

Parenting Support

Account Name	Description	Phone	Website	Shipping City
Child and Family Guidance Center	CFGC provides innovative mental health services, prevention and early intervention programs to children and families in the San Fernando and Antelope Valleys. We also provide services at school sites, in clients' homes, and in collaboration with many social service agencies. For Free Application Assistance, Medi-Cal & Covered California, Call: 818-739-5000. Address: 19100 Parthenia St. #4, Northridge, CA 91324.	818-993-9311	http://www.childguidance.org/	Northridge
Strength United (CSUN Community Resource)	This service supports individuals and families affected by rape, sexual assault, child abuse, domestic abuse, and assault whether recent or past. Services are free and offered in multiple languages. A 24-hour hotline is available at (818) 886-0453 or (661) 253-0258, providing crisis intervention, emotional support, guidance, referrals, and education programs.	818-677-1200 - administrative	www.csun.edu/eisner-education/strength-united	Van Nuys
Generation Her	Generation Her provides free weekly support for pregnant and parenting teens and young women ages 13-25 in Southern California, both in-person and online. Services include parenting and life skills classes, mentorship, child safety education, milestone celebrations, access to baby items, and monthly incentives. The program also offers Mommy & Me events, summer field trips, guest speakers, and transportation support. With multiple locations and virtual options, Generation Her empowers young moms with tools, resources, and community support to thrive.	626-825-7874	generationher.org	San Gabriel

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Foothill Family Service	Foothill Family provides holistic, evidence-based services across life stages' early childhood, mental health, school-based support, and youth & family programs' designed to empower children and families in Greater Los Angeles. They offer individual and family counseling, intensive mental health interventions like wraparound and behavioral services, early childhood programs for ages 0-5 (including autism, developmental delays, and parenting education), and on-site school counseling across 183 schools in 18 districts. Their youth and family services include prevention and treatment for child abuse, domestic violence, teen parent support, caregiver assistance, and relationship education, all woven together by a family-centered approach based in strong research and clinical practices	626-993-3000	www.foothillfamily.org	Pasadena
Candice James IBCLC	Candice James is a certified lactation consultant in Reseda, CA, offering personalized breastfeeding and postpartum support both in-home and online. She helps with breastfeeding challenges, newborn care, and postpartum adjustment, including emotional support and returning to work. Candice also provides parenting guidance and is inclusive of all families. She accepts major insurance and supports families throughout their breastfeeding journey.	805-835-2777	https://www.candicejamesibclc.com/	

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Los Angeles Baby Cooperative	Free diaper and wipe bundles are distributed every Saturday morning at Francis Avenue Community Garden. We also connect families to gently used baby and child items like clothing, bedding, strollers, and toys through a mutual aid network. When: Saturdays, 8:00 AM - 9:30 AM (please arrive before 9 AM) Where: Francis Avenue Community Garden Proof of infant required (infant present or WIC, medical, or birth certificate).		https://lababycooperative.org/	Los Angeles
Club 21 Learning & Resource Center	Providing the tools, education, family support, resources and advocacy that enable individuals with Down syndrome to be fully included. Our goal is for every individual with Down syndrome to have independence, access, and belonging.	(626) 844-1821	https://clubtwentyone.org/	Pasadena
Child Care Resource Center	Find funded childcare options, referrals to licensed providers, Head Start program information, and parent resources.	1-866-67-4KIDS	https://www.ccrcca.org/	Los Angeles
BabyCenter.com	BabyCenter is the world's #1 digital parenting resource, guiding over 100-million new and expectant parents each month through medically reviewed articles, personalized tools (due-date and growth trackers, baby-name finder), and mobile apps. It features active community forums-like birth clubs-where parents connect and support each other. Additionally, BabyCenter offers public health initiatives via its Mission Motherhood® program, delivering essential prenatal and early-childhood information globally in multiple languages		https://www.babycenter.com	

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Early Head Start	Supporting low-income families, pregnant women, and children (0-3 years, including those with disabilities) in select neighborhoods. Services include social, medical, dental, and mental health referrals, parent education, nutrition support, childcare referrals, and activities that promote children's physical, cognitive, language, and social-emotional development.	818-485-6900	https://www.uclahealth.org/departments/pediatrics/early-head-start	Arleta
CSUN Family Focus Resource Center	Free support for families of children with special needs, including parent mentoring, IEP training, workshops, support groups, resources, referrals, and a lending library. Call ahead for parking and directions.	(818) 677-1200	https://www.csun.edu/family-focus-resource-center	
Hands 4 Hope LA	Hands 4 Hope LA is a nonprofit in North Hollywood offering free and low-cost after-school and summer programs for youth ages 8-24. Their services include tutoring, STEAM enrichment, music, sports, and life skills like job readiness, financial literacy, and college prep. They also provide leadership opportunities, community service projects, parent workshops, and mentorship to help youth succeed in school and beyond.	(818) 763-HOPE(4673)	https://hands4hope.org/	
MOMCo	Formerly MOPS (Mothers of Preschoolers), this group supports moms with children from birth to kindergarten through community, mentoring, and practical guidance. Includes creative activities for little ones. Search by zip code to find a group near you. Fees may apply.	888.910.6677	https://www.mops.org/	

