

Information about Resources, Current Classes & Workshops for Parents of Young Children

- ☒ First 5 Santa Cruz community resource website: www.helpsccc.org
- ☒ Answers Benefiting Children: 763-3108 or 763-4700
- ☒ Beach Flats Community Center: 420-6125
- ☒ Birth Network: 425-3373
- ☒ Capitola Recreation: 475-5935
- ☒ Child Development Resource Center: 479-5282
- ☒ Watsonville Hospital: 761-5614
- ☒ COPE Centro Familiar: 761-6295
- ☒ CRADLE Program of the Conflict Resolution Center of SC County: 475-6117
- ☒ Davenport Resource Center: 425-8115
- ☒ Early Childhood Education, Cabrillo College: 479-6354
- ☒ Familia Center: 423-5747
- ☒ Family Service Agency of the Central Coast: 423-9444 or 728-9970
- ☒ La Manzana Community Resources: 724-2997
- ☒ Live Oak Family Resource Center: 476-7284, ext.107
- ☒ Mountain Community Resources: 336-2553
- ☒ Pajaro Valley Healthy Start Program, Children's Resource Center: 761-6125
- ☒ Pajaro Valley Healthy Start Program, Pajaro Resource Center: 761-6633
- ☒ Pajaro Valley Healthy Start Program, Teen Resource Center (Teen Parents): 761-6131
- ☒ Parent Center: 426-7322 in Santa Cruz and 724-2879 in Watsonville
- ☒ PEP Program, Dominican Hospital: 462-7709
- ☒ Santa Cruz Adult School: 429-3966
- ☒ Santa Cruz Public Libraries Central Branch, Youth Services Department: 420-5720
- ☒ Scotts Valley Recreation: 438-3251
- ☒ Sutter Maternity & Surgery Center, Lactation Center: 477-2229
- ☒ Walnut Avenue Women's Center: 426-3062
- ☒ Watsonville/Aptos Adult School: 728-6330 or 786-2160
- ☒ Women's Crisis Support/Defensa de Mujeres: 425-4030 or 722-4532
- ☒ **Growing Up in Santa Cruz:** A free monthly publication for families in Santa Cruz County. Available at the beginning of each month at libraries, bookstores, etc.

Funded by community donations & a Promoting Strong and Stable Families Grant from SC County.
1438 Capitola Rd., Santa Cruz, CA 95062 -- (831) 476-7284, ext. 107
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Produced by the **Live Oak Family Resource Center**, a program of Community Bridges, September 2005.
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Community Bridges

Live Oak Family Resource Center

2005/2006

Parent Education & Support
Programs for Parents of
Young Children in Santa Cruz



Especially for new parents!

Baby Talk (Watsonville Community Hospital)

An ongoing weekly new mom and infant sharing and support group offered at no charge. Facilitated by an OB nurse and lactation consultant. Call 761-5614 for meeting place and times and for more information.

New Moms' Support Group (Dominican Hospital PEP Program)

An opportunity for new moms and babies to get together, meet other new moms, and discuss common concerns. Focus is on moms with babies under 6 months of age. Meets weekly, no cost. Call 462-7709 for more information.

New Mothers Support Group (Sutter Maternity Lactation Center)

Two drop-in groups meet weekly: for mothers with infants, newborn - 3 months and for mothers with infants, 4 months-9 months. Call 477-2229 for schedule, fee, and registration information and information about periodic infant CPR classes.

New Parents Group (Live Oak Family Resource Center)

A weekly "get together" for parents or caregivers and their infants birth-9 months. Meet and share with other parents, get information about parenting strategies and child development, and play! Call 476-7284, ext.104 for schedule and location.

Parenting Babies & Toddlers (Answers Benefiting Children)

Free ongoing class addressing common concerns and questions of parents with children 0-4 years of age. Circle and play time for the children, support and education for the parents. Meets weekly in Watsonville. Call 763-3108 or 763-4700 for information about this class and others.

