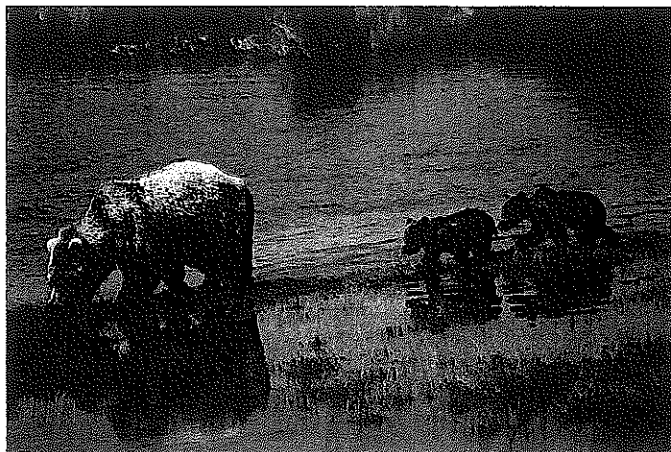


Student Parents Guide to UCLA

2016-2017



Students with Dependents Program

UCLA Bruin Resource Center

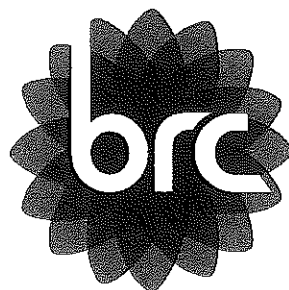
Student Activities Center, Suite B44

Los Angeles, CA 90095

310-825-3945 | www.swd.ucla.edu

Monday- Friday

9:00 a.m. – 5:00 p.m.



Students with Dependents Program

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BRUIN RESOURCE CENTER

Welcome & Overview

Connect. Support. Achieve.

Welcome to UCLA! As part of the Bruin family, you have access to numerous resources on campus. At the Bruin Resource Center (BRC), we provide specialized services and programs to address the particular concerns and needs of UCLA students in the following areas:

- Students with Dependents
- Current and Former Foster Youth
- Undocumented Students
- Transfer Students
- Veterans
- Intergroup Relations

The BRC is here to help students make the most of their educational experience at UCLA. We understand that even the most capable student can, at times, feel confused and intimidated by the size and complexity of the campus. The BRC helps by providing information, referrals, and support to navigate the university and to connect with the right campus resource or person within the many and diverse social and academic communities of the campus.

BRC offers a wide array of programs, volunteer opportunities, and internships to help students develop practical life skills to succeed academically and to their full potential, in college and beyond. Working with partners throughout campus, we strive to cultivate an inclusive and nurturing educational environment that promotes lifelong learning, well-being, and development of the whole

person. For more detailed information, visit our website at www.brc.ucla.edu.

Students with Dependents Program

Mission

The Students with Dependents (SwD) Program provides caring and personalized support to UCLA students who are parents, guardians, and caregivers at the undergraduate, graduate and professional school level. The program is committed to helping students succeed, both as parents *and* scholars by offering programs and advocacy that enrich and support parenting student's academic, personal, and professional goals.

Overview

Access to higher education allows student parents to positively impact their own academic, career, and economic outcomes, while also establishing a solid foundation for the future success of their children. The SwD Program aims to successfully transition parenting students to UCLA and assist them through degree completion by providing a family-friendly, centrally located facility, and offering a wide variety of services and activities that encourage both academic and family success. The UCLA community as well as the future generation of successful Bruins benefit from UCLA's dedication to providing resources and support for parenting students and their families.

The SwD Program Provides Parenting Students with...

- The *Students with Dependents Guide to UCLA*, which outlines detailed information on specialized services located on campus and within the community that support parenting students.

- Information, referrals, and support services that assist with navigating the UCLA system.
- Personalized problem solving and guidance through accessible and dedicated professional staff and student interns.
- Guidance when accessing and applying for social services programs like CalFresh (food stamps/SNAP), CalWORKs/GAIN (cash aid), WIC (Women, Infants, and Children Program) and MediCal (healthcare).
- Advocacy and support through collaborating with other UCLA Departments such as Financial Aid, Housing, Early Childhood Education, Student Affairs, and with professors and UCLA employers.
- Quarterly workshops to help strengthen skills and promote success as both parents and scholars.
- A dedicated space at the Bruin Resource Center for studying, relaxing, and meeting other students with shared experiences.
- Bimonthly SwD email newsletters sent throughout the quarter filled with information on jobs, scholarships, and events pertinent to student parents.
- A vibrant and vocal online community of students sharing experiences, advice, and support.
- Policy work at the university and governmental level to make UCLA more inclusive for student parents.
- A family friendly graduation celebration in partnership with PSUCLA.

Stay Connected with the SwD Program:

1. Join the SwD Listserv to receive bi-weekly newsletters to stay informed about important SwD Program information:
<http://smarturl.it/UCLASWDLISTSERV>.

2. Be a part of the SwD Facebook Group to instantly connect with other UCLA parenting students:
<http://www.facebook.com/groups/studentswithdependents/>.
3. "Like" our page on Facebook to get the latest updates on events, scholarships, and resources available to UCLA parenting students and their families:
<http://www.facebook.com/uclastudentwithdependents>.

HOUSING OPTIONS FOR UCLA FAMILIES

UCLA Family Housing

All housing complexes available for parenting students are located in the Palms and Mar Vista area, ranging about 3 – 5 miles away from UCLA. Family housing is in high demand, so apply early! For new students, the application deadline is June 1, 2016. The non-refundable application fee is \$40.00. **Note that a \$500 deposit will be required upon your acceptance of your housing offer (usually within a week).** *If you need assistance arranging the deposit, please contact the BRC immediately after receiving your housing offer.* For the housing application and more detailed information, go to www.housing.ucla.edu or call the appropriate housing office:

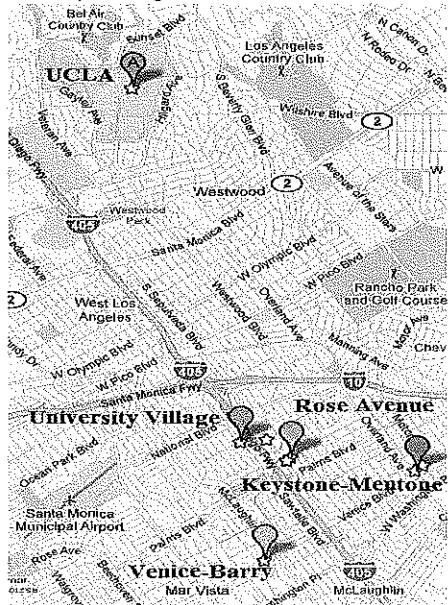
- Housing Services Office
(310)206-7011
- Community Housing Office
(310)825-4491
- Office of Students with Disabilities
(310)825-1501 TDD (310)206-6083
- Student Technology Center
(310)825-3400
- UCLA Guest House Hotel
(310)825-2923
- UV Rental Office: University

Apartments for Graduate and Student Families: University Village
3200 Sawtelle Blvd.
Los Angeles, CA, 90066
(310) 398-4692
Monday – Friday: 8:00 a.m. – 5:00 p.m.

UCLA offers four complexes for students with families. Whether you are a married student (with or without children), a single parent, or a student with a same-sex partner, UCLA offers you several options for comfortable, convenient, and affordable housing. The following four university apartments are available to student families:

University Village: This complex was built exclusively for student families, meaning married couples with or without children, same sex domestic partnerships, and single parents with children residing with them at least 50% of the time. University Village (UV) is 3.5 miles away from UCLA. Bus lines are nearby and \$.50 for UCLA students.

Keystone/Mentone; Venice-Barry; Rose Avenue: Mixed Use Housing Facilities: Student families may also reside in these complexes, although these are not built especially for family living.



Amenities for Complexes Available to Student Families

UCLA Family Housing was designed with student families in mind and is located within walking distance to excellent K-12 public schools, grocery stores, parks, libraries, shopping centers, freeways, and public transportation. Units include basic Time Warner Cable and Internet services. There are playgrounds for children available throughout the secured complexes, as well as barbeques, a swimming pool, and laundry facilities which enable plenty of community building for students and their families. University Village also has a gated community and a variety of programming available for UCLA families throughout the year. More information can be found at <https://housing.ucla.edu/student-housing/graduate-students-and-students-with-families/university-apartments-eligibility-amenities>.

Rental Rates

Rental rates for Family Housing depend on the complex you live in and the number of bedrooms/bathrooms in your rental. Most rentals start at \$1200 and go to \$1800. More information can be found here: <https://housing.ucla.edu/my-housing/rates-contracts-rules/university-apartments-graduate-family-students-rates>

Guaranteed Family Student Accommodations

Newly admitted freshmen and transfer students who need family accommodations are guaranteed housing as long as they apply on time (deadline usually by June 1st) and meet all the requirements.

New incoming graduate students who need family accommodations and are part of a department allocation are guaranteed housing

as long as they apply on time and meet all the requirements.

