

COMMUNITY RESOURCE GUIDE

for Families/Caregivers of Children Ages 0-5



Serving the community of:
Long Beach

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

WHAT YOU WILL FIND

The Community Resource Guide for Families/Caregivers of Children Ages 0-5 is a comprehensive publication focusing on Los Angeles County. The Guide is divided into five sections:

- First 5 LA Resources
- Nutrition and Healthy Lifestyle Resources
- Physical Activity Resources
- Free/Low-Cost Resources for Pregnant/Post-Partum Women
- Social and Health Services Resources

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Funded by First 5 LA

First 5 LA Resources



FIRST 5 LA RESOURCES

PERINATAL AND PARENT SUPPORT

Parent Circles of Los Angeles County

For The Child

Information: (562) 422-8472

Website: www.forthethechild.org

Hours: Fridays and Saturdays, 10:30AM-12:30PM

Location: 4565 California Ave., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

Welcome Baby

Miller Children's Hospital

Information: (562) 933-2410

Website:

www.millerchildrenshospitallb.org/centers-programs/mother-baby-care

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

Location: 2840 Long Beach Blvd., Suite 260 Long Beach, CA 90806

Transportation: Accessible via Long Beach Transit

St. Mary's Medical Center

Information: (562) 491-9100

Website:

<https://www.dignityhealth.org/stmarymedical/community-benefits/welcome-baby>

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

Location: 1045 Atlantic Ave., Long Beach, CA 90813

Transportation: Accessible via Long Beach Transit

Parent Child Interaction Therapy (PCIT)

Childnet Youth and Family Services

Information: (562) 490-7600

Website: www.childnet.net

Hours: Monday-Friday, 8:30AM-5:00PM

Location: 5150 East Pacific Coast Hwy., Suite 100, Long Beach, CA 90804

Transportation: Accessible via Long Beach Transit

For The Child (Cedar House – Administration & Child Abuse Services)

Information: (562) 422-8472

Website: www.forthethechild.org

Hours: Monday-Thursday, 8:30AM-7:00PM;

Friday, 8:00AM-5:00PM

Location: 4565 California Ave., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

The Guidance Center Long Beach

Information: (562) 595-1159

Website: www.tgclb.org

Hours: Monday-Thursday, 8:00AM-8:00PM;

Friday, 8:00AM-5:00PM

Location: 1301 Pine Ave., Long Beach, CA 90813

Transportation: Accessible via Long Beach Transit

One Step Ahead / Little by Little

St. Mary's WIC

Information: (562) 570-4242

Email: mperezchica@first5la.org

Hours: Monday-Friday, 8:30AM-6:00PM

Location: 1043 Elm Ave., Suite 401, Long Beach, CA 90813

Transportation: Accessible via Long Beach Transit

Long Beach Black Infant Health Program

Information: (562) 570-4410

Website:

www.longbeach.gov/health/services/directory/black-infant-health/

Hours: Monday-Friday, 8:30AM-5:00PM

Location: 3820 Cherry Ave., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

ORAL HEALTH

Children's Dental Health Clinic

The Children's Dental Clinic

Information: (562) 933-3141

Website: www.cdhc.org

Hours: Monday-Friday, 7:00AM-4:00PM

Location: 455 East Columbia St., Suite 32, Long Beach, CA 90806

Transportation: Accessible via Long Beach Transit

BEST START

Central Long Beach Best Start

Information: (213) 482-7821

Website:

<http://www.first5la.org/index.php?r=site/tag&id=617>

Hours: Monthly, 4th Thursday, 5:00PM-7:00PM

Location: Museum of Latin American Art (MOLAA), 628 Alamitos Ave., Long Beach, CA 90802

Transportation: Accessible via Long Beach Transit

HEALTH COVERAGE AND 211 LA COUNTY

211 LA County

Telephone: Dial 2-1-1

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

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

NUTRITION AND PHYSICAL ACTIVITY

Tot Parks

Bayshore Playground

Information: (562) 570-1715

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/bayshore-playground/>

Hours: Monday-Sunday, Dawn-Dusk

Locations: 5415 East Ocean Blvd., Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

Burton W. Chace Park

Information: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/burton-w-chace-park/>

Hours: Monday-Sunday, Dawn-Sunset

Location: Market St. and Dairy Ave., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

Livingston Drive Playground

Information: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/livingston-drive-playground/>

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

Location: East Livingston Dr. and Park Ave., Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

Loma Vista Park

Information: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/loma-vista/>

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

Location: 1173 North Loma Vista Dr., Long Beach, CA 90813

Transportation: Accessible via Long Beach Transit

Silverado Park

Information: (562) 570-1675

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/silverado-park/>

Hours: Monday-Sunday, Dawn-Dusk

Location: 1545 West 31st St., Long Beach, CA 90810

Transportation: Accessible via Long Beach Transit

Somerset Park

Information: (562) 570-8915

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/somerset-park/>

Hours: 6:00AM-10:00PM; Community Center, Monday-Friday, 2:30PM-5:30PM, Saturday, 12:00PM-4:00PM, Sunday, Closed

Location: 1500 East Carson St., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

Veterans Park

Information: (562) 570-1695

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/veterans-park/>

Hours: 6:00AM-10:00PM; Community Center:
Monday-Friday, 12:00PM-6:00PM;
Saturday, 12:00PM-4:00PM; Sunday,
Closed

Location: 101 East 28th St., Long Beach, CA
90806

Transportation: Accessible via Long Beach
Transit

Wardlow Park

Information: (562) 570-1705

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/wardlow-park/>

Hours: 6:00AM-10:00PM; Community Center:
Monday-Friday, 10:00AM-4:00PM,
Saturday, 12:00PM-4:00PM, Sunday,
Closed

Location: 3457 Stanbridge Ave., Long Beach,
CA 90808

Transportation: Accessible via Long Beach
Transit

Whaley Park

Information: (562) 570-1710

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/whaley-park/>

Hours: Dawn-Dusk

Location: 5620 East Atherton St., Long
Beach, CA 90815

Transportation: Accessible via Long Beach
Transit

Farmer's Market – Market Match Program

Long Beach Downtown Farmers' Market

Hours: Friday, Year Round, 10:00AM-3:00PM

Payment: EBT & WIC accepted

Location: 300 Pine Ave., Long Beach, CA
90802

Transportation: Accessible via Long Beach
Transit

EARLY CARE AND EDUCATION

Los Angeles Universal Preschool (LAUP)

Description: provides preschool services to Los Angeles County 4 year-olds through direct funding of preschool spaces in previously empty classrooms, as well as quality enhancement for many existing preschool site. LAUP also developed a rating system for preschool providers and offers one-on-one coaching and mentoring to improve the quality of services.

Location: Multiple throughout Los Angeles County

Website: www.laup.net

Telephone: (866) 675-5400

Family Place Library

Description: First 5 LA investments support selected libraries in achieving the national Family Place Library designation, which indicates a set of supports for families with infants and toddlers. Please note that some of the sites listed may be at different stages (in planning or implementing programs as part of Family Place core elements).

For complete list of Family Place Libraries as part of County Library System go to:

www.colapublib.org/children/familyplace.php

VISION

Children's Vision Care Program

The Children's Vision Care Program

Description: provides vision screenings to improve the school readiness of preschool children in Los Angeles County. Resources include free eye exams and eyeglasses to children.

Contact: (800) 485-9196, Serena Oberstein

Email: mail@visiontolearn.org

Website: www.visiontolearn.org

Nutrition and Healthy Lifestyle Resources



NUTRITION AND HEALTHY LIFESTYLE RESOURCES

Women, Infants, Children (WIC)

Registration: (562) 570-4242

Website:

<http://www.longbeach.gov/health/health-y-living/individual/wic/>

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

Cost/Insurance: Free for those who qualify

Hours: Varies by location

Languages: English, Spanish

Locations:

Health Department Site

2525 Grand Ave., Long Beach, CA 90815

Hours: Monday, 8:30AM-7:00PM;

Tuesday-Friday, 8:30AM-6:00PM;

Saturday, 8:30AM-12:00PM (Saturday clinic days vary, please call)

West Facilities Center

2125 Santa Fe Ave., 2nd Floor, Long Beach, CA 90810

Hours: Monday-Friday, 8:30AM-5:30PM

North WIC Site

5166 Atlantic Ave., Long Beach, CA 90805

Hours: Monday-Friday, 8:30AM-6:00PM

St. Mary's WIC Site

1043 Elm Ave., Suite 401, Long Beach, CA 90813

Hours: Monday-Friday, 8:30AM-6:00PM

Central Facilities Center

1133 Rhea St., Long Beach, CA 90806

Hours: Monday-Friday, 8:30AM-5:30PM

Transportation: Accessible via Long Beach Transit

CalFresh

Website: www.dss.cahwnet.gov/foodstamps/

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

Apply online: www.benefitscal.org

Department of Public Social Services –
Compton Office

Information: (866) 613-3777

Participant Help Line: (310) 258-7400,
(866) 613-3777

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

Programs Offered: CalWORKs, CalFresh,
Medi-Cal

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

Transportation: Accessible via Long Beach
Transit and Metro

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 Long Beach
Transit and Metro

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., East
Rancho Dominguez, CA 90221

Transportation: Accessible via Long Beach
Transit and Metro

Long Beach Department of Health and
Human Services

Information: (562) 570-7979

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

Location: 2525 Grand Ave., Long Beach, CA
90815

Transportation: Accessible via Long Beach
Transit

The Children's Clinic, "Serving Children and Their Families"

Information: (562) 933-0511

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

Location: The S. Mark Taper Foundation
Children's Clinic Family Health Center
(SMTF)

455 East Columbia St., Suite 200 & 6
Long Beach, CA 90806

Transportation: Accessible via Long Beach
Transit

USDA National Hunger Hotline (WhyHunger)

Information: (866) 5-HUNGRY (for English),
(877) 8-HAMBRE (for Spanish), (212)
629-8850

Website: 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

Cost: Free

Healthy Active Long Beach

Information: (562) 570-4491 (for English);
(562) 570-4292 (for Spanish)

Website: www.longbeach.gov/health/healthy-living/individual/nutrition-and-physical-activity/

Services: Nutrition workshops and healthy
cooking demonstrations

Cost/Insurance: Free

Hours: Varies by workshop

Languages: English, Spanish

Location: 2525 Grand Ave., Long Beach CA,
90815

Transportation: Accessible via Long Beach
Transit

Bixby Park Farmer's Market

Hours: Tuesday, 3:00PM-7:00PM (Summer
open until 8:00PM); Saturday 9:00AM-
2:00PM

