

Child/Baby Safety Classes

Adult/Infant/Child CPR

at our location or yours Ms. Dennis 310-266-2845 or 323-298-1516

Pomona Valley

Infant CPR & Safety, 909-620-MOME

Save a Little Life

CPR & First Aid Richard Pass, 818-344-1442

LA County USC MC

LA County USC MC Free Car Seat Class-Eng/Span 323-409-4580

Total Care 2000

CPR Eng/Span 818-508-6825

White Memorial

Infant CPR Eng 323-265-5050 Span 323-267-4352

Hoag Hospital

Infant CPR & Safety 949-764-BABY

South Coast MC

Baby Safe 949-499-7514

English/Spanish CPR & First Aid

CPR, Etc. - Private. Offered at home, church, temple, for groups & individ. In Eng. & Span. Ellen Steinberg RN 818-345-4439

Glendale Advent.

Infant/Toddler Safety 818-409-8100

Valley Pres Hosp

Pediatric CPR & Pediatric Life Support, Eng/Span 818-902-2977

Training Solutions

Paramedic instructor. CPR. Eng & Span 818-789-8907 days/eves

Methodist Hosp Arcadia

Child safety & baby-proofing 626-574-3475 to Reg.

Clarence Calhoun

Infant CPR 626-357-3100

Natural Birth & Woman's Center

CPR, Parenting, Sibling, Breastfeeding, and Childbirth classes.

(818) 386-1082 www.gr8birth.com

Huntington Memorial

Infant/Child CPR & Safety 626-397-8768

Safety In Motion

Car Seat Education. At-home car seat installation & education day/evening/weekend appts available 714 264-2924 www.safetyin-motion.org

Dr. Lois Schunk, MFT, LCCE, CLE

Lamaze, Breastfeeding & CPR 310-643-5117

Total Child Safety

Home & Car Seat Safety Class / Infant & Child CPR Free 805-230-1100

Mommy & Me Classes/Playgroups

Parenting Experience

Mommy, Me and More; Conejo Valley 805-383-0133

Conejo Valley Mom's Club

Support, playgroups, activities for stay-at-home-moms & children.

Conejo Valley, Lisette 805-496-7681

Moms-n-More

2x month Thurs, Inland Empire, 909-825-6119

Upland Moms Club

Friendship and support for mom Debbie 909-981-5660

Mommy & Me on-the-lap time

Grand Terrace Library Mondays 10am 909-783-0147

MOMS Club

Support group for stay-at-home moms. Outings, playgroups, activities and more. This is a non-profit organization that has many chapters in the Los Angeles, Orange, Ventura, Riverside and San Bernardino Counties. To find out more about the organization please visit www.mom-sclub.org. To find out the contact person in your local area, please send an e-mail to momslubcanw@aol.com

F.E.M.A.L.E.

For moms setting aside careers to care for child. Evenings without child. Los Angeles, Leslie 310-827-3779

Mommy & Me and Daddy & Me

Los Angeles, support groups 310-205-8400

Mothers & More Pasadena Chapter

Focus is on the mother. Our meetings alternate between intellectually stimulating topical meetings and social "moms night out" get-togethers. www.mothersandmorepas.org

New Parent Support and Mommy & Me

Los Angeles, Babies welcome 310-477-PLUS

Michelle Barone, MA, MFCC

Mothers Support Group, children ok, San Fernando Valley 818-951-7744

St Joseph's Medical Center

"Mommywise" San Fernando Valley 818-841-BABY

Mothers of Multiples Club

San Fernando Valley, Lynda Jacobs 818-713-8747 & Eve Sullivan 818-890-3491

Valley Presbyterian Hospital

"New Moms in Touch" support group for moms with infants 0-6 months; Parenting series for 2-6 year olds 818-902-2977.

