

LA County Public Health Regional Health Office Service Provider Areas (SPAs) 5 & 6 Monthly Newsletter

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STRESS AWARENESS MONTH



April is recognized as **Stress Awareness Month**, a time to reflect on the impact stress can have on both your body and mind. While some stress is a normal part of life, ongoing or unmanaged stress can affect your sleep, energy levels, mood, and overall health.

The good news is that small, consistent habits can make a big difference in how you manage daily pressures.

See the next page for tips on how to reduce stress and for available resources.

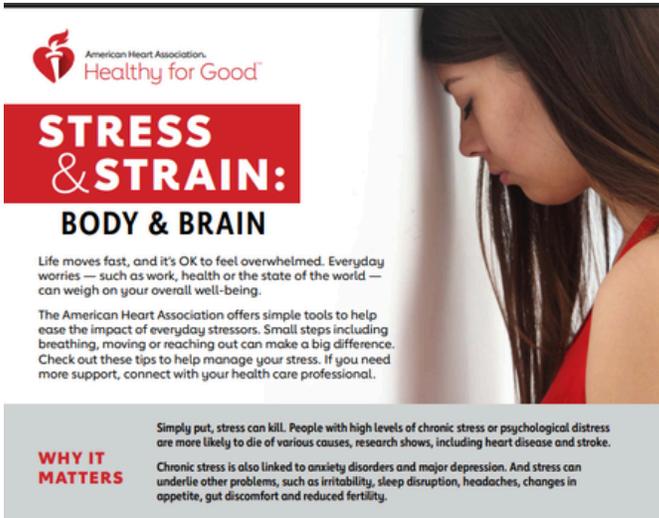


MLK JR CENTER FOR PUBLIC HEALTH

[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.

Stress Management Tips



American Heart Association
Healthy for Good

STRESS & STRAIN: BODY & BRAIN

Life moves fast, and it's OK to feel overwhelmed. Everyday worries — such as work, health or the state of the world — can weigh on your overall well-being.

The American Heart Association offers simple tools to help ease the impact of everyday stressors. Small steps including breathing, moving or reaching out can make a big difference. Check out these tips to help manage your stress. If you need more support, connect with your health care professional.

WHY IT MATTERS

Simply put, stress can kill. People with high levels of chronic stress or psychological distress are more likely to die of various causes, research shows, including heart disease and stroke.

Chronic stress is also linked to anxiety disorders and major depression. And stress can underlie other problems, such as irritability, sleep disruption, headaches, changes in appetite, gut discomfort and reduced fertility.

- Practice deep breathing or mindfulness
- Stay active with regular movement
- Get enough sleep each night
- Eat balanced, nutritious meals
- Write in a journal to clear your mind
- Limit screen time, especially on social media
- Stay connected with friends and family
- Take breaks and set realistic goals
- Spend time outdoors
- Make time for hobbies you enjoy
- Reach out for help or professional support if needed

TRY THESE STRESS-BUSTERS Fight stress by focusing on your physical and mental health.

 <p>Get out of the house: Take a walk in nature and enjoy the sights and sounds.</p>	 <p>Sleep tight: Set a regular bedtime and wake-up routine and turn off or dim electronic screens as bedtime approaches.</p>
 <p>Use your network: Reach out and connect regularly with family and friends.</p>	 <p>Put your mind to it: Explore mindfulness, a type of meditation that focuses your attention on your present experiences without interpretation or judgment.</p>
 <p>Lean on a furry friend: Pets may help reduce physiological reactions to stress.</p>	 <p>Work it out: Regular physical activity — a recommended 150 minutes of moderate activity, 75 minutes of vigorous activity, or a mix of both weekly — can help relieve tension, anxiety and depression and give you immediate benefits from exercise.</p>

For more tips on the mind-heart-body connection, visit heart.org/BeWell.

