



## SPA 5 & 6 Early Connections Monthly Newsletter (Family, Infant, & Child Health)

Greetings Partners,

This is the February '25 SPA 5 & 6 Early Connections (Family, Infant, & Child Health) Newsletter. This newsletter highlights local resources and information for families and children.

### February is Black History Month

- Every February during Black History Month and throughout the year, the National Park Service and our partners share stories, rich culture, and an invitation for all Americans to reflect on Black history in parks and communities across the country.
- More than 400 years of Black history and heritage—including achievements, contributions, and historical journeys—are remembered and commemorated in places preserved for current and future generations. [LINK](#)

### February is National Children's Dental Health Month (NCDHM)

- Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. [LINK](#)
- [Full Sets of Activity Sheets](#)



### Important Information

#### WIC RESOURCES FOR FAMILIES:

The Women, Infants and Children Program (WIC) offers nutrition education, breastfeeding support, community referrals, and healthy food options for babies, in-person, virtually, or by phone. Get more information and apply for WIC online at [Apply for WIC Online - Sign Up Here](#) | [PHFE WIC](#)

**Help Me Grow LA** helps families find services that can support their child's development. Call (833) 903-3972 or visit [HelpMeGrowLA.org](https://www.helpmegrowla.org)

#### Refer Your Friend or Family to Head Start

Do you have a friend or family member that can benefit from Early Head Start or Head Start? Have them call 1-877-Pre-K-Kid today!

If you're experiencing a **mental health crisis**, please call the National Suicide and Crisis Lifeline at 9-8-8, the [LA County Department of Mental Health Help Line](#) at (800) 854-7771 Available 24/7

UCLA Lifestyle Medicine Club presents...

# SOUTH LA Free Clinic

DATE: SATURDAY, FEBRUARY 1ST, 2025 | TIME: 9:00 AM - 1:00 PM  
LOCATION: FULL GOSPEL COMMUNITY CHURCH 5014 AVALON BLVD, LOS ANGELES, CA 90011




## SERVICES

- TOYS AND FOOD DISTRIBUTION!
- FREE HEALTH SCREENINGS:
  - BLOOD PRESSURE CHECKS!
- ASSISTANCE WITH SNAP/EBT, HEALTH INSURANCE ENROLLMENT, HOUSING RESOURCES, AND MORE!
- FREE EYE EXAMS & FREE GLASSES!
- FREE CONSULTATION WITH A PHYSICIAN



## WHY COME?

- ACCESS ESSENTIAL HEALTH RESOURCES
- FREE HEALTH AND VISION SCREENINGS FROM LICENSED PROFESSIONALS
- SUPPORT FOR FOOD SECURITY, HOUSING, AND MORE!



### CONTACT US:

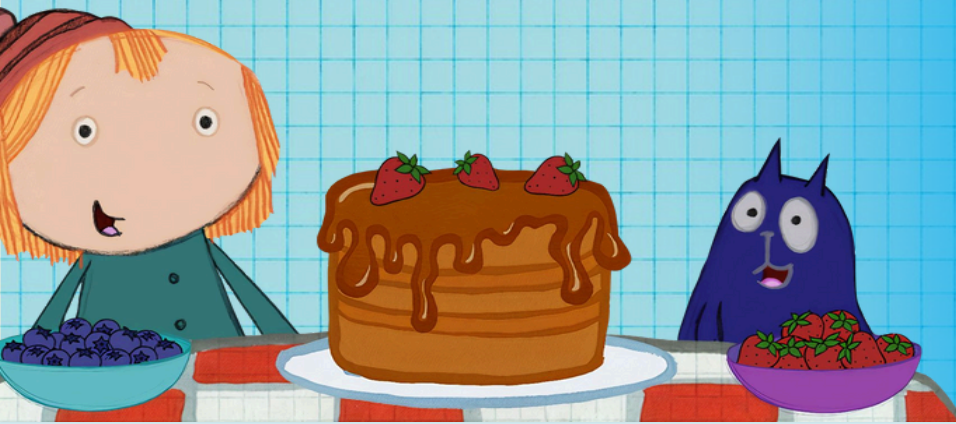
PHONE: (310) 818-3735 | EMAIL: LMCLUB@G.UCLA.EDU

### DATES OF FUTURE CLINICS:

02/15, 03/01, 03/15







# Eat and Play with peg+cat

## JOIN US!

Join PBS SoCal for a series of 4 workshops  
with Peg + Cat!

