

COMMUNITY RESOURCE GUIDE

for Families/Caregivers of Children Ages 0-5



Serving the communities of:

Desert View Highlands

Lake Los Angeles

Lancaster

Little Rock

Palmdale

INTRODUCTION

Choose Health LA Kids is a partnership between the Los Angeles County Department of Public Health and 20 funded agencies throughout LA County working towards reducing childhood obesity among children ages 0-5. Funded by First 5 LA, Choose Health LA Kids' funded agencies are engaging the community through a variety of activities including grocery store tours, food demonstrations, parent education, and linking community resources to families with children ages 0-5.

WHAT YOU WILL FIND

The Community Resource Guide for Families/Caregivers of Children Ages 0-5 is a comprehensive publication focusing on Los Angeles County. The Guide is divided into five sections:

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- Nutrition and Healthy Lifestyle Resources
- Physical Activity Resources
- Free/Low-Cost Resources for Pregnant/Post-Partum Women
- Social and Health Services Resources

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Prenatal and Primary/Urgent Care	Choose Health LA Child Care



Funded by First 5 LA.

First 5 LA Resources



FIRST 5 LA RESOURCES

PERINATAL AND PARENT SUPPORT

Welcome Baby

Information: 213-482-5903; 661-942-4719
Website: www.first5la.org/Welcome-Baby
Location: Antelope Valley Partners for Health
44226 10th St. W, Lancaster, CA 93534
Description: Voluntary hospital and home based intervention for pregnant and postpartum women.

Parent Child Interaction Therapy (PCIT)

Hathaway-Sycamores
Information: 661-942-5749
Website: www.hathaway-sycamores.org/
Hours: M-F 8:30am - 5:00pm
Location: 44738 Sierra Highway, Lancaster, CA 93534

Masada Homes
Information: 661-726-5500
Website: www.masadahomes.org/foundationforyouth/
Hours: 8:30am - 5:30pm
Location: 314 E Ave. K4 Suite 104, Lancaster, CA 93534

Child and Family Guidance Center
Information: 661-265-8627
Website: www.childguidance.org/
Hours: Thursdays 8:30am - 8:00pm;
Fridays 8:30am - 5:00pm
Location: 40005 10th St. W Suite 106, Palmdale, CA 93551

One Step Ahead / Little by Little

Information: 661-726-6300; 661-949-5805
Hours: 8:00am - 11:00am; 1:00pm - 4:00pm
(Walk-ins)
Location: Palmdale WIC 2247 E Palmdale Blvd. Suite A, Palmdale, CA 93550
Description- child development, early literacy, and child safety education for parents at each WIC visit. *Available to WIC clients receiving WIC services only.

Black Infant Health

Information: 661-945-0650; 661-942-4719
Hours: M-F 8:00am - 5:00pm
Location: 44226 10th St. W, Lancaster, CA 93534
Description: Prenatal care outreach, social support and empowerment sessions, and client-centered case management to encourage and support African-American women and their families.

ORAL HEALTH

Antelope Valley Community Clinic

Information: 661-942-2391
Website: www.avclinic.org
Hours: M-F 8:00am - 5:00pm, Weekend and evening hours vary
Location(s): 45104 10th St. W, Lancaster, CA 93534 (Walk-in clinic); 2151 E Palmdale Blvd., Palmdale, CA 93550

BEST START

Best Start Lancaster

Information: 213-482-7578
Contact: J. Elaine Hartley-Polissky;
ehartley@first5la.org
Website: www.beststartla.org
Location(s): Call for location information and meeting times
Transportation: For transportation assistance, contact Raffael Montenotte at 213-482-7572; rmontenotte@first5la.org

Best Start Palmdale

Information: 213-482-6013
Contact: Joaquin Macias; jmacias@first5la.org
Website: www.beststartla.org
Location(s): Call for location information and meeting times
Transportation: For transportation assistance, contact Celia Rivas at 213-482-5902 x 6014

HEALTH COVERAGE AND 211 LA COUNTY

Healthy Kids

Information: 1-888-4LA KIDS (452-5237)
Website: www.lacare.org/health-plans/health-kids/plan-overview
Description: Insurance coverage for children 0-5 in L.A. County who are ineligible for Medi-Cal and who live at or below 300 percent of the Federal Poverty Level.

Tarzana Treatment Centers, Inc.

Information: 661-726-2630
Website: www.tarzanatc.org
Hours: Hours vary, please call to make an appointment
Location(s): 44443 10th St. W, Lancaster, CA 93534

211 LA County

Telephone: Dial 2-1-1
Website: www.211la.org
Hours: available 24/7
Language(s): Hearing-impaired, English, Spanish, and 140 other languages interpreted
Cost/Insurance: Free for those who qualify
Description: Confidential referrals to services: Physical health, Mental health, Child care, Preschool, Early Childhood Education, Early literacy, Parent education, Child safety, Developmental assessments and screenings, Health insurance programs

NUTRITION AND PHYSICAL ACTIVITY

Tot Parks

Lancaster City Park
Information: 661-723-6053
Website: www.cityoflancasterca.org/index.aspx?page=48
Hours: 6:00am – 10:00pm daily
Location(s): 43063 N 10th St. W, Lancaster, CA 93534

Jackie Robinson Park

Information: 661-944-2880
Website: <http://parks.lacounty.gov/>
Hours: Sunrise to Sunset
Location: 8773 E Ave. R, Littlerock, CA 93543

HOUSING

Valley Oasis

Information: 661-942-2758
Website: www.valleyoasis.org/
Hours: Tuesdays and Fridays 9:00am - 1:00pm (Walk-ins); M-F 8:00am - 5:00pm (appointments only)
Location(s): 45134 N Sierra Highway, Bldg. B, Lancaster, CA 93534
Transportation: Free bus passes are provided to clients only

EARLY CARE AND EDUCATION

For a complete list of Family Place Libraries as part of County Library System go to:
www.colapublib.org/children/familyplace.php

Lake Los Angeles Library

Information: 661-264-0593
Website: www.colapublib.org/libs/lakelosanges/
Hours: Mon-Tues 11-7; Wed- Fri 10-6; Sat 10-5; closed Sundays
Location(s): 16921 E Ave. O, Palmdale, CA 93591

Lancaster Library

Information: 661-948-5029
Website: www.colapublib.org/libs/lancaster/index.php
Hours: Mon-Wed 10-8; Thu-Fri 10-5; Sat 11-5; closed Sundays
Location(s): 601 W Lancaster Blvd., Lancaster, CA 93534

Littlerock Library

Information: 661-944-4138
Website: www.colapublib.org/libs/littlerock/
Hours: Mon-Tues 11-7; Wed-Sat 10-5; closed Sundays
Location(s): 35119 80th St. E, Littlerock, CA 93543

Quartz Hill Library

Information: 661-943-2454

Website: www.colapublib.org/libs/quartzhill/index.php

Hours: Mon 10-5; Tue-Wed 10-8; Thu-Sat 10-5; closed Sundays

Location(s): 42018 N 50th St. W, Quartz Hill, CA 93536

VISION

Children's Vision Care Program

UCLA Mobile Eye Clinic

Information: 310-825-2195; 310-825-7188
(Spanish)

