



PARENT GUIDE

STUDENTS WITH DEPENDENTS PROGRAM AT UCLA

BRUIN RESOURCE CENTER

2019-2020

TABLE OF CONTENTS

INTRODUCTION	2
BRUIN RESOURCE CENTER WELCOME AND OVERVIEW	3
STUDENTS WITH DEPENDENTS	3
STAYING CONNECTED	6
PARENTING STUDENT ORGANIZATIONS at UCLA	6
GRIT PEER-TO-PEER LIFE COACHING PROGRAM	7
COMMUNITY PROGRAMS OFFICE	8
UCLA FAMILY-FRIENDLY TOOLKIT PROJECT 2019-20	8
FOR EXPECTING AND LACTATING STUDENTS AND THEIR PARTNERS	8
GRADUATE AND PROFESSIONAL STUDENTS WITH DEPENDENTS	10
TITLE IX	15
CENTER FOR ACCESSIBLE EDUCATION	15
HOUSING	16
COMMUTING/TRANSPORTATION AND PARKING	20
HEALTH INSURANCE AND HEALTH CARE RESOURCES	22
ON CAMPUS MENTAL HEALTH RESOURCES	24
DASHEW CENTER FOR INTERNATIONAL STUDENTS AND SCHOLARS	25
CHILDCARE AND SCHOOLS	25
FOOD SECURITY AND BASIC NEEDS	34
FINANCES AND FUNDING	35
EMPLOYMENT	37
STUDENT LEGAL SERVICES	39
PRE AND POST-NATAL PROGRAMS ON CAMPUS	40
CHILD-FRIENDLY PROGRAMS AT UCLA	40
ADDITIONAL COMMUNITY RESOURCES	41
CALIFORNIA PUBLIC SOCIAL SERVICES	41
PARENTING ADVICE AND SUPPORT	44
SHOPPING	45
FREE MUSEUM DAYS	45
TOYS AND CRAFTS	47
LA PARENT MAGAZINE	48
LIST OF ALL LOS ANGELES PARKS AND BEACHES	48
LOCAL LIBRARIES	48

Parent Guide: Students with Dependents Program at UCLA

INTRODUCTION

UCLA welcomes you and your family! We recognize that being a parent, guardian and/or caregiver is an important facet of your identity. We want you to be proudly visible on campus as a parenting student. You bring valuable knowledge and wisdom to the UCLA community. This guide is designed to help you:

1. Navigate the resources available to you as a parenting student or student with dependents at UCLA;
2. Connect you with other parenting students at UCLA, and
3. Provide information on advocacy and policy changes.

The table of contents is used as a quick reference to answer specific questions, though all information is useful when navigating the UCLA community as a student with dependents.

This 'toolkit' is intended to serve as a starting point to direct you to relevant resources, in a Wikipedia-like format to provide you with the most current information. Please be aware however, that policies and resources are consistently changed and/or amended.

DISCLAIMER: We have outlined paid services that some students with dependents have found useful in the past. However, UCLA, the Bruin Resource Center, and the Students with Dependents program cannot endorse these services. It is listed here as a courtesy to you, but please take the time to verify and vet the information.

Moreover, should you notice an error in this guide, or have a suggestion for something that you think would be helpful for other student parents, please contact the Students with Dependents program at (310) 794-1823 or email swd@saonet.ucla.edu.

BRUIN RESOURCE CENTER WELCOME AND OVERVIEW

The Bruin Resource Center (BRC) provides specialized services and programs to address particular concerns and needs of all UCLA students; including undergraduate, graduate, and professional school students who identify as members of these communities:

- ❖ Students with Dependents
- ❖ Current and Former Foster Youth
- ❖ Undocumented Students
- ❖ Students in Recovery
- ❖ Students impacted by the criminal justice system

Additionally, the Bruin Resource Center houses the UCLA Intergroup Relations Program

The BRC promotes student autonomy where the UCLA student experience is maximized and embraced offering a wide array of programs, volunteer opportunities, and internships. We acknowledge that even the most capable student can, at times, feel confused and intimidated by the size and complexity of the campus. The BRC assists by working with partners throughout campus and providing information, referrals, and support. The Bruin resource center is located in the Student Activities Center room B-44. For detailed information, visit our website at www.brc.ucla.edu.

STUDENTS WITH DEPENDENTS

Mission of the Students with Dependents Program

The Students with Dependents (SwD) Program at the Bruin Resource Center provides caring and personalized support to UCLA undergraduate, graduate and professional school students who are parents, guardians, and caregivers. The program is committed to promoting your success by offering programs and advocacy that enrich and support parenting students' academic, personal, and professional goals.

The SwD Program aims to successfully transition you to UCLA, and assist you through your degree completion by providing a family-friendly, centrally located facility. The current and future UCLA community benefit from a campus wide commitment to supporting parenting students and their families with resources that encourage both academic and family success.

Location

The Students with Dependents Program is located in the Student Activities Center, room B-44. Program hours vary during the summer. Please check the website at www.swd.ucla.edu for current business hours.

Students with Dependents Program Staff Contact



Mia Davis is the Program Director of the Students with Dependents Program and is available for one-on-one appointments to coordinate resources and referrals. She has over 10 years of experience working with students in higher education and is a UCLA alumna. Mia is a former participant and intern of the Students with Dependents program, and is a proud mother of a 13-year-old son. Mia is excited and honored to be in a position that allows her to advocate, support, and empower students with dependents at UCLA. She can be reached at swd@saonet.ucla.edu or mdavis@saonet.ucla.edu

Students with Dependents Interns are also available to meet with parenting students to coordinate resources and referrals at the Bruin Resource Center. To schedule an appointment, call (310) 794-1823 or email swd@saonet.ucla.edu.

Students with Dependents Program Services

- ❖ Comprehensive digital Parenting Resource Guide
The *Parent Guide: Students with Dependents Program at UCLA* (this manual)
- ❖ A dedicated space at the Bruin Resource Center for studying, relaxing, and meeting other students with shared experiences.
- ❖ Individual and academic support.
- ❖ Assistance with programs such as CalFresh, CalWorks/Gain, WIC and MediCal.
- ❖ Referrals to campus and community resources.
- ❖ Advocacy and support through collaborating with other UCLA Departments such as Financial Aid, Housing, Early Childhood Education, Transportation, Student Affairs, and with professors and UCLA employers.
- ❖ Student-led programming and community building event.
- ❖ Guidance on accessing and applying for guaranteed parking (payment is required, along with documentation).
- ❖ Quarterly workshops to help strengthen skills and promote success as both parents and scholars.
- ❖ 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.

- ❖ Behind-the-scenes: Policy work at the University and Governmental level to make UCLA more inclusive for student parents (ask us if you would like to get involved!).
- ❖ A family-friendly graduation celebration annually in June, in partnership with Parenting Students at UCLA (PSUCLA).
- ❖ Annual Little Bruin Wishes holiday gift giving program open each November to families of all faiths, cultures, and traditions. Graduate, undergraduate, non-traditional, and international families are eligible. Any student who feels that they will not be able to give their children a happy holiday due to financial limitations is encouraged to apply.
- ❖ Lactation workshops and private spaces throughout campus.

STAYING CONNECTED

1. Join the [SwD listserv](http://smarturl.it/UCLASWDLISTSERV) to receive biweekly newsletters to stay informed about important SwD Program information: <http://smarturl.it/UCLASWDLISTSERV>.
2. Join the [SwD Facebook Group](http://www.facebook.com/groups/studentswithdependents/) to instantly connect with other UCLA parenting students: <http://www.facebook.com/groups/studentswithdependents/>.
3. Like our [page on Facebook](http://www.facebook.com/uclastudentswithdependents) to get the latest updates on events, scholarships, and resources available to UCLA parenting students and their families: <http://www.facebook.com/uclastudentswithdependents>.
4. Find us on [Instagram](#): @UCLA_SWD
5. Feel free to contact Mia Davis, the Students with Dependents Program Director, and the Students with Dependents Interns at the Bruin Resource Center. B-44 Student Activities Center, 310-794-1823, swd@saonet.ucla.edu.

PARENTING STUDENT ORGANIZATIONS at UCLA

MOCA

The Mothers of Color in Academia of UCLA (MOCA) is a student-led collective committed to advocating for systemic support and policies that prioritize the needs of all parenting students, faculty, staff, and service workers.

