



The Parent Line

2015–2016

Resource Directory for Parents of Young Children

The Parent Line is Hawai'i's premier resource on child behavior, child development, parenting support, and community resources.

For information, please contact:

O'ahu: (808) 526-1222

Neighbor Islands: 1-800-816-1222

Monday–Friday 8:00 am–6:00 pm & Saturday 9:00 am–1:00 pm

www.theparentline.org

Emergency Services

General Emergency: 911 (Police, fire and ambulance)

Poison Center: 1-800-222-1222 Statewide toll-free (24 hours)

Funded by Hawai'i Department of Health, Maternal and Child Health Branch (808) 733-4054
David Ige, Governor | Virginia Pressler, M.D., Director of Health

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96807-3378 or at (808) 586-4616 (voice) within 180 days of a problem.

REVISED 05/15

Crisis Services

Access Adult Mental Health Division 24-hour Suicide and Crisis Line

O'ahu	832-3100
Statewide (Toll-free)	1-800-753-6879

Child Welfare/Protective Services

O'ahu (24-hours)	832-5300
Statewide (Toll-free)	1-800-494-3991

Child Help USA (24 hours)

Child Abuse Hotline	1-800-422-4453
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Child and Family Service

Domestic Violence Hotline	841-0822
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Domestic Violence Drop-in Centers

Pu'uhonua Crisis Counseling	526-2200
Ohi'a Shelter (24-hour Hotline)	526-2200

Domestic Violence Action Center

O'ahu	531-3771
Neighbor Islands (Toll-free)	1-800-690-6200

Hale Kipa	589-1829
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Sex Abuse Treatment Center

24-hour Hotline	524-7273
Main Office	535-7600

Sex Assault Crisis Hotline

Kaua'i	245-4144
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Sex Assault Support Services

Big Island (24-hour Crisis Center)	935-0677
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Shelter and Crisis Lines for Family Violence (24-hours)

O'AHU	
Honolulu & Leeward	841-0822
Windward	526-2200

NEIGHBOR ISLANDS

E. Hawai'i	959-8864
W. Hawai'i	322-7233
Kaua'i	245-6362
Maui	579-9581
Moloka'i	567-6888

National Domestic Violence Hotline

	1-800-799-7233
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TTY	1-800-787-3224
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Parent Education and Family Support

Catholic Charities Hawai'i

O'ahu	524-4673
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Child & Family Service

O'ahu	681-3500
E. Hawai'i	935-2188
W. Hawai'i	323-2664
Kaua'i	245-5914
Maui	877-6888
Moloka'i	553-5529

Developing Options to Violence

(Support for Victims of Domestic Violence)	
O'ahu	532-5100

Early Head Start (Parent education/child development activities for children ages 6 wks-3 yrs of low income families)

O'ahu	842-5996
Big Island	961-0570
Maui	242-0900

Family Centers

O'AHU	
Kahala'u	239-5777
Kane'ohe	235-7747
Kuhio Park Terrace	841-6177
BIG ISLAND	
Waimea	885-0086
KAUA'I	
Hanalei Community Center	826-1031
Kapa'a (Hale Ho'omalua)	821-2520
Waimea (Nana's House)	338-0252
Moloka'i	553-3276

Family Peace Center

(Domestic violence intervention for victims,
batterers and child witnesses)

O'ahu	832-0855
Maui	244-2330

Good Beginnings Alliance (Parents and community councils supporting families with young children)

O'ahu	531-5502
Maui County Early Childhood Resource Center	242-1608

Hawai'i Family Services (Tutus in Control—Supports for grandparents raising grandchildren, grandparents support group)

O'ahu	696-3482
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Hawai'i Home Visiting Network

(Intake, screening, home-visiting and early
intervention services for children up to
36 months of age)

O'ahu	681-1555
E. Hawai'i	961-3877

Maui Family Support Services (Parent education and family support)

	242-0900
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MOMS Club (Support and activities for stay-at-home moms & their children)

O'ahu (Windward)	744-3376
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Neighborhood Place

O'AHU	
Kalihi	841-6177
Wai'anana	696-4598

BIG ISLAND

Kona	331-8777
Puna (Pohoa)	965-5550

MAUI

Wailuku	986-0700
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P.A.R.E.N.T.S. (Parent Education Groups)

O'ahu	235-0255
E. Hawai'i	934-9552

Partner's In Development Foundation (Tutu and Me Traveling Preschool)

O'ahu	524-7633
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NEIGHBOR ISLANDS

