

THE CALIFORNIA  
**Abundant**  
BIRTHPROJECT

# CA Abundant Birth Project Los Angeles County

## Resource **Guide**

MATERNAL AND INFANT HEALTH



# THE CALIFORNIA Abundant BIRTH PROJECT

## Hey, Mama!

The California Abundant Birth Project (CA ABP) is a guaranteed income program that provides cash during pregnancy. It was developed by Expecting Justice and the community to make birthing healthier and safer for the people facing the greatest risk during their pregnancy journey.



# Foreword



**This guide** has been designed to directly address the needs of our community as they have been expressed to us. The resources in this guide are from Los Angeles and surrounding cities. This guide is designed to be holistic in approach and accessible to all users.

There is a continual need for Black women and others disproportionately impacted by adverse perinatal outcomes to be supported as we navigate the many ways racism and explicit bias impose upon our quests to live, enjoy life, create, grow families, and contribute our unique genius to our communities and world. This support, as expressed in the guide, comes through affirmations, positive mantras, self-care tips, external support services, and the knowing that we are all standing together.

**During the pandemic**, the impact of the health and financial crises the world was facing hit Black communities hardest. During this time, Black Women for Wellness received even more calls than usual from community members looking for everything from emergency services for domestic violence survivors, homeless resources, and economic support, to services that would provide support for a joyous birthing journey and everything else in between. Knowing that other organizations were also getting these same calls and that so much information had changed through the pandemic, we knew it was time to create a new guide. However, we knew that for it to be comprehensive and effective, we could not, and would not want to, do it alone.

Therefore, this guide was created as a result of the **dynamic partnership** between the African American Infant Maternal Mortality Community Action Team (AAIMM CAT) of South Los Angeles/South Bay and Black Women for Wellness. In fact, when we found ourselves receiving calls for service and support, we turned to our AAIMM CAT partners. As our communities were mourning the continual and unnecessary deaths of Black folks due to COVID and the increased risk of maternal-infant loss for Black moms during birth, we looked to AAIMM CAT and knew we would find a creative, supportive partner ready to engage in this work with us. So when we decided to embark upon creating a comprehensive community resource guide, it was natural to reach out to the AAIMM CAT, and they were ready to collaborate. Under the direction of its leadership, they generously leveraged their vast, county, and community-based network and provided staff to work part-time each week to ensure this guide lived up to its potential and could be completed in a timely manner to meet the demands of the community.

It is with **great pleasure** that we provide the communities we serve with this work, the time, partnerships, and intent of service that will be available for many years to come. We hope that this guide is everything you need it to be. We hope that the love for Black people and our committed, determined fight towards liberation is received with all of the love and joy that was present as the guide was being conceived. We offer thanks to those who continually entrust us with the duty of connecting each other and being a pillar in Los Angeles and other surrounding cities. Finally, we offer our sincere prayers that whatever is happening in your life as you use this guide, the pages within help make the process a bit easier, joyous, and fulfilling.



# Our Resource Guide Co-Creator

## Black Women for Wellness

Black Women for Wellness (**BWW**) is a multi-generational, community-based organization located in the heart of the Leimert Park area of Los Angeles, California. At Black Women for Wellness, our mission is to be committed to the health and well-being of Black women and girls through health education, empowerment, and advocacy. Organized by 6 Black women in 1997, Black Women for Wellness' strategies include:

1. Increasing communication sharing amongst healthcare professionals.
2. Developing and implementing cultural and gender appropriate programs.
3. Supporting and empowering women to take leadership roles that advocate for eliminating health disparities.
4. Publishing culturally relevant health information.
5. Research and validation of effective prevention strategies and tools, documenting new health trends impacting well-being.
6. Being an active listening voice concerning the health status of African American women.

### Reproductive Justice

The Reproductive Justice Program at Black Women for Wellness is proud to present this guide in partnership with our community. Our focus is on centering the sexual health and wellness of Black women and girls.

Our programs include:

- **Rites of Passage (ROP)**
  - Aims to educate and empower Black girls ages 14-19 to take control of their reproductive health and broaden their knowledge on topics such as financial literacy, college and career, self-discovery, mental health, physical wellness, and much more.
- **Get Smart B4 U Get Sexy**
  - Focuses on the sexual health, relationships, and well-being of Black women and girls 14-30.
- **Maternal and Infant Health**
  - The goal is to reduce and eventually eliminate the disproportionately high Black maternal and infant mortality rate.

We envision this guide as a tool to support the health and well-being of Black women and a way to connect Black mothers to resources in their community. This guide is a direct response to our community telling us that they need a way to access current, local resources that meet their varying needs as Black women, mothers, and birthing people.

Black Women for Wellness is physically located in the Leimert Park area of Los Angeles, though this small but mighty cadre of women (and men) has a global reach.

Our website is **BWWLA.org**, and you can find us on social media as **@BW4WLA**.

For more information, scan here:



# Table of Contents

1. Emergency Health Resources

2. Holistic Health Resources

3. Housing Resources

4. Mental Health Resources

5. Pregnancy Resources

6. Support Groups

7. LGBTQ+ Resources

**You are filled  
with an  
abundance  
of love.**





# What to do if there is an emergency?

In the case of an emergency, remain calm.

Assess the situation and determine if further assistance is needed.

Follow your emergency plan, **call 911**, and abide by the instructions from your local officials.

Make sure you are safe before assisting others.



# Emergency Health Resources

A variety of emergency health resources in the Los Angeles and greater Los Angeles area are available to use in times of crisis.

Take a deep breath. Help is coming. People are there to support you. You are not alone in this.



# Emergency Health Resources



**Name:** Cina Urgent Care  
**Phone:** (323) 792-4278  
**Address:** 3756 Santa Rosalia Drive #100, Los Angeles, CA 90008  
**Insurance Accepted:** Medi-Cal and Medicare insurance.

**Name:** Coalition to Abolish Slavery & Trafficking  
**Phone:** (888) 539-2373

**Name:** Good Neighbor Clinic  
**Phone:** (623) 469-6626  
**Address:** 4300 Crenshaw Blvd., Los Angeles, CA 90008  
**Hours:** Monday - Friday: 9:00 am - 3:00 pm  
**Services:** Urgent care, allergies, asthma, and lung conditions.  
**Insurance Accepted:** PPO and private health plans, Medicare, Medicare HMO, Medi-Cal HMO, and cash.  
**Website:** [www.goodneighborclinic.com](http://www.goodneighborclinic.com)

**Name:** H. Claude Hudson Comprehensive Health Center  
**Phone:** (213) 699-7000  
**Address:** 2829 South Grand Avenue, Los Angeles, CA 90007  
**Hours:** Monday - Friday: 7:30 am - 11:00 pm / Saturday - Sunday: 8:00 am - 11:00 pm  
**Website:** [www.dhs.lacounty.gov/hudson](http://www.dhs.lacounty.gov/hudson)

**Name:** Hubert Humphrey Comprehensive Health Center  
**Phone:** (323) 897-6000  
**Address:** 5850 South Main St. Los Angeles, CA 90003  
**Hours:** Monday - Friday: 8:00 am - 10:00 pm / Saturday - Sunday: 8:00 am - 6:30 pm  
**Website:** [www.dhs.lacounty.gov/humphrey](http://www.dhs.lacounty.gov/humphrey)

**Name:** Inglewood Urgent Care  
**Phone:** (310) 878-2858  
**Address:** 933 Centinela Avenue Suite B Inglewood, CA 90302  
**Hours:** Monday - Friday: 10:00 am - 6:00 pm / Saturday - Sunday: 10:00 am - 4:00 pm  
**Services:** Cold and flu, respiratory, eye problems, and body aches and pains.  
**Insurance Accepted:** Medicare, Healthcare LA, Blue Shield of California, Cigna, L.A. Care, and Anthem.  
**Website:** [www.inglewoodurgentcare.org/](http://www.inglewoodurgentcare.org/)

**Name:** Jenesse Center, Inc.  
**Phone:** (800) 479-7328  
**Services:** Domestic Violence Intervention & Prevention  
**Programs Offered:** Case management, children and youth enrichment programs, client educational programs, workforce development, health services, housing, and shelter programs, legal services, mental health, and wellness counseling services, transportation services.  
**Note:** 24/7 confidential help is available.  
**Website:** [www.jenesse.org](http://www.jenesse.org)

The chaos around me is no match for the calmness within me.

