

LA County Public Health Regional Health Office

Service Planning Areas (SPAs) 5 & 6

Monthly Newsletter

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National Health Education Week



National Health Education Week takes place from October 19 to October 23 and aims to boost public health awareness and advocate for the importance of health education within the community.

Health education is essential for informing the community and helping prevent chronic diseases.

Feel free to visit the [LA County Public Health](#) page for health education resources and to find local workshops near you.

See the next page to learn more about our Public Health Ambassadors Program and how you can help educate your community.



MLK JR. CENTER FOR PUBLIC HEALTH

11833 S. Wilmington Ave. Los Angeles CA 90059

Visit our Regional Health Offices serving the communities of Athens, Compton, Crenshaw, Florence, Hyde Park, Lynwood, Paramount, and Watts.

Ambassador Program



Become a Public Health Ambassador with the Los Angeles County Department of Public Health (LACDPH)! Public Health Ambassadors support their communities by sharing public health information and resources with family, friends, schools, and social networks. Ambassadors are encouraged to share information in ways that fit their individual style, community needs, and interests. To help promote health topics in your community and host monthly health education presentations, click [here](#) to find out how you can join!

Join the next monthly Public Health Ambassadors training series!

Breast Cancer: Awareness and Education

See the dates below and click the link to register:

[10/27](#) from 12-1pm(English)

[10/27](#) from 4-5pm (English)

[10/29](#) from 4-5pm (Español)

Health Literacy



Every October, we focus on raising awareness about health literacy. Understanding health literacy is essential for everyone in the community, as it empowers individuals to make informed decisions about their health.

As individuals, here are a few things to keep in mind:

- Ensure health education materials are accessible in multiple languages.
- Make sure you understand the information and can use it to make decisions.
- Use reliable and trustworthy sources.
- Have discussions with healthcare providers, your community, and your family.

It is also important for those in health care and other institutions to ensure that health information is clear and accessible. Below are a few ways to support this:

- Use plain language in all health education materials and forms.
- Offer health education workshops and community discussions.
- Share resources and easy-to-read materials.
- Receive training in plain language.

National Bullying Prevention Month



October 21 is recognized as **Unity Day**, a national movement to raise awareness about bullying by wearing orange. Below is information on what bullying is, how to identify signs of bullying, and how to get help.

Bullying is unwanted, repeated behavior that is intended to cause harm, fear, or distress. It can affect a person's well-being, confidence, relationships, and academic performance. Bullying can take place at school, online, in neighborhoods, or within social groups.

Bullying can be:

- Emotional - spreading rumors
- Physical - hitting, pushing, or kicking
- Verbal - name-calling, threats or hurtful comments
- Cyberbullying - using social media or other digital platforms to harass, threaten, or harm someone

Signs a child may be experiencing bullying:

- Feeling sad, anxious, or irritable
- Not wanting to attend school
- Avoiding social activities
- Changes in sleep or eating patterns
- Declining grades
- Unexplained injuries
- Making negative comments about themselves

If you are being bullied:

- Stay calm and speak up. Take a deep breath and say firmly, "Stop. I don't like what you are doing."
- Walk away.
- Get help. Tell a trusted adult, family member, or friend about the bullying incident.

If someone else is being bullied:

- Support the person being targeted
- Do not join in
- Involve an adult

If you or someone you know is being bullied, **Get Help Now**. Learn more about bullying **here**.



Immunization/Respiratory Virus Season

Consensus WCHA 2026–2027 Respiratory Virus Season Immunization Recommendations

The [West Coast Health Alliance](#) (a group representing California, Hawaii, Oregon, and Washington) has teamed up with national medical organizations—including the American Academy of Pediatrics—to share vaccine recommendations for the 2026–2027 respiratory virus season.

Getting vaccinated helps everyone. Vaccines reduce the spread of viruses in the community and help prevent hospitals from becoming overcrowded. The Alliance emphasizes that everyone should have easy access to these vaccines.

It is especially important to protect people who are at higher risk of becoming seriously ill, including:

- Babies and young children
- Older adults
- Pregnant individuals
- People living in group homes or nursing facilities
- Anyone who lives or works with people in these high-risk groups

Health experts will continue to review new data as it becomes available and will share updates with the community.