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New Economics for Women (NEW)	Diverse services for pregnant women & families including: housing (including Pre-purchase and Foreclosure Counseling), health, education, children's resources, family resources, financial resources.	(818) 887-3872	https://neweconomicsforwomen.org/familysource-center/	Los Angeles
LAPD Valley Traffic Division	Free weekly service for proper installation and safety inspection of child safety seats. Certified technicians ensure correct fit and check for recalls.	(818) 644-8143	https://www.lapdonline.org/office-of-the-chief-of-police/office-of-special-operations/transit-services-bureau/traffic-group/community-traffic-services-unit-ctsu/	
A Mother's Haven	The Haven offers education, support, and products for expectant and new parents. Their prenatal and parenting classes include Breastfeeding 101, Baby Sleep 101, Infant CPR, Prenatal Yoga, and Newborn Care. Parent-and-baby sessions-like Mommy & Me, Daddy & Me, music classes, and baby sign language - help build community and confidence. Their boutique features a thoughtfully curated selection of essentials for moms, dads, and babies.	818-380-3111	https://shopthehaven.com/	Encino
Eisner Health	Eisner Health provides culturally competent, full life-cycle medical care, prenatal care, labor and delivery, women's health services, dental care, behavioral health care, optometry, dermatology, case management/care coordination, supplemental services (patient benefits and enrollment, outreach), and an on-site pharmacy and lab. 9 locations.	213-747-5542	Eisnerhealth.org	

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Eisner Health: Panorama City (Plaza Del Valle)	Eisner Health provides culturally competent, full life-cycle medical care, prenatal care, labor and delivery, women's health services, dental care, behavioral health care, optometry, dermatology, case management/care coordination, supplemental services (patient benefits and enrollment, outreach), and an on-site pharmacy and lab. This is one of 9 locations in Los Angeles County.	(213) 747-5542	https://eisnerhealth.org/location/panorama-city/	Panorama City
Single Mothers Outreach	Single Mothers Outreach (SMO) serves single parents: both women and men, who meet three main requirements: be a single parent, live in the greater Santa Clarita Valley, and have at least one child under 18 (or a college-enrolled child over 18). SMO supports families facing challenges like housing instability, income loss, or emotional trauma by offering programs in four key areas: Mental Health, Education, Workforce Development, and Housing Stability. They believe strong parenting is essential to raising well-adjusted children and provide resources to help families in crisis.	661-288-0117	https://singlemothersoutreach.org/services/	Santa Clarita

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The Life of a Single Mom	The Life of a Single Mom® exists to improve the lives of single mothers by providing support groups and education in 3 core areas: Parenting, Finances, and Health & Wellness. TLSM has worked to launch or improve over 1,750 Single Mom support groups across the nation, so single moms can receive the support needed to thrive in critical areas, such as parenting, finances, and health & wellness. TLSM works to educate single mothers on the importance of their overall health & wellness. Each year, we offer hundreds of hours in one-on-one counseling. Our programs include: mentoring, both in-person and online educational classes, and so much more! Recognizing technological advances require innovative programming to meet the needs of our clients, Single Mom University® promotes the education of single moms through online, self-paced, life skills courses. Offering more than 175 classes, each single mom can select coursework in 3 core areas: parenting, finances, and health & wellness.	225-341-8055	https://thelifeofasinglemom.com/	Baton Rouge
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The Help Group's Project Safe	The Help Group's Project SAFE is an early intervention program aimed at preventing child abuse for at-risk families with children ages 0-5. Supported by LA County DCFS, it offers home visits by trained counselors who provide parenting support, case management, and help accessing community resources. The program also serves pregnant or expectant parents and infants referred by DCFS or community sources. Services include education on pregnancy, breastfeeding, child development, parenting, and safety, stress management strategies, and opportunities for parent workshops, community events, and family activities.	818-947-5553 or 818-781-0360	https://www.thehelpgroup.org/program/project-safe/	Los Angeles
CCRC Home Visiting Program	CCRC's Home Visiting program is a free service that supports pregnant woman and families of children 0-5 years old. To participate in our Home Visiting program, families must live within the one of the 14 Best Start community boundaries of Antelope and San Fernando Valley, which includes Pacoima, Panorama City, Palmdale and Lancaster. Applicants can be referred to us through the Welcome Baby program, the Department of Public Health/Department of Public Social Services, other local community agencies, or self-referred.	661-789-1200 ext. 9401	https://www.ccrcca.org/parents/home-visitation/	Los Angeles

