



CRISIS SERVICES

Access Adult Mental Health Division

24 Hour Suicide and Crisis Line

O'ahu832-3100
 Statewide (Toll-free) 1-800-753-6879

Child Welfare / Protective Services

O'ahu (24 Hours) 832-5300
 Neighbor Islands (Toll-free) 1-800-494-3991

Child Help USA

Child Abuse Hotline (24 Hours) 1-800-422-4453

Child and Family Service

Domestic Violence Hotline841-0822

Domestic Violence Drop-in Centers

Pu'uuhonua Crisis Counseling585-7944
 Ohia Shelter (24 Hour hotline) 526-2200

Domestic Violence Action Center

O'ahu531-3771
 Neighbor Islands (Toll-free) 1-800-690-6200

Hale Kipa

.....589-1829

Sex Abuse Treatment Center

24 Hour Hotline 524-7273
 Main Office535-7600

Sex Assault Crisis Hotline

Kaua'i 245-4144

Sex Assault Support Services (24 Hour crisis center)

Big Island 961-3877

Shelter and Crisis Lines for Family Violence (24 Hours)

O'ahu:
 Honolulu & Leeward841-0822
 Windward526-2200

Neighbor Islands:
 E. Hawai'i 959-8864
 W. Hawai'i322-7233
 Kaua'i 245-6362
 Maui 579-9581
 Moloka'i567-6888

National Domestic Violence Hotline

.....1-800-799-7233
 TTY 1-800-787-3224



HEALTH, NUTRITION AND FAMILY PLANNING

American Red Cross

Infant CPR Classes / Baby Sitter Training, ... 734-2101

Breastfeeding Services of Maui

..... 572-5237

U.S. Consumer Products Safety Commission

Hotline 1-800-638-2772

Department of Health (Birth, Marriage, Divorce and Death

Certificate Info)
 O'ahu586-4533
 Hawai'i974-6008
 Kaua'i 241-3498
 Maui, Lana'i & Moloka'i 984-8210
 Information Line586-4400

Family Planning Information Lines

O'ahu737-6311
 Neighbor Islands2-1-1
 Planned Parenthood (Honolulu clinic) 589-1149

Hawai'i Mothers Milk, Inc.

(Information on breastfeeding)949-1723

Keiki Injury Prevention Coalition

(Child safety information) 347-5410

Kids Health Insurance Hotline (HI Covering Kids - Free / low-cost healthcare for children)

AUW Statewide (Toll-free)2-1-1

Kokua Kalihi Valley (Family planning and nutrition info)

O'ahu848-0976

Kona Lactation Center

..... 322-4482

La Leche League

W. Hawai'i District Advisor 1-808-325-3055

Mary Jane Program (Support for parents dealing with unplanned pregnancies)

.....527-4603

Med-QUEST (Low income health insurance)

Main587-3521
 O'ahu587-3540

Kapolei 692-7364

Neighbor Islands:

E. Hawai'i 933-0339
 W. Hawai'i327-4970
 Kaua'i 241-3575
 Maui 243-5780 / 1-800-894-5755
 Moloka'i553-1758
 Lana'i565-7102

Healthy Mothers Healthy Babies (Information and referrals)

O'ahu737-5805
 Neighbor Islands1-888-951-6661

National Lead Information Center

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

Public Health Nursing Branch

O'ahu:
 E. Honolulu733-9220
 W. Honolulu 832-5757
 Central453-6190
 Leeward 675-0073
 Windward 233-5450

Neighbor Islands:

E. Hawai'i 974-6025
 W. Hawai'i322-1500
 Kaua'i 241-3387
 Maui 984-8260
 Moloka'i553-3663
 Lana'i565-7114

WIC (DOH - Nutrition education and food supplement program for Women, Infants and Children)

O'ahu586-8175
 Neighbor Islands1-888-820-6425

Valley Isle Childbirth Education (Childbirth, infant care, and breastfeeding info)

..... 572-5237



CHILD CARE, PRESCHOOL AND PLAY ACTIVITIES

Child Care Connections (DHS)

All Islands 356-5555

Head Start (Info on free preschool programs for ages 3 to under 5 years of low income families)

Application Hotline847-1000
 O'ahu847-2400
 Kalihi842-5996

Neighbor Islands:

Hawai'i961-0570
 Kaua'i 245-5914
 Maui 249-2988
 Moloka'i553-5472 / 553-3727

H.I.P.P.Y. Hawaii (Home Instruction for Parents of Preschool

Youngsters – for ages 3-5 yrs.)	
O'ahu	845-3454
Keiki O Ka Aina (Child care HELP for Native Hawaiian Families)	
O'ahu	845-3454
P.A.T.C.H. (Child care referrals)	
O'ahu	839-1988
E. Hawai'i	961-3169
W. Hawai'i	322-3500
Kaua'i	246-0622
Maui, Lana'i & Moloka'i	242-9232
Na Kamalei – K.E.E.P. (Family & child interaction learning program)	
Ko'olau Loa	237-8500
Parent-Child Interactive Play Morning (TIFFE)	
O'ahu	596-8433
E. Hawai'i	961-5166
W. Hawai'i	323-3305
Kaua'i	645-1488
Lana'i	565-8122
Maui	344-3379
IN PEACE – Keiki Steps (for children ages 0-5 yrs.)	
O'ahu	620-9043
Big Island & Moloka'i	933-2933
Preschool Open Doors (DHS – Preschool subsidies)	
O'ahu	791-2130
Neighbor Islands (Toll-free)	1-800-746-5620
Tiny Tots Program (Dept. of Parks and Rec., for ages 3-5yrs.)	
O'ahu:	
Hawai'i Kai to McCully	373-8013
Makiki to Aiea	522-7082
Pearl City to Wai'anae / Wahiawa	675-7130
Wai'alua to Waimanalo	233-7300
YMCA (Parent-child activity classes and child care)	
O'ahu	531-3558
YWCA (Parent-child activity classes/childcare/preschool)	
O'ahu	538-7061
E. Hawai'i	935-7141

 **PARENT EDUCATION AND FAMILY SUPPORT**

Catholic Charities Hawai'i	
O'ahu	524-4673
Child & Family Service	
O'ahu	681-3500
E. Hawai'i	935-2188
W. Hawai'i	323-2664
Kaua'i	245-5914
Maui	877-6888
Moloka'i	553-5529
Communities in Schools	671-4900
Developing Options to Violence (Support for victims of domestic violence)	
O'ahu	532-5100
Early Head Start (Parent education/child development activities for children ages 6 wks – 3 yrs of low income families)	
O'ahu	842-5996
Big Island	961-0570
Maui	242-0900
Family Centers	
O'ahu:	

Kahalua'u	239-5777
Kaneohe	235-7747
Kuhio Park Terrace	841-6177
<u>Big Island:</u>	
Ka'u	929-9611
Waimea	885-0086
<u>Kaua'i:</u>	
Hanalei Community Center	826-1011
Kapa'a (Hale Ho'omalua)	821-2520
Waimea (Nana's House)	338-0252
<u>Moloka'i:</u>	553-3276
Family Peace Center (Domestic violence intervention for victims, batterers and child witnesses)	
O'ahu	832-0855
Maui	244-2330
Good Beginnings Alliance (Parents and community councils supporting families with young children)	
O'ahu	531-5502
Hawai'i	887-1228
Kaua'i	632-2114
Maui	242-1608
Hawaii Family Services (Tutus in Control - Supports for grandparents raising grandchildren, grandparents support group)	
O'ahu	696-3482
Healthy Start (Intake, screening, home-visiting and early intervention services for children up to 36 months of age)	
O'ahu	681-1555
E. Hawai'i	961-3877
Maui Family Support Services (Parent education and family support)	242-0900
MOMS Club (Support and activities for stay-at-home moms & their children)	
O'ahu (Windward)	744-3376
Neighborhood Place	
O'ahu: (Kalihi)	841-6177
Wai'anae	696-4598
<u>Big Island:</u>	
Kona	331-8777
Puna (Pahoa)	965-5550
Mountain View	968-6679
<u>Maui:</u> (Wailuku)	986-0700
P.A.R.E.N.T.S. (Parent education groups)	
O'ahu	235-0488
E. Hawai'i	934-9552
Partner's in Development Foundation (Tūtū and Me Traveling Preschool)	
O'ahu	524-7633
<u>Neighbor Islands:</u>	
E. Hawai'i - 982-4102	S. Hawai'i - 929-8571
W. Hawai'i	885-1200
Kona	327-9327
E. Kaua'i - 822-4280	W. Kaua'i - 335-0501
Maui	249-2430
E. Maui	893-2132
Moloka'i	560-5642
Pulama i Na Keiki (Home-based & small group education for families of Hawaiian children prenatal - 5 yrs. of age)	
O'ahu	535-1317
W. Hawai'i (Kona)	331-2818
Maui (Wailuku)	242-9774
Queen Lili'uokalani Children's Center (Services for Hawaiian orphans or destitute children)	
O'ahu	847-1302
Hilo	935-9381

Kona 329-7336
 Kaua'i 245-1873
 Maui 242-8888
 Lana'i 235-7613
 Moloka'i 553-5369

Respite Care Program (Time out from parenting for families under stress)

