



GO-GO GLO Preemies

CALIFORNIA Resource Brochure



What is GLO Preemies?

GLO Preemies™ seeks to raise the voice of black families in the NICU and post-NICU in terms of creating racial and health equity through professional healthcare services, family educational initiatives, and family support for African-American families for a continuous 18 years.

What can I expect to find on this brochure?

The purpose of this brochure is to grant families with a comprehensive resource guide where they will find information for anything from midwives to milk banks to school resources for children of all ages.

“

I wanted to create a guide that will benefit a family and their friends for generations. This is the one stop resource guide for Black NICU Families for 18 years.

-Ashley Randolph

President, GLO Preemies

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Resources for Milk Banks

What is a milk bank?

A milk bank collects excess milk from mothers. Then they screen, pasteurize, and test the milk. After, it is dispensed to premature or ill babies who can't get enough milk from their own mothers. This is distributed in hospitals or homes.

The Human Milk Banking Association of North America (HMBANA) is a nonprofit organization dedicated to accrediting non profit milk banks to make sure they are meeting safety standards. In California, there are two milk banks which are members of HMBNA which are listed next.

P. Gudiel



Milk Banks in California

Mothers Milk Bank

[MMB Recipient-Brochure.pdf \(mothersmilk.org\)](#)

408.638.2822

Instagram: @mothersmilksj

Northern California

Located in San Jose, Ca, mothers milk bank provides donor milk to hospitals around the country. It also provides milk to patients at home, with a maximum of 40 ounces without prescription, and any more thereafter requiring a prescription.

More information can be found by following the link to their online brochure.
P. Gudiel

University of California Health Milk Bank

[Get Started Ordering Milk \(service-now.com\)](#)

619.543.7076

Instagram: @ucmilkbank

Southern California

Owned and operated by UC San Diego, UC Health Milk Bank is an accredited member of HMBANA. Families can enroll to receive milk by going to the following link. Families can either order milk directly or through a hospital account.

P.Gudiel

Ventura Coast Milk Bank

www.vcmilkbank.org

805.242.MILK

Instagram: @vcmilkbank

Southern California

Based out of Ventura, California and serving Ventura, Santa Barbara and Los Angeles counties, the Ventura Coast Milk bank collects, screens, pasteurizes and distributes human milk. Through partnership with University of California Health Milk Bank, families can order milk through them and receive it from them.

D. Rojo Perez



Resources for High Risk Pregnant Families

Fetal and Pregnancy Health Program, Lucile Packard Children's Hospital Stanford

www.stanfordchildrens.org

877.761.0511

Instagram: @stanfordchildrens

Northern California

The Fetal and Pregnancy Health Program at the Lucile Packard Children's Hospital at Stanford is located in Palo Alto, California. This program offers different services that range from evaluation and diagnosis all the way through treatment and follow up. Through this program, both the mother and baby's needs are taken care of and addressed by various experts in different specialties.

D. Rojo Perez

University of California San Francisco Health, Obstetrics & Gynecology

www.ucsfhealth.org

888.689.8273

Instagram: @ucsfhealth

Northern California

The University of California San Francisco Health Obstetrics and Gynecology department is located in San Francisco, California. UCSF Health offers a variety of services including specialized fetal imaging techniques that are available for the detection of many different conditions in both the mother and the baby. The Prenatal Diagnosis Center provides state-of-the-art testing for the evaluation of a developing baby. UCSF also hosts the only specialized clinic in all of California that is devoted to the long-term care of children born with birth-defects.

D.Rojo Perez

Black Infant Health Program

www.blackinfanthealth.org

866.241.0395

Instagram: @cablackwomenshealthproject

Northern and Southern California

Funded by the Department of California Department of Public Health's Maternal, Child and Adolescent Health Program, the Black Infant Health Program is

located in communities where over 90% of Black births occur. This program focuses on delivering culturally appropriate services to Black and African American women to improve maternal health and Black Infant health through evidence-informed interventions.

D. Rojo Perez

MotherToBaby California

www.mothertobaby.org

866.626.6847

Southern California

MotherToBaby California is located at the University of California, San Diego Department of Pediatrics in La Jolla. This program provides no-cost services like the provision of evidence-based information regarding the safety of medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions as well as many more during pregnancy as well as during breastfeeding.

D.Rojo Perez

Dignity Health Hospitals

www.dignityhealth.org

St.Mary Medical Center Long Beach: 562.491.9000

Northridge Hospital: 844.968.1594

California Hospital Downtown LA: 213.461.0015

Glendale Memorial: 818.574.8986

Community Hospital of San Bernardino: 909.587.1287

St.Bernardine Medical: 909.883.8711

Instagram: @dignityhealthsocial

Southern California

Specialized doctors at Dignity Health hospitals offer mastery in different areas to help families through their high risk pregnancies. With services like regular prenatal care, Dignity Health hospitals offer help before, after, and during pregnancy at a wide variety of locations.

D.Rojo Perez



Resources for Doulas/Midwives

Doulas by the Bay

www.doulasbythebay.com

415.510.9736

Instagram: @doulasbythebay

Northern California

Located in El Cerrito, CA, Doulas by the Bay offer the expertise from both Birth and Postpartum Doulas as well as Newborn Care Specialists who are committed to providing families with the support that they need before, during and immediately after the birth of their babies. Services that they provide include Birth Support, Postpartum Support, Virtual Support, Live-In Support as well as Sibling Support and many more.

D.Rojo Perez

NorCal Doulas

www.northerncaliforniadoulas.com

415.569.3351

Instagram: @norcaldoulas

Northern California

NorCal Doula is located in Mill Valley, CA and serves expecting families in the surrounding areas of the San Francisco Bay Area, Marin County and East Bay. Through the help from Postpartum Doula, Infant Feeding Specialists and Birth Doula, families are supported throughout their parenting journey.

