

S A N T A M O N I C A

FAMILY GUIDE

**YOUR GUIDE
TO CHILD CARE,
AFTER SCHOOL
ACTIVITIES,
PARKS,
MUSEUMS,
LIBRARIES,
AND OTHER
SERVICES**



City of **Santa Monica**SM

WELCOME to the Santa Monica Family Guide, your guide to the many valuable programs and resources offered in our community. Use this guide developed by the city to:

- Find opportunities to participate in our community
- Find out about child care options
- Find out about health and financial resources for families
- Learn about recreational opportunities for children

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We anticipate reprinting this guide every few years. If you notice information that is missing or needs to be updated, please call the Human Services Division at 458-8701 or TTY 458-8696. This document is available in alternate formats upon request.

This is not a complete list of resources in Santa Monica. All information is for your reference and does not necessarily indicate the city's endorsement. Please remember, services and programs may change. We recommend that you contact each agency for more information about its current services and programs.

1 Baby Your Baby



Expecting a baby? Are you a new parent? Do you have questions? Information is available through hospitals, health clinics, schools and other community organizations throughout the city. There are classes to help you prepare for your labor and delivery, or infant safety & CPR, breastfeeding support, and on the healthy physical, cognitive and emotional development of babies and children. Several of the programs offer doulas (someone who offers non-medical support and care to the mother and her family before, during and after the birth) who will visit you at home. Some programs may charge a fee for their services.

■ Independent Adoption Center	215-3180
■ American Red Cross of Santa Monica	394-3773
■ City of Santa Monica Community Classes	458-2239
■ Connections for Children	452-3202
■ Hill an' Dale Family Learning Center	450-2803
■ Les Kelley Family Health Center	319-4700
■ Nu Parent (for parents and newborns up to 6 months)	213 / 251-7794
■ Santa Monica-Malibu Unified School District Infant and Family Support Program*	452-6132
■ Santa Monica-UCLA Medical Center	319-4947
■ The Pump Station	826-5774
■ Westside Family Health Center	450-2191
■ Venice Family Clinic/Burke Health Center	392-8636
■ Vista del Mar Family Services	888 / 228-4782, x 286
■ YMCA	393-2721
■ YWCA	452-3881

*The Santa Monica-Malibu Unified School District (SMMUSD) Infant and Family Support Program has Family Advocates available who welcome your call and can provide you with information on local activities, resources and services to assist your family during these happy, challenging and crucially important early years.

All phone numbers are 310 prefix unless otherwise noted.

2 Healthy Children – Healthy Minds

Raising healthy children is every parent's concern. If you do not have private health insurance or state-sponsored health coverage, the following health centers offer free or low cost healthcare for you or your children. Services may include reproductive healthcare, pregnancy care, immunizations, basic medical services for children and adults. Several clinics offer special programs for pregnant or parenting teens.

- Les Kelley Family Health Center 319-4700
- Saint John's Health Center "Shots for Tots Program" 829-8234
- Westside Family Health Center 450-2191
- Venice Family Clinic 392-8636

What if I have a question about my child's development?

All children develop at their own individual pace. Standard guidelines called "milestones" help you know what to expect from your child at certain ages. If you have concerns about your child's development, talk to his or her pediatrician or other health care provider or call:

- SMMUSD Student Services Department 450-8338, x 210
- Westside Family Resource and Empowerment Center 258-4063
- Westside Regional Center 258-4000
- Infant and Family Support Group 452-6132

3 Family Life Matters

These organizations offer parenting classes, family programs, counseling or support networks. They can answer questions about your child's development, sharpen parenting skills or help you acquire new parenting techniques.

- Autism Society of America-LA Chapter 562 /804-5556
- Because I Love You (for parents of teens) 659-5289
- Boys and Girls Club of Venice (for parents of teens) in Spanish 390-4477
- Connections for Children 452-3202
- Down Syndrome Association of Los Angeles 204-1191
- El Nido Family Center 392-7768
- Family Service of Santa Monica 451-9747
- Infant and Family Support Program 452-6132
- Jewish Family Services 393-0732
- Making Lemonade - The Single Parent Network 395-2923
- SMMUSD Enlace Familiar (Support for Latino families) 450-8338
- Saint John's Child & Family Development Center 829-8921
- United Autism Alliance 818 /953-3855
- Venice Family Clinic Children First Program 664-7536
- Westside Family Resource and Empowerment Center (for parents of children with special needs) 258-4063
- YMCA 393-2721



4 Early Care and Education Programs

There are differences between family child care and child care centers, and between accredited and non-accredited programs. You should select the program that best suits your family's needs.

■ Family Child Care

Individuals who provide care for a maximum of 8 children (small family child care) or 14 children maximum (large family child care), including their own, in their home.

■ Child Care Center

Full or partial day early childhood program for specific groups of children. Centers may serve one or more specific groups of infants, toddlers and preschoolers.

■ Nursery School/Preschool

Another name for a full or partial day early childhood program for groups of children generally beginning at 2 1/2 years.

■ Kindergarten

Public and private educational programs for 5 and 6 year olds.

