

More Information about Parent Education & Support Opportunities

- ☞ SC Public Libraries' Community Information Database: www.santacruzpl.org/cid/public/
- ☞ SC Public Libraries Telephone Reference: **420-5730**
- ☞ Beach Flats Community Center: **420-6125**
- ☞ Bikers Against Child Abuse (BACA): **535-3145**
- ☞ Birth Network: **425-3373**
- ☞ Capitola Recreation: **475-5935**
- ☞ Child Development Resource Center: **466-5820**
- ☞ CRADLE Program of the Conflict Resolution Center of SC County: **475-6117**
- ☞ Cabrillo College Early Childhood Education: **479-6354**
- ☞ Davenport Resource Service Center: **425-8115**
- ☞ Familia Center: **423-5747**
- ☞ La Manzana Community Resources: **724-2997 ext. 212**
- ☞ Live Oak Family Resource Center: **476-7284, ext. 110**
- ☞ Mountain Community Resources: **335-6600**
- ☞ Pajaro Valley USD Healthy Start Program; Children's Resource Center: **761-6125**
Pajaro Resource Center: **761-6633**, Teen Resource Center (teen parents): **761-6131**
Pajaro Valley High School: **728-7893**
- ☞ Pajaro Valley Prevention & Student Assistance (PVPSA): **728-6445**
- ☞ PAPÁS (Supporting Father Involvement): **763-3123**
- ☞ Parent Center: **426-7322** in Santa Cruz and **724-2879** in Watsonville
- ☞ PEP Program, Dominican Hospital: **462-7709**
- ☞ Positive Parenting Collaborative of SC County: www.communitybridges.org/positiveparenting.html
- ☞ Santa Cruz Adult School: **429-3966**
- ☞ Santa Cruz Public Libraries Central Branch, Youth Services Department: **420-5720**
- ☞ Scotts Valley Recreation: **438-3251**
- ☞ Sutter Lactation Center: **477-2229**
- ☞ Walnut Avenue Women's Center: **426-3062**
- ☞ Watsonville/Aptos Adult School: **728-6330** or **786-2160**
- ☞ Watsonville Hospital, Perinatal Outpatient Services: **763-6015**
- ☞ 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

Produced by Community Bridges' **Live Oak Family Resource Center**, November 2008.

1438 Capitola Rd., Santa Cruz, CA 95062 – (831) 476-7284, ext. 107

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2009 Parent Education & Support Programs for Santa Cruz County Parents of Young Children

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 **763-6015** 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 Parents Support Group (Sutter Lactation Center)

Two drop-in groups meet weekly: for parents with infants 3 weeks to 4 months and for parents with infants 4 months to 9 months. Call **477-2229** for schedule and more information.

Parent-Infant Class (Cabrillo College ECE Department)

Six-week class for parents and their infants 0 to 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)

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 Sutter Lactation Center at **477-2229** for schedule and more information.

Community Education Classes (Sutter Santa Cruz)

Classes include: Infant Massage, Baby Sign Language Workshop and Play Group, and New Mom and Baby Yoga and Support. Call **479-6628** for schedule, fee and registration information.

Valley Parents (Mountain Community Resources)

Free weekly program for parents and their children birth to 2 years of age. Come play with your children and encourage their healthy growth and development while gaining information and skills to support your growth as a parent. Call **335-6600** for schedule and more information.

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

Community Bridges'

Live Oak Family Resource Center

Breastfeeding Support

- ☞ **Breastfeeding Support Group (Dominican Breastfeeding Services)**
This free weekly drop-in group for breastfeeding moms and babies is led by a board-certified lactation consultant. Call **462-7862** for meeting times and information about the breastfeeding services offered.
- ☞ **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. Call **425-3088**.
- ☞ **Breastfeeding Support & Counseling (Nursing Mothers Counsel)**
Free breastfeeding information and support by trained mother volunteers. Call **621-8412**.
- ☞ **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 ext. 116**. By appointment only.
- ☞ **Sutter Lactation Center (Sutter Maternity & Surgery Center)**
Lactation consultation by appointment and other breastfeeding services offered as well as two weekly drop-in groups: for parents with infants, three weeks to 4 months and for parents with infants, 4 months to 9 months. Call **477-2229** for schedule, fee information, and a description of breastfeeding services.
- ☞ **Watsonville Hospital Lactation Services**
Please call **763-6015** to make an appointment for an outpatient consultation.

