

SPA 7 Regional Health Office LA County Public Health Monthly Newsletter

June 2026

[Lea este boletín en Español](#)

June is Men's Health Month

June 2026 is Men's Health Month, a nationwide initiative focused on raising awareness about preventable health issues and encouraging men to take proactive steps toward better physical and mental well-being. The campaign emphasizes the importance of regular checkups, early detection, healthy lifestyle choices, and open conversations about health concerns that are often overlooked. With a focus on education, fitness, nutrition, and mental health, Men's Health Month aims to empower men and their families to build healthier habits, reduce risk factors, and prioritize long-term wellness.



To read more about this year's theme, please visit:
<https://menshealthmonth.org/>.

June Observances



National CPR and AED Awareness Week (June 1-7)

National CPR and AED Awareness Week (June 1–7) is a vital campaign focused on empowering individuals with the knowledge and confidence to respond during cardiac emergencies. The week highlights the life-saving impact of learning cardiopulmonary resuscitation (CPR) and how to properly use an automated external defibrillator (AED), both of which can significantly

increase survival rates in cases of sudden cardiac arrest.

If you or your organization is interested in receiving a Hands-Only CPR workshop at your site, please submit a request here: <https://forms.office.com/g/Pd9LhAXGCS>.

If you are interested in becoming CPR-certified **for free**, please visit the Critical Care Training Center website here: <https://acls123.com/free-cpr/>.



Family Health and Fitness Day (June 13)

Family Health and Fitness Day (June 13) is a national celebration that encourages families to come together and prioritize physical activity and healthy living. Observed on the second Saturday in June, the day promotes fun, accessible ways to stay active—whether through outdoor play, group exercise, or community events—while reinforcing the importance of building lifelong wellness habits. It's an opportunity for families of all ages to connect, get moving, and make health and fitness a shared priority.

If you and your family are interested in kickstarting your health and fitness journey, check out the Whittier [Wellness Community Calendar](#) or visit us at **7642 S Painter Ave., Whittier, 90602**. Each month, we offer a variety of physical activity, nutrition, and wellness classes that are free for the whole family!

Whittier Wellness Community (WWC)

Whittier Wellness Community (WWC) offers a space for community members to gather, access resources, and participate in wellness activities such as exercise, cooking classes, creative wellness, and more. Support includes mental health, substance use, and general health and wellness resources. All activities are free and open to the community. Visit our website for more information: <http://publichealth.lacounty.gov/chs/WWC.htm>

*Schedule subject to change. Please visit our website for updates.
 Must call (562) 775-6104 to register for all classes

MON	TUE	WED	THU	FRI
<p>11:00am - 12:00pm Bingo</p> <p>1:00pm - 3:00pm Movie Monday: Boss Baby English Only Program</p>	<p>1:00pm - 2:45pm Knitting</p>	<p>8:30am FREE Produce Distribution *First-come first-served*</p> <p>1:30pm - 2:30 pm Substance Abuse Disorder Bingo English Only Program</p> <p>3:00pm - 4:00pm Help Me Grow: Parent Cafe</p>	<p>9:00am - 12:00pm Uplifting Wellness, Viability and Unity: A Community Recharge Station</p> <p>3:30pm - 4:30pm Exercise for a Healthier Your</p> <p>4:30pm - 6:30pm Thursday Night Board Game Throwdown</p>	<p>10:00am - 11:30am Hidden Blessings - Self Care without Guilt</p>
<p>11:00am - 12:00pm Exercise for a Healthier You</p> <p>1:00pm - 3:00pm Movie Monday: Jungle Cruise English Only Program</p>	<p>9:00am - 10:00am The Whole Child - Nutrition Series</p> <p>9:00am - 2:00pm Drop-in Resource Navigation</p> <p>1:00pm - 2:45pm Knitting</p>	<p>9:00am - 10:00am Help Me Grow: Parent Cafe</p> <p>1:00pm - 2:00pm CaM Comadres y Chisme</p> <p>2:00pm - 4:00pm Karaoke Kraze</p>	<p>12:00pm - 2:00pm Chill & Cheer FIFA Summer Series: Mexico vs. South Africa</p> <p>3:00pm - 7:00pm Drop-in Resource Navigation</p> <p>3:30pm - 4:30pm Exercise for a Healthier Your</p> <p>4:30pm - 6:00pm Drop-in Creative Wellness: Paint and Sip</p>	<p>10:00am - 12:00pm June Bloom Fridays: Shell Creatures</p>
<p>11:00am - 12:00pm Bingo</p> <p>1:00pm - 3:00pm Movie Monday: Luca English Only Program</p>	<p>9:00am - 10:00am The Whole Child - Nutrition Series</p> <p>9:00am - 2:00pm Drop-in Resource Navigation</p> <p>3:00pm - 4:00pm Hands Only CPR & AED</p>	<p>10:00am - 11:00am Drop-in Creative Wellness: Father's Day Memory Frame</p>	<p>9:00am - 11:00am DMH Community of Hope</p> <p>2:00pm - 3:00pm Taste the Rainbow</p> <p>3:00pm - 7:00pm Drop-in Resource Navigation</p> <p>3:30pm - 4:30pm Exercise for a Healthier You</p> <p>4:30pm - 6:00pm Drop-in Creative Wellness: Beads and Beistles</p> <p>6:00pm - 7:30pm Chill & Cheer FIFA Summer Series: Mexico vs. South Korea</p>	<p>JUNE TEENTH Closed</p>