Contact: mocadeucla@gmail.com

Instagram: <https://www.instagram.com/mothersofcolorinacademia>

Facebook: <https://www.facebook.com/groups/MOCASdeUCLA/>

<http://mocadeucla.wixsite.com/mysite>

PARENTING STUDENTS AT UCLA (PSUCLA)

Parenting Students at UCLA (PSUCLA) serves a diverse population of students and is dedicated to providing assistance and support of the academic and personal success of student parents and those with dependents at UCLA. As a supportive community, they are committed to increasing students' access to, and awareness of campus and enrichment opportunities. The group also promotes campus and community engagement that enrich and support students' academic and professional goals.

Facebook: <http://www.facebook.com/groups/psucla/>
<https://www.swd.ucla.edu/PSUCLA>

NON-TRADITIONAL STUDENTS NETWORK

From the SOLE website: The UCLA Non Traditional Student Network is an organization and support system which brings together all UCLA students who are returning to higher education after pursuing various walks of life. We assist students with the facilitation of resources, and advocate for our growing community which is fostered by non-traditional students, advocates and amazing faculty. Our Mission: As the Non-Traditional Student Network is to function as both a social, academic, and institutional support system for the diverse and growing demographic of non-traditional students at UCLA. What is a non-traditional student?

- ☐ Anyone returning to school after taking a break from their educational goals.
- ☐ Working professionals finishing a degree or working on a new one.
- ☐ Parents returning to school after starting a family.
- ☐ Students returning from military service.
- ☐ Older students returning to school after taking time off to pursue other life goals
- ☐ Transfer students
- ☐ Part-time students
- ☐ Commuter students
- ☐ Married students
- ☐ Students who work full-time while enrolled and are financially independent

The 'non-traditional student' experience, and identity, falls outside of a traditional high school-to-college path. Contact:

ucla.nts@gmail.com

<https://uclantsn.wixsite.com/nts>

UASRA

If you reside in University Village, you have the option to join the UASRA Group on Facebook (University Apartments South Residents Association). University Village houses UCLA students, many of whom are students with dependents. Should you need assistance connecting with other student parents regardless Students with Dependents program.

GRIT PEER-TO-PEER LIFE COACHING PROGRAM

GRIT Peer-to-Peer Life Coaching program is committed to the development and well-being of the whole student. GRIT stands for guidance, resilience, integrity and transformation. This program provides UCLA students with individualized support from trained peer coaches, with the aims of enhancing overall well-being and improving academic and personal success by utilizing various strategies for empowerment. Topic areas that peer coaches focus on during their one-on-one sessions with students include stress management and mindfulness, fostering positive social connections, goal setting, academic skills enrichment and navigating campus resources. GRIT is open to undergraduate and graduate students.

Location: Bruin Resource Center (B-44 Student Activities Center)

<https://www.grit.ucla.edu/>

COMMUNITY PROGRAMS OFFICE

The UCLA Community Programs Office (CPO) is where undergraduate students from various communities come together to engage, and share experiences. It is a place for students to find a community away from home, a safe place where they are able to feel comfortable to grow and flourish during their time on the UCLA campus. The CPO serves as an umbrella to the Student-Initiated Access Center, the Student Retention Center, as well as to numerous community service projects. The CPO office strives to help students succeed in any way that it can. And offers items such as free scantrons and blue books.

Location: 105 Student Activities Center

cpo.ucla.edu

UCLA FAMILY-FRIENDLY TOOLKIT PROJECT 2019-20

UCLA is constantly working to make its processes more transparent and efficient. You are an important partner in shaping UCLA into a more family-friendly campus. We need your feedback! During the 2018-19 academic year, the Students with Dependents Program is coordinating a task force to increase knowledge about the experience of all Students with Dependents at UCLA, and how we can all work together to improve it. Please contact Mia Davis at the Bruin Resource Center to learn more about how you can get involved. Email swd@saonet.ucla.edu or call 310-794-1823.

FOR EXPECTING AND LACTATING STUDENTS AND THEIR PARTNERS

Information from the CAE's (Center for Accessible Education) webpage for expecting and parenting students:

A *normal* pregnancy generally does not qualify as a disability under the ADA (American Disability Act), although disabling conditions associated with pregnancy (such as gestational diabetes and preeclampsia) would qualify if they substantially limit one or more major life activity. Expecting and/or parenting students who have general questions about their rights under Title IX should contact the Title IX office.

CAE provides academic accommodations for pregnant, parenting, and lactating students. Common accommodations available to expecting, parenting, and lactating students include:

- ❖ Adjusted attendance requirements
- ❖ Adjusted assignment deadlines
- ❖ Exam accommodations (separate test environment, time compensated breaks)
- ❖ Modified assignments
- ❖ Access to lactation spaces on campus
- ❖ Van service
- ❖ Parking
- ❖ Housing

If you are an expecting, parenting, or lactating student and you need academic accommodations, please [apply for Accommodations](http://www.cae.ucla.edu/students/accommodation-requests) at www.cae.ucla.edu/students/accommodation-requests.

During the interactive process, a CAE Disability Specialist works with students to devise an individualized accommodations plan. It should also be noted that parenting student rights also extend to male students.

If you are unsure where to query your questions or issues, please feel free to give us a call. The CAE works closely with the Title IX office to ensure that you have access to the information and accommodations you need.

If you are experiencing a web accessibility issue, please contact the ADA/504 Office for further assistance by emailing ada@saonet.ucla.edu or calling (310) 206-8049.

Students have the option to file a disability-based discrimination grievance. Please see [UCLA Procedure 230.2](#): Student Grievances Regarding Violations of Anti-Discrimination Laws or University Policies on Discrimination Based on Disability.

Refer to the Resources and Policies for Breastfeeding at UCLA guide for information about:

- ❖ Your rights as an expecting and/or parenting student at UCLA under [Title IX](#)
- ❖ Map of Lactation Spaces at UCLA: Access the lactation room layer on the interactive UCLA campus map [here](#)
- ❖ UCLA Resources and Student Organizations
- ❖ UCLA [Lactation Educators](#) with support for enrolled students and their partners
<https://ucla.app.box.com/v/policy-tool-kit>

If you are weighing a decision to take a leave of absence, consult with the Students with Dependents Program Staff and/or the Insurance Office on the 4th Floor of the Ashe Center to clarify how the timing of leave may affect your health insurance.

GRADUATE AND PROFESSIONAL STUDENTS WITH DEPENDENTS

The Students with Dependents program works closely with the UCLA Graduate Divisions' Graduate Student and Postdoctoral Scholar Case Managers, Armando Flores and Kaitlyn Loughran

Armando Flores
Graduate Student & Postdoctoral Scholar
Case Manager
UCLA Graduate Division
(310) 206-1158
aflores@grad.ucla.edu

Kaitlyn Loughran
Graduate Student & Postdoctoral Case
Manager
UCLA Graduate Division
(310) 794-7033
kloughran@grad.ucla.edu

GRADUATE STUDENT RESOURCE CENTER

The UCLA Graduate Student Resource Center is a resource and referral center specifically for currently-enrolled graduate and professional school students. In conjunction with the Graduate Students Association, it plans the campus wide Graduate Student Orientation and Equity, Inclusion and Diversity Graduate Welcome Day events for incoming graduate and professional school students. It is also the home of the Graduate Writing Center, which offers specialized support, workshops and one-on-one writing appointments.

Location: B-11 Student Activities Center gsrc.ucla.edu

YOU HAVE RIGHTS

As graduate and professional school students, you may be both a student and a UCLA staff member. Various policies may apply to you depending on these roles, and/or how you are funded. If you are expecting, discuss policies and procedures for childbirth, leave and/or accommodations with the student affairs officer/graduate counselor from your academic department or school. The Bruin Resource Center's Students with Dependents staff will assist in outlining your options, sharing resources and directing students to referrals.

If you are experiencing discrimination, or any type of stressor affecting your ability to academically perform as an expecting, lactating, or parenting graduate student, speak with the

Students with Dependents program staff. The Students with Dependents Program staff will strive to minimize time and aggravation and are able to give you specific referrals to offices and staff that may assist with your particular situation or issue.