D. Rojo Perez

Modesto Birth and Beyond Doula Services

www.modestobirthisandbeyond.com

209.576.5450

Northern California

Located in the Central Valley of California, Modesto Birth and Beyond Doula Services offer a variety of services including childbirth education, birth doula, postpartum doula, lactation consultants and placenta encapsulations.

D. Rojo Perez

Growing Seeds, Inc. Doula and Wellness Services

www.growingseedsinc.com

707.439.6971

Northern California

Located in Sacramento, CA, Growing Seeds Inc. is owned and operated by Felicia White Curtis, a multi-certified Doula with multiple training to her name. Growing Seeds Inc. operates under “The 6 Pillars of Our Practice” which are Nature, Nurture, Family, Culture, Community, and Justice. Services that are offered include Birth Services, Postpartum Services, Virtual Services, Traveling Doula Services and more.

D. Rojo Perez

Alizeti Doula Services

www.alizetidoula.com

909.499.7138

Instagram: @alizetidoula

Southern California

Dr. Angela Gordon-Nichols is the founder of Alizeti Doula Services. She is a Certified Birth and Postpartum Doula who serves the Inland Empire as well as Los Angeles County. Services that are offered include Pregnancy and Labor Packages and Postpartum Packages. Both of these include an initial

consultation meeting as well emotional support and assistance and much more. Each package includes different services that cater to the needs of pregnancy and labor and postpartum.

D. Rojo Perez

Crimson Fig Midwifery

www.crimsonfig.com

323.404.4022

Instagram: @crimson_fig

Southern California

Located in Los Angeles, Crimson Fig Midwifery is owned by licensed midwife Racha Tahani Lawler, a descendant of many generations of midwives as well as skilled in the midwifery traditions of her ancestors from the Southern U.S and South Africa. Services that are offered through Crimson Fig Midwifery include assistance with home birth, water birth, as well as labor support in the hospital regardless of the location where the mother is located.

D. Rojo Perez

DASC Doulas

www.dascdoulas.org

323.682.0470

Instagram: @dasc_doulas

Southern California

The Doulas Association of Southern California, also known as DASC Doulas, helps match families with the right doula by giving them a list of matching service providers according to the types of services that they need. Different options that are available are Birth Doulas, Postpartum Doulas, Full Spectrum Doula Services and Sibling Doulas. Doulas are also matched according to types of experience including high risk pregnancies, cesarean/surgical births, single parents, LGBTQIA+, and adoptive families. Additionally, DASC Doulas also lets people choose from a variety of other services including placenta services, massage therapy and more.

D.Rojo Perez

Doulas of Orange County

www.doulasfororangecounty.com

949.791.7164

Instagram: @doulasoforangecounty**Southern California**

Doulas of Orange County offer a variety of services, all provided by a team of experienced professionals. Services include Birth Doulas, Postpartum Doulas & Newborn Care Specialists, Sleep Coaches, Lactation Consultants and Placenta Specialists. Families are matched with the perfect doula based on a variety of factors including estimated due date, specific care needs, location, personality, budget and more.

D.Rojo Perez

CalSis Doulas

www.calisisdoulas.com

951.367.9976

Southern California

CalSis Doulas strive to provide women with all of the support, information and help that they need before and after their pregnancy as well as during their labor. Services that they offer include birthing service packages that include services like 3 prenatal visits, unlimited phone and email support, in-person attendance and support throughout the whole labor and delivery and much more. Other packages include Postpartum Service packages, Virtual Service packages and meal plan packages.

D. Rojo Perez



Resources for Transportation

LYFT Jobs Access

[Jobs Access - Get Help | LyftUp | Lyft](#)

Southern and Northern California

In partnership with Goodwill and United Way, Lyft is now offering free rideshare, bike, or scooter rides in certain cities to those who qualify. This program helps people access transportation to work, job training, or job interviews. In California, it is available in Long Beach, Los Angeles, San Diego, and San Francisco. People can get started by following the link.

P. Gudiel

Low Income Fare is Easy (LIFE) Program

323.870.8567 or 818.244.2550

[Low-Income Fare is Easy \(LIFE\) - LA Metro](#)

Southern California

LA Metro is currently offering fare discounts that can be applied toward the purchase of weekly and monthly transit passes on Metro and any LIFE participating transit agencies. The discount is available to low-income individuals/families. “Individuals who receive transportation discounts from the city/county schools or employers, or are Access or U-Pass cardholders, are not eligible to participate in the LIFE Program”, according to the website. People that are new to the program will receive a 90 day free pass that is valid for base fare. After the 90 days, they will start receiving LIFE discounts for weekly and monthly transportation fares. You can apply in person at drop-off centers, through mail, through email, or online by visiting the link.

