

Welcome Baby matches you and your baby's needs with partnering programs located in your neighborhood.

This may include resources or referrals that can provide you access to health care, food, emotional support and parenting information.



**Welcome Baby Program
Providence Little Company
Of Mary-San Pedro**

**470 Hawaiian Ave.
Wilmington, CA
90744**

**For additional information
about Welcome Baby
call us at:
310-514-5444**



Disclaimer: This list is provided for your information and convenience. Since Providence Little Company of Mary Medical Center San Pedro and Welcome Baby cannot recommend or endorse the quality of these agencies, it is important that you conduct your own research into their services.



Emotional Health Resources



County of Los Angeles
Department of Mental
Health

1 (800) 854-7771
Access line is available 24 hrs. a day
Call to find resources near you.

Postpartum Support
International

1 (800) 944-4773
Call for support, information and for
local resources. Leave a message and they
will return your call.

Suicide Prevention Lines

1 (800) 784-2433 1 (877) 727-4747
1 (800) 273-8255
If you are feeling overwhelmed and
need to talk, help is available 24 hrs.

National Parent Helpline

1 (855) 427-2736
Emotional support from a trained
advocate. Asking for help is a sign of
strength.

USC Telehealth

1(866) 740-6502
Free virtual mental health clinic.

NAMI- Helpline

1 (800) 950-6264
Provides information about mental
health conditions and referrals to
treatment services and support groups.

Mother Nurture Network
Postpartum Support group

(310)798-9100
107 W Torrance Blvd. Suite 100
Redondo Beach, CA 90277
www.MotherNurtureNetwork.com

Mother to Baby -Info Line

1 (866) 626-6847
Free consultation and up-to-date
information on medication/drugs and
their effect on pregnancy or breastfeeding.

San Pedro Wellness Center

(310) 519-6100
150 W. 7th Street San Pedro, CA 90731
Support groups, therapy, and resources
available.

Poison Control

1 (800) 222-1222
Free expert advice and referrals in case of
exposure to poisonous or toxic substances.

Depression & Bipolar
Support Group -Torrance

(310) 370-5054
www.dbsasouthbay.org

Recovery Now-Postpartum
Support group

(310) 957-2099
www.recoverynowla.com
*also individual, Couples and family
therapy

Harbor Community Clinic
Depression Support Group

(310) 856-8484
Thursdays: 11-12 PM
593 W 6th Street San Pedro, CA 90731

Harbor UCLA Medical
Center

(310) 222-3151
1000 W Carson St. Torrance, CA.

If you need help right away
or
think you might hurt
yourself, your baby,
or someone else, CALL 911.