

LA County Public Health Regional Health Office

Service Planning Areas (SPAs) 5 & 6

Monthly Newsletter

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NATIONAL WELLNESS MONTH



August is recognized as **National Wellness Month**.

August is a great time to focus on healthy habits that support your overall well-being, such as staying active, eating nutritious foods, or managing stress.

Choose one wellness goal and take the first step toward a healthier you!



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.

National Immunization Awareness Month



August is **National Immunization Awareness Month**, highlighting the importance of staying up to date on vaccinations for people of all ages. With the school year approaching, it's important to know which vaccines are recommended for children starting school for the first time. See the vaccine schedules below for more information.

Why Vaccinate?

Vaccines strengthen a person's immune system and provide protection before exposure to potentially life-threatening diseases. Certain vaccines are recommended at different ages for two primary reasons:

- It is the age when the vaccine works best with your child or teen's immune system.
- It is the time when your child or teen needs the most protection.

Vaccine Recommendations for Adolescents

- COVID-19 vaccine - The updated COVID-19 vaccine is recommended for adolescents who have never been vaccinated against COVID-19, have underlying medical conditions, are in close contact with people at increased risk, or want added protection.
- Influenza (flu) vaccine - One dose is recommended annually to protect against influenza. Children younger than 9 years may need two doses depending on their previous vaccination history.
- Tdap (tetanus, diphtheria, and pertussis) vaccine - One dose is recommended at 11 years of age to protect against diphtheria, tetanus, and pertussis (whooping cough).
- Human papillomavirus (HPV) vaccine - A 2- or 3-dose series is recommended beginning at 9 years of age to protect against HPV-related cancers and genital warts.
- Meningococcal vaccine - A 2-dose series is recommended beginning at 11 years of age to help prevent meningitis.
- Meningococcal B vaccine - A 2- or 3-dose series may be recommended for adolescents entering college. Check with your healthcare provider to make sure your teen is up to date on all recommended vaccines, including those given during early childhood.

Where to Get Vaccinated

There are many places where your child or teen can get vaccinated. California state law ensures that Californians have insurance coverage for immunizations recommended by the California Department of Public Health at no cost.

If you have insurance:

- At your healthcare provider's or pediatrician's office
- Retail pharmacies, such as Rite Aid or CVS

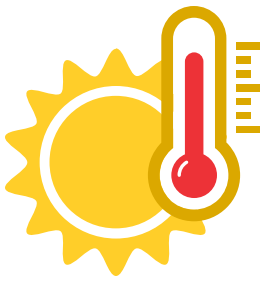
If you don't have insurance or are underinsured:

- The Vaccines for Children (VFC) Program provides vaccines at no cost for eligible* children through VFC-enrolled healthcare providers. Use the tool below to locate VFC-enrolled providers near you.

For a list of free and low-cost vaccine clinics in Los Angeles County, [click here](#).

For the full article, [click here](#).

Staying Safe in the Heat



Summer is still here, and temperatures are rising. It's important to recognize the signs of heat-related illnesses, which can be life-threatening. Check out the resources below to learn about the symptoms and discover ways to stay safe in the heat.

- Use SPF sunscreen and apply it to children as well. Reapply every two hours while outdoors.
- Wear sun-protective clothing, hats, and protective eyewear.
- Seek shade whenever possible. UV rays are strongest from late morning through the early evening.
- Check the UV Index in your area before spending time outdoors.



You can sign up to receive heat alerts on your phone [here!](#)

