

HELLO May

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

Greetings Partners,

This is the May 2024 SPA 5 & 6 Early Connections (Family, Infant, & Child Health) Newsletter. This newsletter highlights local resources and information for families and children.

May is Mental Health Awareness Month

- The Los Angeles County Department of Mental Health (LACDMH) officially kicked off its [2024 Take Action campaign](#).
- DMH + UCLA Public Partnership for Wellbeing: [Link](#)
- DMH Events: [Link](#)
- Santa Monica City Events: [Link](#)

Asian/Pacific American Heritage Month

- The Smithsonian Asian Pacific American Center is proud to present [Bravespace](#), a compilation of original songs, sounds, and meditations created by Asian American women and non-binary artists and musicians.

Volunteer Opportunities

- [AmeriCorps Seniors](#) is a group of programs within AmeriCorps that offers a variety of volunteer opportunities for individuals aged 55 years and older.
- Disaster relief programs operated by agencies like the [Federal Emergency Management Agency \(FEMA\)](#) provide assistance to communities affected by natural disasters.
 - [Get Involved](#)

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](#)

Check out the updated digital [Guide to L.A. County Programs & Services](#), available in English and Spanish.

This resource guide helps residents learn more about the different County departments and agencies.

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, or text "LA" to 741741. Available 24/7.



<http://publichealth.lacounty.gov/chs/SPA5/index.htm>
<http://publichealth.lacounty.gov/chs/SPA6/index.htm>

Vanessa Hernandez-Zermeno, MSN RN PHN
Community Liaison Public Health Nurse
11833 S Wilmington Ave
Los Angeles, Ca 90059
County Cell # 323-406-3033
uhernandezzermeno@ph.lacounty.gov



FAMILY & FRIENDS CPR WORKSHOP

FREE COMMUNITY WORKSHOP

✉ cprinstructadm@gmail.com

📍 Location TBA



UPCOMING DATES

APRIL 6TH 2024

MAY 4TH 2024

JUNE 1ST 2024

JULY 6TH 2024

AUG 3RD 2024

SEPT CPR - TAKEOVER

OCT 5TH 2024

NOV. 2ND 2024

DEC. 7TH 2024

ABOUT OUR WORKSHOP

Family & Friends® CPR workshop teaches the lifesaving skills of adult Hands-Only™ CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. This is not a certified training course and does not include a certification card.

**EVERY 1ST SATURDAY OF
THE MONTH**

LOCATION TBA

Email inquiries to:
cprinstructadm@gmail.com

Registration is a must as seating is limited!

Register at CPRINSTRUCTUNLIMITED.COM



CalMHSA
California Mental Health Services Authority

**TAKE
ACTION**



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope, recovery, wellbeing

*for yourself
for your child
for your community*

SAVE THE DATE

TAKE ACTION LA COUNTY

SERVICE AREA 6

Join us for a community event focused on mental health, offering resources, wellness activities, free games, entertainment, and food (while supplies last)! Enjoy complimentary haircuts and manicures, onsite hiring opportunities, LA sports team activations, pet adoptions, DJ performances, giveaways, and more. Engage in a variety of activities for all ages. This family-friendly gathering promises a day of wellbeing, connection, and joy, all in support of mental health.

LOCATION

Earvin "Magic Johnson" Recreation Area
1050 E. 120th St.
Los Angeles, CA 90059

EVENT HOST

LA County Dept. of Mental Health

DATE AND TIME

Saturday, May 11, 2024 • 11am-5pm

LEARN MORE

W: TakeActionLA.com



CalMHSA
California Mental Health Services Authority

**TAKE
ACTION**



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH

hope. recovery. wellbeing.

*for yourself
for your circle
for your community*

RESERVA LA FECHA

TAKE ACTION LA COUNTY ÁREA DE SERVICIO 6

Acompáñanos a un evento comunitario centrado en la salud mental, que ofrece recursos, actividades de bienestar, juegos gratuitos, entretenimiento y comida (hasta agotar existencias)! Disfruta de cortes de pelo y manicuras gratuitas, oportunidades de contratación, activaciones de equipos deportivos de Los Ángeles, adopciones de mascotas, regalos y más. Esta reunión familiar promete diversión y actividades para todas las edades. Únete para un día de bienestar, conexión y alegría, todo en apoyo de la salud mental.

LUGAR DEL EVENTO

Área Recreativa Earvin "Magic Johnson"
1050 E. 120th St.,
Los Angeles, CA 90059

PRESENTADO POR

Departamento de Salud Mental del
Condado de Los Ángeles

FECHA Y HORA

Sábado, 11 de mayo de 2024
11am-5pm

MÁS INFORMACIÓN

takeactionla.com



COUNTY OF LOS ANGELES DEPARTMENT OF

Parks & Recreation



LOS ANGELES COUNTY DEPARTMENT OF PARKS AND RECREATION PRESENTS

PARKS AT SUNSET

MAY 2 – 9, 2024

5:30 PM – 7:30 PM

COME FUEL YOUR SOUL BY ATTENDING A FREE DROP-IN ACTIVITY DURING SUNSET AT AN LA COUNTY PARK NEAR YOU.

