

Choose Health LA Kids

Social and Health Services Resources for Families with Children

Lawndale, Hawthorne, Inglewood

INFORMATION HELPLINE FOR LA COUNTY: LA COUNTY 211

Telephone: Dial 2-1-1

- Online Directory: <http://www.211la.org/>
- Cost: Free
- Hours: 24 hours a day, 7 days a week
- Languages: Hearing-impaired, English, Spanish & 140 other languages interpreted
- Description: confidential referrals to services

FREE HEALTH COVERAGE PROGRAM

Healthy Way LA (ADD California Covered?)

Enroll: 1-877-333-4952

Website: www.ladhs.org/hwla

Cost: Free for those who qualify

Ages: 19-64

Requirements: uninsured LA County resident

LOW-COST DENTAL SERVICES

Private & Public Free/Low-Cost Dental Clinics:
publichealth.lacounty.gov/ohp/ppplisting.htm

UCLA School of Dentistry

- Appointments: (310) 392-4103
- Website: <https://www.dentistry.ucla.edu>
- Ages: All ages
- Languages: English
- Cost/Insurance: Fees can be as low as 50% the cost of usual and customary fees found in the private sector
- Description: Clinic meets all dental care needs
- Location: UCLA Venice Dental Center 323 S. Lincoln Blvd., Venice, CA 90291

South Bay Children's Health Center- Non Profit Organization

- Appointments: 310-973-5437
- Website: www.sbchc.com
- Ages: Children, adolescents and young adults up to age 24
- Cost/Insurance: Fee-for-Service, Denti-Cal accepted, Beach Cities Health District Participants, Free services for patients who qualify
- Location: 14722 Hawthorne Blvd., Ste.A, Lawndale, CA 90260
- Hours: Monday-Thursday 8:00am-6:00pm

Dentistry for Children: Dr. Arlene Joyner

- Phone Number: 310-219-3266
- Address: 13412 Inglewood Ave., Hawthorne, CA 90250
- Description: Oral health assessments, emergency care, children with special needs and disabilities.

FREE/LOW-COST FAMILY PLANNING

Planned Parenthood/South Bay Health Center

- Appointments: (800) 576-5544
- Website: <http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2477>
- Cost/Insurance: Free or sliding-scale
- Referral: None required
- Hours: Walk In Monday - Friday 8am - 4pm & Saturday 8am - 3 pm
- Languages: English, Spanish
- Services: Birth control, STD test, health care
- Location(s): 14623 Hawthorne Blvd. #300, Lawndale, CA 90260

Choose Health LA Kids

Los Angeles Community Care Medical Group

- Location: 11633 S. Hawthorne Blvd., Suite 103
Hawthorne, CA
- Phone Number: 310-219-2929
- Description: Free Pap smears, mammograms, pregnancy tests, & family planning

Find a family planning clinic near you:

Web: www.hhs.gov/opa/

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

PRENATAL AND PRIMARY/URGENT CARE

Find a medical or dental clinic care near you:

LA County Dept of Health Services

Clinics: www.ladhs.org/wps/portal/clinicsearch

Urgent Care: www.ladhs.org/wps/portal/urgentcare

US Health Resources & Services Administration
Federally-Qualified Health Centers (FQHCs)
findahealthcenter.hrsa.gov/Help/

Community Clinic Association of LA County
www.ccalac.org – “Find a Clinic” tab

Partners For Healthy Kids Van

- General Information: 310-514-5466
- Description: The Van provides FREE medical care for sick and injured children, physicals for children with no medical insurance, and immunizations. Parent or guardian must be present.
- Hours: Every Thursday; 8:30am-11:30am
- Location: William Anderson Elementary/Will Rogers Middle School 4110 W 154th St.
Lawndale, CA 90260
- Phone Number: 301-676-0197, 310-676-1197

