

APPROVED

By Zoe Schweitzer at 5:33 pm, Nov 10, 2015



COMMUNITY RESOURCE GUIDE

For Families/Caregivers of Children Ages 0-5



Serving the communities of:

***Glendale, Montrose, La Crescenta & La
Cañada***

INTRODUCTION



Funded by First 5 LA.

Revised Nov 2015

Choose Health LA Kids is a partnership between the Los Angeles County Department of Public Health and 20 funded agencies throughout LA County working towards reducing childhood obesity among children ages 0-5. Funded by First 5 LA, Choose Health LA Kids' funded agencies are engaging the community through a variety of activities including grocery store tours, food demonstrations, parent education, and linking community resources to families with children ages 0-5.

WHAT YOU WILL FIND

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

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

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Funded by First 5 LA.

First 5 LA Resources



FIRST 5 LA RESOURCES

PERINATAL AND PARENT SUPPORT

Parent Circles of Los Angeles County

Information: (213) 482-5902

Website:

<http://www.first5la.org/index.php?r=site/tag&id=692>

Location(s): 750 North Alameda Street, Suite
300 Los Angeles, CA 90012

Transportation: Metro Bus

Welcome Baby

Information: (323) 260-5712

Website:

<http://www.first5la.org/index.php?r=site/article&id=3086>

Location(s): Various, call for more information

One Step Ahead / Little by Little

Information: (323) 260-5712

Website:

<http://www.first5la.org/index.php?r=site/article&id=3085>

Location(s): Various, call for more information

ORAL HEALTH

Clinic

Information: (323) 260-5712

Website:

<http://www.first5la.org/index.php?r=site%2Fsearch&q=oral+health>

BEST START

Metro LA Best Start

Information: (213) 482-5902

Website: www.beststartla.org

Location(s): 750 North Alameda Street, Suite
300 Los Angeles, CA 90012

HEALTH COVERAGE AND 211 LA COUNTY

Healthy Kids

Information: (818) 548-7931

Website:

<http://www.first5la.org/index.php?r=site%2Fsearch&q=Healthy+Kids>

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 Recreation Center

See Parks Website:

<http://www.glendaleca.gov>

Farmers' Market - Montrose

Contact: Linda McMenamin, Manager

Phone: (818) 646-2880

Website: <http://shopmontrose.com/sunday-harvest-market-and-marketplace>

Location: Honolulu and Ocean View Blvd.

Hours: Sunday 9:00am – 2:00pm

Transportation: Route 33/34 and 91

Farmers' Market - Glendale

Telephone: (818) 476-0120

Website:

<http://www.downtownglendale.com/dgmarket>

Location: First Baptist Church Parking Lot

100 N. Brand Blvd. Glendale, CA 91203

Hours: Thursday 9:30am – 1:30pm

Accepts EBT/Cal-Fresh

Farmers' Market – La Cañada

Telephone: (818) 591-8161
Email: info@rawinspiration.org
Website: www.rawinspiration.org
Location: 1346 Foothill Blvd. La Cañada
Flintridge, CA 91011
Hours: Saturday 9:00am – 1:00pm
Transportation: Route 33/34
Accepts WIC

HOUSING

Department of Housing and Urban Development Public Housing Agency

Rental housing for eligible low-income
families, the elderly, and persons with
disabilities
Telephone: (818) 548-3936
Address: 141 N. Glendale Ave. #202
Glendale, CA 91206

EARLY CARE AND EDUCATION

Glendale Public Library

Information: (818) 548-2020
Website: www.ci.glendale.ca.us/library
Hours: Monday-Thursday 10:00am – 8:00pm
Friday and Saturday 10:00am – 6:00pm
Sunday 1:00pm – 5:00pm
Location(s): 222 E Harvard St. Glendale,
CA 91205
Transportation: MTA

VISION

Children's Vision Care Program

Infant SEE program
Glendale Family Optometry
Location(s): 413 E Glenoaks Blvd #B
Glendale, CA 91207
Dr. Ani Halabi Khroyan
Website: <http://www.infantsee.org/>

