

# Mommy Yellow Pages

Resources for help after discharge

## Breastfeeding Support

(see additional handout for more information and web resources)

### Bakersfield Memorial Hospital Support Center

420 34<sup>th</sup> Street  
Bakersfield, CA 93301  
(661) 327-4647 ext. 4784

### Baby Café Bakersfield

www.facebook.com/  
babycafebakersfield  
(661) 243-0135

### Clinica Sierra Vista - WIC

(800) 707-4401

### Kern County La Leche League

(661) 438-1518

### Mercy Southwest Hospital

(661) 663-6056

## Community Assistance

### East Kern Family Resource Center

16804 Highway 14, Unit C  
Mojave, CA 93501  
(661) 824-4118

### Kern County Department of Human Services

www.KCDHS.org  
100 E. California Avenue  
Bakersfield, CA 93307  
(661) 631-6807

### Kern County Department of Public Health

1800 Mount Vernon Ave  
Bakersfield, CA 93306  
www.kernpublichealth.com  
(661) 321-3000

### WarmLine Parenting Services/ Parenting Support "Another Parent to Talk To"

Bakersfield, CA  
(661) 323-3531  
(888) 955-9099 toll free

### WIC Programs, WIC Clinics, WIC Locations, Bakersfield, CA

www.wicprograms.org/state/california  
815 Dr. Martin Luther King Jr. Blvd  
Bakersfield, CA 93307  
(661) 862-5422

## Child Care

### Caring Corner Day Care Medically Fragile

942 Wible Road  
Bakersfield, CA 93304  
(661) 847-7342

Daycare and respite services for individuals with special needs from birth to 21 years of age. Services provided with respect to cultural needs, age, development and ability. Also offers services for children with special needs.

### Community Connection for Child Care: Kern County Superintendent of Schools

2000 K Street, Suite 110  
Bakersfield, CA 93301  
(661) 861-5200

### Garden Pathways Downtown Education Center Preschool and Infant Care

www.gardenpathways.org

1130 17<sup>th</sup> Street  
Bakersfield, CA 93301  
(661) 633-2302

Preschool and Infant Care-ages 6 weeks to 6 years afterschool Care- Until 6th birthday. Community Connection for Child Care and Private pay family's welcome.

### The Jasmine Nyree Day Center

www.jasminenyree.com  
(661) 396-1800

## Employment

### America's Job Center (Formerly Career Services Center)

1600 E. Belle Terrace  
Bakersfield, CA 93307  
(661) 325-4473

200 China Grade Loop  
Bakersfield, CA 93308  
(661) 336-6700

### Employment Development Department

English (800) 300-5616 /  
Spanish (800) 326-8937

## Food / Clothing / Shelter Assistance

### Alliance against Family Violence (Secure shelter for battered women and children)

1921 19<sup>th</sup> Street  
Bakersfield, CA 93301  
(661) 322-0931  
(800) 273-7713 toll free (Spanish)

### Bakersfield Homeless Center

1600 E. Truxtun Ave  
Bakersfield, CA 93305  
(661) 322-9281

### Bakersfield Hope Center

3311 Manor Street  
Bakersfield, CA 93308  
(661) 399-2119

Clothing and food; no referral needed.  
Household items by referral Mon-Fri  
9:30am - 12pm.

### Bakersfield Pregnancy Center

1801 21<sup>st</sup> Street  
Bakersfield, CA 93301  
(661) 326-1907

Christian pro-life. No cost pregnancy testing and options, post-abortion counseling, ultrasounds, health care, social service referrals, baby clothes and furniture.

### Women's Shelter Network

Ridgecrest  
(760) 375-7525

## Food Pantries

### Friendship House Bakersfield

2424 Cottonwood Road  
Bakersfield, CA 93307  
(661) 369-8926

### Golden Empire Gleaners

http://www.goldenempiregleaners.com  
1326 30<sup>th</sup> Street  
Bakersfield, CA 93301  
(661) 324-2767

### Special Supplemental Food Program for Women, Infants and Children (WIC)

#### Arvin:

601 Bear Mountain Blvd  
(661) 862-5422

#### Bakersfield Sites:

2666 Mt. Vernon Ave, Suite B  
Bakersfield, CA 93306  
(661) 862-5422

500 E. California Ave  
Bakersfield, CA 93306  
(661) 327-3074  
(661) 862-5422 (Call Center)

2400 Wible Road Suite 14  
Bakersfield, CA 93304  
(661) 835-4668

10727 Rosedale Hwy  
Bakersfield, CA 93312  
(661) 587-5784

2519 S. H Street  
Bakersfield, CA 93304  
(661) 862-5422

#### Lake Isabella:

6310 Lake Isabella Blvd  
Lake Isabella, CA 93240  
(760) 379-2415

#### Taft:

915 N. 10th Street, Suite 12  
Taft, CA 93268  
(661) 763-1844

#### Wofford Heights:

67 Evans Road  
Wofford Heights, CA 93285  
(760) 376-2276

## Hotlines, Helplines and Referrals

### Bakersfield Crisis Pregnancy Center

1801 21<sup>st</sup> Street, Suite 2  
(661) 326-1907

### Battered Women's Hotline

(800) 548-2722  
Ask for Battered Women's Hotline.  
Referrals needed.

### Centers for Disease Control

(800) 232-4636 toll free  
National HIV, AIDS and sexually  
transmitted diseases information  
service.