You may have additional rights and/or resources available to you specific to funding, and your campus employment, through:

- ❖ [UCLA Title IX Office](#)
- ❖ [Center for Accessible Education](#)
- ❖ [ADA/504 Compliance Office](#)
- ❖ [UCLA Equity, Diversity and Inclusion](#)
- ❖ [Campus Human Resources Staff Diversity and Compliance](#)
- ❖ [UC Student Workers Union](#)

Graduate Childbirth Accommodation and Childbirth Leave

From the Graduate Division's website: Six weeks of maternity leave funding are automatically granted for expectant mothers holding UCLA Fellowships, Graduate Division Endowed Fellowships or fellowships offered by academic departments and centers at UCLA. (Refer to the Graduate Student Financial Support booklet for lists of these fellowships.) Also, a student holding a TAship is eligible to receive up to six (6) weeks of paid leave for pregnancy, childbirth or related medical conditions for the period prior to, during and after childbirth (refer to Article 17 Leaves of the University of California and the UAW contract). You do not need to apply for Childbirth Accommodation Funding if you have an appointment as a Teaching Assistant nor if you have these types of fellowships.

The UCLA Childbirth Accommodation Fund was established to provide expectant mothers who work as GSRs (Graduate Student Researcher), or who hold extramural fellowships that do not fund maternity leave, with paid leave for up to six weeks. A student may choose to continue to work in some modified capacity during these six weeks but is not required to do so. A longer period of leave may be granted, without pay, in the case of exceptional medical circumstances experienced by the mother or child before or after birth.

Research doctoral students who are undergoing childbirth or coping with other serious parenting demands are allowed additional time to meet established deadlines for passing preliminary and/or qualifying examinations and completing their dissertations. See page 23 of [Standards and Procedures for Graduate Study at UCLA for more details](#).

Please visit [this page](#) on Standards and Procedures for Graduate Study on the Graduate Division's website for more information, FAQs, and for the petition forms. grad.ucla.edu/academics/graduate-study/standards-and-procedures-for-graduate-study/

Consult with Students with Dependents Program Staff, the Graduate Division's Graduate Student and Postdoctoral Case Manager, and/or the Insurance Office on the 4th Floor of the Ashe Center to clarify how the timing of leave may affect your health insurance.

Graduate Childcare Reimbursement Program

This program is for registered UCLA students holding at least a 25% ASE (Academic Student Employee—includes teaching assistants, readers and tutors) and/or GSR (Graduate Student Researcher) appointment during the academic year and who have (a) qualified dependent(s). An ASE/GSR who meets the standard eligibility requirements will be offered a reimbursement of up to \$900 per quarter or \$1,350 per semester for childcare costs during the academic year. Additionally, an ASE/GSR who meets the standard eligibility criteria for a summer session appointment can be reimbursed up to \$900 for eligible expenses incurred during the summer. The \$900 limit applies regardless of the number of summer terms an ASE/GSR may work in a calendar year. To be eligible for reimbursement during the summer term, the ASE/GSR must also be a registered student in the regular academic terms preceding and following the summer session appointment.

Please visit the Graduate Division’s website for forms, FAQs and the reimbursement process. Please note that this program is not available to those holding a fellowship—it is available only to those who have at least a 25% appointment as an ASE/GSR.

California Department of Developmental Services

From their website: The California Department of Developmental Services is the agency through which the State of California provides services and supports to individuals with developmental disabilities.

These disabilities include intellectual disability, cerebral palsy, epilepsy, autism and related conditions. Services are provided through state-operated developmental centers and community facilities, and contracts with 21 nonprofit regional centers. The regional centers serve as a local resource to help find and access the services and supports available to individuals with developmental disabilities and their families. This site provides information about developmental milestones:

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

WESTSIDE REGIONAL CENTER

If you live in the Westwood /West LA area you can request a free, state-mandated assistance for your child and determine if they are eligible for services at the Westside Regional Center. The regional center that serves you is determined by where you live; if you live outside of the Westside Regional Center’s service area, other California area regional centers are listed on the California Department of Developmental Services’ website: <https://www.dds.ca.gov>

WESTSIDE REGIONAL CENTER

Address: 5901 Green Valley Circle # 320
Culver City, CA 90230
Phone: 310-258-4000
Email: info@westsiderc.org

WESTSIDE FAMILY RESOURCE AND EMPOWERMENT CENTER

Located in the same building as the Westside Regional Center is the [Westside Family Resource and Empowerment Center](#). The following is from their website:

Westside Family Resource and Empowerment Center (WFREC) staff are experienced parents and family members of individuals with disabilities who are trained to provide emotional and informational support to families who have a child or young adult with a disability, chronic illness or other special health care needs. We also provide information and support for professionals and teachers working with people who have disabilities. Support groups and specific disability groups offer parents whose children have similar challenges the opportunity to meet and share information and mutual support. When families share common concerns and experiences the support can be uniquely meaningful. We also sponsor trainings and workshops to help families advocate for their children and access services and community resources.

Address: 5901 Green Valley Circle #320, Culver City, CA 90230

Phone: (310) 258-4063

Email: westsidefrec@gmail.com

Hours of Operation: 9:00am-5:30pm

EARLY START: 0-3

If your child is younger than 3, the Westside Regional Center offers an assessment to evaluate if your child qualifies for assistance through services such as speech therapy, occupational therapy, physical therapy, behavioral therapy, and others. If your child is deemed eligible for an early start program, you will be offered one at no cost to you. There are several early start programs in Los Angeles County, and there is an early start program located on the UCLA campus:

[UCLA Intervention Program](#)

3 AND UP: SCHOOL DISTRICT

When your child is 3 or older, unless they are deemed eligible for lifetime services through the Westside Regional Center, they are served by the [Los Angeles Unified School District's Division of Special Education](#). The Los Angeles Unified School District can assess your child and help you to develop an Individualized Education Program (IEP) that will include school-based services. If you are moving to the Los Angeles area and your child had an IEP previously, their office is the contact for beginning the IEP process in the Los Angeles area.

ADDITIONAL RESOURCES FOR CHILDREN WITH DISABILITIES

Parenting & Children’s Friendship Program, Semel Institute for Neuroscience and Human Behavior

Parent-assisted, social skills group programs for children in elementary school (beginning at the end of 1st grade) who are experiencing hurdles making and/or keeping friends. This program also offers parent training/behavior modification programs for parents with children (starting at age 2) and early adolescents (age 12-15).

Phone: 310-825-0142

Email: For inquiries regarding the Children’s Friendship Program, email socialskills@mednet.ucla.edu; for inquiries regarding the Parenting 2-12 or PEACE groups, email parenting@mednet.ucla.edu.

Website: <https://www.semel.ucla.edu/socialskills>

UCLA Recreation Adaptive Programs

From their website: UCLA Recreation provides therapeutically-based recreation programs for people with cognitive and physical disabilities that expand their access to opportunities which promote physical fitness, health and wellness, increased self-esteem, and greater functional independence. In addition to adaptive programs, we provide opportunities for students and community members to volunteer. Volunteers assist in the development and delivery of programs. Educating the campus community on the lifestyle of individuals with disabilities in relation to recreation and sport is another aspect of the program. Adaptive Recreation is committed to providing programs and presentations to campus organizations about adaptive equipment and programs.

<https://www.recreation.ucla.edu/adaptiveprograms>

RESOURCES IN THE LOS ANGELES COMMUNITY

AIDEN’S PLACE AT WESTWOOD RECREATION CENTER

Universally Accessible playground located close to the UCLA campus:

<https://www.laparks.org/playgrounds/westwoodUAPRC>

LIST OF ALL UNIVERSALLY ACCESSIBLE PLAYGROUNDS AT PARKS IN LOS ANGELES

<https://www.laparks.org/uap>

INCLUSIVE LA

This is a section of LA Parent Magazine that is free and includes articles, resources, and local events for children with disabilities. It is updated monthly.

<https://www.laparent.com/content/special-needs/>

TITLE IX

Students, faculty, and staff who have questions about their rights as an expecting and/or parenting students should refer to the Title IX office. Title IX can assist students in filing a report should they believe their rights have been violated or they were refused an appropriate accommodation. Please visit this [website](#) from the Title IX office for information on your basic rights as an expecting or parenting student.

www.sexualharassment.ucla.edu

If you are experiencing discrimination based on your status as an expecting and/or parenting student, the Students with Dependents staff is available to extend support through confidential and non-confidential reporting, in addition to supplying resources as appropriate.