■ Accredited Family Child Care Home or Child Care Center

Accreditation is a voluntary process that is an indicator of a high quality family child care home or child care center. Through this process, a family child care home or child care center meets recommended standards related to staff and child interactions, curriculum and health and safety. A family child care home is accredited by the National Association for Family Child Care (NAFCC) and a child care center is accredited by the National Academy of Early Childhood Programs, a division of the National Association for the Education of Young Children (NAEYC).



5 Finding a Quality Early Child Care Program

Connections for Children (CFC) can help parents/caregivers find licensed quality, early care and education programs for their children. Connections for Children, a resource and referral agency, helps all parents, including parents of children with special needs and disabilities, navigate the public and private early childhood care system. Call 452-3202.

6 Read Me a Story!

Early literacy development begins with families reading and storytelling together. Parents, caregivers and providers help children develop language and literacy skills. These library resources help make reading and storytime fun.

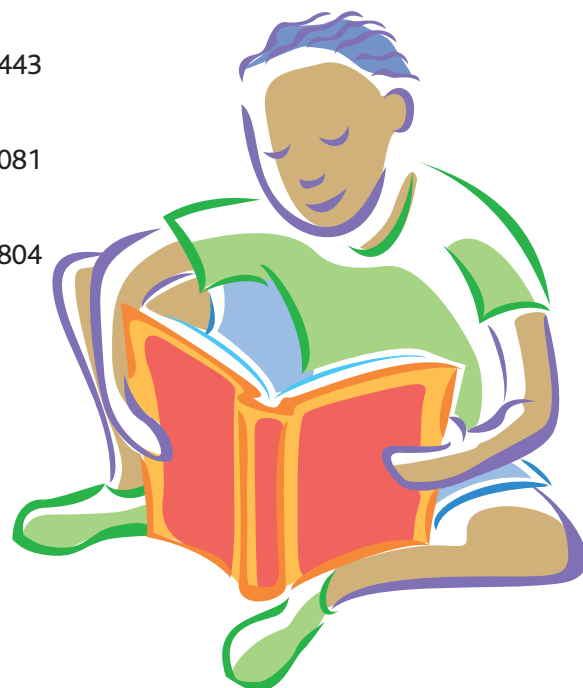
Santa Monica Public Library

Does everyone in your family have a library card? The Santa Monica Public Library has an extensive collection of books, videos and other materials including a parenting collection to learn about issues ranging from toilet training to divorce, developmental stages to helping children with homework. Each library branch also offers regular family programs at no cost, such as:

- Laptime For Babies – Birth to 24 months
- Toddler Story Times – 2 year olds
- Preschool Story Times – 3 - 5 year olds
- Family Story Times – 2 years old and up
- Friday Fun – 4-8 year olds
- School-age Summer Reading Programs/Read-To-Me Club
- Teen Programs
- Adult Literacy Programs

Look in *SeaScape* or contact your individual branch for specific information and times. Please check www.smpl.org for the latest information on the library services.

- **Temporary Main Library, Youth Services**
1324 5th Street 458-8621
- **Fairview Branch**
2101 Ocean Park Blvd. 450-0443
- **Montana Branch**
1704 Montana Ave 829-7081
- **Ocean Park Branch**
2601 Main Street 392-3804



7 After School Counts

The City of Santa Monica offers an array of park-based classes for elementary and middle school age youth after school. See *SeaScape* or call 458-8540 for more information.

- CREST (Child Care, Recreation, Enrichment, Sports Together) is a partnership of the school district and the city offered at every SMMUSD Santa Monica elementary school. For more information about CREST, contact:
 - SMMUSD Child Development Services 399-5865
 - City of Santa Monica 458-8540
- Boys and Girls Club of Santa Monica 393-9629
- Police Activities League (PAL) 458-8988
- YMCA 393-2721
- YWCA 452-3881

8 The Arts

There are many private programs in the city that provide arts, dance, music and personal development classes. The city is also home to wonderful art museums and theater venues. The following is a list of different non-profit and city programs.

Dance and Theater

- 18th Street Arts Complex 453-3711
- Dancessence 260-1198
- Miles Memorial Playhouse 458-8634
- PowerHouse Theater/KidPower Program 396-3680
- Santa Monica Civic Light Opera (SMHS) 395.3204
- Santa Monica Playhouse 394-9779, x 673
- The Madison Project 434.3431
- Virginia Avenue Project 828-7443

Museums

- Bergamot Station 453-7535
- California Heritage Museum 392-8537
- Santa Monica Historical Society Museum 395-2290
- Santa Monica College Art Gallery 434-3434
- Santa Monica College John Drescher Planetarium 434-3000
- Santa Monica Museum of Art 586-6488
- Santa Monica Pier Aquarium 393-6149



9 Parks and Playgrounds

City Parks

Santa Monica city parks offer wonderful play spaces which include basketball courts, sports fields, jogging/walking paths and a wide range of recreational activities for your family. Many parks offer barbeques and picnic tables. If you want to have a birthday party, facilities are available on a first-come, first-served basis. Events of 150 or more people require a city permit. For entertainment such as music, please call 458-8974 to find out if a permit is needed.