Payment: WIC accepted

Location: Bixby Park, in front of the Band
Shell on Junipero Ave. between 1st and
2nd Street

Transportation: Accessible via Long Beach
Transit

CSULB Farmer's Market

Information: info@LAcityfarm.com

Hours: Every other Wednesday, 10:00AM-
2:00PM (during CSULB school semesters)

Payment: EBT accepted

Location: 1212 Bellflower Blvd., Long Beach,
CA 90815

Transportation: Accessible via Long Beach
Transit

Downtown Long Beach Market

Information: (866) 466-3834

Hours: Friday, 10:00AM-3:00PM

Payment: EBT accepted, WIC accepted only
with authorized farmers, market offers
Market Match incentives

Location: 212 West 3rd St., Long Beach, CA
90802

Transportation: Accessible via Long Beach
Transit

Green Acres Marketplace Farmer's Market

Information: (562) 972-8897

Hours: Thursday, 11:00AM-5:30PM; Sunday,
8:30AM-2:30PM

Payment: EBT & WIC accepted

Location: 5000 East Spring St., Long Beach,
CA 90815

Transportation: Accessible via Long Beach
Transit

The Growing Experience Farmer's Market

Hours: Saturday, 10:00AM-2:00PM

Payment: EBT, WIC, and Snr FMNP accepted

Location: 750 Via Carmelitos, Long Beach, CA
90805

Transportation: Accessible via Long Beach
Transit

Marine Stadium Farmer's Market

Hours: Wednesday, 3:00PM-7:00PM
(Summer open until 8:00PM)

Payment: WIC accepted

Location: Parking lot at Marina Vista Park &
Marine Stadium, Long Beach, CA 90803

Transportation: Accessible via Long Beach
Transit

North Long Beach Greener Good Farmer's Market

Hours: Friday, 3:00PM-8:00PM

Payment: EBT accepted, offers Market Match incentives

Location: 609 East Artesia Blvd., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

Southeast Harbor Area Farmer's Market

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

Payment: EBT accepted, WIC accepted only with authorized farmers

Location: 6530 Marina Dr., Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

Uptown Harbor Area Farmer's Market

Hours: Thursday, 3:00PM-6:30PM

Payment: EBT accepted, WIC accepted only with authorized farmers

Location: 610 East 46th St., Long Beach, CA 90807

Transportation: Free parking East and South of Market at Bixby Knolls Center; Accessible via Long Beach Transit

West Long Beach Greener Good Farmer's Market

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

Payment: EBT accepted, offers Market Match incentives

Location: 2125 Santa Fe Ave., Long Beach, CA 90810 (Admiral Kidd Park)

Transportation: Accessible via Long Beach Transit

The Growing Experience Community Garden

Information: (562) 984-2917

Website:

<http://growingexperiencecalb.hacola.org>

Description: The Growing Experience (TGE)

Community Garden is a 7-acre urban farm within the Carmelitos public housing development, which is operated by the Housing Authority of the County of Los Angeles. Programs and activities showcase environmental sustainability,

including urban agriculture for the creation of a local food system, water/resource conservation, and research/implementation of new technologies to increase productivity.

Hours: Volunteer workdays are the last Saturday of each month from 9:00AM-12:00PM; Regular Hours: Monday-Friday 8:00AM-5:00PM; Farm Stand: 10:00AM-12:00PM

Location: 750 Via Carmelitos, Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

Hudson Park Community Garden

Information: (562) 426-9887, Isaac (Garden Club President); (562) 233-4244, Henry (Garden Club Board Member)

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/hudson-park/>

Description: Plot sizes vary. Waiting list sign-ups at the garden meetings on the 1st Saturday of the month at 8:00AM in the garden.

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

Cost: \$40, \$50, \$55 annual fee, depending on size

Location: 2335 Webster Ave., Long Beach, CA 90810

Transportation: Accessible via Long Beach Transit

Long Beach Organic Community Garden

Information: (562) 438-9000,

info@GraceParkGarden.org

Website: <http://longbeachorganic.org/>

Description: Interested in providing gardens to low-income families, especially those with children. Residency taken into account (Long Beach residents or those who may live in a neighboring city but near a garden are given priority).

Hours: Vary by location, call for open hours

Cost: \$0.40 per square foot per six-month season (March 1 to Aug and Sept 1 to Feb). Annual membership fee of \$20. Plot sizes vary. Quarterly payment and reduced memberships are available.

Locations:

7th and Chestnut

348 West 7th St., Long Beach, CA 90802

Grace Park Garden

Plymouth St. & Elm Ave., Long Beach, CA 90805

Mary Molina Garden

1640 West 20th St., Long Beach, CA 90810

St. Luke's Garden

525 East 7th St., Long Beach, CA 90813

South 40 Garden

2813 East South St., Long Beach, CA 90805

Top of the Town Garden

6751 Atlantic Ave., Long Beach, CA 90805

Wrigley Village Garden

2044 Pacific Ave., Long Beach, CA 90806

Zaferia Junction Garden

3709 10th St., Long Beach, CA 90804

Pacific and 6th Street

612 Pacific Ave., Long Beach, CA 90802

Transportation: Accessible via Long Beach Transit

Long Beach Peace Garden

Information: (562) 570-4402

LBPeaceGarden@longbeach.gov

Website:

<http://www.longbeach.gov/health/services/directory/central/>

Description: The Peace Garden participates in and hosts several community events including free community garden tours, meeting space, community workdays, and harvest giveaways.

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

Cost: Free for Long Beach residents; no plots currently available, please email to be added to the waiting list.

Location: 1950 Lemon Ave., Long Beach, CA 90806

Transportation: Accessible via Long Beach Transit

The Growing Experience Community-Supported Agriculture Box Program

Information: (562) 984-2917

Website:

<http://growingexperienceclb.hacola.org>

Email Contact: Holly.Carpenter@hacola.org

Description: The Growing Experience offers a weekly, bi-weekly, or monthly pick-up of a box of 6-10 varieties of seasonal vegetables and fruits. Vegetables and fruit are grown locally using sustainable and ecologically sound practices.

Hours: Box pickup times are Thursdays 3:00PM-6:00PM and Fridays 2:00PM-5:00PM

Registration: Complete the subscriber agreement (posted on the website) and return to The Growing Experience, along with payment for your subscription. You will receive an email confirmation upon receipt.

Cost: \$20 per week per box

Location: 750 Via Carmelitos, Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

7th Street Church (Parkcrest Christian)

Food Bank/Service Program

Information: (562) 434-3408;

Mark Angelo, angelo.mark64@gmail.com

Website:

<http://www.7thstreetchurch.com/serve/food-bank/>

Meals Served: None

Services: Groceries distributed

Hours: 4th Saturday of the month

Shift 1: 8:30AM-10:30AM

Shift 2: 10:00AM-12:30PM

Cost: Free

Location: 668 North Obispo Ave., Long Beach, CA 90814

Transportation: Accessible via Long Beach Transit

Catholic Charities of Los Angeles – Gatekeeper Project

Information: (562) 591-1351

Website:

<http://catholiccharitiesla.org/protect-the-aging/the-gatekeeper-project>

Meals Served: None

Services: A friendly visitor program, which brings food and more to clients with specific needs

Hours: Varies, call for more information

Cost: Free

Location: 123 East 14th St., Long Beach, CA
90813
Transportation: Accessible via Long Beach
Transit

***Catholic Charities of Los Angeles – Long
Beach Community Services Center***

Information: (562) 591-1351
Website:
<http://catholiccharitiesla.org/where-we-are/program-directory-by-city/>
Meals Served: None
Services: Groceries distributed/CalFresh site
Hours: Tuesday and Thursday, 9:00AM-
12:00PM and 1:00PM-3:00PM
Cost: Free
Location: 123 East 14th St., Long Beach, CA
90813
Transportation: Accessible via Long Beach
Transit

***Cherry Carson Assembly of God Food
Bank/Service Program***

Information: (562) 424-8412
Meals Served: None
Services: Groceries distributed
Hours: Sunday, 12:30PM-3:00PM
Cost: Free
Location: 4103 Cherry Ave., Long Beach, CA
90807
Transportation: Accessible via Long Beach
Transit

***Christian Outreach in Action Food
Bank/Service Program***

Information: (562) 432-1440
Website: www.coalongbeach.org
Meals Served: Breakfast, Lunch, Dinner
Services: Hot meals daily and food bank
services twice a week
Hours:
Breakfast: Monday-Friday, 7:00AM-
8:00AM
Lunch: Every Saturday of the month,
11:00AM-12:00PM and the last Sunday
of the month, 11:30AM-12:30PM
Dinner: Monday-Friday, 4:30PM-5:30PM
Food Bank: Tuesday and Thursday,
9:00AM-12:00PM
Cost: Free

Location: 515 East 3rd St., Long Beach, CA
90801
Transportation: Accessible via Long Beach
Transit

***Feed Hungry at St. Cyprian Catholic
Church Food Bank/Service Program***

Information: (562) 867-9915
Website: www.stcyprianchurch.org
Meals Served: Dinner
Services: Meals served
Hours: 2nd and 4th Monday of the month,
6:00PM-7:00PM
Cost: Free
Location: 4714 Clark Ave., Long Beach, CA
90808
Transportation: Accessible via Long Beach
Transit

***Iglesia Cristiana Emanuel Food
Bank/Service Program***

Information: (562) 225-7350
Meals Served: None
Services: Groceries distributed, bring your
own bag
Hours: 2nd and last Saturday of the month,
9:00AM-Close; all other Saturdays,
7:00PM
Cost: Free
Location: 1309 East 3rd St., Long Beach, CA
90802
Transportation: Accessible via Long Beach
Transit

***Lutheran Social Services Community Care
Food Bank/Service Program***

Information: (562) 599-1321
Website:
www.lsscommunitycare.org/location/south-bay-long-beach/
Meals Served: None
Services: Food pantry and grocery packs
Hours: Monday, Tuesday, Thursday, 10:00AM-
2:00PM; Wednesday, 11:00AM-2:00PM
Cost: Free
Location: 1611 Pine Ave., Long Beach, CA
90813
Transportation: Accessible via Long Beach
Transit