Website: www.jsei.org/About/about_comm_eyeclinic.htm

Hours: M-F 8:00am - 5:00pm

Services: The UCLA Mobile Eye Clinic delivers basic eye care services to the underprivileged in Los Angeles County

Nutrition and Healthy Lifestyle Resources



NUTRITION AND HEALTHY LIFESTYLE RESOURCES

Women, Infants, Children (WIC)

Information: 661-726-6300; 661-949-5805
Website: <http://www.womaninfantchildrenoffice.com/antelope-valley-lancaster-wic-clinic499>
<http://www.cdph.ca.gov/programs/wicw/orks/Pages/default.aspx>

Services: Provides breastfeeding support, nutrition education and food for children 0-5 and pregnant/breastfeeding women.
Cost/Insurance: Free for those who qualify.
Hours: Walk-Ins 8:00am-11:00am, 1:00pm-4:00pm
Language(s): English/Spanish
Location(s): 701 W Ave. K Suite 104, Lancaster, CA 93534; 2247 E Palmdale Blvd., Palmdale, CA 93550

CalFresh

Registration: 1-877-847-3663 (FOOD) 866-613-3777
Website: www.calfresh.ca.gov
<http://www.dss.cahwnet.gov/foodstamps/>
Services: CalWORKs, CalFresh, Medi-Cal
Location: 349-B E Ave. K6, Lancaster, CA 93535
Services: CalFresh, General Relief, Medi-Cal, GROW
Location: 337 E Ave. K10, Lancaster, CA 93535
Hours: Mon-Fri 8:00am - 5:00pm

CalWORKs

Information: 866-613-3777
Website: dpss.lacounty.gov/dpss/calworks/default.cfm
Services: CalWORKs, CalFresh, Medi-Cal
Location: 349-B E Ave. K6, Lancaster, CA 93535
Hours: Mon-Fri 8:00am-5:00pm

Desert Winds Church
Information: 661-266-3400
Website: www.benefitscal.org
Location: 38117 13th St. E, Palmdale, CA 93550
Hours: Assistance Tuesday/Thursday 6:00pm-7:00pm

Nutrition Consultants

Charmène Vega, BS, MS, MNT
Information: 866-896-7337
Website: www.ChoicesNNutrition.com
Services: Medicare approved Nutritional Diet Therapy
Location: 5022 W Ave. N Suite 102, Palmdale, CA 93551

Farmers' Markets/Produce Stands

Lancaster

Antelope Valley Winery Farmers' Market
Information: 661-722-0145
Website: www.avwinery.com
Hours: May-Nov: Saturdays, 9:00am-12:00pm
Payment: Cash
Location: 42041 20th St. W, Lancaster, CA 93534

The BLVD Farmers' Market
Information: 818-591-8161
Hours: Nov-April: Thursdays, 2:00pm-6:00pm
May-Oct: Thursdays, 4:00pm-9:00pm
Payment: Cash
Location: Lancaster Blvd, Lancaster

Littlerock

Whalley's Orchard Produce Stand
Information: 661-480-6454
Website: www.whalleysorchard.com
Hours: Call for availability
Location: 36275 87th St. E, Littlerock, CA 93543

Yingst Ranch Produce Stand/You pick It
Information: 661-944-2425
Location: 35346 80th St. E, Littlerock, CA 93543

Palmdale

Holland Ranch Produce Stand
Information: 661-618-4095
Website: www.hollandranchorganics.com
Contact: EatGoodFood@HollandRanchOrganics.com
Hours: May-Nov; call to find out availability
Location: 41346 27th St. W, Palmdale, CA 93551

Community Gardens

City Gardens

Little Green Fingers

Information: 213-797-6547

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

Q-3 Garden

Information: 661-267-5195

Location: 513 E Ave. Q-3, Palmdale, CA 93550

Q-5 Garden

Information: 661-267-5195

Location: 1012 E Ave. Q-5, Palmdale, CA 93550

Wellness Home Gardens

Information: 661-942-4719

Hours: Call to make an appointment

Cost: Free

Location(s):

Desert View Neighborhood

1102 W Ave. H-5, Lancaster, CA 93534

Mariposa Neighborhood

45534 Gadsden Ave., Lancaster, CA 93534

Trend Neighborhood

43057 39th St. W, Lancaster, CA 93536

Piute Neighborhood

45534 5th St. E, Lancaster, CA 93535

Nutrition Education and Obesity Prevention (NEOP) Church Gardens

Information: 661-942-4719

Description: Gardens are available for the community. All are welcome to garden.

Cost: Free

Locations:

Agape Community Church

1722 Lancaster Blvd., Lancaster, CA 93535

Bible Way Deliverance

205 W Nugent St., Lancaster, CA 93534

Grace Place Community

45212 7th St. E, Lancaster, CA 93535

Living Stone Cathedral of Worship

37721 100th St. E, Littlerock, CA 93543

Christ's Church of the Valley

2714 E Ave. R, Palmdale, CA 93550

St. Mary's Catholic Church

1600 E Palmdale Blvd., Palmdale, CA

Farm Basket Programs

Abundant Harvest Organics

Information: 559-355-8856

Website: www.abundantharvestorganics.com

Delivery Sites:

Lancaster- 661-557-0053

Locations:

American Heroes Park

701 W Kettering Ave., Lancaster, CA 93534; Tuesdays 10:00am-10:30am

Our Savior's Lutheran Church

1821 W Lancaster Blvd., Lancaster, CA 93534; Saturdays 9:00am-10:15am

Palmdale United Methodist Church

39055 10th St. W, Palmdale, CA 93551
Saturdays 11:00am-11:45am

Rancho Vista Elementary Fundraiser

40641 Peonza Ln., Palmdale, CA 93551
Tuesdays 8:45am-9:15am

Food Bank/Service Program

American Red Cross

Information: 661-945-7902 (Lancaster);
661-267-0650 (Palmdale)

Central Christian Church

Information: 661-945-7902

Services: Hot meal service

Hours: Thursdays 6:00pm-7:00pm

Location: 3131 W Ave. J, Lancaster, CA 93536

Antelope Valley Rescue Mission

Information: 661-940-6000

Location: 44211 Yucca, Suite A, Lancaster, CA 93535

Services: Breakfast

Hours: Mon-Fri 7:45am; Saturday
8:45am; Dinner Mon-Thu 5:00pm

Cornerstone Church of Littlerock

Information: 661-944-1880

Location: 8533 E Ave. T, Littlerock, CA 93543
Hours: Tuesday 6:00pm- 7:00pm

Desert Vineyard Church

Information: 661-945-2777

Location: 1101 E Ave. I, Lancaster CA

Services: Meals, call for a schedule

Desert Winds Church

Information: 661-266-3400

Location: 38117 E 13th St., Palmdale, CA 93550

Hours: Meals, call for a schedule

First Assembly of God Church
Information: 661-944-3240
Location: 8257 Pearblossom Highway,
Littlerock, CA 93543
Services: Hot meal on Wednesdays
7:00pm-9:00pm

First Baptist Church
Information: 661-942-1932
Location: 603 E Lancaster Blvd., Lancaster,
CA 93534
Services: Groceries Saturday 9:00am

Grace's Palmdale Soup Kitchen
Information: 661-940-5272
Location: 38117 E 13th St., Palmdale, CA
93550
Hours: Tuesday/ Thursday 6:00pm-7:00pm
Website:www.graceresources.org