# Emergency Health Resources



I inhale my dreams and exhale  
my fears.

I trust the timing of my life.

**Name:** Long Beach Comprehensive Health Center  
**Phone:** (562) 599-2153  
**Address:** 1333 Chestnut Avenue, Long Beach, CA 90813  
**Hours:** Friday: 8:00 am - 4:30 pm  
**Website:** [www.dhs.lacounty.gov/longbeach](http://www.dhs.lacounty.gov/longbeach)

**Name:** National Domestic Violence Hotline  
**Phone:** (800) 799-SAFE (7233)  
**TTY:** (800) 787-3224  
**Website:** [www.thehotline.org](http://www.thehotline.org)

**Name:** Providence Carson Urgent Care  
**Phone:** (310) 835-9227  
**Address:** 21501 S. Avalon Blvd. Suite 100, Carson, CA 90745  
**Insurance Accepted:** Aetna, Alignment Health Plan, Healthnet Plan, and Medicare.

**Name:** Safe Surrender Program  
**Phone:** (877) 222-9723  
**Services:** You can surrender your baby up to 72 hours after birth; drop your baby off at any LA County hospital or fire station with one of their employees; **fill out a voluntary and an anonymous medical history form** (or take one home and mail it back later) to help provide medical care for the baby; **obtain an ID bracelet** that matches one that will be fastened to the baby's ankle. The bracelet will help you get the baby back if you change your mind (you have 14 days from the day of surrender by calling the Los Angeles County Department of Children and Family Services at 1-800-540-4000.)  
**Note:** No other questions will be asked.  
**Website:** [www.lacounty.gov/residents/public-safety/baby-safe-surrender-program](http://www.lacounty.gov/residents/public-safety/baby-safe-surrender-program)

**Name:** Vermont Urgent Care & Multi Specialty Center  
**Phone:** (213) 386-2511  
**Address:** 1435 Vermont Avenue #100, Los Angeles, CA 90006  
**Hours:** Monday - Saturday: 9:00 am - 5:00 pm  
**Website:** [www.vermonturgentcare.org/schedule-appointment](http://www.vermonturgentcare.org/schedule-appointment)

**Name:** Weekend Urgent Care  
**Phone:** (310) 910-7221  
**Address:** 3701 Stocker Street, Los Angeles, CA 90008  
**Hours:** Monday - Thursday: 3:00 pm - 7:00 pm / Friday - Sunday: 9:00 am - 5:00 pm  
**Email:** [care@weekendurgentcare.com](mailto:care@weekendurgentcare.com)  
**Services:** STD testing, sprains/strains, bronchitis/asthma, strep treatment, and ear infections.  
**Insurance Accepted:** Medicare and Medi-Cal.

# Holistic Health Resources

We believe that good health involves integrating Western medicine and holistic health practices to create a better life.



# Holistic Health Resources

**Name:** Black Visions of Wellness

**Phone:** (323) 789-5610

**Address:** Fremont Wellness Center & Community Garden, 7821 S. Avalon Blvd. Los Angeles, CA 90003

**Hours:** Monday - Thursday: 7:00 am - 5:00 pm / Friday: 8:00 am - 5:00 pm

**Services:** Mental and physical health services designed to encourage healthy growth and development in underserved African American communities.

**Website:** [www.ummaclinic.org/black-vision-wellness](http://www.ummaclinic.org/black-vision-wellness)

**Name:** Queen Hollins, Principal Earth Steward

**Phone:** (470) 765-6343

**Email:** [info@earthlodgecenter.org](mailto:info@earthlodgecenter.org)

**Services:** The EarthLodge Center for Transformation supports the celebration of life cycles through ritual and ceremony, holistic lifestyle practices, Black Yoga Teachers Association, Self-empowerment, and reconnecting to nature.

**Website:** [www.earthlodgecenter.org](http://www.earthlodgecenter.org)

**Name:** Serenity Sol Massage

**Phone:** (310) 463-3601

**Address:** 1001 W. Carson Street Suite E, Torrance CA, 90502

**Practitioner:** Lois Atwater

**Services:** Massages, pregnancy massages, infrared sauna, reiki, ear candling, detox scrubs.

**Name:** The Black Women's Yoga Collective

**Phone:** (323) 789-5610

**Instagram:** [@blackwomensyogaco](https://www.instagram.com/blackwomensyogaco)

**Services:** An online yoga resource for BIPOC women, with opportunities for low-priced in-person yoga sessions

**Website:** [www.ummaclinic.org/black-vision-wellness/](http://www.ummaclinic.org/black-vision-wellness/)

**Name:** The Healing Circle LA

**Phone:** (310) 562-7290

**Email:** [joshua@thehealingcirclela.org](mailto:joshua@thehealingcirclela.org)

**Services:** A dialogue space for Black men and women to come together to establish community, support each other and build in a holistic way.

**Website:** [www.thehealingcirclela.org](http://www.thehealingcirclela.org)

**Name:** Wellness Uprising

**Services:** Reiki, chakra balancing, aromatherapy, bioimpedance scan, meditation, and moonbeams.

**Website:** [www.wellnessuprising.com](http://www.wellnessuprising.com)

I am loved and supported.

I am unconditionally worthy.

# Wellness Moment: Mental Grounding

## The 5-4-3-2-1 Technique:

This is the most common grounding technique because it calls upon all the senses to bring you back to the present. It involves thinking about:

- Five things you can see
- Four things you can feel
- Three things you can hear
- Two things you can smell
- One thing you can taste in your immediate environment

Identifying things in your physical world slows your heart rate and takes your focus off the intense feelings of anxiety.



# Housing Resources



# Housing Resources



**Name:** Alexandria House

**Email:** [info@alexandriahouse.org](mailto:info@alexandriahouse.org)

**Phone:** (213) 381-2649

**Address:** 426 S. ALEXandria Avenue, Los Angeles, CA 90020

**Services:** Transitional housing for pregnant women and their children, helping move women from emergency shelter to economic stability.

**Website:** [www.alexandriahouse.org/about](http://www.alexandriahouse.org/about)

**Name:** Cal OES Domestic Violence Housing First

**Phone:** (562) 806-5400

**Address:** 6800 Firestone Avenue, Bell Gardens, CA 90201

**Services:** This program helps families find safe and affordable housing to ensure safety for domestic violence victims and their children. With a survivor-driven approach, we provide a range of services including: case management, mobile advocacy, emergency transportation, court support, and accompaniment based on families' needs.

**Website:** [www.hsala.org/services/cal-oes-domestic-violence-housing-first](http://www.hsala.org/services/cal-oes-domestic-violence-housing-first)

**Name:** Harvest Home

**Email:** Contact form available on their website.

**Phone:** (310) 452-1223

**Address:** 2118 Wilshire Blvd., PMB 358, Santa Monica, CA 90403

(Call for the physical address — kept confidential for safety reasons)

**Services:** Safe shelter for homeless pregnant women and their children; case management and therapeutic support; resources for physical, emotional, and mental health; parenting classes (wide-ranging); focus on achieving financial independence.

**Application:** Available on their website.

**Website:** [www.harvesthomela.org](http://www.harvesthomela.org)

**Name:** His Nesting Place

**Phone:** (562) 422-2137

**Address:** 350 E. Market St., Long Beach, CA 90805

**Hours:** Tuesday – Friday: 10:00 am – 3:00 pm

**Services:** Safe and loving home and church for mothers and their children; pastoral counseling; parenting classes; access to online schooling; diapers, wipes, and baby items; job training; budgeting and spending tips.

**Program Requirements:** Must be 18 or older; must be pregnant; must have a valid ID; provide at least 3 references; commit to staying at least 6 months.