E. Hawai'i	982-4102
S. Hawai'i	929-8571
W. Hawai'i	885-1200
Hilo	934-7476
Kona	327-9327
E. Kaua'i	822-4280
W. Kaua'i	335-0501
Maui	249-2430
E. Maui	893-2132
Moloka'i	560-5642

Pūlama i Nā Keiki (Home-based & small group education for families of hawaiian children prenatal-5 years of age)

O'ahu	535-1317
W. Hawai'i (Kona)	331-2818
Maui (Wailuku)	242-9774

Queen Lili'uokalani Children's Center

(Services for Hawaiian orphans or
destitute children)

O'ahu	847-1302
Hilo	935-9381
Kona	329-7336
Kaua'i	245-1873
Maui	242-8888
Lāna'i & Koolau Poko	235-7613
Moloka'i	553-5369

The Parent Line

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





Health, Nutrition and Family Planning

American Red Cross

Infant CPR Classes/
Baby Sitter Training 734-2101

Breastfeeding Services of Maui 572-5237

U.S. Consumer Products Safety

Commission Hotline 1-800-638-2772

Department Of Health (Birth, Marriage, Divorce and Death Certificate Info)

O'ahu 586-4533

Hawai'i 974-6008

Kaua'i 241-3498

Maui & Lana'i 984-8210

Moloka'i 553-7870

Information Line 586-4400

Family Planning Information Lines

O'ahu 737-6311

Neighbor Islands 2-1-1

Planned Parenthood

(Honolulu clinic) 589-1149

Hawai'i Mothers Milk, Inc.

(Information on breastfeeding) 949-1723

Keiki Injury Prevention Coalition

(Child safety information) 294-0402

Kids Health Insurance Hotline (HI covering kids—free/low-cost healthcare for children)

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

Kokua Kalihi Valley

(Family planning and nutrition info)

O'ahu 848-0976

Kona Lactation Center

..... 322-4482

La Leche League

..... 1-877-452-5324

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

Mary Jane Program

(Residential services and support for pregnant women 18 and older) 261-9776

Med-QUEST (Low income health insurance)

Main 587-3521

O'ahu 587-3540

Kapolei 692-7364

NEIGHBOR ISLANDS

E. Hawai'i 933-0339

W. Hawai'i 327-4970

Kaua'i 241-3575

Maui 243-5780 / 1-800-894-5755

Moloka'i 553-1758

Lana'i 565-7102



Child Care, Preschool and Play Activities

Child Care Connections (DHS)

Honolulu 566-2600

Waipahu 356-5577

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

O'ahu (HCAP) 847-2400

Kalihi (PACT) 842-5996

NEIGHBOR ISLANDS

Hawai'i 961-0570

Kaua'i 245-5914

Maui 249-2988

Moloka'i 553-5472/553-3727

H.I.P.P.Y. Hawai'i (Home instruction for parents of preschool youngsters—for ages 3-5 yrs.)

O'ahu 845-3454

Keiki 'O Ka 'Aina (Child care help for Native Hawaiian families)

O'ahu 845-3454

P.A.T.C.H. (Child Care Referrals)

O'ahu 839-1988

E. Hawai'i 238-3461

W. Hawai'i 238-3472

Kaua'i 246-0622

Maui, Lana'i & Moloka'i 242-9232

Na Kamalei—K.E.E.P. (Family & child interaction learning program)

Ko'olauloa 237-8500



Healthy Mothers Healthy Babies

(Information and referrals)

O'ahu 737-5805

Neighbor Islands 1-888-951-6661

National Lead Information Center

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

Public Health Nursing Branch

O'AHU

E. Honolulu 733-9220

W. Honolulu 832-5757

Central 453-6190

Leeward 675-0073

Windward 233-5450

Parent Education and Support through Community Parenting Education Groups (CPS)

O'ahu 681-3500

E. Hawai'i 935-2188

W. Hawai'i 323-2664

Kaua'i 245-5914

Maui 877-6888

Lana'i 877-6888

IN PEACE—Keiki Steps

(For children ages 0-5 yrs.)

O'ahu 620-9043

Big Island & Moloka'i 933-2933

Preschool Open Doors

(DHS—Preschool subsidies)

O'ahu 791-2130

Neighbor Islands (Toll-free) 1-800-746-5620

Tiny Tots Program

(Dept. of Parks and Rec., for ages 3-5 yrs.)