Grace Resource Center
Information: 661-940-5272
Website:www.graceresources.org
Services: Emergency Grocery Program
Hours: Tuesday/Thursday 10:00am or
1:00pm; Wednesday 10:00am
Languages: English/Spanish
Services: Hot family-style meals
Cost: Free
Hours: Sunday 1:30pm-3:00pm; Tuesday at
Desert Winds Community Church
6:00pm-7:00 pm; Wednesday 5:30pm-
6:30 pm; Friday 6:00pm-7:00pm
Cost: Free
Location: 45134 N Sierra Highway, Lancaster,
CA 93534

Lighthouse Fellowship
Information: 661-947-2938
Location: 38325 10th St. E, Palmdale, CA
93550
Services: Food giveaway on the 4th Tuesday
of each month 10:00am-12:00pm

Living Stone Cathedral of Worship
Information: 661-944-4128
Location: 37721 N 10th St. E, Littlerock, CA
93543
Services: Food giveaway on the 2nd and 3rd
Wed. of each month 2:30pm-5:00pm

Oasis Church
Information: 661-942-3238
Location: 44231 N Division, Lancaster, CA
93535
Services: Breakfast Friday 9:00am-10:00am

Palmdale 7th Day Adventist Church
Community Services
Information: 661-947-8496
Services: Emergency food for homeless or
undocumented Palmdale residents only
Hours: Every 1st & 3rd Wednesday 10:00am-
12:00pm
Location: 1758 E Ave. R, Palmdale, CA
93550

Salvation Army
Information: 661-948-3418
Location: 44517 Sierra Highway, Lancaster,
CA 93534
Services: Hot meals, Mobile Food Pantry, Call
for schedule
Hours: Tuesday/Wednesday/Friday
11:00am-12:00pm

South AV Emergency Services (SAVES)
Information: 661-267-5167; 661-267-5191
Website: <http://www.cityofpalmdale.org/Residents/SAVES>
Services: Food, motel vouchers, senior food
program, back to school supplies,
birthday cake and gift, holiday food
baskets
Hours: Mon-Thurs 9:00am-5:00pm,
Cost: Free for those who qualify (federal
program guidelines)
Location: 1002 E Ave. Q-12, Palmdale, CA
93550
Transportation: Bus Passes 8:00am-12:00pm

St. Vincent de Paul Lancaster
Information: 661-942-3222
Services: Hot meal service
Hours: Monday, Wednesday, Thursday,
Saturday 9:00am-12:00pm
Hot meals served 9:00am
Cost: Free
Location: 45058 Trevor Ave. Lancaster,
93534

Total Deliverance Church
Information: 661-951-9881
Location: 45124 10th St. W, Lancaster, CA
93534
Services: Food ministry year round and
Thanksgiving; toy program in December

True Vine Gospel
Information: 661-265-0895
Location: 859 E Ave Q, Palmdale, CA
Services: Call for hours and services

United Methodist Church
Information: 661-942-0419
Website: www.lancasterunited.org
Services: Hot meal service
Hours: Monday and Thursday
12:00pm-1:00pm
Cost: Free
Location: 918 W Ave. J, Lancaster, CA 93534

GROCERY STORE TOURS/FOOD DEMONSTRATIONS

Antelope Valley Partners for Health (AVPH)

Information: 661-942-4719
Website: www.avph.org

Tarzana Treatment Centers, Inc. (TTC)

Information: 661-726-2630 x4226
Website: <https://www.tarzanatc.org/resources/choose-health-la-kids/>

Grocery store tours teach families how to shop healthier; food demonstrations show families how to prepare delicious and healthy snacks and meals at home.

See the last page of this Community Resource Guide for more information about AVPH and TTC.

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

Cuisine: Submarine Sandwiches

Cost: \$

Location: All Subways in Lancaster and Palmdale are Choose Health LA Restaurants. Please visit

www.subway.com for hours and locations

Physical Activity Resources



PHYSICAL ACTIVITY RESOURCES

PARKS/RECREATION CENTERS

** For more information and hours on Parks in Palmdale please reference the website: www.cityofpalmdale.org/Portals/0/Documents/Residents/Parks/Parks-Map.pdf*

American Heroes Park

Telephone: 661-723-6077
Website: www.cityoflancafterca.org/index.aspx?page=1838
Hours: 6:00am – 10:00pm daily
Location: 701 W Kettering Ave., Lancaster, CA 93534

Anaverde Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 2820 Greenbrier St., Palmdale, CA 93551

Arnie Quinones Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 41003 50th St. W, Palmdale, CA 93551

Courson Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 38334 10th St. E, Palmdale, CA 93550

D. Pierre Blaine Park

Telephone: 661-723-5894
Website: www.cityoflancafterca.org/index.aspx?page=44
Hours: 6:00am – 10:00pm daily
Location: 45045 5th St. E, Lancaster, CA 93535

Desert Sands Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 39117 3rd St. E, Palmdale, CA 93550

Domenic Massari Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 37716 E Ave. S, Palmdale, CA 93552

El Dorado Park

Telephone: 661-945-6063
Website: www.cityoflancafterca.org/index.aspx?page=45
Hours: 6:00am – 10:00pm daily
Location: 44501 N 5th St. E, Lancaster, CA 93535

Everett Martin Park

Telephone: 661-944-2988
Website: http://parks.lacounty.gov/wps/portal/dpr/Parks/Everett_Martin_Park
Hours: Sunrise to Sunset
Location: 35548 N 92nd St. E, Littlerock, CA 93543

Foothill Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 2525 The Groves, Palmdale, CA 93551

Forrest E. Hull Park

Telephone: 661-723-6053
Website: www.cityoflancafterca.org/index.aspx?page=46
Hours: 6:00am – 10:00pm daily
Location: 2850 W Ave L12, Lancaster, CA 93536

Hammack Activity Center

Telephone: 661-267-5611
Hours: Monday - Friday: 2:30pm -7:00pm
Saturday: 11:00am - 3:00pm
Location: 815 E Ave. Q6, Palmdale, CA 93550

Jackie Robinson Park

Telephone: 661-944-2880
Website: http://parks.lacounty.gov/wps/portal/dpr/Parks/Jackie_Robinson_Park
Hours: Sunrise to Sunset
Location: 8773 E Ave. R, Littlerock, CA 93543

Jane Reynolds Park

Telephone: 661-723-6053
Website:www.cityoflancafterca.org/index.aspx?page=47
Hours: 6:00am – 10:00pm daily
Location: 716 W Oldfield St., Lancaster, CA 93534

Joe Davies Heritage Air Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 2001 E Ave. P, Palmdale, CA 93550

Joshua Hills Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: Fairfield & Via Del Rio, Palmdale, CA 93550

Lancaster City Park

Telephone: 661-723-6053
Website:www.cityoflancafterca.org/index.aspx?page=48
Hours: 6:00am – 10:00pm daily
Location: 43063 N 10th St. W, Lancaster, CA 93534

Legacy Commons

Telephone: 661-267-5611
Hours: Monday-Thursday: 8:00 am - 4:30 pm
Friday: 8:00 am - 12:00 pm
Website:<http://www.cityofpalmdale.org/Residents/Recreation-and-Culture/Legacy-Commons>
Location: 930 E Ave. Q9, Palmdale, CA 93550