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Resources

- [American Heart Org: Stress Management](https://www.heart.org/BeWell)
- [CDC- Managing Stress](https://www.cdc.gov/stress/)
- [Kaiser- Stress Management techniques](https://www.kaiserfamilynews.com/stress-management-techniques)
- [Calm- Meditation app](https://www.calm.com/)



PUBLIC HEALTH ALERT

Do Not Consume RAW FARM-Brand Cheddar Cheese Linked to an Ongoing E. coli Outbreak

The Los Angeles County Department of Public Health is warning against consuming RAW FARM–brand raw cheddar cheese due to an E. coli outbreak affecting seven people across three states, including five in California. Two hospitalizations have been reported. Despite a request from the FDA, the company has declined to voluntarily recall the products.

Consumers should dispose of the cheese, sanitize any surfaces it may have touched, and monitor for symptoms such as diarrhea and stomach cramps.

For the [full article](#) and more information on food safety and outbreak updates, visit:

- <https://www.cdc.gov/ecoli/outbreaks/rawcheese-03-26/index.html>
- <https://www.fda.gov/food/outbreaks-foodborne-illness/outbreak-investigation-e-coli-o157h7-raw-cheddar-cheese-march-2026>



PUBLIC HEALTH WEEK



National Public Health Week is celebrated each year from April 6–12.

This month, we highlight the important work of public health professionals, as well as the policies and initiatives that help create healthier communities.

Public health begins with action in our neighborhoods and across our communities. It is the everyday work of preventing disease, promoting wellness, and creating the conditions that allow everyone to live healthier lives.

As we celebrate National Public Health Week, April 6–12, 2026, we embrace this year's theme: **Ready. Set. Action!** This is a moment to recognize how public health safeguards our families, expands opportunity, and builds stronger communities. It is also a time to honor the public health professionals who show up every day to protect and improve the health of Los Angeles County residents.



A TASTE OF POSSIBILITIES: RESOURCES FOR SMALL FOOD BUSINESSES

Come learn how LA County is supporting new innovative food business programs!

This One-Stop-Shop will provide information and application assistance for Microenterprise Home Kitchen Operations (MEHKOs), so you can operate a small-scaled restaurant from your very own home kitchen and discover how to operate a MEHKO with a Compact Mobile Food Operation (CMFO) cart.

Event Highlights

- Guest Speakers
- Introduction to MEHKO Workshops:
 - 1:00 PM (English)
 - 2:00 PM (Spanish)

Spanish and Cantonese/Mandarin translators will be available at the event.



TED WATKINS PARK GYMNASIUM

1335 E 103RD ST,
LOS ANGELES, CA 90002
11:30 AM - 3:30 PM



REGISTRATION REQUIRED

HEALTH WITH HEART: COMMUNITY HEALTH WORKERS IN ACTION

Join us for an interactive gathering focused on CHW learning and peer exchange as we honor your impact on the health and strength of our community!

Event Highlights

- Guest Speakers
- Self-Care Activities
- Free Lunch & More!

SPACE IS LIMITED!
Complete the form below to be considered for registration.
Confirmation emails will be sent by April 3.
<https://tinyurl.com/HealthWithHeart26>



EARVIN MAGIC JOHNSON PARK

JOHN HALL
12645 WADSWORTH AVE.
LOS ANGELES, CA 90059
DOORS @ 10:00 AM
EVENT @ 10:30 AM - 3:00 PM

INTEREST FORM



[Click here for more details](#)

[Visit our website for more information](#)

BLACK MATERNAL HEALTH WEEK

Founded by the Black Mamas Matter Alliance (BMMA), Black Maternal Health Week is observed annually to raise awareness, promote activism, and support community-building efforts aimed at improving Black maternal health outcomes. The 2026 theme, “**Rooted in Justice and Joy,**” will be recognized **April 11–17** through various community events across the country.

The Los Angeles County African American Infant & Maternal Mortality (AAIMM) Prevention Initiative, South LA/South Bay Community Action Team, will kick off Black Maternal Health Week with its **5th Annual Community Baby Shower & Resource Fair on April 11 at the MLK Behavioral Health Center.**

South LA/South Bay African American Infant and Maternal Mortality Prevention Initiative

5th Annual Community Baby Shower + Resource Fair



Join SLASB AAIMM CAT as we celebrate Black Maternal Health Week with our 5th Annual Community Baby Shower & Resource Fair, sponsored by LA Care. All attendees will receive **FREE** baby essentials and resources while supplies last.