All other students needing family accommodations are placed on a waitlist and assigned based on date of application, facility and apartment preference, date housing is desired, and apartment availability. There is no guarantee that accommodations will be available to students on the waitlist.

Paying for Rent

If rental prices seem to be out of your price range, you may cover this expense with your financial aid disbursement. If you do not have enough financial aid, you may look into these options:

Financial Aid Budget Increase: If rent is more than what you are allotted in your financial aid budget, you can apply for a budget increase by filling out the current academic year **Housing Adjustment Form** and submitting it to the Financial Aid Office (FAO). Take all paperwork to the FAO, along with a brief statement explaining your special circumstance. Make sure you explain to the financial aid counselor that you are a parenting student petitioning for an increase in your rental budget. The form can be found here: <http://www.financialaid.ucla.edu/Forms-and-Publications>

Although this form states that the maximum increase a student may receive for rent is \$200.00 a month, parenting students may petition for more.

For undergraduates, the standard budget expense for rent is around \$770 per month for off-campus. For graduates, the standard rent expense is around \$1,086 per month.

Important Note: Any approved housing budget add-ons will be funded with loans. Federal regulations require that all loans offered must

be divided equally across all quarters of enrollment. Check with the Financial Aid Office for current standard budget expenses.

Payment Agreements: If you are unable to pay your rent in full by the 1st of the month, it may be possible to enter into an alternative payment arrangement with the Accounts Receivable Office in Housing. Payment agreements are limited to one per quarter. With proper documentation, they will be able to assist you in some instances. Individual circumstances may vary and students are encouraged to come in and discuss their situation with them.

A payment agreement extends the due date for your payment without the penalty of late fees or the three-day notice that can result from non-payment of fees. Asking for a payment agreement creates a new payment contract for you that will allow you to pay in installments. You must pay a reasonable portion of your month's rent by the due date, and pay the rest throughout the month, depending on your new contract.

For more information, please contact the Housing Office at (310) 206-7011.

Before meeting with a Housing representative, prepare the following:

1. Bruin ID card
2. Any financial aid documentation
3. Any documentation of financial hardship
4. Most recent paycheck stub
5. Employer's info (name, address and phone number)

Payment agreements after students have moved in must be arranged in-person. The Accounts Receivable Office is located on the first floor of Sproul Hall, which is adjacent to the Northwest Campus Auditorium. Office hours are posted on the following link: <http://www.housing.ucla.edu>.

Section 8: Section 8 vouchers are accepted at University Village. Please work with the UV Manager to discuss the process of utilizing and processing your Section 8 information.

Additional Family Members Living in University Village

Since July 2008, a new policy has been adopted which states that University Village residents are allowed to have up to two immediate adult family members (siblings or parents) as guests for up to a year. Your guests will be given their own keycards for the duration of their stay, and they must carry an ID with their picture at all times. The first month of your guests' stay will be free of charge, but an additional \$50.00 a month for rent will be charged for the preceding months.

University Apartments South Transfers

Student families who are currently residing in any University Apartments South complex are eligible to request to transfer after residing in their unit for at least six months. You may request to transfer from one complex to another or from one unit type to another. You may only ask for a lateral transfer (different apartment, same unit type) to another complex but not within.

Any requests to transfer to a smaller unit will depend on the occupancy restrictions for the number of individuals residing in your apartment and the age and gender of any dependent children you have.

A transfer request can be initiated by visiting the University Apartments Rental Office or the UCLA Housing Services at Sproul. The transfer requests in the University Apartments South are processed only after all the applicants on the waitlist have been exhausted, but exceptions can be made due to increases in family size or due to authorized medical conditions.

Be prepared to make quick decisions about transfers. Normally, you are given 24 – 48 hours to decide to accept a transfer when offered due to the high-demand. If you accept, families are usually requested to move into their new residence within the current rental month and before the start of the following rental month.

Accommodations for Students with Disabilities

Students should contact the Office for Students with Disabilities (OSD) at (310) 825-1501 or (310) 206-6083 (TDD) or visit the following web site: <http://www.osd.ucla.edu>. OSD will submit a recommendation on behalf of the student to the Assignment Office.

Students and their children with disabilities or other special needs can be accommodated in most but not all of our facilities. The Assignment Office staff work closely with OSD to coordinate the student's assignment process. The OSD acts as the student's liaison and assists in identifying the most appropriate facility and room type to meet the documented needs.



Housing in the Community

Students who prefer to live away from campus in complexes not owned by the University may visit the UCLA Community Housing Office web site <http://www.cho.ucla.edu> for listings of privately-owned vacant and shared rental units near the campus. They also have a wealth of information on neighborhood profiles and estimated rental costs. You can also visit the Community Housing Office (Next to Sproul

Hall) for help locating resources. Their phone number is (310) 825-4491.

Other families have had success using other online rental search engines like Craigslist, PadMapper, and Westside Rentals. The SwD Program does not work with or endorse any particular non-UCLA affiliated online rental search engines.

Emergency Housing Resources

If you are in need of emergency family housing and/or dealing with homelessness, please contact these resources for assistance:

- 211 LA County: a resource hotline and search engine for all California social services and non-profits. Website: <http://www.211la.org>
- Path Making it Home: <http://www.epath.org/site/IfYouAreHomeless/how-do-i-get-started.html>
- Friends Helping Friends LA: <http://friendshelpingfriendsla.org/>

CHILD CARE



Due to limited space and long waiting lists, parents with preschool age children are urged to call the preschool or child care program they are interested in **prior** to arrival at UCLA. The costs, eligibility criteria, quality, and philosophy vary for each group.

With the exception of UCLA Early Care and Education, the Students with Dependents Program, the Bruin Resource, and UCLA does not endorse any of the following child care providers or schools. We offer this information as a courtesy to you. Please be sure to

thoroughly research any schools/child care providers before choosing a childcare facility or school for your child(ren).

UCLA Early Childhood Education

Currently, UCLA offers childcare both on and off campus through the following three programs: Infant Development Program (IDP), University Parents Nursery School (UPNS), and UCLA Early Care and Education (ECE). UCLA Child Care provides excellent programs for children ages two months to six years. Call (310) 825-5086 or visit <http://www.childcare.ucla.edu> for more information.

UCLA Early Care and Education

- Contact Information: (310) 825-5086
- Operates three accredited (NAEYC) child care centers: Krieger Center North and South (on campus) and University Village Center (off-campus)
- Open to students, staff, and faculty only. No application fee for students.
- Full-time care only available Monday – Friday 7:30 am – 5:30 pm year round
- Limited tuition assistance for low-income families available.
- Care for infants (2 months) to kindergarten.
- Developmental curriculum (learning through exploration) and science-based curriculum to foster critical thinking.

The ECE Application can be found online at <https://www.ece.ucla.edu/tuition/waiting-list-application-tuition-assistance>. There are two types of tuition assistance for families with at least one parent enrolled as a full-time UCLA student. In a two-parent family household, the second parent must work or also be enrolled in order to demonstrate need for care. The first type of assistance available is the California Department of Education Child Care Tuition

Subsidy, which is income-based. If you believe you qualify, make sure you submit the Tuition Assistance Request Form and attach it to your ECE application. The second type of assistance available is the ECE Tuition Scholarship. Please complete Scholarship Application and submit it with your ECE application. The scholarship is a good option for students whose income exceeds the qualification for the tuition subsidy listed above. Parenting students needing additional resources to pay for childcare expenses can submit a "Budget Increase Form," located under the 2014 - 2015 Academic Year Appeal Forms on the FAO's Forms web page.

UCLA Child Care Resource Program: UCLA parents are invited to attend a "Choosing Child Care" forum, held at noon on the first Monday of each month at the Bruin Resource Center (SAC, B44). If the first Monday of the month is a holiday, the forum will be held on the second Monday. Child Care Resource Program is a personalized service for UCLA families only. It provides child development information and off-campus resources to UCLA families. The program coordinator is in contact with Westside child care providers and a small number of caregivers who will come to your home.

UCLA Affiliated Child Care & Education

UCLA Westwood Childcare Center-Bright Horizons

10861 Weyburn Avenue
Los Angeles, CA 90024

- (310) 481-0664
<http://www.bright Horizons.com>
- M-F 6:30 am - 6:30pm
- Developmental curriculum
- Infants to preschoolers
- NAEYC Accredited
- Accepts government subsidies but limited

UCLA Parent's Nursery School

3233 S. Sepulveda Boulevard, Suite 200
Los Angeles, CA 90034-4205

- www.upns.info - (310) 397-2735, Rachel - Graves Director
- This place is a cooperative preschool that takes children from 2-5 years old. Open to UCLA students, staff, and faculty only
- Housed in University Village on the Sepulveda side
- They have a full day (7:30 am-5:30pm), morning, and afternoon program, also a 3-5 days a week schedule.
- Need to volunteer in the classroom twice a month for 4 hours each (total of 8 hours a month).
- Potty-training not required for two year-olds
- Limited scholarships available.

