

**Choose Health LA Kids  
Community Resource Guide  
Guía de Recursos para la Comunidad**

**Summer/Fall 2014  
Verano/Otoño 2014**



**Please take me I'm FREE!  
Soy Gratis!**

# Community Resource Guide Summer/Fall 2014

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Choose Health LA Kids  
Social and Health Services Resources for Families with Children  
Recursos de Servicios Sociales y Salud para Familias con Niños  
Antelope Valley

**INFORMATION HELPLINE FOR LA COUNTY: LA COUNTY 211**  
**LÍNEA DE AYUDA PARA OBTENER INFORMACIÓN SOBRE EL CONDADO DE LA: LA COUNTY 211**

**Telephone: Dial 2-1-1**

**(Available/ Disponible 24/7)**

**Cost/ Forma de Pago:** Free/ Gratis

**Languages:** Hearing-impaired, English, Spanish and 140 other languages interpreted

**Idiomas:** Personas con problemas de audición, interpretado en Inglés, Español y otros 140 idiomas

**Services:** Confidential referrals to services

**Servicios:** Referencias confidenciales a los servicios  
<http://www.211la.org/>

**FREE HEALTH COVERAGE PROGRAM**  
**PROGRAMA DE COBERTURA DE SALUD GRATIS**

**Free or Low-Cost Health Clinics in LA County**

**Languages:** Hearing-impaired, English, Spanish and other languages interpreted

**Idiomas:** Personas con problemas de audición, interpretado en Inglés, Español y otros idiomas

**Services:** List of Health Clinics for LA County

**Servicios:** Lista de las clínicas de salud en el condado de LA

<http://crescmhd.psych.ucla.edu/healthfair/HF%20Services/LinkingPeopletoServices Clinics List bySPA.pdf>

**Antelope Valley Community Clinics**

**661-942-2391 · 661-575-0099**

AVCC: 2151 E Palmdale Blvd., Palmdale, CA 93550

AVCC Urgent Care & Health/Wellness: 45104 10<sup>th</sup> St. W, Lancaster. CA 93534

AVCC: Lancaster 44216 10<sup>th</sup> St. W, Lancaster, CA 93534

AVCC Adult Day Health Care: 858 Jackman St. Ste. 101, Lancaster, CA 93534

**Cost:** Medi-Cal, HMO or low-cost services

**Forma de Pago:** Medi-Cal, HMO o servicios de bajo costo

**Services:** Urgent care, primary care, pediatric care, dental, women's health, family planning, health education, WIC exams, mobile clinics, mental health, plus more

**Servicios:** Atención de urgencia, atención primaria, atención pediátrica, dental, salud de la mujer, planificación familiar, educación para la salud, exámenes de WIC, clínicas móviles, salud mental, y más

[www.avclinic.org/newindex/](http://www.avclinic.org/newindex/)

[www.avclinic.org/newindex/index.php/dentalservices](http://www.avclinic.org/newindex/index.php/dentalservices)

**Bartz-Altadonna**

**661-874-4050**

43322 Gingham Ave. Ste. 105, Lancaster, CA 93535

**Services:** Adult & pediatric primary care, vaccines, STD test, women's health, mental health care, homeless health care, child health & disability prevention, nutritional services, plus more

**Servicios:** Atención primaria para adultos y pediatría, vacunas, prueba de ETS, salud de la mujer, atención para la salud mental, cuidado de salud para personas sin hogar, salud infantil y prevención de discapacidad, servicios de nutrición, y más

<http://www.bartz-altadonna-chc.org/>

**Healthy Way L.A. (Medi-Cal)**

**1-877-333-4952**

Ages: 19-64

**Cost:** Free for those who qualify

**Forma de Pago:** Gratis para aquellos que califiquen

**Requirements:** California resident, proof of income, and proof of citizenship

**Requisitos:** Residente de California, prueba de ingresos y prueba de ciudadanía

[www.ladhs.org/hwla](http://www.ladhs.org/hwla)

## Choose Health LA Kids

### Lake Los Angeles Community Clinic

**661-945-8488**

16921 E Ave. O Space G, Lake Los Angeles, CA 93591

**Cost:** Healthy Way LA, Medi-Cal, Medicare, LA County No-Cost/Low-Cost programs

**Forma de Pago:** Healthy Way LA, Medi-Cal, Medicare, programas del condado de LA de bajo costo/no-costo

<http://dhs.lacounty.gov/wps/portal/dhs/lakelosangeles>

### Littlerock Community Clinic

**661-945-5808 · 661-945-8205**

8201 Pearblossom Hwy., Littlerock, CA 93543

**Cost:** Healthy Way LA, Medi-Cal, Medicare, LA County No-Cost/Low-Cost programs

**Forma de Pago:** Healthy Way LA, Medi-Cal, Medicare, Programas del condado de LA de bajo costo/no-costo

<http://dhs.lacounty.gov/wps/portal/dhs/littlerock>

### South Valley Health Center

**661-272-5001**

38350 40<sup>th</sup> St. E Ste. 100, Palmdale, CA 93552

**Cost:** Healthy Way LA, Medi-Cal, Medicare, LA County No-Cost/Low-Cost programs

**Forma de Pago:** Healthy Way LA, Medi-Cal, Medicare, Programas del condado de LA de bajo costo/no-costo

<http://dhs.lacounty.gov/wps/portal/dhs/southvalley>

### LOW-COST DENTAL SERVICES SERVICIOS DENTALES DE BAJO COSTO

#### Access Dental Plan

**1-800-707-6453**

**Cost/Forma de Pago:** Medi-Cal

<http://www.accessdental.com/>

#### Antelope Valley Community Clinic-Dental Services

(See Free Health Coverage Program Category/ Ver Programa de Cobertura de Salud Gratis)

### Denti-Cal

**1-800-322-6384**

**Cost/Forma de Pago:** Medi-Cal

[www.denti-cal.ca.gov/WSI/Bene.jsp?fname=BeneTSC](http://www.denti-cal.ca.gov/WSI/Bene.jsp?fname=BeneTSC)