Vasek Polak Health Clinic

- Appointments: 310-355-0100

- Location: 13355 Hawthorne Blvd.
Hawthorne, CA 90250
- Description: For uninsured adults, the Vasek Polak Health Clinic is an alternative option to emergency room care for non-urgent conditions
- Website:
<http://california.providence.org/torrance/services/emergency/patient-family-support/providence-low-cost-health-clinics>

Curtis Tucker Health Center

- Appointments: (310) 419-5325
- Location: 123 W Manchester Blvd,
Inglewood, CA 90301
- Hours: Mon-Fri 9:00am-5:00pm
- Curtis Tucker Local Community Resources:
<http://www.cityofhope.org/document/ccare-comm-res-inglewood>
- Hours: Mon-Fri 8:00am-7:00pm, Sat 9:00am-3:00pm
- Appointments preferred, walk-ins are welcome.

FREE/LOW-COST MENTAL HEALTH CARE

For immediate help: National Perinatal & Postpartum Depression Hotline (available 24/7) 1-800-773-6667 or 800-PPD-MOMS

Find a clinic or urgent care center: LA County ACCESS Center Helpline (available 24/7) 1-800-854-7771 <http://dmh.lacounty.gov/wps/portal/dmh>

For help finding services, call a “Navigator” from LA County Dept of Mental Health SPA 8:

- 24/7 Hotline: 1-800-854-7771
- Up to Age 15: Belen Williams (562) 435-2257
- Ages 16-25: Sylvia Wang (323) 525-6435
- Ages 26-59: Lisa Powell (562) 435-2287
- Age 60+: Lisa Powell (562) 435-2287

Choose Health LA Kids

SUBSTANCE USE TREATMENT

Tobacco Use Treatment – Smoker’s Helpline:

Free nicotine replacement patches for LA County

- English: 800-NO-BUTTS
- Spanish: 800-45-NO-FUME
- Ask for: Chinese, Vietnamese, Korean
- Web: www.californiasmokershelpline.org/
or Los Angeles County
<http://www.laquits.com/>
- Cost: Free

Drug & Alcohol Use Treatment:

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

COMMUNITY ASSISTANCE PROGRAMS

Women, Infants & Children (WIC)

- Registration: 888-942-2229
- Website: <http://www.phfewic.org>,
www.wicprograms.org
- Services: Provides breastfeeding support, nutrition education and food for children 0-5 and pregnant/breastfeeding women.
- Cost/Insurance: Free for those who qualify.

Cal-Fresh

- Website: <http://www.calfresh.ca.gov>
- To apply online: <http://www.benefitscal.org>
- Services: The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), can add to your food budget to put healthy and nutritious food on the table.
- Phone: 877-847-3663 (FOOD)

HOUSING

Dept. of Housing and Urban Development Public Housing Agency

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

Hawthorne Housing - Dept of Housing & Community Development

- Phone: (310)349-1603
- Address: 4455 West 126th Street
Hawthorne, CA 90250

Inglewood

- Phone: (310)412-5221
- Address: One Manchester Boulevard Suite 750 Inglewood, CA 90301

Public Housing Agency CA 082

- Registration: (310) 412-5221
- Website: <http://www.hud.gov/offices/pih/pha/contact/s/states/ca.cfm>
- Location(s): One Manchester Boulevard, Suite 750, Inglewood, CA 90301

FIRST 5 LA RESOURCES

Welcome Baby

- General Information: (310) 673-4660
- Website: <http://www.first5la.org/Welcome-Baby>
- Location(s):

Centinela Hospital Medical Center 555 E. Hardy Street, Inglewood, CA 90301

General Information: (310) 900-8900
St. Francis Medical Center 3630 East Imperial Highway, Lynwood, CA 90262

Choose Health LA Kids

Nutrition and Healthy Lifestyle Resources for Families with Children

Lawndale, Hawthorne, Inglewood

Women, Infants & Children (WIC)

- Registration: 888-942-2229
- Website: <http://www.phfewic.org>, www.wicprograms.org
- Services: Provides breastfeeding support, nutrition education and food for children 0-5 and pregnant/breastfeeding women.
- Cost/Insurance: Free for those who qualify.
- Location(s):