You may also have rights beyond those guaranteed by Title IX. Please contact the Students with Dependents staff at the Bruin Resource Center with any questions, and they will guide you to appropriate referrals. Moreover, varied factors such as your employment status on campus may dictate how you are funded. Additional rights and/or resources may be available to you through:

[Center for Accessible Education](#)

[ADA/504 Compliance Office](#)

[UCLA Equity, Diversity and Inclusion](#)

[Campus Human Resources Staff Diversity and Compliance](#)

[UC Student Workers Union](#)

UCLA's Center for Accessible Education (CAE) facilitates academic accommodations for regularly enrolled, matriculating students with disabilities. The CAE provides access to numerous educational opportunities available to students on campus and empowers students to realize their academic potential.

If you have questions about disability-related accommodations, please contact the CAE at (310) 825-1501.

<https://www.cae.ucla.edu>

CENTER FOR ACCESSIBLE EDUCATION

UCLA's Center for Accessible Education (CAE) facilitates academic accommodations for regularly enrolled, matriculating students with disabilities. The CAE provides access to the numerous educational opportunities available to students on our campus and empowers students to realize their academic potential.

If you have questions about disability-related accommodations, please contact the CAE at (310) 825-1501.

<https://www.cae.ucla.edu>

From the CAE's webpage for expecting and parenting students:

A normal pregnancy generally doesn't qualify as a disability under the ADA, although disabling conditions associated with pregnancy (such as gestational diabetes and preeclampsia) would qualify if they substantially limit one or more major life activity. Pregnant and/or parenting students who have general questions about their rights under Title IX should contact the Title IX office.

Although a *normal* pregnancy does not qualify as a disability under ADA (American Disability Act), CAE provides academic accommodations for expecting, parenting, and lactating students.

Common accommodations available to expecting, parenting, and lactating students include:

- ❖ Adjusted attendance requirements
- ❖ Adjusted assignment deadlines
- ❖ Exam accommodations (separate test environment, time compensated breaks)
- ❖ Modified assignments
- ❖ Access to lactation spaces on campus
- ❖ Van service
- ❖ Parking
- ❖ Housing

Expecting, parenting, or lactating students may request academic accommodations by applying through CAE [apply for Accommodations](#). During the interactive process, a CAE Disability Specialist works with students to devise an individualized accommodations plan. Please note; parenting student rights also extend to male students.

If you are unsure where to query your questions or issues, please feel free to give us a call. The CAE works closely with the Title IX office to ensure that you have access to the information and accommodations you need.

If you are experiencing a web accessibility issue, please contact the ADA/504 Office for further assistance by emailing ada@saonet.ucla.edu or calling (310) 206-8049.

If you are a student and would like to file a disability-based discrimination grievance, please see [UCLA Procedure 230.2](#): Student Grievances Regarding Violations of Anti-Discrimination Laws or University Policies on Discrimination Based on Disability

HOUSING

GUARANTEED STUDENT FAMILY 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 based on the 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 exceed your budget, 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 our monthly rental installment eclipses your allotted financial aid budget, you may apply for a budget increase by completing the current academic year Housing Adjustment Form and submitting it to the Financial Aid and Scholarships Office in addition to a brief statement explaining your special circumstance. Notify the financial aid counselor of your parenting student status when petitioning for an increase in your rental budget. The form can be found here:

<http://www.financialaid.ucla.edu/Forms-and-Publications>

Click on “Academic Year Appeal Forms” and then “Housing Adjustment Form.” 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.

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. Individual circumstances may vary, and students are encouraged appear in the office and personally discuss their situation. For more information, please contact the UCLA Housing Office at (310) 206-7011. 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: <https://housing.ucla.edu/>

UCLA FAMILY HOUSING

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

University Village: Built exclusively for student families (married or partnered couples with or without children, and single parents with children residing with them at least 50% of the time.) University Village (UV) is 5.8 miles from UCLA. There are accessible transit lines nearby discounted at a rate of \$.50/way 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.

All UCLA housing complexes available for parenting students are located in the Palms and Mar Vista area, ranging about 3 – 5 miles away from UCLA. There is a non-refundable application fee of \$30.00. Family housing is in high demand, should you desire to be considered for housing, it is therefore in your best interest to apply early.

For new students, the application deadline is usually at the beginning of June (please check with UCLA Housing for current deadlines). Please note that a \$500 deposit will be required upon your acceptance of your housing offer (**usually within 2-3 days**).

Should you need assistance with the deposit, please contact the Students with Dependents program at (310) 794-1823 immediately after receiving your housing offer.

To access the application and more detailed information, go to <https://housing.ucla.edu/> or call the appropriate housing office:

- ❖ Housing Services Office
(310) 206-7011
- ❖ Community Housing Office (number available until 9/1/2018; after 9/1 website resources are still available)
(310) 825-4491
- ❖ Center for Accessible Education
(310) 825-1501 TDD (310) 206-6083
- ❖ University Village Rental Office
(310) 398-4692

AMENITIES

UCLA Family Housing was designed with student families in mind and is located within walking distance to K-12 public schools, grocery stores, parks, libraries, shopping centers, freeways, and public transportation. Units include basic cable and internet services. There are playgrounds for children available throughout the secured complexes, as well as barbeques, a swimming pool, and laundry facilities that enable plenty of community building for students and their families. University Village also has a gated community and a variety of programming and activities like yoga 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 depends on the complex you live in and the number of bedrooms/bathrooms that are in your rental. Specific information can be found here:

<https://housing.ucla.edu/my-housing/rates-contracts-rules/university-apartments-graduate-family-students-rates>

UNIVERSITY APARTMENTS SOUTH TRANSFERS

Student families who are currently reside in any University Apartments South complex are eligible to request to transfer after establishing residency of least six months. You may request to transfer from one complex to another and may only ask for a lateral transfer (different apartment, same unit type) to another complex but not within. For more information, visit the University Apartments Rental Office or the UCLA Housing Services Office at Sproul Hall.

NON-UCLA 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 website, <http://www.cho.ucla.edu> for listings of privately-owned vacant and shared rental units near the campus with information on neighborhood profiles and estimated rental costs. This is an exclusive web resource only, available to members of the UCLA community. The Students with Dependents 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 experiencing homelessness, please contact these resources for assistance:

[UCLA Economic Crisis Response Team](#)

Email: ecr@saonet.ucla.edu

Phone: 310-206-1189

211 LA County: a resource hotline and search engine for all health and human services resources in Los Angeles County. Includes emergency preparedness information, heating and cooling stations in inclement weather, information about family resources, etc.

<http://www.211la.org>

PATH (Local Organization: People Assisting the Homeless) Making it Home

<http://www.epath.org/site/IfYouAreHomeless/how-do-i-get-started.html>

COMMUTING/TRANSPORTATION AND PARKING

Students with Dependents are eligible for a parking permit exemption based on their need to transport their child(ren) to school/childcare. Students must apply by the deadline each quarter and submit verification of their dependents to the parking office. For more information about parking deadlines, visit this website:

<https://transportation.ucla.edu/campus-parking/students/student-parking-application-process>

UCLA subsidizes public transportation on the Culver City Bus (CCB) and the Santa Monica Big Blue Bus (BBB). A BruinGo Flash Pass is available for purchase on the UCLA Transportation website at a fee of \$33 per academic quarter. Fares are discounted at a cost of \$.50/way when you provide verification of your student status with your Bruin Card. Please be aware, however, if you are in a carpool on campus you are not eligible to purchase a Flash Pass. It is in your best interest to weigh the most efficient option to suit your needs. If you are a GAIN participant, DPSS reimburses travel expenses.

For other transportation options to and around UCLA, including LA Metro, parking, vanpool, carpool and bikeshare, contact UCLA Transportation: <https://transportation.ucla.edu/>

The Bruin Commuter Club (sign up at transportation.ucla.edu) offers incentives for students who take public transportation, bike or walk to campus.

UCLA Transportation Customer Service

Email: transportation@ts.ucla.edu | Phone: (310) 825-6918

Address
555 Westwood Plaza
Los Angeles, CA 90095-1360

Office Hours
7:45 a.m. to 5:00 p.m.
Monday – Friday

UCLA RECREATION

Little Bruin's Clubhouse

The Little Bruin's Clubhouse provides free and reduced cost evening youth programming for dependents of students at the John Wooden Center for children diaper graduate-age – 14 years old. Undergraduate and Graduates with dependents may utilize the clubhouse at no cost. The Little Bruin's Clubhouse offers students with dependents with a supervised, kid friendly environment for group and independent play or study with trained youth counselors who engage children in age appropriate activities while student parents/caregivers attend class or participate in evening programs or study groups on campus. For full, updated details on the Little Bruin Clubhouse and FAQ, visit their website: <https://www.recreation.ucla.edu/youthprograms>.