Manzanita Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 431 Mesa Verde St., Palmdale, CA 93551

McAdam Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 38115 30th St. E, Palmdale, CA 93550

Marie Karr Park/Recreation Center

Telephone: 661-267-5611
Website/Hours: *Please see above

Location: 2723 Rancho Vista Blvd., Palmdale, CA 93551

Mariposa Park

Telephone: 661-723-6265
Website:www.cityoflancafterca.org/index.aspx?page=49
Hours: 6:00am – 10:00pm daily
Location: 45755 N Fig Ave., Lancaster, CA 93534

Palmdale Oasis Park/Recreation Center

Telephone: 661- 267-5611
Website/Hours: *Please see above
Location: 3850 E Ave. S, Palmdale, CA 93550

Pelona Vista Park

Telephone: 661-267-5611
Website/Hours: *Please see above
Location: 37800 Tierra Subida Ave., Palmdale, CA 93550

Rawley Duntley Park

Telephone: 661-723-6295
Website:www.cityoflancafterca.org/index.aspx?page=50
Hours: 6:00am – 10:00pm daily
Location: 3334 W Ave. K, Lancaster, CA 93536

Skytower Park

Telephone: 661-946-1987
Website:www.cityoflancafterca.org/index.aspx?page=51
Hours: 6:00am – 10:00pm daily
Location: 43434 N Vineyard, Lancaster, CA 93535

Stephen Sorensen Park

Telephone: 661-264-1249
Website:http://parks.lacounty.gov/wps/portal/dpr/Parks/Stephen_Sorensen_Park
Hours: 8:00 a.m. to Sunset
Location: 16801 E Ave. P, Lake Los Angeles, 93591

Tierra Bonita Park

Telephone: 661-946-3038
Website: www.cityoflancafterca.org/index.aspx?page=52
Hours: 6:00am – 10:00pm daily
Location: 44910 N 27th St. E, Lancaster, CA 93535

Whit Carter Park

Telephone: 661-723-6077
Website: www.cityoflancafterca.org/index.aspx?page=1837
Hours: 6:00am – 10:00pm daily
Location: 45635 Sierra Highway, Lancaster, CA 93534

Eastside Pool

Telephone: 661-723-5894
Website: www.cityoflancafterca.org/index.aspx?page=44
Hours: 6:00am – 10:00pm daily
Location: 45045 5th St. E, Lancaster, CA 93535

Marie Kerr Park Pool

Telephone: 661-267-5611
Website: www.CityofPalmdale.org
Hours: Please visit website or call
Location: 2723 Rancho Vista Blvd., Palmdale, CA 93551

Palmdale Oasis Park Pool

Telephone: 661-267-5611
Website: www.CityofPalmdale.org
Hours: Please visit website or call
Location: 3850 E Ave. S, Palmdale, CA 93550

Webber Pool

Telephone: 661-723-6053
Website: www.cityoflancafterca.org/index.aspx?page=47
Hours: 6:00am – 10:00pm daily
Location: 716 W Oldfield St., Lancaster, CA 93534

TRACK OR TENNIS COURTS

Antelope Valley High School

Hours: Sunrise to sunset
Description: Ten (10) Tennis Courts

Location: 44900 Division St., Lancaster, CA 93535

Desert Sands Park Tennis Courts

Description/Hours: Please visit
www.CityofPalmdale.org or call 661-267-5611
Location: 39117 3rd St. E, Palmdale, CA 93555

Domenic Massari Park Tennis Courts

Description/Hours: Please visit
www.CityofPalmdale.org or call 661-267-5611
Location: 37716 55th St. E, Palmdale, CA 93552

El Dorado Park

Hours: Sunrise to sunset
Description: One (1) Tennis Court
Location: 44501 5th St. E, Lancaster, CA 93535

Jane Reynolds Park

Hours: Sunrise to sunset
Description: One (1) Tennis Court
Location: 716 W Oldfield St., Lancaster, CA 93534

Lancaster City Park

Hours: Sunrise to sunset
Description: Nine (9) Tennis Courts
Location: 43011 10th St. W, Lancaster, CA 93534

Marie Kerr Park Tennis Courts

Description/Hours: Please visit
www.CityofPalmdale.org or call 661-267-5611
Location: 2723 Rancho Vista Blvd., Palmdale, CA 93551

McAdams Tennis Courts

Description/Hours: Please visit
www.CityofPalmdale.org or call 661-267-5611
Location: 38115 30th St. E, Palmdale, CA 93550

BIKE PATHS

Barrel Spring Trail

Hours: Sunrise to Sunset
Location: 25th St. E, and Barrel Springs Rd.,
Palmdale, CA 93550

Joshua Ranch Trail

Hours: Sunrise-Sunset
Description: 8 miles, single track
Location: West of Highland High, Ave. 012,
Palmdale, CA 93551

Sierra Highway Bike Path

Website:www.cityoflancafterca.org/index.aspx?page=920
Description: 5 miles long
Location: Sierra Highway & E Ave. J Lancaster

WALKING/HIKING TRAILS

American Heroes Park

Website:www.cityoflancafterca.org/index.aspx?page=1838
Hours: 6:00am – 10:00pm daily
Location: 701 W Kettering Ave., Lancaster, CA
93534

Barrel Spring Trail

Hours: Sunrise to Sunset
Description: 1.5 mile out and back trail
Location: 25th St. E and Barrel Springs Rd.,
Palmdale, CA 93550

D. Pierre Blaine Park

Website:www.cityoflancafterca.org/index.aspx?page=44
Hours: 6:00am – 10:00pm daily
Location: 45045 5th St. E, Lancaster, CA
93535

Devil's Chair Trail

Hours: Sunrise to Sunset
Description: 7.4 mile out and back trail
Location: South on Longview Road, Follow the
signs to the trail 7 miles ahead, Palmdale,
CA 93552

EL Dorado Park

Website:www.cityoflancafterca.org/index.aspx?page=45
Hours: 6:00am – 10:00pm daily

Location: 44501 5th St. E, Lancaster, CA
93535

Forrest E. Hull Park

Website:www.cityoflancafterca.org/index.aspx?page=46
Hours: 6:00am – 10:00pm daily
Location: 2850 W Ave. L-12, Lancaster, CA
93536

Jane Reynolds Park

Website:www.cityoflancafterca.org/index.aspx?page=47
Hours: 6:00am – 10:00pm daily
Location: 716 W Oldfield St., Lancaster, CA
93534

Joshua Ranch Trail

Hours: Sunrise to Sunset
Description: 8 miles, single track
Location: West of Highland High (Ave. 0-12),
Palmdale, CA 93551

Lancaster City Park

Website:www.cityoflancafterca.org/index.aspx?page=48
Hours: 6:00am – 10:00pm daily
Location: 43011 10th St. W, Lancaster, CA
93534

Mariposa Park

Website:www.cityoflancafterca.org/index.aspx?page=49
Hours: 6:00am – 10:00pm daily
Location: 45755 N Fig Ave., Lancaster, CA
93534

Palm Desert Woodland Preserve

Website:www.cityoflancafterca.org/index.aspx?page=764
Hours: Open 24 hours
Location: 43201 35th St. W, Lancaster, CA
93536

