



## Local Resources for Ages 0 to 5

Health, Developmental, & Educational Support		
Mono County Social Services	Apply for Health Insurance (Covered CA & MediCal)	760-924-1770 www.monocounty.ca.gov
Mono County Public Health	Children's Medical Services: free physical examinations for children of low to moderate income; treatments for children with serious medical conditions	760-924-1830 www.monohealth.com
Toiyabe Indian Health Project	Family planning, pediatrics, immunizations, dental care, accepts MediCal	760-873-8461 Bishop 530-495-2100 Coleville www.toiyabe.us
Sierra Park Pediatrics Mammoth Hospital	Well & sick checks, developmental screenings, immunizations; accepts MediCal	760-924-4000 www.mammothhospital.org
Sierra Park Dental Mammoth Hospital	Family dental care with pediatric dental specialists, accepts MediCal	760-924-4007 www.mammothhospital.org
Mammoth Hospital Birthing Classes	Classes covering nutrition, women's health obstetric basics, breastfeeding, pediatrics, and symptoms of postpartum anxiety	760-924-4044 www.mammothhospital.org
WIC - Women, Infants, & Children	Nutrition, health, & breastfeeding help; food assistance for low income families	760-924-4610 www.monohealth.com
First 5 Mono	Free prenatal to age 5 Home Visiting, child development information, breastfeeding assistance, developmental screenings	760-924-7626 www.monokids.org
Hello Sunshine Childbirth Services	Lamaze & newborn care classes, lactation counseling, post partem and birth Doula services	760-914-0060 www.hellosunshinebirth.net
Early Start	Early Intervention, Special Needs Services, ages 0-3, Resource Center	760-924-7382 www.monocoe.org
Great Steps Ahead	Early Intervention, Special Needs Services, ages 0-3	760-934-5726 www.greatstepsahead.squarespace.com
Kern Regional Center	Early Intervention, Developmental Disability Support, ages 0+	760-873-7411 www.kernrc.org
Mono County Office of Education SELPA	Special Education support & related services; ages 3+	760-934-0031 www.monocoe.org
Disabled Sports of the Eastern Sierra	Outdoor experiences for those with physical &/or intellectual disabilities	760-934-0791 www.disabledsportseasternsierra.org
Elementary Schools	Mammoth & Eastern Sierra Unified School Districts offer School Readiness Summer Bridge program for entering Kindergartners	760-932-7443 ESUSD 760-934-7545 MUSD
Mono County Libraries	Weekly Story Times; early literacy program Raising A Reader; MakerSpace activity centers	760-933-2542 Benton 760-932-7482 Bridgeport 530-495-2295 Coleville 760-935-4505 Crowley 760-648-7284 June 760-647-6123 Lee Vining 760-934-4777 Mammoth www.monocolibraries.org

<b>Nutritional Support</b>		
Community Service Solutions	Nutrition and physical education	530-495-2700 www.csssolutions.org
IMACA - Inyo Mono Advocates for Community Action	Food Pantry, Food Truck, USDA Commodities	760-934-3343 www.imaca.net
WIC - Women, Infants, & Children	Nutrition, health, & breastfeeding help; food assistance for low income families	760-924-4610 www.monohealth.com
Mono County Social Services	Apply for CalFresh (food assistance), Food Pantry	760-924-1770 www.monocounty.ca.gov
Salvation Army	Food Pantry in Mammoth (220 Sierra Manor)	760-872-2124
Mammoth Hospital Nutrition	Nutritional Services: general wellness, weight loss, diabetic support, disease prevention, food allergies	760-934-3311 www.mammothhospital.org
<b>Social Opportunities &amp; Mental Health Support</b>		
First 5 Mono	Weekly parent-child Peapod Playgroups Café Mom Breastfeeding Support Group	760-924-7626 www.monokids.org
Town of Mammoth Lakes	Toddler Time parent-child Playgroups, Recreation & Summer Camps ages 4+, swim lessons	760-965-3690 www.townofmammothlakes.ca.gov
Mono County Behavioral Health	Mental Health support, counseling, Wellness Center community events, gatherings for socialization & support, accepts MediCal	760-924-1740 800-687-1101 after hour www.monocounty.ca.gov
North Star Counseling	Mental Health support, counseling & therapy	760-924-7926 www.northstar-counseling.org
Tanya Zaleschuk, Licensed Educational Psychologist	Specializing in young children, assessing learning disabilities or issues in school	760-582-7182
Owens Valley Wellness	Specializing in Pediatric psychology; ages 2+	760-920-6210 www.owensvalleywellness.com
<b>Online Resources</b>		
Mountain mommas!!	Facebook group for Eastern Sierra parents	Facebook page
Buy Sell or Trade in Mammoth or Bishop	Facebook group for buying and selling used goods in the community	Facebook page
Zero to Three	Information on early childhood	www.zerotothree.org
First 5 CA	Information on early childhood ages 0-5	www.first5california.com



<b>Childcare &amp; Financial Resources</b>		
Mono County Social Services	Apply for CalFresh (food assistance), CalWORKS (cash aid), Health Insurance, Emergency assistance, etc.	760-924-1770 www.monocounty.ca.gov
IMACA - Inyo Mono Advocates for Community Action	Childcare referrals & subsidies, home energy assistance, food Assistance, housing programs	760-934-3343 www.imaca.net
Mammoth Lakes Housing	Rental & home purchase assistance & information	760-934-4740 www.mammothlakeshousing.org
WIC - Women, Infants, & Children	Food assistance for low income families	760-924-4610 www.monohealth.com
Mono County Childcare Council	Promoting quality childcare, information for parents & providers, how to become a childcare provider	760-934-3343 www.monocccc.org
Owens Valley Career Development Center	Tribal TANF (Temporary Assistance for Needy Families), career services, supportive services	760-933-2426 Benton 530-495-1000 Coleville www.ovcdc.com
Mono County Child Support	Seek and learn about child support.	866-901-3212 www.monocounty.ca.gov
All About Kids	Vetted childcare service in Mammoth Lakes and June Lake	530-386-0765 www.allaboutkidsmammoth.com
<b>Safety &amp; Crisis</b>		
Mono County Office of Education, Safe Kids	Car Seat safety checks & education; kids' bike helmets, life jackets & water safety, home safety devices, carbon monoxide detectors, poison prevention education	760-934-0031 www.monocoe.org
CA Highway Patrol	Car Seat safety checks & education	760-932-7995 www.chp.ca.gov
Mammoth Lakes Police	Car Seat safety checks & education; drug disposal site	760-965-3700 www.townofmammothlakes.ca.gov
Mono County Sheriff	Gun Locks & safety education; Community Alert System	760-932-7549 www.monosheriff.org
State Farm Insurance	Kids' Bike Helmets	760-934-7575
Fire Departments	Carbon Monoxide Detectors	760-934-2300 Mammoth 530-495-2900 Antelope
Wild Iris	Free and confidential support for victims of domestic violence, sexual assault, or child abuse, and their families.	760-934-2491 877-873-7384, 24/7 line www.wild-iris.org
Mono County Child Protective Services	Report child abuse, family preservation and maintenance programs, family reunification	760-924-1770 800-340-5411 www.monocounty.ca.gov
National Child Abuse Hotline	24/7 confidential hotline, crisis intervention, referrals to emergency and social service agencies	800-422-4453 www.childhelp.org

**Organized by First 5 Mono**

**June 2019**