Community Resource Guide to
Pregnancy Health and Services
New Orleans, LA

This guide is dedicated to the health of our NOLA families and their little ones.

Artist: Marci Mathew
Welcome:

New Orleans community elder and former midwife, Mama Jamilah Peters-Muhammad, of the Ashe Cultural Arts Center, asks pregnant women a simple, yet empowering question answered with an empowering, yet simple answer, “Who is birthing your baby? …YOU ARE!”

Planned Parenthood and our community partners, dedicated to addressing healthy pregnancy outcomes for women of our community, offer this guide as our commitment to providing information on your rights and options for quality prenatal care. The United States has the highest rates of infant mortality and low birth weight babies of any industrialized country. The state of Louisiana ranks 49th in infant mortality and low birth weight babies. Low birth weight babies are 24 times more likely to die during infancy than normal weight babies. African American women are disproportionately affected due to persisting health care disparities and have the highest rate of low birth weight babies in Louisiana. (CDC Vital and Health Statistics Report, 2009).

Together we can change this reality, one healthy pregnancy at a time.

Planned Parenthood Gulf Coast:

“Planned Parenthood Gulf Coast is a leading non-profit provider of reproductive health care, sexuality education and advocacy for reproductive health rights. We’ve been working in Louisiana for nearly 30 years helping women, men and young people lead healthy lives. We believe that when people are truly cared for, they will make their lives, their families – and even the world – better and healthier.

Planned Parenthood New Orleans Health Center
4018 Magazine Street
New Orleans, LA 70115
For an appointment please call 1-800-230-PLAN

To find out more about our education workshops or to become an advocate for access to health care, please email LAeducation@ppgulfcoast.org or call 504-899-1447 ext 1.

How to use this guide:

This guide is written to help pregnant women and their families find the services and information they need to have a healthy pregnancy and raise healthy families. The titles below are starting points to help you consider issues surrounding pregnancy, birth and parenting. The services are then listed alphabetically in the guide and the handouts* can be found at the end of the guide.
"I’m pregnant (or thinking about it)! Now what?"

Family Planning ........................................................................................................... 11

Pre-conceptual Services ................................................................................................. 31

Prenatal Care
  Midwifery/Alternative Births ......................................................................................... 34
  Providers ....................................................................................................................... 35
  Genetic Services ........................................................................................................... 34

Pregnancy Options
  Abortion ......................................................................................................................... 32
  Adoption ......................................................................................................................... 33
  Other ............................................................................................................................... 34

Medicaid and Low Cost Health Insurance
  *Handout: Medicaid Enrollment ................................................................................... 45

Primary Health Care ......................................................................................................... 37

Prenatal Programs ........................................................................................................... 37

Healthy Pregnancy Information
  *Handout: Think Healthy ............................................................................................... 47
  *Handout: Choosing Your Prenatal Caregiver: Questions to Ask .................................. 49
  *Handout: Your Labor Support Team ........................................................................... 51
  *Handout: Mother Friendly Care .................................................................................. 52
  *Handout: The Birthing Woman’s Bill of Rights ......................................................... 53

“I need my needs met, quickly!”

Anti-Violence Resources ................................................................................................. 1

Food
  Emergency Food Resources ........................................................................................... 14
  SNAP (Food Stamps) ...................................................................................................... 17

Housing ............................................................................................................................. 20

Utility Payment Assistance .............................................................................................. 43

“Gotta get my mind right!”

Grief and Bereavement ................................................................................................. 18

Mental Health Services ................................................................................................. 24

Substance Challenges and Treatment ............................................................................ 40
"I want to have a healthy pregnancy, how do I prepare?"

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Childbirth Classes</td>
<td>4</td>
</tr>
<tr>
<td>Dental Services</td>
<td>9</td>
</tr>
<tr>
<td>HIV/AIDS Services</td>
<td>18</td>
</tr>
<tr>
<td>Resources</td>
<td></td>
</tr>
<tr>
<td>Advocacy</td>
<td>18</td>
</tr>
<tr>
<td>Movement/Fitness</td>
<td>28</td>
</tr>
<tr>
<td>Nutrition Resources</td>
<td>28</td>
</tr>
<tr>
<td>Pregnancy Information</td>
<td></td>
</tr>
<tr>
<td>Hotlines</td>
<td>32</td>
</tr>
<tr>
<td>Pregnancy Resources</td>
<td>32</td>
</tr>
<tr>
<td>Vision Care</td>
<td>44</td>
</tr>
</tbody>
</table>

"I can’t do this alone. I need support."

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doula Services</td>
<td>11</td>
</tr>
<tr>
<td>Family Support Services</td>
<td>12</td>
</tr>
<tr>
<td>Mother’s Support Groups</td>
<td>27</td>
</tr>
<tr>
<td>Prenatal Programs</td>
<td>37</td>
</tr>
<tr>
<td>Post-partum Services</td>
<td>31</td>
</tr>
<tr>
<td>Teen Programs and Services</td>
<td>42</td>
</tr>
<tr>
<td>Transportation</td>
<td>43</td>
</tr>
</tbody>
</table>

"Where do I birth?"

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birthing Centers</td>
<td>2</td>
</tr>
<tr>
<td>Hospitals</td>
<td>19</td>
</tr>
</tbody>
</table>

"Finally, the baby is here! Now what?"

<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breastfeeding Services</td>
<td>3</td>
</tr>
<tr>
<td>Children’s Services</td>
<td></td>
</tr>
<tr>
<td>Childcare</td>
<td>5</td>
</tr>
<tr>
<td>Dental</td>
<td>6</td>
</tr>
<tr>
<td>Mental Health</td>
<td>6</td>
</tr>
<tr>
<td>Pediatric Primary Care</td>
<td>8</td>
</tr>
<tr>
<td>Parenting Classes/Resources</td>
<td>30</td>
</tr>
<tr>
<td>Post-partum Services</td>
<td>31</td>
</tr>
</tbody>
</table>
ANTI-VIOLENCE RESOURCES

Boat People SOS
Phone: 504.433.8668
Location: 601 Behrman Hwy. Ste. 7
Gretna, LA 70056
Hours of Operation: M-F: 9am-5pm (last client at 4:30pm)
Payment Options: Insurance (most)
Languages Spoken: English, Vietnamese

Childhelp USA
Phone: 800.422.4453
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided: Crisis intervention, referrals and support services for victims of child abuse.
Languages Spoken: English

Crescent House Healing and Empowerment Center
Phone: 504.866.9554
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Languages Spoken: English, Spanish

Family Services of Greater New Orleans
Phone: 504.822.0800 (Orleans), 504.733.4031 (Westbank), 504.733.4031 (East Jeff.), 504.271.3781 (St. Bernard)
Location: Main Office 2515 Canal St. Ste. 201
New Orleans, LA 70119
Westbank Office 1779 Stumpf Bldg. 5 Ste. 3B
Gretna, LA 70056
East Jefferson Office 201 Evans Road Bldg. 3 Ste. 311
Harahan, LA 70123
Payment Options: Sliding scale
Languages Spoken: English, Spanish (call to inquire)
Email: family@fsgno.org
www.fsgno.org

Kidline
Phone: 800.244.5373
225.925.9520
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided: Crisis intervention, referrals and support services for victims of child abuse.
Languages Spoken: English

Louisiana Domestic Violence Hotline
Phone: 888.411.1333
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided: Crisis intervention, information and referrals for victims of domestic violence.
Languages Spoken: English

Louisiana State University Health Sciences Center Victims Assistance Program
Phone: 504.568.8772
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided: Mental health referrals for persons exposed to violence.
Languages Spoken: English
Metropolitan Center for Women and Children
Phone: 504.837.5400
888.411.1333 (LA State-wide Hotline)
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Emergency shelter for women and children who are survivors of domestic violence. Provides legal advocacy, medical advocacy, services for victims of sexual assault, residential and nonresidential counseling for domestic violence, human trafficking or sexual assault.
Languages Spoken: English, Spanish
www.mcwcgno.org

National Domestic Violence Hotline
Phone: 800.799.7233
800.787.3224
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Crisis intervention, information and referrals for victims of domestic violence.
Languages Spoken: English

New Orleans Family Justice Center
Phone: 504.592.4005
504.866.9554 (24-hour Crisis Line)
Location: 701 Loyola Ave. 2nd floor
New Orleans, LA 70113
Hours of Operation: M-F: 8:30am-5pm
Payment Options: Free
Services Provided:
Comprehensive one-stop center for survivors (and their children) of domestic violence, sexual assault, and stalking. Co-locates agencies to provide coordinated and consolidated legal, law enforcement, social and health care services.
Languages Spoken: English, Spanish

NOPD Mobile Crisis Unit
Phone: 911
Hours of Operation: M-Sun: 8am-12am
Payment Options: Free. Call for more information.
Services Provided:
Mental health, substance abuse issues, and those who are violent
Languages Spoken: English, Spanish

Project Save (CCANO)
Phone: 504.310.6872
Location: 1000 Howard Ave.
New Orleans, LA 70113
Hours of Operation: Call for assistance.
Payment Options: Free
Services Provided:
Emergency legal representation for survivors of domestic violence in Orleans Parish. Staff attorneys help with legal orders to keep survivors safe and to protect their legal rights. Services may include temporary restraining orders, temporary child support, temporary custody, and temporary use of property.
Languages Spoken: English, Spanish
www.ccano.org

Tulane Law School Domestic Violence Clinic
Phone: 504.865.5153
Location: 6329 Freret St. Ste. 130
New Orleans, LA 70118
Hours of Operation: Call to schedule an appointment. M-F: 8:30am-5pm
Payment Options: Free
Services Provided:
Civil legal services to survivors of domestic violence in the New Orleans area.
Languages Spoken: English, Spanish (call for an interpreter)

BIRTHING CENTERS

Gentle Choices
Phone: 337.706.7160
Location: 1424 St. John St.
Lafayette, LA 70506
Hours of Operation: Call for assistance.
Payment Options: Call for prices and payment options.
Services Provided:
Offers women opportunity to give birth naturally. One-on-one care. Support during labor. Delivery in comfortable, like-home birthing suites. Mothers and fathers have the freedom to move about. Family and friends are welcome.
Languages Spoken: English
Email: info@gentlechoicesbirth.com
www.gentlechoicesbirth.com

Touro Infirmary Hospital
Phone: 504.897.7011
Location: 1401 Foucher St.
New Orleans, LA 70115
Hours of Operation: Walk-ins welcome. 24 hours / 7 days a week
Payment Options: Insurance, Medicaid, Medicare. Call for more information.
Services Provided:
ER, adult medicine, general and orthopedic surgery, obstetrics. No inpatient psychiatry, no pediatrics. Family Birthing Center for birthing women.
Languages Spoken: English
BREASTFEEDING SERVICES

Children’s Hospital Parenting Center
Phone: 504.896.9591
Location: 938 Calhoun St.
New Orleans, LA 70118
Hours of Operation: M-F: 9am-4:30pm
Payment Options: Insurance, Medicaid, Self-pay.
Languages Spoken: English
www.chnola.org/parentingcenter

Effie Michot, CPM
Phone: 337.654.3253
Hours of Operation: Call for assistance.
Payment Options: Payment plans available, Self-pay, Sliding scale
Services Provided:
Midwife providing home birth maternity care which includes prenatal care, birth midwifery, postpartum care, and breastfeeding support.
Languages Spoken: English, Spanish (call for an interpreter)
Email: effiejeannemarie@gmail.com

Healthcare.gov
Services Provided:
Information on benefits of breastfeeding. Various government initiatives supporting breastfeeding mothers and babies.
Languages Spoken: English, Spanish
www.healthcare.gov/index.html

Healthy Start New Orleans
Phone: 504.658.2600
Location: 1515 Poydras St. Ste 1150
New Orleans, LA 70112
Hours of Operation: M-F: 8:30am-5pm
Payment Options: Free
Services Provided:
Languages Spoken: English, Spanish
www.new.nola.gov/health-department/programs/healthy-start

La Leche League of Louisiana
Phone: 877.4LALECHE
Location: Zuka Baby 2122 Magazine St.
New Orleans, LA 70130
Hours of Operation:
1st Tuesday of each month: 7pm, 3rd Monday of each month: 9am.
Payment Options: $40 Membership
Services Provided:
Education, information, support, and encouragement to women who want to breastfeed. Meetings. Call for breastfeeding help.
Languages Spoken: English
Email: lllofneworleans@gmail.com
www.lllalmsla.org/

National Breastfeeding Helpline
Phone: 800.994.9662
Hours of Operation: M-F: 8am-5pm
Payment Options: Free
Services Provided:
Breastfeeding peer counselors answer breastfeeding questions. Walk mothers through challenges on issues ranging from latching to pumping and storage. Open to all breastfeeding mothers, partners, prospective parents, family members, health professionals.
Languages Spoken: English, Spanish

Partners for Healthy Babies
Phone: 800.251.BABY
Hours of Operation: M-Sun: 7am-10pm
Payment Options: Free
Services Provided:
Answers questions about pregnancy and babies. Refers parents to other resources.
Languages Spoken: English
www.1800251baby.org

Tulane University Breastfeeding Program
Phone: 504.988.8826
Hours of Operation: Call for assistance.
Payment Options: Free
Services Provided:
Promotes healthy families by supporting breastfeeding.
Languages Spoken: English
www.tulane.edu/breastfeeding/tulane-breastfeeding.cfm

Zuka Baby
Phone: 504.596.6540
Location: 2122 Magazine St.
New Orleans, LA 70130
Hours of Operation: M-Sat: 10am-6pm, Sun: 12pm-5pm
Payment Options: Low cost, Self-pay. Call for prices and payment options.
Services Provided:
Languages Spoken: English, Spanish
Email: erin@zukababy.com
www.zukababy.com
CHILDBIRTH CLASSES

NOLA Nesting
Phone: 504.655.1819
Hours of Operation: Call to schedule an appointment.
Payment Options: Call for prices and payment options.
Languages Spoken: English
Email: support@nolanesting.com
www.nolanesting.com

Balance Born Childbirth Services
Phone: 504.669.3143
Hours of Operation: Call to schedule an appointment.
Payment Options: Call for prices and payment options.
Services Provided: Childbirth preparation course. Doula services available.
Languages Spoken: English
Email: rpchildbirtheducation@gmail.com
www.facebook.com/rpchildbirtheducation

Belly Talks
Phone: 504.457.8332
Location: Call for location.
Hours of Operation: Call for assistance.
Payment Options: Call for prices and payment options.
Services Provided: Childbirth classes. 6 week series: Pregnancy, Labor and Delivery, Postpartum, Breastfeeding, Comfort Measures, Story Share. Weekly peer-facilitated, support group.
Languages Spoken: English
Email: birthmarkdoulas@gmail.com
www.birthmarkdoulas.com

Gaia’s Playground
Phone: 504.905.8398
Hours of Operation: Call to schedule an appointment.
Payment Options: Self-pay, Sliding scale
Services Provided: Nutritional counseling. Birth education. Postpartum doula services.
Languages Spoken: English
Email: kaia.sole@gmail.com
www.gaiaisplayground.com

Hypnobirthing by Meshawn Tarver
Phone: 504.365.8800
Location: 1400 Teche St.
Algera, LA 70114
Hours of Operation: Call to schedule an appointment. M-Th: 10am-2pm
Payment Options: Sliding scale
Services Provided: Certified hypnobirthing instructor. Preparation course that teaches a birthing woman how to deeply relax.
Languages Spoken: English
Email: meshawn@commongroundclinic.org
www.commongroundclinic.org

Kimberly Davis
Phone: 504.343.6099
Hours of Operation: Call to schedule an appointment.
Payment Options: Payment plans available, Self-pay. Call for prices and payment options.
Services Provided: Childbirth education. Doula services.
Languages Spoken: English
Email: birthvoices@gmail.com
www.bradleybirth.com/kimberlydavis

Methodist Hypnotherapy Services
Phone: 985.726.9333 ext. 118
Hours of Operation: Call to schedule an appointment.
Payment Options: Call for prices and payment options.
Services Provided: Hypnotherapy for birthing.
Languages Spoken: English
Email: bmiller@mhsfi.org

Na’Zyia Doula Collective
Phone: 504.947.4790
Location: 1904 Bartholomew St.
New Orleans, LA 70117
Payment Options: Self-pay, Sliding scale. Call for prices and payment options.
Languages Spoken: English, Spanish
Email: doulasula@nazyiadoulas.com
www.nazyiadoulas.com
NOLA Bliss Born
Hours of Operation:
Email for more information.
Payment Options:
Email for prices and payment options.
Services Provided:
Teach tools needed to have a pain-free, beautiful birth. Five childbirth classes.
Languages Spoken: English
Email: musemariah@gmail.com
www.nolablissborn.com

West Jefferson Medical Center
Phone:
504.347.5511 (hospital),
504.349.6200 (childbirth classe)
Location:
1101 Medical Center Blvd.
Marrero, LA 70072
Hours of Operation:
Walk-ins welcome. 24 hours / 7 days a week
Payment Options:
Call for prices and payment options.
Services Provided:
Full service community hospital including an emergency department. Prenatal/childbirth classes.
Languages Spoken: English, Spanish

Zuka Baby
See listing on page 3.

CHILDREN’S SERVICES — CHILDCARE

Agenda for Children
Phone:
504.586.8509
Location:
8300 Earhart Blvd. Ste. 201
New Orleans, LA 70118
Hours of Operation: M-F: 9am-5pm
Payment Options:
Prices vary (free and up). Call for prices and payment options.
Services Provided:
Childcare resource and referral program that helps families find and choose quality childcare. Programs and counselors to assist parents with childcare referrals for their specific needs. Training workshops for childcare providers.
Languages Spoken: English, Spanish (call Tara at ext. 120)
www.agendaforchildren.org

First Academy Learning Center
Phone:
504.378.9000
Location:
5290 Canal Blvd.
New Orleans, LA 70124
Hours of Operation: M-F: 7:30am-5:30pm
Payment Options: Call for prices and payment options.
Services Provided:
Languages Spoken: English, Spanish, Vietnamese
Email: jamie.mason@sbno.org
www.sbno.org/elc

JeffCAP — Gretna Community Center
Phone:
504.376.2130
Hours of Operation: M-F: 8:30am-4:30pm, Housing Counselor M,W,F
Payment Options: Free. Call for more information.
Services Provided:
Languages Spoken: English, Spanish

Love Me Tender Day Care Center
Phone:
504.827.2522
Location:
700 N. Broad St.
New Orleans, LA 70119
Hours of Operation: M-F: 6:30am-6pm
Payment Options: Childcare assistance accepted, Self-pay. Call for prices and payment options.
Services Provided:
Childcare for children ages 8 weeks to 5 years.
Languages Spoken: English

Mahalia Jackson Center
Phone:
504.359.6835
Location:
1700 Josephine St.
New Orleans, LA 70113
Hours of Operation: M-Th: 7am-7pm, Fri: 7am-5pm, 1st and 3rd Saturday of each month: 8am-1pm
Payment Options: Free
Services Provided:
Consolidates family services at one location in Central City neighborhood. Focus on care and education for Central City’s youngest residents (ages 0-5 years) and their families. Top level early education for children ages 0-5 years. Job training and placement. Teen parenting. Prenatal care. Medical. Fitness. Additional health services. Social services: WIC and nutrition assistance. Public library branch. (All residents of Central City qualify for full, free membership; non-residents are welcome to join with other types of memberships.)
Languages Spoken: English
www.mahaliajacksoncenter.org
Mattie’s Little Angels
Phone: 504.812.0212
Location: 4636 Magazine St.
New Orleans, LA 70115
Hours of Operation: M-F: 7am-5:30pm
Payment Options: Call for prices and payment options.
Services Provided:
Languages Spoken: English

Natural Nannies NOLA
Phone: 504.400.4263
Hours of Operation: Call for assistance.
Payment Options: Call for prices and payment options.
Services Provided:
Childcare. Match personalities with homes. Nannies come to your home. Nanny-share option: childcare shared with another family so cost is divided.
Languages Spoken: English, Spanish (call to inquire)
www.naturalnanniesnola.com

Nurture Nannies
Phone: 504.920.9089
Hours of Operation: Call to schedule an appointment.
Payment Options: Self-pay, Sliding Scale. Call for prices and payment options.
Services Provided:
Sensitive and specialized child care for families with children of all ages. Meet concerns about safety and dependability. Nannies are extensively screened and trained to ensure that children are safe and that their needs are met.
Languages Spoken: English, French, German, Japanese, Nepalese, Portuguese, Spanish
Email: nicole@nurturenannies.com
www.nurturenannies.com

St. Andrew’s Early Learning Center
Phone: 504.865.1347
Location: 8012 Oak St.
New Orleans, LA 70118
Hours of Operation: M-F: 7:30am-6pm
Payment Options: Call for prices and payment options.
Services Provided:
Daycare. Child development services
Languages Spoken: English
www.standrewsepiscapalschool.org

CHILDREN’S SERVICES — DENTAL

The Tooth Bus
Phone: 504.342.7874
Location: Children’s Hospital
200 Henry Clay,
New Orleans, LA 70118 (call for bus locations)
Hours of Operation:
Call to schedule an appointment. Walk-ins for emergencies only. M-F: 8:30am-5pm
Payment Options: Medicaid, Sliding scale
Services Provided:
Mobile pediatric dental care for ages 0-21 years.
Languages Spoken: English

CHILDREN’S SERVICES — MENTAL HEALTH

Akula Foundation: Grief Resource Center
Phone: 504.723.3628
Location: 1221 S. Clearview Parkway 4th floor
Jefferson, LA 70121
Payment Options: Free
Services Provided:
Grief support groups for adults, adolescents, and children. Advanced illness management.
Children’s bereavement camp. Referrals.
Languages Spoken: English
www.akulafamilyfoundation.com

CCANO St. Louise de Marillac Ministry
Phone: 504.861.6343
Location: 8326 Apricot St.
New Orleans, LA 70118
Hours of Operation: M-F: 9am-5pm
Payment Options: Medicaid
Services Provided:
Mental health rehabilitation for chronically mentally ill youth (ages 3 and older) with emotional and behavior health. Support for adults with extensive mental health illness.
Rehabilitation services (postpartum support included).
Languages Spoken: English, Spanish
www.ccano.org

Childhelp USA
See listing on page 1.