Park and Playgroup Programs

- ☞ **Together in the Park, Live Oak & Santa Cruz (LOFRC & 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. Thursdays, 10:00 am-12:00 noon at Frederick Street Park, Santa Cruz. Call LOFRC at **476-7284 ext. 110** for more information.
- ☞ **Together in the Park, Watsonville (Watsonville/Aptos Adult Ed)**
Parenting support and information along with age appropriate activities. Parents and their children, birth to 5 years are welcome. Programs meet from 9:00 am-12:30 pm, Wednesdays at Marinovich Park and Fridays at Aldridge Lane in Corralitos. For more information call **786-2160**.
- ☞ **Together in the Park (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. At Felton Covered Bridge Park April-October. At Redwood Christian Center in Felton from November-March. Call **335-6600** for more information.
- ☞ **Play & Talk/Toddler Playgroups (LOFRC & Santa Cruz Adult School)**
Play with your children, encourage their healthy growth and development, and gain skills and information to support your growth as a parent. Classes include participation in fun activities with other families as well as a lecture/discussion component for parents while supervision of children is provided. Two free, weekly groups: for parents and children 9 to 18 months and for parents and children 18 to 30 months. Call **476-7284, ext. 110** for schedule and information.

Parent Education & Support

- ☞ **Hospice Caring Project Grief Support Program**
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. Call **430-3000**.

Parent Education & Support (cont'd)

- ☞ **Jacob's Heart - Children's Cancer Support Services**
For families who have a child, 0 to 18 years, diagnosed with cancer. Various groups for the children, their parents, and their siblings, including bereavement groups. Call **724-9100** for more information.
- ☞ **Kinship Care Support Groups (Cabrillo College, Parents Center, & MCR)**
Providing support and information for relative-caregivers, grandparents, relatives, and friends providing a home for a child. Two free groups, one at the Parents Center and one at Mountain Community Resources, meet twice a month. Childcare provided. Call **479-6114**.
- ☞ **Parent Education Classes (Parents Center)**
10-week parent education class series. Call for schedule and fee information, **426-7322** or **724-2879**.
- ☞ **Parent Support Groups (Walnut Avenue Women's Center)**
For women who have experienced abuse in their lives, and their children. Also support groups for youth and a monthly facilitated group for all parents. For info about these and other support groups call **426-3062**.
- ☞ **Santa Cruz Mothers of Twins Club**
Meets the 2nd Thursday of the month. For information contact Melanie Anderson, **439-9659**.
- ☞ **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**.
- ☞ **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 and/or agencies contracted with Children's Mental Health. Call **454-4961**.
- ☞ **Survivors Healing Center**
Education, information, referrals, quality services and support to adult and youth (14-18) survivors of childhood sexual abuse and their allies. For more information call **423-7601**.
- ☞ **Touched By Adoption**
Adoptees, adoptive families, and birth-families meet monthly and connect in a safe, confidential setting. Childcare available for a nominal fee with a week's notice. Call **866-219-1155**.

Positive Parenting Collaborative of Santa Cruz County

A collaboration of 5 family resource centers providing an ongoing predictable resource for parent education in Santa Cruz County. Funded by **First 5 Santa Cruz**, the collaborative is dedicated to providing a continuum of parent education and support, from park play groups to individualized case management services. Each family resource center is providing classes and information based on the Positive Discipline curriculum and principles for parents of children aged 0-5. The collaborative also hosts a webpage www.communitybridges.org/positiveparenting.html that posts a monthly calendar of the parent education offerings and information about the family resource centers, as well as printable parent education materials on various topics. Contact the Family Resource center near you:

- **Davenport Resource Service Center, 425-8115**
- **Familia Center, 423-5747**
- **La Manzana Community Resources, 724-2997 ext. 212**
- **Live Oak Family Resource Center, 476-7284 ext. 110**
- **Mountain Community Resources, 335-6600**



ASSISTANCE WITH FAMILY CHALLENGES

CalWORKS (formerly TANF or AFDC).....454-4010..... 763-8500
 CAB: Shelter Project (rent assistance to prevent eviction)457-1741 x152
 Message Center(voicemail service for homeless)...457-0511..... 728-4634
 Gemma (for women after incarceration)457-4560
 Women Ventures Project (non-traditional jobs for women) 724-0206
 Families in Transition.....458-7124..... 728-9791
 HEAP (Home Energy Assistance Program)1-888-728-3637
 Rowland & Pat Rebele Family Shelter458-6020 ext. 1103