Parent-Infant Class (Cabrillo College ECE Department)

Six-week class for parents and their infants 0-12 months. Observe babies, learn about infant development and meet other parents. See college schedule or call 479-6354.

Postpartum Wellness Support Group (Sutter Lactation Center & Parent Center)

Free drop-in support group for new mothers experiencing postpartum depression or anxiety. This safe and nurturing gathering for moms and their babies meets weekly at Sutter Maternity and Surgery Center. Please call the Parent Center, 426-7322, for schedule and more information.

"Being a parent is a big job -- it's good to get help."



Breastfeeding Support

☞ Breastfeeding Support & Counseling (Nursing Mothers Counsel)

Free breastfeeding information and support by trained mother volunteers. Over the phone or in the home. Call 621-8412.

☞ Breastfeeding Education & Support (La Leche League)

Experienced volunteer leaders are available by phone or at informal monthly meetings to provide support, information, encouragement, and education for women who want to breastfeed. Pregnant women and breastfeeding mothers and babies are encouraged to call or attend. Call 425-3088.

☞ Breastfeeding Support Group (Dominican Lactation Services)

This free weekly drop-in group for breastfeeding moms and babies is led by a board-certified lactation consultant. Discuss breastfeeding issues with other moms. Call 462-7862 for meeting times and more information about the lactation services offered.

☞ New Mothers Support Group (Sutter Maternity Lactation Center)

Two drop-in groups meet weekly: for mothers with infants, newborn through 3 months and for mothers with infants, 4 months through 9 months. Call 477-2229 for schedule, fee information as well as information about the lactation services offered.

☞ Regalo de Amor (WIC Program in Watsonville)

A breastfeeding clinic for any woman who qualifies for WIC. Services include loan of electric breast pumps to women who are working or attending school. Call 722-7121 x116. By appointment only.

☞ Watsonville Hospital Lactation Services

Please call 768-6204 to make an appointment for an outpatient consultation.

Park and Playgroup Programs

☞ Together in the Park, Santa Cruz (LOFRC and Santa Cruz Adult School)

Parenting support and information along with age appropriate activities. Parents and their children, birth to 5 years are welcome. Thursdays, 10:00 am-12:00 noon at Frederick Street Park. Call LOFRC at 476-7284 ext. 104 for more information.

☞ Together in the Park, Live Oak (LOFRC and Santa Cruz Adult School)

Parenting support and information along with age appropriate activities. Parents and their children, birth to 5 years are welcome. Tuesdays, 10:00 am-12:00 noon at Jose Ave. Park, Live Oak. Call LOFRC at 476-7284 ext. 104 for more information.

☞ Together in the Park, Watsonville (Watsonville Adult Ed)

Parenting support and information along with age appropriate activities. Parents and their children, birth to 5 years are welcome. Programs meet from 9:30 am-12:30 pm, Mondays at Ramsey Park, Tuesdays, at Callaghan Park, Wednesdays at Marinovich Park, and Fridays at Aldridge Lane in Corralitos. For more information call 786-2160.

☞ Together for Families (Mountain Community Resources)

Weekly park playgroup for children birth to 5 and their parent/s or caregiver/s. The children and adults are welcome to participate in circle time and art projects and to socialize and play. Educational materials on parenting are also provided by the facilitator. Call 336-1721 for more information.

☞ Santa Cruz Parent's Club

Playgroups for primary caregivers and their children from birth to 5 years of age. Groups meet at various locations and times around the county. The club also sponsors events and family parties. Call 426-2818 for more information.

Park and Playgroup Programs (cont'd.)

☞ Parenting Infants & Toddlers Playgroups (Live Oak Family Resource Center)

Combining elements of a playgroup, support group, and a course in child development. One group is for parents and children 9 to 18 months and the other for parents and children 18 to 30 months. Each group meets once a week. Call 476-7284, ext. 104 for schedule and information.