P. Gudiel

211LA

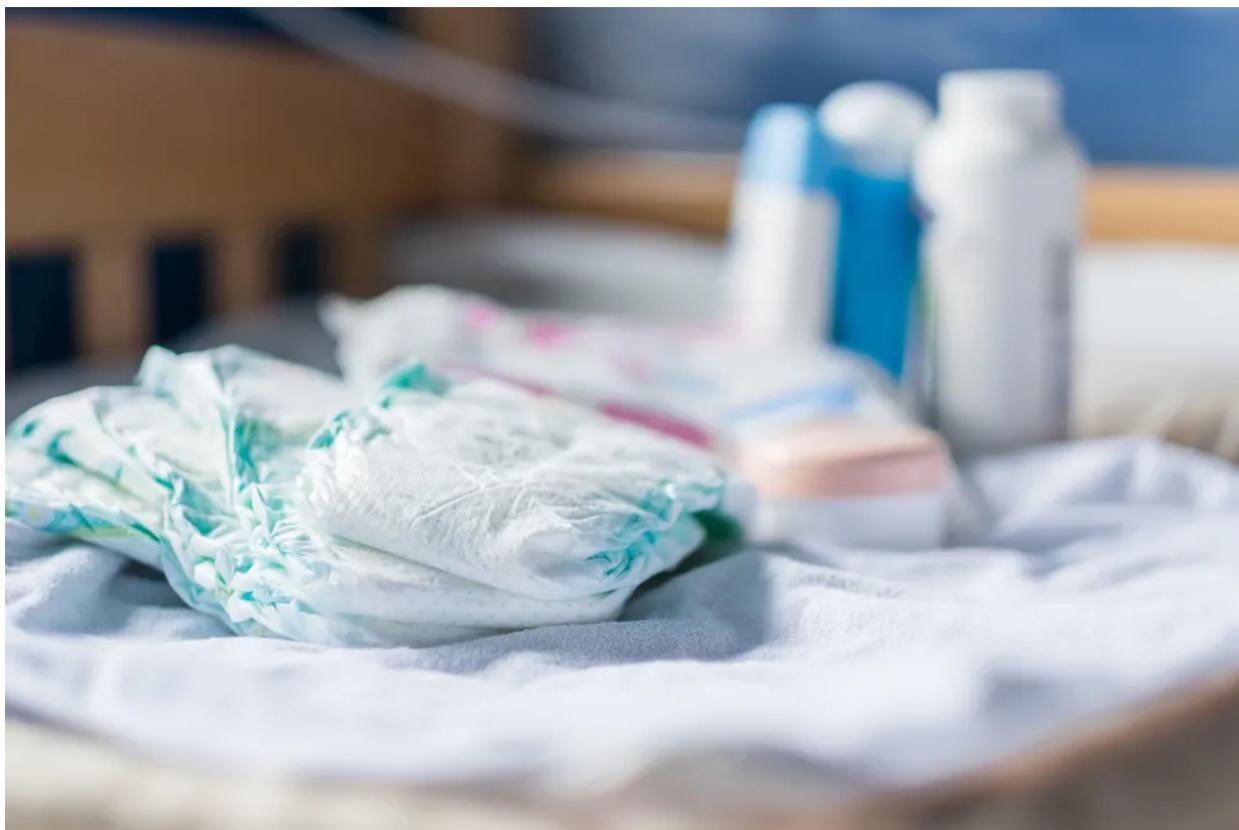
<https://211la.org/resources/subcategory/transportation>

2-1-1

Southern California

211LA is a transportation service that has special programs to provide outreach and education, service navigation, or care coordination to assist people with accessing and obtaining services.

Y. Caceres



Resources for Baby Products

Cribs for Kids

1.888.721.CRIB

Instagram: @cribsforkids

www.cribsforkids.org

United States

Cribs for Kids provides families with safe sleeping spaces for their children around the nation. Through partnerships with local agencies, they distribute Cribs for Kids Cribette Portable Cribs to local communities.

D. Rojo Perez

National Bank Diaper Network

www.nationaldiaperbanknetwork.org

203.821.7348

Instagram: @diapernetwork

United States

The National Bank Diaper Network provides families with the daily necessities that their children need for their daily lives. Through partnerships with different agencies, they provide families in need with diapers to end the diaper need in the United States.

D. Rojo Perez

Baby2Baby

www.baby2baby.org

323.933.2229

Instagram: @baby2baby

Southern California

Baby2Baby is an organization that provides children who live in poverty with daily necessities like diapers and clothing. This organization has distributed over 200 million different items to children in homeless shelters, domestic violence programs, foster care, underserved schools and hospitals.

D. Rojo Perez

Women, Infants, Children (WIC)

<https://www.myfamily.wic.ca.gov>

1-800-852-5770

WIC is a federal nutrition program that helps low-income pregnant women, new mothers, and young children from birth through age 5 eat well, learn about nutrition, and stay healthy. Mothers are given baby products such as milk or formula and benefits to buy healthy foods. Y. Caceres

Enfamil

<https://www.enfamil.com>

1-800-BABY123

United States

Enfamil provides low discounted prices on baby products such as formula and provides information about your baby's nutrition. This organization works closely with families to inform them about different products. Y. Caceres



Resources for Rent Relief

211 Assistance Programs

[Your Local 211 | United Way 211](#)

Instagram: @211lacounty

211 is a nationwide program dedicated to helping people find local resources for food, healthcare, and housing issues/needs, among other crises. For tenants, homeowners, and renters, they recommend contacting the landlord or lender first before reaching out to a third party. Contacting 211 can be as simple as dialing on the number on a phone. If not, there is also a search engine where people can enter their zip code and find local resources online at the link above.

P. Gudiel

Catholic Charities USA

[FIND YOUR LOCAL CATHOLIC CHARITIES – Catholic Charities USA](#)

213.251.3400

Instagram: @ccharitiesusa

Northern and Southern California

Founded in 1910, Catholic Charities USA is a nationwide organization dedicated to serving people in need. They provide a wide range of services, from food to immigration and refugee services. They also provide housing assistance and relief. They have an online agency locator which can connect people with organizations closest to them.

P. Gudiel

Government Grants/ Emergency Funds/ Housing Assistance

Over the course of the pandemic, many families faced financial difficulties due to job losses and illness. As a result, a rent relief program was developed called Housing is Key. Although this program is no longer accepting applications (as of March, 2022), in the event of national or regional emergencies people should be aware of government initiatives. Residents of LA can look to the LA Housing Department for help on finding affordable housing by following this link: [Home – Affordable and Accessible Housing Registry – City of Los Angeles \(lacity.org\)](#) Similarly, other housing assistance locators can be found online for people from other cities.

P. Gudiel

Keep Fremont Housed

www.fremont.gov

510.284.4000

Northern California

The City of Fremont offers their residents rental assistance as well as utility assistance through their Keep Fremont Housed program. Low-to-moderate income residents who cannot afford to pay their rent due to COVID-19 job loss or loss of income are eligible to apply. Applicants will not be asked to show proof of citizenship or be asked about their citizenship status to be eligible for assistance.