 7643 S. Painter Ave.
Whittier, CA 90602
  Website
 
 Mon. - Wed. & Fri.: 8:00 AM - 4:00 PM
Thursday: 8:00 AM - 7:30 PM
Saturday: Closed
Sunday: Closed
  For more information, to partner with the Whittier Wellness Community, or to be added to our listserv email us at: WhittierWC@ph.lacounty.gov

MON	TUE	WED	THU	FRI
<p>11:00am - 12:00pm Exercise for a Healthier You</p> <p>1:00pm - 3:00pm Movie Monday: The Pacifier English Only Program</p>	<p>9:00am - 10:00am The Whole Child - Nutrition Series</p> <p>9:00am - 2:00pm Drop-In Resource Navigation</p>	<p>1:00pm - 2:00pm Chase - Help Avoid Frauds and Scams</p> <p>2:00pm - 3:00pm Live Long Live Strong: Sun Smart Summer</p> <p>3:00pm - 4:30pm Drop-In Creative Wellness: Summer Photo Frame Magnets</p>	<p>3:00pm - 7:00pm Drop-In Resource Navigation</p> <p>3:30pm - 4:30pm Exercise for a Healthier You</p> <p>4:30pm - 6:30pm Thursday Night Board Game Throwdown</p>	<p>10:00am - 12:00pm June Bloom Friday: Summer Coasters</p>
<p>11:00am - 12:00pm Bingo</p> <p>1:00pm - 3:00pm Movie Monday: Spiderman: Into the Spiderverse English Only Program</p>	<p>9:00am - 10:00am The Whole Child - Nutrition Series</p> <p>9:00am - 2:00pm Drop-In Resource Navigation</p> <p>1:00pm - 2:45pm Knitting</p>	<p>HEALTH & WELLNESS Exercise for a Healthier You Monday, June 8 & 22 11:00am-12:00pm Thursdays 3:30pm-4:30pm This low impact class is designed for all fitness levels, using gentle movement to improve mobility, balance, and overall well-being.</p> <p>Live Long Live Strong: Sun Smart Summer Wednesday, June 24 2:00pm-3:00pm Learn the importance of sun safety and practical ways to protect your skin, stay cool, and enjoy the sun safely all summer.</p>	<p>NUTRITION Produce Distribution Wednesday, June 3 8:30am Free fresh produce distribution. Open to all while supplies last.</p> <p>The Whole Child Nutrition Series Tuesdays 9:00am-10:00am (No workshop 6/2) Learn more about nutrition and physical activity in every class.</p> <p>Taste the Rainbow Thursday, June 18 2:00pm-3:00pm Discover the world of food through a color-themed tasting journey.</p>	<p>COMMUNITY & FAMILY FRIENDLY Bingo Monday, June 1, 15, & 29 11:00am-12:00pm Start your morning with a fun game of bingo. Featuring a different theme each time.</p> <p>Movie Monday Mondays 1:00pm-3:00pm Join us to cool off and enjoy a movie!</p> <p>Help Me Grow Parent Cafe Wednesday, June 3 3:00pm-4:00pm and Wednesday, June 10 9:00am-10:00am This is a safe space for parents to support one another while learning about resources for child development.</p> <p>Karaoke Krew Wednesday, June 10 2:00pm-4:00pm Join us for some Karaoke fun!</p>
<p>CREATIVE ART Knitting Tuesday, June 2, 9 & 23 1:00pm-2:45pm Learn the basics of knitting. Open to all skill levels. Some material provided.</p> <p>Drop-In Creative Wellness Thursday, June 12 & 18 1:30pm-4:00pm Wednesday, June 24 3:00pm-4:30pm Drop-in creative wellness workshop to relax, create, and support mental wellness.</p> <p>June Bloom Friday Friday, June 12 & 26 10:00am-12:00pm Drop-in and enjoy summer-themed arts and crafts designed to support relaxation & creativity.</p>	<p>MENTAL HEALTH MHF Self-Care without Guilt Friday, June 5 10:00am-11:20am Supportive & uplifting workshop that helps caregivers and community members learn practical self-care and emotional wellness tools to prioritize their own healing, without guilt.</p> <p>DMH Community of Hope Thursday, June 19 9:00am-11:00am Join a support group focused on self-care and wellness, in a stigma-free space.</p>	<p>RESOURCE Drop-In Resource Navigation Tuesdays 1:00pm-2:00pm Thursdays 3:00pm-4:00pm Meet with a resource navigator for help accessing community services and support.</p>	<p>SUPPORT/SOCIAL GROUP Café Comedias y Chisme Wednesday, June 10 1:00pm-2:00pm A welcoming workshop series where participants come together over coffee to share meaningful conversations and build community.</p>	<p>CHILD & CHEER FIFA SUMMER SERIES Child & Cheer FIFA Summer Series Thursday, June 11 4:00pm - 7:30pm Beat the heat and join us on Thursday's to root for, relax, and enjoy exciting live FIFA World Cup matches.</p> <p>Thursday Night Board Game Throwdown Thursday, June 4 & 25 4:30pm-6:30pm Enjoy a variety of board games, card games, and group favorites.</p>
	<p>SUBSTANCE ABUSE PREVENTION Substance Abuse Disorder Bingo Wednesday, June 3 1:30pm-2:30pm Meet with a resource navigator for help accessing community services and support.</p>	<p>SPECIAL EVENT Uplifting Wellness, Vulnerability and Unity: A Community Recharge Station Thursday, June 4 9:00am-12:00pm Join us for a special event as we celebrate Pride Month & Men's Health Awareness Month while honoring the strength and unity of our diverse community. FREE RESOURCES!</p>	<p>LIFE SKILLS CHASE - Help Avoid Frauds and Scams Wednesday, June 24 1:00pm-2:00pm A workshop by Chase Bank focused on helping participants recognize, avoid, and protect themselves from common fraud schemes and scams.</p> <p>Hands Only CPR & AED Workshop Tuesday, June 18 3:00pm-4:00pm Learn Hands Only CPR and AED, highlighting its life-saving impact.</p>	