PARENT-CHILD INTERACTION THERAPY (PCIT) PROVIDER

*San Fernando Valley CMHC/East Valley Youth &
Family Center*

Location: 6305 Woodman Ave., Van Nuys, CA
91401

Contact person: Michelle Wells

Telephone: (818) 908-4990

Website: <http://www.first5la.org/Parent-Child-Interaction-Therapy>

Nutrition and Healthy Lifestyle Resources



NUTRITION AND HEALTHY LIFESTYLE RESOURCES

Women, Infants, Children (WIC)

Description: Supplemental nutrition program for Women, Infants, and Children. Provides supplemental foods, nutrition education, and health care referrals for low income pregnant, breastfeeding, non-breastfeeding postpartum women and their infants up to 5 years of age

Telephone: (818) 361-7541 for an appointment or (800) 313-4942

Address: 801 S. Chevy Chase Dr. #40
Glendale, CA 91205

Website:
www.cdph.ca.gov/programs/wicworks

Requirements: Pregnant or postpartum women, infant or child under 5 years old, must meet income guidelines on website

Cal-Fresh

Telephone: (866) 613-3777

Participant Help Line: (818) 701-8200 or
(626) 569-1399

Website: www.calfresh.ca.gov

Address: 4680 San Fernando Rd. Glendale,
CA 91204

Hours: Mon-Fri 8:00am – 5:00pm

Health Care Foundation of Glendale Adventist Medical Center – Choose Health Los Angeles Kids (CHLAKids)

Description: Health promotion and health education for families with children 0-5 years; healthy food demonstrations, cooking classes, and meal planning, grocery store and farmer's market tours, parent collaborative and fun physical activities for families

Telephone: (818) 409-8000 x 5870

Locations: Various areas in Glendale, La Cañada, La Crescenta, and Montrose

Farmers' Market - Montrose

Contact: Linda McMenamin, Manager
Phone: (818) 646-2880

Website: www.shopmontrose.com/sunday-harvest-market-and-marketplace

Location: Honolulu and Ocean View Blvd.

Hours: Sunday 9:00am – 2:00pm

Transportation: Route 33/34 and 91 MTA

Farmers' Market - Glendale

Telephone: (818) 476-0120

Website:
www.downtownglendale.com/dgmarket

Location: First Baptist Church Parking Lot
100 N. Brand Blvd. Glendale, CA 91203

Hours: Thursday 9:30am – 1:30pm

Accepts EBT/Cal-Fresh

Farmers' Market – La Cañada

Telephone: (818) 591-8161

Email: info@rawinspiration.org

Website: www.rawinspiration.org

Location: 1346 Foothill Blvd. La Cañada
Flintridge, CA 91011

Hours: Saturday 9:00am – 1:00pm

Transportation: Route 33/34 MTA
Accepts WIC

Community Garden – Verdugo Park

Address: 1621 Cañada Blvd. Glendale, CA
91208

Telephone: (818) 548-2184

Community Garden – Palmer Park

Address: 610 E. Palmer Ave. Glendale, CA
91205

Community Garden – Monterey Road East

Address: 870 Monterey Rd. Glendale, CA
91206

Community Garden – Monterey Road West

Address: 827 Monterey Rd. Glendale, CA
91206

For more information about community gardens and parks please visit:

www.glendaleca.gov

Farm Basket Programs – Farm Box

Description: Farmer's Market produce delivered to your front door

Telephone: (888) 888-8590

Text: (310) 463-3546

Email: farmboxla@farmboxla.com

Website: www.farmbox.com

Farm Basket Programs – Farm Fresh to You

Description: Organic produce for home and office delivery

Telephone: 1 (800) 796-6009

Website: www.farmfreshtoyou.com

Hours: Mon-Fri 7:00am – 6:00pm

Food Bank – Meals on Wheels

Telephone: (818) 246-5586

Website: www.mowaa.org

Address: 320 N. Windsor Rd. Glendale, CA 91204

Hours: Mon-Fri 10:00am – 1:30pm and 2:00pm – 3:00pm

Food Bank – Los Angeles Food Bank

Telephone: (323) 234-3030

Website:

<https://www.lafoodbank.org/get-help/pantry-locator/>

Address: Multiple locations throughout Glendale

Hours: Varies by location

GROCERY STORE TOURS/FOOD DEMONSTRATIONS

Health Care Foundation of Glendale Adventist Medical Center – Choose Health Los Angeles Kids (CHLAKids)

Description: Healthy food demonstrations, cooking classes, and meal planning, grocery store and farmer's market tours

Telephone: (818) 409-8000 Ext. 5858

Locations: Various areas in Glendale, La Cañada, La Crescenta, and Montrose

See the last page of this Community Resource Guide for more information about CHLAKids Glendale.

CHOOSE HEALTH LA RESTAURANTS

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

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

Telephone: (818) 243-2500

Address: 1325 Glendale Galleria #A Glendale, CA 91210

Price Range: \$

Locations: 13 additional locations in the Glendale, La Cañada, and La Crescenta areas

Website: www.choosehealthla.com/eat-healthy/restaurants

Da Juice Bar Restaurants

Telephone: (818) 243-6200

Address: 305 N Brand Blvd. Glendale, CA 91203

Price Range: \$

Locations: 2 locations one in Glendale 13640 Foothill Blvd, Sylmar, CA 91342

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

Physical Activity Resources



PHYSICAL ACTIVITY RESOURCES

PARKS/RECREATION CENTERS

Pacific Recreation and Community Center Park

Telephone: (818)-548-4098
Website: www.glendaleca.gov
Hours: 9:00am - 9:00pm
Indoor Facilities: Multi-purpose gymnasium, computer lab, arts and science room, game room, conference room, and 5 meeting rooms
Outdoor Facilities: Basketball court and baseball area picnic area, upper terrace with picnic tables and umbrellas
Walk/Jog Facilities: No
Accessibility: Handicap accessible
Lights after Dark: Yes
Classes: Mon - Thurs
Sports Leagues: Various programs
Registration: Call (818) 548-2184
Cost: Some classes are free please call for information
Location: 501 S. Pacific Ave. Glendale, CA 91204
Transportation: MTA

Maple Park

Telephone: (818) 548-3783
Website: www.glendaleca.gov
Hours: 9:00am - 9:00pm
Indoor Facilities: 2 meeting rooms, full kitchen, computer lab, recreation room and full court gymnasium with kitchenette and outdoor terrace
Outdoor Facilities: Exercise equipment area, playground and grass area
Accessibility: Handicap accessible
Classes: Tiny Tot Time
Mon & Wed 10am - 12noon
Registration: No registration needed
Cost: Free
Register online for other classes:
www.parksonline.glendaleca.gov
Location: 820 E. Maple St. Glendale, CA 91205
Transportation: MTA and
Bee Line: (818) 548-3960

Dunsmore Park

Telephone: (818) 548-2752
Website: www.glendaleca.gov
Hours: 9:00am - 9:00pm
Indoor Facilities: Ball field, children's play area, community building, picnic area
Outdoor Facilities: Tennis courts, wading pool
Walk/Jog Facilities: yes
Location: 4700 Dunsmore Ave. La Crescenta, 91214

Emerald Isle Park

Website: www.glendaleca.gov
Facilities: Basketball court, children play area, 2 tennis courts and picnic area
Registration: Online
<https://parksonline.glendaleca.gov>
Cost: Visit website for details
Location: 2130 Lenore Dr. Glendale, CA 91206
Transportation: MTA

Sparr Community Center

Telephone: (818) 548-2187
Website: www.glendaleca.gov
Facilities: Dining hall with stage, multi purpose room, activity room, and outdoor patio with patio tables and chairs
Walk/Jog Facilities: No
Accessibility: Handicap accessible
Classes: Tiny Tot Time Tues 8am - 10am
Registration: No registration needed
Cost: Free
Location: 1613 Glencoe Way, Glendale, CA 91208
Transportation: MTA and
Bee Line: (818) 548-3960