HEAT-RELATED ILLNESS

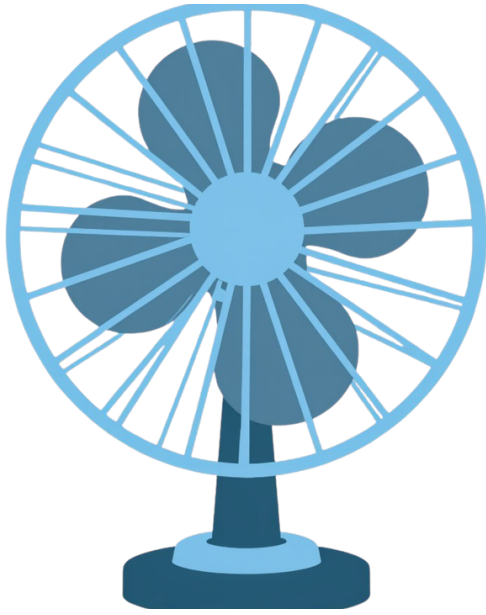
What to look for	HEAT STROKE	What to do
• High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out)	• CALL 911 RIGHT AWAY – HEAT STROKE IS A MEDICAL EMERGENCY • Move to a cool place • Help lower temperature with cool, wet cloths or a cool bath • Do not give the person anything to drink	
• Heavy sweating • Cool, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache, Fainting (passing out)	• Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water • Get medical help right away if you are throwing up, your symptoms get worse, your symptoms last longer than 1 hour	
• Heavy sweating during intense exercise • Muscle pain or spasms	• Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity • Get medical help right away if cramps last longer than 1 hour, you're on a low-sodium diet, you have heart problems	
• Painful, red, and warm skin • Blisters on the skin	• Stay out of the sun until sunburn heals • Put cool, wet cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters	
• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	• Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash	

STAY HEALTHY IN THE HEAT

- ★ **HOT CARS CAN BE DEADLY**
Never leave children or pets in cars unattended. Call 911 if you see a child or pet in a car alone.
- ★ **Wear sunscreen**
Sunburn can make you dehydrated and increase your risk for skin cancer. When out, always wear sunscreen (SPF 15 or higher). Reapply at least every two hours, especially when sweating or swimming.
- ★ **Help others**
Check on those at risk: outside workers, people with disabilities, older adults, pregnant women, and young children.
- ★ **Stay hydrated**
Drink water throughout the day and avoid sugary beverages and alcohol. When out, bring a reusable bottle with you.
- ★ **Be aware of heat-related illnesses**
If you see these symptoms: high body temperature (103°F or higher), vomiting, confusion, or losing consciousness call 911. Heat stroke is a medical emergency.
- ★ **PLAN YOUR DAY**
Avoid going outdoors during the hottest hours and plan outdoor activities in the morning and evening hours.
- ★ **Stay cool**
Visit a cooling center or other air-conditioned place, park with shade, splash pad or pool.
- ★ **Shade**
Bring a hat or umbrella with you when you're out. If outside, take multiple breaks in a shaded area.
- ★ **Wear appropriate clothing**
Choose light-weight, light-colored and loose-fitting clothing. Add a wide-brimmed hat and sunglasses for extra protection.

Click on the flyer for additional information and tips.

Cooling Centers



Find your local cooling center [here](#).

When temperatures rise, **cooling centers** provide **free**, air-conditioned spaces where residents can cool down and reduce their risk of heat-related illness. These centers are particularly beneficial for older adults, young children, individuals with chronic health conditions, outdoor workers, those experiencing homelessness, and anyone lacking reliable air conditioning.

Signs of Heat Exhaustion and Helpful Tips

Be aware of the following symptoms of heat exhaustion:

- Dizziness
- Headache
- Nausea
- Heavy sweating

If someone exhibits confusion, loses consciousness, or has an extremely high body temperature, call 911 immediately.

Additional tips:

- Stay hydrated.
- Avoid strenuous activities during the hottest parts of the day.
- Remember to check on family, friends, and neighbors who may be more vulnerable to extreme heat.

Splash Pads

LA County Parks splash pads are open this summer through September 30. Splash pads are a free, safe, and family-friendly way for children to cool off while staying active.

Operational hours are from 10 a.m. to 7 p.m.

[Find your local splash pad here.](#)



Breastfeeding Week



Every year, from August 1 to 7, we celebrate **Breastfeeding Week**. This serves as a reminder of the important benefits associated with breastfeeding and highlights the availability of support when needed. Below, see why it is important to promote breastfeeding, along with available support and resources.

- Breast milk builds a baby's immunity and provides essential nutrients and antibodies to help keep babies healthy.
- Breast milk provides health benefits by lowering the risk of certain infections and diseases.
- Breastfeeding also benefits mothers by reducing the risk of postpartum depression and diabetes.
- Breastfeeding creates a closer bond between a mother and baby, such as through skin-to-skin contact.



Check out this Guide to Breastfeeding by the Office of Women's Health

This easy-to-read publication provides how-to information and support to help women breastfeed. It explains why breastfeeding is beneficial for babies, mothers, and society, and how loved ones can support a mother's decision to breastfeed.