**Website:** [www.hisnestingplace.org](http://www.hisnestingplace.org)

**Name:** New Life Beginnings

**Phone:** (562) 590-1538

**Address:** 835 East 6th Street, Long Beach, CA 90802

**Hours:** Every day: 10:00 am – 4:00 pm

**Services:** Dedicated to supporting homeless women with children (pregnant and non-pregnant); victims of human trafficking; survivors of domestic violence.

**Website:** [www.newlb.org/about](http://www.newlb.org/about)

Regardless of the outcome, I am supported.

# Housing Resources



**Name:** St. Anne's Family Service

**Address:** 155 N. Occidental Blvd., Los Angeles, CA 90026

**Services:** A multi-service agency supporting individuals from pregnancy to parenthood and childhood to adulthood through: early childhood education, housing programs, and community-based support services.

**Website:** [www.stannes.org/programs-and-services/housing-programs](http://www.stannes.org/programs-and-services/housing-programs)

**Name:** The People Concern – Kensington Campus

**Phone:** (661) 723-6284

**Address:** 3211 W Avenue I, Lancaster, CA 93535

**Instagram:** [@thepeopleconcern](https://www.instagram.com/thepeopleconcern)

**Services:** 14-acre campus, interim housing, comprehensive case management, and employment services and support.

**Website:** [www.thepeopleconcern.org](http://www.thepeopleconcern.org)

**Kensington Campus:** [www.lancasterconnect.com/the-people-concern](http://www.lancasterconnect.com/the-people-concern)

**Name:** Unalienable Rights Inc.

**Phone:** (223) 386-5585

**Address:** 44633 Kingtree Ave, Lancaster, CA 93534

**Facebook:** [@housing4every1](https://www.facebook.com/housing4every1)

**Services:** Assistance with housing access and support for disadvantaged and underserved populations.

**Website:** [www.housing4every1.org](http://www.housing4every1.org)

**Name:** Valley Oasis Family Solutions

**Phone:** (661) 942-2758

**Address:** 43434 Sahuayo St, Lancaster, CA 93535

**Services:** 60-day emergency shelter, open 24/7; 65-bed capacity serving men, women, and children of all ages; one of the first shelters in the U.S. to provide services to men; comprehensive supportive services; domestic violence education; crisis intervention; legal assistance; job skills training; parenting skills training; children's services, including daycare and educational programs; transitional and permanent housing support; serving diverse populations, including LGBTQ+ individuals and victims of human trafficking.

**Website:** [www.valleyoasis.org/index.php](http://www.valleyoasis.org/index.php)

**Name:** Volunteers of America

**Phone:** (661) 723-4873

**Address:** 45150 60<sup>th</sup> Street West, Lancaster, CA 93536

**Services:** Housing assistance, employment services, veteran support programs.

**Website:** [www.voala.org](http://www.voala.org)

# Mental Health Resources

Please, take the time to care for your mental health and well-being, and reach out to others with kindness and compassion.



# Mental Health Resources



**Name:** Alcohol Rehab Guide

**Phone:** (800) 586-9670

**Services:** Inpatient Rehab, Outpatient Rehab, Alcohol Counseling, Teen Alcohol Rehab, Faith-based Treatment.

**Link:** [www.alcoholrehabguide.org](http://www.alcoholrehabguide.org)

**Name:** A New Way of Life Reentry Project

**Phone:** (323) 563-3575

**Address:** 9512 S. Central Ave. Los Angeles, CA 90002

**Services:** Individual healing and counseling services for program participants, family reunification support, housing and reentry support for formerly incarcerated women.

**Website:** [www.anewwayoflife.org](http://www.anewwayoflife.org)

**Name:** College Medical Center

**Contact:** George Dixon, Community Liaison Director

**Phone:** (562) 997-2000

**Address:** 2776 Pacific Ave. Long Beach, CA, 90806

**Services:** Outpatient program, Assessment, Group Therapy and Individual Counseling

**Insurance accepted:** Medicare and Managed Care ONLY (*Medi-Cal not accepted.*)

**Website:** [www.collegemedicalcenter.com](http://www.collegemedicalcenter.com)

**Name:** Denise Williams, LMFT - Well-Play Counseling & Wellbeing Center

**Phone:** (424) 226-6172

**Address:** 1611 Pacific Coast Highway #307, Redondo Beach, CA, 90277

**Services:** Specializes in supporting women of color, treatment for depression, anxiety, phase-of-life transitions, and existential crises.

**Website:** [www.well-play.com/denise-m-williams](http://www.well-play.com/denise-m-williams)

**Name:** Downtown Women's Center

**Contact:** Angel Jones, Program Manager for Day Center

**Phone:** (213) 680-0600

**Address:** 442 S. San Pedro St. Los Angeles, CA 90013

**Services:** Offers mental health referrals. Participation in orientation is required.

**Website:** [www.downtownwomenscenter.org](http://www.downtownwomenscenter.org)

**Name:** Gateways Hospital and Mental Health Center

**Phone:** (323) 644-2000

**Address:** 1891 Effie St. Los Angeles, CA, 90026

**Services:** Mental health treatment services for children, adolescents, transitional aged youth, and adults; inpatient hospital services; outpatient services; residential programs; forensic mental health programs; services for individuals experiencing homelessness; wellness center.

**Name:** His Sheltering Arms, Inc.

**Phone:** (323) 755-3922

**Email:** [hisarmsinc@aol.com](mailto:hisarmsinc@aol.com)

**Address:** 11101 S. Main Street Los Angeles, CA 90061

**Services:** Treatment for Post-Traumatic Stress Disorder (PTSD), mental health services, Substance Use Disorder treatment.

**Website:** [www.hisshelteringarms.org](http://www.hisshelteringarms.org)

I am becoming a better version of myself each day.

# Mental Health Resources



**Name:** Lamp Community Frank Rice Access Center  
**Phone:** (213) 488-9559  
**Address:** 627 San Julian St., Los Angeles, CA 90013  
**Hours:** Monday - Friday: 8:00 am - 4:00 pm

**Name:** Los Angeles County Department of Mental Health  
**Phone:** (800) 854-7771  
**Services:** Psychiatric Mobile Response Team (PMRT), Family Assistance Program (FAP), Emergency Response Teams (ERT), Crisis Help Line  
**Website:** [www.dmh.lacounty.gov](http://www.dmh.lacounty.gov)

**Name:** Marisca Evans, Licensed Marriage & Family Therapist  
**Phone:** (310) 991-0891  
**Address:** 400 Continental Blvd. Fl. 6, El Segundo, CA, 90245  
**Email:** [marisca94@gmail.com](mailto:marisca94@gmail.com)  
**Services:** Therapy for individuals, couples, and families struggling with severe and chronic mental illness.

**Name:** Mental Health America of Los Angeles  
**Phone:** (661) 726-2850  
**Address:** Antelope Valley, CA  
**Services:** Offers mental health, employment, housing, wellness, and other wrap-around services.  
**Website:** [www.mhala.org/services-and-programs](http://www.mhala.org/services-and-programs)

**Name:** New Directions for Veterans  
**Phone:** (310) 914-4045  
**Address:** 11303 Wilshire Boulevard, VA Bldg. 116, Los Angeles, CA 90073  
**Services:** Mental Health services provided for veterans, including treatment for: PTSD, military sexual trauma, traumatic brain injury, and substance abuse.

**Name:** Open Paths Counseling Center  
**Phone:** (310) 258-9650  
**Address:** 301 N. Prairie Avenue, Suite 510, Inglewood, CA 90301  
**Services:** Counseling for adults, couples, families, and children. Support Groups, Therapy Groups, EMDR, Community Partnership Therapy Program, Therapy in Schools, Black Maternal & Postpartum Mental Health Program  
**Website:** [www.openpaths.org](http://www.openpaths.org)

**Name:** Optimist Youth Homes  
**Phone:** (323) 443-3175  
**Address:** 6957 North Figueroa St. Los Angeles, CA 90042  
**Services:** Provides all levels of care for children in and at risk of foster care, including mental health counseling, foster care, and housing.  
**Website:** [www.oyhfs.org](http://www.oyhfs.org)

I am energetically aligned with all I desire.