Fremont Park

Telephone: (818) 241-6022
Website: www.glendaleca.gov
Facilities: Basketball court, children's play area, 4 horseshoe courts, picnic areas, 8 tennis courts, volleyball, and wading pool
Classes: Youth Tennis
Registration: (818) 548-2184
Cost: \$75.000
Location: 600 Hahn Ave. Glendale, CA 91203
Transportation: MTA and
Bee Line: (818) 548-3960

Verdugo Skate Park

Telephone: (818) 548-2786
Website: www.glendaleca.gov
Facilities: 5 picnic areas, baseball field and basketball court
Accessibility: Handicap accessible
Classes: Skate Classes
Registration: Online
www.parksonline.glendaleca.gov
Cost: \$100.00
Location: 1621 Cañada Blvd. Glendale, CA
Transportation: MTA
Bee Line: (818) 548-3960

Glorietta Park

Telephone: (818) 903-5049
Website: www.glendaleca.gov
Facilities: Tennis courts
Classes: Soccer/MiniKickers other classes available
Registration: (818)548-2184
Cost: \$95 for 8 classes, plus \$15 equipment Fee
Location: 2801 N. Verdugo Rd. Glendale, CA 91208
Transportation: MTA

Palmer Park

Facilities: 2 picnic areas, barbeque grills and sinks
Location: 610 E. Palmer Ave. Glendale, CA 91205

Lower Scholl

Facilities: 2 picnic areas, 2 playground sets and barbeque grills
Location: 2849 E Glenoaks Blvd. Glendale, CA 91206

Glendale Sports Complex

Telephone: (818) 548-6420
Facilities: 2 soccer fields, baseball fields, 2 softball fields, concession building, and meeting room
Location: 2200 Fern Lane Glendale, CA 91208

Deukmejian Wilderness Park

Telephone: (818) 548-2752
Facilities: Picnic area, amphitheater, and grass area
Location: 3429 Markridge Rd. Glendale, CA 91214

For a full list of parks please visit

Website: www.glendaleca.gov

Pacific Community Pool

Telephone: (818) 937-7442.
Website: www.glendaleca.gov
Hours: Mon - Thurs classes run 4 days a week for 25 minutes per class
9:00am - 4:00pm
Classes: Parent & Me (6 mo.-3.5 yrs.) Levels 1-6 (3.5 yrs.-15 yrs.)
Cost: Private one-on-one lessons are available for \$30 per child, per 30 minutes
Location: 509 S. Pacific Ave. Glendale, CA 91204
Transportation: MTA

TRACK OR TENNIS COURTS

City of Glendale Parks Tennis Courts

Website: www.glendaleca.gov

Description: City parks public tennis courts

Cost: See website for details

Location: Maple Park, Fremont Park, Glorietta Park and Emerald Isle Park

See *Parks for details*

Transportation: MTA

Glendale Community College Track and Tennis Courts

Hours: 5:00pm – 10:00pm every day except Tues and Thurs

Jogger's club: \$50 donation to use track during a calendar year, open every day from dusk –dawn

Description: 6 public tennis courts

Lights after Dark: No

Cost: \$150 for 6 months

\$4.99/ month to connect with other tennis players

Location: 1835 E Mountain St, Glendale, CA 91208

Transportation: MTA

BIKE PATHS

Walk Bike Glendale

Website:

www.walkbikeglendale.wordpress.com

Hours: Visit website for information on upcoming events and other cycling resources

Descriptions: Walk Bike Glendale, a local chapter of the Los Angeles County Bicycle Association

WALKING/HIKING TRAILS

Walking/Hiking Trail

Website: www.glendaleca.gov

Hours: 8:00am – 12:00 noon

Descriptions: 5,034 acres of natural open space. Over 30 miles of fire roads and 7.5 miles of single track trails are utilized by dozens, even hundreds, of hikers, joggers, dog-walkers, and mountain bikers each day – particularly in Brand Park and Deukmejian Wilderness

Cost: Free

Location: Deukmejian Wilderness Park (see calendar of events)