■ Clover Park	2600 Ocean Park Blvd.	458-8311
■ Joslyn Park	633 Kensington Road	458-2239
■ Memorial Park	1401 Olympic Blvd.	450-1121
■ Reed Park	1133 7th Street @ Wilshire	458-8540
■ Virginia Ave. Park	(Temporarily closed)	458-8688
■ Beach Park #1	Ocean Park Blvd. at the beach	
■ Beach Park #4	Foot of Seaside Terrace	
■ Crescent Bay Park	Barnard Way between Bay St. & Bicknell Avenue	
■ Douglas Park	Wilshire Blvd. & 25th Street	
■ Los Amigos Park	5th Street & Hollister	
■ Marine Park	15th Street & Marine Street	
■ Ocean View Park	Ocean Park Blvd. & Barnard Way	
■ Ozone Park	Ozone St. & 7th Street	

Skateparks

Santa Monica Skatepark In early 2005, the City of Santa Monica will open a new skatepark in Memorial Park. The park will be open weekday afternoons and weekends, with an entry attendant on-site to ensure proper use of the park, and to collect fees. Call 458-8300.

Santa Monica Boys and Girls Club 1238 Lincoln Boulevard. Offers year-round skatepark activities including roller hockey, in-line skating and skateboarding for youth 7-18 years. Call 393-9629.

Playground Partnership

Santa Monica-Malibu Unified School District and the City of Santa Monica have collaborated to offer Playground Partnership at selected elementary schools. This partnership allows youth 18 and under, their friends and families unsupervised use of selected school playgrounds. Playfields, play equipment, paths, basketball courts, handball courts and restrooms are available during certain non-school and non-CREST hours. Call 458-88540.

- | | |
|------------------------------|-------------------------------|
| ■ Franklin Elementary School | ■ McKinley Elementary School |
| ■ Grant Elementary School | ■ Roosevelt Elementary School |
| ■ John Muir/SMASH | ■ Will Rogers Learning Center |



10 Recreation is Fundamental

Play for children is essential. Recreational activities build self-esteem and a positive self-image. The City of Santa Monica and community non-profit organizations offer a wide range of individual, competitive and non-competitive programs for children of all ages and abilities. Look for specific classes and intramural sports programs in *SeaScape* or on the city's website at www.smgov.org.

CREST Sports for boys and girls, is at the elementary schools and sports leagues are offered at the middle schools. Call 458-8540 or watch for the registration periods in *SeaScape*.

- Superstars Club, (K – 2nd grades) at CREST sites
- Football, volleyball, basketball, track and field and soccer (3rd – 5th grades) at CREST sites
- Middle School Sports, a competitive sports league (6th – 8th grades)

Swimming

- The City of Santa Monica Aquatics program offers swim lessons and has a recreational swim team. 458-8700
- Team Santa Monica (TSM) is a competitive swim club (7 and up). 890-7260

Baseball / Softball Leagues

- Little League. Ages 5 - 16. 314-7668
- Pony League. Ages 5 - 14. 314-7578
- Bobby Sox League. For girls. Ages 5 - 16. 828-1912

Basketball Leagues

- Santa Monica Boys and Girls Club. Ages 7-16. 393-9629
- YWCA teams. For girls. Ages 7-14. 452-3881
- PAL has leagues that compete with other PALs throughout the state. Ages 8-16. 458-8988
- Santa Monica YMCA. 393-2721