☞ Play and Grow Group (Answers Benefiting Children)

A wonderful opportunity to learn about child development, sibling relationships, positive discipline and more. This free weekly class meets in Watsonville and is for families with children birth to 5 years. To register or for more information about this and other programs for families with young children call 763-3108 or 763-4700.

Parent Education & Support

☞ Grief Support Program of the Hospice Caring Project

Individual and group support for children, youth and adults who have experienced the death of a friend or relative or who have a loved one with a serious illness. Services include crisis intervention following a sudden death and a sudden death support group. Call 688-7684.

☞ Guiding Our Children (Answers Benefiting Children)

A weekly class focusing on different aspects of parenting children 0 to 6 years old. Topics include: child development, positive discipline, stress management & understanding play. Childcare provided. For more information or to pre-register call 763-3108 or 763-4700.

☞ Jacob's Heart - Children's Cancer Association

For families who have a child, 0-18 years, diagnosed with cancer. Various groups for the children, their parents, and their siblings; including bereavement groups. Call 477-0690 for more information.

☞ Parent Education & Support (Mountain Community Resources)

Support & education for parents of infants & toddlers, and parents with special circumstances, such as foster parents and parents with disabilities. For more information about these & other parent education opportunities call 336-1721.

☞ Parent Support Groups (Walnut Avenue Women's Center)

For women who have experienced abuse in their lives, and their children; for lesbian and bisexual women and their children; for youth support groups; and GirlTalk, a curriculum-based support group for pregnant and parenting teen women. For information about these and other support groups call 426-3062.

☞ Santa Cruz Mothers of Twins Club

Meets the 2nd Thursday of the month at 7:00 pm. For more information contact Michelle Laskey at 471-9416.

☞ SPIN of Santa Cruz County (Special Parents Information Network)

Parent-to-parent support, networking, and resource information over the phone and educational workshops for parents of children of all ages with special needs. Call 423-7713 or 722-2800.

☞ Support for Families/Caretakers of Children in the System of Care (Family Partnership Program)

Peer support services for families of children involved with Juvenile Justice, Child Protective Services (CPS), Children's Mental Health, and special public school systems. Participants must be receiving services from Children's Mental Health. For more information call 454-4961 or 763-8954.

ASSISTANCE WITH FAMILY CHALLENGES	North County	South County
CalWORKS (formerly TANF or AFDC).....	454-4010	763-8500
Eviction Prevention Program (CAB, Inc.).....	457-1741 x152	
Voicemail Service (CAB, Inc.).....	457-1741	
Families in Transition.....	458-7124	728-9791
Family Loan Program of SC County.....	458-7168	728-2548
Welfare Low Income Support Network (WeLISN).....	458-9070	
HEAP (Home Energy Assistance Program).....	1-888-728-3637	
BREASTFEEDING		
Dominican Lactation Center.....	462-7862	
Nursing Mothers Counsel.....	621-8412	
La Leche League.....	425-3088	
Sutter Lactation Center.....	477-2229	
Watsonville Lactation Services.....		768-6204
Women, Infants, Children (WIC) Nutrition Program.....	426-3911	722-7121 x111
CHILD CARE ACCESS		
Child Care Switchboard.....	476-8585/454-4213	763-8725
CHILD CARE PAYMENT ASSISTANCE		
HRA CareerWorks-Workforce Santa Cruz.....	454-4080	763-8700
SC County Parents Association Voucher Project.....	688-2152	
CHILD DEVELOPMENT PROGRAMS		
ABC Program (Answers Benefiting Children).....		763-3108 or 763-4700
Beach Flats Community Center.....	420-6125	
Child Development Resource Center.....	479-5282	
Community Bridges, Child Development Division.....	454-9920	
COPE Centro Familiar.....		761-6295
Early Childhood Education (ECE), Cabrillo College.....	479-6354	
GO KIDS (Growth & Opportunity).....		728-5902
Head Start & Early Head Start.....	688-3802	724-3885
Live Oak School District Child Development Program.....	462-1116	
Louise Blanchard Child Care Center of COPE Centro Familiar.....		724-9234
Migrant Head Start PVUSD.....		728-6955
CHILD PASSENGER SAFETY INFORMATION (car seats)		
Child Passenger Safety Program, SC County HSA.....	454-5477	
CPR AND INFANT SAFETY		
PEP Program, Dominican Hospital.....	462-7709	
Red Cross.....	462-2881	
Sutter Maternity and Surgery Center, Lactation Center.....	477-2229	
COUNSELING		
Grief Support Program (Hospice Caring Project).....	688-7684	
Children's Mental Health.....	454-4900 or 800-952-2335	763-8990
Family Service Agency of the Central Coast (FSA).....	423-9444	728-9970
First Step (FSA) For families whose children have Medi-Cal.....	423-9504	728-9975
Family Therapist Referral Line.....	429-7786	
Parent Center.....	426-7322	724-2879
Youth Services (serving teens & their families).....	429-8350	688-8856
DENTAL CARE		
Dientes (dental care).....	464-5409	
Salud para la Gente.....		763-3413