Children’s Bureau
Phone: 504.525.2366
504.269.2673 (after-hours)
Location: 2626 Canal St. Ste. 201
New Orleans, LA 70119
Hours of Operation: Call for assistance.
Payment Options: Medicaid
Services Provided:
Individual counseling for children (under 18) affected by trauma, loss or disaster, HIV, grief, or domestic violence in Orleans and Jefferson parishes and surrounding areas. Psychiatric services. Medication management. Intensive individual & family therapy available.
Languages Spoken: English
www.childrens-bureau.com

Counseling Solutions Organization:
Catholic Charities
Phone:
504.451.7866
Location:
6220 Lasalle Pl.
New Orleans, LA 70118
Payment Options:
Medicaid, Sliding scale. Call for prices and payment options.
Services Provided:
Professional counseling program for: depression, anxiety, marriage and couple concerns, parent and child concerns, childhood and adolescence concerns, child and family counseling, grief and loss, post traumatic stress, anger management, and adult medication management.
Languages Spoken: English
www.ccano.org

Family Services of Greater New Orleans
See listing on page 1.

Harris Infant Mental Health Program
Phone:
504.903.9213
Location:
3450 Chestnut St.
New Orleans, LA 70115
Hours of Operation:
Call to schedule an appointment. M-F: 8am-4:30pm
Payment Options: Medicaid, Self-pay, Sliding scale
Services Provided:
Psychiatric evaluations, mental health consultations, and family therapy for ages 0-5 years.
Languages Spoken: English
www.ccano.org

Jefferson Parish Human Services Authority
Phone:
504.349.8833 (Westbank), 504.838.5257 (East Bank), 504.832.5123 (Crisis Line)
Location:
Administrative offices
3616 South 1-10 Service Rd.
Metairie, LA 70001
Eastbank Adult/Child and Family Services Center
3616 S. 1-10 Service Rd.
Metairie, LA 70001
Kenner Adult/Child and Family Services Center
1506 Williams Blvd.
Kenner, LA 70062

West Bank Adult/Child and Family Services Center
5001 West Bank Expressway
Marrero, LA 70072
Hours of Operation: M-F: 8am-4:30pm
Payment Options:
Insurance (most), Medicaid, Medicare, Sliding scale
Services Provided:
Adult and child mental health, addictive disorders and developmental disability services are provided. Services include psychiatric, psychological, counseling, case management, and crisis. Services are provided in individual and in group settings. Selected evening services are available. (Sliding scale with paycheck stub).
Languages Spoken: English, Spanish (call 504.471.2700 for locations)
www.jphsa.org

Kidline
See listing on page 1.

Milestones Mental Health Agency
Phone:
504.483.9883
Location:
4949 Canal St. Ste. 203
New Orleans, LA 70119
Hours of Operation: M-Th: 9am-5pm, Fri: 9am-4pm
Payment Options: Medicaid
Services Provided:
In-home mental health services for youth. Skills training. Family services. Parenting help. Mental health rehabilitation. Individual, parent, and family counseling. Individual skills training. 24/7 crisis intervention services. Community support. Medication management. (Call with referral or to confirm eligibility.)
Languages Spoken: English
www.milestonesmha.com

New Orleans Center for Hope and Change
Phone:
504.304.8340
Location:
3929 Tulane Ave. Ste. 101
New Orleans, LA 70119
Payment Options: Medicaid
Services Provided:
Counseling services for ages 4-21 years.
Languages Spoken: English

New Orleans Children’s Health Project, A.K.A. The Blue Bus
Phone:
504.988.0545
Location:
Mon: MLK Charter School
1617 Caffin Ave.
New Orleans, LA
Tues: Esperanza Charter School
4407 S. Carrollton Ave.
New Orleans, LA
**Community Resource Guide to Pregnancy Health and Services**

**Wed: Drop In Clinic at Covenant House**
611 N. Rampart St.
New Orleans, LA 70112

**Thurs: Capdau Elementary School**
3821 Franklin Ave.
New Orleans, LA 70122

**Hours of Operation:** M-F: 8:30am-4pm

**Payment Options:** Sliding scale. Call for prices and payment options.

**Services Provided:**
- Comprehensive primary care and mental health services.
- Free medical services for children and adolescents ages 0-18 years.
- Mobile care access.
- Medical services: full exams and physicals, PAPs/pelvic exams, immunizations, blood work, allergy testing, asthma, weight management, and lead and anemia testing.
- Family/Mental services: behavioral therapy, counseling, psychiatric assessments, medication management, weight management, parenting workshops and mental health therapy.
- Case management services: assistance with insurance, WIC, food, and housing.

**Languages Spoken:** English, Spanish (call 504.858.0155 for an interpreter)

**www.nochp.org**

**Youth America Hotline**

**Phone:** 877.968.8454

**Hours of Operation:** 24 hours / 7 days a week

**Payment Options:** Free

**Services Provided:** Counseling for teens by teens.

**Languages Spoken:** English

**Youth Link**

**Phone:** 504.895.2550

**Hours of Operation:** 24 hours / 7 days a week

**Services Provided:**
- Emergency counseling, referrals, talk line for the youth.

**CHILDREN’S SERVICES — PEDIATRIC PRIMARY CARE**

**Central City Health Clinic**

**Phone:** 504.571.1607

**Location:**
2222 Simon Bolivar Ave. 1st floor
New Orleans, LA 70113

**Hours of Operation:** Walk-ins welcome. M-F: 8am-4pm

**Payment Options:** Self-pay, Sliding scale, Medicaid, Medicare. Call for prices and payment options.

**Services Provided:**
- Pediatric and adult primary care services: Physicals, laboratory tests, TB tests, PAP smears, family planning, STI and HIV testing.

**Languages Spoken:** English

**Daughters of Charity Health Center — Carrollton**

**Phone:** 504.207.3060

**Location:**
3201 S. Carrollton Ave.
New Orleans, LA 70118

**Hours of Operation:**
- Call to schedule an appointment. Walk-ins welcome depending on availability.
- M-F: 8am-5pm

**Payment Options:** Insurance, Medicare, Medicaid, Sliding scale

**Services Provided:**
- Adult, pediatric, adolescent and geriatric primary care services: immunizations, physicals, podiatry, mental health, PAP smears, STI and HIV testing. Dental program. Prenatal care.

**Languages Spoken:** English, Spanish (call Metairie location at 504.482.0084)

**www.dcsno.org**

**Daughters of Charity Health Center — Metairie**

**Phone:** 504.482.0084, 504.482.2080

**Location:**
111 N. Causeway Blvd.
Metairie, LA 70001

**Hours of Operation:**
- Call to schedule an appointment. Established patients welcome as walk-ins.
- M-F: 8am-5pm

**Services Provided:**
- Adult women’s and pediatric primary care: vaccinations, lab tests, TB testing, HIV and STI testing, discounted pharmacy. Prenatal care.

**www.dcsno.org**

**Daughters of Charity Health Center — Saint Cecilia**

**Phone:**
- 504.941.6041 (main), 504.207.6287 (pharmacy), 504.941.6067 (dental)

**Location:**
1030 Lesseps St.
New Orleans, LA 70017

**Hours of Operation:** M-F: 8am-5pm

**Payment Options:** Insurance, Medicare, Medicaid, Sliding scale

**Services Provided:**
- Adult, pediatric, adolescent and geriatric primary care services: immunizations, physicals, diabetes and cholesterol care, PAP smears, STI and HIV testing. Prenatal care.

**Languages Spoken:** English, Spanish (call Metairie location at 504.482.0084)

**www.thedcsno.org**

**Excelth Family Health Center — Algiers**

**Phone:** 504.526.1197

**Location:**
4422 General Meyer Ave. Ste 103
New Orleans, LA 70130

**Hours of Operation:**
- Call to schedule an appointment. M-W: 7am-5pm, Th&F: 8am-5pm

**Payment Options:** Insurance, Medicaid, Sliding scale

**Services Provided:**
- Pediatric, adolescent and adult primary care services: immunizations, well-woman exams, chronic disease management, lab services, behavioral health for adults, GNOCHC, social
services, podiatry, ophthalmology. Certified Medicaid application center. Assistance in applying for free medical and prescription coverage.

Languages Spoken: English, Arabic

Jefferson Community Health Care Center — River Ridge
Phone: 504.463.3002
Location: 11312 Jefferson Hwy., River Ridge, LA 70012
Hours of Operation: Walk-ins welcome.
M, W, Th: 8am-5pm, Tues: 8am-7pm (last patient at 6:20pm), Fri: 8am-2pm
Payment Options: Insurance, Medicaid, Medicare, Sliding scale

Services Provided:
- Adult and pediatric care (for ages 6 and up): Vaccinations, Pap smears, family planning, STI and HIV testing, Podiatry, basic dental care, nutritional counseling (must bring a picture ID, proof of where you are living (a bill), and proof of income.)
- Languages Spoken: English, Spanish

Jeffersoncommunityhealthcare.com

LSU Family Medical Practice — Oschner
Phone: 504.471.2750
Location: 200 W. Esplanade Ave. Ste. 412 Kenner, LA 70065
Hours of Operation: Call to schedule an appointment. M-F: 8am-4:30pm
Payment Options: Insurance, Medicaid, Medicare, Self-pay

Services Provided:
- Adult and pediatric primary care: Pre-natal care, adolescent care, Pap smears, STI and HIV testing (Photo ID required.)
- Languages Spoken: English, Spanish

LSU Mom and Baby Mobile Health Center
See listing on page 12.

Luke’s House
Phone: 504.444.7879
Location: 2023 Simon Bolivar Ave., New Orleans, LA 70113
Hours of Operation: Walk-ins welcome. Tues: 5:30pm-8pm
Payment Options: Free

Services Provided:
- Adult and pediatric primary care: Laboratory tests, spiritual health counseling, mental health counseling, referrals.
- Languages Spoken: English, Spanish

www.lukeshouseclinic.org

St. Charles Kenner Community Health Center
Phone: 504.712.7800
Location: 200 W. Esplanade Ave. Ste. 310 pediatrics, Ste. 413 adults Kenner, LA 70065
Hours of Operation: M-F: 8am-4:30pm
Payment Options: Insurance, Medicaid, Sliding scale

Services Provided:
- Adult and Pediatric primary care: Pap smears, case management, counseling, STI and HIV testing.
- Languages Spoken: English, Spanish

St. Thomas Community Health Center
Phone: 504.529.5558
Location: 1020 St. Andrews New Orleans, LA 70130
Hours of Operation: Call at 8am for a same-day appointment. M-F: 8am-5pm
Payment Options: Insurance, Medicaid, and Medicare, Sliding scale. Call for prices and payment options.

Services Provided:
- Adult and pediatric primary care: Pap smears, STI and HIV testing, Diabetic clinic, lab services and referrals, diabetic classes 9-12 (drop-in OK), LA Breast Cancer Screening (mamograms), optometry, eye exams, glasses and referrals (call 504-529-5558 Ext. 787), cardiology, rheumatology and kidney specialist with referral.
- Languages Spoken: English, Spanish

DENTAL SERVICES

Algiers Dental Clinic
Phone: 504.302.9236
Location: 1111 Newton St. New Orleans, LA 70114
Hours of Operation: M-F: 8am-5pm
Payment Options: Self-pay, Sliding Scale. Call for prices and payment options.

Services Provided:
- Federally Qualified Health Clinic providing low cost dental care (all are welcome).
- Languages Spoken: English, Spanish

www.excelth.com

Daughters of Charity Health Center — Carrollton
See listing on page 8.

Daughters of Charity Health Center — Metairie
See listing on page 8.
Dental Program at Daughters of Charity
Health Center — Carrollton
Phone: 504.207.3060
Location: 3201 S. Carrollton Ave.
New Orleans, LA 70118
Hours of Operation: M-F: 8am-5pm
Payment Options: Insurance (some), LAChip, Medicaid, Medicare, Sliding scale. Call for more information.
Services Provided: Basic dental care.
Languages Spoken: English, Spanish
www.dcno.org

HealthREACH Clinic (New Orleans Dream Center at Church of the King)
Phone: 504.621.5544
Location: 1137 St. Charles Ave.
New Orleans, LA 70130
Hours of Operation: Call for a schedule. Walk-ins welcome. Health Clinic is one Saturday a month 9am-2pm.
Payment Options: Free
Services Provided: Basic screenings for blood sugar, blood pressure, BMI. Health education. Medications (when available). Immunizations. Specialists (on limited basis, when available). Call to confirm services. Dental program includes history, exam, x-rays, extractions and post op. Basic vet services for dogs & cats sometimes available.
Languages Spoken: English, Spanish
www.neworleansdreamcenter.org

Homeless Dental Clinic/Healthcare for the Homeless
Phone: 504.658.2785
Location: 2222 Simon Bolivar Ave.
New Orleans, LA 70113
Hours of Operation: Call to schedule an appointment. Walk-ins for emergencies only.
Payment Options: Free. Call for more information.
Services Provided: For homeless population only. Dental services: exams, x-rays, cleanings, filling, extractions, dentures, repairs, and relines. (State-issued ID and proof of income required.)
Languages Spoken: English

Jefferson Community Health Care Center — River Ridge
See listing on page 9.

Jefferson Community Health Care Centers — Family Dental Services
Phone: 504.341.4006
Location: 1855 Ames Blvd.
Marrero, LA 70072
11312 Jefferson Hwy.
River Ridge, LA 70123
4028 U.S. Hwy. 90
Avondale, LA 70094
Hours of Operation: Call to schedule an appointment. Walk-ins welcome.
Payment Options: Insurance (some), Sliding scale
Services Provided: Dental services at primary healthcare clinics at various locations in Jefferson.
Languages Spoken: English, Spanish, Vietnamese
www.neworleansdreamcenter.org

Louisiana State University Dental School Clinic
Phone: 504.619.8770
Location: 1100 Florida Ave.
New Orleans, LA 70119
Hours of Operation: Call to schedule an appointment. M-F: 8am-5pm
Payment Options: Medicaid (accepted for children and pregnant women)
Services Provided: Dental services at a discounted rate. Specialty services (call for a referral): orthodontics, root canals.
Languages Spoken: English
www.lsusd.lsuhsc.edu

Medical Center of Louisiana Dental Clinic
Phone: 504.903.3083
Location: 2021 Perdido St.
New Orleans, LA 70112
Hours of Operation: Call to schedule an appointment. M-F: 7:30am-4pm
Payment Options: Call for prices and payment options.
Services Provided: Dental services done for “medically compromised” patients (example: HIV/AIDS, heart, or cancer patients).
Languages Spoken: English, Spanish (call for an interpreter)
**DOULA SERVICES**

**Birthmark Doula Collective**  
*Phone:* 504.457.8332  
**Payment Options:** Self-pay, Sliding Scale. Call for prices and payment options.  
**Services Provided:** Assists women in having a positive and empowering birth experience. Continuous emotional, physical and informational support before, during and after labor. Birth and postpartum Doula services. Education on pregnancy, childbirth, and breastfeeding. Birthing tub rentals. Childbirth classes - Class 1: Pregnancy, Class 2: Labor and Delivery, Class 3: Postpartum, Class 4: Breastfeeding, Class 5: Comfort Measures, and Class 6: Story Share. Weekly peer-facilitated support group.  
**Languages Spoken:** English, Spanish (call for an interpreter)  
**Email:** birthmarkdoulas@gmail.com  
**Website:** www.birthmarkdoulas.com

**Full Moon Rising Birthing Services**  
*Phone:* 504.577.1165  
**Payment Options:** Call for pricing.  
**Services Provided:** Doula services. Placenta services. AquaDoula rentals.  
**Languages Spoken:** English  
**Email:** fleur_de_lis_doula@yahoo.com  
**Website:** www.facebook.com/pages/Full-Moon-Rising-Birthing-Services/189412901100441

**Gaia’s Playground**  
See listing on page 4.

**Jessica Mobley**  
*Phone:* 504.908.1337  
**Hours of Operation:** Call to schedule an appointment.  
**Payment Options:** Call for prices and payment options.  
**Services Provided:** Doula services. Certified infant massage instructor.  
**Languages Spoken:** English  
**Email:** jessmobe@cox.net

**Kimberly Davis**  
See listing on page 4.

**Michelle Gibbons**  
*Phone:* 504.453.1124  
**Hours of Operation:** Call to schedule an appointment.  
**Payment Options:** Self-pay, Sliding scale. Call for more information.  
**Services Provided:** Doula services. Reiki.  
**Languages Spoken:** English, Sign (limited)  
**Email:** michellegibbons@gmail.com

**Na’Zyia Doula Collective**  
See listing on page 4.

**NOLA Nesting**  
See listing on page 4.

**Rea Keith**  
*Phone:* 504.577.1044  
**Hours of Operation:** Call to schedule an appointment.  
**Payment Options:** Call for prices and payment options.  
**Services Provided:** Doula services.  
**Languages Spoken:** English  
**Email:** reakeith@mac.com

**FAMILY PLANNING**

**Belle Chasse Community Health Center — Access Health Louisiana**  
*Phone:* 504.398.1100  
**Location:** 8200 Hwy. 23  
**Belle Chasse, LA 70037**  
**Hours of Operation:** M-Th: 8am-4:30pm, Fri: 8am-12pm  
**Payment Options:** GNOCHC, Insurance, Medicaid, Medicare, Sliding Scale  
**Services Provided:** Adult and pediatric primary care: family planning, gynecology, health education, pharmacy assistance. Enrollment in GNOCHC and Medicaid.  
**Languages Spoken:** English, Arabic, Spanish

**Central City Health Clinic**  
See listing on page 8.

**Drop-in Clinic at Covenant House**  
(Tulane University)  
*Phone:* 504.584.1112  
**Location:** 611 N. Rampart St.  
**New Orleans, LA 70117**  
**Hours of Operation:** Call to schedule an appointment.  
Children M-F: 9am-12pm, Adolescents (up to age 24) M-F: 1pm-5pm  
**Payment Options:** Medicaid, Sliding scale  
**Services Provided:** Primary care services: baby exams, vaccinations, urgent care, PAP smears, family planning, STI screening and treatment.  
**Languages Spoken:** English, Spanish (M-F: 9am-12pm)  
**Website:** www.tulane.edu/~dropin/

**Jefferson Parish Health Unit (A)**  
*Phone:* 504.838.5100  
**Location:** 111 Causeway Blvd.  
**Metairie, LA 70001**
**Jefferson Parish Health Unit (B)**

**Phone:** 504.349.8802

**Location:**
1855 Ames Blvd.
Marrero, LA 70072

**Hours of Operation:** Call to schedule an appointment. W,Th,F: 8am-4:30pm

**Payment Options:** Free, Sliding scale

**Services Provided:**

**Languages Spoken:** English, Spanish (call to inquire)

---

**LSU Mom and Baby Mobile Health Center**

**Phone:** 504.235.1706

**Hours of Operation:** M-F: 8am-4:30pm

**Payment Options:** Insurance, Payment plans available, Medicaid, Self-pay

**Services Provided:**
Prenatal care. Family planning. Basic gynecological services

**Languages Spoken:** English, Spanish

---

**Planned Parenthood**

**Phone:** 504.897.9200

**Location:**
4018 Magazine St.
New Orleans, LA 70115

**Hours of Operation:** Mon: 11am-7pm, T-F: 9am-5pm, Sat: 9am-2pm

**Payment Options:** Insurance, Medicaid, Self-pay, Take Charge. Call for prices and payment options.

**Services Provided:**
Comprehensive women’s health services: family planning, PAP smears, pregnancy testing, prenatal health information, healthy pregnancy education, prenatal counseling, and free sexual health workshops. HIV and STI testing and treatment for men and women.