Rawley Duntley Park

Website:www.cityoflancafterca.org/index.aspx?page=50
Hours: 6:00am – 10:00pm daily
Location: 3334 W Ave. K, Lancaster, CA
93536

Skytower Park

Website: www.cityoflancafterca.org/index.aspx?page=51

Hours: 6:00am – 10:00pm daily

Lights After Dark: Yes

Location: 43434 N Vineyard, Lancaster, CA 93535

Tierra Bonita Park

Website: www.cityoflancafterca.org/index.aspx?page=52

Hours: 6:00am – 10:00pm daily

Location: 44910 N 27th St. E, Lancaster, CA 93535

YMCA/YWCAS AND OTHER GYMS

YMCA/YWCA:

Telephone: 661-723-9622

Website: www.ymcala.org/antelope-valley

Hours: Mon- Fri, 5am-9pm; Saturday, 8am-3pm; Sunday, 12pm-4pm

Child Care: Yes

Classes: List of classes available online

Registration: Open

Cost: \$45 first adult, \$22 each additional adult, \$3 per child
Location: 43001 10th St. W, Lancaster, CA 93534

SPORTS LEAGUES FOR 0-5

AYSO Youth Soccer

Ages: 3-5 years old

Description: Group activities, soccer themes and parent involvement to grow important motor skills

Registration: Open

Cost: \$110-\$130 (depending on registration date)

Format Schedule: Please see

www.region91.org/index.htm

SHARED USE SPACES

El Dorado Park (See page 15 more info.)

Ages: Open to all ages

Description: Park/Outdoor, Fitness equipment

Free/Low-Cost Resources for Pregnant/Post-Partum Women



FREE/LOW-COST RESOURCES FOR PREGNANT/POST-PARTUM WOMEN

BREASTFEEDING SUPPORT

Breastfeeding Resource Directory

Website: www.breastfeedla.org/resource-directory/

La Leche League Helpline (available 24/7)

877-4-LALECHE (877-452-5324)
www.breastfeedinghelpline.com

WIC Breastfeeding Helpline

Telephone: 661-726-6393 (Antelope Valley)
888-942-9675 (California Helpline,
Available 24/7)

Cost: Free to moderate-low income

Hours: 8:00am – 5:00pm

Language(s): English/Spanish

Description: Help with all breastfeeding
questions or concerns.

WIC Breastfeeding Support:

Registration: 661-949-5805 (Antelope Valley)

Website: www.avhospital.org

Cost/Insurance: Free for those who qualify

Classes: Prenatal and Postpartum

Hours: 8:00am – 5:00pm

Language(s): English/Spanish

Location(s): 701 W Ave. K Suite 104,
Lancaster, CA 93534; 37926 47th St. E
Suite J, Palmdale, CA 93550

Lactation Consultant

Jodi Rosen, RN, IBCLC

Telephone: 661-942-4719 x 106

Breastfeeding Classes

Antelope Valley Hospital/ Women and Infant Pavilion

Appointments: 661-726-6210

Website: www.avhospital.org

Cost/Insurance: \$20

Referral: None required

Language(s): English/Spanish

Location: Women and Infant Pavilion
44155 15th St. W, Lancaster, CA 93534

Antelope Valley Partners for Health Keep Calm and Latch On

Telephone: 661-942-4719

Website: www.avph.org/0-5-zone/lactation-support-group

Email: jrosen@avph.org

Cost: Free

Language: English/Spanish

Location: 44226 10th Street West Lancaster,
CA 93534

Children's Bureau, Partnerships for Families

Appointments: 661-951-2191

Website: www.all4kids.org

Cost/Insurance: Free

Referral: None required

Language: English

Location: Varies, call for information

Kaiser Health Education

Appointments: 661-533-7600; Call for dates
and times

Website: www.kaiserpermanente.org

Cost/Insurance: Free for Kaiser Members

Referral: None required

Language: English

Location(s): Lancaster Medical Offices
43112 15th St. W, Lancaster, CA 93534;
4502 E Ave. S, Palmdale, CA 93550

Breastfeeding Support Groups

La Leche League of Antelope Valley

Registration: 661-917-7900 (Rachel Ivison)

Description: Group and private breastfeeding
support, information, and education.

Cost/Insurance: Free

Location/Hours: Varies, Call for information

Language: English

BABY-FRIENDLY HOSPITALS

To find Baby-Friendly Facilities in LA County funded by First 5 LA, visit: <http://www.first5la.org/index.php?r=site/article&id=3059>. For a complete listing of Baby-Friendly Facilities in the USA, visit: <https://www.babyfriendlyusa.org/find-facilities>.

Antelope Valley Hospital, Obstetrics and Gynecology Department

Telephone: 661-729-7100
Location: 44105 15th St. W, Suite 405,
Lancaster, CA 93534
Cost: Free for Kaiser Members

PARENT/CAREGIVER SUPPORT GROUPS

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

Active Moms & Tots Group

Website: www.meetup.com/ActiveMomsNTots

KEPS (Kinship Education Preparation & Support)

Telephone: 661-478-1881
Location: 1038 W. Ave J5, Lancaster, CA 93535

M.E.N.F.O.L.K

Telephone: 661-940-9530; 661-273-4710
Email: Charles@menfolk.org

MOMs Club of Lancaster

Voicemail: 800-384-9393
Website: www.momsclub.av.org/lancaster/
Email: lancastermomsclub@yahoo.com

MOMs Club of the Antelope Valley

Website: www.meetup.com/MOMS-CLUB-of-Palmdale
Email: mymomofav@gmail.com

The Children's Center Family Support Program

Telephone: 661-949-1206 x248
Location: 45111 Fern Ave, Lancaster, CA 93534

Yes 2 Kids

Telephone: 661-940-9530; 800-540-4000
Website: www.yes2kids.net
Email: info@yes2kids.net

HEALTHY FAMILIES AMERICA

Healthy Families America

Description: Home visitation program working with families who may have histories of trauma, intimate partner violence, mental health and/or substance abuse issues.

Services: Begin prenatally or after birth of a baby.

Language(s): English/Spanish

Telephone: 661-942-4719 (Antelope Valley Partners for Health)

661-265-8627 x2821 (Child and Family Guidance Center)

Cost: Free

Hours: Call for information

Social and Health Services Resources



SOCIAL AND HEALTH SERVICES RESOURCES

INFORMATION HELPLINE FOR LA COUNTY: 211 LA COUNTY

Telephone: Dial 2-1-1

Online Directory: <https://www.211la.org/>

Cost: Free

Hours: available 24/7

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

Cost/Insurance: Free for those who qualify

Description: confidential referrals to services

FREE HEALTH COVERAGE PROGRAM

List of Health Clinics for LA County

http://cretscmhd.psych.ucla.edu/healthfair/HF%20Services/LinkingPeopletoServices_Clinics_List_bySPA.pdf

Antelope Valley Community Clinics (AVCC)

Telephone: 661-942-2391 (Lancaster);
661-575-0099 (Palmdale)

Website: www.avclinic.org/newindex/

AVCC

Location(s): 44216 10th St. W, Lancaster, CA 93534; 2151 E Palmdale Blvd., Palmdale, CA 93550

AVCC Adult Day Health Care

Location: 858 Jackman St., Suite 101, Lancaster, CA 93534

AVCC Urgent Care & Health/Wellness

Location: 45104 10th St. W, Lancaster, CA 93534

Language(s): English/Spanish

Antelope Valley Health Center

Family Planning Clinic

General Information: 661-524-2005

Appointments: 661-471-4400

Location: 335-B E Ave. K-6, Lancaster, CA 93535

Website: www.dhs.lacounty.gov/wps/portal/dhs/antelopevalley

Antelope Valley Hospital

Telephone: 661-949-5000

Location: 1600 W Ave. J, Lancaster, CA 93534

Website: www.avhospital.org/Pages/default.aspx

AV Pregnancy Counseling Center & Women's Clinic

Telephone: 661-947-0400

Location: 1334 E Palmdale Blvd., Suite E, Palmdale, CA 93550

Website: www.avpcc.com/

Bartz-Altadonna Community Health Center

Telephone: 661-874-4050

Location: 43322 Gingham Ave., Suite 105, Lancaster, CA 93535

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

Website: www.bartz-altadonna-chc.org/

Healthy Way L.A.

