

2005

KEIKI HAWAI'I

Resource Directory For Parents of Young Children

EMERGENCY SERVICES

- General Emergency (Police, fire and ambulance)911
- Poison Center - Statewide toll-free (24 hours). 1-800-222-1222
- Suicide and Crisis Line (24 hours)
(Access Adult Mental Health Division)
- O`ahu832-3100
- Statewide toll-free number 1-800-753-6879

Your Family Physician/Pediatrician _____

Your Hospital _____

Friend or relative to contact in an emergency _____

The Parent Line

Information on child behavior and development, parenting support and community resources
 Monday - Friday 8:00 a.m. - 6:00 p.m. and Saturday 9:00 a.m. - 1:00 p.m.
 O`ahu 526-1222
 Neighbor Islands 1-800-816-1222

For additional copies, please call The Parent Line Distribution Center 593-0437
 or visit our website at <http://www.theparentline.org>



Linda Lingle, Governor | Chiyo me Fukino, M.D., Director of Health



Funded by: Hawai'i Department of Health, Maternal and Child Health Branch (808) 733-4054

** We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of a problem.



CRISIS SERVICES

Child Welfare/Protective Services

O`ahu (24 hours) 832-5300
 Neighbor Islands (toll-free) 1-800-494-3991

Child Help USA

Child abuse hotline (24 hours) 1-800-422-4453

Domestic Violence Drop-in Centers (PACT)

Pu`uhonua Shelter 585-7944
 Ohia Shelter - 24 hr. hotline 526-2200

Domestic Violence Clearinghouse and Legal Hotline

O`ahu/Big Island/Kaua`i 531-3771
 Mau`i/Moloka`i/Lana`i 242-8745

Sex Abuse Treatment Center - 24 hr. hotline 524-7273
 (8:00 a.m. to 4:30 p.m.) 535-7600

Shelter and Crisis Lines for Family Violence (24 hours)

Honolulu & Leeward Oahu 841-0822
 Kailua - 528-0606 Kaneohe - 526-2200
 Military (O`ahu) 533-7125
 Hilo - 959-8864 Kona - 322-7233
 Kaua`i 245-6362
 Mau`i - 579-9581 Moloka`i - 567-6888

National Domestic Violence Hotline (24 hours) . . 1-800-799-7233



HEALTH, NUTRITION AND FAMILY PLANNING

American Red Cross

(Infant CPR classes/babysitter training) 734-2101

Beechnut Nutrition Hotline 1-800-233-2468

Birth, Marriage, Divorce Certificate Information (DOH)

O`ahu 586-4533
 Hawai`i 974-6008
 Kaua`i 241-3498
 Mau`i, Lana`i & Moloka`i 984-8210

Breastfeeding Services of Mau`i 572-5237

U.S. Consumer Products Safety Commission

Hotline: 1-800-638-2772
 Honolulu Field Office (to report hazardous consumer products & for "recall" information). 733-8710

Family Planning Information Lines

O`ahu 737-6311
 Neighbor Islands 2-1-1
 Planned Parenthood (O`ahu clinic) 589-1149

Gerber Parents' Resource Center (24 hours)

(Infant feeding, care & parenting) 1-800-443-7237

Hawai`i Mothers Milk Inc. (Info. on breastfeeding) . . . 949-1723

Kapi`olani Call-a-Nurse (Information on medical care, parenting classes & physician referrals) 535-7000

Keiki Injury Prevention Coalition

(Miscellaneous safety information) 586-5940

Kids Health Insurance Hotline - HI Covering Kids (Free/low-cost healthcare for children) - AUW Statewide toll-free 2-1-1

Kona Lactation Center 322-4482

La Leche League

O`ahu 254-5496
 Hilo - 963-5482 Kona - 325-3055
 Kaua`i 826-6467

Med-QUEST (Low income health insurance)

O`ahu 587-3521
 Kapolei 692-7364
 East Hawai`i - 933-0339 West Hawai`i - 327-4970
 Kaua`i 241-3575
 Mau`i - 243-5780 Moloka`i - 553-1758/1-800-894-5755
 Lana`i 565-7102/1-800-894-5755

MothersCare (Free pregnancy resources)

O`ahu 535-7988
 Neighbor Islands 1-800-772-3020

National Lead Information Center

(Information on childhood lead poisoning) 1-800-424-5323

Nutrition and Physical Activity Section (DOH)