# Mental Health Resources

**Name:** Shields For Families

**Phone:** (323) 242- 5000

**Address:** 11601 S. Western Los Angeles, CA 90047

**Services:** Child and youth development, child welfare, mental health, substance abuse treatment, transportation, housing, legal services, and vocational training.

**Emergency Contact:**

- If you are experiencing a mental health emergency, please call **1-800-SUICIDE** or **1-800-273-TALK**.
- For mental health or substance abuse services, contact us at **(323) 328-1645**.

**Website:** [www.shieldsforfamilies.org](http://www.shieldsforfamilies.org)

**Name:** SISTAHFRIENDS

**Phone:** (213) 291-9039

**Email:** [yolanda@sistahfriends.org](mailto:yolanda@sistahfriends.org)

**Address:** PO Box 56145 Los Angeles, CA, 9005

**Services:** Committed to the emotional and psychological wellness of Black women. Individual, couples, family, and group therapy. Grief and loss counseling. Intimate partner violence and domestic violence prevention. Behavioral modification. Trauma-informed care. Addiction counseling. Elder caregiving support.

**Note:** Serving adults only.

**Name:** Southern California Association of Black Psychologists

**Phone:** (213) 537-7222

**Address:** P.O. Box 2731, Culver City, CA 90231

**Email:** [scabpsi@gmail.com](mailto:scabpsi@gmail.com)

**Services:** Referral service for Black psychologists.

**Website:** [www.scabpsi.org](http://www.scabpsi.org)

**Name:** Stars Behavioral Health Group

**Contact:** Jennifer Thomas, Admissions Coordinator

**Phone:** (310) 373-4556 x104

**Address:** 4025 W. 226th Street, Torrance, CA 90505

**Services:** Comprehensive mental health treatment programs for young people with severe emotional challenges. Community-based mental health programs. Crisis walk-in centers open 24/7. Community resource centers. Residential treatment centers and psychiatric health facilities. Non-public schools and school-based services.

**Website:** [www.starsinc.com](http://www.starsinc.com)

# Mental Health Resources



**Name:** St. John's Well Child & Family Center

**Phone:** (323) 541-1411

**Address:** 326 W 23<sup>rd</sup> Street, Los Angeles, CA 90007

**Services:** Offers therapy and psychiatric services. Call center will direct you to the location.

**Name:** UMMA Community Clinic Black Visions of Wellness Program

**Contact:** Jocelyn Bush Spurlin

**Phone:** (323) 579-1328

**Address:** 6814 Pacific Boulevard. Huntington Park, CA 90255

**Email:** [jbushspurlin@ummaclinic.org](mailto:jbushspurlin@ummaclinic.org)

**Services:** Adult medicine, Pediatrics, Family practice, Adolescent healthcare, Obstetrics/Gynecology, Mammography, Prenatal care, Family planning services, On-site lab, STI testing, Specialist referrals, Counseling services. Referrals to integrated services (yoga, zumba, acupuncture, healthy cooking classes, reiki, art therapy, personal training.)

**Name:** Well-Play Counseling & Wellbeing Center

**Provider:** Denise M. Williams, MA Licensed Marriage & Family Therapist

**Phone:** (424) 226-6172

**Address:** 1611 Pacific Coast Highway #307, Redondo Beach, CA 90277

**Services:** Focuses on women of color who suffer from depression, anxiety, phase-of-life issues, and existential crisis.

**Insurances accepted:** Cigna, Aetna, Kaiser

**Website:** [www.well-play.com](http://www.well-play.com)

**Name:** WIN Los Angeles

**Phone:** (213) 222-6975

**Address:** 5601 W. Slauson Ave, Suite 220, Culver City, CA 90230

**Services:** In-Home child and adult therapy. Weekly in-home caregiver family-focused events. Community Ambassador Network. Intensive case management service. Infant mental health training and consultation. Family-focused events.

**Website:** [www.winla.org](http://www.winla.org)

**Name:** Zen Care

**Services:** Connects people to Black therapists in their area. Filters by location. Displays therapist type. Shows therapist availability (accepting clients). Option to filter for in-person or online therapy. Provides contact information and appointment details for therapists.

**Website:**

[www.zencare.co/us/california/therapists/identity/black](http://www.zencare.co/us/california/therapists/identity/black)

I am surrounded by those who  
love, support, and respect me.

# Pregnancy Resources



# Pregnancy Resources



**Name:** Ali Abaian Medical Clinic

**Phone:** (323) 581-5400

**Address:** 8460 S Central Avenue, Los Angeles, CA 90001

**Hours:** Monday - Thursday: 9:00 am - 6:00 pm / Friday: 9:00 am - 1:00 pm / Saturday: 9:00 am - 5:00 pm

**Name:** Advanced Family Care

**Phone:** (323) 588-0084

**Address:** 1201 E. Florence Avenue, Los Angeles, CA 90001

**Name:** Akhavan, Afshin, D.O., A Professional Corporation - Medical Central Family Care

**Phone:** (323) 730-1663

**Address:** 2409 S. Vermont Avenue, Suite C1, Los Angeles, CA 90007

**Name:** African American Infant and Maternal Mortality (AAIMM) Initiative  
**CAT locations:** Antelope Valley, Santa Clarita & San Fernando Valley, San Gabriel Valley (SPA 3), and South LA/South Bay (SPA 6& 8).

**Services:** Doula support, home visitations, breastfeeding guidance, fatherhood support groups, and mental health support.

**Website:** [www.blackinfantsandfamilies.org/about](http://www.blackinfantsandfamilies.org/about)

**Name:** Antelope Valley Partners For Health

**Phone:** (661) 942-4719

**Address:** 44226 10<sup>th</sup> Street West, Lancaster, CA 93534

**Services:** Pregnancy health, children & infant support, relative support, and food pantry.

**Website:** [www.clarishealth.org/contact](http://www.clarishealth.org/contact)

**Name:** Baby2Baby

**Phone:** (323) 933-2229

**Address:** 5830 W. Jefferson Boulevard, Los Angeles, CA 90016

**Services:** Provides essential supplies for families raising babies and young children, including diapers, formula, baby clothes, cribs, and more.

**Website:** [www.baby2baby.org](http://www.baby2baby.org)

**Name:** Black Infants and Families

**Phone:** (213) 639-6448

**Email:** [AAIMMDoulas@ph.lacounty.gov](mailto:AAIMMDoulas@ph.lacounty.gov)

**Services:** Provides doula services. Hosts peer support groups. Birthing, parenting, and pregnancy resources and guides available on-site.

**Website:** [www.blackinfantsandfamilies.org/doulas](http://www.blackinfantsandfamilies.org/doulas)

I accept all my feelings as valid and know that I am not alone and loved by those around me.

# Pregnancy Resources



**Name:** Black Infant Health Program Long Beach

**Phone:** (562) 570-4323 / (562) 246-6218

**Address:** 2525 Grand Avenue, Long Beach, CA 90815

**Hours:** Monday - Friday: 9:00 am - 5:00 pm

**Services:** 20 Intimate Group Sessions (10 during pregnancy, 10 postpartum). Healthy meals at each session. Transportation assistance (to/from group sessions & medical appointments). Incentives and resources. Individual life planning and case management. Health and family support referrals. Support from a public health nurse and social worker. Workshops on breastfeeding, child passenger safety, feminine hygiene, nutrition, SIDS/safe infant sleep, school readiness, parent education, and stress/depression management.

**Website:** [www.longbeach.gov/health/services/directory/black-infant-health/](http://www.longbeach.gov/health/services/directory/black-infant-health/)

**Name:** The Black Maternal Health Center of Excellence (BMCHE)

**Services:** Prenatal and postpartum care. Certified community midwives and doulas. Mental health support. Non-hospital-based labor and delivery support. Preconception and prenatal planning. Referrals to free and low cost pregnancy support organizations. Domestic violence support. Financial aid/scholarships for maternal care and resources.