Click [here](#) to access.

Resources Available

Visit [Breastfeed LA](#) for more breastfeeding resources available near you.

For information about nutrition, visit [WIC](#) or the [CDC website](#). WIC can also help you enroll in the program and provide breastfeeding support. Click [here](#) to see if you qualify.

The Office of Women's Health also provides many helpful breastfeeding guides.



Public Health Talks

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.

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS



Join us for Public Health Talks, a series of virtual webinars brought to you by Health Education Services at the Martin Luther King Jr. Center for Public Health.

Tune in to learn more about various public health topics, get your questions answered, and share resources for the South LA (SPA 6) community.

Seasonal Viral Stew: Flu, RSV, COVID-19

Join us for our Tuesday topic on **Seasonal Viral Stew**, where we provide an overview of common respiratory illnesses, prevention, and treatment in preparation for the new academic school year.

August 18th, 2026
10:00- 11:00 AM

REGISTER HERE:



<https://tinyurl.com/bc5jjxbr>

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



MLK Healing Center Featured Programs



The MLK Healing & Trauma Prevention Center

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

MLK Healing Center on Wheels

BACK TO SCHOOL BASH

Don't miss out on our Back-to-School Bash, where you can gather essentials for the upcoming school year! First come, first served!



Join us for an event with the MELB Alliance to promote literacy among families and communities. We will share simple strategies to help families foster reading at home, focusing on daily habits, storytelling, engaging conversations, and community support.



MLK Jr. Center for Public Health

11833 S. Wilmington Ave.

Los Angeles, CA 90059

What to expect:

- Books
- Raffles
- Resources
- Backpack giveaways

Child must be present

While supplies last

**AUGUST
6
11:00 AM**



MLK Healing Center Featured Programs



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



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



Join us for coffee and mental health discussions.



Join us to create your own bracelets.
*No workshop in August. Join us next month on 9/8/2026.

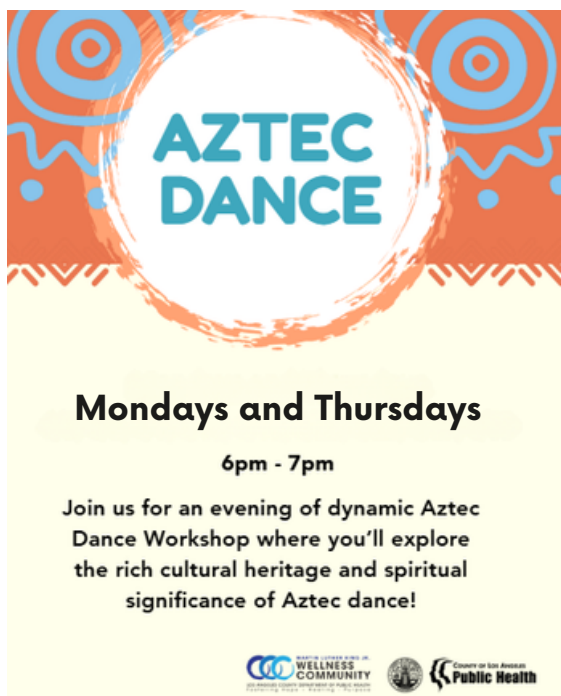
MLK Healing Center Featured Programs (cont.)



Join us for a calming mindful walk.



Join us for a calming mindfulness meditation workshop.



Join us for an Aztec dance workshop celebrating ancestral traditions.



Join us for an evening of canvas painting.

FREE HEALTH RESOURCES

AVAILABLE AT:

MARTIN LUTHER KING JR. CENTER FOR PUBLIC HEALTH
11833 S Wilmington Ave, Los Angeles, CA 90059



COMMUNITY HEALTH STATION

Accessible, life-saving products help LA County residents make informed decisions and take proactive steps to protect their health.

Products available in the kiosk:

- COVID-19 antigen tests
- Condoms
- Naloxone
- Fentanyl test strips



For more information, visit: <http://ph.lacounty.gov/CommunityHealthStation/>

GUN VIOLENCE PREVENTION (GVP)

The MLK Center for Public Health is a distribution site for the DPH Office of Violence Prevention GVP Initiative.

