

## **Infancy**

### **Well Baby Center**

Low fee, sliding scale classes and counseling services for expecting and new mothers, fathers, and families including our popular Mindful Parenting Groups for pregnant mothers, newborns, infants and toddlers, as well as Loving Discipline – mindfulness-based parenting classes, and parent and me Swell Baby Music class.

12316 Venice Blvd, Mar Vista, CA 90066

310.402.2229

[www.wellbabycenter.org](http://www.wellbabycenter.org)

### **A Place For Parents**

Part of the Santa Monica YWCA offering Toddlers/Infants & Me Classes, and a variety of Parent Support groups. Cottage Activity Time (2 hour drop-off groups for 2 1/2 year olds) is a program based on supporting development through play where social skills and conflict resolution skills are emphasized. The group supports the separation process between parent and child. Children do not have to be toilet trained.

[www.smywca.org](http://www.smywca.org)

### **Airport Marina Counseling Services**

Community mental health center offering counseling and psychiatric services and groups including those to families, children and couples. Provide crisis intervention. Also offers assessment and evaluation services, psychological and psycho-educational testing.

310.670.1410

7891 La Tijera Blvd. Westchester, CA 90045

[www.airportmarina.org](http://www.airportmarina.org)

### **Birth and Beyond/Birth Partners**

Programs for new mothers include infant care and infant CPR.

310.837.5686

1750 Ocean Park Blvd., Suite 206 Santa Monica, CA 90405

[www.birthandbeyond.net](http://www.birthandbeyond.net)

### **Breakthrough Parenting Services**

Offering parenting classes with a specialty in divorce and custody issues. Website offers a free on-line parenting course ([askdrjayne.com](http://askdrjayne.com)) and a forum for parents.

310.823.7846

12405 Venice Blvd., PO Box 172 Los Angeles, CA 90066

[www.breakthroughparentingservices.org](http://www.breakthroughparentingservices.org)

### **California Graduate Institute Counseling Services**

Community-based mental health facility offering mental health counseling, psychotherapy and a full range of psychological services including those for children, couples, and families.

310.208.4240

1145 Gayley Ave. Westwood Village, CA 90024

[www.cgi-cc.org](http://www.cgi-cc.org)

### **Campion Counseling Center**

Under the umbrella of the Ocean Park Community Center, this counseling center offers mental health services including assessment and counseling for children and families.

Programs include Playroom Therapy for children 4 years and older learn to express

themselves and increase their self-esteem.  
310.828.6007  
1453 16th St. Santa Monica, CA 90404  
[www.opcc.net](http://www.opcc.net)

### **Cedars-Sinai Hospital**

This department of Cedars Sinai hospital offers parenting classes with a focus on infant care including breastfeeding.  
310.423.5168  
8700 Beverly Blvd., Room 3623 Los Angeles, CA 90048  
[www.cedars-sinai.com/prenatal](http://www.cedars-sinai.com/prenatal)

### **Cedars Sinai Hospital/Psychiatric and Mental Health**

Inpatient and outpatient mental health services including those for children, infants and their families.  
310.423.3411  
8730 Alden Dr., Plaza Level Los Angeles, CA 90048  
[www.cedars-sinai.edu](http://www.cedars-sinai.edu)

### **Center for the Developing Mind**

Offers education, therapeutic services and family support for children 0-22 yrs impacted by developmental and/or regulatory disorders.  
310.652.7581  
2990 South Sepulveda Blvd., Suite 308, Los Angeles, CA 90064  
[www.centerforthedevelopingmind.com](http://www.centerforthedevelopingmind.com)

### **Children's Collective**

Offers educational and case-managed family support services to children and their families. Programs also include childcare, preschool and aftercare programs as well as child and family advocacy.  
310.733.4388  
5870 W. Jefferson Blvd., Suite C, Los Angeles, CA 90016  
[www.childrenscollective.org](http://www.childrenscollective.org)

### **Compassionate Friends/L.A.**

Nationwide organization offering support groups for parents and children who have lost a child/sibling.  
310.474.3407  
PO Box 67823 Los Angeles, CA 90067  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

### **Didi Hirsch Community Mental Health**

Outpatient mental health facility offering therapy and substance abuse support for parents and families. Offers specialized mental health services including case management and medication management as well as parenting classes, particularly to monolingual Spanish-speaking parents, that incorporate information on positive and effective discipline techniques, child development, anger management, and supportive resources.  
213.381.3626  
4760 South Sepulveda Blvd. Culver City, CA 90230  
[www.didihirsch.org](http://www.didihirsch.org)

**Early Childhood Parenting Center**

Developmental parent/toddler classes and parent support groups for families with children 0-3 years of age. Groups are attachment based, helping parents to better connect with their children.

