



## SPA 5 & 6 Early Connections Monthly Newsletter

(Family, Infant, & Child Health)

September 2025

Greetings Partners,

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

### September is National Preparedness Month!

- DPH's Guide to Community Preparedness, [All Ready LA County](#), outlines 6 simple steps to get ready for emergencies. The guide features a household emergency plan template and easy-to-use, colorful checklists of essential supplies to help you, and your family get and stay prepared.
- Los Angeles County's [Ready LA County](#) website provides comprehensive preparedness information for hazards that may affect the region, including wildfires, excessive heat, extreme cold, flooding, and mudslides.
- More resources are also available through the site, including LA County's [Emergency Survival Guide](#).



### Important Information

**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!

### GATHER SUPPLIES Check what you already have.

ESSENTIALS



☐ Water



☐ Flashlight



☐ First aid kit



☐ Fire extinguisher



☐ Food



☐ Prescriptions



# CONNECTING WITH YOUR CHILD

A 10-week parent workshop for Black & African American caregivers with children 0-5 years old\*

**Wednesdays 6:00pm - 7:30pm**

**Virtual Group Starting September 3, 2025**

\*Using the Attachment Vitamins curriculum developed by University of California San Francisco (UCSF)

## TOPICS INCLUDE:

- Connection
- Child Development
- Child's Experiences
- Caregivers' Experiences
- Peer Support



## FACILITATORS



**Michele Gales**  
Mental Health Therapist



**Lindsey Washington**  
Mental Health Therapist

**For more information call  
(323) 864-0109**



**Or Register Here!**

 [www.winla.org](http://www.winla.org)  
 [info@winla.org](mailto:info@winla.org)

 5601 W. Slauson Ave. Suite 220  
Culver City, CA 90230

# Safe Travels Start Here

## Car Seat Checkup Event

**Because Safety Starts  
with a Secure Car Seat  
Join Us for a Free  
Check-Up!**



**Saturday,  
September 13, 2025  
10:00 A.M. - 1:00 P.M.**

**CDU/MLK  
Center for Public Health  
1731 E. 120th St.  
Los Angeles, CA 90059**

**Sign-Up  
Scan the QR Code**



**For more information:  
Vanessa Hernandez-Zermeno  
(323) 406-3033**

**[vhernandezzermeno@ph.lacounty.gov](mailto:vhernandezzermeno@ph.lacounty.gov)**



Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration



# Los Viajes Seguros Comienzan Aquí

Evento de Revisión de Asientos de Seguridad para Niños

**Porque la seguridad  
comienza con un asiento  
bien instalado  
¡Acompáñanos para una  
revisión gratuita!**



**Sábado,  
13 de septiembre del 2025  
10:00 A.M. - 1:00 P.M.**

**CDU/MLK  
Center for Public Health  
1731 E. 120<sup>th</sup> St.  
Los Angeles, CA 90059**

**Para registrarse,  
Escanea el código QR**



**Para más información  
Vanessa Hernandez-Zermeno  
(323) 406-3033  
[vhernandezzermeno@ph.lacounty.gov](mailto:vhernandezzermeno@ph.lacounty.gov)**



Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration





# National Suicide Prevention Week

— SEPTEMBER 7-13 —

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



## NATIONAL SUICIDE PREVENTION WEEK

September 7-13 is National Suicide Prevention Week. Acknowledging and talking about suicide can reduce the risk among loved ones and others in Los Angeles County. For more information on suicide prevention resources, please visit [Department of Mental Health](https://dpss.lacounty.gov/mental-health). If you or someone you care about is dealing with a suicidal, mental health, and/or substance use crisis, call or text the [988 Suicide & Crisis Lifeline](https://988lifeline.org) to talk with a caring and trained counselor.



## New Friends and Adventures Await.

Hey parents!

Looking for a place where you can meet new friends? Somewhere you can go on exciting adventures and make a difference in the world? **That place is Girl Scouts.**

Parents/caregivers are invited to join us to learn more about Girl Scouts and enjoy fun activities!