Late Night Date Night

This program provides an opportunity for parents and caretakers to enjoy an evening without their dependent(s), and is offered once per quarter providing after hours care for UCLA students faculty, staff and community members with dependents ages 4 – 14 years.

Registration required through UCLA Recreation website prior to designated date. Activities include: dinner at one of the dining facilities, games, glow in the dark sports, arts and crafts, movie and popcorn.

Fee: \$15 (for students)

Drop-Off: 5:30 p.m. Pick-Up: 10:30 p.m.

Location: Sunset Canyon Rec Center (SCRC)

Winter Break Camp (Scholarships Available)

Programming will include general outdoor games, indoor crafts, and one field trip

Location: Sunset Canyon Recreation Center

Length of day:

8:30 – 9:00	Check In
9:00 – 12:00	Programming
12:00 – 12:30	Lunch
12:30 – 3:00	Programming
3:00 – 3:30	Check Out

Spring Break Camp (Scholarships Available)

Location: Marina Aquatic Center

Transportation Available

Week 1: Monday, March 23 – Friday, March 27

Week 2: Monday, April 6 – Friday, April 10

Details and registration can be found on the recreation website:

<https://www.recreation.ucla.edu/youthprograms#297491743-spring-break-camps>

For UASRA Residents Only

UAS classes offer University Apartments South residents the opportunity to register for a variety of fitness and art related courses. Classes are offered at an affordable rate subsidized by UASRA and structured to appeal to residents of all ages and instructed by well versed professionals.

HEALTH INSURANCE AND HEALTH CARE RESOURCES

UC SHIP

Health insurance is mandatory for all UC and UCLA Students. The UC Student Health Insurance Plan (UC SHIP) is available to all registered UCLA students, including both undergraduate and graduate students. The Arthur Ashe Student Health and Wellness Center provides medical and preventative care/primary care while you're on campus. Because all UC students are required to have medical insurance, UC automatically enrolls all registered students in UC SHIP.

If you choose to waive out of UC SHIP you must do so by the listed deadline each year, and provide proof of an alternative health insurance plan.

UC SHIP offers medical, pharmacy, dental, vision, mental health and substance use disorder benefits for all UC undergraduate and graduate students and their eligible dependents.

All registered UCLA students, with or without UC SHIP, are eligible to receive services at the Ashe Center; however, with UC SHIP, most services are prepaid.

For in-person assistance with any questions about health insurance (both UC SHIP and non-UC SHIP options), visit the Insurance Office window at the UCLA Ashe Center on the 4th floor and ask the helpful staff about any questions about UC SHIP or finding other insurance options for you and your dependents.

For online information about UC SHIP, visit <https://www.ucop.edu/ucship/> or go to www.studenthealth.ucla.edu and click on the "Insurance" tab at the top of the page.

Arthur Ashe Student Health and Wellness Center:
310-825-4073

www.studenthealth.ucla.edu

See helpful "Quick Links" menu on the right side of the home page

INFORMATION ABOUT UC SHIP FOR YOUR DEPENDENTS OR IF YOU ARE EXPECTING

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 and Vision benefits.

If you are pregnant and have UC SHIP, you are also eligible to enroll in Anthem’s Future Moms Program (the link is found on the Dependent Coverage page on the website). If you are in need of health insurance for your dependents or want the information about the Future Moms program, go to www.studenthealth.ucla.edu, click on the “Insurance” tab at the top, then the “Dependent Coverage” tab on the left hand side.

Please do consider discussing all of your options in person at the Insurance Office window on the 4th Floor of the Ashe Center. The staff can save you time by talking through what is available to you.

Pregnant/lactating student parents: you should be aware that you are eligible to be reimbursed for appointments with a lactation consultant through UC SHIP, as well as for a breast pump rental. Please speak with the Insurance Office window on the 4th floor of the Ashe Center for details.

Also make sure to consult with Students with Dependents Program Staff and/or the Insurance Office on the 4th Floor of the Ashe Center to make sure that you understand how the timing of any leave you may take may affect your health insurance. Consult with them ahead of time so you know your options and you can make sure you do not have a break in health insurance.

HEALTH CARE COVERAGE FOR INTERNATIONAL STUDENTS AND THEIR FAMILIES

(*Note: international students are eligible for UC SHIP and are automatically enrolled; talk with the Insurance Office on the 4th Floor of the Ashe Center for your options):

Gateway USA Program

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

*NO-COST AND LOW-COST HEALTHCARE OPTIONS (INCLUDING DENTAL)

*Note: Consult with the Insurance Office on the 4th Floor of the Ashe Center to talk through all of your options and which will be the lowest cost for you and your family. It is important to do your research to determine whether UC SHIP or another plan will better meet your family’s needs.

MEDI-CAL FOR LOW INCOME FAMILIES/IF YOU ARE PREGNANT

Medi-Cal remains one of the most popular options for our low-income UCLA families, which provides free or low-cost health coverage for those who qualify. Low-cost plans are available if you do not qualify for Medi-Cal. Families or expecting students may apply for Medi-Cal or other low-cost plans through Covered California.

Visit <https://www.coveredca.com/>. If you are pregnant, click on “Get Coverage” and then “Coverage Options for Pregnant Women.”

Please note that the LA Care Health Plan is the Medi-Cal Plan accepted by UCLA Pediatrics, and is the Medi-Cal plan for Los Angeles County. You may review information at www.lacare.org. Again, consult with the Insurance Office on the 4th Floor of the Ashe Center for advice.

VENICE FAMILY CLINIC

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

(310) 392-8636

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

PLANNED PARENTHOOD

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>

UCLA SCHOOL OF DENTISTRY DENTAL CLINICS IN WESTWOOD AND VENICE

Appointments and clinics for general dentistry, pediatric dentistry, and dentistry for patients with disabilities are offered through these clinics. Many services are low-cost with locations at the UCLA School of Dentistry and in Venice. For more information about their services and how to enroll as a patient, visit their FAQ page:

<https://www.dentistry.ucla.edu/patient-care/faqs>

ON CAMPUS MENTAL HEALTH RESOURCES

COUNSELING AND PSYCHOLOGICAL SERVICES

Counseling and Psychological Services (CAPS) is a multidisciplinary student mental health center for the UCLA campus.

CAPS 24/7 Crisis Counseling: (310) 825-0768

<https://www.counseling.ucla.edu/>

MINDFUL AWARENESS RESEARCH CENTER (MARC)

The Mindful Awareness Research Center is a partner of the Norman Cousins Center for Psychoneuroimmunology within the Jane and Terry Semel Institute for Neuroscience and

Human Behavior at UCLA. MARC's mission is to foster mindful awareness across the lifespan through education and research to promote well-being and a more compassionate society.

MARC provides in-person and online workshops and guided meditations, many of them free or low-cost for members of the UCLA community. Visit marc.ucla.edu for more

RESILIENCE IN YOUR STUDENT EXPERIENCE (RISE)

RISE is an affiliate program and physical extension of UCLA's Counseling and Psychological Services (CAPS). The RISE Center is a holistic wellness hub that provides an array of programs, classes, trainings, and self-directed resources to foster and support resilience, connection, and well-being for our UCLA community. Services are free of cost to students and are led by a team of healing practitioners, mental health experts, prevention educators, wellness advisors, and student ambassadors. We champion best practices around equipping students with social-emotional skills, embracing difference and diversity, and elevating the concept of "mental health" as an every-day habit so that students can meet their full capacity for personal success. Our wellness oasis offers inclusive, accessible services such as meditation, yoga, peer coaching, and other mind-body modalities. Please email RISE@caps.ucla.edu to schedule an intake with a resilience advisor or stop by the RISE Center in Lu Valle Commons Basement for more info. More information about RISE programming can be found on Instagram: [@RISEcenterUCLA](https://www.instagram.com/RISEcenterUCLA) or Facebook: [RISE Center UCLA](https://www.facebook.com/RISE.Center.UCLA).

DASHEW CENTER FOR INTERNATIONAL STUDENTS AND SCHOLARS

The Dashew Center for International Students & Scholars serves the international community at UCLA. They are the central hub for contact, resources, support and advocacy for international students and scholars.

If you are an international student, the Dashew Center often offers supportive programs including a spouses-circle. Refer website for updated details.