**Languages Spoken:** English, Spanish

www.plannedparenthoodlouisiana.org

---

**Take Charge Family Planning Services**

**Phone:**
888.342.6207 (to apply), 877.455.9955 (list of doctors)

**Location:**
P.O. Box 91278
Baton Rouge, LA 70821

**Payment Options:** Free. Call for more information.

---

**FAMILY SUPPORT SERVICES**

**Acceptable Health Services**

**Phone:** 504.245.2440

**Location:**
5640 Read Blvd. Ste. 740
New Orleans, LA 70127

**Hours of Operation:** M-F: 9am-5pm

**Payment Options:** Medicaid

**Services Provided:**

**Languages Spoken:** English, Spanish

Email: acceptablehealth@bellsouth.net

---

**Children’s Bureau**

See listing on page 6.

---

**Department of Family Services**

**Phone:** 888.524.3578

**Payment Options:** Free

**Services Provided:**
SNAP (formerly Food Stamps). Child Care (CCAP). Family Independence Temporary Assistance Program (FITAP). Kinship Care Subsidy Program (K CSP). Child Support Enforcement Services. (Apply online.)

**Languages Spoken:** English, Spanish

www.dss.louisiana.gov
Ekems Healthcare Inc. Mental Health Rehab Out Patient Care  
Phone: 504.248.1581  
Location: 8470 Morrison Rd. Ste. A  
New Orleans, LA 70127  
Hours of Operation: M-F: 8am-5pm  
Payment Options: Medicaid only  
Languages Spoken: English  

Essential Care Services  
Phone: 504.267.5712, 504.575.8982 (24-hour Hotline)  
Location: 3801 Canal St. Ste. 325  
New Orleans, LA 70119  
Payment Options: Medicaid, Self-pay, Sliding scale  
Languages Spoken: English, Spanish  
www.essentialcarellc.com  

Family Care, Inc  
Phone: 504.363.7449  
Location: 3520 Gen DeGaulle  
New Orleans, LA 70114  
Hours of Operation: M,T,F: 9am-5pm, W&Th: 9am-6pm  
Payment Options: Medicaid  
Services Provided: Comprehensive mental health services.  
Languages Spoken: English  
www.fsgno.org  

Family Services of Greater New Orleans  
See listing on page 1.  

Grace Behavioral Health Center, LLC  
Phone: 504.883.8330  
Location: 4323 Division St. Ste. 110  
New Orleans, LA 70130  
Hours of Operation: Call to schedule an appointment.  
Payment Options: Medicaid, Self-pay  
Languages Spoken: English  
www.gracebehavioral.com  

Integrated Family Services  
Phone: 504.822.4333  
Location: 2714 Canal St. Ste. 314  
New Orleans, LA 70119  
Hours of Operation: Call to schedule an appointment. M-F: 8am-4pm  
Payment Options: Medicaid  
Languages Spoken: English  

Jefferson Parish Human Services Authority  
See listing on page 7.  

Jewish Family Services  
Phone: 504.831.8475  
504.832.5123 (after-hours)  
Location: 3330 W. Esplanade Ave. Ste. 600  
Metairie, LA 70002  
Hours of Operation: M-F: 9am-5pm  
Payment Options: Sliding Scale. Call for prices and payment options.  
Services Provided: Individual and group counseling (all ages). Suicide prevention life line. Services for disabled and elderly persons include: support groups, homemaking, case management, social services, counseling, suicide prevention, lifeline, adoption counseling, case management, financial resources, and elder care services.  
Languages Spoken: English  
www.jfsneworleans.org  

Mahalia Jackson Center  
See listing on page 5.  

Milestones Mental Health Agency  
See listing on page 7.  

Nurse Family Partnership  
Phone: 504.568.5926  
Hours of Operation: Call to schedule an appointment.  
Payment Options: Free  
Services Provided: Helps mothers who are pregnant with their first child. Mothers are partnered with a registered nurse early in her pregnancy. Receives ongoing nurse home visits that continue through the child's second birthday.  
Languages Spoken: English  
Email: jlove4@lsuhsc.edu  
www.nursefamilypartnership.org
Raintree Children and Family Services
Phone: 504.899.9045
Location: 1233 Eighth St. New Orleans, LA 70115
Payment Options: Free
Services Provided: Foster care, afterschool care, educational support, and family service coordination for infants or toddlers with developmental disabilities. Free classes for foster parents with children with disabilities. Early steps program to refer children with disabilities to health services.
Languages Spoken: English
www.raintreeservices.org

Casa Angelina
Phone: 504.201.7673
Location: Corner of Martin Luther King Blvd. and Claiborne Ave. New Orleans, LA 70125
Hours of Operation: Fridays
Payment Options: Free
Services Provided: Breakfast every Friday.
Languages Spoken: English, Spanish, Portuguese
www.micasanola.blogspot.com

FOOD — EMERGENCY FOOD RESOURCES

Baptist Friendship House
Phone: 504.949.4469
Location: 813 Elysian Fields Ave. New Orleans, LA 70117
Hours of Operation: Showers & Clothing Distribution T&Th: 9:30am-11:30am, Bible Study with Nutrition Education Wed: 10:30am-12pm, Snacks & Hygiene Kits T&Th: 9am-12pm, Emergency Food M-Sun: 9am-12pm
Payment Options: Free
Services Provided: For women and children only. Transitional housing. Emergency food (ID and current gas/water bill required; limit to once per two weeks). Dinner program for girls ages 8-18 years.
Languages Spoken: English
www.baptistfriendshiphouse.org

Community Center of St. Bernard
Phone: 504.281.2512
Location: 1111 LeBeau St. New Orleans, LA 70032
Hours of Operation: Walk-ins welcome. Call to schedule an appointment. Walk-ins M-F: 10am-5pm, Appointments T-Th
Payment Options: Free, Sliding Scale
Services Provided: Community services: food pantry, clothing bank, food stamp assistance, legal aid, senior employment assistance, Medicaid enrollment, bingo night. Parenting classes and programs.
Service resources
Languages Spoken: English
www.ccstb.org

Berean Presbyterian Church/CPUMI
Resource and Referral Center
Phone: 504.523.3198 (Simon Bolivar St.), 504.523.5915 (Felicity St.)
Location: 2128 Felicity St. New Orleans, LA 70113
1629 Simon Bolivar Ave. New Orleans, LA 70113
Hours of Operation: M-F: 9am-3pm, Food Pantry 1st & 3rd Saturday: 7am-9am
Payment Options: Free
Services Provided: Food pantry (for 70113 residents only; first come, first serve). Daily clothing distribution. Counseling. Computer/internet access. Literacy programs for adults and children.
Languages Spoken: English
www.baptistfriendshiphouse.org

Community Kitchen
Phone: 504.931.0959
Location: Duncan Plaza, across from City Hall 1300 Perdido St. New Orleans, LA 70112
Hours of Operation: Tues: 3pm-5pm
Payment Options: Free
Services Provided: Free meals. Fresh food.
Languages Spoken: English
www.communitykitchen.okcancel.org/

Crescent City Café
Location: 3900 St. Charles Ave. New Orleans, LA 70115
Hours of Operation: 1st Saturday of each month: 8am-9:30am.
Payment Options: Free
Services Provided: No-cost breakfast one Saturday morning each month.
Languages Spoken: English
Email: info@crescentcitycafe.com
www.crescentcitycafe.com/cafe/
Feed the Multiude at Holy Faith
Temple Baptist Church
Phone: 504.525.0856
Location: New Orleans, LA 70115
Hours of Operation: Walk-ins welcome.
Food Bank T-Th: 10am-3pm, Hot Lunch T-Th: 12pm-2pm
Payment Options: Free
Services Provided: Food bank. Meals. Computer literacy classes. (State-issued ID, proof of residence, and proof of income required.)
Languages Spoken: English, Spanish

Food Bank
Location: 709 N. Robertson
New Orleans, LA 70116
Hours of Operation: M-Th: 10am-2pm
Payment Options: Free
Services Provided: For residents of 70112, 70116, and 70119 (occasional exceptions made). Food bank. (ID and proof of income required.)
Languages Spoken: English

Food Pantries Database
Payment Options: Free
Services Provided: Online database of New Orleans food pantries and soup kitchens. User generated listings, accuracy of information varies.
Languages Spoken: English
www.foodpantries.org/ci/la-new_orleans

Gretna United Methodist Church
Phone: 504.366.6685
Location: Masonic Temple
1309 Whitney Ave.
Gretna, LA 70056
Hours of Operation: 1st Saturday of each month: 9am-Close, Dry Goods Pantry M&Th: 10am-1pm
Payment Options: Free
Services Provided: For residents of 70053 and 70056. Second Harvest food bank. (ID and proof of residency required.)
Languages Spoken: English, Spanish (limited)

Hare Krishna Temple
Hours of Operation: Sun: 7:30pm
Payment Options: Free (donations accepted)
Services Provided: Vegan, Indian food to all community members.
Languages Spoken: English
www.iskconneworleans.org

Hope House
Phone: 504.525.2561
Location: 916 St. Andrew St.
New Orleans, LA 70130
Hours of Operation: Mon: 9am-1pm, T-F: 9am-4:30pm, Lunch 12:30pm-1:30pm, GED Class M-Th: 5:30pm-7:30pm, After-school Program M-F: 3:30pm-6pm
Payment Options: Free
Services Provided: Lunch. Food, rent, and utility assistance. (Direct aid program for residents of 70130 only.)
Languages Spoken: English

JeffCAP — Avondale Multipurpose Center
Phone: 504.349.5414
Location: 4008 US Hwy. 90 W
Avondale, LA 70094
Hours of Operation: M-F: 8:30am-4:30pm, Food Bank 2nd & 4th Tuesday of each month: 9am-11am, Haircuts 3rd Tuesday of each month, 9:30am-11:30am, Exercise Class Fri: 10am-11am
Payment Options: Sliding scale
Languages Spoken: English

JeffCAP — Dorothy Watson Multipurpose Center
Phone: 504.736.6480
Location: 1300 Myrtle St.
Metairie, LA 70003
Hours of Operation: M-Th: 1pm-3pm
Payment Options: Free
Services Provided: For residents of Metairie, River Ridge and Harahan (zip codes: 70003, 70123, 70062, 70065). Food Bank. (State-issued ID and proof of income required.)
Languages Spoken: English

JeffCAP — Gretna Community Center
Phone: 504.376.2130
Location: 1700 Monroe St.
Gretna, LA 70053
Hours of Operation: M-F: 8:30am-4:30pm
Payment Options: Free
Services Provided: For residents of Gretna and Terrytown. Food pantry.
Languages Spoken: English, Spanish (limited)
JeffCAP — Hazel R. Hurst Multipurpose Center
Phone: 504.838.4277
Location: 1121 S. Causeway Blvd.
Metairie, LA 70001
Hours of Operation: M,W,F: 1pm-4pm
Payment Options: Free
Services Provided:
For residents of Eastbank Jefferson Parish (zip codes: 70001, 70002, 70005, 70006, 70121).
Languages Spoken: English

JeffCAP (Jefferson Community Action Programs) Community Centers
Phone: 504.736.6900
Location: 1221 Elmwood Park Blvd. Ste. 402
Jefferson, LA 70123
Hours of Operation: Walk-ins welcome or call to schedule an appointment.
Payment Options: Free. Call for more information.
Services Provided:
For residents of Jefferson Parish. Emergency food assistance. Housing counseling. Low income rent/mortgage. Utility assistance. Transportation services for elderly and indigent. First time homebuyer training. (Must meet eligibility and income requirements; ID and proof of income required.)
Languages Spoken: English, Spanish

Jefferson Presbyterian Church
Phone: 504.309.9763
Location: 4450 Jefferson Hwy.
Jefferson, LA 70121
Hours of Operation: 1st & 3rd Saturday of each month: 9am-11am
Payment Options: Free
Services Provided:
Food pantry twice monthly; Picture ID, proof of residency in Jefferson Parish and proof of income required.
Languages Spoken: English, Spanish

Lantern Light at Rebuild Center (CCANO program)
Phone: 504.273.5577
Location: 1803 Gravier St.
New Orleans, LA 70119
Hours of Operation: M-F: 8am-2:30pm,
Lunch M-F: 12:50pm,
Groceries Th&F: 8am-10am
Payment Options: free
Services Provided:
Serves lunch. Delivers groceries to area residents (call for eligibility).
Languages Spoken: English
www.stjosephchurch-no.org/rebuild.htm

Ozanam Inn
Phone: 504.523.1184
Location: 843 Camp St.
New Orleans, LA 70130
Hours of Operation: M-Sun: 6am, 2pm & 6pm
Payment Options: Free
Services Provided:
Meals served to the public.
Languages Spoken: English, Spanish (limited)

Second Harvest Food Bank of Greater New Orleans and Acadiana
Phone: 504.734.1322
Location: 700 Edwards Ave.
New Orleans, LA 70123
Hours of Operation: Mon-Fri: 7:30am-4pm
Payment Options: Free
Services Provided:
Referrals to food pantries and housing. Assistance with SNAP benefits application.
Languages Spoken: English, Spanish
www.no-hunger.org

St. George Episcopal Church
Phone: 504.899.2811
Location: 4600 St. Charles Ave.
New Orleans, LA 70115
Hours of Operation: Sun: 8:30am-9:30am, Summer months Sun: 8am-9am
Payment Options: Free
Services Provided: Serves breakfast.
Languages Spoken: English, Spanish

St. James Methodist Church of Louisiana
Phone: 504.822.8138
Location: 1925 Ursulines Ave.
New Orleans, LA 70116
Hours of Operation: 4th Saturday of each month: 9:30am
Payment Options: Free
Services Provided: Serves hot meals.
Languages Spoken: English

St. John the Baptist Community Center CCANO
Phone: 504.581.4987
Location: 1920 Clio St.
New Orleans, LA 70113
Hours of Operation: M-F: 8am-4pm,
Food Bank M-Sun: 8am-12pm
Languages Spoken: English
St. Jude Community Center
Phone: 504.931.6993
Location: 400 N. Rampart St.
New Orleans, LA 70112
Hours of Operation: Lunch Fri: 11:30am
Payment Options: Free
Services Provided: Serves lunch. Call to confirm services.
Languages Spoken: English

St. Jude's
Phone: 504.522.8825
Location: 400 N. Rampart St.
New Orleans, LA 70123
Hours of Operation: M-Th: 8am-12pm,
Hot Meals M-Th: 7am & 12pm,
GED Class M-Th: 8:30am-12pm.
Utility and rent assistance from St. Vincent de Paul available on Wednesdays (call 504.525.1551 or 504.940.1904 to schedule an appointment).
Payment Options: Free
Services Provided: Daily food bank. Case management. Hot meals. GED classes. Rent and utility assistance. (Call to confirm services or to schedule case management.)
Languages Spoken: English

St. Peter Claver Church
Phone: 504.822.8059
Location: 1910 Ursulines Ave.
New Orleans, LA 70116
Sankofa Center Food Pantry
107 Prieur St.
New Orleans, LA 70112
Hours of Operation: Food Pantry T&Th: 10am-2pm
Payment Options: Free
Services Provided: For residents between Claiborne Ave. and Broad St., and Ursulines Ave. and Esplanade Ave. Food Pantry. Direct assistance.
Languages Spoken: English

The Desmond Project
Phone: 504.304.6889
Location: The New Orleans Mission
1130 Oretha Castle Haley Blvd.
New Orleans, LA 70113
Hours of Operation: 2nd & 3rd Saturday evening of each month
Payment Options: Free
Services Provided: Food kitchen serving meals.
Languages Spoken: English, Spanish

The Drop In Center
Phone: 504.948.6701
Location: 1428 N. Rampart St.
New Orleans, LA 70112
Hours of Operation: M&F: 9:30am-1pm, T&Th: 1pm-5pm
Payment Options: Free
Languages Spoken: English

United Churches of Algiers
Phone: 504.361.1661
Location: The Arthur Monday Building
1111 Newton St. Room 109
Algiers, LA 70114
Hours of Operation: M-Th: 8am-1pm
Payment Options: Free
Services Provided: For residents of Algiers. Food bank. (One visit per month; only first 20 people served; recommended to arrive before 8am.)
Languages Spoken: English

FOOD — SNAP (FOOD STAMPS)
Department of Family Services
See listing on page 12.

Food Stamp Program (SNAP)
Phone: 888.524.3578
Hours of Operation: Call for information on applying for LA Food Stamps and/or apply online.
Payment Options: Free
Languages Spoken: English, Spanish
www.dss.state.la.us.com
GRIEF AND BEREAVEMENT

Akula Foundation: Grief Resource Center
See listing on page 6.

Children’s Bureau
See listing on page 6.

Counseling Solutions Organization:
Catholic Charities
See listing on page 7.

Seasons Grief & Loss Center
Phone: 504.834.5957
Location: 654 Brockenbraugh Ct.
Metairie, LA 70005
Payment Options: Private insurance, Self-pay
Services Provided: Bereavement and mental health counseling, Family counseling, Educational programs, Support groups.
Languages Spoken: English
www.seasonsgriefcenter.org

HIV/AIDS SERVICES — ADVOCACY

Brotherhood Incorporated
Phone: 504.566.7955
Location: 2714 Canal Street #503
New Orleans, LA 70119
Hours of Operation: Walk-ins welcome. M-F: 10am-6pm
Payment Options: Free
Services Provided: HIV/AIDS education for public preventative services, counseling, and testing. Housing information services for individuals with HIV and AIDS. My House program for male youth (13-24 years; MSM identified): computer access, laundry, testing, counseling and education. Capacity building training for organizations. Doll House program for transgender people. Advocacy program.
Languages Spoken: English
www.brotherhoodinc.org

HIV/AIDS SERVICES — RESOURCES

Central City Health Clinic
See listing on page 8.

Children’s Bureau
See listing on page 6.

Covenant House New Orleans Clinic
Phone: 504.584.1111
Location: 611 N. Rampart St.
New Orleans, LA 70112
Hours of Operation: Walk-in for ages 0-13 years M,W,F: 9am–12pm, Appointments for ages 13-23 years M-F: 9am-5pm
Payment Options: Insurance, Medicaid, Sliding scale. Call for more information.
Services Provided: Drop-in medical clinic. STD screenings. Rapid HIV testing. On-site treatment for positive STD tests. Referrals to the T-Cell clinic for clients who test positive for HIV.
Languages Spoken: English
www.covenanthouseno.org

Delgado Personal Care Clinic
Phone: 504.658.2540
Location: 517 N. Rampart St.
New Orleans, LA 70112
Hours of Operation: Walk-in 1st clinic M-F: 7am, Walk-in 2nd clinic M-F: 10am (arrive 10 minutes early)
Payment Options: Free, Sliding Scale. Call for more information.
Services Provided: STI testing and treatment for Syphilis, Chlamydia, and Gonorrhea. Free medications and prescriptions (except herpes & scabies). HIV testing.
Languages Spoken: English, Spanish (limited)

Institute of Women and Ethnic Studies
Phone: 504.599.7712
Location: 935 Gravier St. Ste. 1140
New Orleans, LA 70112
Hours of Operation: M-F: 9am-5pm
Payment Options: Call for prices and payment options.
Languages Spoken: English, Spanish (limited)
www.iwesnola.org

Jefferson Community Health Care Center — River Ridge
See listing on page 9.

