## Comprehensive Perinatal Services Program
### Resource & Referral Identification Guide

**Clinic Name:** ____________________________________________

**Address:** ____________________________________________

**Contact Person:** ___________________________ **Phone #:** ______________________

**Updated on (date):** ___________________ **by:** ______________________

### Always call to verify services for every referral/resource on your list.

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>RESOURCE/REFERRAL</th>
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<tbody>
<tr>
<td><strong>Abortion Services</strong></td>
<td>Planned Parenthood is an organization with locations all over LA County that offers many reproductive health services, including abortion. Use caution if looking for other abortion services through 211. Some of the listings will discourage women from getting abortions.</td>
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<tr>
<td></td>
<td>Call: 1-800-230-PLAN or 1-800-230-7526</td>
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<td></td>
<td>Website: <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a></td>
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<td><strong>Local Agency/Address/Phone #:</strong></td>
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<p>| <strong>Adolescent Family Life Program (AFLP)</strong> | AFLP provides comprehensive case management services to pregnant and parenting teens and their children. AFLP addresses the teen’s social, health, educational, and economic needs through comprehensive case management. Teens are eligible to enroll in AFLP through age 18. |
| | There are 4 organizations that provide AFLP services in LA County. To find the office in your area, visit the website below and scroll to &quot;Los Angeles County.&quot; |
| | <a href="https://www.cdph.ca.gov/Programs/CFH/DMCAH/AFLP/Pages/Sites.aspx">https://www.cdph.ca.gov/Programs/CFH/DMCAH/AFLP/Pages/Sites.aspx</a> |
| | <strong>Local Agency/Address/Phone #:</strong> |
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<table>
<thead>
<tr>
<th>Service</th>
<th>Information and Contact Details</th>
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<tr>
<td><strong>Adoption Services</strong></td>
<td>Call 211 for local adoption resources.</td>
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<td><strong>Local Agency/Address/Phone #:</strong></td>
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<tr>
<td><strong>Adult Children of Alcoholics</strong></td>
<td>Adult Children of Alcoholics (ACA) is a Twelve Step recovery program for persons who have grown up in alcoholic homes. Call: 1-310-534-1815 Visit website to find local meeting locations/times: <a href="http://www.adultchildren.org">www.adultchildren.org</a></td>
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<tr>
<td><strong>Adult School/GED Program</strong></td>
<td>Call your local school district, local community college, or call 211.</td>
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<tr>
<td><strong>Local Adult School/GED Program/Address/Phone #:</strong></td>
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<tr>
<td><strong>Al-Anon /Alateen</strong></td>
<td>Al-Anon provides group support to people who are struggling with the effects of someone else’s problem drinking. Alateen is a teen support group for teens who are struggling with the effects of someone else’s problem drinking. Call: 1-888-425-2666 or 1-818-760-7122 Visit website to find local meeting locations/times: <a href="http://www.alanonla.org/">http://www.alanonla.org/</a></td>
</tr>
<tr>
<td><strong>Alcoholics Anonymous (AA)</strong></td>
<td>Alcoholics Anonymous (AA) is a 12 Step recovery program for people with alcoholism.</td>
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<td></td>
<td>Call AA’s Los Angeles Helpline at: 1-323-936-4343 or 1-800-923-8722 Website: <a href="https://lacoaa.org/">https://lacoaa.org/</a> Email: <a href="mailto:info@lacoaa.org">info@lacoaa.org</a></td>
</tr>
<tr>
<td><strong>Breastfeeding Education Classes (Prenatal)</strong></td>
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<td>---------------------------------------------</td>
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</table>
| **WIC**
Contact your local WIC office for information about breastfeeding classes.
Call WIC at: 1-888-942-9675 or 1-888-WIC-WORKS |
| **Delivery Hospital**
Contact the delivery hospital to ask if they offer breastfeeding classes. |
| **818Breastfeeds**
818breastfeeds.org is a website which provides information about breastfeeding support in the San Fernando Valley and Santa Clarita areas. This website provides information on breastfeeding classes, consultants, WIC locations, and how to order breast pumps. The website also has a link to BreastfeedLA.org for information on areas outside the San Fernando Valley. |
| **Local Breastfeeding Education Classes/Address/Phone #:** |
| __________________________________________ |
| __________________________________________ |
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<tr>
<th><strong>Breastfeeding Help Lines</strong></th>
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| **General Help Lines:**
La Leche League (24/7): 1-877-452-5324 or 1-877-4 LA LECHE
National Women’s Health and Breastfeeding Helpline: 1-800-994-9662 |
| **WIC Help Lines**
Antelope Valley Hospital: 1-661-726-6393
City of Long Beach: 1-562-570-4242
Northeast Valley Health Corp.: 1-818-837-6349
Pasadena Public Health Department: 1-626-744-6520
PHFE: 1-888-278-6455
South LA Health Projects: 1-323-905-1248
Watts Health Corp: 1-323-568-3070 |
<table>
<thead>
<tr>
<th><strong>Breastfeeding/Lactation Consultant</strong></th>
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</table>
| **WIC**
Contact your local WIC office for breastfeeding/lactation consultation.
Call WIC at: 1-888-942-9675 or 1-888-WIC-WORKS |
| **Delivery Hospital**
Contact the delivery hospital to see if they offer breastfeeding/lactation consultation. |
| **818Breastfeeds**
818breastfeeds.org is a website which provides information about breastfeeding support in the San Fernando Valley and Santa Clarita areas. This website provides information on breastfeeding classes, consultants, WIC locations, and how to order breast pumps. The website also has a link to BreastfeedLA.org for information on areas outside the San Fernando Valley. |
| **Local Breastfeeding/Lactation Consultant Resource/Phone #:** |
| __________________________________________ |
| __________________________________________ |
| __________________________________________ |
| __________________________________________ |
| **Breastfeeding Support Group** | **WIC**  
Contact your local WIC office for information about breastfeeding support groups.  
Call WIC at: 1-888-942-9675 or 1-888-WIC-WORKS | **Delivery Hospital**  
Contact the delivery hospital to see if they offer breastfeeding support groups. | **La Leche – www.LLLusa.org**  
La Leche League USA provides information and support for breastfeeding, including information about local breastfeeding support groups. To find a group near you, visit www.LLLcalifornia.com and search by zip code. | **Local Breastfeeding Support Group/Address/Phone #:**  
____________________________________________________________________  
____________________________________________________________________  
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| **California Children Services (CCS)** | California Children Services (CCS) is a state program for eligible children with certain diseases or health problems. CCS helps children get the care they need, up to age 21. Services include diagnostic and treatment services, medical case management, and physical and occupational therapy services.  
Call: 1-800-288-4584  
Website: www.dhcs.ca.gov/services/ccc/Pages/default.aspx |  |  |  |  