Register Today!
For more information contact: slasbaaimm@gmail.com

Event Details:

 **Saturday, April 11, 2026**
10:00 AM – 01:00 PM

 **MLK Behavioral Health Center**
12021 S. Wilmington
Ave. Bldg #18
LA, CA 90059

Registration:
■ <https://tinyurl.com/SLASBBMHW5>

Our Partners



Donations for the event will be accepted during the week leading up to it.

Donation Schedule:

April 2–9, 8 a.m. – 2 p.m.
at

Black Infant Health, LA
1182 W 24th St.

Los Angeles, CA 90059

Contact: Lena Canyon
323-638-0528

Suggested Donations:

- Monetary donations/gift cards
- Breast pumps, nursing pillows, Boppy pillows
- Books and/or toys
- Bottles, hygiene kits, postpartum pads
- Clothing, swaddles, diapers, wipes

REGISTER to attend: <https://tinyurl.com/SLASBBMHW5>

MLK Healing Center Featured Programs



The MLK Healing & Trauma Prevention Center

The MLK Healing & Trauma Prevention Center, or “Healing Center,” offers services to help children, families, and individuals improve their well-being. Located in the MLK Center for Public Health, it serves the South LA 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 our monthly calendar, visit the [MLK Healing Center website](#).

MLK Healing Center on Wheels

International Women's Day Wellness

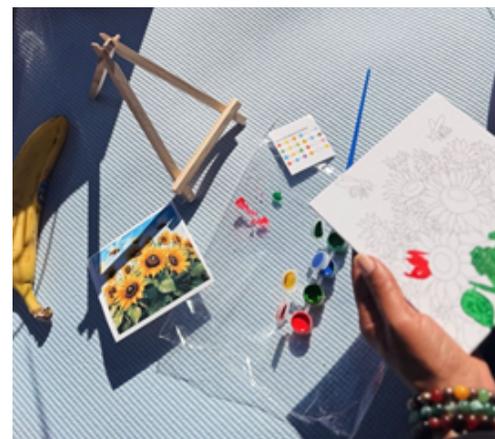
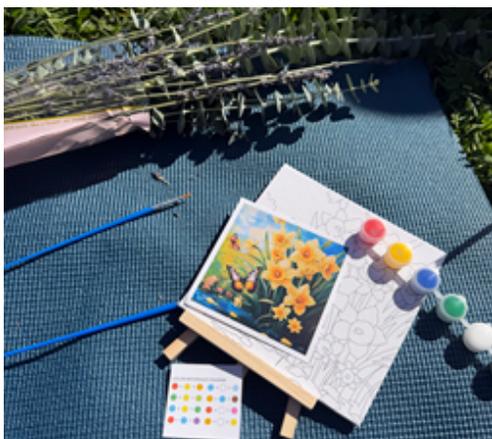
On Sunday, March 8, 2026, the MLK Healing Center partnered with Move Health Thrive Wellness to host a rejuvenating International Women's Day experience at Kenneth Hahn Trails.

Twenty women, ranging in age from their 20s to 60s, joined us for a day centered on connection, self-care, and personal growth. The morning began with a scenic group hike, offering participants a chance to enjoy nature and connect with one another. This was followed by a guided yoga session designed to stretch the body and promote relaxation.

Participants then experienced a calming sound bath, creating space to unwind and reset both mentally and physically. The afternoon continued with a canvas art workshop, where attendees explored their creativity using provided materials.

To close the experience, the group gathered for an intention-setting session, grounding themselves and reflecting on the day before returning to their daily routines.

This special event was a meaningful reminder of the importance of prioritizing wellness, creativity, and community. We are grateful to everyone who joined us to move, heal, and thrive together.



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

MLK Healing Center on Wheels (cont.)

HC on Wheels Launches Workshops at Firebaugh High School

As part of our new partnership with Lynwood and Firebaugh High Schools, HC on Wheels has officially launched monthly lunchtime workshops at each school's Wellbeing Center. Our first session at Firebaugh High School was a great success!