Adults ages 18+ can receive up to two free gun lock safety kits from:

- MLK Community Healing & Trauma Prevention Center
- MLK Clinic Services

For more information, visit:

<http://www.publichealth.lacounty.gov/ovp/GunSafety.htm>



For questions, contact:
Janay Ezekwe
jezekwe@ph.lacounty.gov



COUNTY OF LOS ANGELES
Public Health

Public Health Resources (cont.)



**FREE HOME STI TESTING
FOR WOMEN AND TRANSMEN**

Thousands of women in L.A. have chlamydia or gonorrhea and don't even know it

The Only Way to Know is to Test

- #1** 
Order your **FREE** test kit online
- #2** 
Collect sample and mail to the lab
- #3** 
Get results at DontThinkKnow.org

I know. 

 **COUNTY OF LOS ANGELES
Public Health**

Free Home STI Test Kits

Women and transgender men living in Los Angeles County (ages 12–44) can receive free chlamydia and gonorrhea testing through the “I Know” program, sponsored by the Los Angeles County Department of Public Health’s Division of HIV and STD Programs.

[CLICK HERE](#) for more information.

For partnership opportunities, please contact Ashley Jarquin, Program Coordinator, at (213) 552-5143 or via email at ajarquin@ph.lacounty.gov.

Community Resources



DREW CDC
Every Child's Success
Strengthens Community



11th Annual **BACK 2 SCHOOL** Community Resource Fair

August 1, 2026 | 10AM - 1PM

**FREE
BACKPACKS**



**FREE
SHOES**



**HEALTH
RESOURCES**



**SAVE THE
DATE!**

**FREE
HAIRCUTS**

**FREE
FOOD**

**AMAZING
RAFFLES**



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



Community Resources (cont.)



BRIDGES
COMMUNITY ECONOMIC
DEVELOPMENT CORPORATION

CCFI
GLORY CHRISTIAN FELLOWSHIP
INTERNATIONAL

FAMILY FUN DAY

★ BACK-TO-SCHOOL & COMMUNITY RESOURCE FAIR ★

BRINGING FAMILIES TOGETHER THROUGH
RESOURCES, FUN & COMMUNITY SUPPORT

AUGUST 1, 2026
10:00 AM – 12:30 PM

GLORY CHRISTIAN FELLOWSHIP INTERNATIONAL
225D W. Torrance Blvd.
Carson, CA 90745

REGISTER TODAY!
REGISTRATION IS REQUIRED
FOR FOOD DISTRIBUTION.

Scan to Register!

FREE COMMUNITY EVENT!

WHAT YOU'LL FIND



HEALTH & WELLNESS

- LA County of Public Health
- Youth Women Christian Agency (YWCA)
- Medical Resources
- Mental Health
- Rehabilitation



FAMILY & COMMUNITY SUPPORT

- Employment
- Homelessness
- Hygiene
- Youth Empowerment



YOUTH & EDUCATION

- Great Under Mental Pressure (GUMP) Nation
- School Resources
- Youth Programs



AND MUCH MORE!

Connecting families to the resources they need to thrive all year long.



FREE BACKPACKS & SCHOOL SUPPLIES*

*Children must be present to receive supplies



FOOD DISTRIBUTION

(REGISTRATION REQUIRED)



FREE LUNCH & SNACKS



KIDS GAMES & ACTIVITIES

GAME TRUCK, FACE PAINT & MORE



INFLATABLES

JUMPER • OBSTACLE COURSE • SLIDE



PHOTO BOOTH

EVERYTHING YOUR FAMILY NEEDS TO PREPARE FOR THE NEW SCHOOL YEAR!



LIMITED SUPPLIES AVAILABLE!

First come, first served.



FREE FOR THE WHOLE FAMILY!



RESOURCES. FUN. COMMUNITY.

IN PARTNERSHIP WITH:



FOR MORE INFORMATION: (310) 538-9185 | visit www.glorychristian.org/community | Text "COMRES" to (310) 589-4046

Community Resources

CRENSHAW FAMILY YMCA



SAVE THE DATE!

BACK-2-SCHOOL FAMILY REUNION

A DAY TO CONNECT. A COMMUNITY THAT CARES.