### High Desert Health Systems

**661-948-8205**

38350 40<sup>th</sup> St. E Ste. 100, Palmdale, CA 93552

44900 60<sup>th</sup> St. W, Lancaster, CA 93536

**Cost:** Healthy Way LA, Medi-Cal, Medicare, LA County No-Cost/Low-Cost programs

**Forma de Pago:** Healthy Way LA, Medi-Cal, Medicare, Programas del condado de LA de bajo costo/no-costo

<http://dhs.lacounty.gov/wps/portal/dhs>

### Western Dental

**661-202-3052**

510 W Rancho Vista Blvd., Palmdale, CA 93551

**Cost:** Low-cost services, financing available

**Forma de Pago:** Servicios de bajo costo, financiamiento disponible

[www.westerndental.com/en-](http://www.westerndental.com/en-US/locations/california/palmdale/palmdale/)

[US/locations/california/palmdale/palmdale/](http://www.westerndental.com/en-US/locations/california/palmdale/palmdale/)

### Private & Public Free/Low-Cost Dental Clinics:

[publichealth.lacounty.gov/ohp/ppplistings.htm](http://publichealth.lacounty.gov/ohp/ppplistings.htm)

### FREE/LOW-COST FAMILY PLANNING PLANIFICACIÓN FAMILIAR GRATIS/BAJO COSTO

#### Antelope Valley Community Clinic-Palmdale

(See Free Health Coverage Program Category/ Ver Programa de Cobertura de Salud Gratis)

#### Planned Parenthood: Antelope Valley Health Center

**1-800-576-5544**

533 E Palmdale Blvd. Ste. 533-A1, Palmdale, CA 93550

**Languages:** English, Spanish, interpretation by phone for other languages

**Idiomas:** Inglés, Español, para otros idiomas interpretación por teléfono

## Choose Health LA Kids

**Cost:** Medicaid, Medi-Cal, state-funded program, lower fee scale

**Forma de Pago:** Medicaid, Medi-Cal, programa financiado por el estado, cuota de baja escala

Monday-Friday 8:30am-4:00pm

Lunes a Viernes 8:30am-4:00pm

<http://www.plannedparenthood.org/>

### **Tarzana Treatment Centers, Inc.**

(See Substance Use Treatment Category/ Ver

Categoría de Tratamiento para el consumo de sustancias)

### **Roy Medical Group**

**661-274-1200**

1543 E Palmdale Blvd. Ste. C & F, Palmdale, CA 93550

**Cost:** Free, Low-Cost healthcare, Medi-Cal, CHDP, most forms of insurance

**Forma de Pago:** Gratis, asistencia medica de bajo costo, Medi-Cal, CHDP, la mayoría de tipos de seguros

**Services:** Infant and baby checkups, back-to-school checkups, sick visits, sports physicals, pregnancy tests, family planning, immigration physicals, plus more.

**Servicios:** Chequeos para infantil y bebé, chequeo de regreso a la escuela, visitas médicas, físicos deportivos, pruebas de embarazo, planificación familiar, físicos para inmigración, y más

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

**Find a family planning clinic near you/ Para encontrar una clínica de planificación familiar:**

[www.hhs.gov/opa/](http://www.hhs.gov/opa/)

Para Español: [www.hhs.gov/opa/espanol/index.html](http://www.hhs.gov/opa/espanol/index.html)

**PRENATAL AND PRIMARY/URGENT CARE  
ATENCIÓN PRENATAL Y PRIMARIA /  
URGENTE**

**Antelope Valley Hospital: OB Clinics-Palmdale**

**661-726-6325**

38350 40th St. Ste. 200, Palmdale, CA 93552

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

### **Antelope Valley Pregnancy Counseling Center**

**661-947-0400**

2270 E Palmdale Blvd. Ste. K, Palmdale, CA 93550

1334 E Palmdale Blvd. Ste. E, Palmdale, CA 93550

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

### **Care 1<sup>st</sup> Healthplan**

**661-273-2400**

833 Auto Center Dr. Ste. D, Palmdale, CA 93550

### **Eldorado Community Service Center**

**661-947-3333**

2720 E Palmdale Ste. 129, Palmdale, CA 93550

**Cost/ Forma de Pago:** Healthy Way LA, Medi-Cal, Medicare

### **Littlerock Community Clinic**

(See Free Health Coverage Program Category/ Ver

Categoría de Programa de Cobertura de Salud Gratuita)

### **Palmdale Primary Care Center- South Valley Urgent Care Clinic**

**661-272-5050**

38350 40<sup>th</sup> St. E Ste. 100, Palmdale, CA 93550

### **Pueblo y Salud**

**661-208-4450**

39130 3<sup>rd</sup> St. E, Palmdale, CA 93550

[www.pys.org/palmdale/](http://www.pys.org/palmdale/)

### **South Valley Health Center**

(See Free Health Coverage Program Category/ Ver Programa de Cobertura de Salud Gratis)

### **Tarzana Treatment Centers, Inc.**

(See Substance Use Treatment Category/ Ver

Categoría de Tratamiento Para Consumo de Sustancia)

## Choose Health LA Kids

**Find a medical or dental clinic care near you/ Para encontrar una clínica medica o dental cerca de usted:**

**LA County Dept of Health Services**

**Clinics:** [www.ladhs.org/wps/portal/clinicsearch](http://www.ladhs.org/wps/portal/clinicsearch)

**Urgent Care:** [www.ladhs.org/wps/portal/urgentcare](http://www.ladhs.org/wps/portal/urgentcare)

**US Health Resources & Services Administration  
Federally-Qualified Health Centers (FQHCs)**

[findahealthcenter.hrsa.gov/Help/](http://findahealthcenter.hrsa.gov/Help/)

**Community Clinic Association of LA County**

[www.ccalac.org](http://www.ccalac.org) – “Find a Clinic” tab

**FREE/LOW-COST MENTAL HEALTH CARE  
SALUD MENTAL GRATIS/BAJO COSTO**

**Antelope Valley Community Clinic**

(See Free Health Coverage Program Category/ Ver Programa de Cobertura de Salud Gratis)

**Bartz-Altadonna**

(See Free-Health Coverage Program/ Ver Programa de Cobertura de Salud Gratis)