Lawndale Location

- Hours: Mon, Tue, Thur 9:15am-5:30pm, Wed 11am-7:15pm, Fri 10-5:30
- WIC Hawthorne-1562 Hawthorne Blvd. Lawndale, CA 9026

Hawthorne Location

- Hours: Mon, Tue, Thur 8:30am-5:30pm, Wed 10am-7:15pm, Fri 10-5:30
- WIC 117th St-4455 W. 117th St. Hawthorne, CA - 90250

Inglewood Location

- Hours: Monday, Tuesday, Thursday 8:30 am - 5:30 pm, Wednesday 10 am - 7:15 pm, Friday 10 am - 5:30 pm
- 100 S. Market Street, Inglewood, CA 90301

Cal-Fresh

- Website: <http://www.calfresh.ca.gov>
- To apply online: <http://www.benefitscal.org>
- Services: The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), can add to your food budget to put healthy and nutritious food on the table.
- Phone: 877-847-3663 (FOOD)

Other Nutrition Education Program

Champions For Change

- Description: The Nutrition Education Obesity Prevention Program provides free nutrition education and cooking classes in Lawndale.

- Information: 310-973-1300 ext.50053
- Website: <http://lesd-ca.schoolloop.com/championsforchange>

Social Justice Learning Institute

- communities to achieve health and educational equality.
- Website: www.sjli.org

Lawndale Elementary School District (Choose Health LA Kids)

- Description: This obesity prevention project implements community-based public education, skill-building and environmental change to promote healthier lifestyles to children ages 0-5 and their families.
- Contact: Christina (310) 973-1300 X 50161
- Website (for current classes): <http://lesd-ca.schoolloop.com/chlakids>

Farmers' Markets

Lawndale Farmer's Market

- Information: 310-679-3306
- Hours: Every Wednesday from 2pm-7pm
- Payment: Varies from vendor to vendor
- Location: Near Lawndale Civic Center 147th St. and Hawthorne Blvd.

Hawthorne Del Aire Certified Farmer's Market

- Hours: Rain or Shine. Every Saturday from 9:00am-1pm
- Payment: Cash, credit varied, WIC accepted by some farmers, no EBT/Cal fresh.
- Contact: Susan@CaliforniaProduced.com
- Location: 13500 Aviation Blvd. Hawthorne, Ca 90250
Parking Lot of the Da Vinci Charter School
Cross streets Aviation & W 135th Street

Westchester Farmers Market

- Information: (310) 582-5850
- Hours: Wednesdays 8:30 am - 1 pm

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- Payment: EBT/Cal-Fresh accepted
- Location: 7000 W. Manchester Avenue, Los Angeles, CA 90045

Community Gardens

Hawthorne Community Garden

- Website: cityofhawthorne.com
- Description: There are 24 garden plots of 10' by 25' each. The plots are leased on a first-come first-serve basis for a one year period. Each gardener is responsible for the upkeep of their own plot.
- Location: 12625 Grevillea Avenue, Hawthorne, CA

Lawndale Community Garden

- Information: Kari Conley-Bell (310) 973-3283
- Website: <http://www.lawndalecity.org/HTML/DEPTHTML/CSD/McKenzieGarden.html>
- Description: 20' X 20' garden plots, water, storage sheds, picnic area, porta potty restroom, green waste receptacle. Can lease plots for a nominal annual fee.
- Hours: Dawn to Dusk every day
- Location: 4324 W. 160th Street Lawndale, CA. 90260

Inglewood Community Garden

- Website: <http://lagardencouncil.org>
- Location: Queen Park Learning Garden 652 E. Queen Street, Inglewood, CA 90301 (In Queen Park, on E. Queen Street, between N. Prairie Avenue and S. Hillcrest Boulevard)

