

How can the South LA Best Babies Collaborative help you?

We offer **FREE**:

Information

- Booklets and classes.

Care Management

- One-on-one support to help you stay healthy before, during, and after your pregnancy.

Referrals

- Links to programs that can help your family with many things, including housing, transportation, and healthcare.

Social Support

- Tips on staying healthy & chances to share your ideas and feelings with other women and teens.

South Los Angeles Best Babies Collaborative

- INMED/MotherNet L.A.
- SHIELDS for Families, Inc.
- King-Drew Medical Center Women's Health Center
- LA Biomedical Research Institute at Harbor-UCLA Medical Center/South Los Angeles Health Projects
- South Central Family Health Center
- Watts Healthcare Corporation



Funding provided by First 5 LA



**The South LA Best Babies Collaborative can help you have a healthy pregnancy and a healthy baby!
Call us today !**

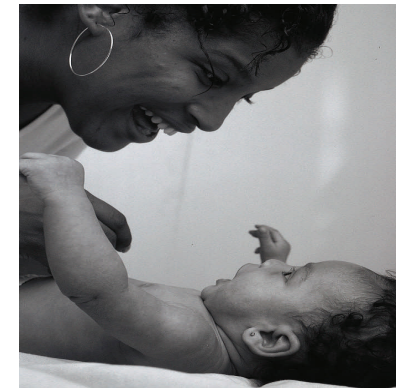
South Los Angeles Health Projects
2930 West Imperial Hwy., Suite 601
Inglewood, CA 90303
Alison Kellman (323) 757-7244 x256

You can dial 211 from your phone to get FREE referrals to community resources.

South Los Angeles Best Babies Collaborative

Good parenting starts with early prenatal care.

So when you know...Go!



Visit your clinic or doctor.

**The South LA Best Babies Collaborative can help you have a healthy pregnancy and a healthy baby!
Call us today !**

Getting care from a doctor as soon as you think you are pregnant and during your pregnancy is important because...

- Your doctor can help you practice healthy habits that can keep you and your baby healthy.
- How you take care of yourself during the first weeks of pregnancy can affect your baby's health throughout its life.
- Your doctor can check to see how your baby is growing.
- Your doctor can help you understand what will happen during your pregnancy, labor and delivery.

Do it for yourself.

Do it for your baby.

See your doctor as soon as you think you may be pregnant.



This information is for ALL women and teens including YOU regardless of:

- *Your Age*
- *Your immigration status*
- *Whether you have insurance*
- *Whether you have a doctor*
- *Whether you are healthy*

Can I get prenatal care even if I am not a U.S. Citizen?

YES. Regardless of your immigration status, you have a right to visit a doctor during your pregnancy. For help related to immigration concerns, contact *CHIRLA* (Coalition for Humane Immigrant Rights of Los Angeles) 888-624-4752.

If I am a healthy teen, do I still need to get prenatal care?

YES. All women and teens, even those without any health problems, need to see their doctor early in their pregnancy to help them have a healthy pregnancy and a healthy baby.

Where can I get help with finding health insurance or a doctor ?

You can dial 211 from your phone to get referrals to a doctor or health plan in your area.



The South LA Best Babies Collaborative can link you with prenatal care and other services that can help you have a healthy pregnancy and a healthy baby.

South Los Angeles Health Projects, a member of the SLABBC, helps women & children stay healthy by providing support for healthy habits, such as breastfeeding, healthy diets, and immunizations. Our WIC program also provides nutrition education and food vouchers.

We can help you stay healthy before, during, and after your pregnancy by:

- Giving you information & advice about healthy habits
- Helping you find a doctor & health insurance
- Providing you with vouchers for healthy foods and education about healthy diets, if you qualify for WIC
- Linking you with programs that can help you with many issues including transportation, drug use, & parenting.
- Referring you to classes & support groups.

All services are FREE if you meet our program requirements & space is available.

If you are a woman of childbearing age living with diabetes, high blood pressure, or substance abuse issues or a teenager and would like to join our program, call Alison Kellman at (323) 757-7244 x256 today.