**Children’s Bureau**

**661-949-0131**

921 W Ave. J Ste. C, Lancaster, CA 93534

**661-272-9996**

1529 E Palmdale Blvd., Palmdale, Ca 93550

<https://www.all4kids.org/home.html>

**Mental Health America**

**661-726-2850**

506 W Jackman St., Lancaster, CA 93534

[www.mhala-aves.org](http://www.mhala-aves.org)

**Optimist Youth Homes & Family Services (OYHFS)  
Outpatient PD**

**661-575-8395**

520 W Palmdale Blvd, Palmdale, CA 93551

**Languages/Idiomas:** Spanish/Español

**Cost/ Forma de Pago:** Medicaid

**Services:** Treat adults and children for depression, anxiety disorders, OCD and PTSD, bipolar disorders, schizophrenia

**Servicios:** Tratamiento de depresión para adultos y niños, trastornos de ansiedad, TOC y TEPT, trastorno bipolar y esquizofrenia

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

**Palmdale Mental Health Center**

**661-575-1800**

1529 Palmdale Blvd. Ste. 150, Palmdale, CA 93550

**Services:** Provides outpatient mental health services for adults including rehab, therapy, and psychiatry. Walk-ins welcome on Wednesdays

**Servicios:** Servicios de salud mental para pacientes adultos, incluyendo rehabilitación, terapia, y psiquiatría. Personas sin cita son bienvenidos los Miércoles

**Tarzana Treatment Centers, Inc.**

(See Substance Use Treatment Category/ Ver Categoría de Tratamiento Para Consumo de Sustancia)

**Child and Family Guidance Center**

**661-265-8627**

40005 10<sup>th</sup> St. W Ste. 106, Palmdale, CA 93551

**Cost/ Forma de Pago:** Medicaid

**Services:** Aggression replacement and multi-systemic therapy, child-parent psychotherapy, crisis oriented recovery, trauma focused cognitive behavior therapy, plus more

**Servicios:** Reemplazo de agresión y la terapia multi-sistémica, psicoterapia para padres-hijos, recuperación de crisis orientado, terapia cognitivo-conductual enfocada en el trauma, y mas

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

**Find a clinic or urgent care center/ Encuentra una clínica o centro de atención de urgencia:** LA County ACCESS Center Helpline (available 24/7)

**1-800-854-7771**

<http://dmh.lacounty.gov/wps/portal/dmh>



## Choose Health LA Kids

### **For immediate help/ Para ayuda inmediata:**

National Perinatal & Postpartum Depression Hotline  
(available 24/7)

Línea de ayuda Nacional Perinatal y depresión  
posparto (disponible 24/7)

**1-800-PPD-MOMS • 1-800-773-6667**

### **LA County Dept of Mental Health Antelope Valley:**

Up to Age 15/Hasta 15 años de edad:

Salem Redding **661-223-3816**

Ages/Edades 16-25:

Salem Redding **661-223-3816**

Ages/Edades 26-59:

Angela Coleman **661-223-3813**

Age/Edad de 60+:

Joyce Chiang **213-738-2327**

### **SUBSTANCE USE TREATMENT TRATAMIENTO PARA CONSUMO DE SUSTANCIAS**

### **Alcolicos Anonimos Quedate Con Nosotros**

**661-274-0079**

38839 20<sup>th</sup> St. E, Palmdale, CA 93551

### **Antelope Valley Council on Alcoholism**

**661-274-1062**

38345 30<sup>th</sup> St. E Ste. B-2, Palmdale, CA 93550

### **Drug & Alcohol Use Treatment**

**800-564-6600 • 661-947-3333**

Narcotic Treatment Program

2720 E Palmdale Blvd Ste. 129, Palmdale, CA 93550

**Cost/ Forma de Pago:** Federal Drug/Medi-Cal

<http://publichealth.lacounty.gov/sapc/>

### **Drug Rehab: Palmdale**

**661-220-5224**

38713 Tierra Subida Ave. Ste. 170, Palmdale, CA  
93551

[www.palmdale.alcoholdrugrehabca.com](http://www.palmdale.alcoholdrugrehabca.com)

### **Palmdale Medical & Mental Health**

**661-947-3333**

2720 E Palmdale Blvd Ste. 128-129, Palmdale, CA  
93550

[www.americanhealthservices.org/palmdale-california.html](http://www.americanhealthservices.org/palmdale-california.html)

### **South AV Emergency Services (SAVES)**

**(See Nutrition and Healthy Lifestyle Resources,**

**Food Bank/Service Program Category/ Ver**

**Nutrición y Estilo de Vida Saludable, Programa de**

**Banco de Alimentos)**

### **Tobacco Use Treatment – Smoker’s Helpline:**

*Free nicotine replacement patches for LA County/*

*Condado de Los Ángeles*

**English: 800-NO-BUTTS**

**Español: 800-45-NO-FUME**

**Languages/Idiomas:** Chinese, Vietnamese, Korean

**Cost/Forma de Pago:** Free/Gratis

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

<http://www.laquits.com/>

### **Tarzana Treatment Centers, Inc.**

Toll-free: **1-888-777-8565**

**661-729-9000**

422 W Rancho Vista Blvd. Ste. C280, Palmdale, CA  
93550

**661-726-2630**

44447 10<sup>th</sup> St. W, Lancaster, CA 93534

**661-726-2630**

44443 10<sup>th</sup> St. W, Lancaster, CA 93534

**661-723-4829**

907 W Lancaster Blvd., Lancaster, CA 93534

**Services:** Adult and teen alcohol/ drug treatment, primary care, mental health, family services, community education, HIV services, day treatments, transitional and supportive housing, plus more.