Age/Condition	COVID-19	Influenza	RSV
Children	• All 6–23 months • All 2–18 years with risk factors or never vaccinated against COVID-19 • All who are in close contact with others with risk factors¹ • All who choose to reduce risk of severe illness	• All 6 months and older²	• All younger than 8 months³ • All 8–19 months with risk factors
Pregnancy	• All who are planning pregnancy, pregnant or postpartum	• All who are planning pregnancy, pregnant or postpartum	• All who are 32–36 weeks gestational age^{3,4}
Adults	• All 65 years and older • All 19–64 years with risk factors • All who are in close contact with others with risk factors¹ • All who choose to reduce risk of severe illness	• All	• All 75 years and older⁴ • All 50–74 years with risk factors⁴
Healthcare Workers	• All	• All	• All who meet criteria above

Public Health Talks

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS

Join us for Public Health Talks, a series of virtual webinars presented by Health Education Services at the Martin Luther King Jr. Center for Public Health.

Tune in to learn about a variety of public health topics, get your questions answered, and access resources for the South LA (SPA 6) community.

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS



Join us for Public Health Talks, a series of virtual webinars brought to you by Health Education Services at the Martin Luther King Jr. Center for Public Health.

Tune in to learn more about various public health topics, get your questions answered, and share resources for the South LA (SPA 6) community.

Breast Cancer Awareness

Join us for our Tuesday topic on **Breast Cancer Awareness**, where we provide an overview of Breast Cancer: what it is, signs and symptoms, risk factors, early detection, diagnosis, treatment, and community resources.

October 27th, 2026

1:00- 2:00 PM

REGISTER HERE:



<https://tinyurl.com/yk98ap7f>

For more information contact
Janay Ezekwe : JEzekwe@ph.lacounty.gov



MLK Healing Center Featured Programs



The MLK Healing & Trauma Prevention Center

The MLK Healing & Trauma Prevention Center, also known as the “Healing Center,” offers services to help children, families, and individuals improve their well-being. Located within the MLK Center for Public Health, it serves the South Los Angeles communities of Watts, Willowbrook, and Compton (SPA 6). The center provides support for mental health, substance use, and overall health and wellness.

All activities are FREE and open to the community.

For more information, contact: MLKHealingCenter@ph.lacounty.gov

To view the monthly calendar, visit the [MLK Healing Center website](#).

MLK Healing Center

♥ September Spotlight: Create • Connect • Encourage

MLK Healing on Wheels Promoted Suicide Prevention Through Connection

Throughout September, **MLK Healing on Wheels** highlighted **suicide prevention and emotional wellness** in local schools through creative activities designed to promote connection, kindness, hope, and support.

As part of the month's activities, Healing on Wheels hosted **Friendship Bracelet Workshops**, giving students an opportunity to create personalized bracelets using colors, beads, and words representing **friendship, hope, encouragement, and support**.

Through this hands-on healing arts activity, students explored the importance of:

- ♥ **Staying connected** with friends and trusted adults
- 💬 **Checking in** with someone who may be having a difficult time
- 👉 **Supporting one another** through kindness and encouragement
- 🌱 **Reaching out** when things feel difficult
- ✨ **Recognizing that they matter** and that support is available

The workshop created a welcoming space for students to express themselves, build positive connections, and engage in conversations about emotional wellness in a creative and approachable way.



MLK Healing Center Featured Programs

SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?
WE ARE HERE TO HELP

FOOD	HOUSING	HEALTHCARE	EDUCATION	EMPLOYMENT
CHILD CARE	TRANSPORTATION	UTILITIES	LEGAL AID	ELDER CARE
EMOTIONAL HEALTH	FINANCIAL ASSISTANCE	DOMESTIC VIOLENCE	SUBSTANCE USE & RECOVERY	AND MORE...

FOR MORE INFORMATION CONTACT:

SCAN ME

DPH-NAVIGATOR@PH.LACOUNTY.GOV

KIMBERLEY MARTINEZ
SYSTEMS NAVIGATOR
(213) 760-2904

California Community Assessment Grants Program (CAG) is funded by Governor's Office of Business and Economic Development (2017-18)

Los Angeles County Department of Public Health | County of Los Angeles | COMMUNITY



SCAN THE QR FOR HELP.