| **CalFresh (SNAP)** | CalFresh (also known as SNAP) is a program administered by the LA County Department of Social Services (DPSS). CalFresh can help women obtain healthy and nutritious food if they meet income requirements. The program issues electronic benefits that can be used to buy most foods at many markets and food stores.  
Call: 1-877-847-3663 or 1-877-847-FOOD  
Website: www.calfresh.ca.gov |  |  |  |  

| **California Smokers' Helpline** | The California Smoker’s Helpline and website offers free telephone counseling, self-help materials, and online help to people who want to quit smoking.  
Call: 1-800-NO-BUTTS (English) or 1-800-NO-FUME (Spanish)  
Website: www.nobutts.org |  |  |  |  


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<tr>
<th>Section</th>
<th>Information</th>
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</table>
| **CalWORKS**                                 | CalWORKS is a cash aid program for low income families that is administered through the Los Angeles County Department of Social Services (DPSS).  

Visit: http://dpss.lacounty.gov/dpss/calworks/default.cfm to learn more about the program and locate your local Department of Public Social Service (DPSS) office.  

**Local DPSS Office/Address/Phone #:**  

___________________________________________________________  

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| **Car Seat Program (Free or Low-Cost)**       | The LA County Injury & Violence Prevention Program has information about child safety seat laws and child safety seat distribution programs in Los Angeles County.  