We facilitated our "Dot by the Letter" healing art workshop, with 10 students and 3 staff members participating. The session was filled with creativity and positive energy, as students remained highly engaged and embraced the opportunity to express themselves through art.

The workshop created a welcoming and calming space during the school day, giving students a chance to pause, reflect, and recharge. Participants shared that they valued having access to a relaxing and creative outlet during lunch, and several are already looking forward to future sessions and planning to invite friends to join.

We're grateful to partner with the school's Wellbeing Center to support student well-being through arts-based programming. We're excited to continue these monthly workshops and build on the strong engagement from this first session.



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

MLK Healing Center on Wheels (cont.)

Healing on Wheels at Kilgore Manor

As part of our ongoing programming, we facilitated a workshop titled “How Creativity Supports Our Well-Being” at Kilgore Manor. Designed specifically for seniors, the session offered a welcoming space for creativity, reflection, and connection.

Nineteen residents participated in coloring wooden art pieces with acrylic markers and remained fully engaged throughout the activity. Many shared heartfelt stories about how art rekindled cherished childhood memories with parents and grandparents. The experience brought a sense of peace, joy, and calm, and participants expressed deep appreciation for the opportunity to slow down and be present.

The response was overwhelmingly positive, with several residents expressing interest in future workshops. We’re excited to continue this partnership, collaborating with Kilgore Manor staff to offer monthly healing art sessions that nurture creativity and well-being.



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

MLK Healing Center Featured Programs



SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?
WE ARE HERE TO HELP

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

FOR MORE INFORMATION CONTACT:

SCAN ME

KIMBERLEY MARTINEZ
SYSTEMS NAVIGATOR
(213) 760-2904

DPH-NAVIGATOR@PH.LACOUNTY.GOV

California Community Reinvestment Grants Program (CARGP) & funded by Governor's Office of Business and Economic Development (GO-BED) | County of Los Angeles Public Health | WELLNESS 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 THURSDAYS

4/2 and 4/16
12pm

Join us for a produce giveaway.
First come, first served.

WELLNESS COMMUNITY | County of Los Angeles Public Health

Join us on the first and third Thursdays of the month for a produce giveaway.



Cafecito

4/16 10am-11am

Join us for an open conversation on mental health, where we'll explore important topics, build connections and enjoy coffee together.

WELLNESS COMMUNITY | County of Los Angeles Public Health

Join us for coffee and mental health discussions.



Beads and Bonding

4/8 12pm - 4pm

Unwind with a Kandi and Perler bead making activity. A calming, creative outlet that supports self-expression and relaxation in a welcoming space.

WELLNESS COMMUNITY | County of Los Angeles Public Health

Join us to craft your own bracelets.

MLK Healing Center Featured Programs (cont.)



**STRESSED OUT?
WALK IT OFF!**

Tuesdays and Wednesdays
4/1, 4/7, 4/8, 4/14, 4/15, 4/21, 4/22, 4/28, 4/29
9am - 9:30am

Join our mindful walks to bring focus and calmness.

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

Join us for a calming mindful walk.



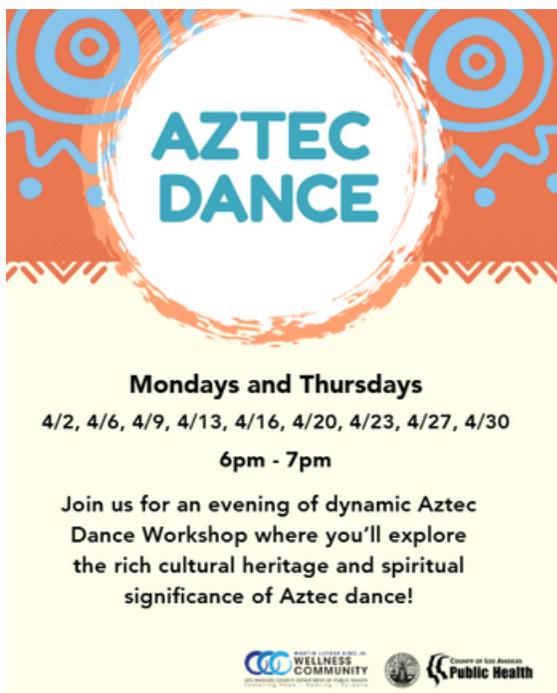
Meditation

Every Tuesday
4/7, 4/14, 4/21, 4/28
1:15pm - 1:45pm

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

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

Join us for a calming mindful meditation workshop.