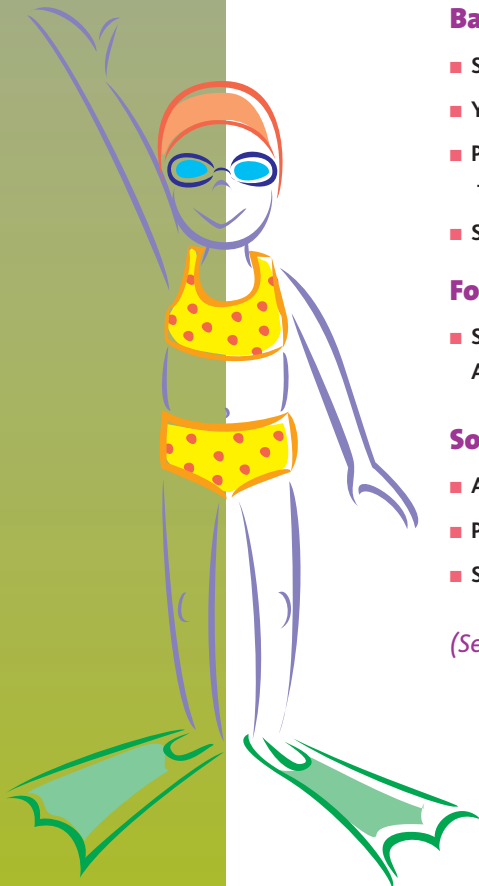
Football Leagues

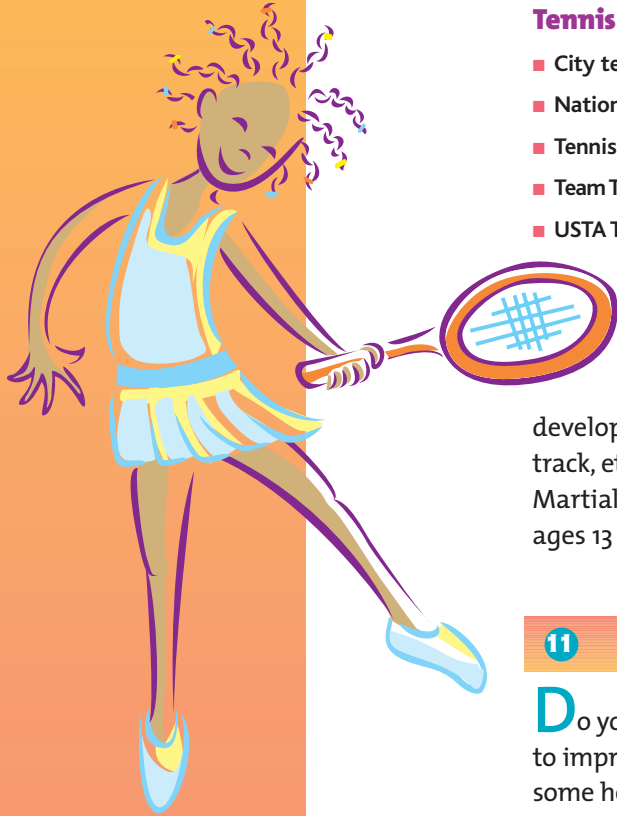
- Santa Monica Youth Football and Cheer for boys and girls. Ages 6-14. (Santa Monica Vikings) 396-9744

Soccer Leagues

- American Youth Soccer Organization (AYSO) Ages 4 1/2-19. 451-6711
- Pacific Coast Soccer Club. Ages 5-19. 428-2351
- Santa Monica United Soccer Club. Ages 9-9. 837-5861

(See Tennis, next page)





Volleyball

- Boys and Girls Club 396-9629
 - Fall/winter volleyball league for girls. Ages 11-15.
- YMCA 393-2721

Tennis Lessons or Leagues

- City tennis classes. Ages 4 and up. 458-2239
- National Junior Tennis League. Ages 8 -17. 394-6011
- Tennis Patrons. Ages 8 - 14. 453-3009
- Team Tennis, a competitive league. Ages 8 - 14. 453-3009
- USTA Tennis Tournaments. 394-6011

Westside Special Olympics

Provides athletic opportunities for youth ages 8 and up with developmental disabilities. Sports include bowling, tennis, gymnastics, track, etc., and participants may compete in regional and state tournaments. Martial Arts classes are held at PAL for individuals with disabilities from ages 13 and up. Call 458-2201, x2020.

11 Continuing Adult Education /Job Preparation

Do you want to obtain your high school diploma or GED? Would you like to improve your use of English? Do you need help writing a resumé? Here are some helpful programs. Child care is provided for some of the class sessions.

- Santa Monica College Workforce & Economic Development 434-4527
- Venice Skills Center 392-4153
- YWCA

12 Working Together for a Cleaner Environment

Our children are especially vulnerable to environmental pollutants because they are still developing. Learn how to protect your children from exposure to the toxins present in all homes. Find out more about the hazards of lead, disinfectants, cleaners, art supplies, pesticides and other chemical products, and how to effectively reduce or eliminate their use.

- Children's Health Environmental Coalition 609/252-1915
- City of Santa Monica Environmental Programs Division 458-2213
- Environmental Health Center – National Safety Council 202/293-2270
- California Childhood Lead Poisoning Prevention Program 800/597-LEAD
- Poison Control Center 800-876-4766

Obesity and being overweight seriously threaten the health of children and adults today. Because families are busier than ever, parents sometimes don't have the time to prepare home-cooked meals and children don't always have the time to participate in an exercise program. Healthy, well-nourished, physically fit children learn better.

Achieving and maintaining a healthy weight are key to good health. Parents set the example for their children by preparing nutritious, low-fat meals and taking part in their own exercise programs.

Making active living and healthy eating habits a priority will lead to healthier families. Here are some places to go to learn about healthy eating and fitness:

NUTRITION AND FITNESS

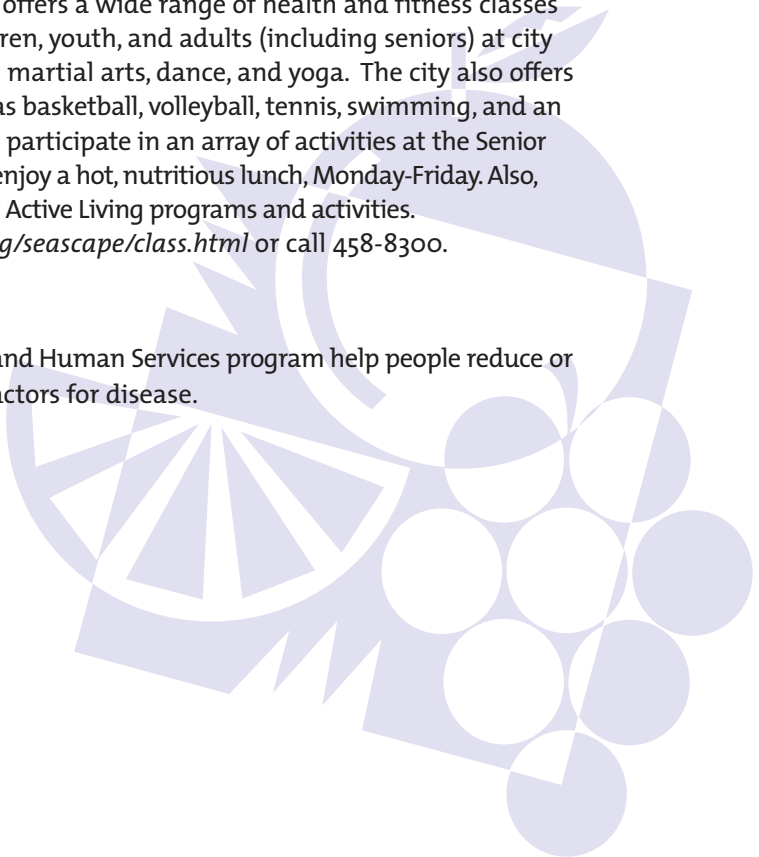
Programs marked with an asterisk () are fee for service. Call the program to ask about reduced fees, scholarships and health insurance eligibility.*