DOMESTIC VIOLENCE (for crisis support see HOTLINES)	North County	South County
Walnut Avenue Women's Center.....	426-3062	
Women's Crisis Support-Defensa de Mujeres (office).....	425-4030	722-4532
DRUG & ALCOHOL SERVICES		
Alcohol & Drug Program (SC County HSA), information, referral & prevention.....	454-4050	
Fenix Services, treatment.....		722-5914
Janus, treatment.....	462-1060	
Mondanaro-Baskin Center (Perinatal), treatment.....	423-9015	
New Life Community Services, treatment.....	427-1007 or 458-1668	
FAMILY PLANNING		
Family Planning (SC County Health Center).....	454-4100	763-8400
Planned Parenthood.....	426-5550	724-7525
Salud para la Gente.....		728-0222
Women's Health Center.....	427-3500	
FOOD/CLOTHING DISTRIBUTION (programs in bold offer food and clothing)		
Salvation Army	426-8365	724-3922
St. Vincent DePaul Society		722-3250
Women, Infants, Children (WIC) Nutrition Program (no clothing).....	426-3911	722-7121
CSC of the Seventh-Day Adventist Church (no clothing).....	429-1442	
Community Food Hotline (no clothing).....	662-0991	
Food Stamp Program (Santa Cruz County) (no clothing).....	454-4166	763-8500
HEALTH CARE ACCESS		
Santa Cruz County Health Care Outreach --for information about Healthy Kids Health Plan and all the programs listed below.....	454-2515	763-8568
California Children's Services (SC County HSA).....	454-2540	763-8900
Central Coast Alliance for Health (formerly SCCHO).....	457-3850	
Child Health & Disability Prevention (CHDP) (SC County HSA).....	454-2540	763-8900
Healthy Families (low-cost health insurance for eligible children).....	1-888-747-1222	
Medi-Cal.....	454-4131	763-8500
HEALTH CARE/IMMUNIZATION (programs in bold offer immunizations)		
Clinica del Valle		761-1588
Planned Parenthood	426-5550	724-7525
Santa Cruz Health Center (SC County HSA)	454-4100	
Salud para la Gente		728-0222
Watsonville Health Center (SC County HSA)		763-8400
Women's Health Center	427-3500	
Visiting Nurses Association (Immunizations only)	475-1501	
Dominican Hospital Pediatric Clinic.....	457-7038	
Rota-care.....	457-7167	
IN-HOME PARENT SUPPORT		
Adolescent Family Life Program (HSA).....	454-4339	
Answers Benefiting Children Home Visiting.....		763-3108/763-4700
Davenport Resource Center Home Visiting.....	425-8115	
Familia Center Home Visiting.....	423-5747	
Live Oak Family Resource Center Home Visiting.....	476-7284	ext.104
Mountain Community Resources Home Visiting.....	336-1721	
Walnut Avenue Women's Center Home Visiting.....	426-3062	
LEGAL/PARALEGAL		
California Rural Legal Assistance.....	688-6535	724-2253
Family Law Facilitator (Court Forms for Family Law).....	454-2422	
Lawyer Referral Service.....	425-4755	