D. Rojo Perez

Stay Housed LA.

<https://www.stayhousedla.org>

Southern California

This organization is partnered with Los Angeles County to help provide assistance to tenants so they are not evicted out of their homes. Stay Housed L.A. offers a variety of volunteer opportunities to law students and attorneys to help tenants navigate the eviction process.

Y. Caceres



Resources for School Aged Children

Think Together

thinktogether.org/contact-us/

714.543.3807

Instagram: @thinktogether

All of California

Think Together partners with schools to change the odds for kids. Founded in 1997, today it offers programs in over 400 California schools – from San Diego to San Francisco. Think Together delivers nationally-recognized expanded learning programs and school improvement, offered through affiliate partner Orenda Education. Some of these programs include summer programs, after school activities, college and career readiness, and as mentioned above, Orenda Education. For general questions or information families can email or visit this link which has the regional contact information for counties across the State.

P. Gudiel

Children Rising

[Where We Serve - Children Rising \(children-rising.org\)](http://children-rising.org)

510.836.5100

Northern California

Children Rising is a nonprofit organization focused on empowering students in public schools affected by poverty, violence, and educational inequities. They collaborate with schools to provide tutoring for students with programs such as Path2Math, along with a reading intervention program, and a college preparation program. They are also in partnership with the Alameda County Community Food Bank by providing kids with limited access to food with nutritious meals for the weekend.

P. Gudiel

Boys and Girls Club of America

[Find A Club \(bgca.org\)](http://bgca.org)

404.487.5700

Northern and Southern California

With over 100 years of existence, the boys and girls club supports all youth and teens in reaching their full potential. Their mission is to promote success in the lives of young people. They provide fun, safe, and constructive environments for young people during after-school hours and the summertime. In order to enroll, parents need only enroll their kids in an orientation session, complete an application with the required supporting documents, and pay a 26 dollar annual membership fee.

P. Gudiel

Learn to Be

[Free Online Tutoring - Learn To Be](http://learntobe.org)

Learn to Be is a nonprofit organization dedicated to providing free online tutoring for underserved youth across the nation. Tutors can meet in sessions of 60 to 90 minutes once per week, or as the student might see fit. They are completely online, and tutors come from varying backgrounds, but they all share the same passion for educational equity. Parents/guardians can enroll their kids by following the link above.

P. Gudiel

ST Math

<https://www.stmath.com/learning-recovery>

(949) 345-8700

Southern California

This website provides information and resources for children to expand their knowledge when it comes to math. The website provides math games tailored to different ages. Different programs are offered depending on the children's knowledge of the subject and what grade they are in.

Y. Caceres

Brain Pop

<https://www.brainpop.com>

212-574-6000

United States

Brain Pop is an interactive online resource. Parents can sign up their kids online. The online resource provides playful, reflective, and educator based curriculums to make learning fun and easy. Activities are provided so kids can follow along and participate. Brainpop has different activities for different subjects and is tailored to age and grade level.

Y. Caceres



Resources for Immigrant Families

United We Dream

www.unitedwedream.org

202.721.0660

Instagram: @unitedwedream

United States

United We Dream is the largest immigrant youth-led community in the country and fights to build power within communities, justice and dignity regardless of immigration status. They offer a variety of resources for the immigrant community like COVID-19 resources, DACA information, Deportation Defense, Health resources and much more.

D. Rojo Perez

International Institute of the Bay Area

www.iibayarea.org

San Francisco: 415.538.8100 ext.206

Redwood City: 650.780.7530

Oakland: 510.451.2846 ext. 301

Brentwood: 925.237.8581 ext. 11

Fremont: 510.894.3639

Sonoma: 707.939.8864

Napa: 707.266.1568 ext. 401

Instagram: @iiba1918

Northern California

With locations in six different counties of Northern California, the International Institute of the Bay Area offers immigration services for the Bay Area community. Services include immigration legal services, immigration workshops, citizenship services, DACA services, family reunification services, humanitarian services, deportation defense and more.

D. Rojo Perez

International Rescue Committee

www.rescue.org

916.482.0120

Instagram: @rescueorg

Northern California

Located in Sacramento, the IRC offers a variety of immigration services including Lawful Permanent Resident Assistance (“Green Card”), citizenship assistance, family reunification, fee waivers on USCIS application fees, DACA and Unlawful Presence Waivers application assistance, employment authorization, travel documents, document replacement and more.

D. Rojo Perez

Opening Doors Inc.

www.openingdoorsinc.org

916.492.2591

Instagram: @openingdoorsinc

Northern California

Opening Doors Inc. is located in the city of Sacramento, they have been serving immigrants and refugees of Northern California since 1993. Opening Doors Inc. aims to assist immigrants and refugees no matter where they are in their journey. Their programs include Welcoming Refugees through resettlement case management, trauma counseling, housing as well as other services. Their Immigration Legal Services Program provides immigrants with legal services including asylum applications, deportation relief, DACA, and citizenship applications. The Survivors of Human Trafficking Program supports survivors of

human trafficking by providing case management, skills-building, mental health care services and more. They also offer a Mental Health Program and a Expanding Economic Opportunity Program.

D.Rojo Perez

California Rural Legal Assistance Foundation

www.crlaf.org

Fresno: 559.468.6278

Sacramento: 916.446.7904

Instagram: @crlainc

Northern California

With two locations in Northern and Central California, the Citizen and Immigration Project provides informational services, high-quality legal assistance, advocacy support and community capacity building to immigrants. Their defense attorneys provide assistance to the immigrant community with citizenship applications, VAWA, T Visas, U Visas, DACA, family based immigration relief and relief for unaccompanied minors.