Farm Basket Programs

Community Services Unlimited

- Website: <http://csuinc.org>

South Central Farmers

- Website: <http://southcentralfarmers.com>

Inglewood Farm Basket Program

- Description: Through the Community Supported Agriculture (CSA), the Social Justice Learning Institute can deliver bags and boxes of produce to Inglewood residents. Residents outside of Inglewood may pick up produce when desired. The produce is between 6-9 lbs. from \$10-\$20. You may subscribe weekly, biweekly or monthly.
- Inglewood Empowerment
Across from 10500 S. Yukon Ave.
(323) 952-3466
- Inglewood, Queen Park
652 E. Queen St.
(323) 633-4118
- To apply:
<http://www.sjli.org/program/health-equity/community-supported-agriculture>

Food Bank/Service Programs

The House of Yahweh

- Location: 4046 Marine Ave, Lawndale, CA
- Telephone: 310-675-1384
- Services: Food outreach, transitional shelter and thrift shops.

Commodities Free Food Program

- Information: (310) 973-3270
- Website: <http://www.lawndalecity.org/HTML/DEPTHTML/CSD/commoditiesprogram.html>
- Services: Food is given to those who qualify through Emergency Food Assistance (EFAP) eligibility guidelines
- Hours: Every Wednesday at 10:00am until food runs out
- Cost: Free for those who qualify
- Location: At the community center 14700 Burin Avenue, Lawndale, CA 90260

Project Needs

- Information: 310-370-4319



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- Hours: Every 1st & 3rd Thursday of the month from 9:00am-11:00am
- Location: 2600 Nelson Avenue Redondo Beach, CA 90278
- There are 6 locations in Inglewood, 7 locations in Hawthorne, and 3 locations in Lawndale.

Food Pantry LAX

- Information: 310-677-5597
- Hours: Tuesday's & Friday's from 11:00am-12:30pm
- Location: 355 E. Beach St. Inglewood, CA 90302

Hope Chapel

- Information: 310-970-9023
- Location: 13560 S. Hawthorne Blvd. Hawthorne, CA

Inglewood

- Information: (310) 677-3375
- Hours: Monday - Friday 1 - 3 pm
- Location: Salvation Army Inglewood 324 E. Queen Street, Inglewood, CA 90301

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

- Information: 800-888-4848
- Cuisine: Deli
- Cost: \$
- Check the website for your nearest location.
- Website: www.subway.com; allmenus.com



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Funded by First 5 LA.



Choose Health LA Kids

Physical Activity and Healthy Lifestyle Resources for Families with Children

Lawndale, Hawthorne, Inglewood

Lawndale Community Center

- Telephone: (310) 973-3270
- Hours: Monday-Thursday 7am-8pm, Friday 7am-4pm, Saturday 10am-2pm
- Indoor Facilities: Multi-purpose room, fitness rooms, computer lab, classroom spaces
- Outdoor Facilities: Outdoor terraces
- Classes: Fitness, dance, games, infant massage and others
- Sports Leagues: Basketball Academy, Football Academy, Youth Soccer, Summer Camps
- Registration: (310) 973-3270
- Cost: varies
- Location: 14700 Burin Avenue, Lawndale, CA 90260
- Transportation: Lawndale Beat Bus
<http://www.lawndalecity.org/html/depthtml/csd/Beat.htm>

Jane Addams Park

- Telephone: (310) 970-2188
- Website:
<http://www.lawndalecity.org/html/depthtml/csd/Parks.htm>
- Hours: Monday - Friday 3-8 pm, Saturday & Sunday 10am-8pm, Holidays 10am-5pm
- Outdoor Facilities: 2 playgrounds, lighted basketball court, lighted baseball fields and snack bar, picnic facilities, 2 horseshoe pits, 1 wading pool (summer only)
- Location: Jane Addams Park 15114 Firmona Ave. Lawndale, CA 90260