UCLA Infant Development Program (IDP)

UCLA Department of Psychology
1620 Franz Hall
Los Angeles, CA 90095-1563

- Website:
<https://www.psych.ucla.edu/centers-programs/infant-development-program>
- Phone: (310) 825-2896
- Operated by the UCLA Psychology Department.
- The IDP has two primary functions: To offer high quality group care for infants and toddlers of the students, staff, and faculty in the Psychology Department and other departments on the UCLA campus & To serve as a teaching and research facility for the Psychology Department and UCLA community.
- Accommodates approximately 25 children (full-time equivalents)
- 3 months to 3 years of age
- Two sites: Franz and Fernald
- Operates year-round from 7:30 am to 5:30 pm, Monday through Friday.
- Full-time care (Monday - Friday), part-time 2-days (Tues, Thurs) or 3-day (MWF)

- Long waiting list. Faculty, students, and staff in the Psychology Department are given priority. Parents may apply as soon as they know they are pregnant).

UCLA Intervention Program- Support for children with special needs.

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

- In conjunction with Mattel Children's Hospital, they provide educational and therapeutic services which promote development and quality of life for children and families.
- Classes include: Infant Services (birth to 18 months), Toddler Program (18 to 36 months), Individual Physical Therapy, Let's Get Movin'—A Parent-and-Me Movement Group, Pollywog Pool Play Program, Developmental-Behavioral Pediatrics Clinic.

University Lab School - Part of the UCLA Graduate School of Education & Information Studies, we are an innovative school for children ages 4-12.

<http://www.labschool.ucla.edu/>

- We encourage children's natural love of learning while also helping them develop a disciplined approach to their work.
- Our classrooms and meeting spaces serve as a laboratory for exploring innovative ideas about teaching, learning, and child development.
- Through this mix of strategies, UCLA Lab School teaching practices and research outcomes have been widely shared with schools across the globe.

UCLA Babysitters

Are you looking for a babysitter that has a background in developmental psychology and is a UCLA student? The Infant Development Program (IDP) and the Applied Developmental Program (ADP) has a list of highly qualified students minoring

in ADP that can provide childcare services. More information can be found here: <http://www.psych.ucla.edu/center-and-programs/idp/babysitting-resources-and-requests>

UrbanSitter Partnership with SwD Program

Evening class or a paper due? Find last minute childcare with a free trial from UrbanSitter through the SwD Program promotion code! Sign up now at <http://www.urbansitter.com/promo/uclaswd> with discount code UCLADEPENDENTS. Get a free trial on UrbanSitter to find and book local babysitters recommended by other UCLA students and other friends in your social network.

Other Child Care and Preschools in the Neighborhood

Connections for Children

2701 Ocean Park Blvd., Suite 253
Santa Monica, CA 90405

- <http://www.connectionsforchildren.org/>
- (310) 452-3325
- M, Tu, Th & Fri. 8am – 5pm
Wednesday 8am – 7pm
- Non-profit Resource and Referral agency for locating child care in the community. Services are **free**
- They will locate all the child care centers, and home day care options in the area that are tailored to your specifications (ex, teacher to student ratio, ages, hours of operation, location, philosophy, cost, etc.).
- If you receive CalWORKs, connect with a Subsidy Programs Coordinator first. If you are going to apply in person, call them first to find out what documents you need to bring!



Santa Monica ~ Malibu Unified School District (SMMUSD) Child Development Services Head Start ~ California State Preschool Program (310)399-5865

- SSMUSD Application:
<http://www.smmusd.org/CDS/PreEnrollApp.html>
- They have over a dozen child development preschool facilities located through Santa Monica, ages 2-5 years old.
- Some are half day (3 hours) and others are full day (6 to 10 hours).
- Some accept CalWORKs subsidies and sliding scale for low-income families.

Los Angeles Universal Preschool (LAUP)

- Operates hundreds of preschools throughout Los Angeles, ages 3-5.
- Accept government subsidies. Have families from all income levels.
- <http://www.laup.net> or call toll-free at (866) 581-LAUP.

Overland Head Start

3615 Overland Avenue
Los Angeles, CA 90034

- Contact Allegra Miller at (310) 836-2340. Operated through Volunteers of America
- Free half day preschool for families that qualify
- 8-11:30 a.m. and 12:30- 4 p.m. Monday – Thursday, Friday (parent meetings and education)
- Ages 3 and 4 (must be age 3 by November 1st)

Mar Vista Gardens Head Start

11815 Allin St
Culver City, CA 90230

- Contact Maria Avalos or Brenda Herrera (310) 482-3981. Operated through Volunteers of America
- Full day, 8-3:00pm (4 year olds only)
- Half day, 8-11:30 (4 years), 12:30-4 (3 years old)

Head Start Programs in Los Angeles:

- <http://eclkc.ohs.acf.hhs.gov/hslc>
- Each program is different. Database can help you locate preschool in your community

Early Bird Learning Centers

1019 California Avenue
Santa Monica, CA 90403

- (310) 395-3282 - Lisa Wilson, Director
- <http://www.earlybirdlearningcenters.com/>
- 7:00am-6:30pm
- 12 weeks to 6 years old (Infant to transitional kindergarten)

Westwood United Methodist Church Preschool

10497 Wilshire Blvd.
Los Angeles, CA 90024

- (310) 474- 8986 – Linda Bravin – Director
- <http://www.westwoodumc.org>
- 2 years and 9 months-5 years
- Morning, afternoon, and full-day classes
- Developmental curriculum

St. John's Presbyterian Nursery School

11000 National Blvd.
Los Angeles, CA 90064

- (310) 477-0507 - Hanne Overbeck – Director
- http://www.stjohnspres.org/site/welcome/Nursery_School.html
- Half day program (3 hours)
- Ages 3 to 5 years old
- Offers a variety of programs ranging from two days a week to five days a week.

Santa Monica YMCA

- (310) 451-7387 - Kellie Flemming, Director
- <http://www.ymcasm.org/index.php?p=childcarerates>
- Ages 2 to 5 years old
- Limited financial aid available but must apply early!!
- Hours are 7:30-6:00pm
- Call for a tour, no walk-ins permitted

The Children's Place

235 Hill Street

Santa Monica, CA 90405

- (310) 399-6405
- Full day child care and preschool from 7:15am – 5:45pm
- <http://childrensplacepreschool.org>
- 2.9 to 5 years old
- Developmental curriculum
- \$1000 per month (meals included)
- Subsidies available

Westwood Hills Preschool

1989 Westwood Blvd.

Los Angeles, CA. 90025

- (310) 474-7398
- <http://www.westwoodhillspreschool.com>
- Ages two years to five
- Open year-round
- "Socially oriented program"
- 5 day a week program
- Tours last Thursday of the month, 10am

CHALK Preschool

2028 S. Westwood Blvd.

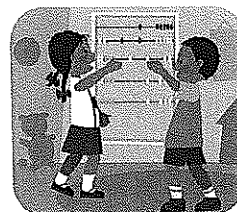
Los Angeles, CA

- www.chalkpreschool.com - (310) 446-5400
- Do not need to be toilet-trained
- Ages 2 to 6 years
- Open enrollment and year-round availability
- 2, 3, or 5 day a week program and full day program (7:30 am - 5:30 pm)
- Arts education curriculum

Culver City Child Development

- Preschool age 3-5
- Full and part day options
- K-5 Full day available 7am-6pm
- <http://ocd.ccusd.org/>
- Sliding scale fee payment options

Child Care Related Resources



- [CareLuLu.com](http://www.carelulu.com): Search tool for detailed information about licensed childcare providers. Searchable by languages spoken, operating hours, location and more.
- Sitter City: Provides referrals for childcare needs.
<http://www.sittercity.com/>
- Children's Defense Fund -
<http://www.childrensdefense.org>
- Zero to Three -
<http://www.zerotothree.org>
- National Association for the Education of Young Children (NAEYC) -
<http://www.naeyc.org>
- California Association for the Education of Young Children (CAEYC) -
<http://www.caeyc.org>
- Community Care Licensing Division -
<http://www.cclcd.ca.gov>

SCHOOLS

Usually schools of attendance are based on where you live. The two school districts nearest to UCLA are Los Angeles Unified School District (LAUSD) and Santa Monica-Malibu Unified School District (SMMUSD). Exceptions are magnet and charter schools (more information below).

Below is some general information about local school districts. For more detailed information about schools or kindergarten readiness, email swd@saonet.ucla.edu for an outline of schools, the enrollment process, cut-off dates, and the like.

Public Schools

Los Angeles Unified School District (LAUSD)

<http://notebook.lausd.net/schoolsearch/selector.jsp>

For LAUSD, if you want your child to attend a school outside of your area, call the school to ask if they have "Open Enrollment"

Below is a partial list of LAUSD schools near UCLA

- BROCKTON ELEMENTARY
- CHARNOCK ROAD ELEMENTARY
- CLOVER ELEMENTARY
- NORA STERRY ELEMENTARY
- WESTWOOD ELEMENTARY
- PALMS ELEMENTARY
- PALMS MIDDLE SCHOOL
- WEBSTER MIDDLE SCHOOL
- UNIVERSITY SENIOR HIGH

Santa Monica-Malibu Unified School District (SMMUSD): <http://www.smmusd.org/>

Inter-district permits are granted for the general education programs and are renewable annually. Check with the school to find out if they have space available.