Wai'anae 696-3482

The Parent Line

O'ahu 526-1222
 Neighbor Islands (Toll-free) 1-800-816-1222



SPECIFIC CONCERNS

Aloha Mothers of Multiples 247-TWIN (8946)

Aloha United Way (24 Hour general info and referrals)
 Statewide (Toll-free) 2-1-1

Coalition For A Drug-Free Hawaii

O'ahu 545-3228
 Neighbor Islands 1-800-845-1946

Hawai'i Families As Allies (Families of children with emotional / behavioral concerns)

O'ahu 487-8785
 Statewide (Toll-free) 1-866-361-8825
 Warm Line 487-3845

Hina Mauka (Substance use treatment program)

O'ahu 236-2600
 Neighbor Islands 1-888-HINA-MAUKA

H-KISS (DOH – Information for parents of children with special needs from birth to under 3 yrs of age)

O'ahu 594-0066
 Neighbor Islands 1-800-235-5477

Jewish Community Services 258-7121

Learning Disabilities Association of Hawaii

O'ahu 536-9684
 'Ekolu 'Ehā 'Ike Pono (Free developmental, socio-emotional, hearing, and vision screenings for children 3-4 yrs.) 696-5361

Legal Aid Society of Hawai'i (Legal advice and assistance for low-income families)

O'ahu 536-4302
 Neighbor Islands 1-800-499-4302

Prevent Child Abuse Hawaii

(Info and advocacy) 951-0200

Special Parent Information Network (For families of children with special needs)

O'ahu 586-8126

Neighbor Islands: (Call the island's number, then dial 6-8126)

Big Island 974-4000
 Kaua'i 274-3141
 Maui 984-2400
 Lana'i & Moloka'i 1-800-468-4644

Substance Abuse Treatment

O'ahu:

Malama Family Recovery Services 668-2277
 Women's Way 732-2802 (ext 4952)
 Moloka'i (Hale Ho'okupa'a) 553-3231

The PATH Clinic 791-9390

Telecommunications Relay Services (Sprint Relay Hawai'i assists individuals in completing local calls free of charge)

Text Telephone Users (TTY) 877-447-5991 or 711
 Hearing persons calling persons with TTY modem

..... 877-447-5990 or 711



SERVICES FOR MILITARY FAMILIES

Military One Source (For Active Duty, Guard, Reserve Members & their families only) 1-800-342-9647

Armed Services YMCA (Play mornings, childbirth education, & Welcome Baby Program)

Helemano/Iroquois Pt./Schofield/ Wheeler . . . 624-5645
 Kaneohe - 254-4719. Pearl Harbor - 473-3398
 Aliamanu / Ft. Shafter / Hickam 833-1185

Army Public Health Nursing

Tripler - 433-6834. Schofield - 433-8676

Family Services/Support (Support and parenting classes)

Mental Health Clinic 449-0175
 Airman and Family Readiness Flight 449-0300

Army Community Services

Tripler - 438-4499. Schofield - 655-4227

Coast Guard Family Resource Specialist 842-2089

Joint New Parent Support (Schofield) 655-4787

Kaneohe MCBH New Parent Support 257-8803

Navy/Marine Corps Relief Nurse (Home visits to Navy & Marine families with newborns) 473-0282

Pearl Harbor Fleet & Family Support Center 474-1999



IMMIGRANT & REFUGEE SERVICES

Bilingual Access Line (Interpreters) 526-9724

Goodwill Industries Inc (Immigrant Employment Services)

Oahu 792-8555
 Maui 871-4143

Child and Family Service 543-8436

Kalihi-Palama Health Center (Low cost medical, pediatric, family planning & social services) 848-1438

Dental Services 845-0686
 Optometry Services 792-5599

Pacific Gateway Center (Immigrant center)

Chinese, Ilocano, Tagalog, Korean, Japanese, Laotian, Samoan, Spanish, Thai, Tongan, Vietnamese, Visayan, Micronesian, Cambodian, French, Pohnpei, Kosraen, Marshallese, Pangasinan, Burmese 851-7010



INTERNET RESOURCES

..... <http://www.childandfamilyservice.org>
 <http://www.cpsc.gov> (Consumer Product Safety)
 <http://www.family.samhsa.gov/talk>
 <http://www.friendsnrc.org>
 <http://www.goodbeginnings.org>
 <http://www.hawaiichildrenstrustfund.org>
 <http://www.healthychildren.org>
 <http://honoluluupd.org>
 <http://www.kipchawaii.org> (Injury Prevention)
 <http://patchhawaii.org>
 <http://www.ppdsupportthi.org>
 <http://safesleephawaii.org>
 <http://www.theparentline.org>
 <http://uhfamily.hawaii.edu/index.asp>
 <http://www.vanderbilt.edu/csefel>
 <http://www.zerotothree.org>