Call: 1-213-351-1901  

or visit:  


Visit: https://www.chp.ca.gov/Programs-Services/Programs/Child-Safety-Seats for information about child safety seat laws  

**Local Car Seat Resource/Phone #:**  

___________________________________________________________  

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| **Child Abuse Prevention Programs**           | Child abuse prevention programs are aimed at preventing child abuse before it occurs. This is different from child abuse reporting.  

Services can range from a variety of community and home-based services including parent support groups, parent education classes, family support services, etc.  

Call 211 for local child abuse prevention programs.  

**Local Agency/Address/Phone #:**  

___________________________________________________________  

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| Child Health & Disability Prevention (CHDP) Provider | The Child Health & Disability Prevention (CHDP) Program provides free health check-ups to help children stay healthy. Low income children are eligible up to age 19. Children with Medi-Cal are eligible up to age 21.  
To find a CHDP provider call: 1-800-993-2437  
or visit: http://publichealth.lacounty.gov/cms/provider_finder.htm  
**Local CHDP Provider/Address/Phone #:**  
___________________________________________________________  
___________________________________________________________  
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___________________________________________________________ |
| Child Protection Hotline (Los Angeles County) | To make a mandated child abuse report, or to consult with DCFS regarding concerns about a child, call the Los Angeles County Child Protection Hotline.  
Call: 1-800-540-4000 (inside California Only)  
Call: 1-213-639-4500 (for calls outside California)  
Website: http://dcfs.co.la.ca.us/contactus |
| Childbirth Classes | Refer to delivery hospital |
| Childcare Resources | Child Care Alliance of Los Angeles  
Child Care Alliance of Los Angeles can connect you to your local Resource & Referral Agency, which can provide a list of referrals to childcare providers in your local area.  
Call: 1-323-274-1380 or 1-888-922-4453  
Website: www.ccala.net  

**Head Start**  
Head Start and Early Head Start programs support the mental, social, and emotional development of children from birth to age 5. Head Start can help you find free or low-cost childcare.  
Call: 1-866-763-6481  
Visit: www.prekkid.org  
Or find a facility near you at: https://eclkc.ohs.acf.hhs.gov/center-locator  

**Local Head Start/Address/Phone #:**  
___________________________________________________________  
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Child Care Aware  
Child Care Aware provides information about childcare programs in your area through their toll-free referral line and their website.  
Call: 1-800-424-2246  
Website: http://www.childcareaware.org/ |
### Choose Health LA Moms

Choose Health LA Moms is an online program to help new mothers get healthy after having a baby. The program provides information to help new moms return to a healthy postpartum weight by promoting three activities: Exclusive breastfeeding, drinking water, and walking. New moms can review materials online and also receive text messages with information from the program.

To register, visit: ph.lacounty.gov/LAMoms or text “LAMOMS” to 55000

### Confidential/Anonymous STD Testing Location

**Los Angeles County Department of Public Health**

Contact the Los Angeles County Department of Public Health’s Division of HIV and STD Programs to find local and confidential STD testing.

STD Hotline: 1-800-758-0880  
Website: www.publichealth.lacounty.gov/dhsp/STDClinics.htm  

**Local County STD Clinic/Address/Phone #:**

___________________________________________________________

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___________________________________________________________

**Planned Parenthood**

Planned Parenthood is an organization with locations all over LA County that offers many reproductive health services, including STD testing.

Call: 1-800-230-PLAN or 1-800-230-7526  
Website: www.plannedparenthood.org

**Local Planned Parenthood/Address/Phone #:**

___________________________________________________________

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___________________________________________________________

**www.freeSTDcheck.org**

FreeSTDcheck.org can assist you in locating clinics that provide free STD testing in Los Angeles County.