**Servicios:** Tratamiento alcohol/ drogas para Adultos y adolescentes, atención primaria, salud mental, servicios a la familia, educación de la comunidad, servicios para VIH, tratamientos de día, viviendas de transición y apoyo, y más

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

## Choose Health LA Kids

### COMMUNITY ASSISTANCE PROGRAMS PROGRAMAS DE ASISTENCIA COMUNITARIA

#### **Antelope Valley Migrant Education Program**

**661-816-4043 • 562-922-6160**

**Cost:** Must be working in Agriculture, packing, Dairy, Fishing, Livestock, or Forestry to be eligible through the Migrant Education program for children ages 3-21

**Forma de Pago:** Para ser elegible debe trabajar en agricultura, lechería, empacadora, pescador, ganadero/a, silvicultura

**Services:** Youth & parent educational support, outdoor educational experiences, supplementary dental services plus more

**Servicios:** Apoyo educacional para padres y juvenes, experiencia educativa fuera de hogar, servicios dentales suplementarios y mas

#### **Bartz-Altadonna**

(See Free-Health Coverage Program/ Ver Programa de Cobertura de Salud Gratis)

#### **Cal-Fresh**

Toll-free: **1-877-847-3663 (FOOD)**

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

#### **Tarzana Treatment Centers, Inc.**

(See Substance Use Treatment Category/ Ver Categoría de Tratamiento Para Consumo de Sustancia)

#### **Torres Martinez Tribal Tanf**

**661-466-1100 • 888-787-8263**

460 W Palmdale Blvd., Palmdale, CA 93551

**Cost:** Any member or descendant of a federally recognized tribe or the California Judgment Rolls

**Forma de Pago:** cualquier miembro o descendiente de una tribu reconocida federalmente o la California Judgment Rolls

**Services:** Monthly cash aid, career & education guidance, domestic violence counseling, cultural preservation, clothing allowance, on the job training, plus more

**Servicios:** Ayuda mensual en efectivo, orientación de Carrera y educación, Apoyo de violencia doméstica, preservación cultural, dinero para ropa, entrenamiento de trabajo, y mas  
<http://www.torresmartinez.org/>

#### **Women, Infants & Children (WIC)**

**661-726-6300 • 661-949-5805**

701 W Ave K Ste. 104, Lancaster, CA 93534

37926 47<sup>th</sup> St. E, Palmdale, CA 93552

2247 E Palmdale Blvd., Palmdale, CA 93550

<http://www.womaninfantchildrenoffice.com/antelope-valley-lancaster-wic-clinic499>

8:00am – 4:00pm

**Walk-ins/Sin-cita:** 8:00am-11:00am; 1:00pm-4:00pm  
(3hour wait/Espera de 3 horas)

**Cost:** Free for those who qualify (income guidelines)

**Forma de Pago:** Gratis para aquellos que califiquen (guía de ingresos)

**Services:** Provides breastfeeding support, nutrition education and food for children 0-5 and pregnant/breastfeeding women.

**Servicios:** Ofrece apoyo de lactancia materna, educación sobre la nutrición y alimentos para niños de 0 a 5 y mujeres embarazadas/o que amamanten.

<http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx>

### HOUSING VIVIENDA

**Emergency Grant, Mobile Home Rehabilitation Loan, Neighborhood Improvement, and Single Family Rehabilitation Loan Programs**  
**Donación de Emergencia, Préstamo para Rehabilitación de Casa Móvil, Mejoramiento de Vecindario, y Programas de Prestamos para Rehabilitación para Familia Individual**

**661-267-5126 x 1**

38300 Sierra Hwy, Palmdale, CA 93550



# Choose Health LA Kids

## Handyworker Program

**661-942-4719**

Antelope Valley Partners for Health: 45104 10<sup>th</sup> St. W,  
Lancaster, CA 93534

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

**Services:** Free minor home repairs to homeowners in  
unincorporated areas

**Servicios:** Reparaciones menores y gratis a viviendas  
de propietarios en áreas no incorporadas

## Housing Authority

**661-575-1511**

2323 E Palmdale Blvd., Palmdale, CA 93550

## LowIncomeHousing.us

<http://www.lowincomehousing.us/CA/lancaster.html>

## FIRST 5 LA RESOURCES RECURSOS DE FIRST 5 LA

### Best Start

**213-482-7800 • 213-482-7515** (Palmdale)

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

### Choose Health LA Child Care (formally known as LA ROCCS)

**661-789-1200**

Child Care Resource Center: 250 Grand Cypress Ave.,  
Palmdale, CA 93551

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

### Welcome Baby

**213-482-5903 • 661-942-4719**

Website lists classes, consultants, plus more/ Sitio  
web lista las clases, consultores, y más

<http://www.first5la.org/Welcome-Baby>

Antelope Valley Partners for Health: 45104 10<sup>th</sup> St. W,  
Lancaster, CA 93534

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

Choose Health LA Kids  
Nutrition and Healthy Lifestyle Resources for Families with Children  
Recursos de Nutrición y Estilo de Vida Saludable para Familias con Niños  
Antelope Valley

**Cal-Fresh**

**1-877-847-3663 (FOOD)**

**866-613-3777**

349-B E Ave. K-6, Lancaster, CA 93535

**Services:** Temporary financial assistance and employment services, free and low-cost health care insurance for families with children, pregnant women and aged/blind/disabled adults; in-home services for elderly and disabled individuals and financial assistance and advocacy for federal disability benefits for disabled individuals.

**Servicios:** Asistencia financiera temporal y servicios de empleo, seguro de salud gratis y de bajo costo para las familias con niños, mujeres embarazadas y adultos de edad/ciegos/discapacitados; servicios en casa para personas mayores y discapacitadas y asistencia financiera y apoyo federal para beneficios por incapacidad para personas con discapacidad.

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

**Cal-Works: Desert Winds Church**

**661-266-3400**

2121 E Palmdale Blvd. Palm Knolls Plaza, Palmdale CA 93550

Thursday/ Jueves 6:00pm-7:00pm

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

**Women, Infants & Children (WIC)**

(See Social and Health Resources, Community Assistance Program Category/Vea Recursos Sociales y de Salud, Programa de Asistencia Comunitaria Categoría)

**FARMERS' MARKET  
MERCADO DE GRANJEROS**

**Antelope Valley Winery Farmers' Market**

**661-722-0145**

42041 20<sup>th</sup> St. W, Lancaster/Palmdale, CA 93534

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

Saturday/ Sábado 9:00am-12:00pm

**Cost/ Forma de Pago:** Cash/ Efectivo

**The Blvd Farmers' Market**

**818-591-8161**

March –October, Thursdays, 4:00pm-9:00pm

–Octubre, Jueves, 4:00pm-9:00pm Lancaster Blvd.

November –March, Thursdays, 2:00pm-6:00pm on Ehrlich Ave.