106 Bradley Hall
417 Charles E. Young Drive West
Los Angeles, CA 90095
(310) 825-1681
internationalcenter.ucla.edu

CHILDCARE AND SCHOOLS

With the exception of UCLA Early Care and Education, the Students with Dependents Program, the Bruin Resource Center, and UCLA do not endorse any of the following childcare providers or schools. We offer this information as a courtesy to you. This is also not a comprehensive list.

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

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

Students who are expecting are urged to investigate their childcare options, and add their information to a waitlist application as soon as possible. Waitlists for infant childcare in Los Angeles are very long. Do not wait until you are later in your pregnancy, or after birth to create your childcare plan.

UCLA EARLY CARE AND 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 Early Care and Education (ECE)

- ❖ 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 (8 weeks) 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 kinds 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 is income-based and available through the California Department of Education Child Care Tuition Subsidy. If you believe you qualify, 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 the Scholarship Application and submit it with your ECE application. Scholarships are practical options for students whose income disqualifies them for the tuition subsidy listed above.

Parenting students may submit a "Budget Increase Form," to assist with the cost of childcare. Forms are located under the current Academic Year Appeal Forms on the UCLA Financial Aid and Scholarships Office Forms webpage.

UCLA-AFFILIATED EDUCATIONAL PROGRAMS

UCLA Westwood Childcare Center managed by Bright Horizons

10861 Weyburn Avenue

Los Angeles, CA 90024

(310) 481-0664

<http://www.brighthorizons.com>

- ❖ Service days/hours M-F 6:30 am - 6:30pm
- ❖ There is a waitlist for this childcare facility
- ❖ Developmental curriculum
- ❖ Infants to preschoolers
- ❖ NAEYC Accredited
- ❖ Accepts government subsidies, but limited

UCLA Parents Nursery School

3233 S. Sepulveda Boulevard, Suite 200

Los Angeles, CA 90034-4205

(310) 397-2735

<http://www.upns.info>

- ❖ Cooperative preschool that enrolls children from 2-5 years old. Open to UCLA students, staff, and faculty only
- ❖ Housed in University Village on the Sepulveda side
- ❖ Full time and Part time Care offered through 7:30 am-5:30pm
- ❖ There is a waitlist for this childcare facility
- ❖ Volunteer hours required at twice a month for 4 hours each
- ❖ 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

Phone: (310) 825-2896

<https://www.psych.ucla.edu/centers-programs/infant-development-program>

- ❖ 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)
- ❖ Age of care serviced: 3 months to 3 years of age
- ❖ Two sites on campus: 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 Lab School

330 Charles E Young Dr. N.

Los Angeles, CA 90095

Part of the UCLA Graduate School of Education & Information Studies.

(310) 825-1801

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

- ❖ Serves children from Pre-k – 6th grade
- ❖ Encourages children's natural love of learning while also helping them develop a disciplined approach to their work.
- ❖ 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.

Geffen Academy at UCLA

<https://geffenacademy.ucla.edu>

(310) 794-9877

- ❖ Serves children in grades 6-12

ASSISTANCE WITH FINDING LICENSED CHILDCARE AND PRESCHOOLS

Connections for Children

2701 Ocean Park Blvd., Suite 253

Santa Monica, CA 90405

(310) 452-3325

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

- ❖ Service days/hours: M, Tu, Th & Fri. 8am – 5pm; Wednesday 8am – 7pm
- ❖ Nonprofit resource and referral agency for locating childcare 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 (for example: teacher to student ratio, ages, hours of operation, location, philosophy, cost, etc.).
- ❖ If you receive CalWORKs, connect with a Subsidy Programs Coordinator before applying

CHILDCARE AND EARLY EDUCATION ACCREDITATION AND LICENSING

- ❖ 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, State of California
<http://www.cclcd.ca.gov>

ADDITIONAL LOCAL PRESCHOOL PROGRAMS

The Students with Dependents Program, the Bruin Resource Center, and UCLA do not endorse any of the following childcare providers or schools. We offer this information as a courtesy to you. This is also not a comprehensive list. Please be sure to thoroughly research any schools/childcare providers before choosing a childcare facility or school for your child(ren).

If you are unsure where to begin in your search for a preschool, please contact the staff at the Students with Dependents program for assistance in steps to take to find a licensed preschool that fits your needs.

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>
- ❖ Offers over a dozen child development preschool facilities located through Santa Monica, ages 2-5 years old ranging from part day programs at 3 hours to full time at 6-10 hours per day.
- ❖ Some accept CalWORKs subsidies and sliding scale for low-income families.

Los Angeles Universal Preschool (LAUP)

(866) 581-LAUP

<http://www.laup.net>

- ❖ Operates hundreds of preschools throughout Los Angeles, ages 3-5.
- ❖ Accept government subsidies.

Overland Head Start

Operated through Volunteers of America

3615 Overland Avenue

Los Angeles, CA 90034

(310) 836-2340.

- ❖ 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

Operated through Volunteers of America

11815 Allin St

Culver City, CA 90230

(310) 482-3981.

- ❖ 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 varies site by site

St. John’s Presbyterian Nursery School

11000 National Blvd.

Los Angeles, CA 90064

(310) 477-0507

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

- ❖ Half-day program (3 hours) from two to five days a week
- ❖ Serves ages 3 to 5 years old

Santa Monica YMCA

1332 6th St, Santa Monica, CA 90401

(310) 451-7387

<http://welcome.ymcasm.org/child-care/>

- ❖ Ages 2 to 5 years old
- ❖ Limited financial aid available, must apply early!!
- ❖ Operates 7:30am-6:00pm
- ❖ Call for a tour, no walk-ins permitted

The Children’s Place

235 Hill Street

Santa Monica, CA 90405

(310) 399-6405

<http://childrensplacepreschool.org>

- ❖ Full day childcare and preschool from 7:15am – 5:45pm

- ❖ 2.9 to 5 years old
- ❖ Developmental curriculum
- ❖ Subsidies available

Westwood Hills Preschool

1989 Westwood Blvd.
Los Angeles, CA. 90025
(310) 474-7398

<http://www.westwoodhillspreschool.com>

- ❖ Serves ages 2 to 5 years
- ❖ Open year-round
- ❖ 5 day a week program

CHALK Preschool - Tarzana

19436 Ventura Blvd
Los Angeles, CA
(818) 593-2244

<http://www.chalkpreschool.com>

- ❖ Do not need to be toilet-trained
- ❖ Ages 2 to 6 years (Potty training not contingent on acceptance)
- ❖ 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

<http://ocd.ccusd.org/>

- ❖ Preschool age 3-5
- ❖ K-5 Full day available 7am-6pm
- ❖ Sliding scale fee payment options

PUBLIC SCHOOLS

There are a number of choices and programs available to your child(ren) through the local public school districts. Navigating the school districts' websites can be challenging, with overlapping deadlines. Please reach out to schools you are interested in as soon as possible to find out about options for your child(ren).

We offer a few tips in navigating your search for information about local public schools; however, we strongly encourage you to reach out to fellow student parents at UCLA who have

navigated this process before. Often, your peers who have children are the best source of current information and/or tips on how to manage your search. We also encourage you to reach out to the Students with Dependents program if you need assistance with either starting your search or connecting with other parenting students on campus.

To locate public schools in the Los Angeles Unified School District, including charter schools, visit this directory website: <https://schooldirectory.lausd.net/schooldirectory/>

Some tips:

The Los Angeles Unified School District (LAUSD) offers choices beyond your assigned home school, including magnet schools, charter schools, dual-language programs, and more. For definitions of these programs, please visit echoices.lausd.net

Information fairs are typically held in September and October prior to the enrolling academic year. Refer to the echoices website for current details. The application timeline is usually the month of October through the beginning of November before the upcoming academic year, with the late application process happening in February.