Jefferson Parish Health Unit (A)
See listing on page 11.
Jefferson Parish Health Unit (B)
See listing on page 12.

LSU Family Medical Practice — Oschner
See listing on page 9.

NO/AIDS Task Force CAN Office
Phone: 504.945.4000
Location: 507 Frenchmen St.
New Orleans, LA 70116
Hours of Operation: Walk-ins welcome. M&F: 12pm-5pm, T&Th: 2pm-8pm, Sat: 12pm-3:30pm
Payment Options: Free
Services Provided: HIV testing (rapid result), Education, Counseling, Prevention services.
Languages Spoken: English, Spanish

NO/AIDS Task Force Main Office
Phone: 504.821.2601
504.309.2437 (Hotline)
Location: 2601 Tulane Ave. 5th floor
New Orleans, LA 70119
Hours of Operation: Walk-ins welcome. Clinic is by appointment only. M-F: 8:30am-5pm;
HIV Testing Wed: 5pm-7pm, HIV Testing Fri: 1pm-3pm
Payment Options: Free
Services Provided: Case management, Assistance with primary medical care and medications, Counseling,
Volunteer services, Education. HIV testing (30-minute result), Support services, Food for
Friends program, Assistance with housing placement, “CHAT” Project: sexual education
program for teens, Outpatient substance abuse treatment program for HIV+ clients,
Support groups for transgender people.
Languages Spoken: English, Spanish, Portuguese
www.noaidstaskforce.org

Planned Parenthood
See listing on page 12.

Priority Health
Phone: 504.309.6057
Location: 4700 Wichers Dr. Ste. 300
New Orleans, LA 70072
Hours of Operation: Call to schedule an appointment, M-F: 8am-4:30pm
Payment Options: Medicaid and Medicare
Services Provided: Intake services: HIV counseling and testing, case management, clinic for medical care,
medication assistance.
Languages Spoken: English, Spanish

Ruth E. Fertel / Tulane University
Community Health Center
See listing on page 39.

St. Charles Kenner Community Health Center
See listing on page 9.

St. John #5
Phone: 504.283.7376
Location: 3829 Hamburg St.
New Orleans, LA 70122
Hours of Operation: Call to schedule an appointment.
Office M-F: 10am-6:30pm,
Delgado Community College 1st & 3rd Monday: 11am-2pm,
NODRC Thurs: 1:30pm-3pm, Odyssey House 2nd & 4th Friday: 11am-2pm
Payment Options: Free
Services Provided: Free, rapid, oral HIV Testing (anonymous testing available), Counseling, Referrals to care, 
HIV-prevention street outreach, Sexual education and harm reduction presentations, Free
condoms and education materials distributions.
Languages Spoken: English

Women With A Vision, Inc.
See listing on page 33.

HOSPITALS

East Jefferson General Hospital
Phone: 504.454.4000
Location: 4200 Houma Blvd.
Metairie, LA 70006
Hours of Operation: Walk-ins welcome. 24 hours / 7 days a week
Payment Options: Insurance, Medicaid, Medicare
Services Provided: Level I Trauma Center, 24-hour ER, Adult medicine, General surgery,
Obstetrics, Psychiatry, Orleans Parish rape assessments. (No pediatric services.)
Languages Spoken: English, Spanish

Medical Center of Louisiana NO
(University Hospital)
Phone: 504.903.3000
Location: 2021 Perdido St.
New Orleans, LA 70112
Hours of Operation: Walk-ins welcome. 24 hours / 7 days a week
Payment Options: Insurance, Medicaid, Medicare. Call for more information.
Services Provided: Level I Trauma Center, 24-hour ER, Adult medicine, General surgery, Orthopedic surgery,
Obstetrics, Psychiatry, Orleans Parish rape assessments. (No pediatric services.)
Languages Spoken: English, Spanish (for emergency walk-ins)
Ochsner Baptist Medical Center
(formerly Memorial)
Phone: 866.OCHSNER
Location: 2700 Napoleon Ave.
New Orleans, LA 70115
Hours of Operation: Office M-F: 9am-5pm, Emergency Room 24 hours / 7 days a week
Payment Options: Insurance, Medicaid, Medicare
Services Provided: Full service hospital.
Languages Spoken: English, Spanish (call International Service at 504.842.3719)

Ochsner Medical Center — Kenner
(formerly Kenner Regional)
Phone: 866.OCHSNER
Location: 180 W. Esplanade Ave.
Kenner, LA 70065
Hours of Operation: Emergency Room 24 hours / 7 days a week
Payment Options: Insurance, Medicaid, Medicare
Services Provided: Full service hospital.
Languages Spoken: English, Spanish (call International Service at 504.842.3719)

Ochsner Westbank (formerly Meadowcrest)
Phone: 866.OCHSNER
Location: 2500 Belle Chasse Hwy.
Gretna, LA 70053
Hours of Operation: Emergency Room 24 hours / 7 days a week
Payment Options: Insurance, Medicaid, Medicare
Services Provided: Full service hospital.
Languages Spoken: English, Spanish (call International Service at 504.842.3719)

Tulane-Lakeside Hospital
Phone: 504.780.8282
Location: 4700 South I-10 Service Rd.
Metairie, LA 70001
Hours of Operation: Call to schedule an appointment. Walk-ins for emergencies only. 24 hours / 7 days a week. Specialty departments M-F.
Payment Options: Insurance, Medicaid, Medicare
Languages Spoken: English

West Jefferson Medical Center
See listing on page 5.

HOUSING

Armstrong Family Services
Phone: 504.899.2995
Location: 2658 Ursulines Ave.
New Orleans, LA 70116
Hours of Operation: M-F: 8am-5pm
Payment Options: Free. Call and leave a message for more information.
Services Provided: Emergency and transitional housing. Case management. Mentoring services for families in crisis.
Languages Spoken: English
www.armstrongfamily-no.org

Baptist Friendship House
See listing on page 14.

Baronne Street Housing Program
Phone: 504.269.9311
Location: 2307 Barrone St.
New Orleans, LA 70113
Hours of Operation: Call to schedule an appointment.
Payment Options: Free
Services Provided: For women with children ages 18-24 months: counseling, advocacy, referrals, Job Corps, GED tutoring, computer and literacy skills, after-school tutoring, showers, clothing distribution, and bible study with meals and nutrition education. For community members: snacks and hygiene kits, and emergency food (ID and water/gas bill required).
Languages Spoken: English
www.ccano.org/programs/housing-homelessness/

Casa Angelina
Phone: 504.201.7673
Location: 3324 First St.
New Orleans, LA 70125
Hours of Operation: M-F: 10am-3pm
Payment Options: Free. Call for more information.
Services Provided: Services and support for homeless, especially Latino/a community. Short term shelter for up to 8 adults. Referrals to other shelters, clinics, and other services. HIV testing. AA meetings on site (call for schedules). Serves breakfast on Fridays at the corner of Martin Luther King Blvd. and Claiborne Ave.
Languages Spoken: English, Spanish, Portuguese
www.micasanola.blogspot.com
Covenant House New Orleans
Phone: 504.584.1111
Location: 611 N. Rampart St.
New Orleans, LA 70117
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free, Insurance, Medicaid, Sliding scale. Call for more information.
Languages Spoken: English
www.covenanthouse.org/homeless-youth-shelter/new-orleans

Hagar's House for Women
Phone: 504.210.5064
Hours of Operation: Call to schedule an intake appointment.
Intake hours M-F: 3pm-9pm
Payment Options: Free
Services Provided: For single women (transgender inclusive) and women with children (male children must by ages 8 year or younger) who are not using drugs and not suffering from any serious mental illnesses. 24-hour emergency shelter. Long term transitional housing. Art programs. Yoga classes. Capacity building partnership empowerment model.
Languages Spoken: English
www.hagarshousenola.org

House of Ruth Transitional Housing Program
Phone: 504.366.3921
Location: The Arthur Monday Bldg. 1111 Newton St. 2nd floor Algiers, LA 70114
Payment Options: Free
Services Provided: For families who are homeless and/or in crisis. Referrals. Phone counseling. Information on housing assistance.
Languages Spoken: English
www.houseofruthnola.org

Housing Authority of New Orleans (HANO)
Phone: 504.670.3300
Location: 4100 Touro St.
New Orleans, LA 70122
Hours of Operation: Main office M-F: 8am-5pm, Walk-in Voucher Program M&T: 8am-5pm
Payment Options: Free
Services Provided: Provides Section 8 vouchers for rental assistance.
Languages Spoken: English, Spanish
www.hano.org

Housing Program at Way Maker Ministries
Phone: 504.328.8794
Location: 804 First Ave.
Harvey, LA 70058
Payment Options: Free
Services Provided: For women and children. Shelter.
Languages Spoken: English

JeffCAP — Bridge City Multipurpose Center
Phone: 504.349.5464
Location: 301 Third Emanuel St.
Bridge City, LA 70094
Hours of Operation: Call on Friday morning to schedule an appointment. M-F: 8:30am-4:30pm,
Housing Counselor M,W,F: 8:30am-4:30pm,
Food Bank M,W,F: 10am-12pm
Payment Options: Free
Services Provided: For residents of River ridge, Westwego and Bridge City. Utility assistance. Weatherization. Transportation to and from doctors' appointments.
Languages Spoken: English

JeffCAP — Dorothy Watson Multipurpose Center
Phone: 504.736.6480
Location: 1300 Myrtle St.
Metairie, LA 70062
Hours of Operation: Utilities, Rent, and Housing Assistance M-F: 8:30am-4:30pm,
Food Bank M-Th: 1pm-3pm
Payment Options: Medicaid, Sliding scale.
Services Provided: For residents of Metairie, River Ridge and Harahan (zip codes: 70003, 70123, 70062, 70065). Food bank. Utilities assistance. Rent assistance. Housing counseling (State-issued ID and proof of income required).
Languages Spoken: English

JeffCAP — Gretna Community Center
See listing on page 15.

JeffCAP — Marrero Community and Senior Center
Phone: 504.349.5950
Location: 1861 Ames Blvd.
Marrero, LA 70072
Hours of Operation: Call to schedule an appointment. M-F: 8:30am-4:30pm
Payment Options: Free
Services Provided: For residents of Marrero. Utility assistance. Housing counselor. Enrollment for Medicaid and LaCHIP.
Languages Spoken: English
JeffCAP (Jefferson Community Action Programs) Community Centers
See listing on page 16.

Jefferson Parish CARE Center (CCANO)
Phone: 504.347.0772
Location: 1101 Barataria Blvd.
Marrero, LA 70072
Hours of Operation: 24 hours / 7 days a week, Office M-F: 8:30am-5pm
Payment Options: Free
Services Provided:
For families and female individuals. Emergency shelter (unaccompanied women can stay for up to 15 days; families can stay for up to 30 days). Case management. Advocacy. Counseling. Referrals.
Languages Spoken: English
www.ccano.org/homeless.htm

Jericho Road Episcopal Housing Initiative
Phone: 504.895.6763
Location: 2912 St. Charles Ave.
New Orleans, LA 70115
Hours of Operation: M-F: 9am-5pm
Services Provided:
Develops and sells affordable energy efficient homes in Central City to families making below 80% of the area median income. Partners with neighborhood residents, organizations, and businesses to support neighborhood-based community revitalization projects. Call for more information.
Languages Spoken: English, Spanish (limited)
www.jerichohousing.org

Last Hope
Phone: 504.524.6805
Location: 1302 Magazine St.
New Orleans, LA 70130
Services Provided:
For adult men with mental illness. Residential housing program.
Languages Spoken: English
www.lsthousing.org

Liberty House
Phone: 504.528.9517
Location: 2020 S. Liberty St.
New Orleans, LA 70113
Hours of Operation: 24 hours / 7 days a week, Office 8am-5pm
Payment Options: Self-pay, Sliding Scale. Call for prices and payment options.
Services Provided:
For women ages 17-24 years who are pregnant and/or have up to 3 children. Transitional housing program.
Languages Spoken: English

NAMI New Orleans
Phone: 504.896.2345
Location: 1538 Louisiana Ave.
New Orleans, LA 70115
Hours of Operation: M-F: 8:30am-4:30pm, Drop-ins T&Th: 1:30-4:30
Payment Options: Free
Services Provided:
Languages Spoken: English, Spanish
www.namineworleans.org

Neighborhood Housing Services of New Orleans
Phone: 504.899.5900
Location: 4528 Freret St.
New Orleans, LA 70115
Hours of Operation: M-F: 9am-5pm
Payment Options: Low-cost, Self-pay. Call for prices and payment options.
Services Provided:
For first time home-buyers. Education. Foreclosure prevention counseling. Credit repair classes. Assistance with researching contractors. Assistance with overseeing work being done.
Languages Spoken: English
www.nhsnola.org

New Orleans Women’s Shelter
Phone: 504.962.6697
Location: PO Box 3520
New Orleans, LA
Payment Options: Free
Services Provided:
For homeless women ages 22 years and older, pregnant women, and women with up to 4 children (male children must be under age 12; girl children can be any age). Transitional housing program. Programs for residents: case management, parenting classes, and employment program. Call for more information.
Languages Spoken: English
www.NOLAwomenshelter.org

Salvation Army
Phone: 504.899.4569
Location: 4526 S. Claiborne Ave.
New Orleans, LA 70125
Hours of Operation:
Office M-F: 8:30am-4:30pm, Intake M-Sun: 4:30pm-6pm & 8pm-9pm,
Morning Departure by 6:30am
Payment Options: Free. Call for more information.
Services Provided:
For women, men, and children: emergency shelter (first 5 nights are free; must pay $10 or provide a voucher for every night after the first 5 nights). For women who have children and who have a referral from an overnight shelter: emergency shelter and case management for up to 3 months.
Languages Spoken: English, Spanish (limited)

St. Jude’s
See listing on page 17.

The Greater New Orleans Fair Housing Action Center (GNOFHAC)
Phone: 504.596.2100
Location: 404 S. Jefferson Davis Pkwy.
New Orleans, LA 70119
Hours of Operation: M-F: 9am-5pm
Payment Options: Free
Services Provided:
Investigates discrimination complaints and provides legal support to individuals who have been discriminated against based on race, color, religion, sex, national origin, familial status and disability during rental, sales, mortgage lending, and homeowner’s insurance transactions. Post-purchase housing counseling to homeowners who are behind on their mortgage payments, facing foreclosure, struggling with predatory loans, or dealing with Road Home appeals and insurance claims. Fair housing education to service providers and first-time homebuyers.
Languages Spoken: English, Spanish
www.gnofairhousing.org

Tulane Community Health Center at Covenant House
Phone: 504.988.3000
Location: 611 N. Rampart St.
New Orleans, LA 70117
Hours of Operation: M&Th, 8:00am-7:00pm; T,W,F 8:00am-5:00pm
Payment Options: Insurance, Sliding scale
Services Provided:
General practitioners available. Sick visits to well visits to STDs. Housing. Parenting support services.
Languages Spoken: English, Spanish

MEDICAID AND LOW COST HEALTH INSURANCE

Amerigroup
Phone: 800.600.4441
Payment Options: Free
Services Provided:
For expecting mothers. Medicaid provider under Bayou Health Network.
Languages Spoken: English
www.dhh.louisiana.gov/

Community Health Solutions
Phone: 855.247.5248
Payment Options: Free
Services Provided:
For expecting mothers. Medicaid provider under Bayou Health Network.
Languages Spoken: English
www.dhh.louisiana.gov/

LACARE
Phone: 888.756.0004
Payment Options: Free
Services Provided:
For expecting mothers. Medicaid provider under Bayou Health Network.
Languages Spoken: English
www.dhh.louisiana.gov/

Louisiana Health Care Connections
Phone: 866.595.8133
Payment Options: Free
Services Provided:
For expecting mothers. Medicaid provider under Bayou Health Network.
Languages Spoken: English
www.dhh.louisiana.gov/

Take Charge Family Planning Services
See listing on page 12.

United Community Plan of Louisiana
Phone: 866.675.1607
Payment Options: Free
Services Provided:
For expecting mothers. Medicaid provider under Bayou Health Network.
Languages Spoken: English
www.dhh.louisiana.gov/
MENTAL HEALTH SERVICES

Acceptable Health Services
See listing on page 12.

Boat People SOS
See listing on page 1.

CCANO St. Louise de Marillac Ministry
See listing on page 6.

Children’s Bureau
See listing on page 6.

Clake Community Services, LLC
Phone: 504.821.6830
Location: 200 S. Broad St. Ste. 6
New Orleans, LA 70125
Hours of Operation: M-F: 8:30am-4:30pm
Payment Options: Medicaid
Languages Spoken: English

ComCare Support Center, LLC
Phone: 504.322.7328
Location: 3100 Ridgelake Dr.
Metairie, LA 70002
Hours of Operation: Call to schedule an appointment. M-F: 9am-5pm
Payment Options: Medicaid
Languages Spoken: English
www.comcarellc.com

Counseling Solutions Organization:
Catholic Charities
See listing on page 7.

Ekems Healthcare Inc. Mental Rehab Out Patient Care
See listing on page 13.

Enhanced Destiny Services
Phone: 504.821.8184
Location: 2740 Iberville St.
New Orleans, LA 70119
Hours of Operation: M-F: 9am-5pm
Payment Options: Medicaid
Services Provided: Mental health rehabilitation. Medication management. Education. Individual and group counseling. Community support.
Languages Spoken: English
www.enhanceddestinyservice.org

Essential Care Services
See listing on page 13.

Excelth Family Health Center — Algiers
See listing on page 8.

Excelth Family Health Center — Gentilly
Phone: 504.620.9868
Location: 2050 Caton St.
New Orleans, LA 70112
Hours of Operation:
Call to schedule an appointment. M-Th: 7am-6pm, Fri: 8am-5pm
Payment Options: Medicare, Sliding Scale. Call for prices and payment options.
Services Provided: Pediatric, adolescent and adult primary care services: immunizations, well woman visits, chronic disease management and lab services. Behavioral health services for children, adolescents, adults and families. Social services. GHNOCHC provider. Certified Medicaid application center. Assistance in applying for free medical and prescription coverage.
Languages Spoken: English, Arabic, Spanish
www.excelth.com

Family Care, Inc
See listing on page 13.

Family Preservation Services
Phone: 504.482.2735
Location: 3801 Canal St. Ste. 220
New Orleans, LA 70119
Hours of Operation: M-F: 8am-5pm
Payment Options: Medicaid
Services Provided: Outpatient therapy and counseling. Medication management. Treatment for post-traumatic stress and postpartum depression for new moms.
Languages Spoken: English
Email: abock@lpscorp.com

www.edenhealthcareservices.net

www.excelth.com

Email: abock@lpscorp.com
Family Services of Greater New Orleans
See listing on page 1.

Fidelity Behavioral Health Services
Phone: 504.841.0007
Location: 700 Papworth Ave. Ste. 105
Metairie, LA  70005
Hours of Operation: M-F: 9am-5pm
Payment Options: Medicaid
Services Provided:
Languages Spoken: English
Email: fidelitybhs@aol.com

Grace Behavioral Health Center, LLC
See listing on page 13.

Guidance Center — St. Claude
Phone: 504.948.6880
Location: 3218 St. Claude Ave.
New Orleans, LA  70117
2626 Charles Dr.
Chalmette, LA  70043
3805 Jefferson Hwy.
Jefferson, LA  70121
Hours of Operation:
Chalmette M-F: 8am-5pm;
Jefferson M-F: 8am-4:30pm,
St. Claude M-F: 8am-4:30pm
Payment Options: Insurance, Medicaid, Sliding scale
Services Provided:
Languages Spoken: English
www.guidance-center.com

Institute of Women and Ethnic Studies
See listing on page 18.

Integrated Family Services
See listing on page 13.

Interim LSU Hospital — Mental Health Emergency Room Extention
Phone: 504.903.4128,
911
Location: 2021 Perdido St.
New Orleans, LA  70112
Payment Options: Insurance, Medicaid, Self-pay
Services Provided:
Languages Spoken: English, Spanish

Jefferson Parish Human Services Authority
See listing on page 7.

Jewish Family Services
See listing on page 13.

Key Behavior Essentials, LLC
Phone: 504.525.9404
Location: 701 Loyola Ave. Ste. 405
New Orleans, LA 70113
Hours of Operation: M-F: 8am-5pm
Payment Options: Medicaid
Services Provided:
Languages Spoken: English
www.kbela.com

Kingsley House
Phone: 504.523.6221
Location: 1600 Constance St.
New Orleans, LA  70130
Payment Options: Free
Services Provided:
Languages Spoken: English, Vietnamese
www.kingsleyhouse.org

Louisiana State University Health Sciences Center Victims Assistance Program
See listing on page 1.

