Clinical All our clinical programs serve keiki to kupuna.

### Medical

Get support in being the best version of vourself. We see adults, pregnant women, newborns, and kids. See your health provider in person at the clinic or with telehealth on your phone. We see all patients even if you don't have insurance and can help you sign up for insurance

Call 808.791.7410 for appointment.

### **COVID Care**

### **COVID Vaccines** Pfizer and Moderna

Call 791-9489 for appointment.

### **COVID Tests**

Walk into our Na Koa clinic at the main clinic 8:00am-4:00pm closed 12:00am-1:00pm for lunch.

#### **COVID Support**

If you have questions or your family needs support to quarantine/isolate call our hotline: 808.791.9488

### **Medical-Legal Partnership** for Children

Legal issues can affect your health. We provide free legal care at KKV's Wellness Center. Our team can help with housing (evictions, rent adjustments, reasonable accommodations, etc.), public benefit terminations & appeals, civil rights, and other legal needs. Please contact your KKV doctor or community health worker to get a referral to talk to one of our lawyers.

## **Dental**

We do cleanings, sealants, fillings, crowns, bridges, dentures, and emergency oral health care. We accept most insurances, including QUEST, and we offer a sliding fee schedule to those who qualify.

Call 808.791.9428 for appointment IG @kkv dental

### **Behavioral Health**

Emotional, mental, and spiritual health is just as important as your physical health. We have doctors, counselors, and case managers to work with you to manage stress, struggles with drug and alcohol use, coordinate social services, and cope with chronic health conditions. Call 808.791.9425 to make an appointment.

### **Optometry**

We do vision exams and have an affordable and stylish selection of glasses We also check the health of your eyes for conditions such as diabetes, cataracts, glaucoma.

red and dry eyes.

Call 808.791.9400 ext. 362 to make an appointment.

# **Quit Tobacco**

Quitting is easier when you have support. We have trained quit coaches and nicotine gum and patches to help with cravings. Call 808.791.9425 for appointment. Follow us on IG @breathekalihi



# Helpful Contacts

### **RESOURCES**

EA (Economic Assistance).....808.791.9466 Economic sovereignty is important to health. KKV's EA program can help you find and access financial resources, such as assistance for rent, funerals, and the Child Tax Credit.

### CLINICAL

CLINICAL	
COVID Hotline	808.791.9488
COVID Vaccine	808.791.7489
Dental	808.791.9428
Dental Billing808.7	91.9400 ext:337
Behavioral Health	808.791.9425
Eligibility	808.791.9447
Medical	808.791.9410
Medical Billing	808.791.9405
Medical-Legal (need referra	ıl)808.688.3313
Optometry808.79	91.9400 ext. 362
Tobacco	808.791.9425

### **FAMILY SERVICES**

Birth Control & Pregna	ancy808.791.9422
Diapers8	808.791.9400 ext 458
Family strengthening	808.791.9400 ext 458
Reproductive health	808.791.9423
WIC	808.791.9444

### **KEIKI TO KUPUNA**

Elderly	808.848.0977
KVIBE	-
Tennisvwa	atson@kkv.net

### CONNECT

Hoʻoulu ʻĀina	808.841.7504
Seams wonderful	808.321.3204

# **2239 North School Street** Honolulu, HI 96819



# Kokua Kalihi Valley

Comprehensive Family Services Programs and Services

Find out more by talking to our Community **Health Workers** or visit us at:



www.kkv.net

Follow us on IG @kokuakalihivalley

Connect Health is connection to land, community, best self, & past present future.

# Keiki to Kupuna

Special programs for our most special!

# Family

Support for families with pregnant moms and young children.

## Roots

Food is medicine. Talk to your doctor about getting food support or working in our community gardens. You can also buy local produce from our market (50% off if paying with EBT) and eat at our Cafe Tues and Thursday 11:30-1:30.

Follow us on IG @rootskalihi www.rootskalihi.com

# Ho'oulu 'Āina

Come together around

### **Pacific Voices**

Located at Kuhio Tower B 116. We are an open space for kids to learn and grow by practicing their cultures including chants, dances, and storytelling. Pacific Voices provides after-school tutoring, traditional arts and crafts, and community navigation.



After School Program: Mon-Fri, 3-6pm Helpline 808.429.6929

### **Tennis**

KKV Tennis has been in existence for 30 years. All ages are invited and welcome to join at no charge. Whether you have never played tennis before or are interested in advance skill and competition, there is a spot for you. Come, play with us, join the fun and meet new friends. For more information contact Vailima Watson: vwatson@kkv.net Follow us on IG @tenniskkv

The spirit never ages, stay forever young! Elders come together at KKV's Gulick Elder Care Center and KPT. Elders keep moving with fun activities exercise, dance, music, talk story, and learn with each other. Elders can access

home care, case management and even get on site medical, behavioral health, and dental care

Mon-Fri, 7:30am-4:00pm 1846 Gulick Ave. Honolulu HI, 96819 Call 808.848.0977.

forest, food, spirituality, and health. Help work the land by using the values of our ancestors. Together we learn that healing is reciprocal.

Visit the website www.hoouluaina.com to find out how to volunteer. Follow us on IG @hoouluaina

# **NieRek**

Women come together at KPT B 116 to share and pass on their knowledge of traditional skills, including food prepping and arts and crafts.

Thursdays 7:00pm-8:00pm Due to COVID we meet on zoom Email Innocenta at isound-kikku@kkv.net

### Seams Wonderful

Sew with a group of caring a women. We have beginner and advance levels. One woman in our group shared, "Sewing is my medicine!" Come build your skills and community.



Call Amenina at 808.321.3204 to find out more.

### **KVIBE**

Youth can earn a bike by spending 12 hours at the shop learning how to fix and service bicycles. KVIBE is a safe place for all to come and make new relationships or build on existing ones. Come through and ride with us!

Wed, Fri, Sat 11:00am-4:00pm Call 808.843.1545 to find out more. Follow on IG @kvibekkv

### WIC

Free healthy food program for pregnant, breastfeeding, and postpartum moms and families with kids o-5 years old. If you have food stamps, OUEST, or welfare you will automatically qualify for WIC.

Call 808.791.9444 to find out more.

# **Diaper support**

We have free wipes and diapers for sizes newborn to size 7. Call Shila at 808.791.9400 ext. 458 to find out more. M - F 8am-4:30.

# **Reproductive Health Services**

### Walk-in Clinic

Mon -Fri, 8:00am-4:30pm Come to the main clinic for pregnancy and STD/STI testing, birth control services including condoms. the pill, Plan B, IUD's and more.

Call 808.791.9423 to make an appointment. Follow us on IG @familyplanning.kkv

#### **OBGYN**

Mon - Fri, 8:00am-4:30pm Provides care for all your pregnancy and sexual health needs.

Call 808.791.9422 to make an appointment.

# Family Groups

We have different groups for families at our KPT garden including:

- Parenting (call Shila at 808.791.9400 ext 458),
- Breastfeeding (call 808.791.9444), and
- Weaving Our Lives a group to celebrate pregnancy and talk about the needs of all family members during a time of change (call 808.791.9423).