**Drug and Alcohol Crisis Hotline**  
(800) 662-4357 toll free

**Jamison Children's Center**  
(661) 334-3500

**Kern County Child Abuse Hotline  
KCDHS CPS Hotline**  
(661) 631-6011 (county wide)  
(877) 233-0073

Ridgecrest:  
(760) 375-6049

**Kern County Help Line**  
Dial "2-1-1" for a Local Land Line.  
The Help Line through the Community Action Partnership of Kern provides comprehensive information and referral services that link Kern County residents to community health and human services support.

**Kern County Lead Poisoning Prevention Program**  
(661) 321-3000

**Narcotics Anonymous Information Line**  
(877) 629-6759

**Sexually Transmitted Disease Hotline (Health America)**  
(800) 227-8922  
(919) 361-8400  
Monday – Friday, 9am – 11pm  
[www.ashastd.org](http://www.ashastd.org)

## Infant and Child Services

**California Children's Services (CCS)**  
1800 Mt. Vernon Ave, 2<sup>nd</sup> Floor  
Bakersfield, CA 93306  
(661) 321-3000 or (877) 818-4787  
Some funding assistance for children with catastrophic illness/severe handicap.

**First 5 Kern**  
2724 L Street  
Bakersfield, CA 93301  
(661) 328-8888  
First 5 Kern works to strengthen and support the children of Kern County, prenatal to 5-years old, and their families. Through the integration of services, First 5 Kern focuses on health and wellness, parent education, quality child care and early childhood education.

## Infant Safe Sleep

**First 5 Kern**  
2724 L Street  
Bakersfield, CA 93301  
(661) 328-8888

**Sudden Infant Death Syndrome (SIDS) Support**  
[www.california.sids.com](http://www.california.sids.com)  
(800) 369-7437

## Mental Health /Postpartum Depression and Anxiety (effects 1 in 7 women)

If you feel overwhelmed, weepy, anxious or nervous, angry, scared by your thoughts, guilt, regret, or shame, call: (800) 944-4773 or visit [www.postpartum.net](http://www.postpartum.net) for help. You are not alone. You are not to blame. With help you will be well.

**Kern County Mental Health Department**  
1401 "L" Street  
Bakersfield, CA 93301  
(661) 868-6100

Prenatal program for pregnant/parenting women with children through 17. Includes substance abuse treatment/counseling, parenting and neglect

**Kern County Mental Health Department: Crisis Intervention Center (suicide)**  
(661) 868-8000 or (800) 991-5272  
Family Advocate: Erick Moss  
(661) 868-6626

**Kern County Mental Health Department: Mary K. Shell Center**  
2151 College Ave  
Bakersfield, CA 93306  
(661) 868-8111 or Crisis Line (661) 868-8000  
Toll Free (800) 991-5272

**National Alliance for the Mentally Ill**  
(661) 868-5061  
(ADHD, Schizophrenia, Bi-Polar, Depression, Obsessive Compulsive Disorder, and other Brain Disorder)

## Resources Links

### Baby Center.com

<https://www.babycenter.com/> From pregnancy through each age of development, pregnancy calendar and calculator (including ovulation), baby names, fetal development, food and recipes and more.

### Breastfeeding Directory: Kern Breastfeeding Coalition -

<http://www.first5kern.org/wp-content/uploads/2018/04/Kern-Co-Breastfeeding-Coalition-Directory-080917.pdf>

**Car Safety** - <https://www.safercar.gov/parents/InandAroundtheCar/InandAroundtheCar.htm>

**Car Seat Safety and Local Check Sites** - <https://www.safercar.gov/parents/CarSeats/Car-Seat-Safety.htm?view=full>

**Child Development Resources** - [https://www.childdevelopmentresources.org/TextPages/parent\\_resources.aspx](https://www.childdevelopmentresources.org/TextPages/parent_resources.aspx) A continuously evolving list of selected websites providing health and safety tips and information applicable to child care settings.

**Child Health & Disability Prevention** - <http://kernpublichealth.com/infants-children/child-health-disability-prevention-chdp-program/> CHDP services are for eligible low-income children from birth to 19 years and children on Medi-Cal from birth to 21 years. CHDP offers periodic preventive health assessments and services available to eligible children who appear well and also to children with existing health problems.

**Developmental Milestone Matter** - <https://www.cdc.gov/ncbddd/actearly/milestones/index.html> From birth to age five, a child should reach milestones in how they play, learn, speak, act and move. This site includes videos and quizzes to determine if a child is on track.

**Kids Health** - <http://www.kidshealth.org/> Infections; diseases and conditions; nutrition and fitness; pregnancy and baby; emotions and behavior; school and family life; first aid and safety; doctors and hospitals; recipes; and en Espanol.

**Postpartum Support** - <http://postpartum.net/> You are not alone. One in seven women suffers from postpartum depression. Get help during; be aware; help for dads; training; tools and more.

**Recalls and Alerts** - <http://kernpublichealth.com/alerts-recalls/>

**Smoking and Kids Don't Mix** - [http://www.first5california.com/pdf/home\\_cessation\\_smoking\\_factsheet.pdf](http://www.first5california.com/pdf/home_cessation_smoking_factsheet.pdf) Smoking information sheet; 1-800-NO-BUTTS

**Zero to Three** - <http://zerotothree.org/> Information for parents; training and support for professionals and policymakers; early development and well-being; ages and stages; challenging behaviors; school readiness; temperament; trauma and stress; discipline; and more.