- **Kidshape*** Targets overweight children and their families. 888/600-6444 or www.kidshape.com
- **Power Play*** Helps overweight children ages 5 - 19 learn the importance of a healthy, active lifestyle. Burke Health Center, 323/937-7811.
- **Shaped for Life*** Teaches proper nutrition and exercise to get and stay healthy. Santa Monica Family YMCA, 393-2721, ext. 108.
- **PAL (Police Activities League)** Activities, classes and programs promoting personal growth, health and fitness. 458-8988.
- **Santa Monica YWCA*** offers activities, classes and programs, which promote personal growth, health and fitness. 452-3881.
- **City of Santa Monica*** offers a wide range of health and fitness classes and activities for children, youth, and adults (including seniors) at city park locations, such as martial arts, dance, and yoga. The city also offers sports programs such as basketball, volleyball, tennis, swimming, and an open gym. Seniors can participate in an array of activities at the Senior Recreation Center and enjoy a hot, nutritious lunch, Monday-Friday. Also, watch for the city's new Active Living programs and activities. www.santa-monica.org/seascape/class.html or call 458-8300.

HEALTHY PEOPLE 2010

This U.S. Dept. of Health and Human Services program help people reduce or eliminate lifestyle risk factors for disease.

www.HealthyPeople.gov



NUTRITION EDUCATION

For children enrolled in Santa Monica-Malibu Unified School District

- Information is available about free and reduced-price lunches for eligible families, school lunches and the Santa Monica Farmers' Market salad bar program. Contact Food Services at 450-8338, ext. 259.
- For Health Champions information, check the website:
www.smmusd.org/HEALTH/flash/champ.htm

US Dept. of Agriculture's Food and Nutrition Information Center

- www.nal.usda.gov/fnic or call 301/504-5719

HEALTHY FAST FOOD TIPS

- Choose wisely: A grilled chicken sandwich has less fat and fewer calories than a hamburger.
- Portion control: No supersizing!
- Eliminate high-fat and high-calorie sauces and dressings (including mayonnaise).
- Drink water, low-fat or nonfat milk or diet soda.
- Instead of fries or onion rings, order a side salad with low-fat dressing.
- Special orders: Don't be afraid to ask that sauces, spreads, cheese and other high-fat items be left off.

www.helpguide.org/aging/fast_food_nutrition.htm#online

5 A DAY FOR BETTER HEALTH

This national program and partnership helps Americans find ways to eat five or more servings of fruits and vegetables a day. Diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Eat plenty of different fruits and vegetables to get the full range of nutritional benefits.

Eating 5 A Day is quick and easy! A serving is:

- A medium-size piece of fruit
- 3/4 cup (6 fl. oz.) of 100 percent fruit or vegetable juice
- 1/2 cup cooked or canned vegetables or fruit
- 1 cup of raw, leafy vegetables
- 1/4 cup dried fruit (like raisins!)

www.cdc.gov/nccdphp/dnpa/5aday/index.htm



**HOW MUCH DOES CHILD CARE COST?
IS FINANCIAL ASSISTANCE AVAILABLE?**

Infant and toddler care costs more than preschool age care. This is because a lower teacher/child ratio for infants is required than for older children. In Santa Monica, fees do vary. If the cost is prohibitive, please do not hesitate to ask about financial assistance. You may be placed on an eligibility (wait) list for financial assistance. Don't let this discourage you. Be sure to complete an application.

FINANCIAL ASSISTANCE MAY BE AVAILABLE THROUGH THE FOLLOWING TYPES OF PROGRAMS:

State Subsidized Centers offer full-day care for infants, toddlers or preschool aged children, and a state preschool is a part-day program for children 3 - 5 years. The programs in Santa Monica that offer these services are:

- Easter Seals Child Development Center 434-1235
- St. Joseph Early Learning Center 392-4935
- SMMUSD, full-day and part-day programs 399-5865
- The Children's Place, a full-day center for children from 2 1/2 - 5 years 399-6405

Subsidized Payment Programs allow parents to choose an arrangement that best suits their needs.