The workshops will inspire children's natural curiosity about math and guide families in supporting their children's math learning through hands-on activities. A light meal and materials will be provided. Space is limited!

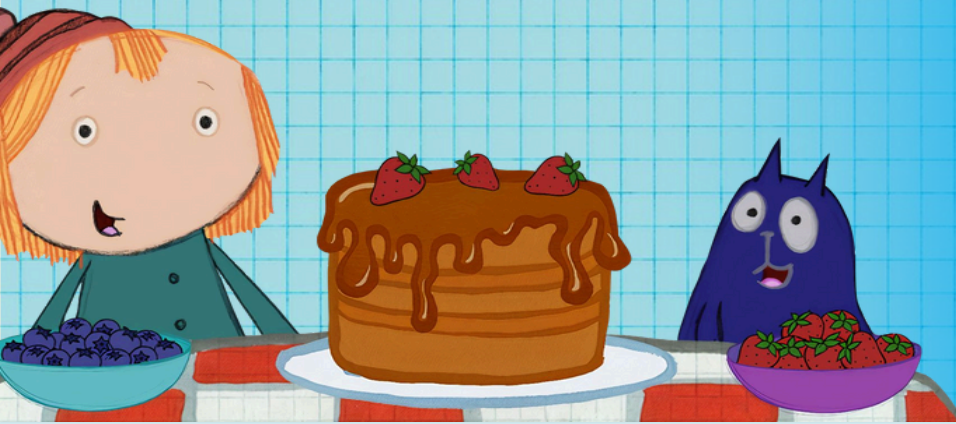
Eat and Play with Peg + Cat is best suited for families with children ages 3 and older.

Saturdays, 11 AM - 12 PM  
February 1, 15, March 1, 15

[Register Here](#)



Address: 11833 Wilmington Ave, Los Angeles, CA 90059



Convive y  
juega con  
peg+cat

# ¡ÚNETE A NOSOTROS!

¡Únase a PBS SoCal en una serie de 4 talleres  
con Peg + Cat!

Los talleres inspirarán la curiosidad de los niños por las matemáticas y ayudarán a las familias a guiar el aprendizaje de sus niños a través de actividades matemáticas. Se proporcionarán materiales y una comida ligera ¡Espacio limitado!

Convive y juega con Peg + Cat es adecuado para familias con niños mayores de 3 años.

Sabados, 11 AM - 12 PM  
Febrero 1, 15, Marzo 1, 15

[Registrar aquí](#)







DEPARTMENT OF RECREATION

1/2



KELLY PARK

# Chocolate making workshop



JOIN US AT KELLY PARK FOR A  
FUN AFTERNOON MAKING  
CHOCOLATE HEARTS TO GIFT  
TO FRIENDS AND FAMILY FOR  
VALENTINE'S DAY.

**FREE**  
**FAMILY FRIENDLY**  
**FRIDAY, FEBRUARY 7TH**  
**3-5 PM**

**2319 E Caldwell St, Compton, CA 90220**

# Naloxone and Fentanyl Test Strip Clinic



**Fridays, February 7, 14, 21, and 28 , 2024, 3 - 5 pm**

LA County Library customers can pick up a free dose of Naloxone (Narcan) and fentanyl testing strips at a select location. Naloxone is a life-saving medication used to reverse an opioid overdose, including heroin, fentanyl and prescription opioid medications. Fentanyl test strips can be used to help reduce the chance of an overdose. The strip tests drugs for fentanyl contamination and provide a simple yes or no on whether fentanyl is present, but not how much.

Customers do not have to provide identification, proof of insurance, or payment. While onsite, customers will need to complete a brief video training on how to administer naloxone. Limit one per customer, while supplies last.

**For all ages**

[LACOUNTYLIBRARY.ORG](http://LACOUNTYLIBRARY.ORG)



**Compton Library**  
240 W Compton Blvd  
Compton  
310.637.0202  
@ComptonLibrary





# LIFE SKILLS PROGRAM

## HOSTED BY PRETTY WOMEN PRAY NOT PREY

Our Grow & Glow Life Skills Program empowers **girls ages 11-18** with essential tools for personal growth and success through monthly workshops. The program culminates in a one month summer session packed with hands-on activities and opportunities for meaningful connection and self-discovery.