For Commuting Students with Dependents

TIE-INS (Together in Education in Neighborhood Schools) is a collaboration between UCLA and a variety of public schools

near the UCLA area. The collaboration enables children of UCLA employees and students who live outside the attendance area to go to four public schools near UCLA. Children can be enrolled in a local LAUSD school: Nora Sterry, Braxton Elem, Emerson Middle School, and University High School.

If you spend the majority of your time on campus and would like your child to go to a neighborhood school, TIE-IN may be the program for you. SwD will be helped with the "open enrollment" process and given information about public school options.

To be eligible, commuting parenting students **must commit** to bringing children to school Monday through Friday even if they themselves do not come to school every day.

More information can be found at: <https://tie-ins.gseis.ucla.edu/>.

- Christine Shen, Director: shen@gseis.ucla.edu
- Nataly Birch, Program Coordinator: birch@gseis.ucla.edu

Magnet Schools around UCLA

To apply for a Magnet Program, you must fill out the CHOICES application form, found at <http://echoices.lausd.net>. The CHOICES form is available in November and is due mid-December. You may also obtain an application form at any LAUSD school or at any Los Angeles Public Library.

- PALMS MIDDLE SCHOOL GIFTED/HIGH ACHIEVER MAGNET (LAUSD)
- UNIVERSITY SENIOR HIGH SCIENCE, MEDICINE & HEALTH SERVICES ACADEMY
- UNIVERSITY SENIOR HIGH ACADEMY OF BUSINESS LAW/INTERNATIONAL RELATIONS/SOCIAL JUSTICE

- UNIVERSITY SENIOR HIGH ACADEMY OF ENGINEERING
- UNIVERSITY SENIOR HIGH DIGITAL MEDIA ACADEMY
- UNIVERSITY SENIOR HIGH HUMANITAS & PERFORMING ARTS ACADEMY
- UNIVERSITY SENIOR HIGH DIGITAL MEDIA MAGNET
- Edison Elementary (SMMUSD-English and Spanish Dual Immersion)
- SMASH Alternative School (SMMUSD)

Charter schools around UCLA

To find Charter schools in the area, visit the LAUSD Charter School Directory at http://notebook.lausd.net/portal/page?_pageid=33,205130&_dad=ptl&_schema=PTL_EP

They are categorized alphabetically and by zip code. Communities with corresponding zip codes near UCLA are as follows:

- Brentwood - 90049
- Century City - 90067
- Culver City - 90230/90232
- Cheviot Hills - 90064
- Mar Vista - 90066
- Palms - 90034
- Playa Del Rey - 90293
- Venice - 90291
- West LA - 90025
- Westwood - 90024

For cities not listed, look here:

http://www.laalmanac.com/communications/cm02_communities.htm

Private Schools around UCLA

UCLA Lab School

<http://www.labschool.ucla.edu>

(310) 825-1801

- Ages 4-12 years old

For additional information about public and private schools, go to www.greatschools.org

Helpful Links

- Outsmarting LAUSD - <http://www.greatschools.org/find-a-school/3539-outsmarting-LAUDS.gs>
- Guide to LAUSD SAS Programs - <http://losangeles.cbslocal.com/guide/a-guide-to-lausd%E2%80%99s-sas-programs/>
- Guide to LAUSD Magnet School Applications- <http://losangeles.cbslocal.com/guide/a-guide-to-lausd-magnet-school-applications/>
- Los Angeles Area Independent Schools <http://www.laais.org/schools/elementary-esad.html>

After School Programs

STAR Program

After school programming is offered at several public school campuses (elementary and middle). Scholarships are available based on individual needs and availability of funds. Please contact the camps department for more information at:

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

Boys and Girls Club

Offers bus transportation afterschool for eligible campuses. They also offer homework assistance, child development workshops for children as well as parents. There is a \$20 membership fee at Santa Monica locations, but other locations may offer free membership. Consult website for locations that serve your area.

TIPS: Palms Middle School and Palms Elementary are included for bus transportation program. Please contact website for application information and programs: <http://www.bgcw.org>

Beyond the Bell

A state funded after school education and safety program. Operated in cooperation with LAUSD. Care is from the release of school day until 6:00p.m. each school day. Consult website for further information: <http://www.btb.lausd.net>.

YMCA Los Angeles

Afterschool programs including: Academic Enrichment Program, Teen Club, and Tutoring and Homework Help. More information is included: <http://www.ymcala.org/metro/programs/afterschool-enrichment>.

Culver-Palms:
4500 Sepulveda Blvd Culver City, 90230
310-390-3604
<http://www.ymcala.org/culver-palms>

Westside:
11311 LA Grange Avenue Los Angeles, 90025
310-477-1511
<http://www.ymcala.org/westside>

After-School All-Stars Los Angeles

After-School All-Stars educates, enlightens and inspires young people by providing dynamic and exciting opportunities for success, while cultivating self-esteem, leadership and respect to help build healthier communities. There are a variety of schools all over the Los Angeles area. More information can be found at <http://www.la-allstars.org/>.

FINANCIAL AID RESOURCES

Financial Aid Office

<http://financialaid.ucla.edu/>

The FAO Service Counter is open for walk-ins Monday through Friday from 9AM - 4PM in Murphy Hall A129J (A Level).

Undergraduate Parenting Student Grant

Every year, UCLA's FAO Office distributes a need-based grant to undergraduate students caring for minor dependents at least 50% of the time. The grant is usually around \$2000 - \$3000 every year. Students must submit the FASFA by the UCLA deadlines and submit formal documentation of their dependents every year to qualify. If you have any issues, please contact your FA Counselors or the SwD Program Director.

Financial Aid Counselors

All students are assigned a FA Counselor. It is important that you meet and know your FA Counselor and that they are aware of your status being a UCLA parenting student. Keep them information of your financial situation and work with regularly to make sure you are maximizing all of the aid available to you. To learn who your FA Counselor is, please visit this link: <http://financialaid.ucla.edu/Contact-Us> (scroll down the page to see a listing of staff).

Work Study

Work study is a need-based form of financial aid that you earn through on- or off-campus employment and receive in the form of a paycheck. The intent of the Work Study Program is to encourage part-time employment and reduce the amount of loan debt incurred while attending college. More information on the program and how to find work-study positions on campus can be found here: <http://financialaid.ucla.edu/LeftNavUndergraduate/Work-Study-and-Jobs>.

TIPS:

- You will find an assortment of on-campus and off-campus work-study

jobs in this portal. The best times to find Work-Study jobs are in August.

- This listing is updated every day. Be persistent in checking this website as often as possible because the Work-Study Office gets anywhere from 20 to 100 new job listings a day and they change from day to day.
- When applying for a particular job, be sure to send a follow-up email a week later. Departments get flooded with resumes and you sometimes need to remind them of yours
- Always check for deadlines by clicking on the Getting Started (Blue tab), then Program Calendar.
- Word-of-mouth referrals go along way - ask friends in class where they work and if their department is hiring. Go to these departments and ask them directly if they are hiring. Campus departments that hire Work-Study students in droves are ASUCLA, Transportation Services, the Anderson School of Management, and the Library.
- Don't be afraid to go outside your comfort level and try jobs that are not related to your major; experience working with diverse locations on campus can enrich you and your resume.

UCLA Career Center

<http://career.ucla.edu/>

310-206-1915

Strathmore Building

501 Westwood Plaza

Mon- Fri 9:00 AM – 5:00 PM

Not only can the UCLA Career Center help you look for on-campus employment like work study jobs, but they can also help you find internships, format your resume, help you practice your interviewing skills, and assist you in exploring various career fields.

Below are a few places you can look for jobs:

- UCLA Bruin View (campus and community wide):
<https://secure.career.ucla.edu/BruinViewLogin/Login.aspx>
- UCLA Campus Human Resources (careers): <http://www.chr.ucla.edu>
- ASUCLA Jobs (on campus restaurant/service industry):
<http://asucla.ucla.edu/asucla-employment/>

UCLA Economic Crisis Response Team (ECRT)

This team services students who are in financial distress and are looking for ways to improve their financial situation. Send an e-mail to ECR@saonet.ucla.edu with your situation so they can begin to assist you and offer as many options to alleviate financial burdens as possible. The ECR Team also provides a resource guide for students in financial distress at the following address: <http://www.studentincrisis.ucla.edu/Economic-Crisis-Response>

A few of the references in this guide include programs to reduce utility bills, access emergency loans, apply for textbook scholarships, and find scholarships for undocumented students.

Financial Wellness Program

The mission of UCLA's Financial Wellness Program is to empower all Bruins to confidently navigate their finances in a way that supports their overall well-being. This program fosters financial literacy skills through workshops, coaching and online educational efforts. Additionally, we aim to encourage students to know who, when and why to ask for help. Overall, the program centralizes and advocates for student economic support services on campus.