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Because I Love You	Join online support group meetings led by parents for parents of children of all ages facing behavioral challenges - such as truancy, substance use, running away, verbal or physical aggression, and more. Youth support groups (ages 12-21) also meet locally at Birmingham High School, offering a safe space to connect with peers who understand. Bilingual services available. All support is free and confidential.	818-884-8242	www.bily.org	Winnetka
First 5 LA	A free, voluntary program offering prenatal and postpartum support to all families. Services include hospital and home visits, parenting education, breastfeeding assistance, and referrals to community resources. Families receive personalized guidance, health and safety information, and baby- and mom-friendly supplies during pregnancy and through a baby's first nine months.	213-482-5902	https://www.first5la.org/welcome-baby/	Los Angeles
Standing With You	We Stand With YOU and we are here to help you find the answers you need to become a successful parent. Connect with real people who understand what an unexpected pregnancy feels like, people who know first-hand that peer-to-peer support can be priceless, people who empower women to choose both their child and their dreams.	540-834-4600	https://www.standingwithyou.org/	Fredericksburg

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El Centro De Amistad	A multilingual, cross-cultural organization serving the San Fernando Valley with comprehensive mental health services for children, adults, and families. Services include therapy, case management, medication support, and employment placement. Focused on preventing violence, school failure, and abuse in youth, while promoting self-sufficiency and employment for adults. Bilingual services in English and Spanish.	818-347-8565	https://ecda.org/	Canoga Park
El Nido Family Centers	El Nido Family Centers is a social service, 501(C)3 non-profit agency. We provide counseling and family support services to disadvantaged communities throughout Los Angeles County. Empower families in low-income communities of Los Angeles County to break the cycle of poverty, child abuse, violence, academic failure, and teen pregnancy through outstanding educational, youth development, health and therapeutic services. FamilySource Center (services including: counseling, parent education, employment assistance, legal aid, financial literacy, adult education, tutoring/homework assistance), Parenting Classes, Teen Parent Family Services, GRYD (Gang Reduction & Youth Development provides comprehensive assessment, counseling, psychosocial education and case management to address underlying risk factors), Cal-Learn. Have multiple locations.	818-830-3646	www.elnidofamilycenters.org	Los Angeles

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Maternal and Child Health Access	MCHA fields thousands of calls a year on our Pregnancy Coverage Line to assist people with pregnancy and reproductive health coverage, including for miscarriage. We can help not only with enrollment, but with “troubleshooting” gaps in coverage, the need to switch health plans or providers, service delays or denials, and transitions between coverage such as Medi-Cal, Covered CA, and the Medi-Cal Access Program.	213-749-4261	http://www.mchaccess.org/index.php	Los Angeles
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National Council of Jewish Women	NCJW LA ensures economic justice and equity for women in Los Angeles through direct cash assistance, skill building, and advocating for policies that safeguard women's financial stability and prosperity. We work in community with women to create a Los Angeles wherein all women succeed financially, physically, socially, and emotionally. Programs: - Thriving in Place: Helping West Hollywood residents stay housed, stay stable, and thrive where they live. - Career MOMentum: Provides mothers with skills, support, and job placement for lasting success. - Cash for Learning: Provides financial support for continuing education. - Moms Wellness Network: Offers a safe space for moms and caregivers to learn and cultivate a community. - Pregnancy Assistance Income with Dignity (P.A.I.D.): Direct cash assistance for pregnant people. - Clothing Assistance Program (CAP): Gift cards for clothing, shoes, and household items.	323-852-8500	www.ncjwla.org	Los Angeles
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The Women, Infants, and Children Nutrition Program (WIC)	The Women, Infants, and Children Program (WIC) offers free nutrition education and support for pregnant women, new moms, and children up to age 5. WIC helps families eat well, stay active, and stay healthy. Services include prenatal nutrition, breastfeeding support, healthy eating tips, and nutritious recipes. Caregivers like dads, grandparents, and foster parents can also participate. To find a WIC office near you, visit the website or call 1-888-WIC-WORKS (1-888-942-9675). For questions, call 1-800-852-5770.	1-888-942-9675	www.MyFamily.WIC.ca.gov	
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