Marian Outreach Center Food Bank/Service Program

Information: (562) 989-1954

Website:

www.stlucychurchlb.org/ministries/marian-outreach-center

Meals Served: None

Services: Food distribution

Hours: Thursday, 10:00AM-1:30PM

Cost: Free

Location: 2344 Cota Ave., Long Beach, CA 90810

Transportation: Accessible via Long Beach Transit

North Long Beach Ministry Center Food Bank/Service Program

Information: (562) 822-9957

Meals Served: None

Services: Groceries distributed

Hours: Friday, 11:00AM-12:30PM

Cost: Free

Location: 5239 Atlantic Ave., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

Parkcrest Christian Church Food Bank/Service Program

Information: (562) 421-9374

Meals Served: None

Services: Groceries distributed (except November and December)

Hours: 4th Thursday of the month, 10:00AM-11:00AM; Line begins to form at 7:00AM

Cost: Free

Location: 3936 Woodruff Ave., Long Beach, CA 90808

Transportation: Accessible via Long Beach Transit

Shalom Service Center Food Bank/Service Program

Information: (562) 591-2214

Website: www.centroshalom.org

Meals Served: None

Services: Canned food distribution and daily bread distribution

Hours: Monday-Friday, 9:00AM-4:30PM,
Canned food distribution, Tuesday and
Thursday, 9:00AM-12:00PM

Cost: Free

Location: 2131 Long Beach Blvd., Long
Beach, CA 90806

Transportation: Accessible via Long Beach
Transit

Wherever He Goes Food Bank/Service Program

Information: (562) 331-4433

Meals Served: Breakfast

Services: Groceries distributed and hot
breakfast

Hours: 3rd Sunday of the month, 8:00AM-
10:00AM

Cost: Free

Location: 1001 East 3rd St, Long Beach, CA
90802

Transportation: Accessible via Long Beach
Transit

**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/>

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

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

Cost: \$

Website: www.subway.com

Hours: Varies by location

Locations: 30 locations in Long Beach

Transportation: Accessible via Long Beach
Transit

Kim Sun Kitchen

Cuisine: Cambodian and Chinese breakfast,
lunch and dinner

Cost: \$

Hours: Monday-Saturday, 8:00AM-4:00PM;
Sunday, 8:00AM-2:00PM

Location: 5449 Cherry Ave., Long Beach, CA
90805

Transportation: Accessible via Long Beach
Transit

Physical Activity Resources



PHYSICAL ACTIVITY RESOURCES

PARKS/RECREATION CENTERS

Ernest McBride Park and California Recreation Center

Telephone: (562) 570-1605

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/mcbride-park/>

Hours: Monday-Friday, 9:00AM-7:00PM; Saturday, 12:00PM-4:00PM; Sunday, Closed; Gym: Monday-Friday, 3:00PM-7:00PM; Senior Center: Monday-Friday, 9:00AM-2:00PM; Teen Center: Monday-Friday, 3:00PM-7:00PM

Indoor Facilities: Game Room, Community Center, Gymnasium, Restrooms, Weight Room

Outdoor Facilities: Basketball Court, Picnic Area, Playground

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Lighted Basketball Court until 10:00PM

Classes: Chair Aerobic, Senior Program

Cost: Free

Location: 1550 Martin Luther King Jr. Ave., Long Beach, CA 90813

Transportation: Accessible via Long Beach Transit

*Dog Friendly

Freeman Community Center

Telephone: (562) 570-8688

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/freeman-community-center/>

Hours: Monday-Friday, 3:00PM-6:00PM; Saturday, 12:00PM-4:00PM; Sunday, Closed

Indoor Facilities: Community Center

Outdoor Facilities: None

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

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

Cost: Free

Location: 1205 Freeman Ave., Long Beach, CA 90804

Transportation: Accessible via Long Beach Transit

Recreation Park Community Center

Telephone: (562) 570-1670

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/recreation-park/>

Hours: Monday-Sunday, 6:00AM-10:00PM; Community Center: Monday-Friday, 3:00PM-8:00PM; Saturday, 12:00PM-4:00PM

Indoor Facilities: Community Center, Restrooms, Gym

Outdoor Facilities: Baseball Field, Casting Pond, Golf Course, Lawn Bowling Green, Picnic Area, Playground, Tennis Center

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Baseball Field, Tennis Courts lighted until 10:00PM

Classes: Aerobic, Fitness

Cost: Free

Location: 4900 East 7th St., Long Beach, CA 90804

Transportation: Accessible via Long Beach Transit

*Dog Friendly

Admiral Kidd Park

Telephone: (562) 570-1600

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/admiral-kidd-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: Weight Room, Game Room, Full Kitchen, Restrooms, Study Room

Outdoor Facilities: Basketball Court, Picnic Area, Playground, Soccer Field

Walk/Jog Facilities: Sidewalk Mile Marker

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Soccer Field, Basketball Court lighted until 10:00PM

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

Cost: Free
Location: 2125 Santa Fe Ave., Long Beach,
CA 90810
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Alamitos Park

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/alamitos-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Park Benches, Picnic
Tables, Play Equipment
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: None
Cost: Free
Location: 72nd Pl. and East Ocean Blvd., Long
Beach, CA 90803
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Atlantic Plaza

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/atlantic-plaza/>
Hours: 6:00AM-10:00PM
Indoor Facilities: Recreation Center
(Carmelitos Residents Only)
Outdoor Facilities: Community Garden, Picnic
Benches, Green Space, Soccer Field
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: None
Cost: Free
Location: 1000 East Via Wanda, Long Beach,
CA 90805
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Bayshore Playground

Telephone: (562) 570-1715
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/bayshore-playground/>

[and-facilities/directory/bayshore-playground/](http://www.longbeach.gov/park/park-and-facilities/directory/bayshore-playground/)

Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Basketball, Co-op
Preschool, Handball Court, Paddle Tennis
Court, Sandy Picnic Area, Playground
Equipment, Racquetball Court, Roller
Hockey Rink, Volleyball Court
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: None
Cost: Free
Location: 5415 East Ocean Blvd., Long
Beach, CA 90803
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Belmont Veterans Memorial Pier

Telephone: (562) 434-1542
Website:
<http://www.longbeach.gov/park/park-and-facilities/parks-centers-pier/belmont-veterans-memorial-pier/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Bait Shop, Benches, Snack
Shop, Sport Fishing
Walk/Jog Facilities: Pier/Boardwalk
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Pier lighted until 10:00PM
Cost: Free
Location: 35 39th Pl., Long Beach, CA 90803
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Birdcage Park

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/birdcage-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Picnic Area, Play
Equipment
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: None

Cost: Free
Location: 6501 Parkcrest St., Long Beach, CA 90808
Transportation: Accessible via Long Beach Transit
*Dog friendly

Bixby Park

Telephone: (562) 570-1601
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/bixby-park/>
Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 10:00AM-4:00PM; Saturday, 12:00PM-4:00PM
Indoor Facilities: Community Center, Restrooms
Outdoor Facilities: Bandshell/Stage, Barbeque Pits, Playground, Mobile Skate Park, Volleyball Court, Picnic Area, Play Equipment, Skate Park, Sports Field
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: None
Classes: Visit website to get the most up to date list of classes
Cost: Free
Location: 130 Cherry Ave., Long Beach, CA 90802
Transportation: Accessible via Long Beach Transit
*Dog friendly

Bixby Knolls Park

Telephone: (562) 570-1604
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/bixby-knolls/>
Hours: 6:00AM-10:00PM
Indoor Facilities: Restrooms
Outdoor Facilities: Playground, Picnic Area
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: None
Cost: Free
Location: 1101 East San Antonio Dr., Long Beach, CA 90807
Transportation: Accessible via Long Beach Transit
*Dog friendly

Officer Daryle W. Black Memorial Park

Telephone: (562) 570-3100
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/daryle-black-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Benches, Picnic Tables, Play Equipment, Water Fountain
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: None
Cost: Free
Location: 2023 Pasadena Ave., Long Beach, CA 90806
Transportation: Accessible via Long Beach Transit
*Dog friendly

Bluff Park

Telephone: (562) 570-3150
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/bluff-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Telescopes, Benches, Green Space
Walk/Jog Facilities: Footpath
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Street lighting
Cost: Free
Location: Ocean Blvd. between 20th and 36th Pl., Long Beach, CA 90803
Transportation: Accessible via Long Beach Transit
*Dog friendly

Bouton Creek Park

Telephone: (562) 570-3100
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/bouton-creek-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Playground, Picnic Tables, Benches
Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Street lighting
Cost: Free
Location: East Atherton St. and Litchfield Ave., Long Beach, CA 90815
Transportation: Accessible via Long Beach Transit
*Dog friendly

Burton W. Chace Park

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/burton-w-chace-park/>
Hours: Monday-Sunday, Dawn-Sunset
Indoor Facilities: Restrooms
Outdoor Facilities: Half Basketball Court, Picnic Area, Tot Lot, Water Play Feature
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Street lighting
Cost: Free
Location: East Market St. and Dairy Ave., Long Beach, CA 90805
Transportation: Accessible via Long Beach Transit
*Dog friendly

Cesar E. Chavez Park

Telephone: (562) 570-8890
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/cesar-e-chavez-park/>
Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 9:00AM-7:00PM, Saturday, 12:00PM-4:00PM
Indoor Facilities: Community Center, Restrooms, Weight Room
Outdoor Facilities: Basketball Court, Playground, Picnic Area
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Basketball Court Lighted until 10:00PM
Classes: Visit website to get the most up to date list of classes
Cost: Free

Location: 401 Golden Ave., Long Beach, CA 90802
Transportation: Accessible via Long Beach Transit
*Dog friendly

Channel View Park

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/channel-view-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Open Space
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: None
Cost: Free
Location: 7th St. to Loynes Dr. at Los Cerritos Channel, Long Beach, CA 90813
Transportation: Accessible via Long Beach Transit
*Dog friendly

Cherry Park

Telephone: (562) 570-1615
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/cherry-park/>
Hours: 6:00AM-10:00PM; Summer Hours, 12:00PM-6:00PM
Indoor Facilities: Restrooms
Outdoor Facilities: Baseball Field, Basketball Court, Picnic Area, Playground, Soccer Field, Softball Field, Tennis Courts, Volleyball Courts, Water Wells
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Baseball Field, Basketball Court, Tennis Courts lighted until 10:00PM
Classes: Visit website to get the most up to date list of classes
Cost: Free
Location: 1901 East 45th St., Long Beach, CA 90807
Transportation: Accessible via Long Beach Transit
*Dog friendly