Their website offers a wealth of resources for finances and budgeting. Staff and peer mentors are available to answer individualized questions. Sara Potter, Director, works closely with the Students with Dependents Program and is an advocate for our population.

<http://www.financialwellness.ucla.edu/>

Food

If you are concerned about not having enough money to eat, there are resources on and off campus that can assist you including:

UCLA Economic Crisis Response (ECR) Team Meal Vouchers

The ECR Team provides meal vouchers to students in financial distress. When school is in session, only off-campus students are eligible to receive meal vouchers. All residential dining facilities are closed during Spring Break. Therefore both on-campus and off-campus students will be eligible for meal vouchers during the Spring break. Meal vouchers can be picked up at the following locations during designated days/times throughout the quarter. Visit one of these locations to learn more:

1. Bruin Resource Center (located in SAC, B44)
2. Community Programs Office (located in SAC, 105)
3. LGBT Resource Center (located in SAC, B36)

Community Program Office (CPO) Food Closet

The CPO food closet is a pantry stocked with donated food items like canned soups and vegetables, instant noodles, bread, and oatmeal for students who need food but are without sufficient funds for food. The Food Closet is located on the first floor of the Student Activities Center, Room 111 by the stairs. Remember to bring a plastic or paper bag with you.

580 Café

Free “grab and go” food for those students who are unable to afford the cost of food. Hot and cold lunches, snacks and drinks are available. You make the selections. Sometimes, they even have meals you can bring home with you to your families (usually on Fridays)!

Open Monday through Friday from 9am-5pm and Sundays from 3-5pm. “Food, Wi-Fi, spirited conversation, and study space.” Located in St. Alban’s Church, 580 Hilgard Avenue (corner of Hilgard and Westholme across the street from Murphy Hall/ located next to the patio tables with umbrellas in the Chaplain’s Office.)

Contact Information:

- <http://www.wfsucla.org/contact.html>
- **Facebook:** Search Wesley Foundation Serving UCLA and 580 Cafe

Food Depot

This food pantry is available to parenting students who cannot afford to purchase food for their family. They will provide you with an empty grocery bag and you select the food you wish to take home. Hours are Monday through Friday from 3-5 pm at University Religious Conference at 900 Hilgard Avenue on the 3rd Floor.

Westside Food Bank

Food assistance is available to families at a number of locations on the Westside. Please contact a local agency for assistance.

http://www.westsidefoodbankca.org/index.php?option=com_content&task=view&id=70&Itemid=94

FREE FOOD DISTRIBUTION! 1st and 3rd Thursdays from 1-3pm - Distributions at the Tom Bradley Family Source Center. 5213 W. Pico Blvd., Los Angeles, CA 90019 (near La Brea). New clients must register at the center in advance and bring proof of residency and

proof of income. Call 323-692-0669 for more information.

Scholarships

The **UCLA Scholarship Resource Center (SRC)** is a great resource for our students. They offer free resources to help you find and apply for scholarships, assist in revising and editing your essays, and provide numerous workshops to help you fund your college education. It's best to make an appointment.

Hannah Nahm has been working on finding resources for Students with Dependents. The SRC's number is (310) 206.2875. Their hours are 11 am to 6 pm throughout the academic year and 12 pm to 5 pm during the summer. They are located in 233 Covell Commons up on the hill near the residence halls.

Scholarships:

<http://ncjwla.org/what-we-do/scholarships/>

Several dozen scholarships for child care, older students, career interest in teaching, nursing, tv & cinema, etc.

<http://www.scholarshipcenter.ucla.edu/Scholarships> for transfer students. Most deadlines are in Spring Quarter.

http://www.scholarshipcenter.ucla.edu/DUE/Donors_Freshmen.html

Scholarships for Freshman. Most deadlines are in Spring Quarter.

Graduate Students:

UCLA Graduate Education offers a searchable database for scholarships, fellowships and grants.

<https://grad.ucla.edu/funding/>

SOCIAL SERVICE BENEFITS

The Department of Public Social Services (DPSS): Government entity that oversees CalWORKS, CalFresh and the MediCal program. Eligibility is determined on a case-by-case basis and is dependent upon what type of services the student is seeking. Cash aid is listed under CalWORKS and includes additional resources for food assistance and Medi-Cal. The CalWORKS Program is primarily for families with minor or dependent children living in the home. CalFresh (State) and/or SNAP (Federal) is for monthly food assistance in the form of an EBT Card. The EBT card is used like a debit card, with a PIN # that can be used at most grocery stores (and local farmers markets!). This social service benefit is also available to college students on federal financial aid and working an on-campus or off-campus job. Medi-Cal provides medical insurance benefits to low-income families not covered under student status or employment. LACountyHelps is a great online tool that can help you determine different health and human resources programs you and your family may be eligible for. Every family situation is different, so do not hesitate to apply regardless of whether you think you may qualify or not.

California Work Opportunity and Responsibility to Kids (CalWORKS) is a welfare, time-limited program that provides financial assistance to eligible needy families with (or expecting) children to help pay for housing, utilities, clothing, medical care, and other necessary expenses. The program serves all 58 counties in the state and is operated locally by county welfare departments. If a family has little or no cash and needs financial assistance, this program may be available to provide immediate short-term help. Families that apply and qualify for ongoing assistance receive money each month to help pay for housing, food and other necessary expenses. The amount of a family's monthly assistance payment depends on a number of factors, including the number of people who are eligible and the special needs of any of those family members. The income of the

family is considered in calculating the amount of cash aid the family receives. Some UCLA students with dependents qualify for CalWORKS.

CalFresh was established to improve the nutrition of people in low-income households. It does that by increasing their food-buying power, so they are able to purchase the amount of food their household needs. CalFresh benefits are used instead of money at the grocery store. It is also known as "food stamps". CalFresh benefits are issued via an Electronic Benefit Transfer (EBT) card. There is a pre-screening tool you can use online to verify if you are eligible for CalFresh.

The nearest DPSS office to UCLA is the Rancho Park office (corner of Pico and Sepulveda)

11110 W. Pico Boulevard
Los Angeles, CA. 90064
(310) 481-4018

- Monday-Friday, 8:00 AM- 5:00 PM
- CalWORKS
- CalFresh (Foodstamps)
- Medi-Cal

You can apply multiple ways for DPSS benefits. Feedback from our students who have previously applied say that they have had the most success and fastest response with applying either online or in-person.

- **Online:** You can find the online application here. The system will prompt you to create a YourBenefitsNow! account.
- **In-Person:** Hardcopy applications can be found at your nearest DPSS or in the Bruin Resource Center. The nearest DPSS office to UCLA is in West Los Angeles at the corner of Pico and Sepulveda, down the street from the mall (Westside Pavilion). It is called the Rancho Park #60 office. It is suggested that if you go in-person, that you visit their office first thing in the morning to avoid long lines and wait times (office

hours are typically 8:00 a.m. - 5:00 p.m.). With your hardcopy application, you will also want to make sure you are prepared with the following information:

- MyUCLA information: Copy of Schedule of Classes, Enrollment Verification, Financial Aid Award/eFAN
- Copies of all utility bills (ex: water, sewer, garbage, electricity, gas, etc.)
- Copy of Lease Agreement
- Copy of Driver's License, Copy of Social Security Card, Copy of UCLA ID Card (you also need to provide this for your spouse if you are married)
- Copy of Child(ren)'s birth certificate and Social Security Card

The BRC is happy to help you make copies of these items for you so you are prepared with your DPSS visit.

- US Postal Service: You can mail materials to: Dept. of Social Services, Attn: CalFresh, 1110 W. Pico Blvd., Los Angeles, CA 90064. This is not recommended though.

GAIN – The GAIN program provides employment-related services to CalWORKS participants to help them find employment, stay employed, and move on to higher paying jobs, which will ultimately lead to self-sufficiency and independence. CalWORKS participants receive GAIN services in the GAIN Regional offices. It is mandatory for all CalWORKS participants to participate in GAIN. Often your role as a student will meet the hour requirement needed to satisfy GAIN. Hours spent in class and whether you go to class full-time/part-time will be considered. You will need to submit your student schedule usually on a quarterly basis. GAIN will approve your "Student Status" and help with the cost of your books and school supplies.

Medi-Cal - Medi-Cal is California's Medicaid program. This is a public health insurance program which provides needed health care services for low-income individuals including families with children, seniors, persons with disabilities, foster care, pregnant women, and low income people with specific diseases such as tuberculosis, breast cancer or HIV/AIDS. Medi-Cal is financed equally by the State and federal government. If you qualify, you will be required to choose an actual insurance plan like an HMO or PPO. Your Social Worker can help you with selecting the best option for your family. Feedback from our UCLA parenting students is that HealthNET is a popular one. Look for the welcome packet and list of primary care doctors that you will be required to choose.

CALWORKS/GAIN Paperwork

CalWORKS/GAIN services can be accessed through the Bruin Resource Center (BRC) and Academic Advancement Programs (AAP) Office (Carina Salazar and Eric Wells are the main AAP Professional Counselors that assist students with completing DPSS paperwork). The BRC is a department of Student Affairs and can assist student parents with the application and verification process. We have coordinated efforts with the local DPSS offices to provide our staff with the necessary skills to better assist students with paperwork verification needs. We are available to answer questions regarding case management, advocate on student's behalf, and provide additional resources.