**Website:** [www.bmhce.org/about](http://www.bmhce.org/about)

**Scheduling:** [www.bmhce.org/schedule-a-consultation](http://www.bmhce.org/schedule-a-consultation)

**Name:** Black Women for Wellness

**Phone:** (323) 290-5955

**Address:** 4340 11<sup>th</sup> Avenue, Los Angeles, CA, 90008

**Services:** Connects Black women and people seeking doula services with Black doulas in their area . Online resource hub for Black pregnant people. Website includes additional resources for pregnancy and wellness.

**Website:** [www.bwwla.org](http://www.bwwla.org)

**Name:** Care Net Women's Resource Center

**Phone:** (661) 729-4277

**For help any time of day or night text the word "pregnant" to 313131**

**Address:** 44733 10<sup>th</sup> Street West, Lancaster, CA 93534

**Services:** Abortion information, adoption agency referrals, adoption information, maternity and infant supplies, medical referrals, parenting education, post-abortion support, pregnancy options information, pregnancy tests, STD/STI information, support for men, ultrasound (Onsite)\*

**Website:** [www.avcarenet.org/services](http://www.avcarenet.org/services)

**Name:** Center 4 Fertility (Torrance Location)

**Phone:** (818) 617-2038

**Address:** 24241 Hawthorne Boulevard, Ste. 201, Torrance, CA 90505

**Services:** Fertility services for LGBTQ+ couples and individuals. Family planning, IVF, Surrogacy, and Gynecology.

**Website:** [www.center4fertility.com/lgbt-fertility](http://www.center4fertility.com/lgbt-fertility)

I deserve all of the down time that my body needs today to be at its best for me.

# Pregnancy Resources



**Name:** Center 4 Fertility (Tarzana Location)

**Phone:** (818) 617-2038

**Address:** 18370 Burbank Boulevard, Ste. 301, Tarzana, CA 91356

**Services:** Fertility services for LGBTQ+ couples and individuals. Family planning, IVF, Surrogacy, and Gynecology.

**Website:** [www.center4fertility.com/lgbt-fertility](http://www.center4fertility.com/lgbt-fertility)

**Name:** Center 4 Fertility (Thousand Oaks Location)

**Phone:** (805) 807-1075

**Address:** 415 Rolling Oaks Dr Thousand Oaks, CA 91361

**Services:** Fertility services for LGBTQ+ couples and individuals. Family planning, IVF, Surrogacy, and Gynecology.

**Website:** [www.center4fertility.com/lgbt-fertility](http://www.center4fertility.com/lgbt-fertility)

**Name:** Christian Beckley - Black birthing photographer

**Instagram:** [@doulachristian](https://www.instagram.com/doulachristian)

**Services:** Bump photography, birth and post-birth baby photography.

**Name:** Cinnamoms

**Email:** [CinnaMoms@phfewic.org](mailto:CinnaMoms@phfewic.org)

**Services:** Nutrition Education, Breastfeeding Services, Healthy Foods, Family Resources, Women's Health Resources, Family Resources

**Website:** [www.cinnamoms.org](http://www.cinnamoms.org)

**Name:** Clare/ Matrix

**Administrative Office:**

**Phone:** (310) 314-6200

**Address:** 2644 30<sup>th</sup> Street, Santa Monica, CA 90405

**Hours:** Monday: 8:00 am - 9:00 pm / Tuesday—Thursday: 8:00 am - 6:00 pm / Friday: 8:00 am - 9:00 pm / Saturday: 8:00 am - 4:30 pm / Sunday: Closed

**Admissions Office:**

**Phone:** (866) 452-5273

**Address:** 1865 9<sup>th</sup> Street, Santa Monica, CA 90404

**Outpatient Treatment Center:**

**Phone:** (310) 576-2063

**Address:** 1002 Pico Boulevard Santa Monica, CA 90405

**Inpatient Treatment Center:**

**Phone:** (909) 395-0888

**Address:** 812 N. Euclid Avenue, Ontario, CA 91762

**Services:** Residential treatment, outpatient treatment, detoxification, serves postpartum and pregnant women.

**Who Can Be Referred:** Pregnant Women with substance use disorders and their children. Women who gave birth within 12 months with substance use disorders and their children.

**Website:** [www.clarematrix.org](http://www.clarematrix.org)

I am on a journey, ever growing  
and developing.

# Pregnancy Resources



My personal boundaries are important and I'm allowed to express my needs to others.

**Name:** Claris Health Women's Health Center (West LA Location)  
**Phone:** (310) 299-7181  
**Address:** 11500 W Olympic Boulevard, Suite #570, Los Angeles, CA 90064  
**Hours:** Monday - Friday: 9:00 am - 5:00 pm / Saturday - Sunday: Closed  
**Services:** Pregnancy health, sexual health, mental health, prenatal care and support, parenting support, mobile clinics (locations listed and updated on website.)  
**Documents needed:** ID and insurance  
**Website:** [www.clarishealth.org/contact](http://www.clarishealth.org/contact)

**Name:** Claris Health Women's Health Center (Lynwood Location)  
**Phone:** (323) 299-9977  
**Address:** 3737 Martin Luther King, Jr. Blvd, #205, Lynwood, CA 90262  
**Hours:** Monday - Thursday: 9:00 am - 5:00 pm / Friday - Sunday: Closed  
**Services:** Pregnancy health, sexual health, mental health, prenatal care and support, parenting support, mobile clinics (locations listed and updated on website.)  
**Documents needed:** ID and insurance  
**Website:** [www.clarishealth.org/contact](http://www.clarishealth.org/contact)

**Name:** First 5 LA - Welcome baby  
**Phone:** (213) 482-5920  
**Fax:** (213) 482-5903  
**Address:** 750 North Alameda Street, Los Angeles, CA 90012  
(Full list of participating hospitals listed on website)  
**Services:** Provides support and information for LA County pregnant women and new moms. In-hospital visit with breastfeeding assistance, bonding and attachment information, and resources for families. Personal Parent Coach visits in-home for support. Information on breastfeeding, home safety, and other topics. In-home appointment with a nurse after delivery. Referrals to additional resources. Baby- and mom-friendly items like thermometers, nursing pillows, toys, and baby-proofing supplies. Free and voluntary program, available to all LA County families.  
**Who can access:** All families delivering at a Welcome Baby participating hospital are offered a hospital visit. Families residing within a Best Start community can enroll prenatally (up to 38 weeks) or at the hospital.  
**Website:** [www.first5la.org/article/welcome-baby](http://www.first5la.org/article/welcome-baby)

**Name:** Frontline Doulas  
**Phone:** (310) 817-0551  
**Address:** 6371 Haven Ave Suite 3, Box #265 Rancho Cucamonga, CA 91737  
**Hours:** Monday - Sunday: 7:00 am - 10:00 pm  
**Email:** [FrontlineDoulas@DiversityUplifts.org](mailto:FrontlineDoulas@DiversityUplifts.org)  
**Services:** Connects Black families with Black doula at no cost. Doula services include: 3 prenatal visits, support at birth, 3 postpartum visits, community-centered practices, advocacy and emotional support, culturally competent care, lactation education and referrals for IBCLC lactation consultations, childbirth education resources, fatherhood/partner support.  
**Note:** Frontline Doula Hotline is available for scheduling calls and setting up appointments. Serves all ages, including teens. No income requirement but encourages lower income families to apply  
**Website:** [www.frontlinedoulas.com](http://www.frontlinedoulas.com)