FROM MEDITATION, YOGA, DANCE AND CANVAS PAINTING, THERE ARE LOTS OF FAMILY FRIENDLY ACTIVITIES TO CHOOSE FROM!



LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

[PARKS.LACOUNTY.GOV](https://parks.lacounty.gov)

Hilda L. Solis

LOS ANGELES COUNTY BOARD OF SUPERVISOR

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Janice Hahn

LOS ANGELES COUNTY BOARD OF SUPERVISOR

Kathryn Barger

LOS ANGELES COUNTY BOARD OF SUPERVISOR

LOCATIONS

5:30 PM - 7:30 PM

MAY 2

Castaic Sports Complex
31320 North Castaic Road
Castaic, CA 91384

Charles Farnsworth Park
568 E. Mount Curve
Ave. Altadena, CA
91001

Crescenta Valley Park
3901 Dunsmore Avenue
La Crescenta, CA
91214

Pamela Park
2236 Goodall Ave.
Duarte, CA 91010

Belvedere Park
4914 East Cesar Chavez
Avenue Los Angeles, CA 90022

Dalton Park
18867 E. Armstead
St. Azusa, CA 91702

Jesse Owens Park
9651 South Western
Avenue Los Angeles, CA
90047

Ringrove Park
747 North Ringrove
Drive La Puente, CA
91744

Ruben Salazar Park
568 E. Mount Curve
Ave. Altadena, CA
91001

Sorensen Park
11419 Rose Hedge
Dr. Whittier, CA 90606

Sunshine Park
515 South Deepmead
Avenue La Puente, CA
91744

Alondra Park
3850 Manhattan Beach Boulevard
Lawndale, CA 90260

Campanella Park
14812 Stanford Ave.
Compton, CA 90220

Col Leon H. Washington Park
8908 S. Maie Ave.
Los Angeles, CA 90002

William Steinmetz Park
1545 S. Stimson Ave.
Hacienda Heights, CA 91745

MAY 8

Bassett Park
14105 Don Julian Rd.
La Puente, CA 91746

Pathfinder Park
18150 Pathfinder Road,
Rowland Heights, CA 91748

East Rancho Dominguez Park
15116 South Atlantic
Avenue Compton, CA
90221

Enterprise Park
13055 Clovis St.
Los Angeles, CA 90059

MAY 8

Bodger Park
14900 South Yukon
Avenue Hawthorne, CA
90250

Dr. Richard H. Rioux Park
26233 West Faulkner Drive
Stevenson Ranch, CA
91381

Loma Alta Park
3330 N. Lincoln Ave.
Altadena, CA 91001

City Terrace Park
1126 North Hazard Avenue
East Los Angeles, CA
90063

Enterprise Park
13055 Clovis St.
Los Angeles, CA 90059

Mayberry Park
13201 E. Meyer
Rd. Whittier, CA
90605

Pearblossom Park
33922 N. 121st St. East
Pearblossom, CA
93553

Carolyn Rosas Park
18500 East Fajardo Street
Rowland Heights, CA 91748

Allen Martin Park
14830 East Giordano
Street La Puente, CA
91744

Del Aire Park
12601 S. Isis Ave.
Hawthorne, CA 90250

Walnut Nature Park
2642 Olive St.
Huntington Park, CA 90255

Franklin D. Roosevelt Park
7600 Graham Ave.
Los Angeles, CA 90001

Helen Keller Park
12521 S. Vermont Ave.
Los Angeles, CA
90044

Mayberry Park
13201 E. Meyer
Rd. Whittier, CA
90605

MAY 9

Athens Park
12603 South
Broadway, Los
Angeles, CA 90061

Avocado Park
14105 Don Julian Rd.
La Puente, CA 91746

Nogales Park
2603 Grand Ave.
Walnut Park, CA 90255

Valleydale Park
5525 N. Lark Ellen
Ave Azusa CA 91702

Victoria Park
419 Martin Luther King Jr.
St. Carson, CA 90746

MAY 9

El Cariso Park
13100 Hubbard St.
Sylmar, CA 91342

Jackie Robinson Park
8773 E Avenue R
Little Rock, CA 93543

Stephen Sorensen Park
16801 East Avenue P
Lake Los Angeles, CA 93591

Val Verde Park
18500 East Fajardo Street
Rowland Heights, CA 91748

Charter Oak Park
20261 E. Covina
Blvd. Covina, CA
91724

Eugene Obregon Park
4021 E. First St.
Los Angeles, CA 90063

Manzanita Park
1747 S. Kwis Ave.