Need resource assistance? Reach out to our systems navigator for support with needs such as housing, food, and financial assistance.

Click [here](#) to download the flyer.

📞 213-360-2904

✉️ DPH-NAVIGATOR@PH.LACOUNTY.GOV

TASTY THURSDAY

JOIN US ON THE FIRST AND THIRD THURSDAYS FOR A PRODUCE GIVEAWAY

MLK Jr. Center Public Health
11833 S. Wilmington Ave.
Los Angeles, CA 90059

Starts at 12:00 PM

- October 1st & 15th
- November 5th & 19th
- December 3rd & 17th

For more information, call 323-568-8732

Los Angeles County Department of Public Health

CAFECITO CHATS

RAFFLE GIVE-AWAYS

SEPTEMBER 17TH
OCTOBER 15TH
NOVEMBER 19TH
10:00AM -11:00AM

MLK JR. CENTER FOR PUBLIC HEALTH
11833 S. Wilmington Ave.
Los Angeles CA 90059

Join us as we discuss mental health topics and enjoy a cup of coffee.



JULY 7, 2026 (12-4PM)
SEPTEMBER 8, 2026 (12-4PM)
OCTOBER 6, 2026 (12-4PM)

FREE WORKSHOP

PARTICIPATE IN OUR EXCITING WORKSHOP

Beads & Bonding

10/6

Exploring mental health first aid awareness through Kandi bead bracelet/ Perler bead making. Offering a therapeutic outlet for expression and relaxation.

Martin Luther King Jr. Center for Public Health
11833 S. Wilmington Avenue Los Angeles, CA 90059

Contact: Shamika
Sossey@ph.lacounty.gov
For more information call
323-568-8732

Los Angeles County Department of Public Health

MLK Healing Center Featured Programs (cont.)

STRESSED OUT? WALK IT OFF!

Every Tuesdays and Wednesdays
9:00am - 9:30am

Join our mindful walks to bring focus and calmness.



 **WELLNESS COMMUNITY**
A partnership between the County of Los Angeles and the City of Los Angeles

 **County of Los Angeles Public Health**

Meditation

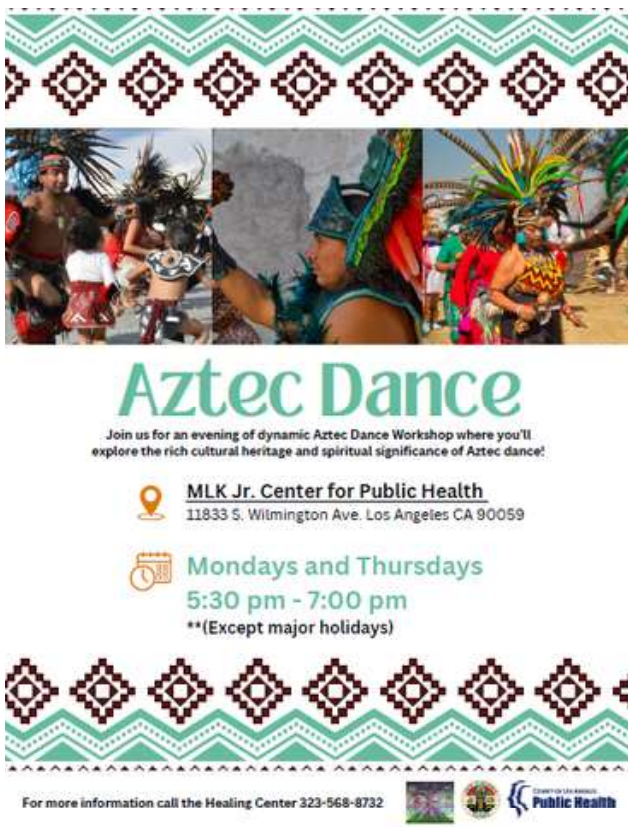
Every Tuesday
1:15pm - 1:40pm

A guided meditation session designed to promote relaxation, mindfulness, and emotional wellbeing.



