



THE LUNDQUIST  
INSTITUTE

# *Can We Help?*



**(310) 661-3080**  
**[WICforyou.org](http://WICforyou.org)**

### **Free or Low Cost Health Insurance Programs**

There are programs available to cover medical costs for families with low incomes who meet certain requirements.

**Medi-Cal/ Covered California** use the same application. All pregnant women who are eligible for WIC are also eligible for Medi-Cal. Medi-Cal will cover your prenatal care, delivery and postpartum checkup, even if you are undocumented. Call (800) 300-1506 or visit: [www.coveredca.com](http://www.coveredca.com)

### **Family PACT**

Family PACT is a program that provides no-cost family planning services to low-income men and women, including teens. To find a provider near you, call (916) 650-0414 or [www.familypact.org](http://www.familypact.org)

**C H D P (Child Health and Disability Prevention Program)** CHDP provides early and regular free health and dental checkups to children up to 19 years of age, and Medi-Cal eligible children up to 18 years of age. Children of all WIC families are eligible for CHDP services. To make a CHDP appointment, call: Your Doctor, a County Health Center, Community Health Center or call (800)993-2437 or visit <https://www.dhcs.ca.gov/services/chdp>

### **Additional Community Services**

The following Agencies provide family services and child care assistance.

**Mexican –American Opportunity Foundation** provides social services for infants through seniors. Call (323) 890-9600 or visit [www.maof.org](http://www.maof.org)

**Crystal Stairs** helps find child care services. Call (323) 299-8998 (323) 421-1028 or visit [www.crystalstairs.org](http://www.crystalstairs.org)

**Human Services Association** provides early childhood education, family services, and senior services. Call (562) 806-5400 or visit [www.hsala.org](http://www.hsala.org)

### **Mother to Baby California Pregnancy Information Helpline**

Anyone pregnant, planning a pregnancy, or breastfeeding with questions call (866) 626-6847 or visit [www.mothertobaby.org](http://www.mothertobaby.org)

**Postpartum Support International Hot Line** for support and referrals for baby blues and maternal depression call (800) 944-4773 or visit [www.postpartum.net](http://www.postpartum.net)

**SAMHSA's (Substance Abuse and Mental Health Services Administration) National Helpline:** (800) 662-4357 or [www.samhsa.gov](http://www.samhsa.gov)

### **Wesley Health Center, Mini House Inpatient Treatment**

Offers substance use disorder treatment for adults 18 years and over, through both inpatient and outpatient programs. Mini House specializes in serving pregnant & postpartum women and their children, while Solutions provides services for both women and men. Call (323) 918-2139

### CalWORKs

**(California Work Opportunity & Responsibility to Kids)** a time-limited program that provides financial assistance to eligible needy families with (or expecting) children to help pay for housing, food, utilities, clothing, medical care, and other necessary expenses visit <https://www.cdss.ca.gov/calworks> Or call (916) 654-2137

### CalFresh

The CalFresh Program formerly known as Food Stamps and Nationally known as SNAP helps low-income households meet their basic nutritional needs. For more information call (877) 847-3663 or visit [www.getcalfresh.org](http://www.getcalfresh.org)

### Department of Public Social Services (DPSS)

To apply for Medi-Cal (MC), CalWORKs (CW) Calfresh (CF) , General Relief (GR) and General Relief Opportunities for Work (GROW) at the following offices or by visiting the YourBenefitsNow! To apply online visit [www.dpss.lacounty.gov](http://www.dpss.lacounty.gov) or call (866) 613-3777

**Compton** (CW, CF, MC)  
211 E. Alondra Blvd.  
Compton, CA 90220

**South Special** (CW,GR, CF, MC,GROW)  
17600 B Santa Fe Ave.  
Rancho Dominguez, CA 90221

**Florence** (CW, CF, MC)  
1740 E. Gage Ave.  
Los Angeles, CA 90001

### Immigration Rights

The following agencies provide immigration/legal information services at low cost or free.