Website: www.freeSTDcheck.org
| **Dentist**  
| **(Must accept Medi-Cal)** | Dental services are currently provided as one of the many benefits under Medi-Cal. To find a Medi-Cal dental provider:  
| **Call:** 1-800-322-6384  
**Visit:** https://www.denti-cal.ca.gov/Beneficiaries/Denti-Cal/Provider_Referral_List/  
**Local Dentist/Address/Phone #:**  
| |  
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| **Diabetes Specialist**  
| **or CDAPP Sweet Success Affiliate** | The CDAPP Sweet Success Program focuses on improving pregnancy outcomes for high-risk pregnant women with pre-existing diabetes and women who develop diabetes while pregnant (i.e., gestational diabetes mellitus, or GDM). To locate a CDAPP Sweet Success Affiliate:  
| **Call:** 1-714-921-9755  
**Visit:** http://www.cdappsweetsuccess.org/Affiliate-Forms/Affiliate-Locator  
**Local Diabetes Specialist or CDAPP Sweet Success Provider/Address/Phone #:**  
| |  
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| **Domestic Violence Hotline (Los Angeles County)** | Call: 1-800-978-3600  
**Visit:** http://www.lapdonline.org/domestic_violence for more information and resources.  
**Domestic Violence Hotline (National)** | Call: 1-800-799-7233  
**Visit** http://www.thehotline.org/ for more information and resources.  
**Domestic Violence Shelter** | Find local Domestic Violence shelters by calling 211 or call the LA County Domestic Violence Hotline at 1-800-978-3600 for referrals.  
**Emergency Housing/ Homeless Shelter** | Los Angeles Homeless Services Authority (LAHSA)  
You can contact the LAHSA Emergency Response Team if you are homeless or at risk of becoming homeless. Their hours are Monday-Friday, from 7:30am-4:30pm.  
**Call:** 1-213-225-6581  
**Visit:** https://www.lahsa.org/get-help  
You can also call 211 24 hours/day for emergency housing information. |
| **Employment Resource Center** | WorkSource is a collaboration of organizations that offers services to residents of Los Angeles County at No Cost. Services include access to job listings, skill assessments, information about local education and training providers, help with filing claims for unemployment, personalized employment plans, and individual employment counseling. WorkSource centers typically have phones, fax machines, computers and copiers. Job seekers can make interview appointments, access the Internet, and view video training courses. To find your local center:  
Call 1-213-744-7300  
**Local Employment Resource Center/Address/Phone #:**  
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| **English as Second Language (ESL) Classes** | Contact your local school district, community college, or call 211.  
**Local ESL Classes/Address/Phone #:**  
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| **Exercise or Fitness Resources** | Contact local city/county parks, local recreation centers, and local YMCAs for information about low-cost exercise classes in your area.  
County of Los Angeles Department of Parks and Recreation  
YMCA  
The YMCA also offers fitness and recreation programs. Some YMCA’s offer sliding scale fees for those who cannot afford the full cost of membership. To locate your local YMCA:  
Call: 1-800-872-9622  
Visit: [http://www.ymca.net/find-your-y/](http://www.ymca.net/find-your-y/) |
### Family Counseling/Support Program

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>National Parent Helpline</td>
<td>The National Parent Helpline allows callers to speak with a trained Helpline Advocate who will provide emotional support and link callers to services if necessary.</td>
<td>Call: 1-855-4-A-PARENT or 1-855-427-2736 (Monday-Friday 10am-7pm)  Website: <a href="http://www.nationalparenthelpline.org">www.nationalparenthelpline.org</a></td>
</tr>
<tr>
<td>Call 211</td>
<td>Call 211 for additional family counseling/support programs in your local area.</td>
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### Family Planning

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<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>If family planning services are not offered at your clinic, refer to Planned Parenthood or other local family planning agency.</td>
<td>Contact Planned Parenthood at: 1-800-230-PLAN or 1-800-230-7526  Website: <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a></td>
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### Food Bank

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<tr>
<th>Service</th>
<th>Description</th>
<th>Contact Information</th>
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<tr>
<td>USDA National Hunger Clearinghouse</td>
<td>Call the National Hunger Hotline at 1-866-348-6479 for local food providers in your area, as well as information on government programs and benefits.</td>
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### Local Food Bank

