



# The Parent Line

**2021 - 2022**

## **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](http://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



A private nonprofit serving Hawai'i since 1899

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 Office at Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of problem.

# Crisis Services

## Access Adult Mental Health Division

### 24-hour Suicide 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

## Child and Family Service

Domestic Violence Hotline.....841-0822

## Domestic Violence Action Center

Statewide.....531-3771

## Hale Kipa

O'ahu.....589-1829  
Kaua'i.....246-4898

## Sex Abuse Treatment Center

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

## Sex Assault Support Services

Big Island (24-hour Hotline).....935-0677  
Kaua'i (24-hour Hotline).....245-4144  
Maui (24-hour Hotline).....873-8624

## Shelter and Crisis Lines for Family Violence (24-hours)

### O'AHU

Honolulu & Leeward.....841-0822  
Parents and Children Together (PACT)  
Windward Ohi'a Shelter.....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

# Parent Education and Family Support

## Catholic Charities Hawai'i

O'ahu.....521-4357 / 524-4673  
E. Hawai'i.....961-7050 / 935-4673  
Maui.....873-4673  
E. Kaua'i.....241-4673

## Child and Family Service

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

## Developing Options to Violence

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

## Neighborhood Place

### O'AHU

Wai'anae.....696-1067  
Kalihi.....841-6177

### BIG ISLAND

Kona.....331-8777  
Puna.....965-5550

## P.A.R.E.N.T.S (Parent Education Groups)

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

## Parents and Children Together (PACT)

O'ahu.....847-3285  
Hawai'i.....961-0570  
Maui.....243-7001  
Kaua'i.....821-0574

## Maui Family Support Services

(Parent education and family support).....242-0900

## PACT Family Peace Center

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

O'ahu.....832-0855  
Maui (PACT).....243-7001

## Hawai'i Children's Action Network

(Parents and community councils supporting families with young children)

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

## Your 'Ohana Network (Home Visiting)

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

O'ahu (Waimānalo).....741-3801 / 282-4070  
O'ahu (Referral-based).....681-1555  
E. Hawai'i (YWCA).....961-3877

**Keiki Central** (A one-stop virtual hub for programs/services for young children and their families, powered by

Aloha United Way 2-1-1)  
Statewide.....auw211.org/s/keiki-central

## Family Centers

### O'AHU

Kahalu'u (K.E.Y. Project).....239-5777  
Kāne'ohe (PACT).....235-7747  
Kūhiō Park Terrace (PACT).....841-6177

### BIG ISLAND

Waimea.....885-0086

### KAUA'I

Hanalei Community Center.....826-1011  
Kaua'i (CFS) Hale Ho'omaluku.....821-2520  
Waimea (CFS) Nana's House.....338-0252

## The Parent Line

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

## Partner's In Development Foundation

(Tūtū and Me Traveling Preschool)

O'ahu.....524-7633

### NEIGHBOR ISLANDS

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

(Ka Pa'alana Homeless Family

Education Program).....596-8711

(Hui Ho'omaluku)

O'ahu.....441-1117

E. Hawai'i.....987-5988  
W. Hawai'i.....896-3829  
Kaua'i.....346-8184  
Maui/Moloka'i/Lāna'i.....268-5122  
Neighbor Islands.....1-800-879-8970

## Lili'uokalani Trust

(Services for Hawaiian orphans or destitute children)

O'ahu.....668-2314  
Hilo.....935-9381  
Kona.....329-7336  
Kaua'i.....245-1873  
Maui.....242-8888  
Moloka'i.....553-5369  
Lāna'i & Koolau Poko.....235-7613

## Family Hui Hawai'i

(Parent support groups, child development and parenting strategies, developmental screening for families, prenatal - 5 years old)

Statewide.....230-7112

## Healthy Mothers Healthy Babies

### Coalition of Hawaii:

New Parent Support Groups, Mental Health Therapy, Community Based Doula Support, Childbirth Education, Safe Sleep Education  
Statewide.....737-5805

# Health, Nutrition, and Family Planning

### American Red Cross

Infant CPR Classes/Baby Sitter  
Training.....734-2101  
E. Hawai'i.....935-8305  
Maui.....244-0051

**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.....586-4542  
Hawai'i.....974-6008  
Kaua'i.....241-3498  
Maui & Lāna'i.....984-8210  
Moloka'i.....553-7870  
Information Line.....586-4400

### Family Planning Information Lines

O'ahu.....737-6311  
(Honolulu clinic).....589-1149

**Hawaii Mothers' Milk, Inc.** (Information  
on breastfeeding).....949-1723

**Keiki Injury Prevention Coalition** (Child  
safety information).....983-6800

### Kokua Kalihi Valley

(Family planning and nutrition info)  
O'ahu.....983-6800

**La Leche League**.....1-877-452-5324

### 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

# Child Care, Preschool, and Play Activities

### Child Care Connections (DHS)

Honolulu.....566-2600  
Waipahu.....356-5577  
Maui.....249-2461

### Early Head Start (ages birth to 3 years)

#### Head Start (ages 3 to under 5 years)

*Info on free preschool programs for low  
income families*

O'ahu (HCAP).....877-2400  
Kalihi (PACT).....842-5996

### NEIGHBOR ISLANDS

Hawai'i (PACT).....961-0570  
Kaua'i (CFS).....245-5914  
Maui (MEO).....249-2988  
Moloka'i (MEO).....553-3727

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

O'ahu.....839-1988  
E. Hawai'i.....961-3169  
W. Hawai'i.....322-3500  
Kaua'i.....246-0622  
Maui, Lāna'i & Moloka'i.....242-9232