Students still eligible for GAIN can request Book Reimbursement forms for basic school supplies by coming to the BRC. Make sure to let your caseworker know that you attend UCLA, which is on a quarter system.

HEALTH CARE

UC Health Care

UCLA SHIP www.ucop.edu/ucship

Health insurance is mandatory for all UCLA Students. UC Student Health Insurance Plan (UC SHIP) is available to all registered UCLA students. The Ashe Student Health and Wellness Center provides medical and preventative care/primary care while you're on campus. Look in the pamphlet for more information about adding your dependents onto UC SHIPS and the cost.

All registered UCLA students are eligible to use the Ashe Center services regardless of insurance type; however, with SHIP, most services are prepaid.

Students with SHIP should use the Ashe Center when they need routine or urgent, non-emergency medical care and are within 50 miles of UCLA; on occasions when the Ashe Center is closed, **Nurseline** (866) 704-8660 is available to all registered UCLA students seeking advice and information.

UC SHIPS includes, but is not limited, covered visits with Ashe Specialty consultants, health clearances, immunizations, labs, optometry, radiology, travel visits, and pharmacy prescriptions.

The Ashe Center contact information is www.studenthealth.ucla.edu (310) 825-4073

UC Health Care for Dependents

If you are in need of health insurance for your dependents, go to the Student Health website listed above, click on the "Insurance" tab at the top, then the "Dependent Coverage" tab on the left hand side. Undergraduate, graduate and professional students who are enrolled in UC SHIP have the option to enroll eligible dependents in a voluntary insurance plan. The

plan provides Anthem Blue Cross PPO medical insurance with the option to purchase Delta Dental benefits. Fees are based on a quarterly basis.

If you are expecting and have UCSHIPS or GSHIPS, you are eligible to enroll in the Future Moms Program (the link is found on the Dependent Coverage page on the website).

Alternate Insurance Resources

It's important to do your research on a variety of health care options for your family.

- Affordable Health Care Act/Covered California: <http://www.coveredca.com>
- Additional options can be found here: <http://www.studenthealth.ucla.edu/FormsDocuments/AlternateInsuranceResources.pdf>

No Cost & Low Cost Health Care

Venice Family Clinic

(310) 392-8636

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

Venice Family Clinic has many locations in the Venice/Culver City/ Santa Monica area, conveniently near UCLA and its family housing complexes. You can access services to this low-cost to no-cost clinic by making an appointment with the call center. This clinic also provides assistance with no-cost health insurance enrollment.

MediCal:

MediCal is one of the most popular options for our low-income UCLA families, which provides free or low-cost health coverage. Families can apply through Covered California.

Please note that LA Care Health Plan is the MediCal Plan accepted by UCLA Pediatrics. Always verify by calling the provider, doctor

and location to verify eligibility. Call (310) 825-0867 to see which doctors accept Medi-Cal.

California Kids:

<http://www.californiakids.org/> or (818) 461-1400

Healthcare for children up to age 19 who are not eligible for Medi-Cal or Healthy Families. \$4 to \$12 per month per child, varies by county

Access for Mothers and Infants (AIM):

<http://www.aim.ca.gov/Home/default.aspx> or call 800 433-2611

Free for low-income women not more than 30 weeks pregnant at date of application

Health Insurance for International Students

Gateway USA Program:

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

Health Care coverage for non-US citizens and international students with dependents

Mental Health

UCLA Counseling and Psychological Services

(CAPS) <http://www.counseling.ucla.edu>

If you are in need of counseling and have UCLA SHIP health insurance, you are eligible to see a therapist for free up to ten visits, and participate in the various support groups, free. If you have outside insurance, you can see a CAPS counselor and/or participate in the support groups for \$15.00 each visit.

Beyond your ten visits to CAPS, your therapist can refer you to long-term therapy on campus at a cost of \$15.00 per visit with SHIPS insurance. Prices are different depending on what other outside insurance you have. CAPS also offers numerous support groups including one for students with dependents, Latinas, Asian Americans, LGBT, grief and loss, divorcing families, anxiety, shyness, domestic

violence, dissertation groups, etc. Look for the most updated brochure of Therapy Group Offerings on the CAPS website.

Alcohol & Drug Recovery Meetings and Support at UCLA

<http://www.bruins4recovery.com/>

Self-Help Library Resources:

<http://www.counseling.ucla.edu/Self-Help-Lab-and-Library>

Pregnancy Resources

UC Ship-insured students are covered for prenatal care, delivery, and/or elective abortion. Contact your provider for more details.

Medi-Cal If you are pregnant, the Medi-Cal Program provides free or low-cost pregnancy-related health care coverage for low-income women. You may receive these services from a Medi-Cal doctor of your choice. You may apply at the local DPSS Office. Call the toll-free number at 1 (866) 613-3777 for a mail-in application. Applications are also available at many neighborhood clinics and hospitals.

Planned Parenthood of Los Angeles

committed, professional staff provides high-quality, affordable sexual and reproductive health care for men, women, and teens.

<https://www.plannedparenthood.org/health-center/all/all/90025>

Birth and Lactation Support

On Campus Lactation Rooms are available at various locations across campus. Breastfeeding is allowed anywhere on campus. Lactation room maps are available at the Bruin Resource Center in Student Activities Center, B44. For assistance in finding/securing additional lactation spaces, please contact swd@saonet.ucla.edu

- Haines Hall, 3rd Floor
- Student Activities Center, B-Level
- Murphy Hall- A279
- Franz Hall (2nd Bldg) 1268
- Wilshire Center – 11th Floor
- Fielding School of Public Health
- Reagan UCLA Medical Center

UCLA Recreation offers aquatics courses for Pre/Post Natal parents, open to everyone in the UCLA community. Contact Sales & Service at 310-82503701 and ask about Pre/Post Natal Water X classes.

University Village Community Center offers its residents Pre/Post Natal Yoga Classes at the UV Community Center. For more information contact Community Center Coordinator uasracc@gmail.com

UCLA's The Birth Place, Westwood offers childbirth, breastfeeding, C-section, Infant CPR, Mother-Infant support groups and more. Patients who deliver at The Birth Place pay a reduced fee for these courses, but most are open to everyone. Check with your healthcare provider to see if these courses might be covered.

<http://birthplace.uclahealth.org/class-schedule>

La Leche League of Los Angeles offers support groups and free monthly meetings at various locations on the Westside. Free phone support is available, check website for information.

<http://lalecheleaguelawestside.org/>

- Westwood Toddler Group: 2nd Saturday of the month – 10:00 AM to 11:00 AM 10919 Wellworth Ave, Los Angeles CA 90024 Contact Sharon (818) 445-0950
- Santa Monica Morning: 2nd Friday of the month – 10 AM to 11:00 AM 1119 Broadway #D, Santa Monica CA 90404 Contact 310)819-0408
- Santa Monica Evening: 4th Wednesday of the month – 7 PM to 8 PM Gan

Israel Preschool, 1341 9th St., Santa Monica 90401 Contact Hedi (310) 819-0408

- Venice Group: *Rotating Saturdays please contact Katie for exact date - 10 AM* The Art of Nursing Birth Center, 3013 Washington Blvd., Marina Del Rey 90292 Contact Katie at (310) 804-8901 or katiesjackson.ill@gmail.com

The Pump Station, Santa Monica

Offers classes and support groups for new moms, breastfeeding support, and Mommy & Me classes, in addition to supplies and resources relating to post-natal needs.
<http://www.pumpstation.com/breastfeeding/support-groups.html>

UC SHIP Plus: Dental Care

Undergraduates have the option of upgrading their UC SHIPS to UC SHIPS Plus which adds dental insurance. For graduate students who enroll in GSHIP (Graduate Student Health Insurance), dental insurance is already included.

UCLA Dental Student General Clinic

(310) 825-2337 or (310) UCLA DIS
<http://www.dentistry.ucla.edu/patient-care>

Low-cost dental care by pre-doctoral students supervised by a licensed dentist is available. For more information, contact the UCLA School of Dentistry on the 1st Floor (Westwood campus) or call.

Children's Dental Center (Pediatrics)

The Children's Dental Center provides dental and orthodontic treatment needs for children from birth to age 12.

Location: 2nd Floor, UCLA School of Dentistry (Westwood campus), Room 20-137 CHS Phone:

(310) 825-5619 or email
cdcinfo@dent.ucla.edu for more information.

CHILDREN'S ACTIVITIES

Are you looking for information about the types of programs and resources available to UCLA students who have children in grades kindergarten to 12th grade? This website has information on several dozen organizations that work with youth
<http://www.k12outreach.ucla.edu/>

Child-Friendly Museums

Below is list of local museums that open to the community for free. Please call ahead to verify "free" days.