D. Rojo Perez

Central California Legal Services Inc.

www.centralcallegal.org

559.570.1200

Northern California

The Central California Legal Services Inc. help provide immigration services to crime victims like U-Visas, VAWA petitions and T-Visas. More information is available by calling the number listed above or by calling 1-800-675-8001. They also provide assistance to legal residents who are trying to become US citizens.

D.Rojo Perez

Canal Alliance

www.canalalliance.org

415.454.2640

Instagram: @canalalliance

Northern California

Being the only provider of affordable immigrant comprehensive immigration services in Marin County, Canal Alliance offers a variety of services for

immigration legal services. These include general consultations, DACA initial appointments, DACA renewals, asylum for minors, special immigrant juvenile status, green card renewals, work permit renewals, adjustment of status, naturalization and TPS initial. ‘Know Your Rights’ Training and public charge consultation are also available.

D. Rojo Perez

Center for Employment

www.cet-icp.org

408.534.5451

Instagram: @cet_sanjose

Northern California

Center for Employment is located in San Jose offers immigration services to those who inquire about them. Services that they provide assistance with include DACA renewal, citizenship services and immigration services. Assistance with these services are offered through the phone.

D. Rojo Perez

Community Legal Services in East Palo Alto

www.clsepa.org

650.326.6440

Northern California

Community Legal Services in East Palo Alto offer a variety of immigration services. These include humanitarian relief for survivors, assistance for refugees and asylum seekers, help for immigrant youth and young adults, assistance for immigrants facing deportation in court, and immigration advocacy, outreach and education.

D. Rojo Perez

California Human Development

www.Californiahumandevlopment.org

209.331.2081

Instagram: @cahudev

Northern California

The California Human Development is located in Lodi, California. They offer a variety of immigration services all provided by a team of Department of Justice Accredited Representatives. Services include, Dream Act / Deferred

Action for Childhood Arrivals (DACA), Citizenship applications adults (N-400), Citizenship application children (N-600), Renewal of Green Cards (I-90), Petition to immigrate or legalize family members (I-130), U Visas (for crime victims who assist investigations) and hardship waivers, I-929 Petition for qualifying family member of U Visa, Adjustment of status (I-485), I-129 Fiance Visa, FOIA Freedom of Information Act, I-751 Petition to remove conditions on residence and Work Authorizations.

D. Rojo Perez

Community Action Board of Santa Cruz County, Inc.

www.cabinc.org

831.763.2147

Northern California

The Community Action Board of Santa Cruz County provides essential services to the immigrant community. These services include applications for naturalization, help with DACA applications, family based visa petitions, adjustment of status, immigrant visa consular processing, waivers of inadmissibility, replacement/renewal of green cards and work permits, removal of conditions from permanent residence, Temporary Protected Status, SIJS, U-Visas, T-Visas, VAWA petitions, Freedom of Information Act requests, attorney referrals, immigration consumer complaints, information on immigrant rights and more services.

D. Rojo Perez

African Communities Public Health Coalition

www.africancoalition.org

213.909.0985

Instagram: @african_coalition

Southern California

The African Communities Public Health Coalition located in Los Angeles provides African-born as well as Caribbean immigrants culturally appropriate immigration services. Through a California Department of Social Services program as well as with the help of African and Caribbean community leaders, the ACPHC conducts outreach and Education programs for immigrants. Some of the services that are provided include Assistance-Naturalization, Consultation,

Other Immigration Remedies, Asylum, Green card renewal, DACA renewal and Removal Defense.

D. Rojo Perez

African Community Resource Center

www.acrcintl.org

213.381.1088

Instagram: @sdsbrc

Southern California

The African Community Resource Center located in Los Angeles offers a variety of services for immigration assistance. Some of the services provided include political asylum, family reunification, citizenship, labor discrimination, civil action, family law, family sponsorship and labor certification. Other resources available include counseling services, family support, African Women Support Group, Food Pantry/Nutrition Assistance, small business support, legal services, information and advocacy.

D. Rojo Perez

Alliance For African Assistance

www.alliance-for-africa.org

619.286.9052

Instagram: @allianceforafrica

Southern California

Located in San Diego, California, the Alliance for African Assistance helps refugees in San Diego and sub-Saharan Africa through funding and the delivery of resettlement services, health care as well as other services. Services that are offered include Refugee Resettlement Services, Immigration and Naturalization, CalFresh, Economic Development, Utility Advocacy, Volunteer Income Tax Preparation (VITA), and Non Emergency Medical Transportation. Other services offered include language and translation services, a clinic that provides low-cost healthcare as well as a variety of programs to support their transition to life in America.

D. Rojo Perez

Coalition for Humane Immigrant Rights (CHIRLA)

www.chirla.org

213.353.1333

Instagram: @chirla_org

Northern & Southern California

The Coalition for Humane Immigrant Rights has an Immigrant Assistance Line that people can call in to and get assistance with any questions that they might have. Questions that can be answered by the Immigrant Assistance Line include those about healthcare, DACA, AB60 drivers licenses, the citizenship process, financial literacy, rent relief, immigration fraud, Prop 47 and Disaster Relief Assistance for Immigrants.

D. Rojo Perez



Resources for Government Assistance Programs

Employment Development Department

Cal-Fresh

Cal-Fresh Food

<https://www.getcalfresh.org/>

1.877.847.3663

All of California

CalFresh provides monthly food benefits to individuals and families with low-income, and provides economic benefits to communities. CalFresh is the largest food program in California. CalFresh is federally mandated and in California, it is state-supervised and county-operated. The amount of benefits a household receives depends on household size, countable income, and monthly expenses, such as housing and utilities. The program issues monthly benefits on an Electronic Benefit Transfer (EBT) card. Food may be purchased at any grocery store or farmers market that accepts EBT cards.