Dunsmore Creek Trail- Open

LeMesnager Loop Trail- Open

Rim of the Valley Trail- Open

Crescenta View Trail- Open

Mountain Do Trail - Open

YMCA/YWCAS AND OTHER GYMS

YMCA/YWCA: Foothills

Telephone: (818) 790-0123

Website: www.ymcacc.org

Hours: 5am - 10pm Weekdays

Saturday: 7:00am - 7:00pm. Visit the website for holiday schedule

Child Care: Yes

Facilities: Fitness center, cardio room, gymnasium, indoor pool, and more

Classes: Day camp, swimming lessons, after school programs and Yoga

Sports Leagues: Youth basketball, soccer and volleyball

Registration: Visit site for information

Cost: Choose membership categories on their website

Location: 1930 Foothill Blvd.

La Cañada Flintridge, CA 91011

Transportation: MTA

YMCA/YWCA: Glendale

Telephone: (818) 240-4130
Website: www.ymcacc.org
Hours: 5:00am – 10:00pm Weekdays
Child Care: Yes
Facilities: Fitness center, cardio room, gymnasium and indoor pool
Classes: After school programs
Registration: Visit site for information
Cost: Choose membership categories on their website
Location: 140 N Louise St, Glendale CA 91206
Transportation: MTA

SPORTS LEAGUES FOR 0-5

KidZ Love Soccer

Ages: 2-5 Yrs.
Description: MiniKickers program focusing on the development of children aged 2-5 years old
Registration: See Website for details
Cost: \$95
Website: www.kidzlovesoccer.com

Schedule: Thursdays, March 26 – May 14, 2015

Equipment Fee: \$15 per player payable to Challenger Sports

SPORTS LEAGUES FOR 0-5

AYSO Soccer Leagues for children under 5 Jamboree

Ages: Visit website for information
Website: www.ayso88.org/
Description: AYSO program provides a quality soccer experience for children, and teaches the youngest players the basics of soccer, without the pressures of the adult game
Registration: Online for information
Cost: Early registration is \$100 and \$120 after April 19
Schedule: 4 series of 5 minute games

SHARED USE SPACES

Casa Adobe de San Rafael

Telephone: (818) 246-3634
Ages: All ages
Description: Picnic area, brick patio and grass area
Registration: Complete a Facility Permit Application
Cost: Staff will contact you regarding availability and fees
Location: 1330 Dorothy Dr. Glendale, CA 91202

Verdugo Adobe

Telephone: (818) 548-2752
Ages: All ages
Description: Picnic tables and natural setting
Registration: Complete a Facility Permit Application
Cost: Staff will contact you regarding availability and fees
Location: 2211 Bonita Dr. Glendale, CA 91208

Civic Auditorium

Telephone: (818) 548-2787
Description: Two level stage, conference rooms, dressing rooms, kitchen area on both levels, parking structure, sound system, chairs, tables, and audio visual equipment
Registration: Complete a Civic Auditorium Reservation Request Form and submit to the Center upon agreement, make arrangements with the facility supervisor to finalize all permit requirements
Cost: Auditorium staff will contact you regarding availability and fees
Location: 1401 N. Verdugo Rd. Glendale, CA 91208

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



FREE/LOW-COST RESOURCES FOR PREGNANT/POST-PARTUM WOMEN

BREASTFEEDING SUPPORT

Breastfeeding Resource Directory

Website: www.breastfeedla.org/resource-directory/

La Leche League Help-line

(Available 24/7)

877-4-LALECHE (877-452-5324)
www.breastfeedinghelpline.com

WIC Breastfeeding Helpline

Telephone: (818) 837-6349
Cost: Free
Hours: 8:00am – 5:00pm Mon - Fri
Languages: English, Spanish, Armenian, and other languages as needed
Description: Breastfeeding support from Certified Lactation Educators and Breastfeeding Peer Counsellors

WIC Breastfeeding Support:

Registration: (818) 837-6349 for appointments please call (818) 361-7541 or toll free (800) 313-4942
Website: www.wicworks.ca.gov
Cost/Insurance: Free for those who qualify
Hours: Call for information
Languages: English, Spanish, Armenian and other languages as needed
Location(s): 801 S. Chevy Chase Dr. Glendale, CA 91205

Glendale Memorial Hospital

Breastfeeding Clinic

Telephone: (818) 50 7-4191
Website: www.dignityhealth.org
See under Motherhood classes and events
Cost/Insurance: Call for information
Referral: None required
Services: Maternity tours

Classes: Childbirth, Breastfeeding, Car Seat Safety, Infant CPR Classes, and Breastfeeding support group
Hours: Please visit website for calendar of events
Languages: English, and Spanish

BREASTFEEDING CLASSES

Bellies, Babies and Bosoms

Appointments: (818) 541-1200
Website: www.bellies.biz
Cost/Insurance: Visit website for information
Description: Prenatal & post-partum breastfeeding classes
Referral: None required
Hours: Available weekends and evenings
Languages: English, Spanish & Japanese spoken
Location(s): 2430 Honolulu Ave. Montrose, CA 91020

USC Verdugo Hills Hospital Family Education Program

Appointments: contact Terri Rice at (818) 952-2272
Website: www.uscvhh.org/classes-events/family-education
Cost/Insurance: Visit the website for more information
Referral: None required
Hours: Visit website for classes and events
Location(s): 1812 Verdugo Blvd. Glendale, CA 91208

Glendale Adventist Medical Center

Breastfeeding classes

Appointments: RSVP required, please call
(818) 409-8100

Website:

www.adventisthealth.org/glendale/event/breastfeeding-basics

Baby Care Basics

www.adventisthealth.org/glendale/event/baby-care-basics-glendale

Cost/Insurance: \$30.00 each class

Referral: None required

Hours: Sundays 10:00am - 12:00pm

Baby Basics from 12:30pm - 2:30pm

Languages: English, Spanish

Location(s): 1509 Wilson Terrace Glendale,
CA 91206

USC Verdugo Hills Hospital

Breastfeeding Support Groups

Registration: For appointments: contact: Teri
Rice at (818) 952-2272

Website: www.uscvhh.org

BABY-FRIENDLY HOSPITALS

To find Baby-Friendly Facilities in LA County funded by First 5 LA, visit: 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

A program of PCA America, strives to provide all expectant and new parents with the opportunity to receive the education and support they need at the time their baby is born.

Please visit the website for information:

<http://www.healthyfamiliesamerica.org/>

Social and Health Services Resources



SOCIAL AND HEALTH SERVICES RESOURCES

INFORMATION HELPLINE FOR LA COUNTY: 211 LA COUNTY

Telephone: Dial 2-1-1

Online Directory: 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

Healthy Way LA

Telephone: 1 (877) 333-4952

Website: <http://ladhs.org/hwla>

Cost: Free for those who qualify

Hours: Available 24/7

Ages: 19-64

Requirements: Must be an uninsured LA County resident

Description: Database of providers, clinicians, hospitals, and insurance coverage options

Medi-Cal

Telephone: (818) 546-6200

Glendale District 2

Address: 4680 San Fernando Rd. Glendale, CA 91204

Cost: Free for those who qualify

Requirements: Must be an LA County resident

LOW-COST DENTAL SERVICES

Glendale Healthy Kids

Telephone: (818) 548-7931

Address: 735 E. Lexington Dr. Glendale, CA 91206

Website:

www.glendalehealthykids.org/contact-us

Description: School site referral program, USC Mobile Dental Clinic services, dental education program and dental sealant program, and referrals for medical and dental services

Kids Dental Place

Information: (818) 244-5052

Website: www.kidsdentalplace.com

Hours: 9:00am - 6:00pm

Location: 418 E. Glenoaks Blvd. #202
Glendale, CA

Dr. Peter S. Suh, DMD

Information: (818) 790-5959

Website: www.pediatricdentistryla.com

Hours: 9:00am - 5:00pm

Location: 1346 Foothill Blvd. #305
La Cañada Flintridge, CA 91011

FREE/LOW-COST FAMILY PLANNING

Planned Parenthood

For information visit the Website:

<http://www.plannedparenthood.org/health-center/findCenter.asp?z=91012&s>

Find a family planning clinic near you:

Website: www.hhs.gov/opa/

Español: www.hhs.gov/opa/espanol/index.html

PRENATAL AND PRIMARY/URGENT CARE

Find a medical or dental care clinic near you:

LA County Department of Health Services

Clinics/Urgent Care:

www.dhs.lacounty.gov/wps/portal/dhs/locations/

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

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

Community Clinic Association of LA County

www.ccalac.org – “Find a Clinic” tab
Private and Public Free/Low-Cost Dental Clinics

Website:

www.publichealth.lacounty.gov/ohp/ppplists.htm

Rapid Care Urgent Care

Telephone: (818) 265-2200

Address: 801 S. Chevy Chase Dr. #105
Glendale, CA 91205

Hours: Mon-Fri 8:00am – 8:00pm

Sat & Sun 9:00am – 5:00pm

(No appointment necessary)

Montrose Urgent Care

Telephone: (818) 249-9454

Address: 1975 Verdugo Blvd. La Cañada
Flintridge, CA 91011

Hours: Mon-Fri 8:00am – 8:00pm

Sat & Sun 9:00am – 5:00pm

(No appointment necessary)

Verdugo Hills Medical Associates

Phone: (818) 241-4331

Address: 544 N. Glendale Ave. Glendale, CA
91206

Hours: Mon-Fri 7:00am – 8:30PM

Sat & Sun 9:00am – 5:30pm

Holidays 9:00am – 5:30pm

Urgent 9 Urgent Care Center

Telephone: (818) 641 - 5402

Address: 1000 N. Central Ave. #140
Glendale, CA 91202

Hours: Mon-Fri 8:00am – 8:00pm

Sat & Sun 10:00am – 5:00pm

Glenoaks Urgent Care

Telephone: (818) 242-3333

Address: 1100 W. Glenoaks Blvd. Glendale,
CA 91202

Hours: Mon-Fri 9:00am – 8:00pm

Sat & Sun 9:00am – 5:00pm

All for Health, Health for All

Description: Provide primary health care and social services to medically underserved residents in Glendale and surrounding communities

General Practice Clinic

Telephone: (818) 409-3020

Address: 519 E. Broadway Glendale, CA
91205

Telephone: (818) 549-8800

Address: 520 E. Broadway #101 Glendale,
CA 91205

Telephone: (818) 241-1500

Address: 437 S. Pacific Ave. Glendale, CA
91204

Pediatric Location

Telephone: (818) 839-4160

Address: 1030 Glendale Ave. #307
Glendale, CA 91205

Glendale Health Center

Telephone: (818) 500-5785

Address: 501 N. Glendale Ave. Glendale, CA
91206

Hours: Mon-Fri 8:00am – 5:00pm

Comprehensive Community Health Centers

Telephone: (818) 265-2264

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

Address: 801 S. Chevy Chase Dr. #20
Glendale, CA 9120

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>

All for Health, Health for All - Mental Health Clinic

Telephone: (818) 839-4010
Address: 141 S. Cedar Glendale, CA 91205

Glendale Adventist Medical Center

Telephone: (818) 409-8027
Address: 1509 Wilson Terrace Glendale, CA 91206
Classification: Inpatient
Age Group: Adult

Pacific Clinics – HYE Wrap Program

Telephone: (818) 547-9544
Address: 237 N. Central Ave. #C Glendale, CA 91203
Classification: Outpatient
Age Group: Youth

Glen Roberts Child Study Center

Telephone: (818) 244-0222
Address: 1530 E. Colorado St. Glendale, CA 91205
Classification: Outpatient
Age Group: Child, youth

Didi Hirsch Mental Health Services

Telephone: (818) 244-7257
Address: 1540 E. Colorado St. Glendale, CA 91205
Classification: Outpatient
Age Group: Child, youth, adults, older adults