### WHAT YOU'LL LEARN

- ✔ Confidence & Self Esteem Building
- ✔ Effective Communication Skills
- ✔ Practical Life Skills
- ✔ Emotional Well Being

### MEETING DATES

Saturday, February 8th 12pm - 3pm  
Saturday, March 8th 10am - 1pm  
Saturday, April 12th 10am - 1pm  
Saturday, May 10th 10am - 1pm

### LOCATION

Earvin "Magic" Johnson Park -  
Oak Room  
905 E. El Segundo Blvd  
LA, CA 90059



**HOLLY J. MITCHELL**  
LOS ANGELES COUNTY SUPERVISOR ♦ 2ND DISTRICT

### SUMMER PROGRAM

Monday - Friday  
June 16th - July 11th  
11am - 6pm

THERE IS A SMALL, AFFORDABLE FEE TO PARTICIPATE IN THE SUMMER PROGRAM.

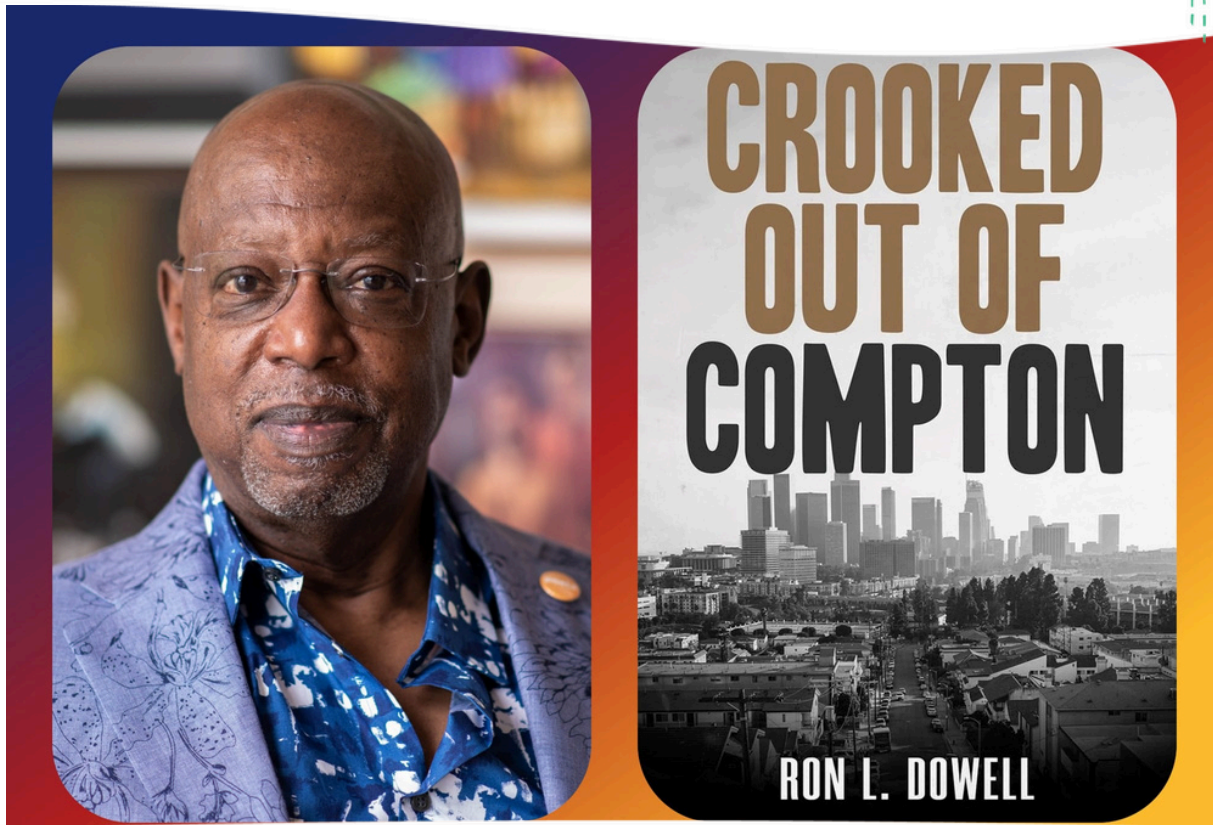
## REGISTER AT

[www.prettywomenpraynotprey.com](http://www.prettywomenpraynotprey.com)