Louisiana Support Services
Phone: 504.488.1888
Location: 4000 Bienville St. Ste. E
New Orleans, LA  70119
Hours of Operation: M-F: 9am-5pm
Payment Options: Sliding scale and Medicaid
Services Provided:
Mental health rehabilitation. Postpartum mental health support. Transportation provided.
Languages Spoken: English
Luke's House
See listing on page 9.

Metropolitan Crisis Response Team
Phone:
504.826.2675
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Crisis line for triage, assessment and intervention for persons experiencing mental health or substance abuse. Links consumers to appropriate community resources.
Languages Spoken: English

Milestones Mental Health Agency
See listing on page 7.

NAMI New Orleans
See listing on page 22.

National Hopeline Network
Phone:
800.784.2433
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Crisis counseling for suicide.
Languages Spoken: English

National Suicide Prevention Hotline
Phone:
800.273.8255 (English),
888.628.9454 (Spanish)
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
24-hour hotline for counseling and support.
Languages Spoken: English

New Orleans Forensic Center
Phone:
504.658.9660
Location:
2612 Martin Luther King Jr. Blvd.
New Orleans, LA  70113
Hours of Operation: M-F: 9am-3pm
Payment Options: Free
Services Provided:
Orders of Protective Custody (OPC) or involuntary psychiatric commitment evaluations for individuals with mental illness and/or substance abuse who are dangerous to themselves, dangerous to others, or gravely disabled. The New Orleans Forensic Center can facilitate psychiatric evaluations in an emergency.
Languages Spoken: English, Spanish

NOPD Mobile Crisis Unit
See listing on page 2.

Obyke Health Care Services, LLC
Phone:
504.948.6080
Location:
3028 Gentilly Blvd.
New Orleans, LA  70122
Payment Options: Medicaid
Services Provided:
Mental health rehabilitation.
Languages Spoken: English

Positive Living Treatment Center
Phone:
504.827.2701
Location:
3330 Canal St.
New Orleans, LA 70119
Hours of Operation: Call to schedule an appointment. M-F: 9am-5pm
Payment Options: Medicaid, Medicare
Services Provided:
Languages Spoken: English
www.prwi.org

River of Hope Mental Health Resource Center
Phone:
504.296.7591
Location:
1600 Alvar St.
New Orleans, LA  70117
Payment Options: Free
Services Provided:
Counseling, Referrals. Community support. Outreach.
Languages Spoken: English
www.headwatersrelief.org

RTC Providers, INC
Phone:
504.483.0412
Location:
330 N. Jefferson Davis Pkwy.
New Orleans, LA 70119
Payment Options: Medicaid
Services Provided:
Languages Spoken: English
www.rtcproviders.com

Seasons Grief & Loss Center
See listing on page 18.
Thomas E. Chambers Counseling and Training Center Organization: Our Lady of Holy Cross
Phone: 504.398.2168
Location: 4123 Woodland Dr.
New Orleans, LA 70131
Hours of Operation: M-Th: 11am-8pm
Payment Options: Low cost, Sliding scale. Call for more information.
Services Provided:
Languages Spoken: English, Spanish
www.olhcc.edu/services-andresources/counselingcenter

Trinity Counseling and Training Center
Phone: 504.522.7557
Location: 2108 Coliseum St.
New Orleans, LA 70115
Hours of Operation: Call to schedule an appointment. M-Th: 9am-8pm
Payment Options: Sliding scale. Call for more information.
Services Provided:
Individual, group, couples, and family counseling. Please call and leave message with call back information if interested.
Languages Spoken: English
www.trinitycounselingnola.org

Vietnamese American Young Leaders Association
Phone: 504.235.6000
Location: 4646 Michoud Blvd. Ste. D2
New Orleans, LA 70129
Payment Options: Free
Services Provided:
Psycho-educational groups. Resource linkage.
Languages Spoken: English, Vietnamese
www.vayla-no.org

MOTHER’S SUPPORT GROUPS

Ashe Cultural Arts Center
Phone: 504.569.9070
Location: 1712 Oretha Castle Haley Blvd.
New Orleans, LA 70113
Hours of Operation: M-F: 9am-6pm
Payment Options: Free
Services Provided:
Creates and supports programs. Activities and creative works emphasizes the contributions of people of African descent. Theater programs. Children’s artistic and cultural programs. Wellness events. “Sistas Making A Change” health and wellness program provides weekly dance and health education sessions (call or visit website for schedule).
Languages Spoken: English, Spanish
Email: ashecac@gmail.com
www.ashecac.org

Healthy Start New Orleans
See listing on page 3.

Louisiana Natural Birth
Payment Options: Free
Services Provided:
Birth experience group. Resources for information on birthing.
Languages Spoken: English
www.louisiananaturalbirth.com

New Orleans Birthing Project
Phone: 504.482.6388
Location: 4205 Canal St.
New Orleans, LA 70119
Payment Options: Free
Services Provided:
Sister-friend program for pregnant women. Assist the mother in accessing resources.
Languages Spoken: English
www.birthingprojectusa.org

True Love Movement
Phone: 334.531.4721
Hours of Operation: Call for assistance
Payment Options: Call for prices and payment options.
Services Provided:
Mission: to empower women of color to achieve optimal health and well being through utilization of the creative arts and media that promote self-awareness and self-love. Workshop “Motherhood the Mothership” teaches, enlightens, and empowers mothers on their journey of motherhood.
Languages Spoken: English
www.truelovemovement.com

Zuka Baby
See listing on page 3.
**MOVEMENT/FITNESS**

**Balance Yoga and Wellness**  
Phone: 504.309.9618  
Location: 120 S. Cortez St.  
New Orleans, LA 70119  
**Hours of Operation:** Call for assistance.  
**Payment Options:** Self-pay. Call for prices and payment options.  
**Services Provided:**  
Prenatal yoga.  
**Languages Spoken:** English  
**Email:** info@balanceyogawellness.com  
**Website:** www.balanceyogawellness.com

**Elmwood Fitness Pregnancy Yoga Classes**  
Phone: 504.733.1600  
Location: Call for locations.  
**Hours of Operation:** Call for assistance.  
**Payment Options:** Self-pay. Call for prices and payment options.  
**Services Provided:**  
Prenatal yoga.  
**Languages Spoken:** English  
**Website:** www.elmwoodfitness.com

**Swan River Yoga**  
Phone: 504.301.3134  
Location: 2940 Canal St.  
New Orleans, LA 70119  
2600 Chartres St.  
New Orleans, LA 70117  
**Hours of Operation:** Call for assistance.  
**Payment Options:** Self-pay. Call for prices and payment options.  
**Services Provided:**  
Prenatal yoga.  
**Languages Spoken:** English  
**Website:** www.swanriveryoga.com

**Wild Lotus Yoga**  
Phone: 504.899.0047  
Location: 4842 Perrier St.  
New Orleans, LA 70115  
2372 St. Claude Ave.  
New Orleans, LA 70117  
**Hours of Operation:** Call for assistance.  
**Payment Options:** Self-pay. Call for prices and payment options.  
**Services Provided:**  
Prenatal yoga in 2nd and 3rd trimesters.  
**Languages Spoken:** English  
**Website:** www.wildlotusyoga.com

**NUTRITION RESOURCES**

**Baptist Friendship House**  
See listing on page 14.

**Common Ground Health Clinic**  
Phone: 504.361.9800 (clinic), 877.361.9801 (toll-free)  
Location: 1400 Teche St.  
Algiers, LA 70114  
**Hours of Operation:**  
Call to schedule an appointment M-Th: 10am-4pm,  
Appointments available M-Th: 8am-4pm  
**Payment Options:** Medicaid, Self-pay, Sliding scale  
**Services Provided:**  
Adult primary care services: physicals, prescriptions, lab tests, herbal medicine,  
acupuncture (Thurs), social work, Medicaid & GNOCHC applications, wellness &  
educational events, dermatology once a month, vaccinations, and prenatal referrals.  
Drop-in health education programs: women’s nutrition and exercise group (Tues: 6pm),  
healthy southern cooking class (once a month), and periodic gardening workshops at  
Teche St. Garden.  
**Languages Spoken:** English, Portuguese (limited), Spanish  
**Website:** www.commongroundclinic.org

**Crescent City Farmer’s Markets**  
Location:  
Tues: Uptown  
200 Broadway  
New Orleans, LA  
Sat: CBD  
700 Magazine St.  
New Orleans, LA  
Thurs: Midcity  
3700 Orleans Ave.  
New Orleans, LA  
**Services Provided:**  
Accept EBT card benefits. Products/services cannot be purchased with EBT tokens: hot  
food, cut flowers, inedible plants, knife sharpening. Farmers Market Nutrition Program  
(FMNP): distributes vouchers for eligible seniors (S/FMNP) and WIC recipients (WIC/  
FMNP).  
**Languages Spoken:** English, Spanish (some vendors)  
**Website:** www.crescentcityfarmersmarket.org

**Food and Farm Network (NOFFN)**  
Phone: 504.483.6967  
Location:  
PO Box 13185  
New Orleans, LA  
**Hours of Operation:** Call for assistance.  
**Payment Options:** Self-pay. Call for prices and payment options.  
**Services Provided:**  
Focus: increasing access to healthy food. Gardening techniques. Composting. Urban  
farming. Other classes available. See website for maps of GNO area gardens and  
gardening opportunities.  
**Languages Spoken:** English  
**Website:** www.noffn.org
Gaia's Playground
See listing on page 4.

Go Green NOLA
Services Provided:
Comprehensive online listing of area markets.
Languages Spoken: English
www.gogreennola.org/farmersmarkets

Healthy Start New Orleans
See listing on page 3.

Hollygrove Market and Farm
Location:
8301 Olive St.
New Orleans, LA 70118
Hours of Operation: T&Th: 12pm-7pm, Sat&Sun: 10am-4pm
Services Provided:
Urban farm. Local produce market. Community garden space. Classes and events: food justice, health education, farming, composting, etc. Accepts EBT/SNAP benefits.
Languages Spoken: English
www.hollygrovemarket.com

Jefferson Community Health Care Center — River Ridge
See listing on page 9.

Jefferson Parish Health Unit WIC Clinic — Marrero
Phone: 504.349.8802
Location: 1855 Ames Blvd.
Marrero, LA 70072
Hours of Operation: Call to schedule an appointment. W-F: 8am-4:30pm
Languages Spoken: English

Jefferson Parish Health Unit WIC Clinic — Metairie
Phone: 504.838.5100
Location: 111 N. Causseway Blvd.
Metairie, LA 70001
Hours of Operation: Call to schedule an appointment. M,Th,F: 8am-4:30pm
Languages Spoken: English

Kenner WIC Clinic — St. Charles
Community Health Center
Phone: 504.464.8737
Location:
200 W. Esplanade Ave.
Kenner, LA 70065
Hours of Operation:
Call to schedule an appointment. M-Th: 8am-4:30pm, Fri: 8am-12pm
Languages Spoken: English, Spanish

Latinos Farmers Cooperative of Louisiana
Phone: 504.333.3611
Location:
428 S. Jefferson Davis Hwy.
New Orleans, LA 70087
Hours of Operation: Call to schedule an appointment.
Payment Options: Self-pay. Call for prices and payment options.
Services Provided:
Languages Spoken: English, Spanish
www.latinofarmerscoop.org

Mahalia Jackson Center
See listing on page 5.

Orleans Parish WIC Clinic— Central City
Phone: 504.658.2895
Location:
Central City Health Clinic
2222 Simon Bolivar 2nd floor
New Orleans, LA 70113
Hours of Operation: Call to schedule an appointment. M-F: 8am-4pm
Languages Spoken: English, Spanish

Orleans Parish WIC Clinic— W. Bank
Phone: 504.658.2795
Location:
The Arthur Monday Building
1111 Newton St.
Algiers, LA 70114
Hours of Operation: Call to schedule an appointment. M-F: 8am-4pm
Languages Spoken: English

Sankofa Farmer’s Market
Phone: 504.872.9214
Location:
5500 St. Claude Ave.
New Orleans, LA 70117
Hours of Operation: Sat: 10am-2pm
Services Provided:
Fresh produce, seafood, and baked goods. Children’s tent. Cooking demos. Community activities. Credit, debit, and EBT/SNAP accepted.
Languages Spoken: English

WIC — Women Infants & Children
Nutritional Program
Phone: 800.251.2229,
225.342.7893 (LA office)
Payment Options: Free
Services Provided:
WIC supplies supplemental nutritious foods, nutrition education and counseling at WIC clinics, and screening and referrals to other health, welfare and social services.
**Languages Spoken:**
English, Spanish (call to inquire), other languages (call to inquire)
www.wic.dhh.louisiana.gov

**Zuka Baby**
See listing on page 3.

---

**PARENTING CLASSES/RESOURCES**

**Broadmoor Community Care**
Phone: 504.481.4666
Location: 3900 General Taylor St.
New Orleans, LA 70125
Payment Options: Sliding scale. Call for prices and payment options.
Services Provided:
Offering services to Broadmoor clients. Counseling services for individuals. Parenting support/education. Different locations in the neighborhood.
Languages Spoken: English, Spanish
Email: bcc@broadmoorimprovement.com
www.broadmoorimprovement.com/BIA/BCC

**Community Center of St. Bernard**
See listing on page 14.

**Families Helping Families**
Phone: 504.943.0343 (Orleans), 504.888.9111 (Jefferson)
Location: 7240 Crowder Blvd. Ste. 202
New Orleans, LA 70127
Hours of Operation: M-F: 9am-4pm
Payment Options: Free
Services Provided:
Information referral agency for individuals with developmental disabilities and their family members.
Languages Spoken: English, Spanish (only available at Jefferson location)
www.fhfsela.org

**Family Services of Greater New Orleans**
See listing on page 1.

**Gris Gris Lab**
Phone: 504.872.0577
Location: 2245 Brainard St.
New Orleans, LA 70113
Payment Options: Free
Services Provided:
Healing sessions. Life coaching. Women centered classes. Playshops. Support for women, men, children, young mothers, transgender and queer people, and all others.
Languages Spoken: English, French
www.thegrisgrislab.com

**Healthy Start New Orleans**
See listing on page 3.

**Mahalia Jackson Early Childhood and Family Learning Center**
Phone: 504.570.6952
Location:
2405 Jackson Ave.
New Orleans, 70133
Hours of Operation: Call for a schedule.
Payment Options: Free
Services Provided:
Services to Central City residents. Focus on children from birth to age five: Head Start, Early Head Start, health and wellness, access to social service agencies, job training and readiness, literacy programs, etc.
Languages Spoken: English, Spanish
www.mahaliajacksoncenter.org

**NAMi New Orleans**
See listing on page 22.

**NOLA Nesting**
See listing on page 4.

**Sojourner Truth Neighborhood Center**
Phone: 504.827.9963
Location:
2200 Lafitte St.
New Orleans, LA 70119
Hours of Operation: M-F: 8am-7pm, Sat: 9am-1pm
Payment Options: Free
Services Provided:
Case management. Parenting classes, programs, and services.
Languages Spoken: English
Email: dsmith@providencech.org
www.providencecommunityhousing.org

**The Parenting Center**
Phone: 504.896.9591
Location:
938 Calhoun St.
New Orleans, LA 70118
Hours of Operation: M-F: 9am-4:30pm, Tues: 10:30am-12:00pm
Payment Options: Free
Services Provided:
Educational resource center. Child development and related parenting skills. Discuss concerns with other parents and staff. Children enjoy the company of other children.
Languages Spoken: English
www.theparentingcenter.net

**Tulane Community Health Center at Covenant House**
See listing on page 23.
Volunteers of America
Phone: 504.836.8700
Location: 3939 N. Causeway Blvd. #101
Metairie, LA 70002
Payment Options: Free
Services Provided: Social Worker. Adoption Pregnancy Course. Parenting classes
Languages Spoken: English

Zuka Baby
See listing on page 3.

POST-PARTUM SERVICES

Acceptable Health Services
See listing on page 12.

Birthmark Doula Collective
See listing on page 11.

CCANO St. Louise de Marillac Ministry
See listing on page 6.

Ekems Healthcare Inc. Mental Rehab Out Patient Care
See listing on page 13.

Family Preservation Services
See listing on page 24.

Fussy Baby Network
Phone: 855.371.BABY
Payment Options: Free
Services Provided: Post partum home visits. Mental health. Therapy.
Languages Spoken: English

Gaia’s Playground
See listing on page 4.

Key Behavior Essentials, LLC
See listing on page 25.

Louisiana Support Services
See listing on page 25.

Na’Zyia Doula Collective
See listing on page 4.

NOLA Nesting
See listing on page 4.

Nurse Family Partnership
See listing on page 13.

PRE-CONCEPTUAL SERVICES

Acupuncture Wellness Center, LLC
Phone: 504.362.8020
Location: 3712 MacArthur Blvd. Ste. 208
New Orleans, LA 70114
Hours of Operation: M-Sat: 9am-5pm
Payment Options: Call for prices and payment options.
Services Provided: Acupuncture that aids in fertility.
Languages Spoken: English
www.nolaacupuncture.com

Amy Yeostros
Phone: 504.486.3161
Hours of Operation: Call to schedule an appointment.
Payment Options: Call for prices and payment options.
Services Provided: Acupuncture to aid in fertility
Languages Spoken: English
www.getacupuncture.com

Audubon Fertility
Phone: 504.891.1390
Location: 4321 Magnolia St.
New Orleans, LA 70015
Hours of Operation: M-Th: 7:30am-4:30pm, Fri: 7:30am-12pm
Payment Options: Call for prices and payment options.
Services Provided: Infertility services. Pediatric and adolescent gynecology.
Languages Spoken: English
Email: info@audubonfertility.com
www.audubonfertility.com

Family Medicine & Accupuncture LLC
Phone: 504.464.4141
Location: 527 W. Esplanade Ave.
Kenner, LA 70065
Hours of Operation: M, W, Th: 9am-5pm, Fri: 9am-1pm
Payment Options: Insurance, Medicaid, Self-pay
Services Provided: Acupuncture that aids in fertility, conception, and family medicine.
Languages Spoken: English
Kevin Work, MD
Phone: 504.827.2345
Location: 3316 Canal St.
New Orleans, LA 70119
200 W. Esplanade Ste. 410
Kenner, LA 70065
Hours of Operation: Canal St: M-Th: 8am-5pm, Fri: 8am-2pm,
Kenner M-Th: 8:30am-12:30pm
Payment Options: Insurance, Medicaid, Self-pay
Languages Spoken: English, Spanish

Kim’s Acupuncture Clinic
See listing on page 34.

Mayan Abdominal Massage
See listing on page 35.

PREGNANCY INFORMATION — HOTLINES

Jefferson Parish Human Services Authority
See listing on page 7.

PREGNANCY INFORMATION — PREGNANCY RESOURCES

211-cope line
Phone: 504.269.2673,
800.749.2673,
211
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided: Counseling over the phone. Helps individuals find health or human services in the community. Locate and refer callers to personal and family crisis assistance, housing resources, mental health services, utility and rental assistance, food banks, medical care. Disaster-related services. Job training services. Elder and child care. Legal services. Disability assistance.
Languages Spoken: English, Spanish

Big Easy Birth
Phone: 504.355.1995
Payment Options: Free
Services Provided: Resources for pregnant women in the New Orleans area.
Languages Spoken: English
Email: contact@bigeasybirth.com
www.bigeasybirth.com

Institute of Women and Ethnic Studies
See listing on page 18.

Jefferson Parish Human Services Authority
See listing on page 7.

Louisiana Natural Birth
See listing on page 27.

Mahalia Jackson Center
See listing on page 5.

New Orleans Birthing Project
See listing on page 27.