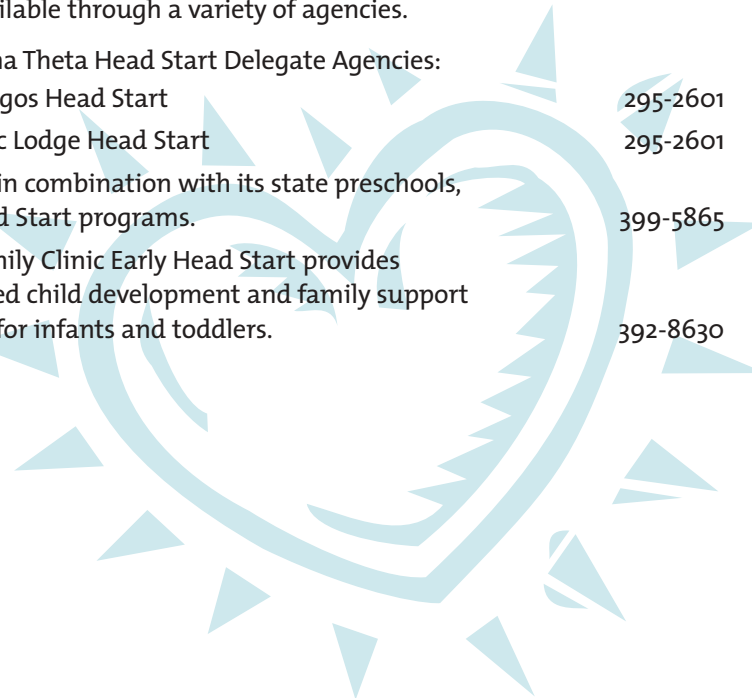
- Connections for Children 452-3202

Santa Monica Child Care Subsidy and Family Support Program

is a City of Santa Monica program, offering child care subsidies to eligible Santa Monica families. Contact Connections for Children for an application.

Head Start is a federally-funded program for children of low-income families, available through a variety of agencies.

- Delta Sigma Theta Head Start Delegate Agencies:
 - Los Amigos Head Start 295-2601
 - Masonic Lodge Head Start 295-2601
- SMMUSD, in combination with its state preschools, offers Head Start programs. 399-5865
- Venice Family Clinic Early Head Start provides home-based child development and family support programs for infants and toddlers. 392-8630



HOW DO I GET SOME FINANCIAL RELIEF FOR MY FAMILY?

If you need financial assistance to help make life better for your family, there are organizations in Santa Monica that can provide help and support. Individuals and families generally must meet specific income criteria and funds may not be available immediately.

Children with Special Needs and Disabilities

- Children’s Medical Services 800/288-4584
- Westside Regional Center 258-4000

Child Care, After School and Community Classes

- Connections for Children 452-3202
- City of Santa Monica Financial Assistance Program 458-8300
- SMMUSD 399-5865

Health and Nutrition

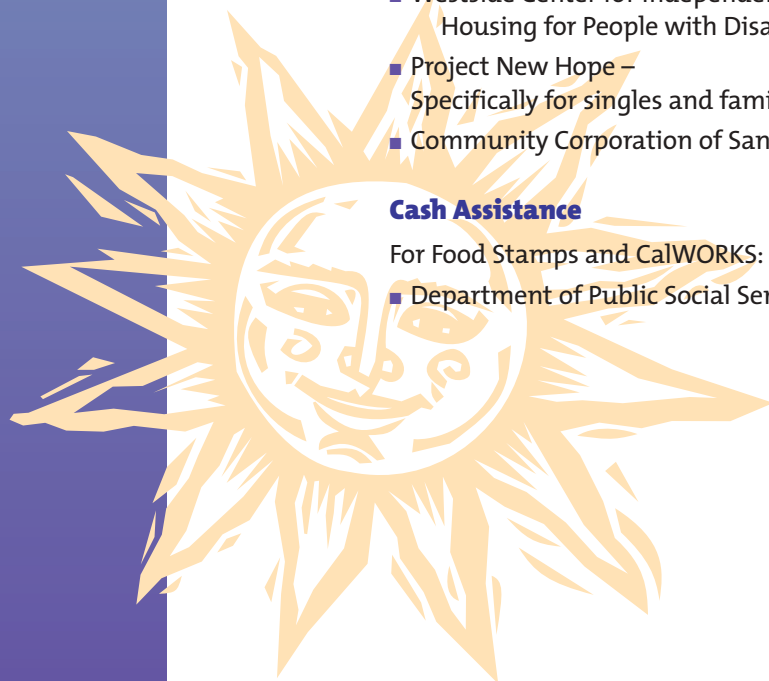
- SMMUSD offers free and reduced-price lunch programs. Contact your elementary school to find out if you qualify!
- Women Infant Children (WIC) Formula and Food Supplement Program 888/942-2229
- Health Insurance Enrollment (Healthy Families, Medi-Cal, California Kids)
 - Infant Family Support Program 452-6132
 - Venice Family Clinic 392-8636
 - Westside Family Health Center 450-2191
 - Department of Public Social Services 877/597-4777