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

Statewide.....843-2502  
HIPPI Kindergarten Readiness – O'ahu,  
Maui, Kona  
Kulia I Ka Nu'u – Community Based  
Parents as Teachers Home Visiting  
Parent Participation Preschool – O'ahu  
Drop Off Preschool – O'ahu  
Teen Prevention Program

### 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.....768-8944  
Makiki to Aiea.....768-9292  
Pearl City to  
Wai'anae/Wahiawa.....768-6898  
Wai'anae to Waimānalo.....768-8987

### YMCA (Parent-child activity classes and child care)

O'ahu.....531-3558  
E. Hawai'i.....935-3721  
Kaua'i.....246-9090  
Maui.....242-9007

### YWCA (Parent-child activity classes and child care/preschool)

O'ahu.....538-7061  
E. Hawai'i.....935-7141  
Kaua'i.....245-5959

### National Lead Information Center (Info on childhood lead

poisoning).....1-800-424-5323

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

O'ahu.....586-8175  
Neighbor Islands.....1-888-820-6425

### Healthy Mothers Healthy Babies

#### Coalition of Hawaii:

Mana Mama Medical Mobile Van,  
Breastfeeding Support, Family Planning  
Services, Food Distribution  
O'ahu.....737-5805

### Valley Isle Childbirth Education

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

### Public Health Nursing Section

#### O'AHU

E. Honolulu.....733-9220  
W. Honolulu.....832-5757  
Central.....453-6190  
Leeward.....675-0073  
Windward.....233-5450

#### NEIGHBOR ISLANDS

E. Hawai'i.....974-6025  
W. Hawai'i.....322-1500  
Kaua'i.....241-3387  
Maui.....984-8260  
Moloka'i.....553-7880  
Lāna'i.....565-7114

## Specific Concerns

### Aloha United Way 2-1-1

(Comprehensive info & referrals for parenting support, childcare and much more. M-F 7am-5pm)  
Statewide (Toll-Free).....2-1-1  
Text or Call.....1-877-275-6569  
Email.....info211@auw.org  
Live chat available.....www.auw211.org

### Coalition For A Drug-Free Hawaii

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

### Hina Mauka

(Substance use treatment program)  
O'ahu.....236-2600

### Early Intervention Referral Line

(DOH--Information for parents of children with special needs from birth to under 3 yrs of age)  
Statewide.....594-0066

### Jewish Community Services.....258-7121

### Leadership in Disabilities and Achievements of Hawai'i

O'ahu.....536-9684  
School Readiness Project.....696-5361

### Hawai'i CARES (Free, 24/7 coordination center for support with substance use, mental health and crisis intervention)

O'ahu.....832-3100  
(Toll-Free).....1-800-753-6879

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

### Prevent Child Abuse Hawaii

(Info and Advocacy).....951-0200

### Shriners Hospitals for Children

(Keiki Walk-In Injury Clinic 24 hours)  
O'ahu.....951-3620

### Special Parent Information Network

(For families of children with special needs)  
Statewide.....586-8126

### Mālama Family

**Recovery Services**.....668-2277

**Women's Way**.....739-4952

**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

### Parents and Children Together (PACT)

*Behavioral Health Support (for adolescents)*.....536-9684  
*Child Abuse and Neglect Prevention & Treatment (Closed Referrals Only)*  
DHS Family Strengthening  
Services.....841-2245  
DHS Voluntary Case  
Management.....628-5735

## 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)  
Schofield/Wheeler.....624-5645  
Kāne'ohe.....254-4719  
Pearl Harbor.....473-3398

### Family Services/Support

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

### Army Community Services

Schofield.....787-4227  
Coast Guard Family  
Resource Specialist.....842-2089  
New Parent Support  
(Kāne'ohe MCBH).....257-7780

### 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).....681-1520

### Kalihi-Pālama 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

### Trafficking Victim Assistance Program

**Susannah Wesley Community Center** (24/7 Crisis Support)....847-1535

## Internet Resources

[www.auw211.org](http://www.auw211.org)  
[www.charlieskids.org](http://www.charlieskids.org)  
[www.childandfamilyservice.org](http://www.childandfamilyservice.org)  
[www.cpsc.gov](http://www.cpsc.gov) (Consumer product safety)  
[www.cribsforkids.org](http://www.cribsforkids.org)  
[www.friendsnrc.org](http://www.friendsnrc.org)  
[www.hawaii-can.org](http://www.hawaii-can.org)  
[www.hawaiichildrenstrustfund.org](http://www.hawaiichildrenstrustfund.org)  
[www.healthychildren.org](http://www.healthychildren.org)  
[www.honolulu.org](http://www.honolulu.org)  
[www.kipchawaii.org](http://www.kipchawaii.org) (Injury Prevention)  
[www.patchhawaii.org](http://www.patchhawaii.org)  
[www.ppdsupport.org](http://www.ppdsupport.org)  
[www.safesleephawaii.org](http://www.safesleephawaii.org)  
[www.theparentline.org](http://www.theparentline.org)  
[www.uhfamily.hawaii.edu](http://www.uhfamily.hawaii.edu)  
[www.vanderbilt.edu/csefel](http://www.vanderbilt.edu/csefel)  
[www.yourohana.org/our-network](http://www.yourohana.org/our-network) (Home Visiting)  
[www.zerotothree.org](http://www.zerotothree.org)  
<https://health.hawaii.gov/coronavirusdisease2019/>  
[www.pacthawaii.org](http://www.pacthawaii.org)  
<https://hawaiifamilyguide.com/>  
[www.hmhb-hawaii.org](http://www.hmhb-hawaii.org)