

This is a courtesy copy of an email bulletin sent by Angie Barboza - PH.

This bulletin was sent to the following groups of people:

Subscribers of DPH – SPA 8 Communication – Curtis Tucker Center for Community Wellness, DPH – SPA 8 Communication – Stay Informed for CORE Partners, DPH – SPA 8 Communication – Stay Informed for Curtis Tucker Health Center Employees, DPH – SPA 8 Communication – Stay Informed for Non-Profit Orgs, or DPH – SPA 8 Community Field and Services Division Communication – Stay Informed (5702 recipients)

**SPA 8 Regional Health Office
LA County Public Health Monthly
Newsletter**

April 2026

[Lea este boletín en Español](#)

April is National Stress Awareness Month



April is National Stress Awareness Month. Managing stress is essential for a healthy lifestyle. Knowing how to manage stress can improve your overall mental and physical well-being.

Learning how to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient. Below are helpful resources you can use:

- Teen Mental Health Toolkit for Teens
[:https://tinyurl.com/548yabhn.](https://tinyurl.com/548yabhn)
- Mental Health Toolkit for Parents and Guardians
[:https://tinyurl.com/bddpav93.](https://tinyurl.com/bddpav93)

April Observances

Alcohol Awareness Month

[Alcohol Awareness Month](#), is an observance that provides an opportunity to increase your knowledge about alcohol use disorder and the adverse impact of alcohol misuse on health and society.

To learn how alcohol affects your body please click here:

<https://tinyurl.com/3czv3dxa>

Please visit our website:

[The Curtis Tucker Health Center Community for Wellness](#)

To speak directly with our substance abuse counselors in SPA 8.

Please contact Krystal Mousseau at KMousseau@ph.lacounty.gov

or

Barbara Labon BLabon@ph.lacounty.gov



STI Awareness Month

This April, in honor of **STI Awareness Month**, take some time to learn about [sexually transmitted infections \(STIs\)](#). Anyone who is sexually active can get an STI, so take the opportunity to learn more about how to reduce your risk and take care of your sexual health.

The Centers for Disease Control and Prevention (CDC), marks its own STI Awareness Week in April.

Please visit the Sexual Health Clinic page for more information: [NEAR BY CLINIC LOCATIONS](#)

DPH Resources



**LOS ANGELES COUNTY
PUBLIC HEALTH INFOLINE
1-833-540-0473**

8 AM - 8 PM / 7 Days a Week

Real People. Reliable Information.



Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the range of resources Public Health can provide over the phone, strengthen community trust by offering a live person to speak with, and serve as a vital line of communication during future public health emergencies. All calls from the community are answered by health education assistants.

Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & STDs/STIs
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

Immunization Coalition of LA County

The Immunization Coalition of Los Angeles County (ICLAC) is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations its mission to collaborate to improve access to medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

If you are interested in getting vaccinated, looking for vaccination records, or reading the latest ICLAC news, please visit: <https://immunizelac.org/>



Need a Presentation on Cholesterol , Diabetes, Nutrition, Hands Only CPR, or Another Health Topic?



Request a
Speaker

The Los Angeles County Department of Public Health offers a variety of presentations, including flu and mpox. If you would like to schedule a presentation for your organization, click the link below to submit
SPA 8 Presentation Request.: <https://tinyurl.com/2p9fvptn>

Office of Violence Prevention - Gun Violence Restraining Orders



A Gun Violence Restraining Order, or ([GVRO](#)), is a law approved by the State of California in 2016. The GVRO allows family members, household members, certain employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or

others from having or purchasing a gun, ammunition, or magazine for a specified period of time, ranging from 21 days five years.

To learn more on who can request a GVRO, and how to do so, please click this link:

<http://tinyurl.com/y3hfb575>.

Free Naloxone Clinics

Several of Los Angeles County public libraries are hosting **free** naloxone clinics. Naloxone is a life saving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit: <http://tinyurl.com/y5z2edu3>



SPA 8 Resources and Upcoming Events

Free Food Distribution and Produce Distribution

Free produce distribution is held on the second Thursday of each month at the Curtis Tucker Center for Community Wellness (CCW).

Upcoming distribution will take place on Thursday, April 9, 2026 and April 23, 2026, from 10:00am to 12:00pm.



FREE PRODUCE DISTRIBUTION



Curtis Tucker Center for Community Wellness

123 W. Manchester Blvd.
Inglewood, CA 90301

**Parking lot adjacent to the Curtis Tucker Center for Community Wellness*



Every 2nd & 4th **Thursday** of the month
10:00 AM - 12:00 PM (or until supplies last)

- No eligibility requirements.
- No paperwork or ID required.
- Please bring a reusable bag.



Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.

Come join us for FREE gardening workshops!

Discover the joys of gardening and get hands-on experience in sustainable gardening practices with our dedicated and knowledgeable instructors!