Housing Assistance

- City of Santa Monica Housing Authority 458-8740
- Westside Center for Independent Living (WCIL) Housing for People with Disabilities 390-3611
- Project New Hope – Specifically for singles and families with AIDS/HIV 213/251-8474
- Community Corporation of Santa Monica 394-8487

Cash Assistance

- For Food Stamps and CalWORKS:
- Department of Public Social Services 877/597-4777



These websites provide multiple services referenced throughout this guide:

- City of Santa Monica www.santa-monica.org
- Connections for Children www.cfc-ca.org
- Santa Monica College www.smc.edu
- Saint John's Health Center/Child & Family Development Center www.stjohns.org
- Santa Monica-UCLA Medical Center www.medctr.ucla.edu/santa-monica
- SMMUSD School District www.smmusd.org
- Venice Family Clinic www.venicefamilyclinic.org
- Westside Family Health Center www.wfhcenter.org

Arts

- 18th Street Arts Complex www.18thstreet.org
- California Heritage Museum www.californiaheritagemuseum.org
- Santa Monica Historical Society Museum www.santamonicahistory.org
- Santa Monica Museum of Arts www.smmoa.org
- Virginia Avenue Project www.virginiaaveproject.org

After School / Recreation

- American Youth Soccer Organization (AYSO) www.soccer.org
- Bobby Sox League www.santamonocabobbysox.org
- Boys and Girls Club of Santa Monica www.bgca.org
- Police Activities League (PAL) www.smpal.org
- Pacific Coast Soccer Club www.pacificcoastsoccer.org
- Santa Monica Little League www.sml.org
- Santa Monica Pony League www.smpony.org
- SM Youth Football & Cheer http://eteamz.active.com/santamonica/index.cfm
- Team Santa Monica (TSM) www.teamsantamonica.org
- Virginia Avenue Project www.virginiaavenueproject.org

Family Support

- American Red Cross of Santa Monica www.redcrossofsantamonica.org
- Because I Love You (for parents of teens) www.becauseiloveyou.org
- Down Syndrome Association of Los Angeles- Westside Family Support Group www.dsala.org
- El Nido Family Center www.elnidofamilycenters.org
- Family Service of Santa Monica www.vistadelmar.org
- Hill an' Dale Family Learning Center www.hillndale.org
- Jewish Family Services www.jfsla.org
- Making Lemonade-Single Parent Network www.makinglemonade.com
- The Pump Station www.pumpstation.com
- Westside Family Resource and Empowerment Center www.westsiderc.org
- YMCA www.ymcasm.org
- YWCA www.smywca.org



The Environment

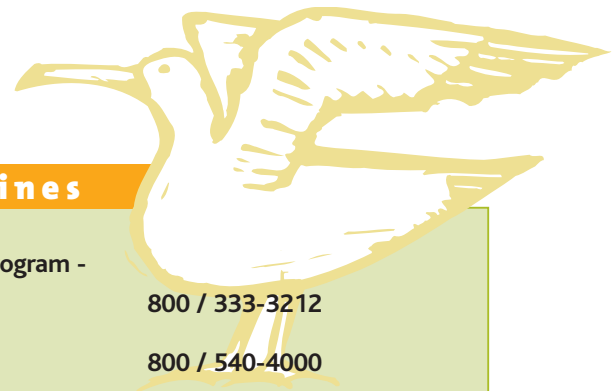
- Alliance for Healthy Homes www.aeclp.org
- California Childhood Lead Poisoning Prevention Branch www.dhs.ca.gov/childlead
- Children’s Health Environmental Coalition www.chechnet.org
- City of Santa Monica Environmental Programs www.smepd.org
- Environmental Health Center National Safety Council www.nsc.org/ehc.htm
- Heal the Bay www.healthebay.org
- Santa Monica Baykeeper www.smbaykeeper.org
- Sustainable Works sustainable-works.org

Volunteer Opportunities / Mentoring

- The Pico Youth & Family Center www.picoyouth.org
- City of Santa Monica volunteers.santa-monica.org
- WISE America Reads www.wiseseniorservices.org

City Information

- Swim Monica Swim Center swim.santa-monica.org
- City of Santa Monica www.santa-monica.org
- Playground Partnership http://pen.ci.santa-monica.ca.us/comm_progs/PlaygroundPartnership.htm
- Santa Monica Public Library www.smpl.org



Helplines

- California Child Care Health Program - Child Care Healthline [800 / 333-3212](tel:8003333212)
- Child Abuse Hotline [800 / 540-4000](tel:8005404000)
- Childhelp USA [800 / 422-4453](tel:8004224453)
- Domestic Violence Hotline [800 / 978-3600](tel:8009783600)
- Early Start Baby Line [800 / 515-2229](tel:8005152229)
- Infoline of Los Angeles [800 / 339-6993](tel:8003396993)
- Legal Aid Foundation [310 / 899-6200](tel:3108996200)
- Venice Family Clinic Warmline [310 / 664-7500](tel:3106647500)

