PASADENA PUBLIC HEALTH DEPARTMENT

# Maternal, Child, & Adolescent Health Program

Pasadena Public Health Department low or no-cost services to help families grow, learn, and thrive

## Black Infant Health




- Free prenatal and postpartum groups
- Peer support and free baby supplies

## HIPPY

Home Instruction for Parents of Pre-K Youngsters




- Educational activities
- Weekly home visits and group meetings

## Cal-InSPIRE Family Navigation Program



- Navigation help for services & systems
- Special health care needs support
- Parent events

## Local Oral Health Program



- Free dental kits and events
- Dental care referrals and education

## Safe Sleep Education Program




- Infant sleep safety guidance
- Free safe sleep items and cribs with Medi-Cal

## Child Passenger Safety Program



- Booster and car seat checks
- Installation training

## Women, Infants & Children (WIC)




- Nutrition education and breastfeeding support
- Healthy food benefits

## Parenting Support



- Community Health Worker services
- Home visits and parenting support

**Contact:** MCAH@CityofPasadena.net (800) 304-0015

**Eligibility:** Most programs, not all, require Pasadena, Altadena, or Sierra Madre residency. Contact us to learn more.

Scan the QR Code:

CityOfPasadena.net/MCAH