Rogers / Anderson Park

- Telephone: (310) 970-2189
- Website:
<http://www.lawndalecity.org/html/depthtml/csd/Parks.htm>
- Hours: Monday - Friday 3pm-dusk, Saturday & Sunday 10am-dusk, Holidays 10am-5pm
- Outdoor Facilities: Soccer field, 400-meter running track, 2 baseball fields, 6

basketball courts, playground, picnic facilities

- Classes: Pee wee sports, summer camp activities
- Sports Leagues: Soccer
- Location: Rogers/Anderson Park 4161 W. Manhattan Beach Blvd., Lawndale, CA 90260

William Green Park

- Telephone: (310) 371-6930
- Website:
<http://www.lawndalecity.org/html/depthtml/csd/Parks.htm>
- Hours: Monday - Friday 3-8 pm, Saturday & Sunday 10am-8pm, Holidays 10am-5pm
- Indoor Facilities: 2 community rooms, Multi-use meeting room
- Outdoor Facilities: 2 playgrounds, lighted baseball field, 4 lighted basketball courts, 2 horseshoe pits
- Classes: Green Park's Homework Club, Young Rembrandts Art Program
- Sports Leagues: Lawndale Little League, Lawndale Football League
- Location: William Green Park 4558 W. 168th Street, Lawndale, CA 90260

Hopper Park

- Telephone: N/A
- Website:
<http://www.lawndalecity.org/html/depthtml/csd/Parks.htm>
- Hours: Daily 8am - dusk, Holidays 10am-5pm
- Outdoor Facilities: Playground equipment, climbing boulder, covered café tables and picnic benches, checkers/chess tables
- Walk/Jog Facilities: Winding sidewalk
- Location: Hopper Park 4418 W. 162nd Street, Lawndale, CA 90260

Choose Health LA Kids

Frank Hogan Tot Lot

- Telephone: N/A
- Website:
<http://www.lawndalecity.org/html/depthtml/csd/Parks.htm>
Hours: Daily 8am - dusk, Holidays 10am-5pm
- Outdoor Facilities: Playgrounds
- Location: Frank Hogan Tot Lot 4045 West 167th Street, Lawndale, CA 90260 (On Osage Avenue between 167th and 168th Street)

Bollinger Memorial Gym:

- Telephone: (310) 973-3275
- Hours: Monday, Wednesday, Friday 6-10pm, Tuesday, Thursday 7-10pm, Saturday, Sunday 10am-8pm, Holidays 10am-5pm
- Facilities: 1 regulation size basketball court and 2 practice courts, kitchen, conference room, meeting room, game room with pool table, foosball tables, ping pong tables
- Classes: Youth clinics, pee wee sports, summer day camp program
- Sports Leagues: Basketball
- Location: On the campus of Will Rogers Middle School 4040 West 154th Street Lawndale, CA 90260

Lawndale Community Center Gym:

- Telephone: (310) 973-3270
- Hours: Monday - Thursday 8am-7pm, Friday 8am-3pm, Saturday 10am-1pm
- Facilities: Free hand weights, cardio and strength training machines

AYSO Youth Soccer Leagues

Ages: 4-18
Description: Youth Soccer Region 21
Registration: Online
Cost: \$120

Format/Schedule: <http://www.aysoregion21.org>

Hawthorne Recreation Center

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com

- Classes:
http://www.cityofhawthorne.com/depts/publicworks/commservices/class_schedule.asp
- Location: City Hall 4455 W. 126th Street Hawthorne, CA 90250

Eucalyptus Park

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com
- Outdoor Facilities: 3 formal picnic shelters, picnic tables, BBQ grills, tot lot, wading pool, basketball courts, skatepark. Total Acres 6.2
- Walk/Jog Facilities: Walking Path is a quarter mile long
- Location: 12100 S. Inglewood Ave. Hawthorne, CA 90250

Glasgow Park

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com
- Outdoor Facilities: Picnic Tables, Par Course Equipment.
- Walk/Jog Facilities: Walking path is over ¾ of a mile long. Total Acres 4.7.
- Location: 13500 Glasgow Place. Hawthorne, CA 90250