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Grief & Loss Resources

Miss Foundation Los Angeles Chapter:
Offers local support group meetings, online support, events, family workshops, and grief & loss resources (loss of a child).
Call: 1-888-455-MISS or 1-888-455-6477
Website: http://la.missfoundation.org

Pregnancy After Loss Support (PALS):
Online magazine, online peer-to-peer support, grief & loss resources.
Website: https://pregnancyafterlosssupport.com/

The Compassionate Friends:
Local support and online groups for those grieving the death of a child.
Call: 1-877-969-0010
Website: https://www.compassionatefriends.org/

First Candle
Provides a 24/7 Grief Support Hotline staffed with grief counselors related to the death of a baby.
Call: 1-800-221-7437
Website: http://firstcandle.org/

Return to Zero
Online resource for bereaved parents, supportive friends & family, and providers
Website: www.rtzhope.org
Downloadable materials: www.rtzhope.org/materials
Pregnancy & infant loss directory: www.pregnancylossdirectory.com

Health Educator

List the Health Educator, agency, or hospital where you refer patients with high risk conditions or with other health education needs, such as childbirth and infant care classes.

**Health Educator/Phone #:**

___________________________________________________________
___________________________________________________________
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___________________________________________________________
| **Home Visitation Program** | **Nurse-Family Partnership (NFP)**
Nurse Family Partnership provides evidenced-based home visitation using public health nurses. Services are provided at no-cost up until the child is 2 years old. To be eligible, the woman must live in LA County and be considered low income. Call to check eligibility. Women are requested to enroll before week 24 of pregnancy.

Call: 1-213-639-6449  
Website: [http://publichealth.lacounty.gov/mch/nfp/nfp.htm](http://publichealth.lacounty.gov/mch/nfp/nfp.htm)

**Early Head Start**
Early Head Start serves low-income families with pregnant women, infants and toddlers up to age 3. The program provides home visitation services focused on child and family development as well as linking families to services such as medical, mental health, nutrition, and education. Clients are served by various agencies throughout Los Angeles County based on their zip code.

Call: 1-877-773-5543 or 1-877-PRE-K-KID  
http://prekkid.org/our-programs/early-head-start/

**Local Early Head Start/Address/Phone #:**

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**Welcome Baby**
Welcome baby is a free program that provides support to new moms. To be eligible, women must deliver at one of the 14 participating hospitals in LA County. Services can include a hospital visit, a parent coach, information about breastfeeding and other topics, and an in-home appointment, referrals, and baby-and mom-friendly items.

Contact: a participating delivery hospital to enroll in Welcome Baby.  
Website: [https://www.first5la.org/home-visiting-programs/](https://www.first5la.org/home-visiting-programs/)
### Housing Resources

**LA County Housing Resource Center**
For information identifying housing in LA County including affordable housing, emergency housing, and housing for people with special needs.
Call: 1-877-428-8844
Website: www.housing.lacounty.gov

**HUD (Housing and Urban Development)**
Provides information about tenant’s rights, California’s renter’s guide, and information regarding housing legal assistance.
Call: 1-213-894-8000 for the HUD Los Angeles Field Office
Website: https://www.hud.gov/states/california

**Housing Rights Center**
Serves LA County and provides information about tenants’ rights, rental listings, and housing legal assistance.
Call: 1-800-477-5977
Website: www.hrc-la.org/default.asp?id=6

### Infant Care Supplies
Call 211 or visit http://baby2baby.org/our-impact/ to see a list of agencies that receive donated baby supplies.

### Interpretation Service

**Fee for Service Medi-Cal clients**
Call the “Language Line” at 1-800-874-9426
*If you do not know your provider access code type 000000 and ask operator to look up code.*

**Health Net interpreter services for Medi-Cal clients**
Call: 1-800-675-6110

**LA Care interpreter services for Medi-Cal clients**
Call Pacific Interpreters at 1-800-259-4521 and use access code 841908