## SIGN UP TODAY

Questions? Please contact us at [info@prettywomenpraynotprey.com](mailto:info@prettywomenpraynotprey.com)

# Author Talk: Ron L. Dowell



**Saturday, February 8, 2025, 2 - 3:30 pm**

Join us as author Ron L. Dowell discusses his new book, *Crooked Out of Compton*, a collection of short stories. Mention "California," and most people think of sun-kissed beaches, star-studded glamour, Hollywood success, or Silicon Valley. However, the stories in *Crooked Out of Compton* expand the narrative to include stories about othered Californians-- each story reveals a different facet of the South [Central] Los Angeles community and its inhabitants. Summary provided by publisher.

A book signing will be available after the discussion with light refreshments. Parents and guardians: Please be aware that refreshments will be served at this program. A list of ingredients will be available.

The author will be selling copies of his book after the program.

Registration is recommended for the event. Please register every family member who is participating at [Visit.LACountyLibrary.org/events](https://www.lacountylibrary.org/events).

**For ages 18+**

[LACOUNTYLIBRARY.ORG](https://www.lacountylibrary.org)



**Compton Library**  
240 W Compton Blvd  
Compton  
310.637.0202  
[@ComptonLibrary](https://www.lacountylibrary.org)



    [@LACountyLibrary](https://www.lacountylibrary.org)

For ADA accommodations, call Monday – Thursday, 562.940.8462 (voice) or 562.940.8477 (TTY).





SHARE THE LOVE  
OF  
EARLY HEAD START

Are you pregnant?  
or

Have a child under the age of 3?

Join us to learn about our program and the services we have available for you and your Family.

**When: February 19, 2025**

**Where: 2152 w Manchester Ave,  
Los Angeles Ca 90047**

**Time: 10:30 am - 12:30 pm**

**Pre-Enroll on this day and enter to win a raffle!**



Register  
Here!!



Or  
Call us at  
(323)971-7360

What to bring with you

Proof of Income

(Check Stub, EBT, Calworks, WIC,  
SNAP Card)

• Identification Card

**elnido** | *family  
centers*  
*...because a child cannot grow up twice*



COMPARTA EL AMOR  
DE

EARLY HEAD START

¿Está embarazada?  
o ¿Tiene un hijo/a menor de 3  
años?

Únase a nosotros para conocer nuestro programa y los servicios que tenemos disponibles para usted y su familia.

**Cuándo: 19 de Febrero de 2025**

**Donde: 2152 w Manchester Ave, Los Angeles Ca 90047**

**Hora: 10:30 am - 12:30 pm**

**¡Preinscríbese este día y participe para ganar un sorteo!**

Regístrese  
aquí!!!



O llámenos al  
(323)971-7360

Qué traer con usted:

- Comprobante de ingresos
- (Talón de cheque, EBT, Calworks, WIC, tarjeta SNAP)
- Tarjeta de identificación

**elnido** | family  
centers  
*...because a child cannot grow up twice*







# Help Me Grow LA

## PARENT AND FAMILY CAFÉ!

Wednesday, January 15, 2025

4:30-6:30 pm

Thursday, February 20, 2025

4:30-6:30 pm

Wednesday, March 19, 2025

4:30-6:30 pm

**FREE: REGISTER HERE!**



**MLK Community Health &  
Trauma Prevention Center**  
11833 Wilmington Ave,  
Los Angeles, CA 90059

**SNACKS AND  
DRINKS PROVIDED!**

A safe space to gather, support other parents, share stories and experiences, plus learn about important resources for child development or special health care needs.



# Help Me Grow LA

## CAFÉ DE PADRES Y FAMILIA !

miércoles, 19 de enero de 2025

4:30-6:30

jueves, 20 de febrero de 2025

4:30-6:30 pm

miércoles, 15 de marzo de 2025

4:30-6:30

**INSCRÍBASE AQUÍ,**

**ES GRATIS**



**MLK Community Health & Trauma  
Prevention Center**

11833 Wilmington Ave,  
Los Angeles, CA 90059

**Se proporcionan  
refrigerios  
y bebidas**

Un espacio seguro para reunirse, apoyar a otros padres, compartir historias y experiencias, además de aprender sobre recursos importantes para el desarrollo infantil o las necesidades especiales de salud.