BREASTFEEDING

Dominican Breastfeeding Services462-7862
 Nursing Mothers Counsel.....621-8412
 La Leche League.....425-3088
 Sutter Lactation Center477-2229
 Watsonville Hospital Lactation Services..... 763-6015
 Regalo de Amor (WIC).....426-3911..... 722-7121 x116

CHILDCARE ACCESS

Child Care Switchboard.....466-5820/454-4213..... 763-8725

CHILDCARE PAYMENT ASSISTANCE

CareerWorks-Workforce Santa Cruz (CalWORKS clients)454-4080..... 763-8700
 SC County Parents Association Voucher Project & Centralized Eligibility List info... 688-2152
 Centralized Eligibility List websitewww.santacruzcountycel.org

CHILD DEVELOPMENT PROGRAMS

Beach Flats Family School.....420-6125
 Campus Kids Connection462-9822
 Child Development Resource Center (information)466-5820
 Community Bridges, Child Development Division.....454-9920
 Go Kids.....408-843-9000
 Head Start & Early Head Start.....688-3802..... 724-3885
 Live Oak School District Child Development Program.....462-1116
 Migrant Head Start PVUSD..... 728-6955
 Pacific Preschool.....425-7002
 Watsonville Children's Center (PVUSD Childcare Programs)..... 728-6280
 Redwood Mountain State Preschool335-3222
 Walnut Avenue Women's Center Early Childhood Education...426-3062
 YWCA Early Childhood Education 724-6078 x102

CHILD PASSENGER SAFETY INFORMATION (Car seat safety info & resources)

Child Passenger Safety Program, SC County HSA454-5477

CPR AND INFANT SAFETY

PEP Program, Dominican Hospital..... 462-7709
 Red Cross.....462-2881

COUNSELING

Hospice Caring Project Grief Support Program.....430-3000
 Children's Mental Health454-4900 or 800-952-2335..... 763-8990
 Family Service Agency of the Central Coast (FSA).....423-9444..... 728-9970
 First Step (FSA) - families whose children have Medi-Cal.....423-9504..... 728-9975
 PEAKS/Psycho-educational Assessment for Kids & Students(FSA)....423-9444 x 201
 Family Therapist Referral Line (CAMFT).....429-7786
 Pajaro Valley Prevention & Student Assistance (PVPSA) .. 728-6445
 Parent Center426-7322..... 724-2879
 Youth Services (serving teens & their families).....429-8350..... 688-8856

DENTAL CARE

Beach Flats Health Center 423-0222
 Dientes..... 464-5409
 Salud para la Gente 763-3413

DOMESTIC VIOLENCE (for crisis support see HOTLINES)

Walnut Avenue Women's Center.....426-3062
 Women's Crisis Support-Defensa de Mujeres (office)425-4030..... 722-4532

ALCOHOL & DRUG SERVICES

Alcohol & Drug Program (SC County), information, referral & prevention.....454-HELP
 Fenix Services, treatment 722-5914
 Janus, treatment.....462-1060
 Mondanaro-Baskin Center (Perinatal), treatment423-9015
 New Life Community Services, treatment427-1007 or 458-1668
 Perinatal Warmline (information, support & referral).....454-4808
 Primeros Pasos Program (primarily serving South County residents)..... 763-4700
 Sobriety Works476-1747

FAMILY PLANNING

Beach Flats Health Center423-0222
 Family Planning (SC County Health Center)454-4100..... 763-8400
 Planned Parenthood.....426-5550..... 724-7525
 Salud para la Gente 728-0222
 Santa Cruz Women's Health Center.....427-3500

FOOD/CLOTHING DISTRIBUTION (programs in bold offer food and clothing)

Davenport Resource Service Center425-8115
Salvation Army426-8365..... 724-3922
St. Vincent DePaul Society..... 722-3250
Valley Churches United (San Lorenzo and Scotts Valley residents) 336-5651
 Women, Infants, Children (WIC) Nutrition Program (no clothing)426-3911 722-7121
 CSC of the Seventh-Day Adventist Church (no clothing) ..429-1483
 Community Food Hotline (no clothing)662-0991
 Food Stamp Program (Santa Cruz County) (no clothing) .. 1-888-421-8080

HEALTH CARE ACCESS

Santa Cruz County Health Care Outreach—for information about Healthy Kids Health Plan & all the programs listed below454-2515..... 763-8568
 California Children's Services (SC County HSA).....454-2540..... 763-8900
 Central Coast Alliance for Health (formerly SCCHO).....430-5500
 Child Health & Disability Prevention (CHDP)454-2560..... 763-8932
 Healthy Families (low-cost health insurance for eligible children).....1-888-747-1222
 Medi-Cal.....1-888-421-8080