Holly Park

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com
- Outdoor Facilities: Formal Picnic Shelter, BBQ Grills, Picnic Tables, Tot Lot, Wading Pool, Lighted Tennis Courts, 2 Baseball Fields, Horseshoes, Shuffleboard, Basketball Courts, Croquet. Total Acres 10.3
- Location: 2058 W. 120th St. Hawthorne, CA 90250

Holly Glen Park

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com
- Outdoor Facilities: BBQ Grills, Picnic Tables, Tot Lot, Wading Pool, Lighted Tennis Courts, Basketball Court. Total Acres 1.0
- Location: 5255 W. 137th St. Hawthorne, CA 90250

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Jim Thorpe Park

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com
- Outdoor Facilities: Picnic Tables, Tot Lot, Wading Pool, Basketball Courts, Handball Courts, 2 Baseball Fields, Lighted Tennis Courts. Total Acres 8.9
- Location: 14100 S. Prairie Ave. Hawthorne, CA 90250

Memorial Park

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com
- Facilities: BBQ Grills, Formal Picnic Area, Indoor Facilities, Tot Lot, Wading Pool, Lighted Tennis Courts, Basketball Courts, Boccie Courts, Par Course Equipment. Total Acres 13.5
- Location: 3943 El Segundo Blvd. Hawthorne, CA 90250

Ramona Park

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com
- Outdoor Facilities: Picnic Tables, Tot Lot, Wading Pools, Horseshoes, Shuffleboard, Basketball Courts, Croquet. Total Acres 5.7
- Location: 4662 W. 136th St. Hawthorne, CA 90250

Zela Davis Park

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com
- Outdoor Facilities: Picnic Tables and Tot Lot
- Location: 3650 W. 133rd St. Hawthorne, CA 90250

Bicentennial Park

- Information Desk: 310 349-2901
- Website: cityofhawthorne.com
- Outdoor Facilities: 2 Lighted Tennis Courts
- Location: 13110 S. Doty Ave. Hawthorne, CA 90250

Betty Ainsworth Sports Center

- Telephone: 310-349-1640
- Location: 3851 W. El Segundo Blvd. Hawthorne, CA 90250
- Family Open Play Basketball

- Cost: 1\$ for everyone 16 and over; \$0.50 for children under 15
- Hours: Weekdays 3:00pm-5:30pm, days will vary each week, so call for the week's schedule.
- Website: cityofhawthorne.com

Aquatics Program

- Telephone: 310-970-7228
- Website: cityofhawthorne.com
- Location: 12501 Inglewood Ave. Hawthorne, CA 90250 (North of El Segundo Blvd.)

Track or Tennis Courts

- Description: 2 Lighted Tennis Courts
- Lights After Dark: Lighted
- Location: Bicentennial Park 13110 S. Doty Ave. Hawthorne, CA 90250

Fairfield Family YMCA

- Telephone: 562-423-0491
- Website: <http://www.lbymca.org/>
- Hours: Mon-Thurs. 6:00am-10:00pm; Fri 6:00am-8:00pm; Sat 8:00am-3:00pm; Sun Closed
- Costs: Rates vary depending on type of membership, however financial assistance available for those who qualify
- Location: 949 Atlantic Ave. Long Beach, CA 90805

AYSO Youth Soccer Leagues

- Ages: Boys and Girls 4-18
- Registration: www.eayso.org
- Cost: \$110/per player in April, late registration May & June is \$120/per player
- Website: www.aysoregion21.org

Inglewood

Lockhaven Center

- Telephone: (310) 412-5391
- Indoor Facilities: 1 community center - 2 story building
- Outdoor Facilities: 1 playground

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Ashwood Park

- Telephone: (310) 412-5370
- Outdoor Facilities: 2 playgrounds, 2 tennis courts, 1 full basketball court, 1 volleyball court, 2 picnic areas, 1 wading pool
- Location: 201 South Ash Avenue