Noviembre –Marzo, Jueves, 2:00pm-6:00pm on Ehrlich Ave.

Payment/ Forma de Pago: Cash/ Efectivo

**Littlerock Farmers' Mart**

**661-944-1364**

8202 Pearblossom Hwy, Littlerock, CA 93543

**Tenerelli Orchards**

**661-944-3913**

35745 82<sup>nd</sup> St. E, Littlerock, CA 93543

**Whalleys Orchard Farmers' Market**

**661-480-6454**

36275 87<sup>th</sup> St. E, Littlerock, CA 93543

Saturday/ Sábado 8:00am-5:00pm

Sunday/ Domingo 8:00am-4:00pm

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

**Yingst Ranch**

**661-944-2425**

35346 80<sup>th</sup> St. E, Littlerock, CA 93543

**Holland Ranch Farmers' Market**

**661-618-4095**

41346 27<sup>th</sup> St. W, Palmdale, CA 93551

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

[Cheri.Holland@yahoo.com](mailto:Cheri.Holland@yahoo.com)

**COMMUNITY GARDENS  
JARDIN DE LA COMUNIDAD**

**Christ's Church of the Valley**

2714 E Ave. R, Palmdale, CA 93550

## Choose Health LA Kids

### Little Green Fingers

213-797-6557

2105 E Ave. J-8, Lancaster, CA 93535

<http://www.cityoflancasterca.org/index.aspx?page=1779>

### Mariposa Garden

661-942-4719

45534 Gadsden Ave., Lancaster, CA 93534

### Trend Garden

661-942-4719

43057 39<sup>th</sup> St. W, Lancaster, CA 93536

### Yucca Neighborhood House

661-267-5181

503 E Ave. Q-3, Palmdale, CA 93550

### FARM BASKET PROGRAMS PROGRAMAS DE CANASTA DE LAS GRANJAS

#### Abundant Harvest Organics

559-355-8856

3406 Monticello Ave., Simi Valley, CA 93063

American Heroes Park

701 W Kettering Ave., Lancaster, CA 93534

Tuesday/ Martes 10:00am-10:30am

Cornerstone Church of Littlerock

8533 E Ave. T, Littlerock, CA 93543

Saturday/ Sábado 10:30am-11:00am

Our Savior's Lutheran Church

1821 W Lancaster Blvd., Lancaster, CA 93534

Saturday/ Sábado 9:00am-10:15am

Palmdale United Methodist Church

39055 10<sup>th</sup> St. W, Palmdale, CA 93551

Saturday/ Sábado 11:00am-11:45am

Rancho Vista Elementary Fundraiser

40641 Peonza Ln., Palmdale, CA 93551

Tuesday/ Martes 8:45am-9:15am

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

### Home Deliveries (Abundant Harvest)

Lancaster, CA 93534 & Palmdale, CA 93552

Tuesday/ Martes 9:00am-5:00pm

[ahorganicskj@reagan.com](mailto:ahorganicskj@reagan.com)

### FOOD BANK/SERVICE PROGRAM PROGRAMA DE BANCO DE ALIMENTOS/SERVICIOS

#### Cornerstone Church of Littlerock

661-480-0878

8533 E Ave T, Littlerock, CA 93543

Tuesday/ Martes 6:00pm- 7:00pm

#### Grace's Palmdale Soup Kitchen

661-940-5272

38117 E 13<sup>th</sup> St., Palmdale, CA 93550

Tuesday/ Thursday 6:00pm-7:00pm

Martes/ Jueves 6:00pm-7:00pm

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

#### Courson Park

661-273-6100

Every 2<sup>nd</sup> Saturday 11:00am-2:00pm

Cada segundo Sábado 11:00am-2:00pm

#### Palmdale 7<sup>th</sup> Day Adventist Church Community Services

661-947-8496

1758 E Ave. R, Palmdale, CA 93550

Every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday 10:00am-12:00pm

Cada primer y tercer Miércoles 10:00am-12:00pm

<http://www.adventist.org>

#### South AV Emergency Services (SAVES)

661-267-5167 • 661-267-5191

1002 E Ave. Q-12, Palmdale, CA 93550

**Cost:** For those who qualify (federal program guidelines)

**Forma de Pago:** Para aquellos que califiquen (criterios del programa federal)

**Services:** Food, motel vouchers, senior food program, back to school supplies, birthday cake and gift, holiday food baskets

**Servicios:** Comida, vales del motel, programa de alimentación mayor, atrás a provisiones escolares,

## Choose Health LA Kids

torta de cumpleaños y regalo, canastas de alimentos  
Food/ Comida 8:00am-3:00pm  
Bread & Bakery/ Panadería 3:30pm-5:00pm  
Bus Passes/ Pases de autobús 8:00am-12:00pm  
<http://www.cityofpalmdale.org/Residents/SAVES>

### Grace Resource Center

**661-940-5272**

45134 N Sierra Hwy, Lancaster, CA 93534

**Services:** Emergency Grocery Program

Tuesday/Thursday 10:00am-1:00 pm

Wednesday 10:00am (Español)

**Services:** Hot family-style meals

Sunday 1:30pm – 2:30pm

Tuesday at Desert Winds Community Church

6:00pm–7:00 pm

Wednesday 5:30pm – 6:30 pm

Friday 6:00pm – 7:00pm

**Servicios:** Programa de comida de emergencia

Martes/Jueves 10:00am-1:00pm

Miércoles 10:00am (español)

**Servicios:** Comidas calientes al estilo familiar

Domingo 1:30pm – 2:30 pm

Martes en la iglesia Desert Winds 6:00pm – 7:00pm

Miércoles 5:30pm – 6:30pm

Viernes 6:00pm – 7:00pm

### St. Vincent de Paul Lancaster

**661-942-3222**

45058 Trevor Ave. Ste. B, Lancaster, CA 93534

**Services:** haircuts, hot meal service

Monday, Wednesday, Thursday, Saturday 9:00am-12:00pm

Hot meals served 9:00am

Haircuts Mondays 9:00am-12:00pm

**Servicios:** Cortes de pelo, servicio de comida caliente

Lunes, Miércoles, Jueves, Sábado 9:00am-12:00pm

Comidas calientes se sirven a las 9:00am

Corte de pelo Lunes 9:00am-12:00pm

### United Methodist Church

**661-942-0419**

918 W Ave. J, Lancaster, CA 93534

**Services:** Hot meal service

Monday and Thursday 12:00pm-1:00pm

**Servicios:** Comidas calientes

Lunes y Jueves 12:00pm-1:00pm

### CHOOSE HEALTH LA RESTAURANTS CHOOSE HEALTH LA RESTAURANTES

**To locate Choose Health LA Restaurants in your community please visit:**

**Para localizar Restaurantes de Choose Health LA en su comunidad por favor visite:**

<http://www.choosehealthla.com/eat-healthy/restaurants/>

*Price range is approximate cost per person for a meal including one drink, tax, and tip*