P. Gudiel

Women, Infants, and Children Program (WIC)

www.myfamily.wic.ca.gov/Home/HowCanIGetWIC#enrolledTitle

1.888.942.9675

All of California

WIC is a federal grant program which targets those who are low-income or nutritionally at risk. This includes pregnant women, breastfeeding women (up to infants 1st birthday), non-breastfeeding postpartum women, and children (up to 5 years old). Benefits include supplemental nutritious food, nutrition education, and screening and referrals to other health, welfare, and social services. In California, eligible individuals can set up an appointment to review services by following the link, or calling the number provided.

P. Gudiel

San Francisco Department of Child Support Services

www.sfgov.org/dcss

415.356.2901

Northern California

The San Francisco Department of Child Support Services works to empower parents to provide for the economic needs of their children. The SFDCSS has

an array of programs available including: establishing paternity, locating absent parents, requesting child support orders from the court, requesting medical support orders from the court, and modifying child support orders.
P. Gudiel

Supplemental Nutrition Assistance Program (SNAP)

<https://www.fns.usda.gov/snap/recipient/eligibility>

1-800-221-5689

United States

The Supplemental Nutrition Assistance Program (SNAP) is the largest federal nutrition assistance program. SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores. Eligibility is determined by the application that you fill in depending on the state that you live in.

Y. Caceres



Resources for Health and Wellness Centers

Marin City Health and Wellness Center

[Marin City Clinic - Innovative health and wellness services for all, with a goal of African American health equity](#)

415.339.8813

Northern California

The Marin City Health and Wellness Center (MCHWC) was founded in 2006 to provide culturally sensitive care to the residents of Marin City. The Bayview Hunters Point Clinic is a branch of the MCHWC, located in San Francisco. Services offered include health education, dental care, pediatric care, prenatal care, and health screening. They also provide behavioral services such as family therapy, stress management, child psychiatry, and even telehealth visits. They are open Monday to Friday from 9 am to 5 pm, and can be reached at the phone number listed for all locations.

P. Gudiel

Every Woman California, Preconception Health Council of California

www.everywomancalifornia.org

Email: info@everywomancalifornia.org

Northern and Southern California

The Preconception Health Council of California created Every Woman Counts as a resource for women as well as for people with the capacity of becoming pregnant and their partners. People can find information about preconception and interconception health, health care, sexual and reproductive health services and psychosocial well-being resources.

D. Rojo Perez

To Help Everyone: Health and Wellness Centers

<https://www.tohelpeveryone.org>

(323) 730-1920

Instagram: @tohelpeveryone

To Help Everyone Health and Wellness Centers provides men, women, and children in Los Angeles with excellent and affordable healthcare. The team in this organization is compiled of compassionate professionals committed to

delivering the very best care possible to everyone in the community, regardless of individual circumstance. The wellness center is covered by different insurance providers
Y. Caceres

Valley Community Healthcare

<https://valleycommunityhealthcare.org>

818-763-8836

Southern California

This organization is committed to the well-being of low-income, medically underserved residents in North Hollywood and North Hills and surrounding cities in the San Fernando Valley. The doctors, nurses and healthcare specialists serve an estimated 26,000 men, women, children, teens, and seniors annually. By offering medical care to every family member in a single location, they make access to care easier to schedule, and to reduce visits to emergency rooms and urgent care facilities. This organization has three locations to help serve bigger populations.

Y. Caceres

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Y. Caceres

Mama's Neighborhood

<https://dhs.lacounty.gov/womens-health/our-services/womens-health/prenatal/>

General Contact: (844) 376-2627

Harbor-UCLA Medical Center: (310) 225-5125

Hubert H. Humphrey Comprehensive Health Center: (323) 897-6000

LAC+USC Medical Center: (323) 409-3000

Martin Luther King Jr. Outpatient Center: (424) 338-1230

Olive View-UCLA Medical Center: (818) 364-3137

Wilmington Health Center: (310) 404-2040

Southern California

This organization offers affordable healthcare, care coordination, prenatal classes, breastfeeding consultation throughout pregnancy until 10 weeks postpartum. After the 10 weeks, this organization arranges for continuing women's health and pediatric care.

J. Arevalo

March of Dimes

<https://valleycommunityhealthcare.org>

818-763-8836

Southern California

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Y. Caceres



Resources for 1-5 Year Old Children

The Sacramento Children's Home

www.kidshome.org

916.452.3981

Instagram: @sacchildrenshome

Northern California

The Sacramento Children's Home provides high-quality care to children and families in the Sacramento area as well as provide care for at-risk youth and assistance with building strong families. Through their Crisis Nursery, families can receive emergency childcare services as well as overnight care for children ages 0-5 during difficult times. Children are provided with all of the living essentials that they need during their stay and services are provided 24 hours a day, 365 days a year.

D. Rojo Perez

Child Action Inc.

wp.childaction.org

916.369.0191

Northern California

Located in Sacramento, Child Action Inc. maintains the “Childcare Eligibility List” (CEL) for Sacramento County for subsidized child care programs. Signing up on the Childcare Eligibility List allows for higher chances of obtaining financial assistance with child care costs. Eligibility for the subsidized child care program is based on family income and size as well as the need for child care. The first step in the process to receive financial assistance is by submitting a CEL application. Ways to apply include either calling 916.369.0191 or filling out an application online.

D. Rojo Perez

Child Care Resource Center

www.ccrcca.org

San Fernando Valley: 818.717.1000

Antelope Valley: 661.789.1200

San Bernardino: 909.384.8000

Victorville: 760.245.0770

Instagram: @ccrc4kids

Southern California

With 4 locations in Southern California, the Child Care Resource Center offers many programs to assist families with child care payments as well as other services. Families can apply for Child Care Financial Assistance for help paying for child care. Other programs that are available include a Book, Toy and Resource library, Home Visiting, Family Literacy, Family Child Care Home Education Network, Ages & Stages Child Development, Parent Orientation, Head Start, and more.