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

Tobacco Cessation Program at Glendale Adventist Medical Center

Description: Smoking cessation classes
Contact: Martha Rivera (Se habla español)
Telephone: (818) 409-8000 ex. 5860
Address: 1509 Wilson Terrace Glendale, CA 91206
Website: <http://www.glendaleadventist.com/quit-smoking>

Drug and Alcohol Use Treatment

Treatment Referrals: 800-564-6600
<http://www.publichealth.lacounty.gov/sapc/>

Drug and Abuse Treatment Centers

Telephone: 1 (888) 430-5053
Website: www.drug-abuse-treatment.org
(Search location: Glendale)

Western Pacific Med Corp

Description: Drug and alcohol rehab center that provides evidence based narcotic treatment services to any eligible person seeking them
Telephone: (818) 240-8843
Address: 4628 San Fernando Rd. Glendale, CA 91204
Website: www.westpacmed.com
Payment Options: Medicaid, private health insurance, self-payment, sliding fee scale, and payment assistance

Glendale Adventist Alcohol-Drug Services

Description: Glendale Adventist Alcohol-Drug Services (GAADS) is a drug and alcohol addiction recovery program that offers hope and healing to people suffering from addiction

Telephone: (818) 242-3116

Address: 335 Mission Rd. Glendale, CA 91205

Website:

www.glendaleadventist.com/gaads

COMMUNITY ASSISTANCE PROGRAMS

Women, Infants, Children (WIC)

Description: Supplemental nutrition program for Women, Infants, and Children.

Provides supplemental foods, nutrition education, and health care referrals for low income pregnant, breastfeeding, non-breastfeeding postpartum women and their infants up to 5 years of age

Telephone: (818) 361-7541 for an appointment or (800) 313-4942

Address: 801 S. Chevy Chase Dr. #40 Glendale, CA 91205

Website:

www.cdph.ca.gov/programs/wicworks

Requirements: Pregnant or postpartum woman, infant or child under 5 years old, must meet income guidelines on website

Cal Fresh

Telephone: (866) 613-3777

Participant Help Line: (818) 701-8200 or (626) 569-1399

Website: www.calfresh.ca.gov

Address: 4680 San Fernando Rd. Glendale, CA 91204

Hours: Mon-Fri 8:00am – 5:00pm

Healthy Start Program

Description: Glendale Healthy Start's mission is to improve lives of students and their families in need by providing social emotional, academic and assist families with basic needs such as food, bus passes/tokens and shoes. Some of the services that have been offered are: mental health, tutoring, transportation, school supplies, toys, books, back packs, housing, parenting classes, shoes, assistance with employment and applying for various programs throughout the city of Glendale

Location: Healthy Start Family Resource Center 223 N. Jackson Street Room 101 Glendale, CA 91206

Website: www.gusd.net/Page/347

Telephone: (818) 241-3111

HOUSING

Department of Housing and Urban Development Public Housing Agency

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

Telephone: (818) 548-3936

Address: 141 N. Glendale Ave. #202 Glendale, CA 91206

Ascencia

Description: Provides housing and services to homeless individuals and families

Address: 437 Fernando Ct. Glendale, CA 91204

Website: www.ascenciaca.org

Telephone: (818) 246-7900

FIRST 5 LA RESOURCES

Welcome Baby

For information please visit the website:

<http://www.first5la.org>

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>

Disclaimer: The City of Glendale’s Community Services and Parks Department’s Youth and Family Services Program, and Glendale Adventist Medical Center CHLAKids program disclaims any liability to any person for any loss or damage caused by any resource or referral, whether injury was caused by neglect or accident. A referral does not constitute an endorsement or certification of a program’s services.

ACKNOWLEDGMENTS

This Community Resource Guide was developed for you by:



Health Care Foundation at Glendale Adventist Medical Center

Choose Health LA Kids

www.adventisthealth.org/glendale

Contact:

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Eligibility Practitioner

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Martha Rivera

(818) 409-8000 x 5860

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Martha.Rivera@ah.org

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