Chittick Field

Telephone: (562) 570-3204

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/chittick-field/>

Hours: 6:00AM-10:00PM

Indoor Facilities: Restrooms

Outdoor Facilities: All-Weather Track, Football Field, Soccer Fields

Walk/Jog Facilities: Track

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Track lighted until 10:00PM

Cost: Free

Location: 1900 Walnut Ave., Long Beach, CA 90806

Transportation: Accessible via Long Beach Transit

*Dog friendly

College Estates Park

Telephone: (562) 570-1617

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/college-estates-park/>

Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 2:30PM-5:30PM; Saturday-Sunday, Closed

Indoor Facilities: Community Center, Restrooms

Outdoor Facilities: Basketball Courts, Playground, Tennis Court, Volleyball Court, Picnic Area, Sports Field

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

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

Cost: Free

Location: 808 Stevely Ave., Long Beach, CA 90815

Transportation: Accessible via Long Beach Transit

*Dog friendly

Colorado Lagoon Park

Telephone: (562) 570-3215

Website:

<http://www.longbeach.gov/park/recreation-programs/aquatics/colorado-lagoon/>

Hours: 6:00AM-10:00PM

Indoor Facilities: Wetland, Marine Science Education Center, Restrooms

Outdoor Facilities: Picnic Area, Play Equipment, Swim Area

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: 5119 East Colorado St., Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

*Dog friendly

Coolidge Park

Telephone: (562) 570-1618

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/coolidge-park/>

Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 12:00PM-6:00PM, Saturday, 12:00PM-4:00PM

Indoor Facilities: Community Center, Restrooms

Outdoor Facilities: Baseball Diamond, Basketball Court, Softball Field, Playground, Picnic Area, Spray Pool, Volleyball Court

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Baseball Diamond, Softball Field, Basketball Court lighted until 10:00PM

Classes: Visit website to get the most of to date list of classes

Cost: Free

Location: 352 East Neece St., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

*Dog friendly

Craftsman Village Park

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/Park/Park-and-Facilities/Directory/Craftsman-Village-Park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Benches, Native Paintings, Picnic Tables, Play Equipment

Walk/Jog Facilities: Walkways

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 851 Orange Ave., Long Beach, CA 90813

Transportation: Accessible via Long Beach Transit

*Dog friendly

Daisy Greenbelt

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/daisy-greenbelt/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Green Space

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: Pacific Coast Hwy. and Daisy Ave., Long Beach, CA 90806

Transportation: Accessible via Long Beach Transit

*Dog friendly

Ed "Pops" Davenport Park

Telephone: (562) 570-1600

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/ed-pops-davenport-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: Restroom

Outdoor Facilities: Green Space, Picnic Area, Soccer Field, Sports Field, Playground Equipment, Half Basketball Courts

Walk/Jog Facilities: Walking Trail

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: 2910 East 55th Way, Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

*Dog friendly

DeForest Park

Telephone: (562) 570-1620

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/deforest-park/>

Hours: 6:00AM-10:00PM; Community Center:

Monday-Friday, 12:00PM-6:00PM;

Saturday, 12:00PM-4:00PM, Sunday,

Closed; Racquetball Court: Monday and

Friday, 12:00PM-6:00PM, Saturday,

12:00PM-4:00PM, Sunday, Closed

Indoor Facilities: Community Center, Restrooms, Small Meeting Room

Outdoor Facilities: Baseball Fields, Basketball Court, Picnic Area, Playground,

Handball/Racquetball Court, Softball

Field, Tennis Courts, Sand Volleyball Court

Walk/Jog Facilities: Nature Trail

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Baseball Fields, Basketball Court, Tennis Court, Volleyball Court lighted until 10:00PM

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

Cost: Free

Location: 6255 DeForest Ave., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

*Dog friendly

Drake Park

Telephone: (562) 570-1625

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/drake-park/>

Hours: 6:00AM-10:00PM; Community Center:

Monday-Friday, 12:00PM-6:00PM,

Saturday, 12:00PM-4:00PM, Sunday,

Closed

Indoor Facilities: Community Center, Restrooms
Outdoor Facilities: Basketball Court, Benches, Handball/Racquetball Court, Picnic Area, Playground, Picnic Area, Skate Plaza, Soccer Field, Softball Field, Tennis Courts, Volleyball Court
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Soccer Field, Softball Field, Basketball Court, Tennis Court lighted until 10:00PM
Classes: Visit website to get the most up to date list of classes
Cost: Free
Location: 951 Maine Ave., Long Beach, CA 90813
Transportation: Accessible via Long Beach Transit
*Dog friendly

East Village Arts Park

Telephone: (562) 570-1600
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/east-village-arts-park/>
Hours: Tuesday and Thursday, 3:00PM-6:00PM
Indoor Facilities: None
Outdoor Facilities: Raised Stage Area, Park Benches, Open Space
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Street lighting
Cost: Free
Location: 150 Elm Ave., Long Beach, CA 90802
Transportation: Accessible via Long Beach Transit
*Dog friendly

El Dorado East Regional Park

Telephone: (562) 570-1771
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/el-dorado-east-regional-park/>
Hours: Fall/Winter, 7:00AM-5:00PM (Nov 1-Feb 28); Spring/Summer, 7:00AM-8:00PM (Mar 1-Oct 31); Nature Center:

Monday, Closed; Tuesday-Sunday, 8:00AM-5:00PM

Indoor Facilities: Nature Center
Outdoor Facilities: Archery Range with Target Butts, Barbecue Grills, Bicycle Trails, Campground, Community Garden, Fishing Lakes, Model Aircraft Flying Area, Model Sailboat Area, Physical Fitness Course, Picnic Areas, Picnic Shelters, Playgrounds
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: None
Classes: Visit website for the most up to date list of classes
Cost: Parking charges apply
Location: 7550 East Spring St., Long Beach, CA 90815
Transportation: Accessible via Long Beach Transit
*Dog friendly

El Dorado Park West

Telephone: (562) 570-3225
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/el-dorado-park-west/>
Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 9:00AM-7:00PM, Saturday, 12:00PM-4:00PM
Indoor Facilities: Community Center, Restaurant, Restrooms
Outdoor Facilities: Baseball/Softball Field, Basketball Court, Duck Pond, Golf Course, Lake, Picnic Areas, Playground, Roller Hockey Court, Skate Park, Soccer Fields, Tennis Court, Volleyball Court
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Baseball Field, Basketball Court, Tennis Court, and Volleyball Court lighted until 10:00PM
Classes: Visit website for the most up to date list of classes
Cost: Free
Location: 2800 North Studebaker Rd., Long Beach, CA 90815
Transportation: Accessible via Long Beach Transit
*Dog friendly

Fellowship Park

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/fellowship-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Benches, Playground,
Open Space, Picnic Tables

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair
Accessible

Lights After Dark: Street lighting

Cost: Free

Location: North Pasadena Ave. and East
Willow St., Long Beach, CA 90806

Transportation: Accessible via Long Beach
Transit

*Dog friendly

14th Street Park

Telephone: (562) 570-1608

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/14th-street-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Basketball Courts, Fitness
Zone, Half Basketball Courts, Playground,
Skate Park

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair
Accessible

Lights After Dark: Basketball Courts and
Skate Park lighted until 10:00PM

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

Cost: Free

Location: 14th St. from Chestnut Ave. to
Palmer Ct., Long Beach, CA 90813

Transportation: Accessible via Long Beach
Transit

*Dog friendly

Good Neighbor Park

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/good-neighbor-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Benches, Gazebo, Open
Space

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair
Accessible

Lights After Dark: Lighted until 10:00PM

Classes: Recreation Classes

Cost: Free

Location: 2800 North Studebaker Rd., Long
Beach, CA 90815

Transportation: Accessible via Long Beach
Transit

*Dog friendly

Grace Park

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/grace-park/>

Hours: Monday-Sunday, Dawn-Sunset

Indoor Facilities: None

Outdoor Facilities: Barbecue, Benches,
Community Garden, Picnic Area,
Playground

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair
Accessible

Lights After Dark: Street lighting

Cost: Free

Location: Elm Ave. and East Plymouth St.,
Long Beach, CA 90805

Transportation: Accessible via Long Beach
Transit

*Dog friendly

Harry Bridges Memorial Park

Telephone: (562) 570-5333

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/queen-mary-events-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Open Space

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair
Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 1126 Queens Hwy, Long Beach, CA
90802

Transportation: Accessible via Long Beach
Transit

*Dog friendly

Harvey Milk Promenade Park

Telephone: (562) 570-5333

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/harvey-milk-promenade-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Equality Plaza, Chess Tables, Mosaic Mural, Planted Areas, Seating

Walk/Jog Facilities: Promenade Walkway

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 185 East 3rd St., Long Beach, CA 90802

Transportation: Accessible via Long Beach Transit

*Dog friendly

Heartwell Park

Telephone: (562) 570-1635

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/heartwell-park/>

Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 10:00AM-4:00PM, Saturday: 12:00PM-4:00PM, Sunday, Closed

Indoor Facilities: Community Center, Library, Restrooms

Outdoor Facilities: Baseball Field, Basketball Court, Fitness Course, Fishing Pond, Golf Course, Lake, Picnic Area, Playground, Roller Hockey Court, Soccer Field, Softball Field, Volleyball Court

Walk/Jog Facilities: Walking Trails

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Baseball Field, Basketball Court lighted until 10:00PM

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

Cost: Free

Location: 5801 Parkcrest St., Long Beach, CA 90808

Transportation: Accessible via Long Beach Transit

*Dog friendly

Houghton Park

Telephone: (562) 570-1640

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/houghton-park/>

Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 9:00AM-7:00PM, Saturday, 12:00PM-4:00PM, Sunday, Closed

Indoor Facilities: Community Center, Restrooms

Outdoor Facilities: Baseball Field, Basketball Court, Picnic Area, Playground, Skate Park, Soccer Field, Softball Fields, Tennis Courts, Volleyball Court

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Baseball Field, Basketball Court lighted until 10:00PM

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

Cost: Free

Location: 6301 Myrtle Ave., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

*Dog friendly

Hudson Park

Telephone: (562) 570-3150

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/hudson-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: Restroom/Snack Building

Outdoor Facilities: Baseball Fields, Community Gardens, Soccer Field, Picnic Area, Play Equipment

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Baseball Fields, Soccer Field lighted until 10:00PM