D. Rojo Perez

City of Santa Clarita Early Childhood Enrichment Activities

www.santa-clarita.com

661.259.2489

Southern California

The city of Santa Clarita offers a variety of classes and activities for children ages 2-5. Parents are required to attend classes with their children.

The classes that are offered include Adventures With Food, Preschool Fitness Fun, Doodlebugs as well as a variety of activities throughout the month.

D. Rojo Perez

Children's Institute

www.childrensinstitute.org

213.260.7600

Instagram: @childrensinstitutela

Southern California

The Children's Institute is located in the city of Los Angeles, CA. Their early childhood resources include home-based and center-based programs. Programs include Early Head Start, Head Start, Family Childcare Homes, and Home Visitation. These programs are available for children from birth up to 5 years of age in Koreatown, Watts, South Los Angeles, Compton and Wilmington. Families who qualify can receive these services for free.

D. Rojo Perez

First Five California

www.first5california.com

916.263.1050

Instagram: @first5california

Northern and Southern California

First Five California is a program that was created in California to improve the lives of low income young children as well as their families through various different programs that incorporate education, health services, childcare and many more. First Five has different focus areas that include early learning and care, effective interactions and teaching, positive parenting, tobacco and vaping cessation, public outreach, and advocacy and policy. This program is offered in 58 counties throughout California.

D. Rojo Perez

Head Start California

www.headstartca.org

916.444.7760

Instagram: @headstartca

Northern and Southern California

The Head Start program offers developmental programs for low-income children from the moment of birth until they enter elementary school. This program is funded by the US government and has programs that are child-centered, family-focused, comprehensive, and community-based.

D. Rojo Perez

California Work Opportunity and Responsibility for Kids (CalWORKs) Child Care

www.cdss.ca.gov

1.800.KIDS.793

Northern and Southern California

People who are or were recipients of CalWORKs cash aid are able to receive financial assistance to pay for child care if they are working or participating in Welfare-to-Work activities as well as pregnant and parenting teens who participate in the Cal-learn program. People are allowed to choose a provider of their choice to provide child care and the program will provide financial assistance. This program is provided through county level welfare programs. To apply, get in contact with your local county welfare office.

D. Rojo Perez

Children's Home Society of California

www.chs-ca.gov

Los Angeles: 213.240.5900

Long Beach: 562.256.7400

Orange: 714.456.9800

San Diego: 619.293.3411

Oxnard: 805.437.1910

Woodland: 530.723.5225

Yuba City: 530.673.7503

Toll-Free: 888.247.5437

Northern and Southern California

The Children's Home Society of California offers a wide variety of Early Learning and Education Programs throughout the state for low-income families. Their programs include a Child Care Resource & Referral Program that provides supportive child development services, a Child Care Payment program that provides subsidized child care services for eligible families through general Alternative Payment and CALWORKs funding and the Family Child Care Home

Education Network that provides subsidized child care services with a collaborative partnership between the parent, child care provider and CHS.

D. Rojo Perez

California Child Care Resource & Referral Network

www.rrnetwork.org

Office: 415.882.0234

Hotline: 1.800.543.7793

Northern and Southern California

Through the California Child Care Resource & Referral Network, families can obtain resource and referral services to help them when choosing the child care that is best for their needs. Their family services offer assistance in finding child care, choosing child care, paying for child care, background checks, and child care advocacy.

D. Rojo Perez

Family Resource Center Network of California

www.frcnca.org

626.677.0058

Northern and Southern California

With locations throughout California, the Family Resource Center Network of California has a coalition of statewide Early Start Family Resource Centers to assist families with coaching, mentoring as well as other early start services to aid in the growth of their children with disabilities. The FRCNC works to connect families with services and resources that support children with disabilities.

D. Rojo Perez



Resources for NICU Families

Hand to Hold

www.handtohold.org

855.424.6428

Instagram: @handtohold

United States

Hand to Hold provides families who have their babies in the NICU with the emotional support that is needed during these hard times. Families are provided with emotional, educational and community support before, during and after a NICU stay. These support services are provided to families at no cost and are led by a team of caring professionals.

D. Rojo Perez

March of Dimes

www.marchofdimes.org

888.663.4637

Instagram: @marchofdimes

United States

March of Dimes provides a NICU Family Support Program to help improve the experience that patients and families have during their stay in the NICU. Through their program, they provide education for NICU families, as well as resources to help during their stay.

D. Rojo Perez

The Colette Louise Tisdahl Foundation

www.colettelouise.com

872.356.2522

Instagram: @colettelouisetisdahl

United States

Through financial assistance, education and advocacy, the Colette Louise Tisdahl Foundation provides assistance to families with high-risk and complicated pregnancies, premature births, stays in the NICU and loss of a baby. During a stay in the NICU, financial assistance is available for childcare, travel and transportation, phone bills, car insurance, car payments and more.

D. Rojo Perez

NICU Parent to Parent Support at Valley Children's Hospital

www.valleychildrens.org

559.353.3000

Instagram: @valleychildrens

Northern California

The NICU Parent to Parent Support program at Valley Children's Hospital in Central California provides families with a support system by a Parent Representative. The Parent Representative provides comfort and information to NICU parents and connects parents with other parents who have babies with similar medical problems. They also have a parent lounge for parents to relax and eat in, Parent Chats for parents to talk to other parents who had been in the NICU with their babies, Parent TIME to provide parents with information as well as allow for questions to be asked and a Facebook page.

D. Rojo Perez

Caiden's Hope

www.caidenshope.org

713.444.3412

Instagram: @caidenshope

Southern California

Located in Ventura, California, Caiden's Hope offers families assistance with the costs that are associated with stays at the NICU. Resources that they offer include help with transportation like prepaid gas cards and more, assistance with lodging fees, and assistance with meal fees. The first step in receiving assistance is by contacting your hospital social worker to determine your financial needs while staying in the NICU. Caiden's Hope will be contacted through the social worker and they will take care of everything after that!