AZTEC DANCE

Mondays and Thursdays
4/2, 4/6, 4/9, 4/13, 4/16, 4/20, 4/23, 4/27, 4/30
6pm - 7pm

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

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

Join us for an Aztec dance workshop celebrating ancestral tradition.



Paint & Sip

4/8 4:30pm

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

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

Join us for an evening of canvas painting

Community Resources

Community Update



Public Health clinic services at the **Dr. Ruth Temple Health Center** at **3834 S. Western Avenue Los Angeles, CA 90062** will be ending on February 27.



Services will be limited during the week of February 23-27 as we transition.

**Similar services are available at the following nearby clinics.
Please call ahead to check service availability.**

THE CLOSEST PUBLIC HEALTH CLINIC IS:



Martin Luther King, Jr. Center for Public Health

11833 S. Wilmington Avenue
Los Angeles, CA 90059
(323) 568-8100



Los Angeles LGBT Center South

2313 W. MLK Jr. Boulevard
Los Angeles, CA 90008
(323) 860-3799

Approx. 0.9 miles from
Dr. Ruth Temple Health Center



T.H.E. (To Help Everyone) Clinic

3834 S. Western Avenue
Los Angeles, CA 90062
(323) 730-1920

**This clinic is located at the same site
as the Dr. Ruth Temple Health Center**



Universal Community Health Center-MLK Clinic

1021 W. MLK Jr. Boulevard
Los Angeles, CA 90037
(323) 233-3100

Approx. 1.3 miles from
Dr. Ruth Temple Health Center



St Johns Community Health - Rolland Curtis Gardens Health Center

1060 Exposition Boulevard
Los Angeles, CA 90007
(323) 541-1411

Approx. 1.0 miles from
Dr. Ruth Temple Health Center

The LA County Public Health Infoline is available to help locate the nearest clinic in your area and to answer any questions you may have.



Call the Public Health Infoline:

(833) 540-0473

Open 7 days a week, 8:00 AM 8:00 PM



COUNTY OF LOS ANGELES
Public Health

Community Resources (cont.)

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.

Understand Flea-Borne Typhus in LA County

April 14th 10:00 a.m. - 11:00 a.m.

April 28th 1:00 p.m. - 2:00 p.m.



PUBLIC HEALTH TALKS

Vision: Healthy People in Healthy Communities

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.

Understanding Flea-Borne Typhus in LA County

Join us for our Tuesday discussion, **Understanding Flea-Borne Typhus in LA County: Protecting Yourself and Your Community.**

This informative session aims to educate participants about how this bacterial disease is transmitted from animals to humans and provides guidance on how to stay safe.

REGISTER HERE:

April 14th, 2026
10:00 AM - 11:00 AM
<https://tinyurl.com/yppybb45r>



REGISTER HERE:

April 28th, 2026
1:00 PM - 2:00PM
<https://tinyurl.com/mr3rz4xz>



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



Community Resources (cont.)



Pathways to Health Careers Academy



APPLY NOW



DEADLINE
APRIL 15TH

Now Accepting

Applications

**Admissions open
for 2026-2027**

PHCA is a year-long academic enrichment program for high school students in SPA 6 and SPA 8 interested in making a difference in community health through healthcare careers.



PHCA@CDREWU.EDU

PROGRAM DETAILS

- **Who:** Open to high school students (rising juniors and rising seniors) with GPA (2.0-3.5).
- **When:** July-May annually.
- **Where:** Hybrid - In person & online.