 **WELLNESS COMMUNITY**
A partnership between the County of Los Angeles and the City of Los Angeles

 **County of Los Angeles Public Health**



Aztec Dance

Join us for an evening of dynamic Aztec Dance Workshop where you'll explore the rich cultural heritage and spiritual significance of Aztec dance!

 **MLK Jr. Center for Public Health**
11833 S. Wilmington Ave. Los Angeles CA 90059

 **Mondays and Thursdays**
5:30 pm - 7:00 pm
**(Except major holidays)

For more information call the Healing Center 323-568-8732

  **County of Los Angeles Public Health**



PAINT & SIP

Are you looking for a peaceful, creative way to unwind?

Join us for a relaxing and fun-filled Canvas Painting Workshop, where you'll discover the joy of painting in a calming environment.

 **MLK JR CENTER FOR PUBLIC HEALTH**
11833 S. Wilmington Ave.
Los Angeles CA 90059

 **SECOND WEDNESDAY OF THE MONTH**
4:30PM - 7:00PM

For more information call: 323-568-8732

  **County of Los Angeles Public Health**

FREE HEALTH RESOURCES

AVAILABLE AT:

MARTIN LUTHER KING JR. CENTER FOR PUBLIC HEALTH
11833 S Wilmington Ave, Los Angeles, CA 90059



COMMUNITY HEALTH STATION

Accessible, life-saving products help LA County residents make informed decisions and take proactive steps to protect their health.

Products available in the kiosk:

- COVID-19 antigen tests
- Condoms
- Naloxone
- Fentanyl test strips



For more information, visit: <http://ph.lacounty.gov/CommunityHealthStation/>

GUN VIOLENCE PREVENTION (GVP)

The MLK Center for Public Health is a distribution site for the DPH Office of Violence Prevention GVP Initiative.

Adults ages 18+ can receive up to two free gun lock safety kits from:

- MLK Community Healing & Trauma Prevention Center
- MLK Clinic Services

For more information, visit:

<http://www.publichealth.lacounty.gov/ovp/GunSafety.htm>



For questions, contact:
Janay Ezekwe
jezekwe@ph.lacounty.gov



COUNTY OF LOS ANGELES
Public Health

Community Resources

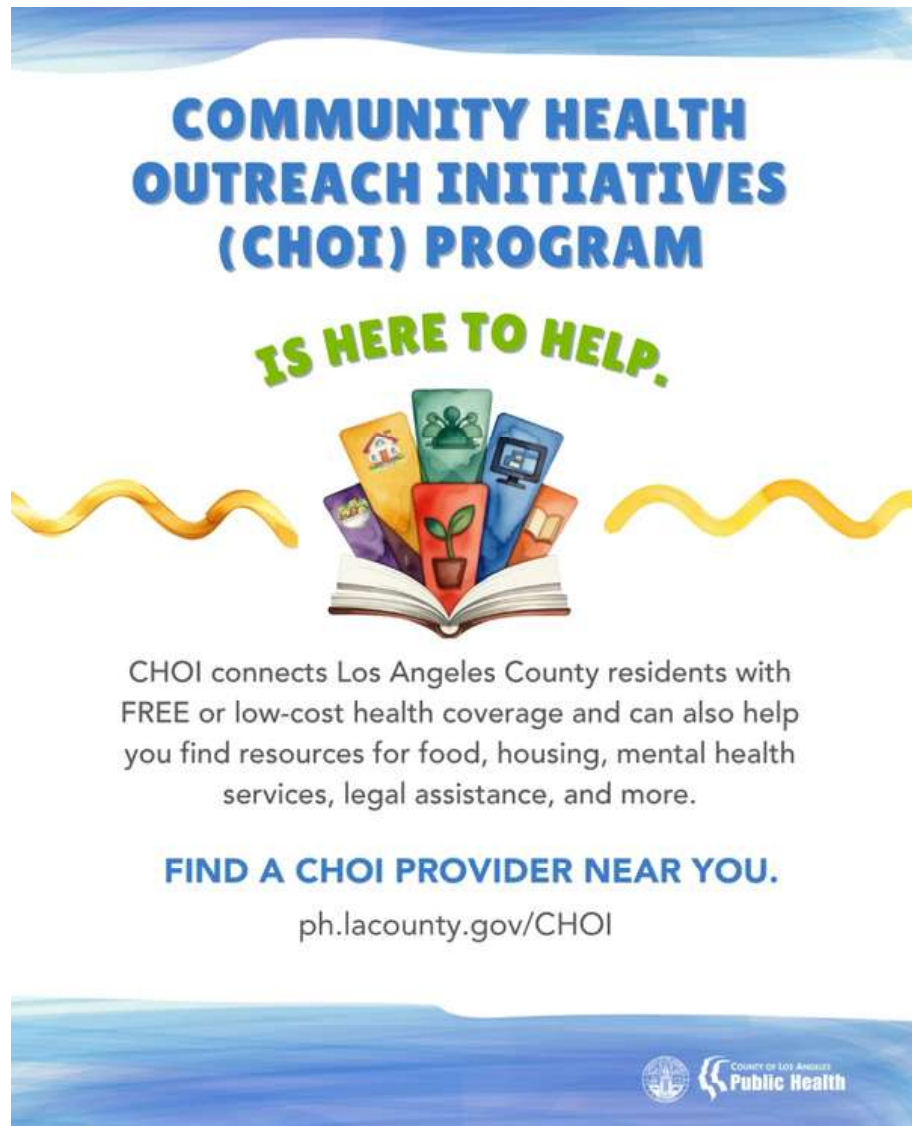
Community Health Outreach Initiative Program (CHOI)