Partners for Healthy Babies Hotline
Phone: 800.251.BABY
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided: Find resources and care in their area anywhere in Louisiana
Languages Spoken: English
www.1800251baby.com

SELABN (Southeast Louisiana Birth Network)
Payment Options: Free
Services Provided: A birth network. All-inclusive website with a resource guide to provide prenatal resources in southeastern Louisiana and nationally.
Languages Spoken: English
www.selabn.org

text4baby
Phone: English - text “Baby” to 511411, Spanish - text “Bebe” to 511411
Payment Options: Free
Services Provided: Receive 3 text messages per week: prenatal care, baby helath, and parenting information until baby turns 1 yr. old. Timed to pregnancy and/or age of baby.
Languages Spoken: English, Spanish
www.text4baby.org

PREGNANCY OPTIONS — ABORTION

Causeway Medical Clinic
Phone: 504.837.1272,
800.749.7265 (Crisis Line)
Location: 3044 Ridgelake Dr.,
Metairie, LA 70002
Hours of Operation: M-F: 8:30am-5pm, Sat: 8:30am-12pm
Payment Options: Self-pay
Services Provided:
Reproductive health services: family planning, referrals, counseling, and re-check visits following terminations. Abortion services: vacuum curettage, dilation & curettage (D&C), or dilation & evacuation (D&E)
Languages Spoken: English
www.abortion-new-orleans.com

Exhale: After-Abortion Counseling
Phone: 866.4EXHALE
Hours of Operation: M-F: 7pm-12am, Sat-Sun: 2pm-12am
Payment Options: Free
Services Provided:
National talk-line. Resources for abortion recovery.
Languages Spoken: English
www.4exhale.org

National Network of Abortion Funds
Phone: 617.267.7161
Location: PO Box 170280
Boston, MA 02117
Payment Options: Free
Services Provided:
Funds money to directly help women cover the cost of abortion services.
Languages Spoken: English
www.fundabortionnow.org

New Orleans Abortion Fund
Location: PO Box 770141
New Orleans, LA 70119
Payment Options: Free
Services Provided:
Financial help to women who cannot afford the full cost of an abortion. Ensure that all women have access to quality medical care.
Languages Spoken: English, Spanish (limited)
www.neworleansabortionfund.weebly.com

Planned Parenthood
See listing on page 12.

Women With A Vision, Inc.
Phone: 504.301.0428
Location: 1822 N. Claiborne Ave.
New Orleans, LA 70116
Hours of Operation: Call for assistance.
Payment Options: Free
Services Provided:
Women's health education, promotion, and advocacy focusing on HIV/AIDS prevention and testing, STD and pregnancy education. Health referrals.
Languages Spoken: English
www.wwav-no.org

Women's Health Care Center
Phone: 504.899.6010
Location: 2701 General Pershing
New Orleans, LA 70115
Payment Options: Self-pay
Services Provided:
Medical and surgical abortion services. Abortion counseling.
Languages Spoken: English, Spanish

PREGNANCY OPTIONS — ADOPTION

Adoption & Maternity Services of Volunteers of America
Phone: 504.835.3005
Location: 320 Hammond Hwy. Ste. 300
Metairie, LA 70002
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
24-hour crisis counseling for pregnant women. Adoption services.
Languages Spoken: English
www.voagno.org

Jewish Family Service of Greater New Orleans
Phone: 504.831.8475
Location: 1426 Amelia St.
New Orleans, LA 70115
3330 W. Esplanade Ave. Ste. 600
Metairie, LA 70002
Hours of Operation: M-F: 8am-5pm
Payment Options: Call for prices and payment information.
Services Provided:
Adoption home studies. Pre-adoption counseling. Post-placement adoption studies.
Languages Spoken: English
www.jfsneworleans.org/programs-services/adoption-home-studies/

The Adoption Services of Catholic Charities
Phone: 504.885.1141
Location: 3019 North Arnoult Rd.
Metairie, LA 70002
Payment Options: Free. Call for more information.
Services Provided:
Domestic adoption services: birthparent services, adoptive family services. International adoption services.
Languages Spoken: English, Spanish
www.adoptnola.com
**PREGNANCY OPTIONS — OTHER**

Safe Haven Program
Phone: 800.CHILDREN
Hours of Operation: Hotline M-Sun: 8am-8pm
Payment Options: Free
Services Provided: Crisis intervention. Parent education hotline. Safe Haven for children less than 31-days old. Give up custody- no questions asked.
Languages Spoken: English, Spanish
www.dss.louisiana.gov

**PRENATAL CARE — GENETIC SERVICES**

Ochsner Medical Center
Phone: 866.OCHSNER
Payment Options: Call for prices and payment options.
Services Provided: Genetic testing services for pregnant women.
Languages Spoken: English, Spanish (call International Service at 504.842.3719)
www.ocshner.org

Tulane Medical Center
Phone: 504.988.7343 (Genetics Dept.)
Payment Options: Insurance (most)
Services Provided: Genetic testing services for pregnant women.
Languages Spoken: English, Spanish

**PRENATAL CARE — MIDWIFERY/ALTERNATIVE BIRTHS**

Drs. Labadie and Labadie, A.P.L.L.C.
Phone: 504.349.6207
Location: 1111 Medical Center Blvd. #250
Marrero, LA 70072
Hours of Operation: M-Th: 8:30am-5pm, Fri: 8:30am-4pm
Payment Options: Insurance, Medicaid, Self-pay. Call for prices and payment options.
Languages Spoken: English, Spanish (limited)

Effie Michot, CPM
See listing on page 3.

Emmy Trammell, LM of Louisiana, CPM
Phone: 985.974.2724
Hours of Operation: Call to schedule an appointment.
Payment Options: Insurance (some), Payment plans available, Self-pay, Sliding scale. Call for more information.
Languages Spoken: English
Email: lamdw0405@gmail.com

Full Moon Rising Birthing Services
See listing on page 11.

Gaia’s Playground
See listing on page 4.

Jessica Mobley
See listing on page 11.

Kimberly Davis
See listing on page 4.

Kim’s Acupuncture Clinic
Phone: 504.861.0629
Location: 8021 Green St.
New Orleans, LA 70118
Hours of Operation: Call to schedule an appointment.
Payment Options: Self-pay, Sliding scale. Call for prices and payment options.
Services Provided: Acupuncture aids in conception, turning of the baby’s orientation within the mother’s womb, and well being.
Languages Spoken: English, Vietnamese

Korkoi Connection
Phone: 504.251.4702
Hours of Operation: Call to schedule an appointment.
Payment Options: Self-pay. Call for prices and payment options.
Services Provided: Sula the doula offers spiritual services: baby naming ceremonies, baby christenings, marriage ceremonies, sacred birth song instruction, house and business blessings, spiritual counseling, sacred baths, and burial rights and funerals.
Languages Spoken: English, Spanish (call to inquire)
Email: sulaspirit@yahoo.com

Let It Be Midwifery
Phone: 985.259.3557
Hours of Operation: M-F: 9am-5pm
Payment Options: Payment plans available, Sliding scale. Call for prices and payment options.
Services Provided:
Sally Acosta, CPM, LM is a Certified Professional Midwife licensed by the state of Louisiana to provide safe, caring home birth services. Mission: provide each woman the opportunity to discover her own strength to birth uninhibited, and with the least amount of intervention possible (call to schedule a free initial consultation).
Languages Spoken: English
Email: letitbemidwifery@yahoo.com
www.letitbemidwifery.com

Margaret Tennyson, CNM
Phone: 504.207.3060
Hours of Operation: Call to schedule an appointment.
Payment Options: Insurance (most), Medicaid, Self-pay. Call for prices and payment options.
Services Provided: Provides midwifery services at Daughters of Charity.
Languages Spoken: English

Mayan Abdominal Massage
Phone: 985.893.4456
Location: 23198 Look Forest Rd.
Abita Springs, LA 70420
Hours of Operation: Call to schedule an appointment.
Payment Options: Self-pay, Sliding scale. Call for prices and payment options.
Services Provided: Self care for reproductive and digestive health for both women and men (helps with fertility). Prenatal and postnatal focus available. Look to website for extensive description of services.
Languages Spoken: English
Email: regenerationsprings@gmail.com
www.regenerationsprings.com

Maypop Community Herb Shop
Phone: 504.304.5067
Location: 1036 Franklin Ave.
New Orleans, LA 70117
Hours of Operation: M-Sun: 12pm-6pm (closed Tuesday)
Payment Options: Self-pay, Sliding scale. Call for prices and payment options.
Services Provided: Community herb shop specializing in herbal pregnancy support, prenatal line of herbs, acupuncture, and private consultations. “Belly Talks” prenatal classes (refer to website for more information).
Languages Spoken: English
Email: maypopherbshop@gmail.com
www.maypopherbshop.com

Michelle Gibbons
See listing on page 11.

Nicole Deggins, CNM
Phone: 504.233.3806
Hours of Operation: Call to schedule an appointment.
Payment Options: Self-pay

Services Provided:
Doula/Monitorce services. Pregnancy coaching. Web-based seminars.
Languages Spoken: English
Email: sistamidwife@gmail.com
www.sistamidwife.com

NOLA Nesting
See listing on page 4.

North Oaks OB/GYN
Phone: 985.542.0663
Location: 15748 Medical Arts Plaza
Hammond, LA 70403
Hours of Operation: M-F: 8am-5pm
Payment Options: Insurance, Medicaid, Take Charge
Services Provided: Midwifery services.
Languages Spoken: English, Spanish

Rea Keith
See listing on page 11.

Shannon Faulstick
Phone: 504.344.1000
Hours of Operation: Call to schedule an appointment.
Payment Options: Call for prices and payment options.
Services Provided: Provides placenta encapsulation and offers recipes for homemade baby formula.
Languages Spoken: English
Email: faulstick@gmail.com

Woman to Woman Midwifery
See listing on page 12.

PRENATAL CARE — PROVIDERS

Crescent City Physicians
Phone: 504.897.7197 (physician referral line)
Location: Call for locations.
Hours of Operation: Call to schedule an appointment.
Payment Options: Insurance, Medicaid, Self-pay
Services Provided: Deliver at Touro’s Family Birthing Center and NICU. Call the referral line to link to over 10 OB/GYNs that deliver at Touro.
Languages Spoken: English. Referred to Touro’s translation services for other languages.
www.crescentcityphysicians.com

Daughters of Charity Health Center — Carrollton
See listing on page 8.

Daughters of Charity Health Center — Metairie
See listing on page 8.
Daughters of Charity Health Center — New Orleans East
See listing on page 38.

Daughters of Charity Health Center — Saint Cecilia
See listing on page 8.

Drs. Labadie and Labadie, A.P.L.L.C.
See listing on page 34.

Hope D. Ruhe, MD
Phone: 504.897.4207
Location: 2820 Napoleon Ave. #970
New Orleans, LA 70115
Payment Options: Insurance, Medicaid, Self-pay
Services Provided:
Prenatal OB/GYN care to pregnant women.
Languages Spoken: English

Javier O. Perez, MD
Phone: 504.947.7754 (St. Claude St.), 504.252.9488 (Bienville)
Location: 3322 St. Claude Ave.
New Orleans, LA 70117
4000 Bienville Ste. B
New Orleans, LA 70119
Hours of Operation:
St. Claude St. Wed: 9am-3pm, Bienville St. M,T,Th: 8:30am-5pm
Payment Options: Insurance, Medicaid, Self-pay
Services Provided:
Prenatal OB/GYN care and surgery. Part of Crescent City Physicians group.
Languages Spoken: English, Spanish (only available at Bienville St. location)

Marcel A. Bacchus, MD
Phone: 504.944.0101
Location: 1520 N. Broad St.
New Orleans, LA 70119
Hours of Operation: M-F: 9am-5pm
Payment Options: Insurance, Medicaid, Self-pay
Services Provided:
Prenatal OB/GYN care to pregnant women.
Languages Spoken: English. Referred to Touro’s translation services for other languages.

Medical Center of Louisiana OB/GYN Clinic
Phone: 504.903.8412
Location:
2100 Perdido St.
New Orleans, LA 70112
3700 St Charles Ave. 5th Floor
New Orleans, LA 70115
Hours of Operation: M-F: 7:30am-4pm
Payment Options: Self-pay
Services Provided:
OB/GYN services.
Languages Spoken: English
www.lsuhn.com/doctors/Gynecology%20%26%20Obstetrics

Ochsner Health System
Phone: 866.OCHSNER
Location: Several locations (look under Ochsner Hospital)
Payment Options: Insurance, Medicaid, Self-pay
Services Provided:
Central appointment schedule line to find an Ochsner OB/GYN
Languages Spoken: English, Spanish (call International Service at 504.842.3719)

Susan G. Jeanfreau, MD
Phone: 504.897.4287
Location: 2820 Napoleon Ave. Ste. 340
New Orleans, LA 70115
Hours of Operation: M-F: 8:30am-2:30pm (Closed Thursday)
Payment Options: Insurance, Medicaid, Self-pay
Services Provided:
GYN care.
Languages Spoken: English
Email: kathy@fleurdelisobgyn.com

Thomas B. Ryan, MD
Phone: 504.897.4287
Location: 2820 Napoleon Ave.
New Orleans, LA 70115
Hours of Operation: M-F: 8:30am-4pm
Payment Options: Insurance, Medicaid, Self-pay
Services Provided:
OB/GYN care to pregnant women.
Languages Spoken: English
Email: kathy@fleurdelisobgyn.com

Tulane Community Health Center at Covenant House
See listing on page 23.

Washington Bryan Sr., MD
Phone: 504.891.3711
Location: 3720 Prytania St.
New Orleans, LA 70115
120 Meadowcrest St. 2nd floor Ste. 230
Gretna, LA 70056
Hours of Operation:
New Orleans M&F: 9am-5pm,
Gretna T&Th: 9am-5pm
Payment Options: Insurance, Medicaid, Self-pay
Services Provided:
Prenatal OB/GYN care.
Languages Spoken: English

PREGNATAL PROGRAMS

I-800-251-BABY (2229)
Phone:
800.251.2229
Hours of Operation: M-F: 7am-10pm
Payment Options: Free
Services Provided:
Information line. Resources near you: pregnancy tests, prenatal care, Medicaid, nutrition, immunizations, substance abuse. All calls are confidential.
Languages Spoken: English. Call to inquire about available translation services.
www.americanpregnancy.org

Children’s Clinic
Phone:
504.571.1607
Location:
2222 Simon Bolivar Ave, 1st floor
New Orleans, LA  70113
Hours of Operation: Walk-ins welcome. M-F: 8am-4pm
Payment Options: Medicaid, Medicare, Self-pay
Services Provided:
Pediatric and adult primary care services. Physicals. Laboratory tests. TB tests. PAP smears. Family planning. STI and HIV testing.
Languages Spoken: English

Common Ground Health Clinic
See listing on page 28.

Daughters of Charity Health Center — Carrollton
See listing on page 8.

Daughters of Charity Health Center — Metairie
See listing on page 8.

Daughters of Charity Health Center — New Orleans East
See listing on page 38.

Daughters of Charity Health Center — Saint Cecilia
See listing on page 8.

Healthy Start New Orleans
See listing on page 3.

Hispanic Prenatal Helpline
Phone:
800.504.7081
Hours of Operation: M-F: 8am-5pm
Payment Options: Free
Services Provided:
Referral to Spanish-speaking prenatal care providers. Information on prenatal health in Spanish. Health education.
Languages Spoken: English, Spanish
www.hispanichealth.org

Kevin Work, MD
See listing on page 31.

LSU Mom and Baby Mobile Health Center
See listing on page 9.

New Orleans Birthing Project
See listing on page 27.

Planned Parenthood
See listing on page 12.

Women With A Vision, Inc.
See listing on page 33.

Zuka Baby
See listing on page 3.

PRIMARY HEALTH CARE

Belle Chasse Community Health Center — Access Health Louisiana
See listing on page 11.

Central City Health Clinic
See listing on page 8.

Children’s Clinic
See listing on page 37.

Children’s Hospital Kids First

Tiger Care Pediatric Clinic
Phone:
504.299.9980
Location:
1661 Canal St. Ste. 1200
New Orleans, LA  70119
Hours of Operation: Call to schedule an appointment. M-F: 9am-5pm
Payment Options: Insurance, Sliding Scale, Medicaid
Services Provided:
Comprehensive pediatric care. Adolescent Health Clinic: primary care, consulting services for adolescents, reproductive health services.
Languages Spoken:
English, Spanish (Medical Assistant M-F: 9am-5pm, Physician W&F: 12pm-5pm)

Common Ground Health Clinic
See listing on page 28.
Daughters of Charity Health Center — Carrollton
See listing on page 8.

Daughters of Charity Health Center — Metairie
See listing on page 8.

Daughters of Charity Health Center — New Orleans East
Phone: 504.248.5357
Location: 5640 Read Blvd. Ste. 550
New Orleans, LA 70127
Hours of Operation: M-F: 8am-5pm
Services Provided:
Adult, pediatric, adolescent and geriatric primary care services: immunizations, physicals, diabetes and cholesterol care, PAP smears. STI and HIV testing. Prenatal care.
Languages Spoken: English, Spanish (call Metairie location at 504.482.0084)
www.dcsno.org

Daughters of Charity Health Center — Saint Cecilia
See listing on page 8.

Drop-in Clinic at Covenant House (Tulane University)
See listing on page 11.

East After Hours Urgent Care
Phone: 504.658.2750
Location: 5640 Read Blvd. Ste. 550
New Orleans, LA 70127
Hours of Operation: Walk-ins welcome.
Payment Options: Insurance, Medicaid, Medicare, Sliding scale.
Services Provided: Walk-in urgent care clinic.
Languages Spoken: English
www.hsdeast.org

Excelth Family Health Center — Algiers
See listing on page 8.

Excelth Family Health Center — Gentilly
See listing on page 24.

Faith Health Alliance
Phone: 504.486.8585
Location: First Grace United Methodist Church
3401 Canal St.
New Orleans, LA 70019
Hours of Operation: Call for a schedule and/or an appointment.
Payment Options: Sliding scale. Call for prices and payment options

Services Provided:
Basic primary care, women’s health, health education, pre-employment physicals, weight loss and blood pressure reduction program.
Languages Spoken: English, Spanish
www.nofha.org

HealthREACH Clinic (New Orleans Dream Center at Church of the King)
See listing on page 10.

Jefferson Community Health Care Center — Avondale
Phone: 504.436.2223
Location: 4028 US Highway 90 W.
Avondale, LA 70094
Hours of Operation: M&T: 8am-5pm, Wed: 8am-7pm (last patient at 6:20pm), Thur: 8am-5pm, Fri: 8am-2pm.
Walk-ins recommended to arrive by 7:50am.
Payment Options: Insurance, Medicaid, Medicare, Sliding scale. Call for more information.
Services Provided:
Adult and pediatric care: vaccinations, PAP smears, family planning, STI and HIV testing, podiatry, basic dental, nutritional counseling. (Picture ID, proof of residence and proof of income required.)
Languages Spoken: English, Spanish (limited)
www.jeffersoncommunityhealthcare.com

Jefferson Community Health Care Center — Marrero
Phone: 504.371.8958, 504.341.4006 (Family Dental Services)
Location: 1855 Ames Blvd.
Marrero, LA 70072
Hours of Operation: M-W: 8am-5pm, Thur: 8am-7pm (last patient at 6:20pm), Fri: 8am-2pm.
Walk-ins recommended to arrive by 7:50am.
Payment Options: Insurance, Medicaid, Medicare, Sliding scale. Call for more information.
Services Provided:
Adult and pediatric care: vaccinations, PAP smears, family planning, STI and HIV testing, podiatry, general dental, and nutritional counseling. (picture ID, proof of residence and proof of income.)
Languages Spoken: English, Spanish
www.jeffersoncommunityhealthcare.com

Jefferson Community Health Care Center — River Ridge
See listing on page 9.

Jefferson Parish Health Unit (A)
See listing on page 11.

Jefferson Parish Health Unit (B)
See listing on page 12.
Latino Health Outreach Project of the Common Ground Health Clinic
Phone: 504.377.7281
Location: Corner of Martin Luther King Blvd. and S. Claiborne
Hours of Operation: Walk-ins welcome. Fri: 7:30am-9am (weather permitting)
Payment Options: Free
Services Provided:
Mobile clinic with basic primary care. First aid and wound care. Health education.
Languages Spoken: English, Spanish
www.commongroundclinic.org

LB Landry Community Clinic (LSU)
Phone: 504.308.3550, 504-903-2373 (appointments)
Location: 1200 LB Landry Ave.
New Orleans, LA 70114
Hours of Operation: M-F: 7:30am-4:30pm
Payment Options: Insurance, Medicaid, Medicare, Sliding scale
Services Provided:
Adult primary care and specialty care.
Languages Spoken: English

LSU Family Medical Practice — Oschner
See listing on page 9.