Center Park

- Telephone: (310) 412-5391
- Outdoor Facilities: 1 playgrounds, 1 multi-purpose playing field
- Location: 3660 West 111th Street

Centinela Adobe Park

- Telephone: (310) 649-6272
- Indoor Facilities: 1 restored Historic 1830 Centinela Adobe house, 1 museum, 1 restored Victorian Daniel Freeman office building (Buildings and grounds are open only on Wednesday and Sunday from 2 - 4 pm).
- Location: 7634 Midfield Avenue

Circle Park

- Telephone: (310) 412-5391
- Location: 8300 Fifth Avenue

Darby Park

- Telephone: (310) 412-5391
- Hours: Monday -Friday 8 am - 8 pm, Saturday, 9 am - 5 pm
- Indoor Facilities: 1 ADA-compliant Multipurpose Recreation Building of 20,900 square feet (including gymnasium/full basketball court, weight room, sauna, meeting rooms, pool room, park office, snack bar/kitchen, ADA-compliant restroom, large entry) with parking lot.
- Outdoor Facilities: 2 playgrounds, 2 tennis courts, 1 paddle tennis court, 4 half-basketball courts, 1 outdoor handball court, 2 lighted softball/football/ soccer fields, 1 wading pool, 2 picnic areas, 1 Skate park
- Location: 3400 West Arbor Vitae Street

Grevillea Park

- Telephone: (310) 412-5504
- Location: 231 South Grevillea Avenue

North Park

- Telephone: (310) 412-5370

- Outdoor Facilities: 2 playgrounds, 3 tennis courts, 1 picnic area
- Location: 625 East Hargrave Street

Queen Park

- Telephone: (310) 412-5370
- Indoor Facilities: 1 recreation office
- Outdoor Facilities: 1 playground, 1 wading pool, 1 picnic area
- Location: 652 East Queen Street

Rogers Park

- Telephone: (310) 412-5504
- Hours: Monday - Friday 8 am - 10 pm, Saturday 8 am - 5 pm
- Indoor Facilities: 1 multipurpose recreation building, 33,500 square feet, including gymnasium/basketball court with bleachers, auditorium for classes/productions, portable boxing ring, weight room, pool room, table tennis, meeting rooms, handball court, snack bar/kitchen, park office, outdoor preschool area
- Outdoor Facilities: 1 playground, 2 lighted tennis courts, 1 picnic area, 1 full basketball court, 1 lighted Little League baseball field, 1 lighted football/soccer field, 1 wading pool
- Location: 400 West Beach Avenue

Siminski Park

- Telephone: (310) 412-5504
- Indoor Facilities: 1 ADA-compliant Community Center with offices, billiards, weight training
- Outdoor Facilities: 2 playgrounds, 1 full basketball court, 2 picnic areas
- Location: 9717 Inglewood Avenue

Edward Vincent Park

- Telephone: (310) 412-5370
- Indoor Facilities: 1 Veteran's Memorial Building, 1 pool complex (Olympic size adult pool, 3-foot-deep youth training pool, toddler's wading pool, renovated bathhouse with ADA restrooms), 1 ramped community playhouse, 1 ramped multipurpose facility, 1 outdoor amphitheater, 1 park maintenance building

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- Outdoor Facilities: 5 playgrounds (East, Main picnic area, Dennis the Menace 1 & 2, Tot Lot), 8 tennis courts, 3 picnic areas, 2 full basketball courts, 2 lighted and fenced softball fields, 2 lighted and fenced football/soccer fields, 1 pool complex (1 Olympic regulation-size swimming pool, 1 training pool, 1 wading pool, ADA-compliant bathhouse)
- Location: 700 Warren Lane

Track or Tennis Courts

- Location: Ashwood Park (2), Darby Park (2), North Park (3), Rogers Park (2), Edward Vincent Park (8)

Bike Path

- Description: Bike path goes from Manhattan Beach to Marina del Rey and past airport for great views of planes
- Cost: Free
- Location: The Pier Ride starts at Manhattan Beach Pier