(Nutrition and physical activity information) 586-4671

Public Health Nursing and Immunization Clinics

O`ahu:

Main Office 586-4620
 Central 453-6190
 East Honolulu (Diamond Head) 733-9220
 West Honolulu (Lanakila) 832-5757
 Leeward 675-0073
 Windward 233-5450

Neighbor Islands:

East Hawai`i - 974-6025 West Hawai`i - 322-1500
 Kaua`i 241-3387
 Mau`i 984-8260
 Moloka`i 553-3663
 Lana`i 565-7114

Queen's Breastfeeding Support Center (O`ahu) . . . 537-7404

WIC (DOH) - (Free health and food program for women, infants and children)

O`ahu 586-8175
 Neighbor Islands 1-888-820-6425

Valley Isle Childbirth Education

(Childbirth/infant care/breastfeeding information) . . . 572-5237



CHILD CARE, PRESCHOOL & PLAY ACTIVITIES

Alu Like, Inc.

(Native Hawaiian Child Care Assistance Project)

O`ahu 535-1300

Child Care Subsidies (DHS)

O`ahu 587-3300
 Hilo - 981-7290 Kona - 327-4755
 Kaua`i 241-3679
 Mau`i/Moloka`i/Lana`i 243-5866

Preschool Subsidies (O`ahu) 643-1643

Head Start (Information on free preschool programs for ages 3-under 5 yrs. of low income families)

Application Hotline (O`ahu) 847-1000
 O`ahu 847-2400
 Hawai`i County 961-2686
 Kaua`i 245-5914
 Mau`i - 249-2988 Moloka`i - 553-3727/553-5472

Keiki O`Ka Aina/H.I.P.P.Y Hawai`i (3-5 yrs.)

O`ahu 845-3454
 Hilo - 969-4940 Kona - 355-8554

P.A.T.C.H. (Child care referrals)

O`ahu 839-1988
 East Hawai`i - 961-3169 West Hawai`i - 325-3864
 Kaua`i 246-0622
 Mau`i 242-4786

Parent-Child Interactive Program

Kahuku, Punalu`u, Hau`ula (Na Kamalei) 237-8500

Parent-Child Interactive Play Mornings

Hilo (Keiki Steps) 969-4940
 Kona, Kealakehe (Keiki Steps) 355-8554
 O`ahu (TIFFE) 596-8433
 Hilo (TIFFE) - 961-5166 Kona (TIFFE) - 323-3305
 Kaua`i (TIFFE) 632-2114
 Mau`i (TIFFE) - Lana`i (TIFFE) - 565-9010

Preschool Open Doors (DHS)

(Preschool subsidies)

O`ahu 587-5254
Neighbor Islands 1-800-746-5620**Tiny Tots Program (Dept. of Parks and Rec., ages 3-5 yrs.)**Hawai`i Kai to McCully 973-7250
Makiki to Aiea 522-7070
Pearl City to Wai`anae and Wahiawa 675-7130
Wai`alua to Waimanalo 233-7300**YMCA (Parent-child activity classes and child care)**

O`ahu 541-5261

YWCA (Parent-child activity classes/child care/preschool)O`ahu 538-7061
Hilo 935-7141**PARENT EDUCATION AND FAMILY SUPPORT****Baby Hui: Infants and Toddlers (Statewide network of support groups for families with children ages 0-3 yrs.)**O`ahu 735-2484
Hilo 1-808-735-2484
Kaua`i 823-9894
Mau`i 893-2106**Catholic Charities Hawaii** 536-1794**Child & Family Service**O`ahu 681-3500
Hilo - 935-2188 Kona - 323-2664
Kaua`i 245-5914
Mau`i 877-6888
Moloka`i 567-6100**Early Headstart (PACT) (Parent education/child development activities for children 6 wks.-3 yrs. of low income families)**