CHOI works with community groups, cities, schools, and clinics to help people sign up for **FREE** and/or very **low-cost health insurance**. We also connect families to programs that provide food, housing, mental health support, legal help, and other important services.

Available in every corner of Los Angeles County!

Get Connected Today:

[Click here](#)



**COMMUNITY HEALTH
OUTREACH INITIATIVES
(CHOI) PROGRAM**

IS HERE TO HELP.

CHOI connects Los Angeles County residents with FREE or low-cost health coverage and can also help you find resources for food, housing, mental health services, legal assistance, and more.

FIND A CHOI PROVIDER NEAR YOU.

ph.lacounty.gov/CHOI

COUNTY OF LOS ANGELES
Public Health

Community Resources (cont.)



If you have any resource or event flyers that you would like us to include in our newsletter, please don't hesitate to get in touch!

You can email Jacqueline Ruiz at Jruiz2@ph.lacounty.gov.

Please view the upcoming local resources and events near you!



Community Resources (cont.)



The Changes. Your Options. Our Support.

Medi-Cal POLICY CHANGES

Important Medi-Cal Changes for Some **Qualified Non-Citizens**

Who Is Affected

Certain Qualified Non-Citizens (including Refugees, Asylees, Humanitarian Parolees, Domestic Violence and Trafficking survivors, and Lawful Permanent Residents with under 5 years of residency without an exemption).

What Is Changing

- Oct. 1, 2026: Federal funding ends for full-scope Medi-Cal for these groups.
- Jan. 1, 2027: Eligible individuals will switch to State-funded Medi-Cal, moving from a Managed Care Plan to Fee-For-Service care.

Action Required

- Read and respond to all mail received from DPSS and the California Department of Health Care Services.
- Submit requested information and complete your renewals on time to maintain coverage.



TO LEARN MORE, VISIT:

bit.ly/hr1-qnc-2026

or

Scan QR Code Below:



Community Resources (cont.)



CYCLE COMMUNITY CHANGE

FREE FOOD DISTRIBUTION



FIRST COME, FIRST SERVED
RAIN OR SHINE



COMMUNITY
TOGETHER



FRESH FOOD
NOURISHING FAMILIES



SHARING HOPE
MAKING AN IMPACT



FIGHTING HUNGER
BUILDING STRONGER COMMUNITIES



1513 E. 103RD ST
LOS ANGELES, CA 90002



**EVERY TUESDAY
AT 11:00AM**

GROW@
ANNENBERG



PLEASE
**BRING
YOUR OWN
BAGS**



LOS ANGELES REGIONAL

**FOOD
BANK**

Fighting Hunger. Giving Hope.



VOLUNTEERS WELCOME @ 8:30AM



WWW.ESRBC.ORG



@EASTSIDERIDERS

Community Resources (cont.)