Linda Rose, Honeysucklerose & Yoga Birth - Playgroups

8 weeks-1 year & Babycare & Conscious Parenting classes 818-994-7809 [honsucklerose @aol.com](mailto:honsucklerose@aol.com)

A Mother's Gathering

(0-12 months) Kindermusic, San Fernando Valley 818-380-3111

Citrus Valley M.C. QoV Campus

Baby & Me, play group for teen parents 626-813-2844

Foothill Presbyterian Hospital

Babies welcome 818-963-8411 ext 3399

Huntington Memorial Baby & Me

626-397-8768

Babydays Mom & Baby Group

Santa Monica 310-869-7297

Chapman Family Center

"Mommy & Me," "Working Moms," & "Fathers/Expectant Fathers" 310-453-5144 - 3 hr. sessions in the RIE method 310-453-5144

The Early Childhood Parenting Center

Was primary prevention program at Cedars-Sinai for over 30 years and are now a freestanding non-profit located at Westside locations. We offer free WarmLine service, Parent-infant, toddler, single parent and working parent groups. fees are \$120-130/month and some scholarships. Phone 310-281-9770 www.parentingtots.com

YWCA Santa Monica/Westside

Offers Parent and Me Activity Groups for infants through toddlers; Parent Support Classes for ages 1-3 years; Toddler Tumbling classes for ages 2-5; Boogie Woogie Dance classes for 2-3 year olds. (310) 452-3881 www.smywca.org 2019 14th Street, Santa Monica.

Moms Helping Moms

Meetings, playgroups, newsletters 562-933-1670

Parenting Support Classes

Dr. Christine Anderson

Board Cert. in Chiropractic Pediatrics. Free classes to help raise healthy children 323-436-2735

Attachment Parenting Int. of Hollywood

Support group, call Tiffany 818-557-6395

CALFAM

Advanced parenting support group. 818-907-9980

The Early Childhood Parenting Center

Parent and me education and support groups for infant to three year olds. New groups beginning in September '09. www.parentingtots.org

Creative Parenting Classes

The Parenting Experience, Santa Clarita, 805-383-0133

Vonda Dennis

The Baby Guru, 310-226-7097

East San Gabriel Valley Mothers of Twins Club

626-335-9817

Family Resource Counseling Center

Individual psychotherapy, assessment and wide variety of group therapeutic services including infant/ child development and parenting.

310-479-9798

Friends of the Family

Young Moms Support & Info. 818-988-4430; Melody-Joy McLaughlin (British) RN, RM, CIPC, Pre/Postnatal Ed 818-785-3790

Lisa Fuquay

Parent Ed. 0-3 years 213-251-7794 ext 205

Julie Johnson CD DONA

Early Parent workshops & ongoing support for new & expect. moms Birth Rights 310-289-9255

Kaiser

NICU Parent Network, peer counseling through "Veteran Parent" program. Last Wed of month, Inland Empire 909-427-6379

LA County USC MC

LA County USC MC Free Baby Care Class-Eng/Span 323-409-2236

Mindful Parenting

Infant/Toddler group 310-271-9999

Mocha Moms

Pasadena chapter - support group for SAHM's of color www.mochamoms.org

Natural Birth & Woman's Center

Sibling, parenting and CPR training, ACHI childbirth, breastfeeding support and classes, postpartum support group.

(818) 386-1082 www.gr8birth.com

Parenting Ed

Catherine DeMonte M.A., M.F.C.C. Therapy/Support/Education 818-880-6559

Parenting Plus

Ruth J. Gruen 310-287-1920

Parenting Resource

Pamphlets, books, videos,catalogs, CICC 818-980-0903

Woodland Hills Mothers & More 818-347-4622

Pasadena Calif. Christian Women's Club

Free nursery at luncheon, Call June 626-358-4876 or Gail 818-952-0351 for reservations

Pomona Valley Hosp Medical Center

Boot Camp for New Dads every month 909-620-MOME; Parenting & teen parenting program 909-620-6663

RIE Parent/Infant Guidance Classes -

e-mail educarer@rie.org, Resources for Infant Educators 323-663-5330

San Antonio Community Hospital

NICU, support group 909-985-2811 ext 3676 Parenting classes, 909-980-BABY (2229)

The Sanctuary Birth & Family Wellness Center

New Mom Groups, Breastfeeding Support, New Dad Support Groups, Sibling Preparation Class, Infant Massage, Family Therapy, Hospital Birth Preparation, Home Birth Preparation. 310-566-7690 www.birthing-sanctuary.com

Santa Monica / UCLA Hosp

Nuparent 310-319-4000 xt 92888

Verdugo Hills Hospital

New Mother's Forum Free discussion group 818-952-3532

Westside Crisis Pregnancy Center

Free preg. test kits. Maternity & baby clothing. 24hr hotline 310-581-1140

Crispen Williams, MA

Reg MFT Intern IMF 39218 Supervisor: E. Shatzkin, MFC 35359 Psych-ed groups teaching ex-spouses & step-parents to coparent. Cert. CoMama Group Facilitator 310-843-2700