LSU Medical Home Clinic
Phone: 504.903.2373 (appointments)
Location: 1400 Poydras St.
New Orleans, LA 70112
Hours of Operation: M-F: 7:30am-4:00pm
Payment Options: Insurance, Medicaid, Medicare, Sliding scale
Services Provided:
Comprehensive primary health care. Specialty care for adults and children.
Languages Spoken: English, Spanish

LSU Urgent Care
Phone: 504.903.0564
Location: 2025 Gravier St. 5th floor
New Orleans, LA 70112
Hours of Operation: M-F: 7am-11pm, Sat, Sun, Holidays: 7am-7pm
Services Provided:
Walk-in urgent care clinic.
Languages Spoken: English

Luke’s House
See listing on page 9.

New Orleans East Louisiana Community Health Center
Phone: 504.255.8665
Location:
4626 Alcee Fortier Blvd. Ste. D
New Orleans, LA 70129
Hours of Operation:
Call to schedule an appointment. M-F: 8am-5pm, Sat: 8am-12pm
Payment Options: Insurance, Medicaid, Medicare, Sliding scale
Services Provided:
Adult primary care: women’s health (OB/GYN), behavioral health, social services.
Languages Spoken: English, Spanish, Vietnamese
sites.google.com/site/noelacommunityhtctcr

Odyssey House Health Clinic
Phone: 504.378.7816 (clinic), 504.821.9211 (Odyssey House)
Location: 1125 N. Tonti St.
New Orleans, LA 70119
Hours of Operation: Walk-ins M, W, F: 1pm-4pm, Appointments M & Th
Payment Options: Sliding scale. Call for prices and payment options.
Services Provided:
Adult primary care. Laboratory tests. TB tests. Flu vaccinations. Mental health services
(focus on addiction recovery for adults).
Languages Spoken: English, Spanish
www.ohlinc.org/medical-clinic

Ozanam Inn — LSUHSC Student-Run Homeless Clinic
Phone: 504.523.1184
Location: 843 Camp St.
New Orleans, LA 70119
Hours of Operation: Walk-ins welcome. Sat: 11:30am-3pm
Payment Options: Free
Services Provided:
Adult primary care via Daughters of Charity mobile unit.
Languages Spoken: English, Spanish
www.ozanaminn.org

Ruth E. Fertel / Tulane University Community Health Center
Phone: 504.988.3000
Location: 711 N. Broad St.
New Orleans, LA 70119
Hours of Operation:
Call to schedule an appointment. M & Th: 8am-7pm, T, W, F: 8am-5pm
Fleur de Vie Clinic (Tulane medical student-run FREE clinic) is open the 2nd Saturday of each month.
T-Cell (HIV) clinic is open Wednesday and Friday.
Payment Options: GNOCIC, Insurance, Medicaid, Medicare, Sliding Scale
Services Provided:
Adult primary health care services: behavioral health, women’s health, and ophthalmology. Support signing up for services such as Medicaid (call for times).
Specialty referrals to University Hospital and Tulane University Hospital and Clinic.
Languages Spoken: English, Spanish
St. Bernard Community Health Center —
Access Health Louisiana
Phone: 504.281.2800
Location: 7718 Judge Perez Dr.
Arabi, LA 70032
Hours of Operation: M-Th: 7am-9pm, Fri: 7am-7pm, Sat: 8am-6pm
Payment Options: GNOCHC, Insurance, Medicaid, Medicare, Sliding Scale
Services Provided:
Adult and pediatric primary care: family planning, gynecology, podiatry, nutritional counseling, health education, pharmacy assistance, enrollment in GNOCHC and Medicaid.
Languages Spoken: English, Spanish, Vietnamese

St. Charles Kenner Community Health Center
See listing on page 9.

St. Thomas Community Health Center
See listing on page 9.

SUBSTANCE CHALLENGES AND TREATMENT

24/7 Drug and Alcohol Rehab Referral Service
Phone: 800.521.7128
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Referrals to private, high-end rehabilitation facilities.
Languages Spoken: English

Addictions Counseling and Educational Resources (ACER)
Phone: 504.941.7580
Location: 2238 First St.
Slidell, LA 70458
Hours of Operation: M-F: 8:30am-4:30pm
Payment Options: Insurance, Low cost, Sliding scale
Services Provided:
Outpatient detoxification.
Languages Spoken: English
www.acercanhelp.com

Addictions Recovery Resources, INC (ARR)
Phone: 504.780.2766
Location: 4836 Wabash St.
Metairie, LA 70001
Hours of Operation: M-F: 9am-5pm
Payment Options: Insurance, Self-pay
Services Provided:
Intensive outpatient and residential addiction programs, ambulatory detoxification. (No referrals necessary.)
Languages Spoken: English
www.arrno.org

Al-ateen
Phone: 800.352.9996, 888.425.2666
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Counseling for young persons, who are friends or family of a drug or alcohol abuser.
Languages Spoken: English

Alcohol Abuse and Crisis Intervention
Phone: 800.234.0246
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Referrals for alcohol abuse treatment.
Languages Spoken: English

Alcohol Hotline
Phone: 800.331.2900
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Counseling, Referrals for alcohol addiction treatment.
Languages Spoken: English

Alcoholics Anonymous
Phone: 504.838.3399
Location: Call or check website for locations.
Hours of Operation: Call or check website for schedules.
Payment Options: Free
Languages Spoken: English, Spanish (call 504.444.2677 to inquire)
www.aaneworleans.org

Boys Town National Hotline
Phone: 800.448.3000
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Referrals for substance abuse treatment.
Languages Spoken: English

Cocaine Anonymous
Phone: 504.889.4357
Location: Call or check website for locations.
Hours of Operation: Call or check website for schedules.
Payment Options: Free
Languages Spoken: English
www.no2caine.org
Family Services of Greater New Orleans
See listing on page 1.

Grace House
Phone: 504.899.2423
Location: 1401 Delachaise St.
New Orleans, LA 70115
Hours of Operation:
Call for an interview or to schedule an appointment. Office M-F: 8am-4:30pm
Payment Options: Free. Call for more information.
Services Provided:
For females only. Three-month to one-year substance abuse treatment programs. Substance abuse treatment and mental health referrals. Residential program.
Languages Spoken: English

Jefferson Parish Human Services Authority
See listing on page 7.

Louisiana Office of Addictive Disorders
Phone: 877.664.2248
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Referrals for substance abuse treatment.
Languages Spoken: English

Louisiana Tobacco Quitline
Phone: 800.568.8772
Hours of Operation: Hotline: 24 hours / 7 days a week. Group meetings M-Sun. Treatments are in evenings.
Payment Options: Free
Services Provided:
Languages Spoken: English

Metropolitan Crisis Response Team
See listing on page 26.

Narcotics Anonymous
Phone: 504.899.6262 (NO Helpline), 504.883.8228 (Freedom Helpline), 504.889.8840 (Unity Helpline), 504.391.2440 (West Jeff.), 877.554.8308 (Northshore)
Location: PO Box 13801
New Orleans, LA (call for meeting locations)
Hours of Operation: Call or check website for a schedule.
Payment Options: Free
Services Provided:
Group classes to deal with and end addiction to narcotics. Option to speak with mentor in recovery.
Languages Spoken: English
www.nsafa.org

National Cocaine Hotline
Phone: 800.262.2463
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Referrals for cocaine addiction treatment.
Languages Spoken: English

National Drug Information Treatment and Referral Hotline
Phone: 800.662.4357
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free
Services Provided:
Referrals for substance abuse treatment.
Languages Spoken: English

New Orleans Forensic Center
See listing on page 26.

New Orleans Narcotic Treatment Center
Phone: 504.347.1120
Location: 7606 Westbank Expressway
Marrero, LA 70072
Payment Options: Call for prices and payment options.
Services Provided:
Methadone Clinic. Outpatient detoxification.
Languages Spoken: English

NOPD Mobile Crisis Unit
See listing on page 2.

Odyssey House
Phone: 504.821.9211
Location: 1125 N. Tonti St.
New Orleans, LA 70119
Hours of Operation: Call to schedule an appointment.
Office M-F: 9am-5pm,
Admissions M-F: 7am-9pm,
Detox M-F: 8am-5pm
Payment Options: Free
Services Provided:
Languages Spoken: English
www.ohlinc.org
RHD
Phone: 504.367.7600
Location: 112 Holmes Blvd. Apt. B
Terrytown, LA 70056
Payment Options: Free
Services Provided:
Residential treatment program for women with substance abuse and children under the age of 12.
Languages Spoken: English

River Oaks Hospital
Phone: 504.734.1740 ext. 207
Location: 1525 River Oaks Rd.
West Jefferson, LA 70123
Hours of Operation: Call to schedule an appointment.
Payment Options: Insurance, Medicare and Medicaid. Call for prices and payment options.
Services Provided:
Inpatient detoxification.
Languages Spoken: English. Call to inquire about available translation services.
www.riveroakshospital.com

Smoking Cessation with the Cancer Association of Greater New Orleans
Phone: 504.733.5539
Location: 824 Elmwood Park Blvd. Ste. 240
New Orleans, LA 70123
Hours of Operation: Call for a schedule. M-F: 9am-4pm
Payment Options: Free, Low cost. Call for more information.
Services Provided:
Provides 8 week smoking cessation classes at various locations in the Greater New Orleans area.
Languages Spoken: English
www.cagno.org

The Lousiana Tobacco Quitline
Phone: 800.QUITNOW
Hours of Operation: 24 hours / 7 days a week
Payment Options: Free. Call for more information.
Services Provided:
Call line that provides smoking cessation counseling and referrals to other services in Louisiana.
Languages Spoken:
English, Spanish. Call to inquire about additional translation services.
www.quitwithusla.org

TEEN PROGRAMS AND SERVICES

Al-ateen
See listing on page 40.

CCANO St. Louise de Marillac Ministry
See listing on page 6.

Children’s Bureau
See listing on page 6.

Children’s Hospital Kids First

Tiger Care Pediatric Clinic
See listing on page 37.

Daughters of Charity Health Center — Carrollton
See listing on page 8.

Daughters of Charity Health Center — Metairie
See listing on page 8.

Daughters of Charity Health Center — New Orleans East
See listing on page 38.

Daughters of Charity Health Center — Saint Cecilia
See listing on page 8.

Excelth Family Health Center — Algiers
See listing on page 8.

Excelth Family Health Center — Gentilly
See listing on page 24.

Milestones Mental Health Agency
See listing on page 7.

New Orleans Center for Hope and Change
See listing on page 7.

Youth America Hotline
See listing on page 8.
TRANSPORTATION

JeffCAP — Gretna Community Center
See listing on page 5.

JeffCAP — Harvey Multipurpose Center
Phone: 504.227.1221
Location: 1501 Estalote Ave.
Harvey, LA 70058
Hours of Operation:
Call to schedule an appointment. M-F: 8:30am-4:30pm,
Food Pantry M-F: 1pm-3:30pm,
Haircuts every other Thursday 9am-12pm (call for a schedule).
Payment Options: Free
Services Provided:
Languages Spoken: English

JeffCAP (Jefferson Community Action Programs) Community Centers
See listing on page 16.

JeffCAP — Bridge City Multipurpose Center
See listing on page 21.

Total Community Action
Phone: 504.872.0334 (general info), 504.872.0330
Location: 1420 S. Jefferson Davis Pkwy.
New Orleans, LA 70125
Hours of Operation: M-F: 8am-6:30pm
Payment Options: Free
Services Provided:
Referrals to assistance programs: utilities, weatherization, transportation, counseling, food pantries, employment, and tax assistance.
Languages Spoken: English, Spanish
www.tca-nola.org

UTILITY PAYMENT ASSISTANCE

Hope House
See listing on page 15.

JeffCAP — Dorothy Watson Multipurpose Center
See listing on page 15.

JeffCAP — Gretna Community Center
See listing on page 5.

JeffCAP — Marrero Community and Senior Center
See listing on page 21.

JeffCAP (Jefferson Community Action Programs) Community centers
See listing on page 16.

JeffCAP — Avondale Multipurpose Center
See listing on page 21.

JeffCAP — Bridge City Multipurpose Center
See listing on page 21.

JeffCAP — Harvey Multipurpose Center
See listing on page 5.

St. Jude’s
See listing on page 17.

Sweet Home New Orleans
Phone: 504.948.1809 (services), 504.943.9671 (office)
Location: 2372 St. Claude Ave. Ste. 258
New Orleans, LA 70117
Hours of Operation: Call to schedule an appointment.
Payment Options: Free
Services Provided:
Financial assistance for medical bills. Rent and utilities assistance. Referrals for mental healthcare and legal assistance. Education. Economic development.
Languages Spoken: English
www.sweethomeneworleans.org

Total Community Action
See listing on page 43.
VISION CARE

Crescent City Vision
Phone: 504.347.9988
Location: 5128 Lapalco Blvd.
Marrero, LA 70072

Hours of Operation:
Call to schedule an appointment. M-F: 9am-5pm, Sat: 9am-2pm

Payment Options: Free. Call for more information.

Services Provided:
Eye exams and glasses to individuals who are homeless (verification from a shelter required).

Languages Spoken: English

RiverTown Optical
Phone: 504.461.5500
Location: 400 Williams Blvd.
Kenner, LA 70062

Hours of Operation:
M&F: 9am-12:30pm, T&Th: 9am-2:30pm, Wed: 9am-3:45pm

Payment Options: Call for prices and payment options.

Services Provided:
$20 eye exam and $20 glasses for low income/fixed income individuals (bring proof of income to qualify).

Languages Spoken: English
Handout: Medicaid:

How do I sign up for Medicaid to help pay for my prenatal care and the birth of my baby?

WHAT IS MEDICAID?
Medicaid is health care insurance for people and families with low income. Bayou Health is the name of the Medicaid program in Louisiana. Go to www.bayouhealth.com to learn more or call 1-888-342-6207 toll-free to find out if you are eligible.

WHICH MEDICAID PLANS COVER MY PREGNANCY AND THE BIRTH OF MY BABY?
Once you are eligible for Medicaid, then you can choose a health plan. All plans cover prenatal care services that accept Medicaid. The plans are as follows:

- **Amerigroup RealSolutions**: 1-800-600-4441
- **Community Health Solutions**: 1-855-247-5248
- **LaCare**: 1-888-756-0004
- **Louisiana Healthcare Connections**: 1-866-595-8133
- **United Healthcare**: 1-866-675-1607

*Please ask for the prenatal programs under these plans*

HOW DO I CHOOSE A PROVIDER THAT ACCEPTS MEDICAID?
The prenatal care providers and services in this guide indicate if they accept Medicaid or not. If unsure, then call the provider or service to ask if they accept Medicaid.

WHAT DOES MEDICAID COVER?
Medicaid can cover the following services:

1. Prenatal care; services may vary by plan
2. Primary care
3. Pharmacy services
4. Vision and Hearing
5. Lab work and X-rays
6. Dental
7. Behavioral health, mental health, and substance abuse services
8. Chemotherapy
9. Immunizations and vaccinations

CAN I GET MEDICAID?
You may be eligible to receive Medicaid if one or more of the following applies:

- You are pregnant.
- You are a low-income parent of children under age 19.
- You are a child under age 19.
- You are disabled according to the Social Security Administration’s definition.
- You receive financial assistance through Family Independence Temporary Assistance Program (FITAP) from Office of Family Support (OFS).
• You have vision no better than 20/200.
• You need treatment for breast and/or cervical cancer and have no insurance.
• You get SSI (Supplemental Security Income) from SSA (Social Security Administration).

WHAT DOCUMENTS DO I NEED TO ENROLL IN THE MEDICAID PROGRAM?
To enroll in the medicaid program you will need all of the following:

1. Proof of income: copy of most recent W-2, field tax forms, most recent pay stubs, unemployment award letter, Social Security/Disability letter, or SNAP (formerly known as food stamps) award letter.
2. Government issued photo ID (if present address is not on the photo I.D. then provide a utility bill).

WHAT IF I HAVE LOST THESE DOCUMENTS?
• Driver’s license or state ID: to replace your ID call the Office of Motor Vehicles at 877.368.5463 or go to http://omv.dps.state.la.us/.
• Birth certificate:
  o If you were born in Louisiana, call 504.219.4500 or go to www.dhh.louisiana.gov.
  o If you were born in a different state, contact that state’s Office of Vital Records. You are able to order copies of birth certificates online at www.vitalcheck.com for a fee.

HOW DO I APPLY?
There are 4 ways to apply for Medicaid:

1. In person: visit a GNOCHC (Greater New Orleans Community Health Connection) clinic or any clinic that has Medicaid enrollment. You can acquire a list of GNOCHC clinics by calling 1-888-342-6207.
2. Online: go to Louisiana Medicaid Online Application Center at https://bhsfweb.dhh.louisiana.gov/OnlineServices/
4. By mail: go to https://bhsfweb.dhh.louisiana.gov/OnlineServices/ and click on the “Apply by Mail” link. Download and print an application.
   o Mail to:
     P.O. Box 91278
     Baton Rouge, LA 70821
   o Fax to:
     1-877-523-2987
Handout: Think Healthy

“The starting place for a healthy pregnancy isn’t a date, it’s a mind-set”
—Tracy W. Gaudet, M.D.

Nutrition: choose healthy calories: healthy proteins and fats, fruits, vegetables, whole grains and essential nutrients.

Substances: eliminate substances that are known dangers. Drugs travel in the blood during pregnancy and in breast milk. They may cause birth defects or fetal death.

- **Alcohol** - Just 5 drinks a day can cause fetal alcohol syndrome which affects the child’s ability to learn, think and move.
- **Tobacco** - Very dangerous chemicals in tobacco smoke may cut off the fetus oxygen causing low birth weight, miscarriage, stillbirth, and infant death.
- **Caffeine** - Drinking caffeine during pregnancy may increase the risk of miscarriage.
- **Drugs** - All drugs may be harmful:
  1. Pharmaceutical drugs: over-the-counter and prescription medicines
  2. Illegal drugs: crack, crystal meth, ecstasy, heroin, ketamine (“Special K”), marijuana, PCP, and speed.

Movement: exercise (like swimming or walking) at least 3 times a week and stretch every day. This improves sleep, prevents varicose veins and hemorrhoids, regulates bowel movements, improves your mood, and helps make the delivery easier.

Mind: the state of your mind, including your stressors and your perceptions, affect your health. Bring awareness to your level of stress every day and learn to relax and let go of stress.

Spirit: a feeling of connection to self and to other beings. There are different ways to include your spirituality during your pregnancy.

- Think about your sense of your life’s meaning and purpose.
- Build a “sacred time” of higher thought, prayer, and/or meditation into each day.
- Envision the best birth for you.
- Talk with your growing baby or babies.
- Seek out an elder and/or experienced momma to support and talk to about your journey into motherhood.
- Do one thing every day to nourish a relationship that you care about.

Sensation: getting your needs met, including sensuality (the senses: touch, taste, vision, hearing, and smell) and sexuality.

- Ask for help when you need it. When you are hungry, eat. When you are tired, sleep.
- Get plenty of rest. Don’t exert yourself too much. Take time to do things you enjoy that relax you.
- Enjoy your sexuality: having sex can help reduce stress and the tensions that can build up during pregnancy. Women can enjoy sex throughout pregnancy. A pregnant woman should avoid vaginal intercourse if any of the following apply:
  1. Either partner has a herpes sore. (Don’t forget that you can get infections such as herpes through oral sex so either abstain from oral sex or use a condom.
  2. She has a high risk of miscarriage.
  3. She has a high risk of premature labor.
4. Her water has broken.
5. She has pain.
6. She believes labor has begun.
7. She is unable to find a comfortable position.