PROGRAM HIGHLIGHTS

- Free College level Courses
- Paid Internship
- Tutoring and Mentorship
- Networking & Events
- Skill Development
- Stipend Award
- College Readiness & SAT Prep

Community Resources (cont.)



MOMMY MEET-UP 5K RUN & WALK TO SUPPORT FAMILY HEALTH & WELLNESS



**SATURDAY
APRIL 25TH**

DARBY PARK
3400 W Arbor Vitae St,
Inglewood, CA 90305

Schedule

- 9:30AM Warm up & Stretch
- 10 AM - 12 PM Official 5k Start



Hydration Station
includes free snack & drink



REGISTER ONLINE
<https://tinyurl.com/5k-walk-ABP>



COUNTY OF LOS ANGELES
Public Health

Register at: <http://tinyurl.com/5k-walk-ABP>

SANCTUARY OF HOPE

COMMUNITY



RESOURCE FAIR

FRIDAY, APRIL 3, 2026

11:00AM TO 3:00PM

1051 W. ROSEGRANS AVE, COMPTON, CA



Join us for a day of connection and opportunity with local employers, training programs, education partners, and community resources



Opportunity Starts Here!

♥ LET'S TURN COMMUNITY
CONNECTIONS INTO REAL
OPPORTUNITIES!

CONTACT US: 📞 (323) 786-2413 🌐 [THESOH.ORG](https://www.thesoh.org)



Community Resources (cont.)



EXPUNGEMENT, REENTRY & RESOURCE FAIR



A Day of Second Chances

THURSDAY, APRIL 30 | 10 AM – 4 PM

**DOLLARHIDE COMMUNITY CENTER
301 N. TAMARIND AVE, COMPTON, CA**

Free Services:

- Expungement
- Legal Services
- Reentry Services
- Employment Assistance
- Housing
- Healthcare
- Education & Training
- Case Management
- Counseling
- Immigration
- Child Support
- Ticket Relief and more!



Vendors must RSVP by 3/19/26 to
Dwayne.Hamilton@cdcr.ca.gov or Jay.Keum@cdcr.ca.gov



CALIFORNIA DEPARTMENT of
CORRECTIONS AND REHABILITATION

Community Resources (cont.)

FREE SATURDAY HEALTH WORKSHOP SERIES

Have you been looking to improve your health? Take control through healthy eating, physical activity, stress management, sleep and nature. People of all ages are welcome. Snacks provided.

Workshop Dates:

March 21 and 28, April 4, 11, 18, 25, and May 2 and 9

Time: 10:30AM-12PM

Location: Fellowship Garden

Address:

1811 E 118th Street,
Los Angeles, CA 90059

Project Partners:



UCLA Health | Preventive
Medicine

CONTACT INFORMATION

 **562-334-2499**

 **buildinghealthymindsinnature@gmail.com**



Workshop Topics

1. Program Introduction and Goal Setting
2. Nutrition Principles and Sugars in Food
3. Stress and Health (Reframing Thoughts)
4. Physical Activity, Proteins and Snacking
5. Stress-Coping Strategies
6. Nutrition Principles and Daily Hacks
7. Nutrition Labels
8. Nature, Movement, Health Reflections

Source of funding for this project: UC END-DISPARITIES Grant #P50-MD017386
NCATS award: NIH National Center for Advancing Translational Science (NCATS): UCLA CTSI UL1TR001881

IMMIGRATION SUPPORT

Recent federal actions targeting immigrant communities—the heartbeat of Los Angeles—have created deep fear for many across the county. These events have disrupted daily life for individuals and families, who are often left without access to essential resources and services. The Department of Public Health remains committed to supporting all residents, regardless of immigration status. This page offers information and resources to help individuals and families stay informed, connected, and supported during this time.

- **Legal Resources** - Find free or low-cost legal help for immigration issues and documentation.
- **Food Assistance** - Locate food banks and learn about food access programs.
- **Mental Health Resources** - Access mental health support services, including helplines and youth-focused programs.
- **General Support** - Find information about rights, education, and resources for immigrant families.

To access direct links to immigration support services and live workshops, click [here](#).

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](#)

[Request a Mobile Vaccination Team](#)

[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

