

**Do you have children age 5 and under? Learn how to shop, cook, and be involved in your community!**



**Parenting Workshops**

Learn parenting and nutrition skills to raise healthy, active children.

**Parent Group Meetings**

Be a part of a group of parents that can help change your community for the better.

**Grocery Store Tours**

Learn how to shop healthy for your children.

**Food Demonstrations**

Learn how to make simple, healthy and delicious recipes for your family.



Contact the agencies below to learn more...



ANTELOPE VALLEY PARTNERS FOR HEALTH  
Palmdale • Littlerock  
Lake Los Angeles  
Desertview Highlands  
**661-361-5183**



ADVENTIST HEALTH  
GLENDALE ADVENTIST MEDICAL CENTER  
Glendale • La Crescenta  
Montrose  
La Cañada/Flintridge  
**(818) 409-8000 ext. 5870**



OCCIDENTAL COLLEGE  
GLASSSELL PARK • HIGHLAND PARK  
MT. WASHINGTON • EAGLE ROCK  
GARVANZA  
**(323) 341-5094**



ST. FRANCIS MEDICAL CENTER  
Lynwood • West Compton  
Willowbrook • Paramount  
Watts  
**(310) 900-8425**



HUMAN SERVICES ASSOCIATION  
South Gate • Huntington Park  
Bell Gardens • Downey  
Cudahy • Vernon  
**(562) 806-5400 ext. 233**



TARZANA TREATMENT CENTERS  
Lancaster  
**(661) 726-2630, ext. 4226**



PASADENA PUBLIC HEALTH DEPARTMENT  
Pasadena • Altadena • Monrovia •  
El Monte • South El Monte  
North El Monte • San Gabriel  
Avocado Heights  
**(626) 788-6197**



ADAMS-NORMANDIE • ECHO PARK  
EL SERENO • ELYSIAN PARK  
BOYLE HEIGHTS  
**(626) 856-6650 ext. 206**



CHILDREN'S BUREAU  
Pico Union • University Park  
Crenshaw • Baldwin Hills  
West Adams • Jefferson Park  
Chesterfield Square  
**(213) 342-0100 ext. 1241**



LAWNDALE ELEMENTARY SCHOOL DISTRICT  
Lawndale • Hawthorne  
Inglewood  
**(310) 973-1300**



NORTHEAST VALLEY HEALTH CORPORATION  
San Fernando • Pacoima  
Sylmar • Sun Valley • Arleta  
Mission Hills  
**(818) 270-9508**



YWCA OF SAN GABRIEL VALLEY  
Azusa • Covina • West Covina  
Vincent • Valinda • Citrus  
Pomona • La Puente  
West Puente Valley • Baldwin Park  
**(626) 960-2995, ext. 139**



CHILDREN'S HOSPITAL LOS ANGELES  
Venice • Palms • Mar Vista  
Del • Monica  
Culver City  
**323-361-1649**



ALTAMED HEALTH SERVICES  
Commerce • Pico Rivera  
East Los Angeles • Bell •  
Maywood  
Montebello  
West-Whittier - Los Nietos  
**(323) 889-7858**



ROBERT F. KENNEDY INSTITUTE  
Wilmington • West Carson  
Carson • Gardena • Lomita  
Harbor Gateway • Harbor City  
**(310) 850-6095**



NORTH RIDGE HOSPITAL FOUNDATION  
Canoga Park • North Hills  
North Hollywood • Panorama City  
Van Nuys  
**(818) 718-5922**



PARA LOS NIÑOS  
DTLA/Skid Row • Westlake  
Koreatown • Chinatown  
McArthur Park  
Temple Beaudry  
**(213) 250-4800 ext. 562**



SOUTH LA HEALTH PROJECTS  
Parts of South Los Angeles  
Florence-Graham • West Athens  
Broadway-Manchester  
Westmont • East Compton  
**(323) 757-7244 ext. 233**



LAUP  
Lakewood  
Whittier • South Whittier  
La Mirada • Norwalk • Artesia  
East La Mirada  
**(213) 416-1395**



THE CHILDREN'S CLINIC  
"Serving Children & Their Families"  
Long Beach • San Pedro  
**(562) 264-2818**