Walking/Hiking Trail

- Location: Dockweiler State Beach at El Segundo, CA and Baldwin Hills Scenic Overlook at Culver City

AYSO Youth Soccer Leagues

- Ages: 4 - 19
- Description: AYSO provides quality youth soccer programs where everyone builds positive character
- Registration: Online. <https://www.eayso.org>
- Cost: \$175
- Format/Schedule: 1 - 2 times per week

Choose Health LA Kids

Free/Low-Cost Resources for Pregnant/Postpartum Women

Lawndale, Hawthorne, Inglewood

BREASTFEEDING SUPPORT

Breastfeeding Resource Directory:

- Web: lists classes, consultants, etc
<http://breastfeedla.org/resources-directory>

La Leche League Helpline (available 24/7):

- Call: 1-877-4-LALECHE (1-877-452-5324)
<http://www.breastfeedinghelpline.com/>

WIC Breastfeeding Help Line:

- Telephone: (888) 278-6455
- Cost: Free
- Hours: 8:00am-6:00pm Mon-Fri; with answering machine after hours
- Languages: several bilingual paraprofessionals available who are Certified Lactation Educators
- Description: Staff trained to answer questions and triage breastfeeding problems. Additionally, participants receiving Breastfeeding Peer Counseling services have access to an "on-call" Lactation Consultant until 9:00 p.m. every night including weekends.

WIC Breastfeeding Support:

- Registration: 888-942-2229
- Website: <http://www.phfewic.org>, www.wicprograms.org
- Services: Provides breastfeeding support, nutrition education and food for children 0-5 and pregnant/breastfeeding women.
- Cost/Insurance: Free for those who qualify.
- Lawndale:
 - Hours: Mon, Tue, Thur 9:15am-5:30pm, Wed 11am-7:15pm, Fri 10-5:30
 - Location(s): WIC Hawthorne-1562 Hawthorne Blvd. Lawndale, CA 90260
- Hawthorne
 - Hours: Mon, Tue, Thur 8:30am-5:30pm, Wed 10am-7:15pm, Fri 10-5:30

- Location(s): WIC 117th St-4455 W. 117th St. Hawthorne, CA – 90250
- Inglewood
 - Hours: Monday 2 - 4 pm
 - Languages: English
 - Location(s): 100 S. Market Street, Inglewood, CA 90301

South LA Health Projects

- Phone: 323-757-7244
- Location: 2930 W. Imperial Highway, Suite 601, Inglewood, CA 90303
- Description: Breastfeeding Peer Counseling, Breastfeeding telephone helpline, breastfeeding support groups, breast pumps, and more.

Breastfeeding Classes

- Information: 310-496-4954
- Website: <http://southbaybreastfeedingsupport.com>
- Cost/Insurance: See website for details
- Referral: None required
- Location(s): 3812 Sepulveda Blvd. Suite 235, Torrance, CA 90505

Soul Food For Your Baby (Resource)

- Website: <http://www.soulfood4yourbaby.org/pdf/BreastfeedingResourceListing.pdf>

BABY FRIENDLY HOSPITALS

Harbor UCLA Medical Center

- Website: <http://www.harbor-ucla.org>
- Telephone: 310-222-2911
- Location: 1000 W. Carson Street, Torrance, CA 90509

Choose Health LA Kids

PARENT/CAREGIVER SUPPORT GROUPS

For immediate help: National Perinatal & Postpartum Depression Hotline (available 24/7) 1-800-773-6667 or 800-PPD-MOMS

FIRST 5 LA RESOURCES

Welcome Baby

- General Information: (310) 673-4660
- Website: <http://www.first5la.org/Welcome-Baby>
- Location(s):

Centinela Hospital Medical Center 555 E. Hardy Street, Inglewood, CA 90301

General Information: (310) 900-8900
St. Francis Medical Center 3630 East Imperial Highway, Lynwood, CA 90262