If your child(ren) turns 5 between September 2 and December 2, they may be eligible for a Transitional Kindergarten (TK) program. Some schools also offer a Transitional Kindergarten Expansion Program (TK-Ex or ETK) for even younger children. For more information about TK and TK-Ex/ETK, please see this website: <https://achieve.lausd.net/Page/2822>

UCLA TIE-INS Program (Together in Education in Neighborhood Schools)

<https://tie-ins.gseis.ucla.edu/>

The TIE-INS program is a collaboration between UCLA and 8 local public schools. It enables children of UCLA employees who live outside their attendance area to attend these schools:

- ❖ Beethoven Street Elementary School
- ❖ Broadway Elementary School
- ❖ Brockton Avenue Elementary School
- ❖ Nora Sterry Elementary School
- ❖ Walgrove Avenue Elementary School
- ❖ Emerson Middle School
- ❖ Mark Twain Middle School
- ❖ University High School

While this is primarily a program for UCLA staff, exceptions have been made for parenting students at UCLA under certain circumstances. Should you live outside the service area, but are interested in this option for your child(ren), please contact the Students with Dependents

program for assistance and more information. Additionally, please be aware that parents usually apply in January for their child to be considered for the following academic year.

HELPFUL LINKS

- ❖ Guide to LAUSD SAS Programs (Schools for Advanced Studies—gifted and talented programs):
<http://losangeles.cbslocal.com/guide/a-guide-to-laugd%E2%80%99s-sas-programs/>
- ❖ Guide to LAUSD Magnet School Applications-
<https://losangeles.cbslocal.com/guide/a-guide-to-laugd-magnet-school-applications/>
- ❖ Los Angeles Area Independent Schools
<http://www.laais.org/schools/elementary-esad.html>
- ❖ For additional information about public and private schools, go to
www.greatschools.org

AFTER SCHOOL PROGRAMS

After school care is available locally, and is limited to certain schools, age groups and providers. Please directly contact the school you are interested in for more information. The Students with Dependents Program, the Bruin Resource Center, and UCLA do not endorse any of the following after school care providers. We offer this information as a courtesy to you. This is also not a comprehensive list. Please be sure to thoroughly research any providers before choosing a program for your child(ren). If you are unsure where to begin your search for an after school care program, please contact the staff at the Students with Dependents program for assistance.

STAR Program

After school programming is offered at several public school campuses (elementary and middle schools). 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.

TIP: 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 the school day until 6:00p.m. each school day. Refer to the website for additional information: <https://btb.lausd.net/>

Los Angeles YMCA

Afterschool programs including: Academic Enrichment Program, Teen Club, and Tutoring and Homework Help <https://www.yocala.org/metro/classes/before-afterschool>

Culver-Palms Family YMCA

4500 Sepulveda Blvd, Culver City, 90230

310-390-3604

<http://www.yocala.org/culver-palms>

Collins-Katz Family YMCA

1466 S. Westgate Ave, Los Angeles, 90025

310-477-1511

<http://www.yocala.org/collins-katz>

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/>

Free online tutoring and homework help for K-12 through The Los Angeles Public Library

Includes tutoring for AP level class work and intro-level college work, as well as resources for adult learners. <https://www.lapl.org/onlinetutor>

FOOD SECURITY AND BASIC NEEDS

Food security is paramount to academically maximizing your ability and may produce an adverse effect on you and your family's health. If you are experiencing food insecurity, there are resources on and around campus that can assist you including:

- ❖ **Meal vouchers provided by the ECRT (Economic Crisis Response Team).** Contact the Bruin Resource Center for more information and to request vouchers (B-44 Student Activities Center).

- ❖ **Community Program Office (CPO) Food Closet** - The CPO food closet is a pantry stocked with donated food items such as; canned soups and vegetables, instant noodles, bread, and oatmeal for students, no questions asked. The Food Closet is located on the first floor of the Student Activities Center, Room 111 by the stairs. You must supply your own bag to collect food items.
- ❖ **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. 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.

Occasionally the Bruin Resource Center has diapers and gently-used children’s clothing available as well for student parents.

FINANCES AND FUNDING

Financial Aid and Scholarships

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

The Financial Aid and Scholarships Office 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 Financial Aid 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 Financial Aid Counselor (all students are assigned a Financial Aid Counselor by their last name at the Financial Aid and Scholarships Office) or the Students with Dependents Program Director.

Cal Grant Access Awards for Students with Dependent Children

Cal Grant students with dependent children attending a University of California, California State University, or California Community College campus may be eligible for an access award of up to \$6,000 for qualifying Cal Grant A and B recipients and up to \$4,000 for eligible Cal Grant C recipients. Dependent children must be under 18 years of age as of July 1st of the award year and receive more than 50 percent of their support from the student. The California Student Aid Commission will be implementing a self-certification process for the students via their Webgrants for Students portal.

Once the student has self-certified the Financial Aid and Scholarships office will verify eligibility before the award is offered. This will involve the student submitting the birth certificate of the dependent child when requested to do so. The student should continuously monitor their MyUCLA portal for any outstanding requirements. Please note that award amounts will need to be prorated to be consistent with the students' enrollment status, i.e. full-time, three-quarter-time, half-time.

Financial Aid Counselors

All students are assigned a Financial Aid Counselor alphabetically by their last name. It is in your best interest to meet your Financial Aid Counselor and app to notify important that you meet and know your Financial Aid Counselor and that they are aware that you are a UCLA parenting student. Keep them apprised of information about your financial situation and work with regularly to make sure you are maximizing all of the aid available to you. To learn who your Financial Aid Counselor is, please visit this link: <http://financialaid.ucla.edu/Contact-Us> (scroll down the page to see a list of staff).

UCLA Economic Crisis Response Team (ECRT)

This service is available to students who are in financial distress and are looking for ways to improve their financial situation. You may ECR@saonet.ucla.edu with your issue ECR Team also has a resource guide for students in financial distress at the following address:

<http://www.studentincrisis.ucla.edu/Economic-Crisis-Response>

Financial Wellness Program

The mission of UCLA's Financial Wellness Program is to empower undergraduate, and graduate students to confidently navigate their finances to sustain overall well-being. This program fosters financial literacy skills through workshops, coaching and online educational efforts. Additionally, The Financial Wellness Program aims to encourage students seeking assistance as needed while centralizing advocacy for student economic support services on campus.

Their website offers resources for finances and budgeting, and there are financial literacy online programs available for undergraduate students and graduate and non-traditional students. Staff and peer mentors are available to answer individualized questions. Sara Potter, the program director, works closely with the Students with Dependents Program and is an advocate for our population. <http://www.financialwellness.ucla.edu/>

Scholarship and Fellowship Application Assistance

The UCLA Scholarship Resource Center (SRC) is a great resource for our undergraduate and graduate students. They offer free resources to help you find and apply for scholarships and fellowships, assist you with editing application essays, and provide numerous workshops on finding and applying for funding. It's best to make an appointment, though walk-in appointments are available as well.

Hannah Nahm (hnahm@college.ucla.edu) and Taly Ravid (travid@college.ucla.edu) work at the SRC and have been working on finding resources specifically 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 (2nd floor). Covell Commons is a building up on the hill near the undergraduate residence halls.

<http://scholarshipcenter.ucla.edu>

Additional Funding Resources for Graduate Students:

The UCLA Graduate Division offers a searchable database for scholarships, fellowships and grants. <https://grad.ucla.edu/funding/> The UCLA Graduate Division's Fellowships and Financial Services Office in 1228 Murphy Hall is an extremely useful resource for learning about your funding options. Make sure to stop by and talk with them in person about your options.

EMPLOYMENT

Former and current student parent contribution is helpful with weighing employment options. The Students with Dependents program is available to advise and provide resources when searching for employment. If you are having difficulty connecting with other student parents, please contact the Students with Dependents program for assistance.

UCLA Career Center

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

310-206-1915

Strathmore Building (same building as UCLA Parking and Transportation; Career Center is on the upper floors)

501 Westwood Plaza

Mon- Fri 9:00 AM – 5:00 PM

Set up your free online profile in Handshake as soon as possible to access the full range of the Career Center's services: <https://www.career.ucla.edu/handshake>

The UCLA Career Center has comprehensive services and counseling available for undergraduate, graduate and professional school students for on-campus employment, internships and off-campus jobs. Services include; formatting your resumes, CV and other job documents, help with interviewing skills, facilitating informational interviews, updating online profiles, and guiding students in exploring various career fields and/or applying to graduate school. They have both one-on-one counseling and workshops available. Additionally, the Career Center will often partner with employers to host job fairs on-campus.