Cost: Free

Location: 2335 Webster Ave., Long Beach, CA 90810

Transportation: Accessible via Long Beach Transit

*Dog friendly

Jack Nichol Park

Telephone: (562) 570-1600

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/jack-nichol-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: Restrooms

Outdoor Facilities: Basketball Court, Baseball Field, Picnic Area, Playground, Soccer Field, Softball Field

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

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

Cost: Free

Location: 6200 Costa del Sol Way, Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

*Dog friendly

Jackson Park

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/jackson-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Picnic Area, Play Equipment

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 1432 Jackson St., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

*Dog friendly

La Bella Fontana Di Napoli

Telephone: (562) 570-3232

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/la-bella-fontana-di-napoli/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Benches, Flowing Water Fountain, Open Space

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: North Ravenna Dr. and Corinthian Walk, Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

*Dog friendly

Lilly Park

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/lilly-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Picnic Area, Play Equipment

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 3200 Lilly Ave., Long Beach, CA 90808

Transportation: Accessible via Long Beach Transit

*Dog friendly

Lincoln Park

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/lincoln-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Picnic Area, Open Space

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: Pacific Ave. and West Broadway St., Long Beach, CA 90802

Transportation: Accessible via Long Beach Transit

*Dog friendly

Livingston Drive Playground

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/livingston-drive-playground/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Picnic Area, Play Equipment

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: East Livingston Dr. and Park Ave., Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

*Dog friendly

Loma Vista Park

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/loma-vista/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Benches, Landscaping, Open Space, Play Equipment, Public Art, Tot Lot

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 1173 North Loma Vista Dr., Long Beach, CA 90813

Transportation: Accessible via Long Beach Transit

*Dog friendly

Los Altos Park

Telephone: (562) 570-1685

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/los-altos-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Picnic Area, Play Equipment, Sports Field/Area, "T-ball" Baseball Field

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Registration: (562) 570-1725 for information about field use, Bobby Sox softball or Little League

Cost: Free

Location: 5481 Stearns St., Long Beach, CA 90815

Transportation: Accessible via Long Beach Transit

*Dog friendly

Los Altos Plaza Park

Telephone: (562) 570-3126

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/los-altos-park-plaza/>

Hours: Monday-Friday, 12:00PM-6:00PM; Saturday, 12:00PM-4:00PM; Sunday, Closed

Indoor Facilities: Restrooms

Outdoor Facilities: Benches, Open Space, Play Equipment, "T-ball" Baseball Field

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: East Los Altos Plz. and East Anaheim Rd., Long Beach, CA 90815

Transportation: Accessible via Long Beach Transit

*Dog friendly

Los Cerritos Park

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/los-cerritos-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: Restrooms

Outdoor Facilities: Picnic Area, Play Equipment, Tennis Courts

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

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

Classes: Tennis

Cost: Free

Location: 3750 Del Mar Ave., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

*Dog friendly

MacArthur Park

Telephone: (562) 570-1655

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/macarthur-park/>

Hours: 6:00AM-10:00PM;

Community Center: Monday-Friday, 3:00PM-10:00PM; Saturday, 10:00AM-6:00PM; Sunday, 2:00PM-6:00PM

Indoor Facilities: Art Gallery, Community Center, Homeland Cultural Center, Restrooms, Theater

Outdoor Facilities: Basketball Courts, Open Space, Picnic Area, Playground, Sports Field, Volleyball Court

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

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

Classes: Music, Performing Arts

Cost: Free

Location: 1321 East Anaheim St., Long Beach, CA 90813

Transportation: Accessible via Long Beach Transit

*Dog friendly

Marine Park (Mother's Beach)

Telephone: (562) 570-3236

Website:

[http://www.longbeach.gov/park/park-and-facilities/directory/marine-park-\(mothers-beach\)/](http://www.longbeach.gov/park/park-and-facilities/directory/marine-park-(mothers-beach)/)

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Beach, Picnic Area, Play Equipment, Volleyball Court

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: Appian Way Below 2nd St., Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

*Dog friendly

Marina Green Park

Telephone: (562) 570-3236

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/marina-green/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Park Benches, Picnic Tables, Play Equipment

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: 386 East Shoreline Dr., Long Beach, CA 90802

Transportation: Accessible via Long Beach Transit

*Dog friendly

Marina Vista Park

Telephone: (562) 570-3204

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/marina-vista-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: Restroom

Outdoor Facilities: Baseball Field, Picnic Area, Play Equipment, Softball Field, Soccer Fields, Tennis Courts

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

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

Cost: Free

Location: 5355 East Eliot St., Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

*Dog friendly

Martin Luther King Jr. Park

Telephone: (562) 570-4405

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/martin-luther-king-jr-park/>

Hours: 6:00AM-10:00PM; Community Center:
Monday-Friday 3:00PM-6:00PM; Saturday
and Sunday, Closed; Summer Hours:
Monday-Friday, 12:00PM-6:00PM
Indoor Facilities: Community Center,
Restrooms
Outdoor Facilities: Basketball Court, Picnic
Areas, Peace Garden, Playground, Soccer
Fields, Swimming Pool, Softball Fields
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Basketball Court lighted
until 10:00PM
Classes: Visit website to get the most up to
date list of classes
Cost: Free
Location: 1950 Lemon Ave., Long Beach, CA
90806
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Miracle On Fourth Street Park

Telephone: (562) 570-1786
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/miracle-on-fourth-street-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Benches, Open Space,
Playground
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: None
Classes: Art
Cost: Free
Location: 1518 East 4th St., Long Beach, CA
90802
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Mossy Kent Park

Telephone: (562) 570-2115
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/mossy-kent-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Picnic Area

Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: None
Cost: Free
Location: 221 East Marina Dr., Long Beach,
CA 90803
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Orizaba Park

Telephone: (562) 570-8688
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/orizaba-park/>
Hours: 6:00AM-10:00PM; Community Center:
Monday-Friday, 3:00PM-6:00PM,
Saturday, 12:00PM-4:00PM
Indoor Facilities: Community Center, Digital
Academy, Restrooms
Outdoor Facilities: Basketball Court, Fitness
Zones, Open Space, Picnic Area,
Playground, Outdoor Exercise Equipment,
Skate Park
Walk/Jog Facilities: Walking Paths
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Street lighting
Classes: Visit website to get the most up to
date list of classes
Cost: Free
Location: 1435 Orizaba Ave., Long Beach, CA
90804
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Overlook Park (Naples Plaza)

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/overlook-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Open Space, Park
Benches, Picnic Area
Walk/Jog Facilities: Running Strip
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Street lighting
Cost: Free

Location: East Naples Plz. and Corso Di Oro,
Long Beach, CA 90803
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Pan American Park

Telephone: (562) 570-1660
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/pan-american-park/>
Hours: 6:00AM-10:00PM; Gym Hours:
Monday-Friday, 10:00AM-4:00PM;
Saturday, 12:00PM-4:00PM; Sunday,
Closed
Indoor Facilities: Gym, Restrooms
Outdoor Facilities: Basketball Court,
Handball/Racquetball Court, Picnic
Areas, Playground, Soccer Field, Softball
Fields, Volleyball Court
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Softball Fields, Basketball
Court lighted until 10:00PM
Classes: Visit website to get the most up to
date list of classes
Cost: Free
Location: 5157 Centralia St., Long Beach, CA
90808
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Peace Park

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/peace-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Benches, Green Space,
Playground
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Street lighting
Cost: Free
Location: 1411 Atlantic Ave., Long Beach, CA
90813
Transportation: Accessible via Long Beach
Transit

*Dog friendly

Plaza Zafaria

Telephone: (562) 570-1600
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/plaza-zafaria/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Open Space
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Street lighting
Cost: Free
Location: East Pacific Coast Hwy and North
Redondo Ave., Long Beach, CA 90804
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Rainbow Harbor Esplanade

Telephone: (562) 570-5333
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/rainbow-harbor-esplanade/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Open Space
Walk/Jog Facilities: Walkway Path
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Street lighting
Cost: Free
Location: Pine Ave. and West Shoreline Dr.,
Long Beach, CA 90802
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Rainbow Lagoon

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/rainbow-lagoon/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Open Space
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair
Accessible

Lights After Dark: Street lighting
Cost: Free
Location: East Shoreline Village Dr. and
Linden Ave., Long Beach, CA 90802
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Ramona Park

Telephone: (562) 570-1665
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/ramona-park/>
Hours: 6:00AM-10:00PM; Community Center:
Monday-Friday, 12:00PM-6:00PM,
Saturday, 12:00PM-4:00PM, Sunday,
Closed
Indoor Facilities: Community Center,
Restrooms
Outdoor Facilities: Baseball Field, Basketball
Court, Picnic Area, Playground, Soccer
Field, Softball Fields, Tennis Courts,
Volleyball Courts
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Baseball Field, Basketball
Court, Tennis Courts lighted until
10:00PM
Classes: Visit website to get the most up to
date list of classes
Cost: Free
Location: 3301 East 65th St., Long Beach, CA
90805
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Rosa Parks Park

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/rosa-parks-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Bus Plaza Benches,
Decorative Raised Planter, Native Plants,
Open Space
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Street lighting

Cost: Free
Location: Alamitos Ave. and East 15th St.,
Long Beach, CA 90813
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Rose Park

Telephone: (562) 570-3232
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/rose-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Benches, Gazebo, Green
Space
Walk/Jog Facilities: Walking Paths
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Street lighting
Cost: Free
Location: 8th St. and Orizaba Ave., Long
Beach, CA 90813
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Rosie The Riveter Park

Telephone: (562) 570-1600
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/rosie-the-riveter-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Green Space
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair
Accessible
Lights After Dark: Street lighting
Cost: Free
Location: Clark Ave. and East Conant St.,
Long Beach, CA 90808
Transportation: Accessible via Long Beach
Transit
*Dog friendly

Santa Cruz Park

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/santa-cruz-park/>

Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Green Space, Park Benches
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Street lighting
Cost: Free
Location: Cedar Ave. and Golden Ave., Long Beach, CA 90831
Transportation: Accessible via Long Beach Transit
*Dog friendly

Scherer Park

Telephone: (562) 570-1674
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/scherer-park/>
Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 12:00PM-6:00PM, Saturday, 12:00PM-4:00PM
Indoor Facilities: Community Center, Restrooms, Weight Room
Outdoor Facilities: Basketball Courts, Lake, Picnic Area, Playground, Tennis Courts, Volleyball Courts
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Basketball and Tennis Courts lighted until 10:00PM
Classes: Visit website to get the most up to date list of classes
Cost: Free
Location: 4600 Long Beach Blvd., Long Beach, CA 90805
Transportation: Accessible via Long Beach Transit
*Dog friendly