PARENTS EMPOWERING PARENTS

AUTHENTIC CONNECTION STARTS HERE



**FOR CAREGIVERS OF CHILDREN WITH INTELLECTUAL
AND DEVELOPMENTAL DISABILITIES
AGES 0-7 THAT LIVES IN LA COUNTY**



- Bi-weekly virtual drop-in space
- Parent-led discussions
- Emotional support & building resilience
- Education and resources provided

**ENROLLMENT IS OPEN YEAR LONG!
SCAN OR FOLLOW LINK TO REGISTER TODAY**



PARTNERING WITH



REGISTER HERE: <https://shorturl.at/DQFD3>

WWW.WINLA.ORG | [@WINFAMILIESLA](https://twitter.com/WINFAMILIESLA) | INFO@WINLA.ORG

Community Resources (cont.)



Los Angeles County has partnered with WeLink to bring new affordable, high-speed internet to East and South LA residents.

Built for families! WeLink's service includes tools to help manage screen time and online safety, at no extra cost.

Plans as low as \$25/month (for qualifying households) to \$85/month, all delivering high-quality, fast internet. Choose your speed: Fast, faster, fastest. 500 Mbps, 1 Gbps, or 2 Gbps with equal upload and download.

Learn more: deletethedivide.org/affordable-internet/



Service made possible in part through funding from the American Rescue Plan Act, from the County of Los Angeles, and from a grant for Local Agency Technical Assistance from a program administered by the California Public Utilities Commission.

Youth Resources



For additional details on programs available for children, teens and more be sure to visit the [LA County Parks and Recreation website](https://www.lacounty.gov/parksandrec).

 **Parks & Recreation** 45 PARK LOCATIONS

Fuel Your Play **FREE SNACK**

FREE SNACK PROGRAM

September 1, 2026 - May 21, 2027

**MONDAY - FRIDAY
2:30P.M. - 3:30P.M.**

Open to all children 18 and under
No enrollment required

parks.lacounty.gov/snackprogram

*There is no snack program on County-observed holidays



Hilda L. Solis **Holly J. Mitchell** **Lindsey Horvath** **Janice Hahn** **Kathryn Barger**

 **Parks & Recreation** 

OUR SPOT - TEEN CENTER

Looking for somewhere fun to hang out after school? We've got you! Activities include:

- Field trips and Teen nights
- Cultural Arts Workshops
- Mentorship and job pathways
- FREE Supper served Mon-Fri at 5:30 PM!

HOURS

- During School Year: After-school - 9:00 PM
- Summer: 3:00 PM - 9:00 PM

REGISTER NOW 

parks.lacounty.gov/teenspot

OUR SPOT LOCATIONS
100% FREE for teens ages 12-18 (Grades 6-12)

AMELIA MAYBERRY PARK 13201 East Meyer Road, Whittier, CA 90605, (562) 944-9727	JACKIE ROBINSON PARK 8773 East Avenue R Little Rock, CA 91543 (661) 944-2880
BELVEDERE COMMUNITY REGIONAL PARK 4914 East Cesar Chavez Avenue, Los Angeles, CA 90022, (323) 260-2342	LENNOX PARK 10828 South Condon Avenue, Lemoore, CA 90304, (310) 419-6712
CITY TERRACE PARK 1120 North Hazard Avenue, East Los Angeles, CA 90063, (323) 260-2371	LOMA ALTA PARK 3330 N. Lincoln Ave., Altadena, CA 91001, (626) 248-5451
EARVIN MAGIC JOHNSON PARK 905 E. El Segundo Blvd., Los Angeles, 90059 (323) 942-8457	MONA PARK 2291 E. 121st St., Compton, CA 90222, (310) 603-3729
EAST RANCHO DOMINGUEZ PARK 15116 South Atlantic Avenue, Compton, CA 90221, (310) 603-3724	PAMELA PARK 2236 Goodall Avenue, Duarte, CA 91010, (626) 257-2619
EL CARISO COMMUNITY REGIONAL PARK 13100 Hubbard St., Sylmar, CA 91342, (818) 367-9043	RUBEN F. SALAZAR PARK 3844 Whittier Boulevard, Los Angeles, CA 90023, (323) 260-2330
EUGENE A. OREGON PARK 4021 E. First St., Los Angeles, CA 90063 (323) 260-2344	SAN ANGELO PARK 245 South San Angelo Avenue, La Puente, CA 91746, (626) 968-2666
FRANKLIN D. ROOSEVELT PARK 7600 Graham Avenue, Los Angeles, CA 90003, (323) 586-7228	STEPHEN SORENSEN PARK 16801 E. Ave. P, Palmdale, CA 93391, (661) 264-1249