**SATURDAY,
AUGUST 15, 2026**
12:00 PM – 3:00 PM



CRENSHAW FAMILY YMCA
3820 Santa Rosalia Drive
Los Angeles, CA 90008

FREE



HAIR CUTS

FREE



SHOES

FREE



BACKPACKS



**& SUPPLIES
WHILE IT LASTS!**



Join us for a **FREE** family event filled with fun, music, food, and community!

FREE FOR THE ENTIRE COMMUNITY!



Community Resources



The poster features a central illustration of an open oyster shell with a large, iridescent pearl inside. Purple butterflies are scattered throughout the scene, and a stylized city skyline is visible in the background. The text is arranged in a clear, hierarchical manner, with the event title 'PEARL DAY' in large, bold letters. The background is a soft, pastel gradient with sparkling effects.

Presented by
Pearl's Lupus Foundation
& Watts Believe

Watts
BELIEVE

PEARL DAY

COMMUNITY BBQ & RESOURCE FAIR

SERVING JORDAN DOWNS RESIDENTS &
WATTS COMMUNITY FAMILIES

📍 LOCATION	📅 DATE	🕒 TIME
Pearl Park	August 22, 2026	12:00 PM – 4:00 PM

FREE FOOD • FREE RESOURCES • GIVEAWAYS • FAMILY FUN

FREE COMMUNITY BBQ

- 🍗 Grilled Chicken
- 🌭 Hot Links
- 🍔 Hamburgers
- 🥗 Potato Salad
- 🥖 Buns & condiments
- 🥤 Drinks & Water



RESOURCE FAIR

- 💜 Lupus Awareness & Health Education
- 🧠 Mental Health Services & Support
- 🏠 Housing & Tenant Resources
- 👥 Job Training & Employment Support
- 👨‍👩‍👧 Youth programs & Family services
- 🍲 Food & basic needs resources

FUN & GIVEAWAYS

- 🎤 Music & Guest Speakers
- 🎮 Kids' activities & Games
- 🎁 Free giveaways & Raffles



Community Resources



The Race Against Gun Violence (RAGV) celebrates the life-changing work of community organizations and provides a dynamic platform for people who care about ending gun violence to not only raise direct unrestricted funds, but also connect and grow their network.

WHAT

Sponsors, Teams, and Individuals participate in a 2-mile walk, 5k, 8k, or Kids for Peace Sprint to fundraise for their Charity Partner of choice.

WHEN + WHERE

August 16th

*Dignity Health
Sports Park*

OUTCOMES

The RAGV has raised over **\$1million** in unrestricted funds since its founding in 2014, and over 1500 run/walk participants joined the 2025 Chicago event, alone. Strides for Peace has partnered with **300+ organizations** in its lifetime and will quadruple this platform's national network by hosting **4 RAGVs** across the United States in 2026: Chicago, LA, NYC, and Philadelphia.

PARTNERS

Participating 501(c)(3)s receive
10 free entries for fundraisers!

CONTACT

Get involved by emailing:
rubye@stridesforpeace.org

www.stridesforpeace.org

Community Resources



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

BEACH BUS

FREE



**Carver
Park**



**Dockweiler
Beach**

EVERY SATURDAY

Now - September 5

FREE RIDE to BEACH
Bus Departs @ 9:00AM

George Washington Carver Park

1400 E. 118th Street Los Angeles CA 90059



FREE RETURN to PARK
Bus Departs @ 3:00pm

Dockweiler Beach Youth Center

12505 Vista del Mar, Playa del Rey, CA 90293

30-minute ride each way

**Minimum Age
Requirement**

Children under 12
years old must be
accompanied by
an adult.



LAGoBus.com

Community Resources

Summer NIGHT LIGHTS

JOIN US AT THESE PARKS IN YOUR DISTRICT
FOOD, SPORTS & ACTIVITIES FOR THE ENTIRE FAMILY!