# Pregnancy Resources



**Name:** FPA Women's Health Clinic

**East LA Location:**

**Phone:** (323) 201-9343

**Address:** 4922 East Whittier Boulevard, East Los Angeles, CA 90022

**Hours:** Monday - Friday: 8:00 am - 5:00 pm

**Inglewood Location:**

**Phone:** (323) 987-8879

**Address:** 301 N Prairie Ave., Suite 611, Inglewood, CA 90301

**Hours:** Monday - Friday: 8:00 am - 5:00 pm

**Long Beach Location:**

**Address:** 2777 Long Beach Boulevard, Suite 200, Long Beach, CA 90806

**Phone:** (562) 595-5653

**Hours:** Monday - Friday: 8:00 am - 5:00 pm

**Los Angeles Downtown Location:**

**Phone:** (213) 738-7283

**Address:** 601 S. Westmoreland Avenue, Los Angeles, CA 90005

**Hours:** Monday - Friday: 8:00 am - 5:00 pm / Saturday: Closed / Sunday: 8:00 am - 5:00 pm

**Santa Monica Location:**

**Phone:** (310) 820-8084

**Address:** 12304 Santa Monica Boulevard, Suite 116, Los Angeles, CA 90025

**Hours:** Monday - Saturday: 8:00 am - 5:00 pm / Sunday: Closed

**Services:** Abortion pill, surgical abortion (by mail and in-office), birth control, gynecology services, telehealth and in-person services, online booking available (phone or website)

**Note:** Many online resources on the website

**Website:** [www.fpawomenshealth.com](http://www.fpawomenshealth.com)

**Name:** Generation Her

**Phone:** (626) 825-7874

**Address:** 120 Heil Ave, Fountain Valley, CA 92708

**Instagram:** [@generationher](https://www.instagram.com/generationher)

**Email:** [generationher@gmail.com](mailto:generationher@gmail.com)

**Services:** Resource center for teen moms/parents (ages 13-25). In person or over Zoom support available 7 days a week. Assistance with: housing and shelters, filling out forms or the FAFSA, finding childcare, applying for jobs and creating resumes, finding schools to finish degrees, counseling and parenting help, free baby items, and more.

**Website:** [www.generationher.org/resource-center-oc.html](http://www.generationher.org/resource-center-oc.html)

**Name:** Happy Mama Happy Baby Alliance

**Phone:** (626) 388-2191

**Address:** 600 Lincoln Avenue, Pasadena, CA 91109

**Instagram:** [@motherbabysupport](https://www.instagram.com/motherbabysupport)

**Services:** Community doula program, childbirth & postpartum doula training and certification programs, perinatal health education training and consultation, continuing education for health and human services professionals.

**Website:** [www.motherbabysupport.net](http://www.motherbabysupport.net)

I am at peace in my body, my mind,  
and my life.

# Pregnancy Resources



**Name:** Irth

**Services:** The only app where you can find prenatal, birthing, postpartum, and pediatric reviews of care from other Black and brown women. Download the app and access information about: Doulas. Free Ebook. Black Breastfeeding Organizations. Childbirth Centers. Lactation Consultants. Podcasts.

**Website:** [www.irthapp.com](http://www.irthapp.com)

**Name:** Kindred Space LA

**Phone:** (323) 381-5511

**Fax:** (310) 861-0255

**Address:** 2610 Southwest Drive, Los Angeles, CA 90043

**Email:** [admin@kindredspacela.com](mailto:admin@kindredspacela.com)

**Instagram:** [@kindredspacela](https://www.instagram.com/kindredspacela)

**Services:** Midwifery, childbirth classes, lactation classes, prenatal baby sleep classes, parenting community for parents and expecting parents, moms support group, dads support group, birthing center, pre and post-birth group care, community building and support.

**Website:** [www.kindredspacela.com](http://www.kindredspacela.com)

**Name:** LOOM

**Phone:** (323) 609-3543

**Address:** 5259 W Pico Boulevard, Los Angeles, CA 90019

**Email:** [support@loomhq.com](mailto:support@loomhq.com)

**Services:** Online and in person- sexual and reproductive health education platform. Support for all stages: conceiving, struggling, expecting, parenting, pregnancy, and postpartum. Assistance with choosing care providers and preparing for birth. Mental and physical health support. Baby care education: diapering, sleeping, swaddling, baby massage, feeding, etc.

**Note:** Access to symptom checks and FAQs on their website. Online support tools and training videos.

**Website:** [www.loomhq.com](http://www.loomhq.com)

**Name:** Mama's Neighborhood

**Phone:** (844) 376-2627

**Locations:**

- Harbor UCLA
- Hubert Humphrey's
- LAC+USC
- MLK Jr. Outpatient Center
- Olive View Medical Center
- Wilmington Health Center

**Hours:** Monday - Friday: 8:00 am - 4:00 pm

**Services:** Mother-centered model is an innovative approach to prenatal care and health coordination to help babies be born at full term, healthy birth weight, and continue on the pathway of healthy outcomes

**Eligibility:** Eligible to join MAMA's Neighborhood when you are enrolled as a prenatal patient with Health Services

**Website:** [www.dhs.lacounty.gov/womens-health/our-services/womens-health/prenatal/mamas-neighborhood](http://www.dhs.lacounty.gov/womens-health/our-services/womens-health/prenatal/mamas-neighborhood)

# Pregnancy Resources



**Name:** Maternal Mental Health Now

**Services:** Resource directory for pregnant people and their support, Online trainings for new parents, Host events and workshops which are updated on website regularly

**Website:** [www.maternalmentalhealthnow.org](http://www.maternalmentalhealthnow.org)

**Name:** Mighty Little Giants (MLG)

**Phone:** (213) 590-4859

**Mailing Address:** Attn.: Mighty Little Giants, 38045 47<sup>th</sup> Stree E., Suite 145, Palmdale, CA 93552

**Services:** A non-profit organization that advocates through providing support, education, and hope for mothers and fathers experiencing pre-term deliveries resulting in long-term stays in hospitals' NICU/NICCU.

**Intake Form:**

[www.docs.google.com/forms/d/e/1FAIpQLSd1HNtZ3bzeg\\_qSdJiqRoTrJuylRZWXFieuQOzINU1DjYHhLw/viewform?pli=1](http://www.docs.google.com/forms/d/e/1FAIpQLSd1HNtZ3bzeg_qSdJiqRoTrJuylRZWXFieuQOzINU1DjYHhLw/viewform?pli=1)

**Website:** [www.mightylittlegiants.org](http://www.mightylittlegiants.org)

**Name:** Mind Body Birth

**Services:** Complete prenatal, birth, and postpartum care, as well as holistic Well

Person/GYN services, fertility, and IUI services including pre-pregnancy counseling, and hormonal and genetic testing. Chiropractic Care.

Breastfeeding Classes. Lactation Visits. Placenta Encapsulation. Infant Prep Class. Nutrition Class. BIPOC Walking Group. Postpartum Support Group.

**Contact Form:** [www.mindbodybirthla.com/contact](http://www.mindbodybirthla.com/contact)

**Website:** [www.mindbodybirthla.com](http://www.mindbodybirthla.com)

**Name:** MLK Community Healing and Trauma Prevention Center

**Phone:** (323) 568-8732

**Address:** 11833 Wilmington Avenue, Los Angeles, CA 90059

**Email:** [MLKHealingCenter@ph.lacounty.gov](mailto:MLKHealingCenter@ph.lacounty.gov)

**Services:** Serves **children, families, and individuals** with a continuum of services designed to strengthen families and promote individual wellbeing.

**Website:** [www.publichealth.lacounty.gov/chs/SPA6/MLKHealingCenter.htm](http://www.publichealth.lacounty.gov/chs/SPA6/MLKHealingCenter.htm)

**Name:** National Abortion Federation

**Email:** [naf@prochoice.org](mailto:naf@prochoice.org)

**Services:** Provides **direct services** to patients who need help accessing **abortion care**. Offers **counseling options** and **referrals** to abortion providers.

**Website:** [www.prochoice.org](http://www.prochoice.org)

**Name:** National Maternal Mental Health Hotline

**Phone:** (833) 943-5746 (call or text)

**Hours:** 24/7 - Monday through Sunday

**Services:** **Free, confidential** mental health support for moms and families - before, during, and after pregnancy. **Interpreter services** in 60 languages (English & Spanish most common.)