Monthly Free Museum Days

- Page Museum, La Brea Tarpits (1st Tuesday)
- Natural History Museum (1st Tuesday – Additional days for September -check website for dates)
- Huntington Library, (1st Thursday, tickets required)
- Norton Simon Museum (1st Friday, 6-9 p.m.)
- Pasadena Museum of California Art (1st Friday)
- Los Angeles County Museum of Art (LACMA) (2nd Tuesday)
- Autry Center (2nd Tuesday)
- Los Angeles County Arboretum (3rd Tuesday)
- Japanese American National Museum (3rd Thursday & Target FREE Saturdays - check website for dates)
- Pacific Asia Museum (4th Friday)
- Kidspace Children's Museum (1st Tuesday)
- La Habra Children's Museum (1st Saturday)
- Bowers Museum (1st Sunday)

Weekly Free Museum Days

- Museum of Contemporary Art (MOCA)
Grand Ave, Thursday 5-8 p.m.)
- MOCA Geffen Contemporary
(Thursday 5-8 p.m.)
- Skirball Cultural Center (Thursday)
- UCLA Hammer Museum (Thursday)
- Long Beach Museum of Art (Friday)
- Museum of Latin American Art (Friday)
- Japanese American National Museum
(Every Thurs. from 5-8 p.m.)

Always Free

- California African American Museum
- California Science Center
- Olvera Street, El Pueblo de Los Angeles
- Fowler Museum of Cultural History
- The Getty Center (\$15 parking)
- The Getty Villa (timed ticket required, \$15 parking)
- Griffith Observatory
- Hollywood Bowl Museum
- Los Angeles County Museum of Art (LACMA) (free with Next Gen enrollment)
- The Los Angeles Fire Department Museum (Saturdays, 10-4)
- Los Angeles Maritime Museum
- MOCA Pacific Design Center
- Santa Monica Aquarium at the Pier, (Kids under 12 Free, Adults \$5)
- Santa Monica Museum of Art (Suggested \$5 donation)
- Travel Town Museum
- Walt Disney Concert Hall

LEGOS

Does your son or daughter like building with LEGOS? You can sign them up to join the LEGO Club. They will receive a monthly LEGO Club Jr. Magazine delivered to your home **free**. It has fun activities,

stories, and showcases the work of young builders all over the world. It's full of great ideas for the budding architect in your family. Call 1-866-534-6258 or sign up at <http://club.lego.com/en-us/Default.aspx>

Home Depot

Kids Workshop - Free the first Saturday of the month from 9-10 am. Come hammer, nail, build, and paint. Activities include building bird houses, cars, "house" banks, etc. The nearest Home Depot is on 12975 Jefferson Blvd., Marina Del Rey, CA

UCLA Film & Television Archive and the Hammer Museum present

Family Flicks – free and family-friendly movies at Wilder Theatre
<http://www.cinema.ucla.edu/events/family-flicks>

UCLA Fowler Museum

Free Family Programs on Sunday. Check their website for new programs.
<http://www.fowler.ucla.edu/calendar/upcoming-family-programs>

UCLA Planetarium and Telescope Shows

Wednesday Evening Public shows at 8pm are given by current astronomy and astrophysics students. Content varies, but usually includes discussions of night sky, constellations and more! Shows are **free**!
www.astro.ucla.edu/planetarium

Free Toys

Does your child need toys? The Toy Loan Program is a **free** community toy lending library. They have a range of toys that are developmentally appropriate for your child, from infancy to adolescence. As an incentive for taking good care of the toys, your child will receive a toy to keep after returning 20 toys in the same condition as they were borrowed.

The nearest Toy Loan Lending Service to UCLA is at the Upward Bound House, 1104

Washington Avenue, Santa Monica, 90403. (310) 458-7779. It is open on Tuesdays from 5- 7 PM.

<http://dpss.lacounty.gov/dpss/toyloan/default.cfm>

Kid's Activities

Check out **Macaroni Kid** to find out kid-friendly activities in Southern California

<http://go.madmimi.com/redirects/53eb3278af7bf116c2a3a0f50cf618e7?pa=7613074643>

Savvy Cities - Looking for activities to do with the children? Savvy Cities gives you a hand-picked selection of fun and affordable things to do in the city. Their updates are full of ticket discounts to theater, concerts, and sports, along with daily deal travel and events, free activities, and more.

<http://savvycities.com/los-angeles/>

Also go to **Red Tricycle**

<http://www.redtri.com/los-angeles-kids> for more information about kid-friendly events happening in and around Los Angeles. You can also look for activities in other cities.

Westwood Recreation Center offer summer activities next to Aiden's Place Park on 1350 Sepulveda Blvd., Los Angeles Ca, 90025 (behind the Federal Building off of Veteran and Sepulveda) (310) 473-3610 Pool: 310.478.7019. Their 2012 Summer Brochure is now available. They offer classes in an array of fields for children: mommy and me, ballet, tap, painting, clay, swimming, etc. For adults, they have classes such as yoga, basketball, fitness and dance classes. The classes are reasonably priced.

Local Libraries

Our local libraries offer free programs for children and their caregivers: story-time for infants, toddlers, preschoolers and book-clubs for elementary school students, "tweens" and teenagers. Activities for younger kids include

stories, rhymes, songs, music, dance, and puppet shows.

This is a great way to meet other mommies and daddies and find playmates for your children. To find out the Los Angeles County library and story-time programs in your neighborhood, check the following website: <http://www.lapl.org/index.php>

Some local libraries near UCLA are West Los Angeles Regional Library, Westwood Branch Library, Palms- Rancho Park, and Kaufman-Brentwood.

Also, be sure to check out the programs at the Santa Monica Libraries; they are about 5 miles away from UCLA and offer an assortment of free activities from Baby, Toddler, and Preschool story times to more unique activities such as Cuentos para Pequeños (story time in Spanish), Crafty Kids, Youth and Family Chess and Games, Lots of Legos, Cooking Classes, Mother-Daughter Fairy Tale Tea, Books and Bites, etc. <http://smpl.org/kids.aspx>

Kid Friendly Beaches

http://www.redtri.com/los-angeles-kids/hit-the-surf-8-kid-friendly-beaches?utm_source=contactology&utm_medium=email&utm_campaign=Los-Angeles-Newsletter-2012-05-31

Here are a few kid-friendly spots that will make your trip to the beach a—well, a day at the beach.

Annenberg Beach House Santa Monica. Open to the public, the Beach House is a unique community destination. With spectacular views, splash pad, playground, gallery, Marion Davies Guest House, beach courts & fields, community & cultural events, historic pool, free wi-fi, and more, there's something for everyone to enjoy!

Westward Beach, Malibu

This lovely stretch of sand is private and

picturesque. Often used for filming, the large cliffs provide a stunning backdrop for your family's beach day. Just be advised, this north-facing beach's surf breaks shallow and close to shore, and while the surf is generally not huge, smaller munchkins and beginning swimmers need to be watched closely, especially by the water's edge. If you keep your eyes peeled, you may even catch a glimpse of some body surfing dolphins! There is a pay parking lot or free parking on the street, just be advised you will have to cart your stuff and your little ones if you park on the street. The restrooms are generally clean but the lifeguard tower is only manned in the peak summer season.

Paradise Cove, Malibu

Not an everyday trip to the beach, a trip to Paradise Cove will set you back a few bucks. But the \$25.00 for parking or \$5.00 per person walk-in buys you a day's worth of access to one of the coast's prettiest spots. This private beach is safe and kid-friendly and boasts a host of amenities. The food at the restaurant is pretty good too and diners can park for four hours for only three bucks. Check out the tide pools, let your young ones swim under the lifeguard's watchful eyes, but be sure to get there early. The beach can be at capacity as early as 11:00am on busy summer weekends.

Will Rodger's State Beach, Pacific Palisades

Just off Pacific Coast Highway, at Temescal Canyon, Will Rodger's State Beach has it all: a huge sandy beach, volleyball courts, a playground, and convenient parking that stretches its length. Parking price varies by season so make sure you hit the ATM before you plan to hit the surf. Speaking of surf, this is a great spot to go practice those boogie boarding skills, with a long and low break perfect for beginners.

Santa Monica Area Beaches

Annenberg Community Beach House, Santa Monica

A visit to the Annenberg Community Beach

House is so much more than just a trip to the beach. With a playground, splash pad, pool, restaurant and tons of fun activities planned all summer long, you might not even make it to the ocean. Parking rates and activities schedule change throughout the year, so be sure to check their website for updated information before planning your visit. The pool is \$1 on Mondays but call ahead to reserve your tickets. Mother's Beach Basin D, Marina Del Rey This fantastic little surf-free spot is just the ticket if you are planning a beach day with toddlers. On the bay, with a full-time lifeguard, and a roped-off swim area, this mommy paradise might be your best shot for perfecting your tan. It can get crowded on warm summer weekends.

South Bay

Seaside Lagoon, Redondo Beach

A surf-free large salt-water lagoon, Seaside boasts lifeguard supervision, playground equipment, a snack bar hosted by Ruby's, and a large grassy play area. It's only open in the summer and there is a parking fee of \$4.00 along with an entrance fee that varies depending on the season. If you have a wide age range of kids in your group this is a great option, with the surf-free lagoon and sand for the tiniest tots and the knock-your-socks-off water slides for your big kahunas.