# Wild Man Dan Show



## Saturday, February 22, 2025, 1 - 2 pm

Join us for an exciting, educational adventure! Wild Man Dan brings live demonstrations, real-life stories, and expert tips on rattlesnake safety and venomous animals. Explore and interact with the amazing world of snakes, spiders, and more while learning how to stay safe and respect wildlife. Perfect for curious minds of all ages, this unforgettable show combines fun and fascinating facts—don't miss it!

For Ages 5 – 12 with parent or caregiver.

Attendance is limited and advance registration is required. To sign up, see library staff, or register online at [Visit.LACountyLibrary.org/Events](https://www.visit.lacountylibrary.org/events) and filter by location or event date.

[LACOUNTYLIBRARY.ORG](https://www.lacountylibrary.org)



**ComptonLibrary**  
240 W Compton Blvd  
Compton  
310.637.0202  
@ComptonLibrary



    @LACountyLibrary

For ADA accommodations, call Monday – Thursday, 562.940.8462 (voice) or 562.940.8477 (TTY).

# LOS ANGELES COUNTY DISASTER ASSISTANCE

## Resources for Immigrant Communities

Immigrant communities may safely access emergency disaster assistance.

### Disaster assistance is **NOT** considered in the public charge test.

Receiving emergency aid – including food, shelter, medical assistance, and temporary financial support – **will not impact the future immigration relief applications of the recipient or their household members.** For updates, see: [oia.lacounty.gov/publiccharge](https://oia.lacounty.gov/publiccharge)

## EMERGENCY INFORMATION



### Evacuation Shelters

Visit [lacounty.gov/emergency](https://lacounty.gov/emergency) for evacuation information and evacuation shelter locations. Dial 2-1-1 if you need shelter or were displaced by wildfires. To locate a friend or family member contact the Red Cross at (800) 675-5799.



### Homeowners Insurance

For assistance with insurance policies including cancellations or non-renewals, contact the CA Department of Insurance by calling (800) 927-4357 or visit [insurance.ca.gov](https://insurance.ca.gov).



### Disaster Distress (mental health) Helpline

Multilingual 24/7 crisis support: 800-985-5990.



### Federal Disaster Assistance

All disaster-impacted individuals, regardless of immigration status, may be eligible for disaster legal services, counseling, and non-monetary relief including medical care, shelter, and food. Monetary assistance may be available if any household member meets the immigration status requirements described here: [fema.gov/assistance/individual/program](https://fema.gov/assistance/individual/program)



For in-person help with FEMA disaster assistance applications visit: [recovery.lacounty.gov](https://recovery.lacounty.gov)

For questions and assistance applying for federal relief, contact Neighborhood Legal Services: (800) 433-6251.

## LA County Services

### Price Gouging and Scams

If the government declares an emergency, increasing the price of goods, services, and rentals by 10% or more may be price gouging. To learn more visit, [dcba.lacounty.gov/pricegouging](https://dcba.lacounty.gov/pricegouging)

### Tenants and Landlords

Impacted tenants and landlords should visit [dcba.lacounty.gov](https://dcba.lacounty.gov) or call us at (800) 593-8222

Scan for after the disaster information.



### Document Replacement

For assistance with foreign documents, contact OIA at (800) 593-8222.

For U.S. documents, contact LA County Registrar-Recorder Vital and Property Records at (800) 201-8999.

### Supporting Workers & Business

Scan for emergency resources for workers and businesses.

Immigrant workers looking for additional support can contact OIA at (800) 593-8222 or visit [oia.lacounty.gov](https://oia.lacounty.gov).



### Food (Public Social Services)

CalFresh recipients can use benefits to purchase hot foods until February 8, 2025. Additionally, food replacements can be requested by calling DPSS at (866) 613-3777.





# ASISTENCIA DE DESASTRES DEL CONDADO DE LOS ÁNGELES

## Recursos para Comunidades Inmigrantes

Las comunidades inmigrantes pueden acceder de forma segura a asistencia en caso de emergencia o desastres.