D. Rojo Perez

Miracle Babies

www.miraclebabies.org

858.633.8540

Instagram: @miraclebabies

Southern California

Located in the city of San Diego, California but providing support and assistance to families throughout Southern California, Miracle Babies provides families with babies in the NICU with different resources that are needed during their hospital stay and transition home. Miracle Babies distributes care packages to hospitals, hold support groups and provide free transportation to parents to and from the NICU.

D. Rojo Perez

Ronald McDonald House Charities

www.rmhc.org

630.623.7048

Instagram: @rmhc

Northern and Southern California

The Ronald McDonald House Charities offer a place for families to stay in times of need when their children are in the hospital. The Ronald McDonald House Programs include houses where families can live at and stay close by to the hospital. The Ronald McDonald Family Rooms are located inside of hospitals

and allow for families to go eat, rest and shower without leaving the hospital. Families are allowed to stay for little to no cost and for as long as they need to.

D. Rojo Perez



Resources for Counseling Services/ Mental Health Resources

Southern California Counseling Center

<https://sccc-la.org/intake-2/>

323.937.1344

The Southern California Counseling Center is a non-profit counseling center and training facility where pre-licensed therapists provide counseling under the supervision of volunteer licensed professionals. In their two to four years, they experience multiple specialties and diverse psychological

modalities as they earn their clinical hours, build their skills, and define their professional practices.

Free Black Therapy

<https://www.freeblacktherapy.org/see>

This is the mission of Free Black Therapy: to connect Black therapists with Black and African American individuals who lack adequate funds or health insurance. Services provided are absolutely free. Their vision is to have a platform to uplift the Black community by giving the reparations the Black community deserves that our country has yet to accomplish.



Resources for Advocacy Agencies

Black Mamas Matter Alliance

www.blackmamasmatter.org

Instagram: @blackmamasmatter

United States

The Black Mamas Matter Alliance is based out of Atlanta, Georgia. Their mission includes centering Black mothers and birthing people to advocate, drive research, build power, as well as shift culture for Black maternal health, rights and justice.

D. Rojo Perez

Every Mother Counts

www.everymothercounts.org

646.918.6609

Instagram: @everymomcounts

United States

Every Mother Counts is an organization that works to make pregnancy and childbirth safe for everyone no matter where they live. To advance improvements in maternal health, Every Mother Counts works with key-decision makers, thought and practice leaders and community members. Their work is based on the most prominent maternal health issues so that they can advocate for policy and system change.

D. Rojo Perez

California Black Health Network

www.cablackhealthnetwork.org

916.333.0613

Instagram: @yourcbhn

Northern California

The California Black Health Network seeks to achieve health equity for Black Californians through outreach, education and advocacy. The advocacy work that the California Black Health Network does is achieved through leading and providing policy analysis, research and training and the promotion of practices to create sustainability for healthy Black people.

D. Rojo Perez

Flourishing Families Inc.

www.flourishingfamiliesinc.org

209.688.5287

Instagram: @flourishingfamiliesinc

Northern California

Flourishing Families Inc. was founded by two mothers who were concerned about the health and wellbeing of black mothers in their community of Stockton, CA. Their vision focuses on assisting the Black families in their community grow through advocacy and support.

D. Rojo Perez

Black Wellness and Prosperity Center

www.blackwpc.org

559.478.5912

Instagram: @black_wpc

Northern California

The Black Wellness and Prosperity Center is located in Fresno, CA and advocates for the improvement of systems to advance the well-being and life outcomes for Black mothers, babies and families.

D. Rojo Perez

Mental Health Advocacy Services

www.mhas-la.org

213.389.2077

Southern California

The Mental Health Advocacy Services provides free legal services to people with mental health disabilities as well as helps low-income adults and children in fighting housing discrimination, obtaining rights and benefits that they are legally entitled to, as well as removing legal barriers that affect their health.

D. Rojo Perez

California Black Women's Health Project

www.cabwhp.org

310.412.1828

Instagram: @cablackwomenshealthproject

Southern California

The California Black Women's Health Project advocates for policies and practices that promote and improve the health and wellbeing of Black women and girls in California. For Maternal and Reproductive Health, they are committed to addressing the barriers that negatively impact the maternal well-being of Black women and their babies.

D. Rojo Perez

Black Women for Wellness

www.bwwla.org

323.290.5955

Instagram: @bw4wla

Southern California

Black Women for Wellness seeks to promote and improve the health and wellbeing of Black women and girls through health education, empowerment and advocacy. Through their wide variety of programs, they implement education, outreach and engagement of the community.

D. Rojo Perez

Children's Advocacy Group

www.childrensadvocacygroup.org

909.890.9977

Southern California

Located in San Bernardino, California, the Children's Advocacy group works to provide high quality representation to abused and neglected children in the county. Through collaborations with public and private agencies, they work to assess and provide support for the foster youth community.

D. Rojo Perez

FOR GLO PREEMIES OFFICE USE ONLY:

Resources For Doulas/ Midwives

Resources For Food/Bill/Rent Help

Resources For Baby Products

Resources For Postpartum Depression Support

Resources for NICU Families

Resources for Milk Banks

Resources for Government Assistance Programs/Federal Funded (wic, food stamps, etc)

Resources for Transportation

Resources for 1-5 year old Children

Resources for School Aged Children

Resources for Advocacy Agencies (for different reasons, medical, legal, cps and more)

Name, Website, Phone number, **Norcal or SoCal**, Brief Description

***TO BE ADDED TO THE RESOURCE GUIDE EMAIL INFO@GLOPREEMIES.ORG.**