Create your online profile in Handshake. Read their FAQ for more information:

<https://www.career.ucla.edu/handshake>

Work Study

Work study is a federal, need-based form of financial aid available to undergraduates, graduate and professional school students who meet certain eligibility criteria. If you aren't familiar with the federal work study program, and you qualify for it, explore its advantages to you. Here is an overview of the program from the Department of Education:

<https://studentaid.ed.gov/sa/types/work-study>

Your EFAN lists your eligibility each academic year. If you qualify for work study, you have the option of applying for jobs on campus, and even some off-campus non-profit positions, that use money from the work study program to pay part of your salary. The advantage to an office or program you work for is that the government pays part of your salary instead of the office's budget. The advantage to you is the availability of an on-campus job that can give you flexible hours and useful professional experience, as well as reduced loan debt.

More information on the program and how to find and apply for work study positions on campus can be found here:

<https://dnn.uclanet.ucla.edu/fas102016/FAQ-and-Links/Work-Study>

We also encourage you to talk to your financial aid counselor at the Financial Aid and Scholarships Office if you have questions (all students have a counselor assigned to them by

their last name), as well as the Graduate Division's Fellowships and Financial Services office if you are a graduate or professional school student.

If you do not qualify for work study, you may still apply for on-campus jobs. Qualifying for federal work study just allows for even more options to work on-campus.

Open positions at ASUCLA Jobs (on campus restaurant/service industry; usually also has an annual job fair at the beginning of the academic year): <https://asucla.ucla.edu/get-a-job/>

Open staff positions at UCLA (not student positions, but many times current students or recent graduates find work in a staff position on campus):

UCLA Campus Human Resources (careers): <http://www.chr.ucla.edu>

STUDENT LEGAL SERVICES

UCLA Student Legal Services provides legal counseling assistance with varied legal issues to all currently registered and enrolled UCLA students. Services include but are not limited to: Landlord/Tenant Relations, Accident and Injury Issues, Domestic Violence and Harassment, Criminal Matters, Divorce and other Family Law Matters.

Student Legal Services

A239 Murphy Hall, Box 951439

Monday through Friday from 9 a.m. to 5 p.m.

(310)–825–9894

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

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

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

UCLA Student Legal Services provides students with information 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.

Student Legal Services also provides monthly Mobile Legal Clinics throughout campus. See website for more information.

PRE AND POST-NATAL PROGRAMS ON CAMPUS

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 the Community Center Coordinator uasracc@gmail.com

CHILD-FRIENDLY PROGRAMS AT UCLA

UCLA Athletics, Bruin Kids Club

Similar to a Den pass, the Bruin Kids Club offers an exclusive membership club for kids ages 13 and younger for a \$69 fee. Your children receive a free t-shirt and entrance to certain games all year round. More information on their website:

<https://uclabruins.com/sports>

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 campus organizations that work with youth:

<http://www.k12outreach.ucla.edu/>

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 Sundays. 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!

<http://www.astro.ucla.edu/planetarium>

UCLA Central Ticket Office

Offers great deals for UCLA students, faculty and staff on all sorts of tickets from movies to festivals to theme parks and attractions like Legoland, Universal Studios, the Aquarium of the Pacific, and Medieval Times, bus passes, plus info on upcoming arts and cultural events on and off campus. Many on-campus events are free or discounted for students.

The Central Ticket Office window is located on the outside of the James West Alumni Center.

Hours are Monday – Friday 10:00am to 4:00pm.

<https://www.tickets.ucla.edu/>

ADDITIONAL COMMUNITY RESOURCES

THE PREGNANT SCHOLAR

The Pregnant Scholar is an online toolkit for University students, faculty, and administrators on pregnancy and parenting published by UC Hastings.

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

211 LA County: a resource hotline and search engine for all health and human services resources in Los Angeles County. Includes emergency preparedness information, heating and cooling stations in inclement weather, information about family resources, etc.

<http://www.211la.org>

PATH (Local Organization: People Assisting the Homeless) Making it Home

<http://www.epath.org/site/IfYouAreHomeless/how-do-i-get-started.html>

CALIFORNIA PUBLIC SOCIAL SERVICES

The Department of Public Social Services (DPSS) is a government entity that oversees CalWorks, CalFresh and the MediCal program. Eligibility is need based, and determined on a case-by-case basis. LACountyHelps is an online tool that assist in determining different resources programs you and your family may be eligible for. Every family situation is different, therefore you are encouraged 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. If a family has little or no cash and needs financial assistance. Family income is considered in calculating the amount of cash aid the family receives. Some UCLA students with dependents qualify for CalWORKS.

CalFresh (SNAP – Supplemental Nutrition Assistance Program) is a resource established to improve the nutrition of people in low-income households by increasing their food-buying power. CalFresh benefits are used instead of money at the grocery store; colloquially 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. Many UCLA Students with Dependents qualify.

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 (Food stamps)
- ❖ Medi-Cal

You can apply multiple ways for DPSS benefits. Generally it is faster and more efficient to apply either online or in-person.

- ❖ Online: You can find the online application [here](#). The system will prompt you to create a YourBenefitsNow! account. <https://yourbenefits.laclrs.org/ybn/Index.html>
- ❖ In-Person: Hardcopy applications can be found at your nearest DPSS office 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 verification documents:

- 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 (if applicable)
- 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.

GAIN – The GAIN program provides employment-related services to CalWORKS participants to assist in employment to promote 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.

CALWORKS/GAIN

CalWORKS/GAIN services can be accessed through the Bruin Resource Center (BRC) and Academic Advancement Programs (AAP) Office at UCLA. The BRC has 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.

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/>

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.

PLANNED PARENTHOOD

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>

THE PUMP STATION AND NURTURY

Santa Monica and Hollywood locations

Offers classes and support groups for new parents, breastfeeding support, and Parent & Me classes, in addition to the supplies and resources related to postnatal needs.

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

PARENTING ADVICE AND SUPPORT

DR. TINA BRYSON

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

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

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

COMMON SENSE MEDIA

Provides 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 apps.

<http://www.common sense media.org/new>

HOP SKIP DRIVE*

*Note: Please be aware that this is a paid service; UCLA, the Bruin Resource Center and the Students with Dependents program is not endorsing it.

Ride service for kids with background-checked drivers.

<https://www.hopskipdrive.com/>

WELL BABY CENTER

Local Los Angeles 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, Swell 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.

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

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 public transportation.

- ❖ 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
- ❖ 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

FREE MUSEUM DAYS

Please call ahead to verify “free” days.

Always Free

- ❖ California African American Museum
- ❖ California Science Center (regular exhibits are free; IMAX and special exhibits have an admission fee)
- ❖ Olvera Street, El Pueblo de Los Angeles
- ❖ Fowler Museum of Cultural History (on campus)
- ❖ UCLA Hammer Museum (at Westwood and Le Conte; children’s programs available)

- ❖ 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 for children—see website above for details on how to enroll.
- ❖ 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 Tour](#) (tours are free for groups under 14 people; audio tour provided for ages 10 and up, check website for tour times)

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

- ❖ Skirball Cultural Center (Thursday)
- ❖ Museum of Contemporary Art (MOCA Grand Ave, Thursday 5-8 p.m.)
- ❖ Long Beach Museum of Art (Friday)
- ❖ Museum of Contemporary Art (MOCA Grand Ave, Thursday 5-8 p.m.)
- ❖ Museum of Latin American Art (Friday)

- ❖ MOCA Geffen Contemporary (Thursday 5-8 p.m.)
- ❖ Long Beach Museum of Art (Friday)
- ❖ Japanese American National Museum (Every Thurs. from 5-8 p.m.)

TOYS AND CRAFTS

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 birdhouses, cars, "house" banks, etc. The nearest Home Depot is on 12975 Jefferson Blvd., Marina Del Rey, CA

Free Crafts for Kids at the Lakeshore Learning Store

Saturdays and Sundays 11am-3pm at the Westside location; Saturdays 11am-3pm at other locations. Westside location nearest to UCLA, and accessible by public transportation:

2323 S. Sepulveda Blvd.

Los Angeles, CA 90064

<https://www.lakeshorelearning.com/stores/free-crafts>

Free Toy Lending Library

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>

LA PARENT MAGAZINE

Free, excellent resource updated monthly with events for kids in Los Angeles, many free or low-cost. <https://www.laparent.com/>

LIST OF ALL LOS ANGELES PARKS AND BEACHES

<https://www.laparks.org>

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.

For children in grades K-12, there is homework help as well as free online tutoring service available (including for AP and intro college-level courses).

<http://www.lapl.org/index.php>

Tutoring site:

<https://www.lapl.org/onlinetutor>

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 Public Libraries; they are about 5 miles away from UCLA and accessible by public transportation.

<https://smpl.org>