*Rango de precios es coste aproximado por persona para una comida con una bebida, impuestos, y en la propina*

\$ Under \$10/debajo de \$10

\$\$ \$11 - \$30

\$\$\$ \$31 - \$60

\$\$\$\$ Above \$61/ por encima de \$10

### Subway (\$)

661-940-1881

2015 W Ave. J, Lancaster, CA 93536

661-949-0424

1210 W Ave. K, Lancaster, CA 93534

661-723-3770

44764 Valley Central Way, Lancaster, CA 93536

661-729-5564

3041 W Ave. K, Lancaster, CA 93536

661-729-5564

1821 W Ave. I Ste. 103, Lancaster, CA 93535

661-723-7821

1019 W Ave. L Ste. 105, Lancaster, CA 93534

661-943-1440

2795 W Ave L, Lancaster, CA 93536

661-949-3777

805 E Ave. K, Lancaster, CA 93535

661-723-2252

42011 Sierra Hwy., Lancaster, CA 93535

661-940-5136

1766 E Ave. J, Lancaster, CA 93535

## Choose Health LA Kids

### **Subway (\$) continued**

661-949-8567

1042 E Ave. J, Lancaster, CA 93535

661-718-34444

5037 W Ave. N Unit 9, Lancaster, CA 93536

661-273-2990

412 W Rancho Vista Blvd, Palmdale, CA 93551

661-273-0753

3011 Rancho Vista Blvd. Ste. H, Palmdale, CA 93551

661-285-2315

38050 47<sup>th</sup> St. E Ste. A1, Palmdale, CA 93552

661-533-0300

4621 E Ave S D-102, Palmdale, CA 93552

661-267-6184

3850 E Ave S, Palmdale, CA 93550

661-267-2032

2321 E Ave S #E1, Palmdale, CA 93550

661-274-1355

1823 E Palmdale Blvd #A, Palmdale, CA 93550

661-575-0148

38709 Tierra Subsidia Ave #300, Palmdale, CA 93551

661-947-1410

509 E Palmdale Blvd, Palmdale, CA 93550

661-265-0955

39904 10<sup>th</sup> St. W, Palmdale, CA 93551

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

Choose Health LA Kids  
Free/Low-Cost Resources for Pregnant/Postpartum Women  
Recursos Gratis o de Bajo Costo para Mujeres Embarazadas, Posparto  
Antelope Valley

**BREASTFEEDING SUPPORT**  
**APOYO DE LA LACTANCIA MATERNA**

**Breastfeeding Resource Directory**

Website lists classes, consultants, plus more  
Sitio web listas de clases, consultantes, y más  
<http://breastfeedla.org/resource-directory/>

**Lactation Consultants**

**661- 916-1290**

Dawn Bower, IBCLC

**661-726-6309**

Elizabeth Miramontes, IBCLC

**661-942-4719**

Jodi Rosen, CLC

Antelope Valley Partners for Health Lactation Center

**La Leche League Helpline**

**1-877-4-LALECHE (1-877-452-5324)**

**(Available/ Disponible 24/7)**

<http://www.breastfeedinghelpline.com/>

**La Leche League of the A.V**

**661-524-MILK**

**Services:** Group and private breastfeeding support, encouragement, information, and education.

**Servicios:** Apoyo de la lactancia materna en grupo y privado, animo, información y educación

**WIC Breastfeeding Help Line**

**888-942-9675 (Helpline/ Disponible 24/7)**

**WIC Breastfeeding Support**

**(See Social and Health Resources, Community Assistance Program Category/ Veá Recursos Sociales y de Salud, Categoría de Programa de Asistencia Comunitaria)**

**Breastfeeding Clinic/Classes**

**Antelope Valley Hospital/Women and Infant Pavilion**

**661-726-6210**

1600 W Ave. J, Lancaster, CA 93534

**Services:** Delivery and recovery, NICU, family centered care, couplet care

**Servicios:** Parto y recuperación, NICU, cuidado centrado en la familia, cuidado couplet

**Family Resource Center (Women and Infant Pavilion)**

**661-726-6210**

**Classes:** Breastfeeding support for the expectant parent, childbirth education series, Lamaze childbirth class, sibling class, welcome home baby

**Clases:** Apoyo de lactancia para la futura madre, una serie de educacional sobre el parto, clase de parto Lamaze, clase de hermanos, bienvenido a casa bebé

**Cost/ Forma de Pago:** \$20 per couple/por pareja  
[www.avhospital.org](http://www.avhospital.org)

**Kaiser Health Education**

**661-533-7600**

4502 E Ave. S, Palmdale, CA 93550

**Cost:** Free for those who are Kaiser clients

**Forma de Pago:** Gratis para aquellos que son clientes de Kaiser

**Service:** Pregnant/breastfeeding classes

**Servicio:** Clases de embarazo/lactancia  
[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

**BABY FRIENDLY HOSPITALS**  
**HOSPITALES BEBE AMISTOSOS**

**Antelope Valley Hospital, In Progress**

**(See Breastfeeding Support Category/ Ver Apoyo a la Lactancia Materna Categoría)**

Website lists hospitals, consultants, plus more  
El sitio web lista las clases, consultores y mas  
<https://www.babyfriendlyusa.org/find-facilities>