JULY 1 – AUGUST 7, 2026 | WEDNESDAY – SATURDAY | 6:00PM – 11:00PM

CYPRESS PARK REC CTR.
2630 Pepper Ave
Los Angeles, CA 90065

GLASSELL REC CTR.
3650 Verdugo Road
Los Angeles, CA 90065

HUBERT H. HUMPHREY CTR.
12560 Filmore Street
Pacoima, CA 91331v

ROSS SNYDER REC CTR.
1501 East 41st Street
Los Angeles, CA 90059

HAZARD REC CTR.
2230 Norfolk Street
Los Angeles, CA 90033

MONTECITO HTS REC CTR.
4545 Homer Street
Los Angeles, CA 90031

TOBERMAN REC CTR.
1725 Toberman Street
Los Angeles, CA 90015

NORMANDIE REC CTR.
1550 S. Normandie Ave
Los Angeles, CA 90006

VALLEY PLAZA REC CTR.
12240 Archwood Street
North Hollywood, CA 91606

LANARK REC CTR.
21816 Lanark Street
Canoga Park, CA 91304

JORDAN DOWNS
9900 Grape Street
Los Angeles, CA 90002

MLK JR. REC CTR.
3916 S. Western Ave
Los Angeles, CA 90062

MOUNT CARMEL REC CTR.
830 W. 70th Street
Los Angeles, CA 90044

VAN NESS REC CTR.
5720 2nd Ave
Los Angeles, CA 90043

SAINT ANDREWS REC CTR.
8701 St. Andrews Place
Los Angeles, CA 90047

DENKER REC CTR.
1550 W. 35th Place
Los Angeles, CA 90018

GREEN MEADOWS REC CTR.
431 E. 89th Street
Los Angeles, CA 90003

SLAUSON REC CTR.
5306 South Compton Ave
Los Angeles, CA 900vvv

SOUTH PARK REC CTR.
345 E. 51st Street
Los Angeles, CA 90010

GILBERT W. LINDSAY REC CTR.
429 E. 42nd Place
Los Angeles, CA 90010

TRINITY REC CTR.
2415 Trinity Street
Los Angeles, CA 90010

J.T. HARVARD REC CTR.
1535 West 62nd Street
Los Angeles, CA 90047

RAMON GARCIA REC CTR.
1016 S. Fresno Street
Los Angeles, CA 90023

EVERGREEN REC CTR.
2844 East 2nd Street
Los Angeles, CA 90033

WABASH REC CTR.
2765 Wabash Ave
Los Angeles, CA 90033

HIGHLAND PARK REC CTR.
6150 Piedmont Ave
Los Angeles, CA 90042

EL SERENO REC CTR.
4721 Klamath Street
Los Angeles, CA 90032

109TH REC CTR.
1464 East 109th Street
Los Angeles, CA 90059

WILMINGTON REC CTR.
325 N. Neptune Ave
Wilmington, CA 90744

HARBOR CITY REC CTR.
24901 Frampton Ave
Harbor City, CA 90710

WABASH REC CTR.
2765 Wabash Ave
Los Angeles, CA 90033

NICKERSON GARDENS
10251 Compton Ave
Los Angeles, CA 90059

ALGIN SUTTON REC CTR.
8800 South Hoover Street
Los Angeles, CA 90044

DELANO REC CTR.
15100 Erwin Street
Van Nuys, CA 91410

SEPULVEDA REC CTR.
8825 Kester Ave
Panorama City, CA 91402

SUN VALLEY REC CTR.
8133 Vineland Ave
Sun Valley, CA 91352

DAVID M. GONZALES REC CTR.
10943 Herrick Ave
Pacoima, CA 91331

JIM GILLIAM REC CTR.
4000 S. La Brea Ave
Los Angeles, CA 90008

OBAMA SPORTS COMPLEX
5001 Obama Blvd
Los Angeles, CA 90016

LAFAYETTE COMMUNITY CTR.
625 South Lafayette Park Place
Los Angeles, CA 90057

LEMON GROVE REC CTR.
4959 Lemon Grove Ave
Los Angeles, CA 90029

LOU COSTELLO JR. REC CTR.
3141 East Olympic Blvd
Los Angeles, CA 90023

IMPERIAL COURTS
2250 E 104th Street
Los Angeles, CA 90059



KAREN BASS
MAYOR OF LOS ANGELES



FOLLOW US ON
 LA_GRYD

Community Resources



COUNTY OF LOS ANGELES DEPARTMENT OF
Parks & Recreation



COUNTY OF LOS ANGELES
PROBATION
Build a better community through positive change.