O'AHU

Hawai'i Kai to McCully 373-8012

Makiki to Aiea 522-7072

Pearl City to Wa'ianae/Wahiawa 675-7130

Wai'alea to Waimanalo 233-7306

YMCA

(Parent-child activity classes and child care)

O'ahu 531-3558

YWCA (Parent-child activity classes/childcare/preschool)

O'ahu 538-7061

E. Hawai'i 935-7141

NEIGHBOR ISLANDS

E. Hawai'i 974-6025

W. Hawai'i 322-1500

Kaua'i 241-3387

Maui 984-8260

Moloka'i 553-7880

Lana'i 565-7114

WIC (DOH—Nutrition education and food supplement program for women, infants and children)

O'ahu 586-8175

Neighbor Islands 1-888-820-6425

Valley Isle Childbirth Education

(Childbirth, infant care, and breastfeeding info) 572-5237

Specific Concerns

Aloha Mothers Of Multiples 247-TWIN (8946)

Aloha United Way
(24 hour general info and referrals)
Statewide (toll-free) 2-1-1

Coalition For A Drug-Free Hawai'i
O'ahu 545-3228
Neighbor Islands 1-800-845-1946

Hawai'i Families as Allies (Families of children with emotional/behavioral concerns)
O'ahu 487-8785
Statewide (toll-free) 1-866-361-8825
Warm Line 487-3845

Hina Mauka
(Substance use treatment program)
O'ahu 236-2600
Neighbor Islands 1-800-HINA-MAUKA

H-KISS (DOH—Information for parents of children with special needs from birth to under 3 yrs of age)
O'ahu 594-0066
Neighbor Islands 1-800-235-5477

Jewish Community Services 258-7121

Learning Disabilities Association of Hawai'i
O'ahu 536-9684
'Ekofo 'Eha 'Ike Pono (Free developmental, socio-emotional, hearing, and vision screenings for children 3-4 yrs.) 696-5361

Legal Aid Society of Hawai'i (Legal advice and assistance for low-income families)
O'ahu 536-4302
Neighbor Islands 1-800-499-4302

Prevent Child Abuse Hawai'i
(Info and advocacy) 951-0200

Special Parent Information Network
(For families of children with special needs)
O'ahu 586-8126

NEIGHBOR ISLANDS (CALL THE ISLAND'S NUMBER, THEN DIAL 68126)
Big Island 974-1000
Kauai 274-3141
Maui 984-2400
Lana'i & Molokai 1-800-468-4644

Substance Abuse Treatment
O'AHU
Malama Family Recovery Services 668-2277
Women's Way 732-2802 (ext 4952)
Molokai (Hale Ho'okupa'a) 553-3231

The PATH Clinic 791-9390

Telecommunications Relay Services
(Sprint relay Hawai'i assists individuals in completing local calls free of charge)
Text telephone users
(TTY) 877-447-5991 or 711
Hearing Persons Calling Persons With TTY
Modem 877-447-5990 or 711

Services for Military Families

Military One Source
(For active duty, guard, reserve members & their families only) 1-800-342-9647

Armed Services YMCA
(Play mornings, childbirth education, & welcome baby program)
Haleahua/Iroquois Pt./
Schofield Wheeler 624-5645
Kane'ohe 254-4719
Pearl Harbor 473-3398
Aliamanu/Ft. Shafter/Hickam 833-1185

Army Public Health Nursing
Tripler 433-6697
Schofield 433-8676

Family Services/Support
(Support and parenting classes)
Mental Health Clinic 448-6377
Military and Family Support 474-1999

Army Community Services
Tripler 438-4499
Schofield 655-4227
Coast Guard Family
Resource Specialist 842-2089
Joint New Parent Support
(Schofield) 655-4787
New Parent Support
(Kane'ohe MCBH) 257-8803

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

Immigrant & Refugee Services

Bilingual Access Line (Interpreters) 526-9724

Goodwill Industries Inc (Immigrant employment services)
O'ahu 792-8555
Maui 871-4143

Child And Family Service
(Employment Core Services for Refugees) 543-8436

Kalihi-Palama Health Center (Low cost medical, pediatric, family planning & social services)
848-1438
Dental Services 845-0686
Optometry Services 792-5599

Pacific Gateway Center
(Immigrant center) 851-7010

Susannah Wesley Community Center 847-1535

Internet Resources

www.charlieskids.org
www.childandfamilyservice.org
www.cpsc.gov (Consumer product safety)
www.cribsforkids.org
www.family.samhsa.gov/talk
www.friendsnrc.org
www.goodbeginnings.org
www.hawaiichildrenstrustfund.org
www.healthychildren.org
www.honolulu.gov
www.kipchawaii.org (Injury prevention)
www.patchhawaii.org
www.ppdsupport.org
www.safesleephawaii.org
www.theparentline.org
www.uhfamily.hawaii.edu
www.vanderbilt.edu/csefel
www.zerotothree.org