## Choose Health LA Kids

### PARENT/CAREGIVER SUPPORT GROUPS GRUPOS DE APOYO PARA PADRES/PROVEDOR DE CUIDADO

#### **For Immediate Help:**

**National Perinatal & Postpartum Depression  
Hotline (Available 24/7)**

**Linea de Ayuda Nacional Perinatal y Depresión  
Posparto (Disponible 24/7)**

**800-PPD-MOMS • 1-800-773-6667**

#### **MOMs Club of Palmdale**

**661-450-8041**

<http://meetup.com/MOMS-CLUB-of-Palmdale>

#### **MOMs Club of Lancaster**

**800-384-9393**

[www.momsclub.av.org/lancaster/](http://www.momsclub.av.org/lancaster/)

#### **Active Moms & Tots Group**

**661-942-9675**

<http://meetup.com/ActiveMomsNTots>

### FIRST 5 LA RESOURCES RECURSOS DE FIRST 5 LA

#### **Welcome Baby**

**(See Social and Health Services Resources, First 5  
LA Resource Category/ Vea Recursos Sociales y de  
Salud, Recursos De First 5 La)**

# Choose Health LA Kids

## Physical Activity and Healthy Lifestyle Resources for Families with Children Recursos de Actividad Física y Estilo de Vida Saludable para Familias con Niños City of Lancaster

		Barbecues	Basketball Court	Child Play Area	Community Room	Kitchen Facility	Picnic Tables	Picnic Pavilion	Pool	Recreation Center	Restrooms	Skatepark	Soccer Fields	Soft/baseball Fields	Playfields	Tennis Court	Volleyball Court (s)	Walk/Jog Path	Bike Path	Age 0-5 class/program
America Heroes Park	1	✓	✓							✓			✓	✓			✓			
Antelope Valley High School	2											✓			✓		✓			✓
AYSO Youth Soccer	3											✓								
Boys & Girls Club	4	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓						
D. Pierre Blaine Park Eastside Pool	5	✓	✓	✓		✓	✓	✓		✓		✓	✓	✓		✓	✓			
El Dorado Park	6	✓	✓	✓	✓	✓	✓			✓			✓	✓	✓		✓			
Forrest E. Hull Park	7					✓				✓				✓			✓			
Jane Reynolds Park Webber Pool	8	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓			
Lancaster City Park	9	✓	✓	✓	✓	✓	✓			✓			✓	✓	✓	✓	✓			
Lancaster National Soccer Center	10		✓	✓						✓		✓		✓						
Maintenance Yard	11			✓	✓					✓										
Mariposa Park	12	✓	✓			✓	✓			✓		✓					✓			
Prime Desert Woodland Preserve	13									✓							✓			
Rawley Duntley Park	14	✓	✓	✓		✓	✓			✓			✓	✓		✓	✓			
Skytower Park	15	✓	✓	✓		✓	✓			✓			✓				✓			
Sierra Highway Bike Path	16																		✓	
Tierra Bonita Park	17	✓	✓	✓		✓				✓			✓	✓			✓			
Western Hotel	18			✓						✓										
Whit Carter Park	19		✓							✓										
YMCA	20	✓	✓	✓				✓	✓	✓		✓	✓	✓	✓	✓	✓			
24hour Fitness	21	✓	✓					✓		✓										