MEDIATION/CONFLICT RESOLUTION

Conflict Resolution Center (family, neighbor mediation & small claims)..475-6117

North County **South County**

POSTPARTUM &/or PEDIATRIC HOME HEALTH

Dominican Home Health.....465-7988
 High Risk Infant Program (for teen moms, preemies, & drug-exposed infants).454-4339
 Pediatric Services of America.....423-8322 or 1-800-882-9017
 Visiting Nurses Association.....475-1501

PARENTING EDUCATION, INFORMATION & SUPPORT

ABC Program763-3108 or 763-4700
 Adolescent Family Life Program (HSA).....454-4339
 Beach Flats Community Center420-6125
 Birth Network425-3373
 Capitola Recreation.....475-5935
 Watsonville Hospital761-5614
 CRADLE Program, Conflict Resolution Center of SC County.....475-6117
 Davenport Resource Center.....425-8115
 Familia Center.....423-5747
 Live Oak Family Resource Center.....476-7284 ext. 104
 La Manzana Community Resources724-2997
 Mountain Community Resources.....336-2553
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 Parent Center.....426-7322.....724-2879
 Personal Enrichment Program (PEP), Dominican Hospital.....462-7709
 Santa Cruz Adult School429-3966
 Santa Cruz County Breastfeeding Coalition.....454-5477
 Santa Cruz Parent's Club426-2818
 Santa Cruz Mothers of Twins Club.....471-9416.....722-0327
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 Walnut Avenue Women's Center.....426-3062
 Watsonville/Aptos Adult School.....786-2160/728-6330
 Women's Crisis Support~Defensa de Mujeres425-4030.....722-4532

SPECIAL NEEDS CHILDREN

Family Partnership Program.....454-4961.....763-8954
 Special Parents Information Network (SPIN)423-7713.....722-2800

Funded by community donations and a Promoting Strong and Stable Families Grant from SC County.
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Community Bridges



**Resources for Santa Cruz County
 Parents of Young Children-2005/2006**

Advocacy & Planning Groups for Families & Children

Children's Network.....465-2210
 Child Care Planning Council.....477-5521
 First 5 Santa Cruz.....465-2217
 Birth Network.....425-3373
 Santa Cruz County Breastfeeding Coalition...454-5477

County: **North** **South**

GENERAL INFORMATION -- REFERRALS TO RESOURCES

First 5 Santa Cruz community resource website.....www.helpscc.org
 Beach Flats Community Center420-6125
 Child Development Resource Center479-5282
 Davenport Resource Center425-8115
 Early Childhood Education (Cabrillo College).....479-6354
 Familia Center423-5747
 Health Hotline for Santa Cruz County (HSA)454-4339
 La Manzana Community Resources724-2997
 Live Oak Family Resource Center (LOFRC)476-7284 ext.104
 Mountain Community Resources336-2553
 Parent Information & Referral Center.....1-800-690-2282
 Salud para la Gente.....728-0222
 SPIN (resources for special needs children)423-7713722-2800

CRISIS SERVICES

Alcoholics Anonymous Hotline (& other 12-Step programs).....475-5782
 California Poison Control System.....1-800-876-4766
 Family & Children's Services (child abuse reporting line)454-2273
 Community Food Hotline662-0991
 Domestic Violence Help & Hotline (WAWC).....1-866-2MY ALLY
 Inpatient Psychiatric Crisis Services (Dominican Hospital)462-7719
 Parental Stress Hotline426-7322724-2879
 Shelter & Referral Hotline/Community Action Board.....457-0511728-4634
 Suicide Prevention Service458-5300
 Or toll-free number.....1-877-663-5433 (1-877-ONE LIFE)
 Women's Crisis Support~Defensa de Mujeres (domestic violence) 685-3737