Hacienda Heights, CA 91745

Rowland Heights Park
1500 S. Banida Ave.
Rowland Heights, CA 91748

Dexter Park
11053 N. Trail Rd.
Sylmar, CA 91342

Saybrook Park
6250 East Northside
Drive Los Angeles, CA
90022

Amigo Park
5700 South Juarez
Avenue Whittier, CA
90606

Arcadia Park
405 S. Santa Anita
Ave. Arcadia, CA
91007

Bethune Park
1244 E. 61st St.
Los Angeles, CA 90001

George Washington Carver Park
1400 E. 118th St.
Los Angeles, CA 90059

Lennox Park
10828 S. Condon Ave.
Lennox, CA 90304

Mona Park
2291 E. 121st St.
Compton, CA 90222

George Lane Park
5520 W. Ave. L-8
Lancaster, CA 93536





Top Ladies of Distinction, Inc.



SAVE THE DATE

IN COLLABORATION WITH

County of Los Angeles Public Health

Community HEALTH



FAIR
Saturday, May 11, 2024



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

Public Space

10:00 AM - 2:00 PM

**Get Free Screenings
& Information**

**Hosted by the following Top Ladies of Distinction &
Top Teens of America Chapters:**

CARSON

CITY OF ANGELS

HUB CITY

INGLEWOOD

LADERA HEIGHTS

LOS ANGELES





COMMUNITY RESOURCE FAIR



SATURDAY, MAY 18, 2024
10AM-2PM

We will be providing:

- ✓ Health Screenings
- ✓ Employment Resources
- ✓ Linkages to local organizations
- ✓ Food
- ✓ Vendors
- ✓ Much more...

LOCATION:
Alain LeRoy Locke College Prep Academy
325 E. 111th St. Los Angeles, CA 90061



K Marie Braid Salon





FERIA DE RECURSOS COMUNITARIOS



SÁBADO, 18 DE MAYO DE 2024
10AM-2PM

Proporcionaremos:

- ✓ Exámenes de salud
- ✓ Recursos de Empleo
- ✓ Conexiones con organizaciones locales
- ✓ Comida
- ✓ Proveedores
- ✓ Mucho más...

UBICACIÓN:

Alain LeRoy Locke College Prep Academy
325 E. 111th St. Los Angeles, CA 90061



K Marie Braid Salon



Job opportunities in one place.

JOB



Looking for a career opportunity?
don't miss your chance to connect with top
employers and explore your career options.

FAIR


COMPTON EMPLOYMENT AND RESOURCE FAIR
Wednesday, May 22, 2024 12pm-5pm

CALDWELL ELEMENTARY SCHOOL
2300 W. CALDWELL ST.
COMPTON, CA 90220

22nd
MAY


 **WED. 5/22**

 **12PM-5PM**

 **CALDWELL ELEMENTARY SCHOOL**
2300 W. CALDWELL STREET
COMPTON, CA 90220

BE A PART OF OUR LARGEST HIRING EVENT

CONTACT US

 **(888) 675-8884**

 **www.athletesforlife.org**

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HEALING IN SHADES



Mental Health Awareness
FOR GIRLS OF COLOR

Join us for a free conference with empowering activities and interactive discussions to navigate your mental wellness through **Connection,**

Competency, **Confidence,** and **Caring.**



**TEEN GIRLS
AGES 13-17**

- Workshops
- Food (Breakfast & Lunch)
- Performances
- Music, and more!



MAY 25



9 AM-3 PM



California State University
Dominguez Hills
Loker Student Union

1000 E Victoria St,
Carson, CA 90747

*Transportation provided

Scan for registration
www.marchingbeauties.org



Please contact us for ADA Accommodations:

P: (424) 488-6168 E: info@marchingbeauties.org

Community & Social Impact Partners



CALIBRATE



Aspire to Inspire
MOTIVATIONAL SERVICES



GIRLS ROC



Confidence · Empowerment · Leadership ·
Professional Development · Coaching & Workshops



Maddie Take Over

Follow for more





St Anne's
FAMILY SERVICES
Thriving families. Brighter futures.