Seaside Park

Telephone: (562) 572-5126
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/seaside-park/>
Hours: Monday-Friday, 3:00PM-6:00PM
Indoor Facilities: Restrooms, Staff Office
Outdoor Facilities: Benches, Murals, Play Equipment, Shade Structure, Soccer Field
Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Street lighting
Classes: Visit website to get the most up to date list of classes
Cost: Free
Location: West 14th St. and Chestnut Ave., Long Beach, CA 90813
Transportation: Accessible via Long Beach Transit
*Dog friendly

Silverado Park

Telephone: (562) 570-1675
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/silverado-park/>
Hours: 6:00AM-10:00PM;
Community Center: Monday-Friday, 9:00AM-6:30PM
Gym with Weight Room, Monday-Friday, 3:30PM-6:30PM; Saturday-Sunday, Closed
Spring, Summer, and Winter Hours:
Community Center: Monday-Friday, 9:00AM-6:30PM
Gym with Weight Room: Monday-Thursday, 3:30PM-6:30PM
Indoor Facilities: Community Center, Gym with Weight Room, Restrooms
Outdoor Facilities: Baseball Fields, Basketball Courts, Mini Skate Park, Picnic Areas, Playground, Roller Hockey Court, Swimming Pool, Softball Field, Tennis Courts, Tiny Tots, Volleyball
Walk/Jog Facilities: Sidewalk Mile Marker
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Baseball Fields, Softball Field, Basketball and Tennis Courts lighted until 10:00PM
Classes: Visit website to get the most up to date list of classes
Cost: Free
Location: 1545 West 31st St., Long Beach, CA 90810
Transportation: Accessible via Long Beach Transit
*Dog friendly

Sleepy Hollow Greenbelt

Telephone: (562) 570-3100

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/sleepy-hollow-greenbelt/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Green Space

Walk/Jog Facilities: None

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: None

Cost: Free

Location: Pacific Ave. and West 47th St., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

*Dog friendly

Somerset Park

Telephone: (562) 570-8915

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/somerset-park/>

Hours: 6:00AM-10:00PM; Community Center, Monday-Friday, 2:30PM-5:30PM, Saturday, 12:00PM-4:00PM, Sunday, Closed

Indoor Facilities: Community Center, Restrooms

Outdoor Facilities: Basketball Courts, Picnic Area, Playground, Tennis Courts, Tiny Tots Program, Volleyball Courts

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

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

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

Cost: Free

Location: 1500 East Carson St., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

*Dog friendly

South Street Parkway

Telephone: (562) 570-1600

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/south-street-parkway/>

[and-facilities/directory/south-street-parkway/](http://www.longbeach.gov/park/park-and-facilities/directory/south-street-parkway/)

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Open Space

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Street lighting

Cost: Free

Location: South St. and Jaymills Ave., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

*Dog friendly

Stearns Champions Park

Telephone: (562) 570-1685

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/stearns-champions-park/>

Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 12:00PM-6:00PM; Saturday, 12:00PM-4:00PM; Sunday, Closed

Indoor Facilities: Community Center, Restrooms

Outdoor Facilities: Baseball Fields, Basketball Court, Picnic Area, Playground, Soccer Field, Tennis Courts, Volleyball Courts

Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible

Lights After Dark: Baseball and Soccer Fields, Basketball Court lighted until 10:00PM

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

Cost: Free

Location: 4520 East 23rd St., Long Beach, CA 90815

Transportation: Accessible via Long Beach Transit

*Dog friendly

Tanaka Park

Telephone: (562) 570-1600

Website:

<http://www.longbeach.gov/park/park-and-facilities/directory/tanaka-park/>

Hours: 6:00AM-10:00PM

Indoor Facilities: None

Outdoor Facilities: Basketball Court, Open Space, Park Benches, Picnic Area, Playground
Walk/Jog Facilities: Rubberized Perimeter Walking Trail
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: None
Cost: Free
Location: 1400 West Wardlow Rd., Long Beach, CA 90810
Transportation: Accessible via Long Beach Transit
*Dog friendly

The Colonnade

Telephone: (562) 570-3100
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/the-colonnade/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Courtyard with Flowing Water Fountain, Open Space, Park Benches
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: None
Cost: Free
Location: 73 The Colonnade Canal, Long Beach, CA 90803
Transportation: Accessible via Long Beach Transit
*Dog friendly

Veterans Park

Telephone: (562) 570-1695
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/veterans-park/>
Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 12:00PM-6:00PM; Saturday, 12:00PM-4:00PM; Sunday, Closed
Indoor Facilities: Community Center, Restrooms
Outdoor Facilities: Basketball Courts, Baseball Field, Picnic Areas, Playground, Soccer Field, Tennis Court, Volleyball Court
Walk/Jog Facilities: Walking Path

Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Baseball Field, Basketball and Tennis Courts lighted until 10:00PM
Classes: Visit website to get the most up to date list of classes
Cost: Free
Location: 101 East 28th St., Long Beach, CA 90806
Transportation: Accessible via Long Beach Transit
*Dog friendly

Victory Park

Telephone: (562) 570-3100
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/victory-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Green Space, Ocean View, Park Benches
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: None
Cost: Free
Location: East Ocean Blvd. and Alamitos Blvd., Long Beach, CA 90802
Transportation: Accessible via Long Beach Transit
*Dog friendly

Wardlow Park

Telephone: (562) 570-1705
Website: <http://www.longbeach.gov/park/park-and-facilities/directory/wardlow-park/>
Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 10:00AM-4:00PM; Saturday, 12:00PM-4:00PM; Sunday, Closed
Indoor Facilities: Community Center, Restrooms
Outdoor Facilities: Basketball Court, Baseball Field, Picnic Areas, Playground, Spray Pool, Soccer Field, Softball Field, Volleyball Court
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Basketball Court lighted until 10:00PM

Classes: Visit website to get the most up to date list of class
Cost: Free
Location: 3457 Stanbridge Ave., Long Beach, CA 90808
Transportation: Accessible via Long Beach Transit
*Dog friendly

Whaley Park

Telephone: (562) 570-1710
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/whaley-park/>
Hours: 6:00AM-10:00PM; Community Center: Monday-Friday, 2:30PM-5:30PM; Saturday-Sunday, Closed
Indoor Facilities: Community Center, Restrooms
Outdoor Facilities: Baseball/Softball Field, Basketball Court, Picnic Area, Playground, Roller Hockey Court, Volleyball Courts
Walk/Jog Facilities: Walking Path
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Baseball/Softball Field, Basketball Court lighted until 10:00PM
Classes: Visit website to get the most up to date list of classes
Cost: Free
Location: 5620 East Atherton St., Long Beach, CA 90815
Transportation: Accessible via Long Beach Transit
*Dog friendly

Will Rogers Mini Park

Telephone: (562) 570-1695
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/will-rogers-mini-park/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Green Space
Walk/Jog Facilities: None
Accessibility: Handicap Parking, Wheelchair Accessible
Lights After Dark: Street lighting
Cost: Free
Location: East Appian Way and Nieto Ave., Long Beach, CA 90814

Transportation: Accessible via Long Beach Transit
*Dog friendly

Wrigley Greenbelt

Telephone: (562) 570-3100
Website:
<http://www.longbeach.gov/park/park-and-facilities/directory/wrigley-greenbelt/>
Hours: 6:00AM-10:00PM
Indoor Facilities: None
Outdoor Facilities: Green Space
Walk/Jog Facilities: Walking Trail
Accessibility: Street parking
Lights After Dark: None
Cost: Free
Location: DeForest Ave. (Willow St. to 34th St.), Long Beach, CA 90806
Transportation: Accessible via Long Beach Transit
*Dog friendly

Belmont Pool

Telephone: (562) 570-1806
Website:
<http://www.longbeach.gov/park/recreation-programs/aquatics/pools/belmont-pool/>
Hours: Visit website for the most up to date list of pool hours
Classes: Water Exercise, Swim Lessons
Registration:
<https://apm.activecommunities.com/lbparks/Home>
Cost: Youth (17 & under): \$1.00; Adults: \$4.00; Senior Citizens (50+): \$3.00
Location: 4320 East Olympic Plaza, Long Beach, CA 90803
Transportation: Accessible via Long Beach Transit

Martin Luther King Jr. Park Pool

Telephone: (562) 570-1718
Website:
<http://www.longbeach.gov/park/recreation-programs/aquatics/pools/martin-luther-king-jr-park-pool/>
Hours: Visit website for the most up to date list of pool hours
Classes: Water Exercise, Swim Lessons

Registration:

<https://apm.activecommunities.com/lbparks/Home>

Cost: Youth (17 & under): \$1.00; Adults: \$3:00; Senior Citizens (50+): \$2:00

Location: 1910 Lemon Ave., Long Beach, CA 90806

Transportation: Accessible via Long Beach Transit

Silverado Park Pool

Telephone: (562) 570-1721

Website:

<http://www.longbeach.gov/park/recreation-programs/aquatics/pools/silverado-park-pool/>

Hours: Visit website for the most up to date list of pool hours

Classes: Swim Lessons

Registration:

<https://apm.activecommunities.com/lbparks/Home>

Cost: Youth (17 & under): \$1.00; Adults: \$3:00; Senior Citizens (50+): \$2:00

Location: 1540 West 32nd St., Long Beach, CA 90810

Transportation: Accessible via Long Beach Transit

Cherry Tennis Court

Hours: Dawn-10:00PM

Description: 2 Lighted Tennis Courts
Lights After Dark: Courts lighted until 10:00PM

Cost: Free

Location: 1901 East 45th St., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

College Estates Tennis Court

Hours: Dawn-Dusk

Description: 1 Tennis Court

Lights After Dark: None

Cost: Free

Location: 808 Stevely Ave., Long Beach, CA 90815

Transportation: Accessible via Long Beach Transit

DeForest Tennis Court

Hours: 6:00AM-10:00PM

Description: 4 Lighted Tennis Courts
Lights After Dark: Courts lighted until 10:00PM

Cost: Free

Location: 6255 DeForest Ave., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

Drake Tennis Court

Hours: 6:00AM-10:00PM

Description: 2 Lighted Tennis Courts
Lights After Dark: Courts lighted until 10:00PM