### Lactation Accommodation Laws
Visit Breastfeed LA’s website for current information about Lactation Accommodation Laws that apply to women in LA County.
Website: http://breastfeedla.org/home-test-4/know-your-rights/
| Legal Assistance (Free or low-cost) | Neighborhood Legal Services of Los Angeles County  
Provides advocacy and legal representation to residents of LA County, and also has self-help legal access centers throughout LA County.  
Call: 1-800-433-6251  
Website: www.nlsla.org  
Legal Aid Foundation of Los Angeles  
Provides legal representation to low income residents of LA County.  
Call: 1-800-399-4529  
Website: www.lafla.org  
Public Counsel  
Provides no-cost legal services to residents in LA County.  
Call: 1-213-385-2977 (main office)  
Website: www.publiccounsel.org/home  
Local Legal Assistance Agency/Address/Phone #: |
|------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Local Law Enforcement Agency (Police/Sheriff Dept.) | Call 211 to find local law enforcement contact information.  
Contact your City Police Department.  
Contact LAPD for the City of Los Angeles.  
Unincorporated and contracted cities contact their Sherriff’s Department.  
Local Law Enforcement Agency/Address/Phone #: |
| Los Angeles County Department of Public Social Services (DPSS) | The Los Angeles County Department of Public Social Services (DPSS) has programs to provide temporary financial assistance to pregnant women and teens. These programs include CalWorks, CalLearn & CalFresh.  
Visit http://dpss.lacounty.gov to learn more about the programs, and to locate your local DPSS office  
Local DPSS Office/Address/Phone #: |
## Medi-Cal

To obtain information about applying for Medi-Cal, call: 1-877-597-4777.

You can also apply online at: https://www.yourbenefits.laclrs.org/ybn/Index.html


**Local DPSS Office/Address/Phone #:**


## Medi-Cal Managed Care Member Services

<table>
<thead>
<tr>
<th>Health Net Member Services</th>
<th>1-800-675-6110</th>
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<tbody>
<tr>
<td>LA Care Member Services</td>
<td>1-888-839-9909</td>
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## Mental Health Clinic

Access Center – Los Angeles County Department of Mental Health (DMH)

For referrals to local mental health clinics that accept Medi-Cal and serve the uninsured, call the Los Angeles County Department of Mental Health’s Access Center.

Call: 1-800-854-7771

L.A. Care Behavioral Health Services:

For L.A. Care patients, you can call 1-877-344-2858 for referrals to mental health services provided through Beacon Health Strategies, Inc.

You can also call 211 for additional information about local mental health clinics.

**Local Agency/Address/Phone #:**


## Mental Health Urgent Care Clinic

Access Center – Los Angeles County Department of Mental Health (DMH)

For the most up to date information on DMH urgent care mental health clinics, call the LA County Department of Mental Health’s Access Center.

Call: 1-800-854-7771

You may also contact the following clinics directly:

- (Eastside) Exodus Urgent Care Center (Los Angeles) 323-276-6400
- (Westside) Exodus Urgent Care Center (Culver City) 310-253-9494
- MLK Urgent Care Center by Exodus (Los Angeles) 562-295-4617
- Olive View Urgent Care Services (Sylmar) 818-485-0888
- La Casa Mental Health Urgent Care Center (Long Beach) 562-630-8672