Telephone: 1-877-333-4952

Cost/Insurance: Medi-Cal, free to those who qualify

Requirements: CA resident, proof of income, & proof of citizenship

Website: www.ladhs.org/hwla

LA County High Desert Regional Health Center

General Information: 661-471-4000

Appointments: 661-471-4400

Location: 335 E Ave. I, Lancaster, CA 93534

Website: dhs.lacounty.gov/wps/portal/dhs/highdesert

Lake Los Angeles Community Clinic

Telephone: 661-945-8488

Location: 16921 E Ave. O, Suite G, Lake Los Angeles, CA 93591

Website: dhs.lacounty.gov/wps/portal/dhs/lakeLosAngeles

Littlerock Community Clinic

Telephone: 661-945-5808
Location: 8201 Pearblossom Highway,
Littlerock, CA 93543
Website: dhs.lacounty.gov/wps/portal/dhs/littlerock

Palmdale Medical & Mental Health Center

Telephone: 661-947-3333
Location: 2720 E Palmdale Blvd., Suite 128-129, Palmdale, CA 93550
Website: www.americanhealthservices.org/palmdale-california.html

South Valley Health Center

Telephone: 661-272-5001
Location: 38350 40th St. E, Palmdale, CA 93550
Website: dhs.lacounty.gov/wps/portal/dhs/southvalley

Tarzana Treatment Centers, Inc.

General Information: 1-888-777-8565
Telephone: 661-726-2630
Location: 44447 10th St. W, Lancaster, CA 93534
Telephone: 661-723-4829 (Clinic)
Location: 907 W Lancaster Blvd., Lancaster, CA 93534
Telephone: 661-729-9000
Location: 422 W Rancho Vista Blvd., Suite C280, Palmdale, CA 93550
Website: www.tarzanatc.org

LOW-COST DENTAL SERVICES

Private and Public Free/Low-Cost Dental Clinics:
<http://publichealth.lacounty.gov/ohp/ppplistings.htm>

Antelope Valley Community Clinics-Dental Services

(See Free Health Coverage Program Category on page 22)

Denti-Cal

Registration: 1-800-322-6384
Cost/Insurance: Medi-Cal

Website: www.dental.ca.gov/WSI/Bene.jsp?fname=BeneTSC

Dentists 4 Uninsured

Registration: 661-726-1010
Location: 657 W Ave. J, Lancaster, CA 93534
Website: www.dentist4uninsured.com/

Family Dental of Lancaster

Registration: 661-723-1111
Cost/Insurance: Medi-Cal, Denti-Cal, Healthy Families
Location: 44558 10th St. W, Lancaster, CA 93534
Website: www.westcoastdental.com/lancaster-dentists

Hi-Desert Dental

Registration: 661-723-5400 (Lancaster); 661-273-1333 (Palmdale)
Cost/Insurance: Medi-Cal
Location(s): 1745 W Ave. K, Lancaster, CA 93535; 2205 E Palmdale Blvd., Palmdale, CA 93550
Website: www.avhidesertdental.com/

High Desert Children's Dental Clinic

Registration: 661-945-2771 (Lancaster); 661-273-1750 (Palmdale)
Location(s): 161 E Ave. J, Lancaster, CA 93534; 868 Auto Center Dr. Suite C, Palmdale, CA 93551
Website: www.drsnow.com/tags/hi-desert-childrens-dental-clinic

Medi-Cal Dentists

Website: http://www.dental.ca.gov/WSI/Bene.jsp?fname=prov_ref_los_angeles

Western Dental

Registration: 661-202-3052
Cost/Insurance: Low-cost services, financing available
Location: 510 W Rancho Vista Blvd., Palmdale, CA 93551
Website: www.westerndental.com/en-US/dentists/california/palmdale/510-w-rancho-vista-blvd

FREE/LOW-COST FAMILY PLANNING

Antelope Valley Community Clinic:

Palmdale

(See Free Health Coverage Program Category on page 22)

Planned Parenthood/Antelope Valley Health Center

Appointments: 1-800-576-5544

Cost/Insurance: Free or sliding-scale, Medi-Cal, Medicaid, state-funded program

Referral: None required

Language(s): English/Spanish, interpretation by phone for other languages

Location: 533 E Palmdale Blvd., Suite 533-A1, Palmdale, CA 93550

Find a family planning clinic near you:

Website:www.plannedparenthood.org/

Website:www.hhs.gov/opa/

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

Tarzana Treatment Centers, Inc.

(See Free Health Coverage Program Category on page 23)

Roy Medical Group

Registration: 661-274-1200

Cost/Insurance: Free or sliding-scale, Medi-Cal, CHDP

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

Location: 1543 E Palmdale Blvd., Suite C & F, Palmdale, CA 93550

Website:www.roymedicalgroup.com

PRENATAL AND PRIMARY/URGENT CARE

Find a medical or dental clinic care near you:

LA County Department of Health Services

Clinics/Urgent Care:

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

U.S. Health Resources and Services Administration
Federally-Qualified Health Centers (FQHCs)
<http://findahealthcenter.hrsa.gov/help/>

Community Clinic Association of LA County
<http://ccalac.org> – “Find a Clinic” tab

Antelope Valley Hospital: OB Clinics

Telephone: 661-726-6180 (Lancaster); 661-726-6325 (Palmdale)

Location: 44439 17th St. W, Suite 104, Lancaster, CA 93534; 38350 40th St., Suite 200, Palmdale, CA 93552

Website:www.avhospital.org/about/pages/ob-clinic.aspx

Antelope Valley Pregnancy Counseling Center

Telephone: 661-942-2229 (Lancaster); 661-947-0400 (Palmdale)

Location(s): 44739 Date Ave., Lancaster, CA 93534; 1334 E Palmdale Blvd., Suite E, Palmdale, CA 93550

Services: Free pregnancy tests, ultrasounds, referrals, diapers, clothing, crisis counseling, maternity & baby items, supplies, plus more.