### La asistencia por desastre NO es considerada en la prueba de carga pública.

Recibir ayuda de emergencia (que incluye alimentos, alojamiento, asistencia médica y apoyo financiero temporal) no afectará las futuras solicitudes de ayuda migratoria del beneficiario o de los miembros de su familia. Para obtener actualizaciones, consulte:

[oia.lacounty.gov/publiccharge](http://oia.lacounty.gov/publiccharge)

## INFORMACIÓN DE EMERGENCIA



### Refugios de Evacuación

Visite [lacounty.gov/emergency](http://lacounty.gov/emergency) para obtener información sobre el estado de las evacuaciones y las ubicaciones de los refugios de evacuación. Marque el 2-1-1 si necesita refugio o ha sido desplazado por los incendios forestales. Para localizar a un amigo o familiar, comuníquese con la Cruz Roja al (800) 675-5799.



### Seguro para Propietarios de Viviendas

Para obtener asistencia con pólizas de seguro, como cancelaciones o no renovaciones, comuníquese con el Departamento de Seguros de California llamando al (800) 927-4357 o visite [insurance.ca.gov](http://insurance.ca.gov).



### Línea de Ayuda (salud mental)

Apoyo multilingüe en casos de crisis las 24 horas, los 7 días de la semana: (800) 985-5990.



### Asistencia Federal

Todas las personas afectadas por un desastre, sin importar su estatus migratorio, pueden ser elegibles para servicios legales, asesoramiento y ayuda no monetaria como atención médica, alojamiento y alimentos. La asistencia monetaria puede estar disponible si algún miembro del hogar cumple con los requisitos migratorios detallados aquí: [fema.gov/assistance/individual/program](http://fema.gov/assistance/individual/program)



Para obtener ayuda en persona con las solicitudes de asistencia por desastre de FEMA, visite: [recovery.lacounty.gov](http://recovery.lacounty.gov)  
Para preguntas adicionales sobre el estado migratorio y la ayuda federal, comuníquese con Neighborhood Legal Services: (800) 433-6251.

## Servicios del Condado de Los Ángeles

### Aumento de Precios y Estafas

Si el gobierno declara una emergencia, aumentar el precio de bienes, servicios y alquileres por más 10% puede considerarse un aumento excesivo de precios. Para obtener más información, visite [dcba.lacounty.gov/pricegouging](http://dcba.lacounty.gov/pricegouging).

### Inquilinos y Propietarios

Inquilinos y propietarios afectados por el desastre, visiten [dcba.lacounty.gov](http://dcba.lacounty.gov) o llame al (800) 593-8222.

Escanee para mas información.



### Reemplazo de Documentos

Para obtener ayuda con documentos extranjeros, comuníquese con la oficina de OIA al (800) 593-8222.

Para documentos de EE. UU., comuníquese con el Registro Civil y de Propiedad del Condado de Los Ángeles al 800-201-8999.

### Trabajadores y Empresas

Escanee para recursos de emergencia para trabajadores y negocios. Trabajadores

inmigrantes que buscan apoyo adicional pueden comunicarse con OIA al (800) 593-8222 o visitar [oia.lacounty.gov](http://oia.lacounty.gov).



### Alimentación (DPSS)

Beneficiarios de CalFresh pueden comprar comidas calientes hasta el 8 de febrero de 2025 y solicitar reemplazos de alimentos al (866) 613-3777.



# Health *Equity*

## L.A. Care Social Needs Member Reference Sheet

The following sections contain information and a QR code to community resources in L.A. County.



### General Social Needs Resources

- ❖ **Community Link:** Yelp-like platform for community resources. (*financial assistance, food pantries, and other free or reduced-cost services*)
- ❖ **L.A. Care & Blue Shield Promise Community Resource Centers:** Free health and wellness classes, enrollment support for Medi-Cal and other health coverage programs, and more services.

### Food Resources

- ❖ **L.A. Care Meals as Medicine:** Healthy home-delivered meals a person's health needs (*for eligible members*)
- ❖ **\*CalFresh:** Monthly food benefits for individuals and families with low-income.
- ❖ **\*LA Regional Food Bank:** They distribute food and other essentials to children, seniors, families, and other individuals in need.
- ❖ **\*Special Supplemental Nutrition Program for Women, Infants and Children (WIC):** Food benefits and nutrition information for growing families.