LA COUNTY PARKS PRESENTS

nextfest LA

SOUNDS OF LA COUNTY



SATURDAYS 2026 | 6-9PM
JULY 11TH & JULY 25TH
AUGUST 8TH & AUGUST 22ND

EAST RANCHO DOMINGUEZ PARK

15116 S. ATLANTIC BLVD. COMPTON, CA 90221 | 310-603-3724

Hilda L. Solis LOS ANGELES COUNTY BOARD OF SUPERVISORS	Holly J. Mitchell LOS ANGELES COUNTY BOARD OF SUPERVISORS	Lindsey Horvath LOS ANGELES COUNTY BOARD OF SUPERVISORS	Janice Hahn LOS ANGELES COUNTY BOARD OF SUPERVISORS	Kathryn Barger LOS ANGELES COUNTY BOARD OF SUPERVISORS
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Community Resources (cont.)



HOLLY J. MITCHELL
LOS ANGELES COUNTY SUPERVISOR • 2ND DISTRICT



COUNTY OF LOS ANGELES DEPARTMENT OF
**Parks &
Recreation**

Free

SUMMER MOVIES

@ the park

Enjoy free, family-friendly movies under the stars with LA County Parks this summer! Bring a blanket or chair, gather your family, friends, and neighbors, and settle in for a fun night of outdoor cinema. Check the schedule and join us for fresh air, community fun, and summer memories.

EAST RANCHO DOMINGUEZ PARK

15116 South Altantic Blvd, Compton, CA 90221
(310) 603-3724

The SpongeBob Movie
Saturday, July 18, 2026
8:00PM

Zootopia 2
Saturday, August 1, 2026
8:00PM

Monsters Inc.
Saturday, August 15, 2026
8:00PM

Lilo & Stitch (2025)
Saturday, August 29, 2026
8:00PM

parks.lacounty.gov/summer-movies/

Community Resources (cont.)



SUPPORT FOR MOMS & DADS — AND **FREE** BABY SUPPLIES!

St. John's Community Health offers two empowering programs for families:



COMMITTED TO BLACK WELLNESS & HEALTH (CBWH)

Eligibility: Identify as Black or of African descent, expecting or have children under 1 year old. Get support for your journey through pregnancy and early parenting.

PROGRAM INCLUDES:

- Personalized case management
- Referrals for doulas, lactation, nutrition, and more
- Weekly wellness mother support groups (virtual & in-person)
- Weekly **FREE** baby items: diapers, wipes, car seats, playpens & more!

SCAN TO REGISTER
OR LEARN MORE



FATHER'S CIRCLE

CBWH'S FATHER'S CIRCLE

Eligibility: Open to ALL fathers of all ages and ethnicities Join a supportive brotherhood focused on fatherhood, manhood, and personal growth.

PROGRAM INCLUDES:

- Peer support & community
- Parenting tools & relationship tips
- Resources for mental health & finances
- In-person & virtual weekly meetups
- Weekly **FREE** baby supplies for registered St. John participants!

SCAN TO REGISTER
OR LEARN MORE



St. John's
Community Health

CBWH
Committed to Black Wellness & Health Program



FOR MORE INFORMATION
PLEASE CONTACT:
CBWH@sjch.org

Community Resources (cont.)

CALLING ALL MOMMIES OF ALL AGES

St. John's invites you to be a part of our
Committed to Black Wellness & Health Program
that aims to **Provide support to Black Women
and their families.**



OUR PROGRAMS GOAL IS TO:

Improve the health and quality of life of Expectant/ New Mothers and Babies within a culturally competent and affirming environment that empowers Black Women to:

- Build Resilience
- Reduce Stress
- Education for nurturing and building bonds with their babies
- Learn more about giving birth and what to expect before and after
- Promote healthy behaviors that support relationships and overall wellness. While making connections in a social or 1:1 setting
- Develop and Set long-term personal and professional goals and plans with your assigned case manager

Come Join Us!