Academics/Mentoring

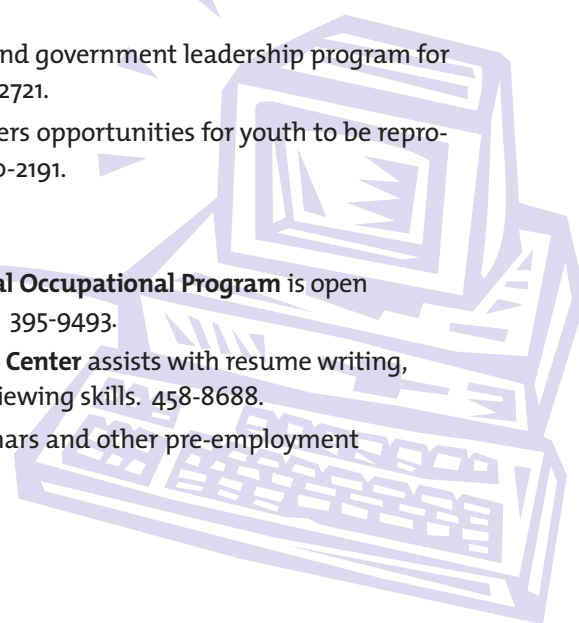
- **Boys and Girls Club of Santa Monica** offers a homework center. 393-9629.
- **The Pico Youth & Family Center** offers tutoring, computer lab, and other support services. For youth ages 16 - 24. 396-7101.
- **PAL's Computer Lab** is available for homework assistance. Subject area homework help is also available. 458-8988.
- **Tutoring at SAMOHI** Sign up in the activities office. Saturday: 9 a.m. - 12 p.m. Monday - Thursday: 3:30 p.m. - 4:30 p.m. 395-3204.
- **Santa Monica Public Library** offers on-line tutoring through *tutor.com*. Call Main Library Youth Services at 458-8621.
- **Virginia Avenue Park** offers SAT prep classes, tutoring and homework assistance. 458-8688.
- **YMCA Teen Center** offers a homework room and computer lab. 393-2721.

Clubs, Leadership and Volunteer Opportunities

- **Boys and Girls Club of Santa Monica** offers a 9-week "Leaders in Training" program. 393-9629.
- **Common Ground** offers youth training as HIV Peer Educators. 314-5480
- **Dispute Resolution Center** offers peer mediation, conflict resolution curricula at local middle schools. 213/896-6533.
- **Explorers – Santa Monica Police Department** involves youth ages 14 - 21 with an interest in law enforcement. 458-8419.
- **PAL** offers leadership opportunities, recreation and Friday night teen activities. 458-8988.
- **The Pico Youth & Family Center** offers a leadership development program and community service opportunities. 396-7101.
- **Santa Monica Public Library Teen Advisory Council** plans and promotes programs for teens and advises the library. 458-8976.
- **Santa Monica High School** offers an array of clubs and activities for students. 395-3204.
- **YMCA Teen Center** offers a youth and government leadership program for students in 10th -12th grades. 393-2721.
- **Westside Family Health Center** offers opportunities for youth to be reproductive health peer educators. 450-2191.

Employment and Job Placement

- **Santa Monica High School Regional Occupational Program** is open Monday - Thursday, 3:30-6:30 p.m. 395-9493.
- **Virginia Avenue Park Employment Center** assists with resume writing, job search, applications, and interviewing skills. 458-8688.
- **YMCA** offers resume writing seminars and other pre-employment training opportunities. 393-2721.



City of Santa Monica Volunteer Program

Join an exciting group of over 1,000 volunteers who offer their talents and skills to assist in a variety of city programs and departments. The City of Santa Monica has several openings for volunteers of all ages in positions working with youth, seniors, library services, police, fire and more! Call 458-8300 or e-mail volunteer@santa-monica.org to request a brochure and registration card.

Substance Abuse/Mental Health/Health Services

- Clare Foundation 314-6214
- Common Ground 314-5480
- Didi Hirsch Community Mental Health Center 390-6612
- Family Service of Santa Monica 451-9747
- Jewish Family Services 393-0732
- Saint John's Child & Family Development Center 829-8921
- Southern California Counseling Center 323/937-1344
- Westside Family Health Center 450-2191

Teens with Disabilities

The City of Santa Monica provides a variety of social and recreational opportunities specifically for teens with disabilities. Non-disabled friends are also welcome to join. Call 458-2201, x2020.

- **Social Club** offers a variety of evening social programs and trips into the community.

Pregnant and Parenting Teens

Help is available for teenagers who are pregnant or raising children.

- Cal-Safe, Teen Parenting 395-3204, x163
- Family Service of Santa Monica 451-9747
- Saint John's Child & Family Development Center 829-8921
- Venice Family Clinic Warmline 664-7509
- Westside Family Health Center 450-2191

TEEN HELP LINES

■ Alateen	818 / 760-7122
■ Alcoholics Anonymous	888 / 684-6444
■ AIDS Hotline-Common Ground	800 / 590-2437
■ Break the Cycle	888 / 988-8336
■ Gay and Lesbian Community Services Center	323 / 993-7400
■ Info Line	800 / 339-6993
■ Narcotics Anonymous	818 / 997-3822
■ Teen Line	310 / 855-4673



City of **Santa Monica**

Human Services Division

Community & Cultural Services Dept.

1685 Main Street

Santa Monica, CA 90401

458-8701

458-8696 TTY

www.santa-monica.org/hsd