Mother's Beach, Long Beach

Another great option if you have small children. Mother's Beach in Long Beach is on a bay, fully staffed with safety personnel and has a great playground. It can be empty on early summer mornings and a complete zoo on weekend afternoons, so be cautious when planning your visit.

Bay Shore Beach, Long Beach

Just a hop, skip, and a jump from Mother's Beach is the Bay Shore Peninsula. Almost guaranteed to be less crowded, the Bay Shore Beach is clean, safe and fun. If you're looking for some solitude, try heading farther south

down the peninsula where you can probably score a stretch of sand all to yourselves. Just a reminder, there is no surf on the bayside beaches, so if you have a dude or dudette who wants to hang ten, these are not the spots for you. They are, however, perfect for toddlers, beginning swimmers, and mommies who are made nervous by big waves.

Orange County Beached: Worth the Trip!

Seal Beach-(the perfect spot to learn to surf, body board, or bodysurf)

Sea Bridge Park, Huntington Beach-(tough to find on your first try, but well worth it)

Strands, Dana Point

Little Corona, Newport Beach

Aliso Beach Park, Aliso Viejo

MISC. INFORMATION

Legal Services

Do you need legal advice and assistance? Contact UCLA Student Legal Services for help. They are in A239 Murphy Hall, Monday through Friday from 9 a.m. to 5 p.m. <http://www.studentlegal.ucla.edu> or contact them at (310)-825-9894 for more information.

Attorneys, with decades of experience, provide confidential legal counseling and assistance regarding a wide range of legal issues to all currently registered and enrolled UCLA students. Your student fees contribute to this service.

They help students with a variety of problems, including: landlord/tenant relations; accident and injury problems; domestic violence and harassment; criminal matters; divorces and other family law matters; automobile purchase, repair, and insurance problems; credit, collections, and financial issues; employment matters; and health care and consumer problems.

They also frequently assist students with issues they have with other UCLA departments in such areas as housing, financial aid, harassment, discrimination, ADA compliance, student discipline, and faculty misconduct.

UCLA Student Legal Services gives students the information they need to assess their options and, in appropriate cases, will negotiate on behalf of the student, as well as draft letters and legal documents for the student. Students should make appointments online. There is a \$10 fee for the initial one-hour consultation with an experienced attorney.

They also have monthly Mobile Legal Clinics throughout campus. See below for more information.

LAW IN THE UNION

- The first and third Thursday of each month 12-1:30pm
- Ackerman Union, A-Level (by the elevators)

LAW AT CPO

- The first Wednesday of each month from 2-3 pm
- Community Programs Office: 105 Student Activities Center

LAW ON THE HILL

- The first Tuesday of each month from 5:00-7:00 p.m. (Call for exact locations as they vary)

Transportation and Parking

UCLA subsidizes public transportation on the Culver City Bus (CCB) and the Santa Monica Blue Bus (BBB). If you will be taking either of these buses regularly, your best option would be to get a BruinGo Flash Pass. It's \$33 per academic quarter. If you are a GAIN participant, they should be able to pay for your bus pass. If you take the bus infrequently, can

either swipe your card (BBB) or show your card to the driver (CCB) and you'll be able to ride for \$.50, half the regular fare. Remember to show your BruinID.

For other transportation options for getting to and around UCLA, information about public transit, parking, vanpool, carpool and biking options contact UCLA Transportation: <https://main.transportation.ucla.edu/>

Bruin Commuter Club offers incentives for students who take public transportation, bike or walk to campus.

Students with Dependents are eligible for an exception for parking permits based on their need to transport their children to school/childcare. Students must apply by the deadline each quarter and can submit proof of their dependents to the parking office. For more information about Parking deadlines: <https://main.transportation.ucla.edu/campus-parking/students/student-parking-prioritization-process/student-parking-dates-and-deadlines>

Shopping

Looking for an inexpensive place to buy clothes, furniture or household goods? All of these places are either within walking distance to UCLA or accessible by Santa Monica Blue Bus #1

- UCLA Thrift Store (2 stores next to each other) - 11271 Massachusetts Ave. & 1601 Sawtelle Blvd.
- Salvation Army – Sawtelle and Santa Monica Blvd near the 405 Fwy (1 block from UCLA Thrift Store)
- Ross – 3033 S. Sepulveda Blvd., Los Angeles, (310) 390-5970
- Ross - 1360 Westwood Blvd Los Angeles, CA (310) 475-8227

- Marshalls - 11270 Olympic Boulevard, West Los Angeles, CA 90025 (310) 312-1266
- Tuesday Morning - 901 Santa Monica Blvd., Santa Monica, CA 90401 (310) 899-1569

Parent Support Groups

The Bruin Resource Center has partnered with Counseling and Psychological Services (CAPS) to offer a weekly support to parenting students. The group meets Wednesday mornings beginning in Fall Quarter, Week Three. For information, contact the Students with Dependents Program at swd@saonet.ucla.edu.

Spouses Circle, for international students and their spouses, along with US born parents and spouses, meet every Friday at 11:00 AM. This group meets at the Dashew Center in Bradley International Hall 300C. Contact intlspouses@saonet.ucla.edu for more information.

Well Baby Center

Well Baby Center is a non-profit parenting and counseling center providing affordable Pregnancy, Childbirth Preparation, and Mindful Parenting Newborn, Infant & Toddler Groups. We also have Court-Appointed Loving Discipline Parenting Classes, Well Baby Music, Becoming Social Outdoor Play Groups, developmental assessments, parenting consultations, and in-depth relational family and individual counseling services. All our classes and counseling services are provided on a sliding fee scale based on ability to pay. More information can be found at <http://www.wellbabycenter.org/>

Student Organizations

There are hundreds of student organizations on campus that will allow you to meet with people who have the same interests and/or status as you. The link above takes you to a list of the registered student organizations at UCLA. You may search for a student organization by typing the name or by category. You may also enter keywords that may help you narrow your search.
<http://ucla.orgsync.com/Search>

Parenting Students at UCLA (PSUCLA) is a student group that serves as a voice and support system for parenting students, undergraduates, graduates and professional school students. As a supportive community, they are committed to increasing students' access to and awareness of campus resources and enrichment opportunities. The group also promotes campus and community engagement that enrich and support students' academic and professional goals.

Mothers of Color de Academia (MOCA) is a student advocacy group that is working to build an inclusive environment for parenting students on campus.

More helpful Information

UASRA

If you live in University Village, be sure to join the UASRA Group on Facebook ([University Apartments South Residents Association](#)). It's comprised of residents who live in UV, the overwhelming majority who are students with dependents.

Parenting Advice & Support

Dr. Tina Bryson is a Los Angeles-based parenting expert. Her free website is full of practical parenting advice ranging from discipline and sharing to temper tantrums and fostering cooperation <http://tinabryson.com>
Echo Parenting and Education
<http://www.echoparenting.org/>

LA-based organization that promotes and trains families on non-violent parenting. They offer parenting classes, support groups, workshops, retreats, parent coaching, literature, etc.

Common Sense Media

Do you want information on if that new "G" movie is really suitable for your four-year-old? What about the latest movie being marketed to your teenager? "Common Sense Media is dedicated to improving the lives of kids and families by providing trustworthy information, education, and an independent voice families need to thrive in a world of media and technology." It gives ratings and practical advice on everything media related that's targeted towards children from TV shows, movies, and video games to websites, books, music, and iPhone apps.
<http://www.commonsensemedia.org/new>

UCLA K-12 Outreach

Are you looking for information about the types of programs and resources available to UCLA students who have children in grades kindergarten to 12th grade? This website has information on several dozen UCLA organizations that work with youth.
<http://www.k12outreach.ucla.edu/>

Tickets to Events

UCLA Central Ticket Office – great deals on all sorts of tickets from movies to festivals to Theme Parks to Bus Passes, plus info on upcoming events
<http://www.tickets.ucla.edu/>

Recreation

UCLA Recreation offers a wide range of recreational activities and services. Our programming encompasses the competitive, social, cultural and instructional aspects of recreational activity. UCLA students, faculty, staff and eligible alumni affiliates (and their family members) can access our many programs and facilities. Classes and access to

facilities for rock climbing, swimming pools, surfing, camping equipment, bicycles, and more are available to students and their families.

<http://www.recreation.ucla.edu/>

Parks

Mar Vista Recreation Center

<http://www.laparks.org/dos/reccenter/facility/marVistaRC.htm>

This park is a few blocks away from University Village. See their website for information about summer camp, outdoor movie nights, children's and adult activities, sport leagues, etc.

Westwood Recreation Center

<http://www.laparks.org/dos/reccenter/facility/westwoodRC.htm>

This park is close to UCLA on Sepulveda next to Aiden's Place Park. They have a public swimming pool, summer camps, free performances, children's and adult activities, sport leagues, racquetball courts, etc.