

Claris Health is a good resource <https://www.clarishealth.org/our-services/>.

For families with children under the age of 5

# CLARIS PARENTING

*Class Calendar* 

**April & May for now!**

**Mondays 10am (Via Zoom)**  
**Wednesdays 10am (Via Zoom)**  
**Fridays 10am (Via Zoom)**

*Quarantine Parenting with Niki*  
*Breakthrough Parenting with Summer*  
*Parenting en Español con Mónica*

*Would you like a one-on-one? Reach out directly!*  
**Niki:** [niki@clarishealth.org](mailto:niki@clarishealth.org)  
**Summer:** [summer@clarishealth.org](mailto:summer@clarishealth.org)  
**Monica:** [monicam@clarishealth.org](mailto:monicam@clarishealth.org)

**Contact Niki for Zoom login details!**

**Got Questions?**  
[niki@clarishealth.org](mailto:niki@clarishealth.org)  
310-820-2560

**Preguntas?**  
[Monicam@clarishealth.org](mailto:Monicam@clarishealth.org)  
323-299-9977

These are our current services until the stay-at home order lifts:

Claris Health (clinics in West and South LA) is offering essential medical services (pregnancy services for women who have not accessed care, STD and UTI testing for symptomatic patients). To book an appointment:

Call West LA (310-268-8400) Monday through Friday or South LA (323-299-9977) Monday, Wednesday, Thursday

We are also offering free online court-mandated parenting classes, therapy services on a low-cost sliding scale, and diapers, wipes, and formula by pick up appointment only (while supplies last). To access these services have clients email [Niki@clarishealth.org](mailto:Niki@clarishealth.org). I have also attached a flyer for our parenting program

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Open Paths Counseling Center

Openpaths.org ~ services available in English & Spanish

5731 W. Slauson Ave., #175, Culver City, CA 90230. (310)258.9677. [info@openpaths.org](mailto:info@openpaths.org)

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Richstone Family Center <https://www.richstonefamily.org/> may be another agency to contact. Although their focus is on child abuse, they have a program that helps assist mothers with children ages 0-5 (flyer attached).

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Mighty Little Giants provides a weekly virtual support group for NICU, pregnant and new moms:

<https://mightylittlegiants.org/>

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Westside Infant-Family Network, 3701 Stocker St., Suite 204, Los Angeles, CA 90008, (213)222.6975

<https://winla.org>

Our agency provides linkages and referrals for pregnant women, as well as parents with children 0-5. We have free mental health services to those that qualify, but we have a waitlist. We serve the following cities: West Adams, Inglewood, Lennox, Santa Monica, Venice, Mar Vista and parts of West LA.

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Cal State Long Beach  
Student Health Services  
562-985-4771

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**BLACK INFANT HEALTH**  
Long Beach Health & Human Services  
562-246-6218

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FPA Women's Health  
(107) · Women's health clinic  
Long Beach, CA  
(562) 595-5653

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**DEPRESSION AND BIPOLAR SUPPORT ALLIANCE –PASADENA** ([www.dbsapasadena.com](http://www.dbsapasadena.com))  
Pasadena CA no geographic restriction support group service/intake  
1-818-404-2359

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**POSTPARTUM SUPPORT INTERNATIONAL** ([www.postpartum.net](http://www.postpartum.net))  
6706 SW 54th Ave., Portland OR 97219  
800-944-4773 Hotline/Warm line  
503-894-9453  
503-894-9452 Fax

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**ST. ANNE'S RESIDENTIAL FACILITY** ([www.stannes.org](http://www.stannes.org))  
Maternity Home  
155 N. Occidental Blvd., Los Angeles CA 90026  
213-381-2931 Services/Intake  
213-381-2931\*273 Mental Health Services/Intake  
213-381-2931\*450 Early Learning Center

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**MISSIONARIES OF CHARITY**  
10950 California Ave., Lynwood Ca 90262  
310-635-3264 services/intake

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<https://edirectory.homevisitingla.org>  
If for any reason you have issues with navigating the above website, you can also access information on this other website – US Department of Health & Human Services – Head Start: Early Childhood Learning & Knowledge Center. It will only ask you for the clients' zip code and it will pull up a list of all the EHS programs near her zip code.  
<https://eclkc.ohs.acf.hhs.gov/center-locator>

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Snow Holland – Pregnancy Help Center – (310)787.HELP outreach@phctorrance.org

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The following website provides many resources for maternal mental health:  
<https://www.maternalmentalhealthnow.org/>

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In SA1, our admin team is providing Operation Motherhood, a free, virtual support group starting soon. We will also be providing telehealth services to pregnant and post-partum women who need it. Flyers will be coming soon.