**Website:** [www.mchb.hrsa.gov/national-maternal-mental-health-hotline](http://www.mchb.hrsa.gov/national-maternal-mental-health-hotline)

I trust my intuition and inner wisdom.

# Pregnancy Resources

**Name:** Partners for Children South Los Angeles

**Phone:** (323) 607-0333

**Address:** 301 N. Prairie Avenue, Suite 515, Inglewood, CA 90301

**Services:** A collaborative effort of 40+ health and human services organizations that partner to provide service linkage and cross-agency care coordination for children age birth to 5 and their families.

**Website:** [www.partners4childrensla.org](http://www.partners4childrensla.org)

**Name:** Planned Parenthood

**Phone:** (800) 576-5544

**Email:** [info@pp-la.org](mailto:info@pp-la.org)

**Services:** Abortion services, abortion referral, birth control, pregnancy testing services.

**Website:** [www.plannedparenthood.org/planned-parenthood-los-angeles](http://www.plannedparenthood.org/planned-parenthood-los-angeles)

**Book Name:** *Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood —And Trusting Yourself and Your Body*

**Description:** An all-inclusive **pregnancy and birthing guidebook** that empowers soon-to-be mothers and their partners with the information they need to make decisions, feel confident, and enjoy the beauty of creating new life.

**Written by:** Erica Chidi—Doula, lactation counselor, mother, and CEO & Co-founder of LOOM.

**Website:** [www.bookshop.org](http://www.bookshop.org)

**Name:** The Reparations Club

**Phone:** (323) 591-0012

**Address:** 3054 S Victoria Avenue, Los Angeles, CA 90016

**Hours:** Tuesday - Saturday: 11:00 am - 6 pm

**Email:** [info@reparationsclub.com](mailto:info@reparationsclub.com)

**Services:** Curated book selection focused on pregnancy, family planning, wellness, and Black voices. Community events and culturally affirming spaces. **Book Recommendations:**

- *Birthing Black Mothers* by Jennifer C. Nash
- *Oh Sis, You're Pregnant! The Ultimate guide to Black Pregnancy and Motherhood* by Shanicia Boswell
- *The Black Woman's Guide to Overcoming Domestic Violence* by Shavonne J. Moore-Lobban
- *Self Care for Black Women* by Oludara Adeeyo
- *The Body is Not an Apology* by Sonja Renee Taylor
- *The First Forty Days: The Essential Art of Nourishing the New Mother* by Heng Ou
- *Nurture* by Erica Chidi Cohen

**Website:** [www.rep.club](http://www.rep.club)

# Pregnancy Resources



**Name:** Sista Midwife Productions

**Services:** Creates educational events for communities, birth workers, and organizations that work with childbearing families. Become a Doula. Find a Black Doula. Find a Midwife.

**Itation Form:** [www.sistamidwife.com/consultation](http://www.sistamidwife.com/consultation)

**Website:** [www.sistamidwife.com](http://www.sistamidwife.com)

**Name:** Snow Holland Pregnancy Health Center

**Phone:** (310) 320-8976

**Address:** 1311 Crenshaw Boulevard, Suite A, Torrance, CA 90501

**Hours:** Monday: 9:30 am – 3:30 pm / Tuesday: 9:30 am – 7:00 pm / Wednesday – Friday: 9:30 am – 3:30 pm / Open third Saturday of every month: 12:00 pm – 2:00 pm

**Email:** [brightcourse@phctorrance.org](mailto:brightcourse@phctorrance.org) or [dbryant@phctorrance.org](mailto:dbryant@phctorrance.org)

**Services:** Pregnancy tests. Pregnancy and abortion options counseling. STI testing and sexual health services. Ultrasound. Education and parenting classes (online and in-person). Virtual parenting classes. Post-abortion recovery. Car seat workshop.

**Website:** [www.phctorrance.org](http://www.phctorrance.org)

**Name:** Soul Food For Your Baby

**Phone:** (323) 596-0997

**Address:** P.O. Box 1445 Inglewood, CA 90308

**Services:** Culturally competent support group focused on encouraging Black/African American people to chest/breastfeed. Empowerment and affirmation: *"I am allowed to take up space, to have desires, and to have a voice."*

**Website:** [www.soulfood4yourbaby.org/programs](http://www.soulfood4yourbaby.org/programs)

**Name:** St. John's Community Health

**Phone:** (323) 541-1411

**Address:** 808 West 58<sup>th</sup> Street, Los Angeles, CA 90037

**Hours:** Monday – Friday: 8:00 am – 5:00 pm / Saturday: 7am – 3pm

**Services:** Well-woman exams. Pre-conception care. Prenatal care (with your own provider.) Post-delivery care & lactation support. Nutrition counseling. Ultrasound available on-site. Engaged case managers to coordinate prenatal services. Comprehensive family planning. Breast and cervical cancer screenings.

**Website:** [www.wellchild.org](http://www.wellchild.org)

**Name:** St. John's Well Child and Family Center

**Phone:** (323) 541-1411

**Address:** 2115 North Wilmington Avenue, Compton, CA 90222

**Hours:** Monday, Tuesday & Thursday: 8:30 am - 7:30 pm / Wednesday & Friday: 8:30 am - 5:00 pm / Saturday: 7:00 am - 3:30 pm

**Services:** Well-woman exams. Preconception care. Prenatal care (with your own provider.) Post-delivery care & lactation support. Nutrition counseling. Ultrasound available on-site. Engaged case managers to coordinate prenatal services. Comprehensive family planning. Breast and cervical cancer screenings.

**Website:** [www.wellchild.org/womens-health](http://www.wellchild.org/womens-health)

I am Love and I am Light. All is well.

# Pregnancy Resources

**Name:** The Landing at St. Roberts Center

**Phone:** (213) 318-5756

**Address:** 211 3<sup>rd</sup> Avenue, Venice, CA 90291

**Services:** Daytime wellness and respite drop-in center for pregnant and parenting youth ages 14-24. Showers, meals, clothing, resting rooms for parents and children. Hygiene supplies and toiletries. Laundry. Support and guidance. Counseling and therapy (individual, family, and group.) Baby and children's necessities (clothing, diapers, formula & equipment.) Workspace (computers, Internet & Wifi.) A safe and peaceful place. Yoga and meditation.

**Website:** [www.catholiccharitiesla.org/wp-content/uploads/The-Landing.pdf](http://www.catholiccharitiesla.org/wp-content/uploads/The-Landing.pdf)

**Name:** The Victory Project

**Hours:** Monday - Friday: 9:00 am - 5:00 pm

**Services:** Midwifery Care at Home or Birth Center for Prenatal, Birth & Postpartum. Doula Services for Birth, Postpartum or Pregnancy Loss. Lactation & Breastfeeding Support. Childbirth Education. Pelvic Floor Physical Therapy. Pregnancy & Pediatric Chiropractic Care. Acupuncture & Nutrition. Postpartum Meal Services.

**Instagram:** [@tvpthevictoriaproject](https://www.instagram.com/tvpthevictoriaproject)

**Website:** [www.the-victoria-project.com](http://www.the-victoria-project.com)

**Name:** Venice Family Clinic Irma Colen Health Center

**Services:** Two-hour training for parents on child passenger safety.

**Website:** [www.venicefamilyclinic.org/locations](http://www.venicefamilyclinic.org/locations)

**Name:** Women's Clinic of the Antelope Valley

**Phone:** (661) 947-0400

**Address:** 1334 E. Palmdale Boulevard, Suite E., Palmdale, CA 93550

**Services:** Pregnancy Testing. Ultrasounds. Ongoing Support. Pregnancy Education Support.

**Website:** [www.generationher.org/resource-center-oc.html](http://www.generationher.org/resource-center-oc.html)



I am allowed to take up space, to  
have desires, and to have a voice.