## Choose Health LA Kids

### 1. American Heroes Park

701 W Kettering Ave.  
Lancaster, CA  
661-723-6077

### 2. Antelope Valley High School

44900 Division St.  
Lancaster, CA  
661-267-5611

### 3. AYSO Youth Soccer

4557 W Ave. L14  
Quartz Hill, CA  
661-943-7008

### 4. Boys & Girls Club

45404 Division St.  
Lancaster, CA  
661-951-1400

### 5. D. Pierre Blaine Park

45045 5<sup>th</sup> St. E  
Lancaster, CA  
661-723-5894

### 6. El Dorado Park

44501 5<sup>th</sup> St. E  
Lancaster, CA  
661-945-6063

### 7. Forrest E. Hull Park

2850 W Ave. L12  
Lancaster, CA  
661-723-6053

### 8. Jane Reynolds Park

716 W Oldfield St.  
Lancaster, CA  
661-723-6285

### 9. Lancaster City Park

43011 10<sup>th</sup> St. W  
Lancaster, CA  
661-723-6276

### 10. Lancaster Center

43000 30<sup>th</sup> St. E  
Lancaster, CA  
661-723-6089

### 11. Maintenance Yard

615 W Ave. H  
Lancaster, CA  
661-723-6211

### 12. Mariposa Park

45755 Fig Ave.  
Lancaster, CA  
661-723-6265

### 13. Prime Desert

43201 35<sup>th</sup> St. W  
Lancaster, CA  
661-723-6230

### 14. Rawley Duntley Park

3334 W Ave. K  
Lancaster, CA  
661-723-6295

### 15. Skytower Park

43434 N Vineyard  
Lancaster, CA  
661-946-1987

### 16. Sierra Highway Bike Path

Sierra Hwy & E Ave. J  
Lancaster, CA

### 17. Tierra Bonita Park

44820 27<sup>th</sup> St. E  
Lancaster, CA  
661-946-3038

### 18. Western Hotel

557 W Lancaster Blvd  
Lancaster, CA  
661-723-6250

### 19. Whit Carter Park

45635 Sierra Hwy  
Lancaster, CA  
661-723-6077

### 20. YMCA

43001 10<sup>th</sup> St. W  
Lancaster, CA  
661-723-9622

### 21. 24hour Fitness

1220 W Ave. K  
Lancaster, CA  
661-206-3045

# Choose Health LA Kids

## Physical Activity and Healthy Lifestyle Resources for Families with Children

## Recursos de Actividad Física y Estilo de Vida Saludable para Familias con Niños

# City of Palmdale

		Barbecues	Basketball Court	Child Play Area	Community Room	Kitchen Facility	Picnic Tables	Picnic Pavilion	Pool	Recreation Center	Restrooms	Skatepark	Soccer Fields	Soft/baseball Fields	Playfields	Tennis Court	Volleyball Court (s)	Walk/Jog Path	Bike Path	Age 0-5 class/program
Anaverde Park	1	✓	✓			✓				✓			✓				✓			
Arnie Quinones Park	2											✓	✓							
AYSO Youth Soccer	3											✓								
Barrel Spring Trail	4																		✓	
Best of the West Complex	19									✓			✓							
Boys & Girls Club	5	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓						
Chimbole Cultural Center	6			✓	✓					✓										
Courson Park	7	✓	✓	✓	✓	✓	✓			✓			✓							
Desert Sands Park	8	✓	✓	✓	✓	✓	✓			✓		✓	✓	✓	✓	✓	✓	✓		✓
Domenic Massari Park	9		✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓			
DryTown Water Park	21					✓				✓										
Foothill Park	10	✓	✓			✓				✓		✓	✓				✓			
Hammack Activity Center	11		✓	✓						✓										✓
In-Shape Gym	12		✓					✓		✓										
Little League American Indian	13									✓			✓							
Joshua Hills Park	14		✓			✓				✓			✓							
Joshua Ranch Trail	15																		✓	
Legacy Commons	16			✓	✓					✓										✓
Manzanita Park	17	✓	✓				✓			✓			✓							
Marie Kerr Park	18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
McAdam Park	19	✓	✓			✓		✓		✓		✓	✓	✓	✓	✓	✓			✓
Palmdale Oasis Park	20		✓	✓	✓			✓	✓	✓		✓	✓			✓				✓
Palmdale Playhouse	7			✓						✓			✓							✓
Pelona Vista Park	21					✓				✓		✓					✓			

Asadores  
 Cancha de Baloncesto  
 Zona de juegos infantil  
 Salón Comunitario  
 Instalación de Cocina  
 Mesas de Picnic  
 Mesas de Picnic  
 Piscina  
 Centro de recreación  
 Baños  
 Parque del patín  
 Campos de fútbol  
 Campos de softball/béisbol  
 Campos de juego  
 Cancha de tenis  
 Cancha de voleibol  
 Ruta de caminar/correr  
 Ruta de bicicleta  
 Edad 0-5 clase/programa

## Choose Health LA Kids

- 1. Anaverde Park**  
2829 Greenbrier St.  
Palmdale, CA  
661-267-5611
- 2. Arine Quinones Park**  
41003 50<sup>th</sup> St. West  
Palmdale, CA  
661-267-5611
- 3. AYSO Youth Soccer**  
aysopalmdale.org  
626-568-4779
- 4. Barrel Spring Trail**  
Sierra Hwy & Barrel Spring Rd  
Palmdale, CA  
626-267-5611
- 5. Boys & Girls Club**  
815 E Ave. Q6  
Palmdale, CA  
661-274-2583
- 6. Chimbole Cultural Center**  
38350 Sierra Hwy  
Palmdale, CA  
661-267-5656
- 7. Courson Park  
(Palmdale Playhouse)**  
38226 10<sup>th</sup> St. E  
Palmdale, CA  
661-267-5611
- 8. Desert Sands Park**  
39117 3<sup>rd</sup> St. E  
Palmdale, CA  
661-267-5611
- 9. Domenic Massari Park**  
37716 55<sup>th</sup> St. E  
Palmdale, CA  
661-267-5611
- 10. Foothill Park**  
2525 The Grove  
Palmdale, CA  
661-267-5611
- 11. Hammock Activity  
Center**  
815 E Ave. Q-6  
Palmdale, CA  
661-267-5611
- 12. In-Shape Gym**  
39331 10<sup>th</sup> St. W  
Palmdale, CA  
661-794-4050
- 13. Little League American  
Indian Baseball**  
39140 Division St.  
Palmdale, CA  
661-273-7176
- 14. Joshua Hills Park**  
Fairfield & Via del Rio  
Palmdale, CA  
661-267-5611
- 15. Joshua Ranch Trail**  
West of Highland High  
(Ave. O-12)  
Palmdale, CA  
661-267-5611
- 16. Legacy Commons**  
930 E Ave. Q-9  
Palmdale, CA  
661-267-5904
- 17. Manzanita Park**  
431-Meas Verde St.  
Palmdale, CA  
661-267-5611
- 18. Marie Kerr Park  
(Best Of West Complex)  
(Recreation Center)  
(Palmdale Amphitheater)**  
2723 Rancho Vista Blvd.  
Palmdale, CA  
(661)267-5611
- 19. McAdam Park**  
38115 30<sup>th</sup> St. E  
Palmdale, CA  
661-267-5611
- 20. Palmdale Oasis Park  
(Recreation Center)  
(DryTown Water Park)**  
3850 E Ave. S  
Palmdale, CA  
661-267-5611
- 21. Pelona Vista Park**  
37800 Tierra Subida Ave.  
Palmdale, Ca  
661-267-5611

## Choose Health LA Kids

# Physical Activity and Healthy Lifestyle Resources for Families with Children Recursos de Actividad Física y un Estilo de Vida Saludable para Familias con Niños Cities of Littlerock- Sun Village – Lake Los Angeles

	Barbecues	Basketball Court	Child Play Area	Community Room	Kitchen Facility	Picnic Tables	Picnic Pavilion	Pool	Recreation Center	Restrooms	Skate-park	Gymnasium	Soft/baseball Fields	Playfields	Horseshoe Pit	Hitch Post	Walk/Jog Path	Tot Park Site	Age 0-5 class/program
Cooper Canyon 1																	✓		
Devil's Chair Trail 2					✓	✓			✓								✓		
Everett Martin Park 3	✓	✓	✓	✓	✓	✓	✓		✓		✓		✓		✓				✓
Jackie Robinson Park 4		✓	✓	✓	✓	✓					✓	✓		✓				✓	✓
Stephen Sorensen Park 5	✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓			✓			✓

### Littlerock - Sun Village

#### 1. Cooper Canyon

Angeles Crest Highway to Buckhorn Campground, about 8 miles past Chilao.  
 Hours: Sunrise to Sunset

#### 2. Devil's Chair Trail

South on Longview Road, Follow the signs to the trail 7 miles ahead.  
 Hours: Sunrise to Sunset

#### 3. Everett Martin Park

35548 N 92<sup>nd</sup> St. E  
 Littlerock, CA  
 661-944-2880

#### 4. Jackie Robinson Park

8773 E Ave. R  
 Littlerock, CA  
 661-944-2880

### Lake Los Angeles

#### 5. Stephen Sorensen Park

1698 E Ave. P  
 Lake Los Angeles, CA  
 661-264-1249