310.281.9770

1440 Harvard St. Santa Monica, CA 90404

[www.parentingtots.org](http://www.parentingtots.org)

**Edelman Westside Mental Health Center**

Child and family mental health services including medication management, crisis intervention, and support groups. Accepts Medi-Cal.

310.966.6610

11080 W. Olympic Blvd Los Angeles, CA 90064

**Family Resource Counseling Center**

Counseling resources for couples, families, and children.

310.479.9798

11500 W. Olympic Bl., Suite 420 Los Angeles, CA 90064

<http://www.frccla.com>

**LA Child Development Center/Insight LA**

Mindfulness meditation and education center that teaches classes and workshops for families with young children. Mindfulness Based Stress Reduction (MBSR) program offered in partnership with the Venice Family Clinic's Wellness Center.

310.774.3325

2633 Lincoln Blvd. Santa Monica, CA 90405

[www.insightla.org](http://www.insightla.org)

**LA Child Development Center**

Affordable mental health services including counseling and groups for children whose parents could otherwise not afford it. Offered through a school-based early identification and intervention program.

310.477.8620

2014 Sawtelle Blvd. Los Angeles, CA 90025

[www.lacdc.net](http://www.lacdc.net)

**La Leche League of Los Angeles**

Provides education, information, support and encouragement to women who want to breastfeed. Offers support groups and services led by experienced mothers who have breastfed.

310.454.2251 Warm Line 310.285.9393

St. Bede's Church 3590 Grandview Blvd. Los Angeles, CA 90066 or 1119 Broadway #D  
Santa Monica, CA 90404

or Gan Israel Preschool, 1341 – 19th St. Santa Monica, CA 90401

[www.llusa.org/web/LAWestsideCA.html](http://www.llusa.org/web/LAWestsideCA.html)

**The Maple Counseling Center**

Community-based mental health agency offering sliding scale psychotherapy to couples, children, and families. Also offers effective parenting classes.

310.271.9999

9107 Wilshire Blvd., Lower Level, Beverly Hills, CA 90210

[www.tmcc.org](http://www.tmcc.org)

### **Open Paths Counseling Center**

Outpatient therapy and support including for children, couples, and families. Offers domestic violence and anger management classes, parenting classes, and school programs for at-risk youth.

Spanish line 310.967.6090.

310.398.7877

12655 W. Washington Blvd. Suite 101 Los Angeles, CA 90066

[www.openpaths.org](http://www.openpaths.org)

### **Our House**

Grief support groups including those for children.

310.475.0299

1663 Sawtelle Blvd., Suite 300 Los Angeles, CA 90025

[www.ourhouse-grief.org](http://www.ourhouse-grief.org)

### **Outside the Box for Babies**

Offers developmental playgroups for babies and parents together with a concentration on cognitive development through multisensory learning, specifically with music. Founder is a doula.

818.645.4692

[www.otbee.com](http://www.otbee.com)

### **Pacific-Asian Counseling Services**

Multicultural counseling center offering services to low income youth and families.

310.337.1550

8616 La Tijera Blvd., Suite 200 Los Angeles, CA 90045

[www.pacsla.org](http://www.pacsla.org)

### **RIE Groups**

Classes provide an infant-oriented environment that encourages babies to become attentive, exploring persons who are self-rewarded in the mastery of new tasks. Classes take place in eight-week sessions and are limited to seven infants and their parents.

310.392.2462

[www.rie.org](http://www.rie.org)

### **SmartStart**

SmartStart provides a comprehensive developmental program tailored to the individual needs and differences of each child.

310.452.5437

2505 Lincoln Blvd. Santa Monica, CA 90405

[www.smartstartschool.com](http://www.smartstartschool.com)

### **SMMUSD/Infant and Family Support Program/Childcare and Development Services**

This division of the Santa Monica/Malibu Unified School District provides parent and child programs in local parks and schools, and offers special events and health insurance application assistance.