Cost: Free

Location: 951 Maine Ave., Long Beach, CA 90813

Transportation: Accessible via Long Beach Transit

El Dorado Tennis Center (El Dorado Park)

Hours: Monday-Thursday, 7:00AM-9:30PM;
Friday-Sunday, 7:00AM-8:00PM

Description: 8 Lighted Courts, Computerized Ball Machines, 24-Hour Racket Stringing Service, Fully-stocked Pro Shops, Tournaments, Leagues, Social Events
Lights After Dark: Courts are lighted until 10:00PM

TRACK OR TENNIS COURTS

Billie Jean King Tennis Center (Recreation Park)

Hours: Monday-Thursday, 7:00AM-9:30PM;
Friday-Sunday, 7:00AM-8:00PM

Description: 8 Lighted Courts, Computerized Ball Machines, 24-Hour Racket Stringing Service, Fully-stocked Pro Shops, Tournaments, Leagues, Social Events
Lights After Dark: Courts are lighted until 10:00PM

Cost: Monday-Friday, 7:00AM-4:00PM - \$8 per hour; Monday-Friday, 4:00PM-Close - \$13 per hour; Monday-Friday, 3:00PM-5:00PM, Non-holiday weekends - Free - for youth 17 & younger and seniors 65 & older with ID (elementary students are allowed without ID)

Location: 1040 Park Ave., Long Beach, CA 90804

Transportation: Accessible via Long Beach Transit

Cost: Monday-Friday, 7:00AM-4:00PM - \$8 per hour; Monday-Friday, 4:00PM-Close - \$13 per hour; Monday-Friday, 3:00PM-5:00PM; Non-holiday weekends - Free - for youth 17 & older and seniors 65 & older with ID (elementary students are allowed without ID)

Location: 2800 North Studebaker Rd., Long Beach, CA 90815

Transportation: Accessible via Long Beach Transit

Heartwell Tennis Court

Hours: Dawn-Dusk

Description: 1 Tennis Court

Lights After Dark: None

Cost: Free

Location: 5801 East Parkcrest St., Long Beach, CA 90808

Transportation: Accessible via Long Beach Transit

Houghton Tennis Court

Hours: 6:00AM-10:00PM

Description: 2 Lighted Tennis Courts

Lights After Dark: Courts lighted until 10:00PM

Cost: Free

Location: 6301 Myrtle Ave., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

Los Cerritos Tennis Court

Hours: 6:00AM-10:00PM

Description: 2 Lighted Tennis Courts

Lights After Dark: Courts lighted until 10:00PM

Cost: Free

Location: 3750 Del Mar Ave., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

Marina Vista Tennis Court

Hours: Dawn-Dusk

Description: 4 Tennis Courts

Lights After Dark: None

Cost: Free

Location: 5355 East Eliot St., Long Beach, CA 90803

Transportation: Accessible via Long Beach Transit

Ramona Tennis Court

Hours: 6:00AM-10:00PM

Description: 1 Lighted Tennis Court

Lights After Dark: Court lighted until 10:00PM

Cost: Free

Location: 3301 East 65th St., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

Scherer Park Tennis Court

Hours: 6:00AM-10:00PM

Description: 4 Lighted Tennis Court

Lights After Dark: Courts lighted until 10:00PM

Cost: Free

Location: 4600 Long Beach Blvd., Long Beach, CA 90805

Transportation: Accessible via Long Beach Transit

Silverado Tennis Court

Hours: 6:00AM-10:00PM

Description: 4 Lighted Tennis Courts

Lights After Dark: Courts lighted until 10:00PM

Cost: Free

Location: 1545 West 31st St., Long Beach, CA 90810

Transportation: Accessible via Long Beach Transit

Somerset Tennis Court

Hours: 6:00AM-10:00PM

Description: 2 Lighted Tennis Courts

Lights After Dark: Courts lighted until 10:00PM

Cost: Free

Location: 1500 Carson St., Long Beach, CA 90807

Transportation: Accessible via Long Beach Transit

Veterans Tennis Court

Hours: 6:00AM-10:00PM

Description: 1 Lighted Tennis Court

Lights After Dark: Court lighted until 10:00PM

Cost: Free

Location: 101 East 28th St., Long Beach, CA 90806
Transportation: Accessible via Long Beach Transit

Chittick Field Running Track

Hours: 6:00AM-10:00PM
Description: All Weather Track
Lights After Dark: Track lighted until 10:00PM
Cost: Free
Location: 1900 Walnut Ave., Long Beach, CA 90806
Transportation: Accessible via Long Beach Transit

BIKE PATHS

Shoreline Pedestrian Bike Path

Website:
http://www.longbeach.gov/park/recreation/sports/bike_paths.asp
Hours: No set hours
Descriptions: 3.1-mile bike path
Lights After Dark: Beach lighting
Cost: Free
Location: Runs along the water's edge on the main beach from Alamitos Bay to Shoreline Village
Transportation: Accessible via Long Beach Transit

Los Angeles River Bikeway (LARIO)

Website:
http://www.longbeach.gov/park/recreation/sports/bike_paths.asp
Hours: No set hours
Descriptions: 29.1-mile path
Lights After Dark: Street lighting
Cost: Free
Location: Runs along the east side of the Los Angeles and extends to the Downtown Marina and the Shoreline Aquatic Park Bike Trail
Transportation: Accessible via Long Beach Transit

San Gabriel River Bike Trail

Website:
http://www.longbeach.gov/park/recreation/sports/bike_paths.asp

Hours: No set hours
Descriptions: 28-mile path
Lights After Dark: Street lighting
Cost: Free
Location: Runs along the San Gabriel River through El Dorado Regional Park and extends to the street surface bike trail near the Alamitos Bay Marina
Transportation: Accessible via Long Beach Transit

El Dorado Park Bike Path

Website:
http://www.longbeach.gov/park/recreation/sports/bike_paths.asp
Hours: Dawn-Dusk
Descriptions: 4-mile path
Lights After Dark: Park lighting
Cost: Free
Location: Runs through the 405-acre scenic El Dorado Regional Park. Connects with the San Gabriel River Bike Trail at various locations
Transportation: Accessible via Long Beach Transit

Heartwell Park Bike Path

Website:
http://www.longbeach.gov/park/recreation/sports/bike_paths.asp
Hours: No set hours
Descriptions: 2.5-mile path
Lights After Dark: Street lighting
Cost: Free
Location: Runs through the 162-acre Heartwell Park and connects with the San Gabriel River Trail
Transportation: Accessible via Long Beach Transit

WALKING/HIKING TRAILS

El Dorado Park Nature Trail

Website:
<http://www.longbeach.gov/park/recreation-programs/sports-and-athletics/bike-paths/>
Hours: Tuesday-Sunday, 8:00AM-5:00PM
Descriptions: 1.8-mile path
Lights After Dark: None
Cost: Parking fees apply

Location: 7550 East Spring St., Long Beach,
CA 90815

Transportation: Accessible via Long Beach
Transit

Beach Pedestrian Path

Website:

http://www.longbeach.gov/citymanager/tidelands_capital_projects/beach_pedestrian_path.asp

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

Descriptions: 3.1-mile path

Lights After Dark: Street lighting

Cost: Free

Location: Path is along the coast from the
Downtown Shoreline Marina to 54th Place

Transportation: Accessible via Long Beach
Transit

Hours: Monday-Thursday, 5:30AM-9:30PM;

Friday, 5:30AM-8:00PM;

Saturday, 8:00AM-4:00PM;

Sunday, 11:00AM-4:00PM

Child Care: Childcare, Academic Enrichment
Facilities: Pool

Classes: Group Exercise, Marital Arts, Dance

Sports Leagues: Pee Wee Sports

Registration:

<http://www.lbymca.org/losaltos/membership>

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

Location: 1720 Bellflower Blvd., Long Beach,
CA 90815

Transportation: Accessible via Long Beach
Transit

SPORTS LEAGUES FOR 0-5

Long Beach Parks, Recreation & Marine

Ages: 0-5 years

Description: There are a variety of sports
classes for children 0-5 years. Please visit
the website to get the most up to date list
of classes, times, and dates.

Registration:

<http://www.longbeach.gov/park/>

Cost: Prices vary. *Financial Assistance is
available.* Please call (562) 570-3100 for
the Partners of Parks Form.

SHARED USE SPACES

Fairfield Family YMCA

Ages: All ages, ages 10 & under must be
accompanied by a parent.

Description: Heated Swimming Pool

Registration:

<http://www.lbymca.org/fairfield/membership>

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

Format Schedule: Monday-Thursday, 7:00AM-
10:00AM and 12:00PM-7:00PM; Friday,
3:00PM-6:45PM and 7:00PM-10:00PM

YMCA/YWCAS AND OTHER GYMS

Fairfield Family YMCA

Telephone: (562) 423-0491

Website:

<http://www.lbymca.org/fairfield/>

Hours: Monday-Thursday, 5:30AM-9:30PM;

Friday, 5:30AM-8:00PM;

Saturday, 8:00AM-3:00PM;

Sunday, Closed

Child Care: Academic Enrichment, Summer
Day Camp

Facilities: Pool

Classes: Mind & Body, Strength &
Conditioning, Cardio Dance, Aquatics,
Martial Arts, Kids & Family Friendly
Classes

Sports Leagues: Swim Team

Registration:

<http://www.lbymca.org/fairfield/membership>

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

Location: 4949 Atlantic Ave., Long Beach CA
90805

Transportation: Accessible via Long Beach
Transit

Los Altos Family YMCA

Telephone: (562) 596-3394

Website: <http://www.lbymca.org/losaltos/>

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: (562) 570-4457
Cost: Free
Hours: 24 hours a day. Callbacks within 24 hours or next business day.
Languages: English, Spanish
Description: Lactation Counselor will call back for lactation support.