Hilda L. Solis **Holly J. Mitchell** **Lindsey Horvath** **Janice Hahn** **Kathryn Barger**

Youth Resources (cont.)



America's **Job Center**
of California™
RANCHO DOMINGUEZ

K R A
CORPORATION
Innovative
Exceptional
Trusted

department
of **economic
opportunity**
COUNTY OF LOS ANGELES

YOUTH @WORK
LA COUNTY

YOUR FUTURE STARTS HERE!
WORK. LEARN. EARN.

AGES 14-24
WHO LIVE IN
LOS ANGELES
COUNTY

Youth@Work helps you gain paid work experience, career training, and the skills you need to build a bright future.

✓ LEVEL 1 ELIGIBILITY

You must:

- ✓ Be 14–24 years old
- ✓ Live in Los Angeles County
- ✓ Be authorized to work in the U.S.

DOCUMENTS TO BRING:

- Proof of Age (Birth Certificate, CA ID, Driver's License, Passport, or School Records)
- Photo ID (CA ID, Driver's License, Passport, or School ID)
- Social Security Card
- Proof of LA County Residency (Utility Bill, Lease, Government Mail, or School Records)
- Work Authorization (U.S. Passport, Birth Certificate, Permanent Resident Card, or Employment Authorization Card)

★ LEVEL 2 ELIGIBILITY

You meet all Level 1 requirements AND have at least ONE of the following barriers:

- ✓ Low Income
- ✓ Pregnant/Parenting
- ✓ Foster Youth
- ✓ English Language Learner
- ✓ Justice Involved
- ✓ Public Assistance
- ✓ Homeless
- ✓ Requires Additional Assistance
- ✓ Disability

ADDITIONAL DOCUMENTS TO BRING (IF APPLICABLE):

- Proof of Income or Public Assistance (Pay Stubs, CalWORKs, CalFresh, SSI, etc.)
- Foster Youth Documentation (Court/Probation Documents)
- Homeless Verification (Shelter Letter, Agency Letter, or Self-Attestation)
- Disability Documentation (SSI Letter, Medical Records, or IEP)
- Pregnancy/Parenting Documentation (Birth Certificate, Medical Verification, etc.)

YOU WILL RECEIVE:

- PAID WORK EXPERIENCE
- JOB READINESS TRAINING
- MENTORING & SUPPORT
- CAREER EXPLORATION
- OPPORTUNITIES FOR YOUR FUTURE!



CONTACT ME TODAY!



310-762-1101
2909 E Pacific Commerce Dr,
Compton, CA 90221

♥ DREAM IT.

★ BELIEVE IT.

✓ ACHIEVE IT.

YOUTH@WORK | LA COUNTY

Useful Links

[Flu Vaccines](#)

[Get Ahead LA Financial Resources](#)

[iPrevail Online Mental Health Resource](#)

[LA County America's Job Center of California](#)

[LA County's Office of Immigrant Affairs](#)

[LA County Youth Suicide Prevention Project](#)

[LA Department of Water & Power Bill Credit](#)

[LA Public Health Podcast](#)

[Laptop and Hotspot Loans from LA County Libraries](#)

[Mental Health Support \(800\) 854-7771 or text "LA" to 741741](#)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Opportunity LA: Child Savings Account for LAUSD Students](#)

[Report a violation \(888\) 700-9995, Monday – Friday from 8:00AM to 5:00PM](#)

[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

[VaccinateLACounty.com](#)

For additional resources, please dial 2-1-1.

For more information on COVID-19, please [visit our website](#).

Follow LA County Public Health on Instagram, Facebook, and

Twitter: @lapublichealth