Curtis Tucker Center for Community Wellness
123 W Manchester Blvd, Inglewood, CA 90301

WORKSHOPS	TOPIC & METHOD	DATE(S)	TIME
Companion Plants in the garden	Gardening (In-Person)	April 8th	3:30 PM - 4:30 PM
Sustainability in the garden	Gardening (In-Person)	April 10th	2:00 PM - 3:00 PM
Pests or Pals	Gardening (In-Person)	April 14th	3:30 PM - 4:30 PM
Seed saving	Gardening (In-Person)	April 17th	11:15AM- 12:30PM
Growing from the grocery store	Gardening (In-Person)	April 21st	1:30PM-2:30PM
Seed saving	Gardening (In-Person)	April 27th	11:00AM-12:00PM

Funded by USDA SNAP, an equal opportunity provider and employer. For healthy tips, visit www.CalFreshHealthyLiving.org



REGISTER TODAY!



**Scan the QR Code or go to <https://forms.gle/JTtKt5Kpof4zq12F9> and fill out the form to register.*

For More Information : Nina Ames | (213) 574-5921 | names@ccharities.org

Focus On U Therapy

Stretching & Strengthen Class

Whether you're new to stretching or an

experienced stretching enthusiast, this workshop is tailored for all skill levels.

Discover effective stretching techniques that will boost your flexibility, ease muscle tension, and enhance your overall physical performance.



Apr 6, 20, 27

Time: 10 - 10:45am

Apr 8, 15, 22, 29

Time: 9 - 9:45am



**Curtis Tucker Center for Community Wellness
123 W Manchester Blvd.
Inglewood, CA 90301**

Registration Link: <https://tinyurl.com/CCWStretch>

For more information, please email:
Foutherapy@yahoo.com



FRIDAY SOCIAL

CHESS AND BOARD GAMES

BRINGING COMMUNITY TOGETHER

April 17 & 24, 2026

3:00 - 4:00 PM

Join us for a fun, relaxed gathering featuring chess, board games, and friendly conversation.

Curtis Tucker Center for Community Wellness,
123 W. Manchester Blvd.,
Inglewood, CA 90301

Questions?



CurtisTuckerCCW@ph.lacounty.gov



Register here:

tinyurl.com/CCWFriSocial



MINDFUL ROCK PAINTING WORKSHOP

Curtis Tucker Center for Community Wellness invites you to a creative and relaxing workshop. Join us for a mindful rock painting experience designed to inspire self-expression, relaxation, and connection with others.

APRIL - 7 & 28 - 2026
12 PM - 1 PM

Curtis Tucker Center for Community Wellness,
123 W. Manchester Blvd., Inglewood, CA 90301



Register here:

tinyurl.com/CCWMindfulRockPaint

Questions?
CurtisTuckerCCW@ph.lacounty.gov



Resource Navigator

The Department of Public Health aims to assist communities affected by past drug policies and connect you to resources. Please complete the form as thoroughly as possible so we can serve your needs.

Please complete the intake form here: <https://tinyurl.com/2s35jwuz>

For more information contact: dph-navigator@ph.lacounty.gov

SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?

WE ARE HERE TO HELP

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

FOR MORE INFORMATION CONTACT:

SCAN ME

CHRIS HAYES
SYSTEMS NAVIGATOR
(323) 597-6053

DPH-NAVIGATOR@PH.LACOUNTY.GOV

California Community Reinvestment Grants Program (CalCRG) is funded by Governor's Office of Business and Economic Development (GO-BIZ)



Free Outdoor Wi-Fi at Select LA County Libraries

The Los Angeles County Library is now offering free Wi-Fi through Connect & Go Hotspot Loan Program. Stay connected wherever you go with portable hotspots, available to borrow for up to 6 weeks at all of our libraries.



Whether you're a student working on a research project, a professional needing to meeting deadlines, or simply someone who enjoys browsing the web, our Connect & Go Hotspot Loan Program are here to keep you connected.

You do not need a library card to connect to the WiFi. Click this link to borrow a hotspot: <https://tinyurl.com/8vmmas3v>.

Free CPR Classes

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



Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit [VaccinateLACounty.com](https://vaccinate.lacounty.gov) to learn more about:

- [In -home vaccines](#)
- [Vaccine schedule](#)
- [Vaccine data](#)
- [Vaccine records](#)
- **Vaccine facts** - [English](#) | [Español](#)
- **Vaccine side effects** - [English](#) | [Español](#)

Useful Links and Resources

[iPrevail Online Mental Health Resource](#)

[COVID-19 Vaccination Distribution Dashboard](#)

[COVID-19 Vaccine Information](#)

[COVID-19 Vaccination Records](#)

[COVID-19 Surveillance Dashboard](#)

[COVID-19 Testing](#)

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

[Free Tax Preparation Services](#)

[Free Snack Program](#)

[Get Ahead LA Financial Resources](#)

[Headspace: Free Mindfulness App](#)

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

[LA Tenant Protections Resolution](#)

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

[LA County's Office of Emergency Preparedness and Response Program](#)

[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](#)

[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](#)

For additional resources, please dial 2-1-1

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