O`ahu 842-5996

Families For R.E.A.L. (Classes for families with children 0-5 yrs.)Leeward 453-6478
Windward 233-5656
Mau`i 243-5033**Family Centers**Kahalu`u (Key Project) 239-5777
Kaneohe (PACT) 235-7747
Kuhio Park Terrace (PACT) 841-6177**Big Island:**Ka`u 929-9611
North Kohala 889-0036**Kaua`i:**Hanalei Community Center 826-1011
Kapa`a (Hale Ho`omalua) 821-2520
Waimea (Nana's House) 338-0252**Moloka`i** 553-3276**Family Peace Center (PACT) (Domestic violence intervention for victims, batterers and child witnesses)**O`ahu 832-0855
Mau`i 244-2330**Good Beginnings Alliance (Parents and community councils supporting families with young children)**O`ahu 531-5502
Hawai`i 887-1228
Kaua`i 632-2114
Mau`i 270-5557**Healthy Start (Home-visiting and early intervention)**O`ahu 531-9952
East Hawai`i - 961-3877 West Hawai`i - 326-7778
Kaua`i 245-5914
Mau`i - 242-0900 Moloka`i - 553-8114**MOMS Club (Support/activities for stay-at-home moms & keiki)**Honolulu 922-2379
Windward 722-9498
Leeward 689-4074**Neighborhood Place**Kalihi 841-6177
Wai`anae 696-4598
Big Island: Kona - 331-8777 Puna - 965-5550
Mau`i: Wailuku 986-0700**P.A.R.E.N.T.S. (Parent education groups)**O`ahu 235-0488
East Hawai`i 934-9552
Mau`i 249-8471**Pulama I Na Keiki - PINK (Alu Like)**

(Home-based & small group education for families of Hawaiian children: prenatal-5 yrs.)

Honolulu 843-1417
Windward - 235-6559 Leeward - 674-8409
Hilo 934-9180
Big Island: Kona - 329-4801 Waimea - 885-7040
Kaua`i 245-8859
Mau`i: Wailuku - 244-8849 Hana - 248-7521
Moloka`i 553-3284**Queen Lili`uokalani Children's Center**

(Services for Hawaiian orphans or destitute children)

O`ahu 847-1302
Hilo - 935-9381 Kona - 329-7336
Kaua`i 245-1873
Mau`i/Lana`i - 242-8888 Moloka`i - 553-5369**Respite Care Programs**

(Time-out from parenting for families under stress)

O`ahu (PACT) 841-1027
Wai`anae (Hawai`i Family Services) 696-3482
(Also available: Tutu support group) 696-3482**The Parent Line**O`ahu 526-1222
Neighbor Islands (toll-free) 1-800-816-1222**YMCA Communities in Schools**

Leeward Oahu 671-4900

**SPECIFIC CONCERNS****Aloha Mothers of Multiples** 247-TWIN**Aloha United Way 2-1-1** (General information and referrals)

Statewide toll-free 24 hours 2-1-1

Coalition For A Drug-Free HawaiiO`ahu 545-3228
Neighbor Islands 1-800-845-1946**Creating Nurturing Families (TIFFE)**

(Individual & group counseling for children up to age 10 yrs who have experienced or witnessed violence)

Honolulu/Leeward 596-8433

Hawai`i Families As Allies

(Families of children with emotional/behavioral concerns)

O`ahu 487-8785
Neighbor Islands (Statewide toll-free) 1-866-361-8825
Warm Line 487-3845**H-KISS (DOH) (Information for parents of children from birth to 21yrs. with special health care and developmental needs; Referrals, developmental screening, evaluation, therapy, and other services for children with special needs from birth to under three years of age M-F 8:30 am - 3:00 pm)**O`ahu 973-9633
Neighbor Islands 1-800-235-5477

Jewish Community Services

(Crisis intervention for Jewish families) 258-7121

Preschool Developmental Screening Program (PDSP)

(DOH) for ages 3-5 yrs 832-5675

Prevent Child Abuse Hawaii (Information/advocacy) . . .951-0200

Special Parent Information Network (SPIN)

(For families of children with disabilities)

O`ahu 586-8126

Neighbor Islands Call the island's exchange number - then 6-8126:

Big Island 974-4000

Kaua`i 274-3141

Mau`i 984-2400

Lana`i & Moloka`i 1-800-468-4644

Substance Abuse Treatment

Baby S.A.F.E - Outreach, case management & referrals for substance-using pregnant women

O`ahu 668-2277

Mau`i 877-7117

Kaua`i 245-5914

Hilo - 935-4927 Kona - 334-0266

Hale Ho`okupa`a (Moloka`i) 553-3231

Malama Family Recovery Services

(Out-patient substance abuse/drug treatment services)

Leeward O`ahu 668-2277

Mau`i 877-7117

Kokua Women's Way 732-2802

(Out-patient substance abuse/drug treatment services)

Teen Intervention Program

(Counseling for pregnant/parenting teens) 973-5974

Teen Line (Taped information) 521-TEEN

To speak to a teen: Call M-F: 3:30 - 6:30 p.m.