Website:www.avpcc.com

Black Infant Health Program of Antelope Valley Partners for Health

General Information: 661-942-4719

Telephone: 661-945-0650

Location: 44226 10th St. W, Lancaster, CA 93534

Website:www.avph.org/black-infant-health

Care 1st Health plan

Telephone: 661-273-2400

Location: 38440 5th St. W, Palmdale, CA 93550

Care Net Women's Resource Center of North County

Telephone: 661-729-4277
Location: 44733 N 10th St. W, Lancaster, CA 93534
Services: Free pregnancy testing, ultrasound, counseling & referrals, Lamaze & labor coaching, maternity, baby clothing & diapers.
Website: www.avcarenet.com

Children's Bureau Partnership for Families

Telephone: 661-951-2191
Location: 44226 10th St. W, Lancaster, CA 93534
Services: Home visitation program for pregnant women in the AV, parenting, support counseling, teaching, infant massage, parent self-help services, plus more.
Website: www.all4kids.org/programs/antelope-valley-services/

El Dorado Community Service Center

Telephone: 661-947-3333
Location: 2720 E Palmdale Blvd., Suite 129, Palmdale, CA 93550

Healthy Homes- Antelope Valley Partners for Health

Telephone: 661-942-4719
Location: In-home visitation
Services: Pregnant mothers or mothers with children up to 3 months of age. Promotes healthy birth outcomes & assist in creating & sustaining healthy, nurturing, enriched & safe homes, plus more.

LA County High Desert Regional Health Center

General Information: 661-471-4000
Appointments: 661-471-4400
Location: 335 E Ave. I, Lancaster, CA 93534
Website: dhs.lacounty.gov/wps/portal/dhs/highdesert

Littlerock Community Clinic

(See Free Health Coverage Program Category on page 23)

Palmdale Primary Care Center: South Valley Urgent Care Clinic

Telephone: 661-272-5050
Location: 38350 40th St. E, Suite 100, Palmdale, CA 93550
Website: www.dhs.lacounty.gov/wps/portal/dhs/

Pueblo y Salud

Telephone: 661-208-4450
Location: 39130 3rd St. E, Palmdale, CA 93550
Website: www.pys.org/palmdale/

South Valley Health Center

(See Free Health Coverage Program Category on page 23)

Tarzana Treatment Centers, Inc.

(See Free Health Coverage Program Category on page 23)

FREE/LOW-COST MENTAL HEALTH CARE

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

Find a clinic or urgent care center:

LA County ACCESS Center Helpline
800-854-7771 (available 24/7)
<http://dmh.lacounty.gov/wps/portal/dmh>

For help finding services, call a "Navigator" from LA County Department of Mental Health SPA 1:

Up to Age 15: Salem Redding 661-223-3816
Ages 16-25: Salem Redding 661-223-3816
Ages 26-59: Angela Coleman 661-223-3813
Age 60+: Joyce Chiang 213-738-2327

Antelope Valley Community Clinics
(See Free Health Coverage Program Category on page 22)

Antelope Valley Mental Health Center
Telephone: 661-723-4260
Location: 349 E Ave. K-6, Suite A, Lancaster, CA 93535
Website: <http://dmh.lacounty.gov/wps/portal/dmh>

Bartz-Altadonna
(See Free-Health Coverage Program Category on page 22)

Child and Family Guidance Center
Telephone: 661-265-8627
Location: 40005 10th St. W, Suite 106, Palmdale, CA 93551
Cost: Medi-Cal
Services: Provides outpatient prevention and early intervention mental health evidence-based programs such as: Aggression Replacement Training (ART), Trauma Focused – Cognitive Behavioral Therapy (TF-CBT), Seeking Safety, Positive Parenting Program (Triple P), Incredible Years (IY), Child-Parent Psychotherapy (CPP), Parent-Child Interactive Therapy (PCIT), and more to children 0-18 years old and their families. Programs include individual, group and family counseling.
Website: www.childguidance.org

Children's Bureau
Telephone: 661-949-0131 (Lancaster); 661-272-9996 (Palmdale)
Location(s): 921 W Ave. J, Suite C, Lancaster, CA 93534; 1529 E Palmdale Blvd. Suite 210, Palmdale, CA 93550
Website: <https://www.all4kids.org/program/mental-health/>

Hathaway-Sycamores Child and Family Services
Telephone: 661-942-5749
Location: 44738 Sierra Highway, Lancaster, CA 93534

Services: Residential treatment center for youth ages 6-18; foster care & adoption services, school-based & outpatient mental health services, wraparound & in-home counseling services, plus more.
Website: www.hathaway-sycamores.org/

Masada Homes (Home Visits Only)
Telephone: 661-726-5500
Location: 314 E Ave. K-4, Suite 104, Lancaster, CA 93535
Website: www.masadahomes.org/foundationforoyouth/

Mental Health America
Telephone: 661-726-2850
Location: 506 W Jackman St., Lancaster, CA 93534
Website: www.mhala-aves.org

National Alliance on Mental Illness (NAMI)
Telephone: 661-341-8041
Location: 44349 Lowtree Ave., Suite 104, Lancaster, CA 93534
Services: Provides education classes & support groups at no cost to individuals & family members affected by mental illness.
Website: www2.nami.org/MSTemplate.cfm?MicositeID=174

Optimist Youth Homes & Family Services (OYHFS) Outpatient PD
Telephone: 661-575-8395
Location: 520 W Palmdale Blvd. Suite D, Palmdale, CA 93551
Website: www.oyhfs.org

Palmdale Mental Health Center
Telephone: 661-575-1800
Location: 1529 E Palmdale Blvd. Suite 150, Palmdale, CA 93550

Tarzana Treatment Centers, Inc.

General Information: 1-888-777-8565
Telephone: 661-726-2630 (Lancaster); 661-729-9000 (Palmdale)
Location(s): 44447 10th St. W, Lancaster, CA 93534; 422 W Rancho Vista Blvd., Suite C280, Palmdale, CA 93550
Services: All ages served including early signs of mental health issues and those with serious mental illness (SMI).
Website: www.tarzanatc.org

SUBSTANCE USE TREATMENT

Quit Smoking Support – California Smokers’ Helpline

English: 800-NO-BUTTS (800-662-8887)
Spanish: 800-45-NO-FUME (800-456-6386)
Deaf and Hard of Hearing: 800-933-4TDD (800-933-4833)
Ask for: Mandarin, Cantonese, Vietnamese, Korean
Web: <http://californiasmokershelpline.org>, www.nobutts.org or Los Angeles County www.laquits.com
Cost: Free

Drug and Alcohol Use Treatment

Treatment Referrals: 800-564-6600
www.publichealth.lacounty.gov/sapc/

Alcoholics Anonymous #106

Telephone: 661-945-5757
Location: 43619 17th St., Suite 106, Lancaster, CA 93534
Website: www.avcentraloffice.org

Alcohol and Drug Abuse Center

Telephone: 661-945-9421
Location: 805 W Ave. J, Lancaster, CA 93534

American Health Services

Telephone: 661-947-3333
Location: 2720 E Palmdale Blvd., Suite 129, Palmdale, CA 93350

Services: Provides methadone maintenance program for heroin addicts, individuals, family & group counseling.
Website: www.americanhealthservices.org/palmdale-california.html

Antelope Valley Council on Alcoholism & Drug Dependency

Telephone: 661-948-5046 x102
Location: 44815 Fig Ave., Lancaster, CA 93534
Website: <http://addicted.org/directory/item/antelope-valley-council-on-alcoholism-and-drug-dependency-2-2.html>