PROGRAM ELIGIBILITY

Expecting mothers or mothers with children under 1 yrs, who identify as Black, or African Descent

PARTICIPANTS FOR THE PROGRAM WILL RECEIVE ACCESS TO:

- 1:1 sessions for Mental Health Care
- Prenatal & Postnatal HealthCare
- Case Management with assistance and support of culturally competent staff
- Referrals and Resources for needed services such as: Lactation Classes, Doula Services, Prenatal Dieticians, Dental and Mental Health Services
- Access to weekly group sessions that are educational, fun and provide a social way to receive care, make connections, share advice, and much more!
- Baby Supplies such as – **FREE DIAPERS, WIPES, CAR SEATS, PLAYPENS AND MUCH MORE**

FOR MORE INFORMATION PLEASE CONTACT:

CBWH@sjch.org



SJCH.ORG @ f x **SJCH**

Youth Resources





COUNTY OF LOS ANGELES DEPARTMENT OF
Parks & Recreation



LA COUNTY
OUR SPOT
TEEN CENTERS
EST. 2019



OUR SPOT - TEEN CENTER

Looking for somewhere fun to hang out after school? We've got you! Activities include:

- Field trips and Teen nights
- Cultural Arts Workshops
- Mentorship and job pathways
- FREE Supper served Mon-Fri at 5:30 PM!

HOURS

- During School Year:
Afterschool – 9:00 PM
- Summer: 3:00 PM – 9:00 PM

REGISTER NOW ➔

parks.lacounty.gov/ourspot



OUR SPOT LOCATIONS

100% FREE for teens ages 12–18 (Grades 6–12)

AMELIA MAYBERRY PARK 13201 East Meyer Road, Whittier, CA 90605, (562) 944-9727	JACKIE ROBINSON PARK 8773 East Avenue R Little Rock, CA 93543 (661) 944-2880
BELVEDERE COMMUNITY REGIONAL PARK 4914 East Cesar Chavez Avenue, Los Angeles, CA 90022, (323) 260-2342	LENNOX PARK 10828 South Condon Avenue, Lennox, CA 90304, (310) 419-6712
CITY TERRACE PARK 1126 North Hazard Avenue, East Los Angeles, CA 90063, (323) 260-2371	LOMA ALTA PARK 3330 N. Lincoln Ave., Altadena, CA 91001, (626) 398-5451
EARVIN MAGIC JOHNSON PARK 905 E. El Segundo Blvd., Los Angeles, 90059 (323) 942-8457	MONA PARK 2291 E. 121st St., Compton, CA 90222, (310) 603-3729
EAST RANCHO DOMINGUEZ PARK 15116 South Atlantic Avenue, Compton, CA 90221, (310) 603-3724	PAMELA PARK 2236 Goodall Avenue, Duarte, CA 91010, (626) 357-1619
EL CARISO COMMUNITY REGIONAL PARK 13100 Hubbard St., Sylmar, CA 91342, (818) 367-5043	RUBEN F. SALAZAR PARK 3864 Whittier Boulevard, Los Angeles, CA 90023, (323) 260-2330
EUGENE A. OBREGON PARK 4021 E. First St., Los Angeles, CA 90063 (323) 260-2344	SAN ANGELO PARK 245 South San Angelo Avenue, La Puente, CA 91746, (626) 968-2666
FRANKLIN D. ROOSEVELT PARK 7600 Graham Avenue, Los Angeles, CA 90001, (323) 586-7228	STEPHEN SORESENSEN PARK 16801 E. Ave. P, Palmdale, CA 93591, (661) 264-1249

Hilda L. Solis
LOS ANGELES COUNTY BOARD OF SUPERVISORS

Holly J. Mitchell
LOS ANGELES COUNTY BOARD OF SUPERVISORS

Lindsey Horvath
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Janice Hahn
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Kathryn Barger
LOS ANGELES COUNTY BOARD OF SUPERVISORS

Click [HERE](#) for more information.

Youth Resources (cont.)





COUNTY OF LOS ANGELES DEPARTMENT OF
Parks & Recreation

Free Program

EVERY BODY PLAYS

SUMMER ADVENTURES

ADVENTURES

- Field Trips
- Tech Lab
- Sports & Fitness
- Game Tournaments
- ESTEAM Activities
- & more!

JUNE 15, 2026 – AUGUST 7, 2026
MONDAY – FRIDAY
11:00 AM – 5:30 PM

Join LA County Parks for fun at your local park! Every Body Plays Summer Adventure program connects kids and youth ages 7–17 with caring youth leaders who facilitate exciting activities, games, and enriching experiences all summer long.

SNACKS AVAILABLE DAILY AT ALL SITES FROM 3:00PM TO 4:00PM.

LUNCH AVAILABLE AT SELECT SITES FROM 12:00PM TO 1:00PM



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Click [HERE](#) for more information.

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](#)

[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

