211 East Alondra Blvd., Compton, CA 90220

Transportation: Accessible via Metro 202 (Willowbrook Ave. & Cocoa St. stop)

Department of Public Social Services – Paramount Office

Information: (310) 258-7400

Participant Help Line: (310) 258-7400,

(310) 603-5101

Hours: Monday-Friday, 8:00AM-5:00PM

Programs Offered: CalWORKs, CalFresh, Medi-Cal

Location: 2961 East Victoria St., Rancho Dominguez, CA 90221

Transportation: Accessible via Commuter Express 142 and via Long Beach Transit 52 (Victoria St. & Santa Fe Ave. stop)

Department of Public Social Services – South Family Office

Information: (310) 761-2000

Participant Help Line: (310) 258-7400,

(626) 569-1399

Hours: Monday-Friday, 8:00AM-5:00PM

Programs Offered: CalWORKs, CalFresh, Medi-Cal, Refugee

Location: 17600 A Santa Fe Ave., Rancho Dominguez, CA 90221

Transportation: Accessible via Commuter Express 142 and via Long Beach Transit 52 (Santa Fe Ave. & Artesia Blvd. stop)

**Housing**

***Department of Housing and Urban Development Public Housing Agency***

Rental housing for eligible low-income families, the elderly, and persons with disabilities.

PHA: Housing Authority of the City of Los Angeles

Address: 2600 Wilshire Blvd., Los Angeles, CA 90057

Phone Number: (213) 252-2500

**First 5 LA Resources**

***Welcome Baby***

Providence Little Company of Mary Medical Center San Pedro

Registration: (310) 514-5444

Website: <http://california.providence.org/san-pedro/>

Hours: Monday-Friday, 8:00AM-4:30PM

Location: 470 North Hawaiian Ave., Wilmington, CA 90744

Transportation: Accessible via Metro Bus 246 (Figueroa St. & E St. stop)

Torrance Memorial Medical Center

Registration: (310) 514-5444

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

Hours: Monday-Friday, 8:00AM-4:30PM

Location: 3330 Lomita Blvd., Torrance, CA 90505

Transportation: Accessible via Torrance Transit Bus 9 (Lomita Blvd. at Garnier St. stop)

**Choose Health LA Child Care**

***Choose Health LA Child Care (CHLA Child Care)***

General Information: CHLA Child Care supports the healthy growth and development of children by improving the nutrition and physical environment of child care settings. CHLA Child Care works with child care providers, events for parents and children, and information and tools for all. For more information, contact: 1-888-92-CHILD or visit [http://www.ccala.net](http://www.ccala.net/)

Acknowledgments

This Community Resource Guide was developed for you by:



|  |  |  |
| --- | --- | --- |
| **The Children’s Clinic**  **Family Health Center in Bellflower**  **17660 Lakewood Blvd.**  **Bellflower, CA 90706**  **(562) 264-4826** | **The Children’s Clinic**  **Family Health Center in Central Long Beach**  **2360 Pacific Avenue**  **Long Beach, CA 90806**  **(562) 264-4658** | **The Children’s Clinic**  **Family Health Center at**  **Cesar Chavez Elementary School**  **730 West 3rd Street**  **Long Beach, CA 90802**  **(562) 264-4823** |
| **The Children’s Clinic**  **Family Health Center at**  **Hamilton Middle School**  **1060 East 70th Street**  **Long Beach, CA 90805**  **(562) 264-3557** | **The Children’s Clinic**  **at International Elementary School**  **700 Locust Avenue**  **Long Beach, CA 90813**  **(562) 264-4694** | **The Children’s Clinic**  **at the Long Beach Multiservice Center**  **for the Homeless**  **1301 West 12th Street**  **Long Beach, CA 90813**  **(562) 264-4695** |
| **The S. Mark Taper Foundation**  **Children’s Clinic**  **Family Health Center**  **455 E. Columbia St. Suite 201 & 6**  **Long Beach, CA 90806**  **(562) 933-0400** | **The Vasek Polak Children’s Clinic**  **Family Health Center**  **1057 Pine Avenue**  **Long Beach, CA 90813**  **(562) 264-4699** | **The Children’s Clinic**  **Family Health Center Westside**  **2125 Santa Fe Avenue**  **Long Beach, CA 90810**  **(562) 432-9575** |
| **The Children’s Clinic Family Health Center Cabrillo Gateway**  **2000 San Gabriel Avenue**  **Long Beach, CA 90810** | **The Children's Clinic Family Health Center Roosevelt**  **1574 Linden Avenue**  **Long Beach, CA 90813** | **Administrative Offices**  **701 East 28th Street, Suite 200**  **Long Beach, CA 90806** |

**Information: (844) 822-4646**

**www.thechildrensclinic.org**