



## Hospital-based Health Education Programs

 					
Jan, Feb, Mar 2018					
Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
California Smokers' Helpline					
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	E	FREE	1-800-NO-BUTTS
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Sp	FREE	1-800-456-6386
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Cant.	FREE	1-800-838-8917
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Viet.	FREE	1-800-778-8440
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	Ko.	FREE	1-800-556-5564
	Smoking Cessation Counseling	Mon-Fri 9am-9pm & Sat 9am-1pm	TDD/TTY	FREE	1-800-933-4833
Caregivers At Home	Telephone Series				
	Telephone Support Group for Caregivers	3rd Wed 10am-11:30am & 6:30pm-8pm	E	FREE; Must RSVP	1-800-540-4442
Valley Presbyterian Hospital	15107 Vanowen St., Van Nuys 91405		<a href="http://www.valleypres.org">http://www.valleypres.org</a>		
	Call for information of Classes	call for schedule	E	FREE	818-902-2982
Northridge Medical Hospital	18300 Roscoe Blvd., Northridge 91328		<a href="http://www.northridgehospital.org">http://www.northridgehospital.org</a>		
	Breastfeeding Class	call for schedule	E	FREE; Must RSVP	818-885-8500
	Childbirth Education	call for schedule	E	Charge; Must RSVP	818-885-5434
Support Groups	Brain Injury for survivors & caregivers	Tuesdays 2:00pm-3:30pm	E	FREE	818-885-8500 x3797
	Brain Tumor	2nd Wed 12:30-2:00pm	E	FREE	818-885-8500 x5668
	Breast Cancer	2nd and 4th Tues 7:00pm-8:30pm	E	FREE	818-885-8500 x5668
	Breastfeeding	Thursdays 10:00am-11:30am	E	FREE; Must RSVP	818-885-8500 x2289
		Tuesdays 10:00am-11:30am	Sp	FREE; Must RSVP	818-885-8500 x2289
	Grief	Call for schedule	E	FREE; Must RSVP	818-885-8500 x4560
	Depression and Bipolar	Wednesdays & Fridays 6:45pm-9:00pm	E	FREE	818-850-3272
	Liver Disease	One Wednesday per month 6:30pm-8:00pm (call for date)	E	FREE	310-670-4624
	Mental Health For Family & Friends	1st Monday of each month 7:00pm-8:30pm or 1st & 3rd Thursday of each month 7:00pm-8:45pm	E	FREE	818-994-6747
	Stroke Survivors & Caregivers	Wednesdays 3:00pm-4:00pm	E	FREE	818-885-8500 x4865

## Hospital-based Health Education Programs

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
Providence Tarzana Medical Center	18321 Clark Street., Tarzana 91356		<a href="http://www.encino-tarzana.com">http://www.encino-tarzana.com</a>		
	Baby Care	call for schedule	E	Charge	888-432-5464
	Breastfeeding	call for schedule	E	Charge; Must RSVP	888-432-5464
Providence Holy Cross Medical Center	15031 Rinaldi St., Mission Hills 91345		<a href="http://www.providence.org">http://www.providence.org</a>		
	Infant Safety & CPR	call for schedule	E	Charge	888-432-5464
Providence Holy Cross Women's Wellness Center	19950 Rinaldi St., Suite 110A., Porter Ranch 91326		<a href="http://www.providence.org">http://www.providence.org</a>		
	Breastfeeding	call for schedule	E	Charge	888-432-5464
Aegis of Granada Hills	10801 Lindley Ave., Granada Hills 91341				
Support Groups	Caregiver	2nd Tuesday 6:00pm-8:30pm	E	FREE; Must RSVP	818-847-9141
Lake View Terrace Library	12002 Osborne St., Sylmar 91342				
Support Groups	Caregiver	4th Thursday 6:00pm-7:30pm	E	FREE; Must RSVP	800-540-4442
Wilkinson Senior Center	8956 Vanalden Ave., Annex Bldg. #7, Northridge 91324				
Support Groups	Caregiver	1st Thursday 10:00am-11:30am	E	FREE; Must RSVP	800-540-4442
Joslyn Adult Center	1301 W. Olive Ave., Burbank 91506				
Support Groups	Caregiver	1st Wed 11:00am-12:30pm	E	FREE; Must RSVP	800-540-4442
Brandman Centers for Senior Care	7150 Tampa Ave., Reseda 91335				
Support Groups	Caregiver	3rd Thursday 10:00am-11:30am	E	FREE; Must RSVP	800-847-9141
		3rd Thursday 3:00pm-4:30pm	Sp	FREE; Must RSVP	800-540-4442
Las Palmas Senior Park	505 S. Huntington St., San Fernando 91340				
Support Groups	Caregiver	2nd Thursday 10:00am-11:30am	Sp	FREE; Must RSVP	800-540-4442
L.A. Care Health Plan Family Resource Center	10807 San Fernando Rd., Pacoima 91331				
	Yoga	Mondays 10:00am-11:00am	E/Sp	FREE	213-438-5497
	Healthy Cooking	Tue & Thurs 3:00pm-5:00pm	E/Sp	FREE	213-438-5497
	Zumba	Tuesdays 5:30pm-6:30pm	E/Sp	FREE	213-438-5497
	Weight Management & Nutrition	Fridays 3:30pm-4:30pm	E/Sp	FREE	213-438-5497
	Dance Aerobics (6-14yrs)	Wednesdays 4:00pm-5:00pm & 5:00pm-6:00pm	E/Sp	FREE	213-438-5497
	Kid's Healthy Cooking and Exercise	Saturdays 10:00am-11:30am	E/Sp	FREE	213-438-5497
	Registered Dietitian	Saturdays 9:00am-2:00pm	E/Sp	FREE	213-438-5497

*Hospital-based Health Education Programs*

Hospital	Topic/Title	Date/Time	L	Cost	Phone Number
San Fernando Community Health Center	732 Mott St., San Fernando 91340				
	Diabetes Teaching Kitchen	call for information	E/SP	FREE; Must RSVP	818-361-0428