### Scan QR Code

To access community resources in L.A. County

[www.lacare.org/social-needs-resources-member](http://www.lacare.org/social-needs-resources-member)



## Transportation Resources

- ❖ **L.A. Care Transportation Services:** Both emergency and non-emergency transportation benefits. *(for L.A. Care members)*
- ❖ **\*Low Income Fare is Easy (LIFE) Program:** Offers free rides and discounted Metro and transit agency fares for qualifying L.A. County residents.
- ❖ **\*Metro GoPass:** All students at participating K-12 and Community Colleges can ride Metro buses and trains for free with GoPass after contacting their school.



## Housing Support Services

- ❖ **L.A. Care Enhanced Care Management (ECM):** Services for Medi-Cal members with complex health and/or social needs. *(provider referral needed)*
- ❖ **L.A. Care Homeless and Housing Support Services Program (HHSS):** Housing navigation and tenancy services. *(provider referral needed)*

## Maternal Health

- ❖ **L.A. Care Doula Benefit for Expectant Mothers:** Health education, advocacy, and physical, emotional, and non-medical support for pregnant and postpartum persons. *(for eligible members, provider recommendation form may be needed)*
- ❖ **L.A. Care Healthy Mom Program (HMP):** Provides support for new moms to get the postpartum care that they need.
- ❖ **\*CinnaMoms:** Hosts virtual and in-person support circles to support individuals who breastfeed.





# Health *Equity*

## Lista de recursos sociales de referencia para miembros de L.A. Care

Las siguientes secciones contienen información y un código QR para recursos comunitarios en el condado de Los Ángeles.



### Recursos generales para necesidades sociales

- ❖ **Enlace informativo comunitario:** plataforma similar a Yelp para recursos comunitarios (*asistencia financiera, despensas de alimentos y otros servicios gratuitos o de costo reducido*).
- ❖ **Centro Comunitario de Recursos de L.A. Care y Blue Shield Promise:** clases gratuitas de salud y bienestar, apoyo para la inscripción en Medi-Cal y otros programas de cobertura médica, y más servicios.

### Recursos alimenticios

- ❖ **Comidas como Medicamento (Meals as Medicine) de L.A. Care:** comidas saludables a domicilio adaptadas a las necesidades de salud de la persona (*para miembros elegibles*).
- ❖ **\*CalFresh:** beneficios mensuales de alimentación para personas y familias de bajos ingresos.
- ❖ **\*Banco de alimentos regional de Los Ángeles:** distribuyen alimentos y otros artículos de primera necesidad a niños, personas de la tercera edad, familias y otras personas necesitadas.
- ❖ **\*Programa Especial de Nutrición Suplementaria para Mujeres, Bebés y Niños (Women, Infant and Children, WIC):** beneficios alimentarios e información nutricional para familias en crecimiento.



### Escanee el código QR

Para acceder a recursos comunitarios en el condado de Los Ángeles

[www.lacare.org/social-needs-resources-member](http://www.lacare.org/social-needs-resources-member)



## Recursos de transporte

- ❖ **Servicios de transporte de L.A. Care:** beneficios de transporte de emergencia y no emergencia (*para miembros de L.A. Care*).
- ❖ **\*Programa La Tarifa para Personas de Bajos Ingresos es Fácil (Low Income Fare is Easy, LIFE):** ofrece viajes gratuitos y tarifas con descuento de Metro y agencias de transporte para residentes del condado de Los Ángeles que califiquen.
- ❖ **\*Metro GoPass:** todos los estudiantes de kinder a 12.º grado y colegios comunitarios participantes pueden viajar en autobuses y trenes de Metro de forma gratuita con GoPass después de comunicarse con su escuela.



## Servicios de apoyo a la vivienda

- ❖ **Administración Optimizada de la Atención Médica (Enhanced Care Management, ECM) de L.A. Care:** servicios para miembros de Medi-Cal con necesidades sociales y/o de salud complejas (*se necesita referencia del proveedor*).
- ❖ **Programa de Servicios de Apoyo a la Vivienda y Personas sin Hogar (Homeless and Housing Support Services, HHSS) de L.A. Care:** servicios de navegación y arrendamiento de viviendas. (*se necesita referencia del proveedor*)

## Salud materna

- ❖ **Beneficio de doulas de L.A. Care para futuras madres:** educación de la salud, defensoría y apoyo físico, emocional y no médico para personas embarazadas y en posparto (*para miembros elegibles, es posible que se necesite un formulario de recomendación del proveedor*).
- ❖ **Programa Mamá Saludable (Healthy Mom Program, HMP) de L.A. Care:** brinda apoyo a las nuevas mamás para que obtengan la atención posparto que necesitan.
- ❖ **\*CinnaMoms:** organiza círculos de apoyo virtuales y presenciales para apoyar a las personas que amamantan.