Spring Festival



Saturday May 25th - Lynwood

4345 Pendleton Ave. Lynwood, CA 90262

10AM - 1PM

Bubbles | Pony Rides | Magic Show | Live Caricature



SchoolHouse Connection Scholarship Program

Helping you get to and through higher education

About the Scholarship

- \$2,500 Scholarship Award
- One-on-One Support from SchoolHouse Connection Staff
- Three All-Expenses-Paid Trips
- Support from SchoolHouse Connection Scholars
- Opportunities to Engage in State and Federal Policy Advocacy

Eligibility

- You are currently residing in the United States.
Note: undocumented applicants are eligible.
- You were born on or after June 1, 2004
- You will be starting college (four year, community college, or trade school) **for the first time in the 2025-2026 academic year** (not including dual-enrollment courses). This applies to high school juniors or high school seniors planning to take a gap year.
- You experienced homelessness in the last six years


Application Process



Deadline: June 1, 2024

- ☐ ☐ To learn more and apply, visit
- ☐ ☐ www.schoolhouseconnection.org/scholarship or scan the QR code!





**CalKIDS
can help
kickstart your
children's college
savings.**



**With free
money for
college!**

CalKIDS is a new program from the State of California that provides eligible families with free money for college. California newborns can receive up to \$175 and eligible California public school students can receive up to \$1,500.* CalKIDS was created to help families kickstart their college savings plan and increase access to higher education.




**To learn more and to find
out if your child qualifies,
visit CalKIDS.org today!**



CalKIDS
The first step toward college

*Student eligibility is defined by the Local Control Funding Formula.

The California Kids Investment and Development Savings Program (CalKIDS) is a children's savings account program, administered by the ScholarShare Investment Board, an agency of the State of California. CalKIDS will provide eligible participants with college savings accounts, including seed deposits and other potential incentives, to help pay for future qualified higher education expenses. To learn more about CalKIDS or opt out of the program entirely, please see the Program Information Guide at CalKIDS.org. CalKIDS participants may also establish individual accounts with ScholarShare 529, California's 529 College Savings Plan.



**CalKIDS
puede ayudar
a impulsar
los ahorros para
la universidad
de sus hijos.**



**¡Con fondos
gratuitos
para la
uni ver sidad!**

CalKIDS es un nuevo programa del estado de California que brinda fondos gratis para la universidad a las familias elegibles. Los recién nacidos de California pueden recibir hasta \$175, y los estudiantes elegibles de escuelas públicas de California, hasta \$1,500.* CalKIDS se creó para ayudar a las familias a impulsar su plan de ahorro para la universidad y mejorar el acceso a la educación superior.



**Para obtener más información
y enterarse si su hijo cumple con
los requisitos, visite CalKIDS.org
hoy mismo.**



CalKIDS

El primer paso hacia la universidad

* La elegibilidad de estudiantes está definida por la Fórmula de Control Local del Financiamiento.

California Kids Investment and Development Savings Program (CalKIDS) es un programa de cuentas de ahorro para niños, administrado por ScholarShare Investment Board, una agencia del estado de California. CalKIDS brindará a participantes elegibles cuentas de ahorro para la universidad, incluidos depósitos iniciales y otros incentivos potenciales, con el fin de ayudar a pagar gastos futuros de educación superior calificados. Para obtener más información sobre CalKIDS o elegir no participar en el programa en absoluto, consulte la guía de información del programa en CalKIDS.org. Los participantes de CalKIDS también pueden crear cuentas individuales con ScholarShare 529, el plan de ahorros universitarios 529 de California.



FREE Groceries FRESH Fruit & Vegetables

Attention
Medi-Cal
Members!



FEATURES: FREE weekly 15-18 lbs. of fruits & vegetables includes favorites like berries, avocados, and mangoes.

BENEFITS: Improving your health at NO COST to you!

ELIGIBILITY: Medi-Cal members living in LA County.

Get your box next week,
scan today!





GRATIS Frutas y Verduras FRESCAS

**¡Atención
Miembros de
Medi-Cal!**



CARACTERÍSTICAS:

Semanales GRATIS de 15- 18 libras de frutas y verduras, incluye favoritos como bayas, aguacates y mangos.

BENEFICIOS: ¡Mejorando tu salud SIN COSTO alguno para ti!

ELEGIBILIDAD: Miembros de Medi-Cal en el condado de Los Ángeles.

¡Obtén tu caja la próxima semana, llama hoy mismo!



The DMH + UCLA

Early Childhood Fellowship

An intensive learning opportunity to support professional development and wellbeing.

CULTIVATE

Fellows **cultivate** knowledge and skills through interactive and experiential trainings, reflective practice, and culminating projects, applying and adapting newly learned practices in their own professional settings.



CONNECT

Fellows **connect** with colleagues, presenters, and facilitators, building relationships within and across organizations through small learning groups, professional wellbeing activities, and an online learning community.



COLLABORATE

Fellows **collaborate** to identify and address challenges in their local communities, sharing diverse perspectives and approaches to promoting resilience in young children and their families.



UCLA

wellbeing4la.org/ecfellowship

Public Partnership for Wellbeing

ecfinfo@wellbeing4la.org



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](#) (Now Open)
- [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>