Telecommunications Relay Services

(Sprint Relay Hawaii assists individuals in completing local calls free of charge)

Text telephone users (TTY) 877-447-5991 or 711

Hearing persons calling persons with TTY modem

. 877-447-5990 or 711



SERVICES FOR MILITARY FAMILIES

Joint Military Family Abuse Shelter & Crisis Line . . .533-7125

Armed Services YMCA

(Play mornings, childbirth education)

Helemano/Iroquois Pt./Schofield/Wheeler 624-5645

Kaneohe 254-4719

Pearl Harbor/Aliamanu/Ft. Shafter 833-1185

Welcome Baby Program 473-3398/833-1185

Army Community Health Nursing

Tripler 433-8675

Family Service/Support

(Support services and parenting classes)

Air Force New Parent Support Program 449-0175

Air Force (Hickam) Family Support Center 449-0300

Army Community Service

Ft. Shafter 438-9285

Schofield 655-2400

Coast Guard Family Resource Specialist 842-2089

Joint New Parent Support (Tripler) 433-4864

Kaneohe MCBH New Parent Support 257-8803

Navy /Marine Corps Relief Nurse

(Home visits to Navy and Marine families

with newborn babies) 423-1314

Navy Fleet and Family Support Center 473-2220



IMMIGRANT SERVICES

Bilingual Access Line

(Interpreters) 526-9724

Catholic Charities Hawaii 528-5233

Kalihi- Palama Health Center

Low-cost medical, pediatric, family planning

& social services 848-1438

Dental & Optometry services 845-0686

Pacific Gateway Center (Immigrant Center)

Chinese, Ilocano, Korean, Laotian, Samoan,

Tagalog, Tongan, Vietnamese, & Visayan 845-3918

VIETNAMESE

Nếu quý vị có điều gì thắc mắc về các vấn đề sức khỏe, sự phát triển và cá tính nhân phẩm của con em quý vị, xin vui lòng liên lạc về văn phòng IMMIGRANT CENTER điện thoại số 845-3918

SAMOAN

AFAI E IAI SE FESILI I MATAUPU E UIGA ILE SOIFUA MALOLOINA I LOU ALO(PEPE) MA LONA TUPUTUPU AE. FA`AMOLEMOLE; FA`AFESOOTA`I LE OFISA O LE PACIFIC GATEWAY CENTER ILE 845-3918.

ILOCANO

No adda damagen you maipapan ti salun-at ti anak yo, panagdackel na ken ugali na, amawag kayo koma iti Immigrant Center 845-3918.

KOREAN

여러분의 아이들에 건강, 발달상황 그리고 행동에 관하여 의문나시는 점이 있으시면 갈리히-팔라마 이민봉사소로 연락해 주십시오. 전화번호는 845-3918 입니다.

CHINESE

如果你對你的孩子的健康、身心發展、和行爲有疑問，請撥電話八四五·三九一八號與移民服務中心聯絡。

LAOTIAN

ຖາພວກທ່ານທີ່ມີຄວາມຖາມ ກ່ຽວກັບສຸຂະພາບຂອງລູກທ່ານ, ຄວາມຈະເລີນເຕີບໂຕແລະຄວາມປະພຶດ ກະຊວງ ໂທຫາ ອົງການ ອິນ໌ມິກແຣນ ເຊັ່ນເຕີ ຊູດ໌-ມິວອຊ.



INTERNET RESOURCES

For parents:

. <http://www.cpsc.gov> (consumer product safety)

. <http://www.family.go.com>

. <http://www.irsc.org> (resources for special keiki)

. <http://www.kidsdomain.com>

. <http://www.kipchawaii.org> (injury prevention)

. <http://www.playhousedisney.com>

. <http://www.zerotothree.org>

For parenting issues/concerns/local events:

. <http://www.goodbeginnings.org>

. <http://www.hmsa.com>

. <http://www.honoluluupd.org>

. <http://www.kaiserpermanente.org>

. <http://www.pacthawaii.org>

. <http://www.theparentline.org>