*Call the urgent care before referring the client to see if the client is appropriate for the urgent care center. Pregnant clients are taken on a case-by-case basis*
| **MotherToBaby** | MotherToBaby provides information about what is safe for pregnant and breastfeeding women including information on: medications, herbal products, infections, vaccines, maternal medical conditions, illicit substances, and other common exposures such as paint, pesticides, hot tubs, etc.  
Call: 1-866-626-6847  
Website: www.mothertobaby.org |
| **My Health LA** | My Health LA provides free primary health care services to people who are uninsured and meet certain income requirements. Services are provided through community clinics. To enroll in My Health LA visit a My Health LA Partner Clinic.  
Call: My Health LA Member Services at 1-844-744-6452 for questions.  
| **National Parent Helpline** | The National Parent Helpline connects parents with an advocate who listens, offers support, helps problem solve, and connects parents to supportive resources.  
Call: 1-855-4-A-PARENT or 1-855-427-2736  
Website: www.nationalparenthelpline.org |
| **Narcotics Anonymous** | Narcotics Anonymous is a 12 Step recovery program that offers group meetings and peer support to persons with drug and/or alcohol addiction(s).  
Call: 1-800-863-2962  
To find your local meeting location, visit: www.na.org/meetingsearch |
| **Psychiatric Mobile Response Services** | Access Center – Los Angeles County Department of Mental Health (DMH)  
For psychiatric mobile response services in LA County, call the LA County Department of Mental Health’s Access Center.  
Call: 1-800-854-7771 and request psychiatric mobile response services. |
| **Prenatal Diagnostic Center (PDC)** | California Perinatal Screening Program  
The California Prenatal Screening Program (PNS) provides free follow-up diagnostic services at State-approved Prenatal Diagnosis Centers (PDCs) for women with screening results indicating a high-risk for a birth defect. Services offered at these Centers include genetic counseling, ultrasound, and amniocentesis.  
To download the current list of local Diagnostic Centers, visit: https://www.cdph.ca.gov/Programs/CFH/DGDS/Pages/pns/default.aspx  
**Local PDC/Address/Phone #:** |