**The Coalition for Humane Immigrant Rights of Los Angeles (CHIRLA)**  
(888) 624-4752 or visit [www.chirla.org](http://www.chirla.org)

**LA County Office of Immigrant Affairs** (800) 593-8222 or visit [www.oia.lacounty.gov](http://www.oia.lacounty.gov)

**Protecting Immigrant Families** [www.ProtectingImmigrantFamilies.org](http://www.ProtectingImmigrantFamilies.org)

**International Institute of Los Angeles (iila)** (323) 224-3800 or [www.iilosangeles.org](http://www.iilosangeles.org)

**Legal Aid Foundation of Los Angeles (LAFLA)** (800) 399-4529 or [www.lafla.org/help/services/immigration/](http://www.lafla.org/help/services/immigration/)

**Catholic Charities-St. Margaret Center Immigration Services**  
(213)251-3400 or <http://www.catholiccharitiesla.org>

**Immigration Advocates Network** [www.immigrationadvocates.org](http://www.immigrationadvocates.org)

## **Community Health Centers**

(free and low-cost health care)

### **Central City Community HC**

5970 S. Central Ave.

Los Angeles, CA 90001

(323) 234-3280

[www.centralcityhealth.org](http://www.centralcityhealth.org)

### **Watts Health Center**

10300 Compton Ave.

Los Angeles, CA 90002

(323) 564-4331

[www.wattshealth.org](http://www.wattshealth.org)

### **Bell Gardens Family Medical**

6501 Garfield Ave.

Bell Gardens, CA 90201

(562) 928-9600

[www.fhccgla.com](http://www.fhccgla.com)

### **Compton Central Health Clinic**

201 N. Central Ave.

Compton, CA 90220

(310) 635-7123

### **St. John's Community Health**

Multiple locations

(323) 541-1411

[www.sjch.org](http://www.sjch.org)

### **South Central Family Center**

Multiple locations

(323) 908-4200

[www.scfhc.org](http://www.scfhc.org)

## **Family Resources**

### **Lundquist WIC Breastfeeding Helpline** (323) 905-1248

**Maternal and Child Health Access** assists with healthcare coverage for any aspect of pregnancy. They can help with insurance problems for Medi-Cal, MCAP/AIM, Covered California and private insurance call (844) 868-0252 or visit [www.mchaccess.org](http://www.mchaccess.org)

**LACOE Early Start Program** services infants and toddlers with vision, hearing, orthopedic and/or developmental difficulties. Call (877) 773-5543 or visit [www.prekkid.org](http://www.prekkid.org)

**Los Angeles Child Support Office** at (866) 901-3212 or visit

[www.childsupport.ca.gov](http://www.childsupport.ca.gov)

**Alta Med Youth Services** provides in-home case management and support services to young, soon-to-be or new parents. Visit [AltaMed.org](http://AltaMed.org) for more information

**Cal-Learn Program** (323) 307-0193

**Adolescent Family Program** (323) 307-0192

**COACH** mobile medical units travel to community sites and WIC Centers providing no-cost health and social services, including physical examinations, immunizations and screening tests for hearing and vision, blood lead, anemia, and child development. For more information or current calendar, please call (888) 926-2249 or [www.cedars-sinai.org/community/programs/coach-for-kids.html](http://www.cedars-sinai.org/community/programs/coach-for-kids.html)

**South Central Los Angeles Regional Center** provides community-based, no cost child development assessment and referrals to early childhood education and early intervention programs. Please call (213) 744-7000 for more information or to schedule an appointment or visit [www.sclarc.org/](http://www.sclarc.org/)

## Other Resources

### LA County & City Information Lines

**Call 2-1-1** for free information about local community services in many languages 24 hours a day, 7 days a week. Visit [www.211la.org/](http://www.211la.org/) for emergencies call 911

**Call 3-1-1** for free services to pay bills, information to enjoy the city, beautify the community and stay connected with local government.