Additional Health Information: Protect Yourself and Avoid Infections
- Get tested for sexually transmitted infections (STIs) and take measures to prevent transmission.
- Make sure your vaccinations are up to date such as the T-Dap, flu, and hep B vaccines.
- Infections to look out for:
  - **Rubella.** This is also called German Measles. It can cause very serious birth defects. There is a vaccine against rubella.
  - **Toxoplasmosis.** This can cause miscarriage, brain damage, and blindness. You can get it from handling raw meat, unwashed vegetables, or from cleaning a cat’s litter box.
  - **Bacterial Vaginosis.** This can be dangerous during pregnancy. It can cause early rupture of the membranes or premature labor. Check with your clinician if you have an unusual vaginal odor.
  - **Group-B Streptococcal.** This is an infection of a woman’s vagina that may harm a fetus during childbirth. Testing and treatment for Group-B Strep is very common and effective.
  - **Cytomegalovirus (CMV).** This is the most common infection in the U.S. that spreads from woman to fetus during pregnancy. The best way to protect yourself from CMV is careful hand washing.
  - **Food-borne Bacteria.** This includes bacteria like E. coli and Listerez and are found in uncooked meat and fish. Be sure that you consume only pasteurized dairy products and wash your hands before and after handling any food. Infections can cause miscarriage, preterm birth, fetal malformations, stillbirth, and long-term health problems in the child.
  - **Environmental hazards.** These can cause neurological and developmental disorders in the fetus. Avoid hair processes that use chemicals (like coloring, perms, etc.), nail salons (unless wearing a mask), construction areas (unless wearing a mask), cleaning products, pesticides, mold, plastics (unless BPA free, as BPA can cause neurological disorders in babies), solvents, fertilizers, and lead. Stay away from second hand smoke—create a rule in your house for no smoking inside, and make sure your environment is well ventilated.
  - **Sexually Transmitted Infections (STIs).** Some may be dangerous during pregnancy, can be passed from mother to fetus, and can lead to death of the fetus. STIs can cause birth defects, retardation, blindness, and other health problems for infants and children. These infections include Chlamydia, Herpes, HIV, Syphilis, and Gonorrhea. Ask your clinician to check for these infections. Symptoms include vaginal discharge, growths, blisters, pain, and unusual odors. Remember, you can be infected without having any symptoms.

Resources:
Q. What is Prenatal Care?
Ans. The care you receive from a health care provider, such as a doctor or midwife, during pregnancy. These regular check ups are your chance to learn how to manage discomforts of pregnancy, learn to plan for your birth, have any testing you may need, learn warning signs, and ask any questions you may have.

Q. What changes can I expect during Pregnancy?
Ans. There are many changes that occur during pregnancy. Your body will go through hormonal changes. Your uterus will grow up to 18 times larger than it normally is. Your breasts and nipples will become larger. And you will gain weight. You may have increased and decreased sexual desire. You may have changes in the texture of your hair and in the amount of body hair you have. And you may experience other discomforts and changes that are new to you. You can discuss these changes with your provider at your prenatal care visits.

Remember: You always have the option to change providers! Doing so does not mean that you did not choose right the first time. Often women automatically start prenatal care with the provider who gives them their annual exam, but one may discover that this relationship does not feel right during pregnancy. Follow your gut feelings. The earlier you act on this discovery, the better. In making your selection of your provider, you will want to know what choices are available and whether they support the birthing experience that you want. Shop around for the right provider that suits you!

Questions to consider asking when choosing a provider (such as, a doctor, midwife, or obstetrician):
1. What is your general philosophy regarding pregnancy, labor and birth?
2. What hospitals are you affiliated with? Are these hospitals high-tech or more mother-friendly? (refer to mother-friendly educational excerpt)?
3. What is your call schedule? Who covers for you, how often, and what are these doctors’ birthing philosophies?
4. How much weight can I safely gain? How much is too much?
5. Can I use a professional labor support person such as a doula at the birth?
6. What is your recommended schedule for prenatal visits?
7. Do you believe in walking or changing positions during labor or will I be stuck in the horizontal position?
9. What are your views on episiotomy? Is this routine or as needed?
10. What type of payment plan do you have? How does the insurance company participate?

Questions to ask your doctor about education, experience and training.
1. What is your definition of low risk pregnancy and high risk pregnancy?
2. How can I get in touch with you if I have any questions?
3. How do you feel about written birth plans? Will another doctor respect the agreements you and I come to about my pregnancy, labor and delivery?
Questions to ask your doctor about hospital labor and birth policies.
   1. What percentage of pregnancies end in spontaneous labor? How many are medically induced?

Questions to ask your doctor regarding labor interventions and statistics.
   1. Do you require the use of Pitocin to speed labor or can I try less invasive ways to strengthen labor first?
   2. What is your episiotomy rate?
   3. What is the rate of epidural use?
   4. For what reasons would you perform a C-section? What is your C-section rate? What is the C-section rate of the physicians on-call if you aren’t available? What reasons would cause them to perform a C-section?

Questions to ask your doctor about post-partum care of mother and infant.
   1. I prefer to nurse my baby right away; are you comfortable delaying the first check up if the baby is healthy and breathing normally?
   2. How often are warmers used? Can I keep my baby with me instead and warm him with skin-to-skin contact if the baby is healthy?
   3. What are your vaginal birth rates? For first-time moms? For moms who have had babies before? For moms who have had previous cesarean births?

*If you have had a c-section, ask specifically about vaginal birth after cesarean (VBAC) rates.
You have many options in building your support team for your pregnancy. While most people know about OB/GYN's, many do not know about the other options for professional care. Doulas and midwives are trained to support pregnant women and their families. They tend to take a holistic perspective on pregnancy and birthing. Some doulas and midwives will make accommodations for women who cannot afford their services.

**A BIRTH DOULA** provides emotional, physical, and informational support throughout labor. She meets with the family during pregnancy to help the family prepare for birth and the addition of a new family member. During labor, she provides support at home and/or in the hospital until a few hours after baby is born. After birth, she visits the family to help them adjust to life with a new baby. Birth doula support has been shown to reduce C-section rates, increase breastfeeding success, and improve maternal-infant bonding.

**A POSTPARTUM DOULA** comes to your home after the baby is born to support the new mom and her family. She can do light housework, cooking, and errands, watch the baby while the client takes care of herself, and assist with breastfeeding. Postpartum doulas are trained to assess for signs of postpartum depression.

**A MIDWIFE** is a woman educated to provide prenatal and postpartum care and to deliver babies. There are two types of midwives in Louisiana. Certified Nurse Midwives (CNM) are registered nurses with advanced training that deliver babies and provide well-woman care in hospitals, birth centers, or at home. They can also provide gynecological exams. Licensed Midwives (LM) are professionally trained midwives who provide care to pregnant families and deliver babies solely in their client’s homes. Both types of midwives focus on the whole family as a unit, and provide minimal intervention during pregnancy and labor. Both are also supported by OB/GYN backup in case a doctor is needed. Certified Nurse Midwives accept most forms of health insurance, including Medicaid. Licensed Midwives only accept certain forms of private insurance.

**An OBSTETRICIAN/ GYNECOLOGIST** is a medical doctor who has completed medical school and specializes in obstetric and gynecological care. Obstetricians often see both pregnant and non-pregnant women. They usually perform gynecological exams, PAP smears, STD tests, as well as prenatal care and deliveries. Obstetricians only deliver babies in the hospital. All obstetricians take insurance; some accept Medicaid.

*Written by: Latona Giwa, Cofounder of Birthmark Doulas*
Handout: Mother-Friendly Care

Are you pregnant or thinking about being pregnant? Did you know healthy women have many different choices about where and how to have their babies? There is a lot to know about pregnancy and birth and you should learn as much as you can about your different options.

When pregnancy and birth are treated as normal life events women and their babies are healthier. There is a growing concern about the use of unnecessary interventions during childbirth. Inductions, fetal monitoring, medications, IV fluids, C-sections and more are used more often than they are needed. Here in Louisiana we have some of the worst pregnancy outcomes in the country. We have the highest C-section rate and too many of our babies are born too early and too small.

Have you thought about how you want to have your baby?
Would you like a birth where you are in charge of your experience?
Would you like to be treated as an equal partner in your care?
Would you like the chance to give birth in a place that uses the best evidence to make sure you and your baby have the safest and healthiest experience?

This type of birth can happen if you find a place that provides “mother-friendly” care.

Mother-friendly providers:
- Believe birth is a normal, natural, and a healthy process.
- Believe interventions should not be routine.
- Understand that many standard medical tests, procedures, and drugs have risks and should not be used unless they are really needed.
- Use a wellness model of care and support women and their babies to have the healthiest outcomes.

How can you tell if someone is Mother-friendly?
In 1996, a national group of experts came up with a list of ten things that you can look for to find out if a hospital, doctor, or midwife is Mother-friendly. Some of the things on this list include giving mothers access to continuous support during labor, access to midwives and letting mothers eat, drink, move, and walk during labor. If a place is Mother-friendly they don’t use routine interventions like breaking the water bag, giving IV fluids, and electronic fetal (baby) monitoring on every mother. You can get a complete list of the ten items by visiting the website www.motherfriendly.org.

You and your baby deserve the best. Make sure you do your research. You have a right to ask questions and no matter what you find, you have a right to demand Mother-friendly care.

Written by: Nicole Deggins, C.N.M., montrice and community activist
It is encouraged for pregnant parents and their families to know their rights. Understanding your rights will help you to assert them with your provider and during your labor. Parents need to remember that as patients they are consumers and have a right to have input in their care. Your health care provider is in charge of your care, not the hospital, so it’s important that you make the time to talk with your provider to make a plan of care for your labor, birth, newborn and postpartum care. Also keep in mind that you have the right to question any consent forms that you sign as you enter the hospital.

Below is an addition to the Patient’s Bill of Rights which includes rights specific to expectant women. Women and their partners should read this document as they prepare for their birth. While understanding that plans may change, thinking about these rights will help you ask questions and communicate with your providers throughout your pregnancy and during your labor. Some of these rights are protected by law, others have been challenged and are not always available.

1. Every woman has the right to health care before, during and after pregnancy and childbirth.

2. Every woman and infant has the right to receive care that is consistent with current scientific evidence about benefits and risks. Practices that have been found to be safe and beneficial should be used when indicated. Harmful, ineffective or unnecessary practices should be avoided. Unproven interventions should be used only in the context of research to evaluate their effects.

3. Every woman has the right to choose a midwife or a physician as her maternity care provider. Both caregivers skilled in normal childbearing and caregivers skilled in complications are needed to ensure quality care for all.

4. Every woman has the right to choose her birth setting from the full range of safe options available in her community, on the basis of complete, objective information about benefits, risks and costs of these options.

5. Every woman has the right to receive all or most of her maternity care from a single caregiver or a small group of caregivers, with whom she can establish a relationship. Every woman has the right to leave her maternity caregiver and select another if she becomes dissatisfied with her care.

6. Every woman has the right to information about the professional identity and qualifications of those involved with her care, and to know when those involved are trainees.

7. Every woman has the right to communicate with caregivers and receive all care in privacy, which may involve excluding nonessential personnel. She also has the right to have all personal information treated according to standards of confidentiality.

8. Every woman has the right to receive maternity care that identifies and addresses social and behavioral factors that affect her health and that of her baby. She should receive information to help her take the best care of herself and her baby and have access to social services and behavioral change programs that could contribute to their health.

9. Every woman has the right to full and clear information about benefits, risks and costs of the procedures, drugs, tests and treatments offered to her, and of all other reasonable options, including no intervention. She should receive this information about all interventions that are likely to be offered during labor and birth well before the onset of labor.

10. Every woman has the right to accept or refuse procedures, drugs, tests and treatments, and to have her choices honored. She has the right to change her mind.

11. Every woman has the right to be informed if her caregivers wish to enroll her or her infant in a research study. She should receive full information about all known and possible benefits and risks of participation; and she has the right to decide whether to participate, free from coercion and without negative consequences.

12. Every woman has the right to unrestricted access to all available records about her pregnancy, labor, birth, postpartum care and infant; to obtain a full copy of these records; and to receive help in understanding them, if necessary.

13. Every woman has the right to receive maternity care that is appropriate to her cultural and religious background, and to receive information in a language in which she can communicate.
14. Every woman has the right to have family members and friends of her choice present during all aspects of her maternity care.

15. Every woman has the right to receive continuous social, emotional and physical support during labor and birth from a caregiver who has been trained in labor support.

16. Every woman has the right to receive full advance information about risks and benefits of all reasonably available methods for relieving pain during labor and birth, including methods that do not require the use of drugs. She has the right to choose which methods will be used and to change her mind at any time.

17. Every woman has the right to freedom of movement during labor, unencumbered by tubes, wires or other apparatus. She also has the right to give birth in the position of her choice.

18. Every woman has the right to virtually uninterrupted contact with her newborn from the moment of birth, as long as she and her baby are healthy and do not need care that requires separation.

19. Every woman has the right to receive complete information about the benefits of breastfeeding well in advance of labor, to refuse supplemental bottles and other actions that interfere with breastfeeding, and to have access to skilled lactation support for as long as she chooses to breast feed.

20. Every woman has the right to decide collaboratively with caregivers when she and her baby will leave the birth site for home, based on their conditions and circumstances.

Copyright 2012 Childbirth Connection

Our Sources
The following sources, in their present or earlier editions, helped guide the development of this statement of rights:
L
LAGARE 23
La Leche League of Louisiana 3
Lantern Light at Rebuild Center (CCANO program) 16
Last Hope 22
Latino Farmers Cooperative of Louisiana 29
Latino Health Outreach Project of the Common Ground Health Clinic 39
LB Landry Community Clinic (LSU) 39
Let It Be Midwifery 34
Liberty House 22
Louisiana Domestic Violence Hotline 1
Louisiana Health Care Connections 23
Louisiana Natural Birth 27, 32
Louisiana Office of Addictive Disorders 41
Louisiana State University Dental School Clinic 10
Louisiana State University Health Sciences Center Victims Assistance Program 1, 25
Louisiana Support Services 25, 31
Louisiana Tobacco Quitline 42
text4baby 32
The Adoption Services of Catholic Charities 33
The Alcohol & Drug Addiction Resource Center 42
The Desmond Project 17
The Drop In Center 17
The Greater New Orleans Fair Housing Action Center (GNOFHAC) 23
The Louisiana Tobacco Quitline 42
The Parenting Center 30
The Tooth Bus 6
Thomas B. Ryan, MD 36
Thomas E. Chambers Counseling and Training Center Organization: Our Lady of Holy Cross 27
Total Community Action 43
Touro Infirmary Hospital 2
Trinity Counseling and Training Center 27
True Love Movement 27
Tulane Community Health Center at Covenant House 23, 30, 36
Tulane-Lakeshore Hospital 20
Tulane Law School Domestic Violence Clinic 2
Tulane Medical Center 34
Tulane University Breastfeeding Program 3

M
Mahalia Jackson Center 5, 13, 29, 32
Mahalia Jackson Early Childhood and Family Learning Center 30
Marcel A. Bacchus, MD 36
Margaret Tennyson, CNM 35
Matie’s Little Angels 6
Mayan Abdominal Massage 32, 35
Maypop Community Herb Shop 35
Medical Center of Louisiana Dental Clinic 10
Medical Center of Louisiana NO (University Hospital) 19
Medical Center of Louisiana OB/GYN Clinic 36
Methodist Hypnotherapy Services 4
Metropolitan Center for Women and Children 1
Metropolitan Crisis Response Team 26, 41
Michelle Gibbons 11, 35
Milestones Mental Health Agency 7, 13, 26, 42

N
NAMI New Orleans 22, 26, 30
Narcotics Anonymous 41
National Breastfeeding Helpline 3
National Cocaine Hotline 41
National Domestic Violence Hotline 2
National Drug Information Treatment and Referral Hotline 41
National Hapeline Network 26
National Network of Abortion Funds 33
National Suicide Prevention Hotline 26
Natural Nannies NOLA 6
Na’Zya Doula Collective 4, 11, 31
Neighborhood Housing Services of New Orleans 22
New Orleans Abortion Fund 33
New Orleans Birthing Project 27, 32, 37
New Orleans Center for Hope and Change 7, 42
New Orleans Children’s Health Project, A.K.A. The Blue Bus 7
New Orleans East Louisiana Community Health Center 39
New Orleans Family Justice Center 2
New Orleans Forensic Center 26, 41
New Orleans Narcotic Treatment Center 41
New Orleans Women’s Shelter 22
Nicole Deggins, CNM 35
NO/AIDS Task Force CAN Office 19
NO/AIDS Task Force Main Office 19
NOLA Bliss Born 5
NOLA Nesting 4, 11, 30, 31, 35
NOPD Mobile Crisis Unit 2, 26, 41
North Oaks OB/GYN 35
Nurse Family Partnership 13, 31
Nurture Nannies 6

O
Olyke Health Care Services, LLC 26
Ochonter Baptist Medical Center (formerly Memorial) 19
Ochonter Health System 36
Ochonter Medical Center 34
Ochonter Medical Center — Kenner (formerly Kenner Regional) 20
Ochonter Westbank (formerly Meadowcrest) 20
Odyssey House 41
Odyssey House Health Clinic 39
Orleans Parish WIC Clinic — Central City 29
Orleans Parish WIC Clinic — W. Bank 29
Ozanam Inn 16
Ozanam Inn — LSUHSC Student-Run Homeless Clinic 39

P
Partners for Healthy Babies 3
Partners for Healthy Babies Hotline 32
Planned Parenthood 12, 19, 33, 37
Positive Living Treatment Center 26
Priority Health 19
Project Save (CCANO) 2

R
Raintree Children and Family Services 13
Rea Keith 11, 35
RHO 42
River Oaks Hospital 42
River of Hope Mental Health Resource Center 26
RiverTown Optical 44
RTC Providers, INC 26
Ruth E. Fertel / Tulane University Community Health Center 19, 39

S
Safe Haven Program 34
Salvation Army 22
Sankofa Farmer’s Market 29
Seasons Grief & Loss Center 18, 26
Second Harvest Food Bank of Greater New Orleans and Acadiaiana 16
SELABN (Southeast Louisiana Birth Network) 32
Shannon Faulstick 35
Smoking Cessation with the Cancer Association of Greater New Orleans 42
Sojourner Truth Neighborhood Center 30
St. Andrew’s Early Learning Center 6
St. Bernard Community Health Center — Access Health Louisiana 40
St. Charles Kenner Community Health Center 9, 19, 40
St. George Episcopal Church 16
St. James Methodist Church of Louisiana 16
St. John’s 5 19
St. John the Baptist Community Center CCANO 16
St. Jude Community Center 17
St. Jude’s 17, 23, 43
St. Peter Claver Church 17
St. Thomas Community Health Center 9, 40
Susan G. Jeanfreau, MD 36
Swan River Yoga 28
Sweet Home New Orleans 43

T
Take Charge Family Planning Services 12, 23
Teratogen Hotline 42
text4baby 32
The Adoption Services of Catholic Charities 33
The Alcohol & Drug Addiction Resource Center 42
The Desmond Project 17
The Drop In Center 17
The Greater New Orleans Fair Housing Action Center (GNOFHAC) 23
The Louisiana Tobacco Quitline 42
The Parenting Center 30
The Tooth Bus 6
Thomas B. Ryan, MD 36
Thomas E. Chambers Counseling and Training Center Organization: Our Lady of Holy Cross 27
Total Community Action 43
Touro Infirmary Hospital 2
Trinity Counseling and Training Center 27
True Love Movement 27
Tulane Community Health Center at Covenant House 23, 30, 36
Tulane-Lakeshore Hospital 20
Tulane Law School Domestic Violence Clinic 2
Tulane Medical Center 34
Tulane University Breastfeeding Program 3

U
United Churches of Algiers 17
United Community Plan of Louisiana 23

V
Vietnamese American Young Leaders Association 27
Volunteers of America 31

W
Washington Bryan Sr., MD 36
West Jefferson Medical Center 6, 20
WIC — Women Infants & Children Nutritional Program 29
Wild Lotus Yoga 28
Woman to Woman Midwifery 12, 35
Women’s Health Care Center 33
Women With A Vision, Inc. 19, 33, 37

Y
Youth America Hotline 8, 42
Youth Link 8, 43

Z
Zuka Baby 3, 5, 27, 30, 31, 37
Acknowledgments

We would like to extend a special thanks to the community organizations and friends who helped gather data, shared information and contributed educational pieces and art work that help make this guide unique and special. Educational and inspirational sources include our partner Coleen Murphy at Common Ground Health Clinic, Latona Giwa, Doula of Birthmark Doula Collective, Mama Jamilah Peters-Muhammad of Ashe Cultural Arts Center, Marci Mathew, Artist and Doula, Na’Zyia Doula Collective, and Nicole Deggins, C.N.M. and Montrice.

Thank you from a mother’s love!

Front-cover artist: Marci Mathew’s paintings focus on the raw beauty of womanhood and the spiritual relationship between women and nature. Marci also paints on the themes of motherhood, women’s rights and the refugee experience. Her main focus is to create empowering and peaceful images of women. Marci lives in Jersey City, New Jersey with her husband and 8 year old son and is dedicated to supporting pregnant women and honoring the sacredness of birth in her work as a birth doula and childbirth educator. Marci can be contacted at MarciMathew@hotmail.com.