310.399.5865

1649 16th St. Santa Monica, CA 90404  
[www.smmusd.org](http://www.smmusd.org)

### **Sojourn**

Hotline and shelter for battered women and their children.  
310.264.6644  
1453 16th St. Santa Monica, CA 90404  
[www.opcc.net](http://www.opcc.net)

### **St. John's Healthcare Center – Child and Family Development Center**

A child and family developmental center geared to address to the issues and needs of family members through a brief family psychotherapy, therapy preschools for children, psychiatric evaluations and medication support, psychological testing, and psycho-educational evaluations. Accepts Medi-Cal and Healthy Families.  
310.829.8921  
1328 22nd St. Santa Monica, CA 90404  
[www.stjohns.org](http://www.stjohns.org)

### **St. Joseph's Center's Infant Toddler Development Center**

Program provides bilingual, all-day, licensed childcare to 23 children ages 12 weeks to 35 months with an emphasis on cognitive, emotional and physical development. The program serves homeless and very low-income families, who also benefit from regular parenting classes and access to St. Joseph Center's entire array of family-oriented programs.  
310.452.8481  
204 Hampton Dr. Venice, CA 90291  
[www.stjosephctr.org](http://www.stjosephctr.org)

### **St. Joseph's Center**

Family service center for low-income and homeless families. Services include childcare, therapy and a foodbank.  
310.396.6468  
204 Hampton Dr. Venice, CA 90291  
[www.stjosephctr.org](http://www.stjosephctr.org)

### **Twinsight**

Offers classes and workshops to help families with the unique needs that come with parenting multiples.  
310.458.1373  
1137 2nd St., Suite 109 Santa Monica, CA 90403  
[www.twinsight.com](http://www.twinsight.com)

### **UCLA NIPH Spanish Psychiatric Clinic**

Clinic offers psychological evaluation, therapy, psycho-social interventions, parent education and psychiatric services to Hispanic patients.  
310.825.6501  
300 UCLA Medical Plaza, Suite 2232 Los Angeles, CA 90095  
[www.uclahealth.org](http://www.uclahealth.org)

### **UCLA Psychological Clinic**

Counseling center serving children and families.  
310.825.2305

P.O. Box 951563, 2191 Franz Hall, Los Angeles, CA 90095  
[www.psych.ucla.edu/center-and-programs/clinic](http://www.psych.ucla.edu/center-and-programs/clinic)

**Venice Family Clinic/Venice Family Health Center**

Clinic provides mental health and childcare services to low income families — Women's Health focuses on prenatal care for mothers. Children First is a comprehensive child development program focusing on strengthening the family, parent education and parent empowerment. The Pediatric Child Development program offers tailored case management services for families in need.

310.392.8636  
604 Rose Ave. Venice, CA 90291  
[www.venicefamilyclinic.org](http://www.venicefamilyclinic.org)

**Vista Del Mar Child/Family Services**

Offers counseling children and families as well as parenting education classes. Placement services include foster-care and adoption. Medi-Cal accepted.

310.836.1223  
3200 Motor Ave. Los Angeles, CA 90034  
[www.vistadelmar.org](http://www.vistadelmar.org)

**Vista Del Mar/Reiss Davis Child Study Center**

Serves children and family with mild to severe behavioral problems, emotional problems and learning disorders. Services range from assessment to family and child therapy. Grandparenting classes offer support raising young children.

310.836.1223  
3200 Motor Ave. Los Angeles, CA 90034  
[www.vistadelmar.org](http://www.vistadelmar.org)

**Westside Children's Center**

Offers foster-care and adoption services, infant and family mental health, family support services that offer case management, therapy and child specialists for families in need, as well as affordable childcare through their Early Care and Education program.

310.390.0551  
12120 Wagner St. Culver City, CA 90230  
[www.westsidechildrens.org](http://www.westsidechildrens.org)

**Westside Regional Center/Family Resource Center**

Parent support groups, parenting classes, and free resources for families of children with special needs including free neuropsychological testing and referrals to local agencies for needed services. Spanish spoken.

310.258.4000  
5901 Green Valley Circle, Ste 320, Culver City, CA 90230  
[www.westsiderc.org](http://www.westsiderc.org)

**Whole Body Momma**

Providing nurturing massage experiences designed to pamper the expectant mother and baby. Their massages are specifically tailored to relieve the strains and stresses unique to a pregnant woman's body. They provide prenatal and postpartum massages and also provide in-home treatments.

310.405.3874

15219 Sunset Blvd. Suite #203, Pacific Palisades, CA 90272  
<http://wholebodymomma.com/>

**YMCA/Santa Monica/Westside Centers**

Community centers offer childcare, creative movement classes, and “gym and swim” for children. Financial assistance available.

310.393.2721

1332 6th St. Santa Monica, CA 90401

[www.ymcasm.org](http://www.ymcasm.org)