For more information visit [www.myla311.lacity.org](http://www.myla311.lacity.org)

**California Youth Crisis Hotline 1-800-843-5200** or [www.calyouth.org](http://www.calyouth.org)  
Spanish/English — available 24 hours a day, 7days a week

**California Peer-Run Warmline** Non-crisis emotional support phone and chat line for individuals who need someone to talk to. Provided by trained counselors—available 24/7 call or text (855) 600-9276 or visit [www.mentalhealthsf.org](http://www.mentalhealthsf.org)

**BrightLife Kids** Offers private, no-cost, personalized, behavioral health support for California families with kids ages 0-12. Call (888) 275-5357 or sign up at [www.brightlife.kids/ca](http://www.brightlife.kids/ca)

**National Crisis Hotline** Call or text 988

**Poison Control Hotline** (800) 222-1222 or visit [www.calpoison.org](http://www.calpoison.org)

**Domestic Violence Hotline** call **Los Angeles County** (800) 978-3600 or the **National Hotline** (800) 799-7233 [www.thehotline.org](http://www.thehotline.org)

**LA Child Abuse Hotline** (800) 540-4000 or visit [www.dcfss.lacounty.gov](http://www.dcfss.lacounty.gov)

**National Human Trafficking Hotline** (888) 373-7888 or text: 233733, or visit <https://humantraffickinghotline.org/en>

**Los Angeles Homeless Services Authority** Resources for individuals and households experiencing homelessness or at-risk of becoming homeless. **Families** can call 211, and **Youth** can call (800) 548-6047 or visit [www.lahsa.org/get-help](http://www.lahsa.org/get-help)

**Asthma and Allergy Foundation of America** (800) 727-8462 or visit [www.aafa.org](http://www.aafa.org)

**Smokers' Helpline** (800) 300-8086 or [www.kickitca.org](http://www.kickitca.org)

**Los Angeles Regional Food Bank** provides food and other essentials to children, senior, families, and other individuals in need. To find a food distribution near you visit [www.lafoodbank.org/find-food/pantry-locator/](http://www.lafoodbank.org/find-food/pantry-locator/)

### County Health Centers

(free and low-cost health care)

#### **Los Angeles County Department of Public Health information**

For information about county health services, referrals, or complaints, call (800) 427-8700 or visit [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

#### Comprehensive Health Centers

##### **Hubert Humphrey CHC**

5850 S. Main St.  
Los Angeles, CA 90003  
(323) 897-6000  
[dhs.lacounty.gov/humphrey/](http://dhs.lacounty.gov/humphrey/)

#### Hospitals

##### **Harbor-UCLA Medical Center**

1000 W. Carson St.  
Torrance, CA 90502  
(424) 306-4000  
[dhs.lacounty.gov/harbor-ucla-medical-center/](http://dhs.lacounty.gov/harbor-ucla-medical-center/)

##### **H. Claude Hudson CHC**

2829 S. Grand Ave.  
Los Angeles, CA 90007  
(213) 699-7000  
[dhs.lacounty.gov/hudson/](http://dhs.lacounty.gov/hudson/)

##### **Los Angeles General Medical Center**

2051 Marengo St  
Los Angeles, CA 90033  
(323) 409-1000  
[dhs.lacounty.gov/lageneral/](http://dhs.lacounty.gov/lageneral/)

##### **Martin Luther King Jr.**

##### **(out patient center)**

1670 E. 120th St.  
Los Angeles, CA 90059  
(424) 338-1000  
[dhs.lacounty.gov/mlk/](http://dhs.lacounty.gov/mlk/)

#### Public Health Centers

Provide free and low-cost services to those with no insurance or regular health care provider such as immunizations, screening and treatment of tuberculosis and sexually transmitted diseases.

##### **Martin Luther King**

##### **Public Health Center**

11833 S. Wilmington Ave.  
Los Angeles, CA 90059  
(323) 568-8100

##### **Central Health Center**

241 N. Figueroa St.  
Los Angeles, CA 90012  
(213) 240-8204

### COVID-19 Resources

**County of Los Angeles-** [www.covid19.lacounty.gov](http://www.covid19.lacounty.gov)

**County of Los Angeles Public Health-** call (800) 427-8700/(833) 540-0473 or visit [www.publichealth.lacounty.gov/media/coronavirus/](http://www.publichealth.lacounty.gov/media/coronavirus/)



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