WIC Breastfeeding Support:

Registration: (562) 570-4242
Website:
<http://www.longbeach.gov/health/health-y-living/individual/wic/>

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

Cost/Insurance: Free for those who qualify
Hours: Varies by location
Languages: English, Spanish
Locations:

Health Department Site
2525 Grand Ave., Long Beach, CA 90815
Hours: Monday, 8:30AM-7:00PM;
Tuesday-Friday, 8:30AM-6:00PM;
Saturday, 8:30AM-12:00PM (Saturday clinic days vary, please call)

West Facilities Center
2125 Santa Fe Ave., (2nd Floor), Long Beach, CA 90810
Hours: Monday-Friday, 8:30AM-5:30PM

North WIC Site
5166 Atlantic Ave., Long Beach, CA 90805
Hours: Monday-Friday, 8:30AM-6:00PM

St. Mary's WIC Site
1043 Elm Ave., Suite 401, Long Beach,

CA 90813

Hours: Monday-Friday, 8:30AM-6:00PM

Central Facilities Center

1133 Rhea St., Long Beach, CA 90806

Hours: Monday-Friday, 8:30AM-5:30PM

Transportation: Accessible via Long Beach Transit

Long Beach Memorial Lactation Clinic

Appointments: (562) 933-2779

Phone: (562) 933-8081

Website:

<http://www.memorialcare.org/services/maternity-care/maternity-care-long-beach-memorial/lactation-clinic-breastfeeding-support>

Cost/Insurance: Free or sliding-scale

Referral: None required

Services: In-hospital and outpatient consultations, breastfeeding aids

Classes: Prenatal breastfeeding classes, mother and baby support groups, learning how to breastfeed with multiples and other situations that may arise during the breastfeeding experience

Hours: Monday, Wednesday, Friday, 8:00AM-4:00PM (Last appointment is at 3:00PM)

Languages: Interpreting services available for all languages

Location: 2865 Atlantic Ave., Suite 115, Long Beach, CA 90806

Transportation: Accessible via Long Beach Transit

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>. For a complete listing of

Baby-Friendly Facilities in the USA, visit:

<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

HEALTHY FAMILIES AMERICA

Healthy Families America, The Children's Clinic, "Serving Children and Their Families"

Description: Healthy Families America (HFA) is a nationally recognized, evidence-based home visitation program model designed to work with overburdened families who are at-risk for adverse childhood experiences, including child maltreatment. Must be referred by the Welcome Baby program at delivery hospital.

Languages: English, Spanish

Telephone: (562) 264-2809

Cost: Free

Healthy Families America, Dignity Health

Description: Healthy Families America (HFA) is a nationally recognized, evidence-based home visitation program model designed to work with overburdened families who are at-risk for adverse childhood experiences, including child maltreatment. Must be referred by the Welcome Baby program at delivery hospital.

Languages: English, Spanish, Khmer

Telephone: (562) 491-9100

Cost: Free

Healthy Families America, Pacific Asian Counseling Services

Description: Healthy Families America (HFA) is a nationally recognized, evidence-based home visitation program model designed to work with overburdened families who are at-risk for adverse childhood experiences, including child maltreatment. Must be referred by the Welcome Baby program at delivery hospital.

Languages: English, Spanish, Khmer

Telephone: (562) 337-1550

Cost: Free

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

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SOCIAL 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

Apply online:
<https://www.dpssbenefits.lacounty.gov/bn/Index.html>

Department of Public Social Services –
Compton Office
Information: (866) 613-3777
Participant Help Line: (310) 258-7400,
(866) 613-3777
Hours: Monday-Friday, 8:00AM-5:00PM
Programs Offered: CalWORKs, CalFresh,
Medi-Cal
Location: 211 East Alondra Blvd., Compton,
CA 90220
Transportation: Accessible via Long Beach
Transit and Metro

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 Long Beach
Transit and Metro

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., East
Rancho Dominguez, CA 90221
Transportation: Accessible via Long Beach
Transit and Metro

Long Beach Department of Health and
Human Services
Information: (562) 570-7979
Hours: Monday-Friday, 8:00AM-5:00PM
Location: 2525 Grand Ave., Long Beach, CA
90815
Transportation: Accessible via Long Beach
Transit

The Children's Clinic, "Serving Children and
Their Families"
Information: (562) 933-0511,
(562) 264-4849

Hours:
SMTF: Monday-Friday, 8:30AM-4:00PM;
Patient Services Department: Monday-
Saturday, 8:30AM-4:00PM

Locations:
The S. Mark Taper Foundation Children's
Clinic Family Health Center (SMTF)
455 East Columbia St., Suite 200 & 6,
Long Beach, CA 90806
The Children's Clinic Patient Services
Department
701 East 28th St., Suite 203,
Long Beach, CA 90806
Transportation: Accessible via Long Beach
Transit

LOW-COST DENTAL SERVICES

Private and Public Free/Low-Cost Dental Clinics:
<http://publichealth.lacounty.gov/ohp/ppplistsings.htm>

Children's Dental Health Clinic

Appointments: (562) 933-3141
Website: <http://www.cdhc.org/>
Ages: 0-21 years of age
Languages: English, Spanish

Cost/Insurance: Denti-Cal, MyHealth LA,
Some PPOs, Sliding Scale
Description: All-inclusive, Multi-Specialty
Dental Services
Location: 455 East Columbia St., Suite 32,
Long Beach, CA 90806

FREE/LOW-COST FAMILY PLANNING

Planned Parenthood/Long Beach Health Center

Appointments: (800) 576-5544

Website:

<http://www.plannedparenthood.org/health-center/california/long-beach/90806/long-beach-health-center-3945-90070>

Ages: 13 years old and up

Cost/Insurance: Free or sliding scale

Referral: None required

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

Saturday, 8:00AM-4:00PM

Walk-in Hours:

Monday-Saturday, 8:00AM-3:00PM

Languages: English, Spanish, and
Interpretation by telephone available for
other languages

Services: Abortion Services, Birth Control, HIV
Testing, Men's Health Care, Morning-After
Pill (Emergency Contraception),
Pregnancy Testing and Services, STD
Testing, Treatment and Vaccines, and
Women's Health Care

Classes: Online Tools for Teens, Parents, and
Educators

Location: 2690 Pacific Ave., Suite 370,
Long Beach, CA 90806

Find a family planning clinic near you:

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

Spanish:

<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: (562) 570-4242

Website:

<http://www.longbeach.gov/health/health-y-living/individual/wic/>

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

Cost/Insurance: Free for those who qualify

Hours: Varies by location

Languages: English, Spanish

Locations:

Health Department Site

2525 Grand Ave., Long Beach, CA 90815

Hours: Monday, 8:30AM-7:00PM;

Tuesday-Friday, 8:30AM-6:00PM;

Saturday, 8:30AM-12:00PM (Saturday
clinic days vary, please call)

West Facilities Center Site

2125 Santa Fe Ave., 2nd Floor, Long
Beach, CA 90810

Hours: Monday-Friday, 8:30AM-5:30PM

North WIC Site

5166 Atlantic Ave., Long Beach, CA
90805

Hours: Monday-Friday, 8:30AM-6:00PM

St. Mary's WIC Site

1043 Elm Ave., Suite 401, Long Beach,

CA 90813

Hours: Monday-Friday, 8:30AM-6:00PM

Central Facilities Center Site

1133 Rhea St., Long Beach, CA 90806

Hours: Monday-Friday, 8:30AM-5:30PM

Transportation: Accessible via Long Beach
Transit

CalFresh

Website: www.dss.cahwnet.gov/foodstamps

Services: Improve the nutrition of your
household and 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

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

Programs Offered: CalWORKs, CalFresh,
Medi-Cal

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

Transportation: Accessible via Long Beach
Transit and Metro

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 Long Beach
Transit and Metro

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., East
Rancho Dominguez, CA 90221
Transportation: Accessible via Long Beach
Transit and Metro

Long Beach Department of Health and
Human Services
Information: (562) 570-7979
Hours: Monday-Friday, 8:00AM-5:00PM
Location: 2525 Grand Ave., Long Beach, CA
90815
Transportation: Accessible via Long Beach
Transit

The Children's Clinic, "Serving Children and
Their Families"
Information: (562) 933-0511
Hours: Monday-Friday, 8:30AM-4:00PM
Location:
The S. Mark Taper Foundation Children's
Clinic Family Health Center (SMTF)
455 East Columbia St., Suite 200 & 6
Long Beach, CA 90806
Transportation: Accessible via Long Beach
Transit

HOUSING

Department of Housing and Urban Development Public Housing Agency

Rental housing for eligible low-income
families, the elderly, and persons with
disabilities.
Housing Authority of the City of Long Beach
(HACLB)
Website: <http://www.longbeach.gov/haclb/>
Address: 521 East 4th St., Long Beach, CA
90802
Phone Number: (562) 570-6985

Hours: Monday-Thursday, 7:30AM-5:00PM;
Friday, 7:30AM-4:30PM

FIRST 5 LA RESOURCES

Welcome Baby

Miller Children's Hospital
Information: (562) 933-2410
Website:
<https://www.dignityhealth.org/stmarymedical/community-benefits/welcome-baby>
Hours: Monday-Friday, 8:00AM-4:30PM
Location: 2840 Long Beach Blvd., Long
Beach, CA 90806
Transportation: Accessible via Long Beach
Transit

St. Mary's Medical Center
Information: (562) 491-9100
Website:
<https://www.dignityhealth.org/stmarymedical/community-benefits/welcome-baby>
Hours: Monday-Friday, 8:00AM-4:30PM
Location: 1050 Linden Ave., Long Beach, CA
90813
Transportation: Accessible via Long Beach
Transit

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>

ACKNOWLEDGMENTS

This Community Resource Guide was developed for you by:



The Children's Clinic
"Serving Children & Their Families"

**The Children's Clinic
Family Health Center In Bellflower
17660 Lakewood Blvd.
Bellflower, CA 90706**

**The Children's Clinic
Family Health Center In Central Long
Beach
2360 Pacific Avenue
Long Beach, CA 90806**

**The Children's Clinic
Family Health Center at
Cesar Chavez Elementary School
730 West 3rd Street
Long Beach, CA 90802**

**The Children's Clinic
Family Health Center at
Hamilton Middle School
1060 East 70th Street
Long Beach, CA 90805**

**The Children's Clinic
at International Elementary School
700 Locust Avenue
Long Beach, CA 90813**

**The Children's Clinic
at the Long Beach Multiservice Center
for the Homeless
1301 West 12th Street
Long Beach, CA 90813**

**The S. Mark Taper Foundation
Children's Clinic
Family Health Center
455 E. Columbia Street, Suite 201 & 6
Long Beach, CA 90806**

**The Vasek Polak Children's Clinic
Family Health Center
1057 Pine Avenue
Long Beach, CA 90813**

**The Children's Clinic
Family Health Center Westside
2125 Santa Fe Avenue
Long Beach, CA 90810**

**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