



Health Care Resources

The Children's Clinic

TCC's Health Education and Outreach team provides educational classes, workshops, and presentations on various health topics to individuals, community organizations, faith-based organizations, and schools in the greater Long Beach area. Presentations are conducted to increase awareness and knowledge of health conditions, provide information to support healthy lifestyles, and increase knowledge of services available throughout our health center system. Classes include: Community Arts and Crafts, Healthy Meals, Healthy Families, Infant Massage, Zumba, and Healthy Mind, Body, and Soul.

Community Arts and Crafts

Hours: 10:00 AM-12:00 PM

**759 Linden Avenue,
Long Beach, CA, 90813
Phone: (562) 264-3115**

Healthy Meals, Healthy Families

Hours: 10:00 AM-12:30 PM

**759 Linden Avenue, Long Beach , CA, 90813 Phone: (562) 264-3115
Facebook: @tccfamilyhealth
<https://www.thechildrensclinic.org/>**

Welcome Baby Program | Miller Children's & Women's Hospital

Welcome Baby provides new and expecting moms with a personal Parent Coach to offer support and information during pregnancy and through the baby's first nine months. These engagements provide parents with an opportunity to learn about topics such as parenting and early child development, nutrition, breastfeeding, maternal depression, home safety and provide assistance with obtaining basic health care and insurance coverage for both mom and baby. Before the pandemic, Welcome baby made home visits, but now we offer support online and by phone.

**2801 Atlantic Avenue
Long Beach, 90806
Phone: (562) 933-2410**