Los Angeles County CPSP Resource & Referral Identification Guide  4/2019 v.3
<table>
<thead>
<tr>
<th>Primary Care Provider/Local Community Clinic</th>
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<tbody>
<tr>
<td>Call 211 to locate a provider or clinic in your area. You can also find referrals through LA County DHS and Office of Women’s Health:</td>
</tr>
<tr>
<td><strong>Los Angeles County Department of Health Services (DHS)</strong></td>
</tr>
<tr>
<td>LA County DHS allows you to search for local hospitals and clinics on their website by entering your zip code. To find a local clinic or hospital, visit: <a href="http://dhs.lacounty.gov/wps/portal/dhs">http://dhs.lacounty.gov/wps/portal/dhs</a></td>
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<tr>
<td><strong>Office of Women’s Health</strong></td>
</tr>
<tr>
<td>The Office of Women’s Health provides healthcare referrals for LA County.</td>
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<tr>
<td>Call: 1-800-793-8090 (Monday-Friday, 8am-6pm)</td>
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<tr>
<td>Website: <a href="http://publichealth.lacounty.gov/owh/">http://publichealth.lacounty.gov/owh/</a></td>
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<tr>
<th>Public Library or Adult Literacy Program</th>
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<tbody>
<tr>
<td>Check with your local city/county library for the types of programs and services offered.</td>
</tr>
<tr>
<td>Visit LA County Library at: <a href="http://www.colapublib.org">www.colapublib.org</a></td>
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<tr>
<td>Visit: LA City Library at: <a href="http://www.lapl.org">www.lapl.org</a></td>
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<tr>
<td><strong>Local Library/Address/Phone #:</strong></td>
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<tr>
<th>Registered Dietitian (RD)</th>
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<tr>
<td>List the Registered Dietitian (RD) or agency where you refer patients with high risk conditions or with other nutrition counseling needs.</td>
</tr>
<tr>
<td><strong>LA Care’s Family Resource Centers</strong></td>
</tr>
<tr>
<td>LA Care’s Family Resource Centers provide free RD services and is open to the community by appointment only (including non-LA Care members).</td>
</tr>
<tr>
<td>Visit: <a href="http://www.lacare.org/frc">www.lacare.org/frc</a> to view a copy of the monthly calendar for each center’s classes &amp; events. Call: 1-877-287-6290 for general information</td>
</tr>
<tr>
<td>Below is a list of LA Care Family Resource Center locations by city, along with their phone #:</td>
</tr>
<tr>
<td>Palmdale: 1-213-438-5580</td>
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<tr>
<td>Inglewood: 1-310-330-3130</td>
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<tr>
<td>Pacoima: 1-213-438-5497</td>
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<tr>
<td>Boyle Heights: 1-213-294-2840</td>
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<tr>
<td>Lynwood: 1-310-661-3000</td>
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<tr>
<td><strong>Registered Dietitian/Phone #:</strong></td>
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</table>
| School Program for Pregnant/Parenting Teens | Check with your local school district for pregnant/parenting teen programs.  
**Local Agency/Address/Phone #:** |
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<tr>
<td>Safe Surrender Program</td>
<td>The Safely Surrendered Baby Law allows parents to surrender their baby within 72 hours of birth to a local fire department, hospital or other safe surrender site, with no questions asked. It is confidential, and parents will not be prosecuted.</td>
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<tr>
<td></td>
<td>At the time of surrender, a bracelet is placed on the baby for identification purposes and a matching bracelet is provided to the parent, in case the baby is reclaimed. A parent has up to 14 days from the time of surrender to reclaim their baby.</td>
</tr>
<tr>
<td></td>
<td>A voluntary medical questionnaire will be offered, but it can be declined. The questionnaire is to collect medical information for the health and survival of the infant. All identifying information that pertains to a parent is strictly confidential.</td>
</tr>
</tbody>
</table>
|                                          | Call: 1-877-BABY-SAF or 1-877-222-9723  
Website: http://www.cdss.ca.gov/inforesources/Safely-Surrendered-Baby |
| Smoking Cessation Program                | The California Smoker’s Helpline  
The California Smokers' Helpline provides telephone counseling. Their website provides self-help materials, and online help in 6 languages. |
|                                          | Call: 1-800-NO-BUTTS (English) or 1-800-NO-FUME (Spanish)  
Visit: www.nobutts.org |
|                                          | SmokeFree.Gov  
SmokeFree.Gov provides access to smoking cessation programs via text messages, phone apps, an online chat feature, and a hotline where you can speak to a coach. |
|                                          | Call: 1-800-784-8669 or 1-800-QUIT-NOW  
Visit: http://smokefree.gov/ |
| Social Worker                            | List the Social Worker or mental health agency where you refer patients with high risk psychosocial conditions, such as perinatal depression, or other psychosocial needs.  
**Social Worker/Phone #:** |
|                                          |                                                                                   |
|                                          |                                                                                   |
|                                          |                                                                                   |
| Substance Abuse Treatment | Call the Substance Abuse Service Helpline at: 1-844-804-7500  
To find a provider visit: http://sapccis.ph.lacounty.gov/sbat  
Call 211 for local substance abuse treatment referrals  
**Local Agency/Address/Phone #:**  
___________________________________________________________  
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| Text4Baby | This is a text-based service for pregnant women and postpartum moms to receive free text messages with information about pregnancy and the baby’s first year of life. Text4Baby website also contains reading materials on pregnancy and postpartum topics.  
To enroll text BABY to 511411 (or BEBE for Spanish).  
Visit: https://www.text4baby.org/ |
| Transportation Services | Medi-Cal Non-Medical Transportation Benefit:  
Medi-Cal now covers free transportation to and from a doctor’s visit, pharmacy, dental, and mental health appointments, etc.  
To arrange transportation, call the patient’s health plan at:  
- Anthem Blue Cross: (877) 931-4755  
- Care First: (877) 433-2178  
- Health Net: (800) 675-6110  
- Kaiser: (844) 299-6230  
- LA Care: (866) 529-2141  
- Molina: (844) 292-2688  
**Metro.Net**  
Visit the Metro.net website to view maps, get information about timetables and fares, plan trips and get information on traffic.  
Call 1-323-466-3876 or 1-323-GO-METRO  
Visit: www.metro.net  
Download the “Go Metro Los Angeles” app on your smartphone  
**Other Transportation Resource (if available)/Phone #:**  
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WIC Program

WIC is a health and nutrition program for women, infants, and children. WIC helps families by providing nutrition education, issuing checks for healthy supplemental foods, and making referrals to healthcare and other community services. Participants must meet income guidelines and be either pregnant women, new mothers, infants, or children under age five.

To find your local WIC office:
Call: 1-888-942-9675 or 1-888- WIC - WORKS
Visit: https://m.wic.ca.gov/Clinics/ClinicSearch.aspx or https://bit.ly/2TxJ6cN

For information about WIC:
Visit: https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx

**Local WIC/Address/Phone #:**

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