Antelope Valley Intergroup of Alcoholics Anonymous

Telephone: 661-945-5757
Website: www.avcentraloffice.org;

Arid Club, Support Group for Alcoholics

Telephone: 661-942-9063
Location: 104 E Ave. K-4, Suite J, Lancaster, CA 93534

Change Lanes

Telephone: 661-948-2555
Location: 43845 10th St. W, #1D, Lancaster, CA 93534
Website: www.changelanes.org/

Drug & Alcohol Use Treatment

Location: 2720 E Palmdale Blvd., Suite 129, Palmdale, CA 93350
Website: <http://www.americanhealthservices.org/palmdale-california.html>

Drug Rehab

Telephone: 661-220-5224
Location: 38713 Tierra Subida Ave., Suite 170, Palmdale, CA 93351
Website: <http://palmdale.alcoholdrugrehabca.com/intervention-service-palmdale/>

High Road Program

Telephone: 661-942-2241
Location: 44823 Date Ave., Lancaster, CA 93534
Website: www.highroadprogram.org/lancaster.html

South AV Emergency Services (SAVES)
(See Nutrition and Healthy Lifestyle Resources, Food Bank/Service Program Category on page 10)

Tarzana Treatment Centers, Inc.

General Information: 1-888-777-8565
Telephone: 661-726-2630
Location: 44447 10th St. W, Lancaster, CA 93534
Telephone: 661-723-4829
Location: 907 W Lancaster Blvd., Lancaster, CA 93534
Telephone: 661-729-9000
Location: 422 W Rancho Vista Blvd., Suite C280, Palmdale, CA 93550
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.
Website: www.tarzanatc.org

Western Pacific Medical Clinic

Telephone: 661-949-8599
Location: 45335 N Sierra Highway, Lancaster, CA 93534
Services: An outpatient methadone & maintenance detox center.
Website: www.westpacmed.com/index.asp

COMMUNITY ASSISTANCE PROGRAMS

Women, Infants, Children (WIC)

Registration: 661-949-5805 (Lancaster); 661-726-6300 (Palmdale)
Website: www.womeninfantschildrenoffice.com/antelope-valley-lancaster-wc499
Services: Provides breastfeeding support, nutrition education and food for children 0-5 and pregnant/breastfeeding women.

Cost/Insurance: Free for those who qualify.
Hours: 8:00am-4:00pm
Language(s): English/Spanish
Location(s): 701 W Ave. K, Suite 104, Lancaster, CA 93534; 2247 E Palmdale Blvd., Palmdale, CA 93550

CalFresh

Registration: 1-877-847-3663 (FOOD) 866-613-3777
Website: www.calfresh.ca.gov
<http://www.dss.cahwnet.gov/foodstamps/>
Services: CalWORKs, CalFresh, Medi-Cal
Location: 349-B E Ave. K6, Lancaster, CA 93535
Services: CalFresh, General Relief, Medi-Cal, GROW
Location: 337 E Ave. K10, Lancaster, CA 93535
Hours: Mon-Fri 8:00am - 5:00pm

Healthy Start Program

Ages: Infants- 2 years
Description: Healthy Start programs use proven strategies to reduce preterm birth, low birth weight, birth defects, Sudden Infant Death Syndrome (SIDS), maternal complications and unintentional injuries.
Website: www.mchb.hrsa.gov/programs/healthystart/index.html

Antelope Valley Migrant Education Program

Telephone: 562-922-6160
Services: Youth & parent educational support, outdoor educational experiences, supplementary dental services, plus more.
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

Bartz-Altadonna

(See Free-Health Coverage Program Category on page 22)

CalWORKs

Information: 866-613-3777
Website: dpss.lacounty.gov/dpss/calworks/default.cfm
Services: CalWORKs, CalFresh, Medi-Cal
Location: 349-B E Ave. K6, Lancaster, CA 93535
Hours: Mon-Fri 8:00am-5:00pm

Desert Winds Church
Information: 661-266-3400
Website: www.benefitscal.org
Location: 38117 13th St. E, Palmdale, CA 93550
Hours: Assistance Tuesday/Thursday 6:00pm-7:00pm

Tarzana Treatment Centers, Inc.
(See Free Health Coverage Program Category on page 23)

Torres Martinez Tribal Tanf
Telephone: 760-397-0300
Services: Cash assistance and culturally sensitive family activities and classes for eligible Native Americans in Riverside & Los Angeles Counties.
Location: 460 W Palmdale Blvd., Palmdale, CA 93551
Website: www.torresmartinez.org/

HOUSING

AV Alliance to End Homelessness
Housing & Homeless Shelter
Telephone: 661-874-4050
Address: 4322 Gingham Ave., Suite 105, Lancaster, CA 93535

Emergency Grant, Mobile Home Rehabilitation Loan, Neighborhood Improvement, and Single Family Rehabilitation Loan Programs
Telephone: 661-267-5126 x1
Address: 38300 Sierra Highway, Palmdale, CA 93550

Handyworker Program of Antelope Valley Partners for Health

Telephone: 661-942-4719
Address: 44226 10th St. W, Lancaster, CA 93534
Services: Free minor home repairs for homeowners in unincorporated areas
Website: <http://www.avph.org/handy-workers-program>

Homeless Solutions Access Center (Valley Oasis)

Telephone: 661-942-2758
Address: 45134 N Sierra Highway, Bldg. B, Lancaster, CA 93534

Housing Authority

Telephone: 661-575-1511
Address: 2323 E Palmdale Blvd., Palmdale, CA 93550

Lancaster Community Shelter

Open 24 Hours
Telephone: 661-945-7524
Address: 44611 Yucca Ave., Lancaster, CA 93534

Los Angeles Community Development Commission-Housing

Telephone: 626-262-4511
Website: <http://www.lacdc.org/>

Los Angeles Family Housing

Telephone: 818-982-4091
Website: <http://www.lafh.org/>

LowIncomeHousing.us

www.lowincomehousing.us/CA/lancaster.html

Valley Oasis

Valley Oasis Shelter

Telephone: 661-945-6736

Homeless Services

Telephone: 661-942-2758

Kayla's Place

Telephone: 661-949-3269

Website: www.valleyoasis.org/

FIRST 5 LA RESOURCES

Welcome Baby

Registration: 661-942-4719

Location: 44226 10th St. W, Lancaster, CA
93534

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

CHOOSE HEALTH LA CHILD CARE

Choose Health LA Child Care (CHLA Child Care)

Telephone: 661-789-1200

General Information: CHLA Child Care supports the healthy growth and development of children by improving the nutrition and physical environment of child care settings. CHLA Child Care works with child care providers, events for parents and children, and information and tools for all. For more information, contact: 1-888-92-CHILD or visit <http://www.ccala.net>

Location: 250 Grand Cypress Ave., Palmdale, CA 93551

ACKNOWLEDGMENTS

This Community Resource Guide was developed for you by:



Antelope Valley Partners for Health

T: 661.942.4719 F: 661.951.9715

44226 10th St. W, Lancaster, CA 93534

www.avph.org

Tarzana Treatment Centers, Inc.

T: 1-800-996-1051 F: 818.936.0133

44447 10th St. W, Lancaster, CA 93534

www.tarzanatc.org