Photography

Anamaria Brandt Fine Art Photography

Prenatal, infants, children and family photos. www.photodiversions.com, 714-730-5050

Baby's First Impression

4d ultrasound images. www.babysfirstimpression.com, 909-946-5410

Big Belly Photography

Specialize in pregnancy photography. www.ALaModePhoto.com 310-770-2676

Brubaker Photography

Maternity, babies, children, weddings & head shots. <http://www.brubakerphotography.com>, 310-476-1992

Day One Photography

Pregnancy, birth, adoption, babies, families and events. www.dayonephoto.com, 310-820-2505

First Look Sonogram

4d Sonogram and newborn imaging. www.firstlooksonogram.com 310-543-5152

Janel Mithani Photography

Maternity portraits, newborn/infants, children, cards. www.jmphotostudio.com, 626-798-4167

La Neve Studio

Pregnancy, infant and children and family portraits. Monthly specials. www.lanevephoto.com, Downtow Brea. 714.529.3686

Linnea Lenkus Fine Art Portrait Studios

Fine art pregnancy and baby portraits, cards, albums, boxes. Long Beach (562) 981-8900; Pasadena (626) 744-9104; Irvine, Orange County (949) 753-1600. By appointment only. www.linnealenkus.com

Little Darling's/Precious Memories Portrait Studio

Photography in your home. 888-425-2000

Lori Dorman

Pregnancy,baby and family photography. www.loridorman.com 818-247-0200

Margaret Gruesbeck Photography

Fine art photography, birth, pregnancy, infancy and children. www.margaretagruesbeck.com, 626-836-7761

Milk and Cookies Photography

Specializing in unique maternity and child portraits, from the tummy to six years old. www.milkandcookiesphotography.com 323.533.4268

Peek-a-Boo Ultrasound

Non-Diagnostic for family, fun, & entertainment. 909-579-8229

Pregnancy Portraits

Specialize in pregnancy photos and newborn sessions. www.pregnancyportraits.net, 818-905-3213

Prenatal Peek

Newborn imaging. 23161 Ventura Boulevard Suite #207, Woodland Hills, CA. 91367. (818)390-1141 www.prenatalpeek.com/sfvalley

Marlo Yoshimoto Photography

Pregnancy, baby and child photography. www.msyoshphoto.com 760.679.6136

Tanya Young Photography

Artistic pregnancy, baby and child photography. Tanya@TanyaYoung.com 310.939.1155

Pampering *(cont. from p.11)*

A Mother's Touch

Pre & Postnatal massage for mom. In your home. 888-644-9595

Mommy Massage

Monica Lundrey pre/postnatal massage 818-589-1017

StressBusters Body Therapy Center

The spa has specialized in prenatal, post-partum, Labor, and Infant Massage Training for the past ten years. Experience better pain management without medical interventions, less interventions, shorter birth time. 949-831-1988 www.stressbustersspa.com

Touch of Comfort

Licensed Massage Therapist LMT Certified Infant Massage Instructor CIMI – Touch of Comfort Pre & Postnatal massage therapy & infant massage. 818-776-8626continued from page 14

Karen Axelrod, BA, LMT

Pre/postnatal massage + craniosacral therapy for adults & kids. My site or your home. 310-376-0113

Jill McArthur

Licensed Massage Therapist. Pre/postnatal 818-426-1810

Caitlin Philips/Massage Extensions

Labor consult & prenatal massage 310-239-4023

Wellness Facials by Carol

Wellness Facialist/ Licensed Esthetician, specializing in all natural facials and skincare, and pregnancy facials. Skin care boutique in Studio City. House calls for very pregnant and/or busy, high profile clients. 626-818-4753

Wiepcare For Women

Highly Specialized Therapeutic Massage Services for pregnancy & motherhood. Wiep de Vries, RN, Ms.T., massage therapist, midwives Nkem Ndefo and Margo Kennedy. Birthing Women's Health in Pasadena. 818-968-5002 www.musclehealth.us

Postpartum Care

Andra Brosh, Ph.D.

Clinical Psychologist (PSY 22901); www.motheringminds.com 310-922-6969

LeClaire Childbirth & Mind/Body Center

Postpartum depression, Ind. or Group home visit, PhD & RN 310-454-0920