HEALTH CARE/IMMUNIZATION (programs in bold offer immunizations)

Beach Flats Health Center.....423-0222
Clinica del Valle 761-1588
Planned Parenthood426-5550..... 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 Center427-3500
Visiting Nurses Association (Immunizations only)479-6620
 Dominican Hospital Pediatric Clinic.....457-7038
 Rota-care457-7166

IN-HOME PARENT SUPPORT

- Adolescent Family Life Program (HSA)..... 454-4339
- Davenport Resource Service Center 425-8115
- Live Oak Family Resource Center 476-7284 ext.102
- Mountain Community Resources 335-6600

LEGAL/PARALEGAL

- California Rural Legal Assistance..... 458-1089.... 688-6535 ... 724-2253
- Family Law Facilitator (Court Forms for Family Law)..... 454-2422
- Lawyer Referral Service..... 425-4755
- Watsonville Law Center 722-2845

MEDIATION/CONFLICT RESOLUTION

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

POSTPARTUM &/or PEDIATRIC HOME HEALTH

- Dominican Home Health (no pediatrics) 465-7988
- High Risk Infant Program 454-4339
- Pediatric Services of America..... 1-800-819-9905
- Visiting Nurses Association 479-6620

PRENATAL CLASSES (Childbirth, Breastfeeding, Infant Care, Yoga, etc.)

- Birth Network (for information about classes)..... 425-3373 or www.birthnet.org
- Dominican Hospital PEP Program 462-7709
- Live Oak Family Resource Center 476-7284 ext110
- Santa Cruz Medical Foundation, Community Education.. 479-6628
- Watsonville Hospital Perinatal Outpatient Services..... 763-6015

PRENATAL CLINICS

- Dominican Prenatal Clinic..... 457-7103
- Planned Parenthood Watsonville, La Mariposa..... 724-7525
- Planned Parenthood Westside Health Center..... 426-5550
- Salud Para La Gente..... 763-3408
- Santa Cruz Women’s Health Center..... 427-3500

SPECIAL NEEDS CHILDREN

- Central Coast Center for Independent Living (CCCIL)..... 462-8720
- Family Partnership Program 454-4961
- Shared Adventures 459-7210
- Special Parents Information Network (SPIN) 423-7713 722-2800

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GENERAL INFORMATION -- REFERRALS TO RESOURCES

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- Santa Cruz Public Library Information 420-5730
- Beach Flats Community Center 420-6125
- Child Development Resource Center 466-5820 763-8725
- Davenport Resource Service Center..... 425-8115
- Early Childhood Education Department (Cabrillo College).... 479-6354
- Familia Center 423-5747
- La Manzana Community Resources..... 724-2997
- Live Oak Family Resource Center (LOFRC) 476-7284 ext.104
- Maternal & Child Health Information Line (HSA) 454-4339
- Mountain Community Resources..... 335-6600
- Parent Information & Referral Center,
Lucille Packard Children’s Hospital (Stanford University)..... 1-800-690-2282
- SPIN (resources for special needs children) 423-7713 722-2800
- Walnut Ave Women’s Center 426-3062

CRISIS SERVICES

- Alcoholics Anonymous Hotline (& referrals to other 12-Step programs) .475-5782
- California Poison Control System..... 1-800-222-1222
- Family & Children’s Services (child abuse reporting line)..... 454-2273
- Community Food Hotline (Second Harvest Food Bank)..... 662-0991
- Domestic Violence Help & Hotline (WAWC)..... 1-866-2MY ALLY
- Inpatient Psychiatric Crisis Services (Dominican Hospital).... 462-7719
- Parental Stress Hotline 426-7322 724-2879
- Shelter Hotline (Community Action Board)..... 457-0511 728-4634
- Suicide Prevention Service..... 458-5300
- Or toll-free number..... 1-877-663-5433 (1-877-ONE LIFE)
- Women's Crisis Support~Defensa de Mujeres (domestic violence) 685-3737



Advocacy & Planning Groups for Families & Children

- Birth Network..... 425-3373
- Children's Network 465-2207
- Child Care Planning Council..... 466-5822
- First 5 Santa Cruz 465-2217
- Santa Cruz County Breastfeeding Coalition 454-5477

Community Bridges’