# Support Group Resources

Support groups to help build and/or strengthen community, to rely on and find comfort in during this transitional period



# Support Group Resources



**Name:** Empowering Voices: Integration for (Women) Survivors of Sexual/Domestic Violence

**Hours:** Every Sunday: 5:00 pm - 6:30 pm

**Website:** [www.meetup.com/psychedelic/events/290662155](http://www.meetup.com/psychedelic/events/290662155)

**Name:** Facebook Support Groups

[Breastfeeding Support Group for Black Moms](#) | [Facebook](#)

[Black Moms of Toddlers](#) | [Facebook](#)

[Conscious Parenting With Toddlers](#) | [Facebook](#)

[Melanin Moms](#) | [Facebook](#)

[Los Angeles Black Moms](#) | [Facebook](#)

[Black Moms Blog- Community](#) | [Facebook](#)

[Moms Raising Black Boys](#) | [Facebook](#)

[Black Moms Official](#) | [Facebook](#)

[Black Moms Connection](#) | [Facebook](#)

[Single Black Mothers, LLC \(SBM\)](#) | [Facebook](#)

[MOMS OF BLACK CHILDREN -By Black Parent Magazine](#) | [Facebook](#)

[Moms of Black Sons \(MOBS\)](#) | [Facebook](#)

[Breastmilk Donation for Black Mothers](#) | [Facebook](#)

**Name:** Labor and Delivery Support Groups

**Services:**

- **Online & In-person** support groups for pregnant and postpartum patients. Opportunities for parents to network and share insights on parental topic. Newborn behavior, developmental stages, breastfeeding, going back to work, and more.
- **Online Breastfeeding support group:** *Online New Parents' Support Group* every Thursday at noon. Registration required- [Online Registration Link](#)
- **In-Person Support Group (No registration required):**  
**Address:** 200 Medical Plaza, Suite 206 Los Angeles, CA 90095  
**Hours:** Wednesdays: 1:30 pm - 2:30 pm

**Website:** [Labor & Delivery Support Groups](#)

**Name:** NAMI Greater Los Angeles County

**Hours:** Every Sunday: 5:00 pm - 6:30 pm

**Services:** We offer understanding to anyone concerned about mental illnesses and the treatment of mental illness. NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.

**Program Interest Form:** [www.namiglac.org/support-and-education/program-interest-form](http://www.namiglac.org/support-and-education/program-interest-form)

**Website:** [www.namiglac.org](http://www.namiglac.org)

I am allowed to feel good and to  
experience pleasure in life.

# Support Group Resources



**Name:** NAMISF Support Groups

**Support Group:** *Virtual BIPOC Support Group*

**Hours:** Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month: 6:30 pm - 7:30 pm

**Registration Required:** [Online Registration Link](#)

**Website:** [Meetup Event Page](#)

**Name:** NAMISF Support Groups

**Support Group:** *Support for Black & African American Families and Loved Ones*

**Hours:** Every 3<sup>rd</sup> Wednesday of the month: 6:30 pm - 8:00 pm

**Registration Required:** [Register Here](#)

**Website:** [Event Info on Meetup](#)

**Name:** NAMISF Support Groups

**Support Group:** *National Parent Support Groups*

**Address:** 1271 Washington Avenue #834, San Leandro, CA 94577

**Email:** [info@genderspectrum.org](mailto:info@genderspectrum.org)

**Services:**

- The National Parent/Caregiver Support Group
- The Fathers/Masculine of Center Support Group
- The Grandparents Support Group
- The Parents/Caregivers of Non-binary Youth Support Group
- The Black/Indigenous/People of Color (BIPOC) Support Group

**Note:** All support groups are available to join by video, audio, or chat.

**Name:** National Parent Support Groups

**Address:** 1271 Washington Ave. #834, San Leandro, CA 94577

**Email:** [info@genderspectrum.org](mailto:info@genderspectrum.org)

**Services:** The National Parent/Caregiver Support Group. The Fathers/Masculine of Center Support Group. The Grandparents Support Group. The Parents/Caregivers of Non-binary Youth Support Group. The Black/Indigenous/People of Color (BIPOC) Support Group.

**Registration required:** [pflag.org/events](https://pflag.org/events)

**Website:** [www.genderspectrum.org/articles/gender-spectrum-groups](https://www.genderspectrum.org/articles/gender-spectrum-groups)

# Transgender Support Resources

Resources in the Los Angeles area  
dedicated to supporting Transgender  
people and creating safe spaces for the  
LGBTQIA community



# Transgender Support Resources



**Name:** APLA Health

**Locations:**

**APLA Health Center, Long Beach**

**Phone:** (562) 247-7740

**Address:** 1043 Elm Avenue, Suite 302, Long Beach, CA 90813

**Out Here Community Resources Center, Baldwin Hills**

**Phone:** (323) 329-9730

**Address:** 3741 S. La Brea Avenue, Los Angeles, CA 90016

**Services:** Primary Medical Care. Gender-Affirming Hormone Therapy. HIV Testing and Specialty Care. Dental Services. Referrals and reference letters for gender-affirming surgeries. Community-based groups providing holistic care.

**Website:** [www.aplahealth.org/services/transgender-health-services](http://www.aplahealth.org/services/transgender-health-services)

**Name:** Gender Spectrum Support Groups

**Services:** Support groups for transgender, non-binary, and gender expansive youth:

- Pre-Teens (Ages 10–12)
- Teens (Ages 13–16)
- Older Teens (Ages 17–18)

Sessions available by video, audio, or chat.

**Website (General Info):** [www.genderspectrum.org](http://www.genderspectrum.org)

**Name:** The LGBTQ Center Long Beach

**Phone:** (562) 434-4455

**Address:** 2017 E 4<sup>th</sup> Street, Long Beach, CA 90814

**Hours:** 10:00 am - 9:00 pm

**Services: Health Services:** Free HIV & STI Screening and Testing. **Legal**

**Support:** Assistance with legal services. **Mental Health:** Counseling

services. **Support Services:** Domestic Violence (DV). Intimate Partner Violence (IPV) support. Older Adults Programs/Support Groups: Monday -

Friday: 9:00 am - 5:00 pm | (ext. 254.) **Youth & Family Services:** Transitional Youth (ages 16-25) resources. Mentoring Youth Through

Empowerment (ages 13-19): Fridays in-person: 3:30 pm - 6:30 pm. Topics: Healthy Relationships, sexual health, art space, sewing lessons, and more.

20 Somethings Group (ages 18-30): Social/support group for LGBTQ+ folks and allies. Meets every other Wednesday: 7:00 pm - 8:30 pm.

**Website:** [www.centerlb.org/healthservices](http://www.centerlb.org/healthservices)

**Name:** The OUTreach Center

**Services:** Provides a wide range of health, social, educational, and cultural services designed to support and enrich the lives of LGBTQ+ individuals across all stages of life.

**Website:** [www.genderspectrum.org/articles/gender-spectrum-groups](http://www.genderspectrum.org/articles/gender-spectrum-groups)

My ability to conquer my challenges is limitless.

# Transgender Support Resources



**Name:** Transgender Health Program

**Phone:** (323) 541-1411

**Locations:**

**Williams Health Center**

**Address:** 808 W 58<sup>th</sup> Street, Los Angeles, CA, 90037

**Warner Traynham Clinic**

**Address:** 326 W. 23<sup>rd</sup> Street, Los Angeles, CA 90007

**Services:** Primary and preventive care (medical, dental, behavioral health, and pharmacy.) Hormone replacement therapy (HRT.) Referrals for gender affirming surgeries. Behavioral and mental health care (individual, family, and group counseling.) Transgender advocacy and legal support. HIV and STI testing, counseling, and treatment. Health insurance enrollment assistance. PEP and PrEP access. Assistance with legal name and/or gender marker change paperwork.

**Website:** [www.sjch.org/transgender-health-program](http://www.sjch.org/transgender-health-program)

# Thank You

In this guide, we intend to provide you with a plethora of current, localized information relevant to L.A. and surrounding cities. In this guide, you should have found access to resources that range from emergency beds at shelters to doula care to transgender support groups. We hope that you have found this guide helpful and that you revisit its contents. The California Abundant Birth Project wishes you the best in your pregnancy journey.

## You are abundant.

THE CALIFORNIA  
**Abundant**  
**BIRTHPROJECT**