# Community Resource Center

<https://www.communityresourcecenterla.org>

LA Care Community Resource Centers offer free in-person classes and services to help keep the community active, healthy and informed.

Locations (in SPA5 &6):

- [West LA Center](#)
- [Lynwood](#)
- [South LA](#)

On-Demand Classes

Youtube: Community Resource Centers  
([LINK](#))

## Free CPR Classes

The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are in both English and Spanish.



## Rapid Response Senior Meal Program

[The City of Los Angeles Department of Aging Rapid Response Senior Meals Program \(RRSMP\) is now open for enrollment.](#) The RRSMP offers (5) home-delivered meals weekly to individuals 60+ in the City of Los Angeles, prioritizing those with the most significant economic and social needs.

To sign up: <http://tinyurl.com/54whawar>

To check if you are within LA City limits: <http://tinyurl.com/4jk82dmn>





# Are you getting CalFresh?



Individuals and families can now buy prepared hot foods with CalFresh benefits at Food and Nutrition Service (FNS)-authorized retail stores through February 8, 2025.

Applies to the following areas:  
**Los Angeles, Kern, Orange, San Bernardino, and Ventura Counties.**

For more information visit:  
[dps.lacounty.gov/en/food/meals.html](https://dps.lacounty.gov/en/food/meals.html)

[dps.lacounty.gov](https://dps.lacounty.gov)



# ¿Estás recibiendo CalFresh?



Ahora, las personas o familias pueden comprar alimentos calientes preparados con beneficios de CalFresh en tiendas minoristas autorizadas por el Servicio de Alimentos y Nutrición (FNS) hasta el 8 de febrero de 2025.

Aplica a las siguientes áreas:  
**Condados de Los Ángeles, Kern, Orange, San Bernardino y Ventura.**

Para más información visite:  
[dps.lacounty.gov/en/food/meals.html](https://dps.lacounty.gov/en/food/meals.html)

[dps.lacounty.gov](https://dps.lacounty.gov)




 **LAHSA**   
**WINTER SHELTER**

The LAHSA Winter Shelter is open through **March 31, 2025.**

Get help and download the shelter list at [www.lahsa.org](http://www.lahsa.org) or call 2-1-1.

**Homeless? Need shelter?**

[dps.lacounty.gov](https://dps.lacounty.gov) 

[recovery.lacounty.gov](https://recovery.lacounty.gov)

**211 LA Teams Up with Hilton and Partners to Provide Hotel Vouchers for People Impacted by Fires**

Apply at [bit.ly/211-Emergency-Services-Request](https://bit.ly/211-Emergency-Services-Request)



LA County Recovers 





# Who Do I Call for Help?

## 9-1-1

to report crimes, fires, and medical emergencies when law enforcement, firefighters, or paramedics are needed



## 800-854-7771

for crisis response teams in the field or mental health and substance use resources through the 24/7 LACDMH Help Line



## 9-8-8

for support with suicidal crisis or mental health-related distress



**988** | SUICIDE & CRISIS LIFELINE

## 2-1-1

for general information on local resources or linkages and referrals to health, human, and social services



# ¿A Quién Llamo para Pedir Ayuda?

## 9-1-1

para reportar delitos, incendios y emergencias médicas cuando se necesitan agentes de la policía, bomberos, o paramédicos



## 800-854-7771

para equipos de respuesta rápida a crisis en la comunidad o recursos de salud mental y uso de sustancias a través de la línea de ayuda LACDMH disponible 24/7.



## 9-8-8

para apoyo en crisis de suicidio o dificultades relacionadas con la salud mental



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## 2-1-1

para obtener información general sobre recursos locales o vínculos/enlaces y referencias a servicios de salud, servicios humanos y sociales