*Space is limited—registration is not required, but strongly encouraged to secure your spot. For more information and/or to register for workshops please contact us at (562) 775-6104.

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 the department 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 covers:

- 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 is 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 topics such as flu and mpox. If you would like to schedule a presentation for your organization, click the link below to submit the

SPA 7 Presentation Request: <https://tinyurl.com/2p9fvptn>

Office of Violence Prevention - Gun Violence Restraining Orders



A Gun Violence Restraining Order (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 firearms,

ammunition, or magazine for a specified period of time, ranging from 21 days to five years.

To learn more about who can request a GVRO, and how to do so, please click this link: <http://tinyurl.com/y3hfb575>.

Free Naloxone Clinics

Several 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 7 Resources and Upcoming Events

Uplifting Wellness, Visibility, and Unity: A Community Recharge Station



▶▶ Service Area 7 Presents
**Uplifting Wellness, Visibility and Unity:
A Community Recharge Station**

**Thursday, June 4, 2026
9:00 AM – 12:00 PM**

Join us to launch our new Recharge Station — a welcoming space designed to support rest, connection, and emotional wellbeing for everyone in our community. As we honor Pride Month and Men's Health Awareness Month, we come together to affirm the strength found in our shared stories, our diverse identities, and our commitment to caring for one another. This event celebrates the powerful unions between our LGBTQ+ community, our fathers and men, our families, and all who call Service Area 7 home.

There are two ways to join:

In-person
Whittier LGBTQ Center
7639 Painter Ave.,
Whittier, CA 90602

Virtually
Instagram Live
[@LACDMHSA7](#)

For more information, contact SA7Administration@dmh.lacounty.gov.



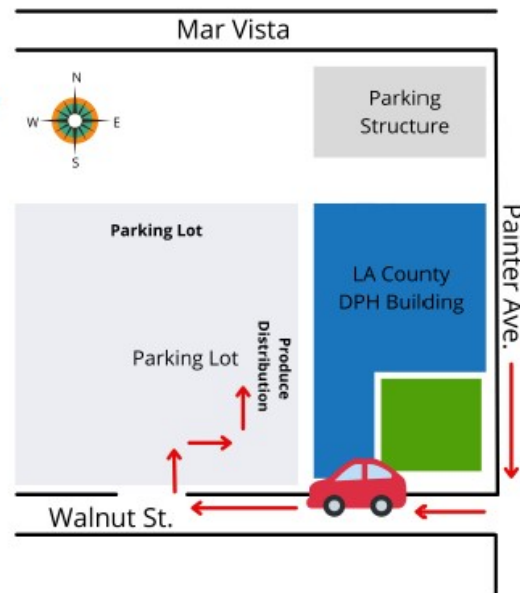
Free Produce Distribution

Free produce distribution is held on the first Wednesday of each month at the Whittier Wellness Community (WWC).
The upcoming distribution will take place on Wednesday, June 3rd, 2026 at 8:30 a.m.



Every 1st Wednesday of the Month
Time: 8:30 am and until supplies last
Location: 7643 S. Painter Ave. Whittier

- This event is now on a walk-up basis only. We no longer offer drive-thru.
- First come first served.
- No documentation required
- Walk-up distribution is in the parking lot behind Whittier Health Center.



To learn more about nutrition and healthy cooking and other local wellness offerings, visit <http://publichealth.lacounty.gov/chs/WWC.htm>



Resource Navigator

The Department of Public Health aims to support communities affected by past drug policies and connect individuals to available resources. Please complete the form as thoroughly as possible so we can best 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 the Connect & Go Hotspot Loan Program. Stay connected wherever you go with portable hotspots, available to borrow for up to six weeks at all of our libraries.



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

You do not need a library card to connect to the Wi-Fi. 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 information. 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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