**Meeting Details:**  
Saturday, September 20  
11am  
423 N. La Brea Ave,  
Inglewood, CA 90302  
(Scan the QR code to  
RSVP)

**For more info contact:**  
Erica Henderson  
ehenderson@girlscoutsla.org  
(626) 677-2253



[girlscoutsla.org](http://girlscoutsla.org)



[@girlscoutsla](https://www.instagram.com/girlscoutsla)



[facebook.com/gsgla](https://facebook.com/gsgla)

DISCLAIMER: Distribution of this flyer is for information purposes only and does not necessarily constitute or imply endorsement, recommendation, or favoring by the Inglewood Unified School District. Participation in any event or activity sponsored by this organization is strictly voluntary and is not in any way a school-sponsored activity of the Inglewood Unified School District. Parents and guardians are solely responsible for determining suitability for their child. If you have questions, please call the contact person listed on the flyer.



# Te esperan nuevas amigas y aventuras

¡Hola padres de Robinson Elementary!

¿Buscas un lugar donde puedas conocer nuevas amigas? ¿Un lugar en el que puedas emprender emocionantes aventuras y marcar una diferencia en el mundo? **Ese lugar está con las Girl Scouts.**

¡Invitamos a padres, madres y cuidadores a que asistan para aprender mas sobre Girl Scouts y disfruten de actividades divertidas!



## Detalles:

Sabado, Septiembre 20  
11am

423 N. La Brea Avenue,  
Inglewood, CA 90302

(Escanea el codigo qr para  
confirmar su asistencia)

## Para obtener más información, comuníquese con:

Erica Henderson  
ehenderson@girlscoutsla.org  
626-677-2253



girlscoutsla.org



@girlscoutsla



facebook.com/gsgla

SCARGO DE RESPONSABILIDAD: La distribución de este folleto es únicamente con fines informativos y no necesariamente representa o implica la aprobación, recomendación o un beneficio de parte del Distrito Escolar de Inglewood. La participación en cualquier evento o actividad auspiciada por esta organización es estrictamente voluntaria y no constituye una actividad auspiciada por una escuela del Distrito Escolar de Inglewood. Los padres, madres y tutores son exclusivamente responsables de determinar la aptitud de su hija para participar en tales actividades. Si tiene preguntas, comuníquese con la persona cuyos datos aparecen en el folleto.

# DPSS HAS YOU COVERED!

## Medi-Cal Health Coverage

### Benefits of Medi-Cal:

- Free or low-cost comprehensive coverage for families and individuals
- Consistent health screenings
- Medical Debt Relief Program and more!

## IHSS In-Home Supportive Services

### Benefits of IHSS:

- Available through Medi-Cal
- Alternative to Out-of-Home Care
- Assistance for elderly, blind or persons with disabilities, including children and more!



[dpss.lacounty.gov](http://dpss.lacounty.gov)

**dpss** |  **BenefitsCal**

**IN-HOME**  
SUPPORTIVE SERVICES

## Stay Safe, Live Well:

*Supportive Services for Seniors  
and Disabled Individuals  
Receiving Medi-Cal*



**Do you know someone who is 65 years of age or older, blind or has a disability (including children), living at home and receiving Medi-Cal?**

**In-Home Supportive Services can help with:**

- House cleaning and laundry
- Grocery shopping and meal preparation
- Bathing and grooming
- Getting to doctor's appointments

**It's simple help that can make a big difference.  
To learn more or apply go to [bit.ly/ihss-en](https://bit.ly/ihss-en)**

[dpss.lacounty.gov](http://dpss.lacounty.gov)

**dpss**



# 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>



# FREE CPR CLASSES!

## Metro LA

1233 S. Western Ave. Los Angeles, CA 90006

**213.428.1457**

1st, **2nd** Monday of month @ 2pm

## East LA

4801 E. Whittier Blvd. Los Angeles, CA 90022

**213.438.5570**

2nd, **4th** Thursdays of month @ 10am

## El Monte

3570 Santa Anita Ave. El Monte, CA 91731

**213.428.1495**

2nd, 3rd, 4th Tuesdays of month @ 1pm

## Wilmington

911 N. Avalon Blvd. Wilmington, CA 90744

**213.428.1490**

1st (Online) **3rd** Wednesday of month @ 2pm

## Lynwood

3200 E. Imperial Hwy. Lynwood, CA 90262

**310.661.3000**

1st **Saturday** & 1st, 2nd, **3rd** Friday of month @ 10am

## Pomona

696 West Holt Ave. Pomona, CA 91768

**909.620.1661**

1st, **3rd** Thursday of month @ 12pm

## West LA (ONLINE)

11173 Pico Blvd. Los Angeles, CA 90064

**310.231.3854**

3rd **Saturday** & **3rd** Wednesday of month @ 9am

## Lincoln Heights (ONLINE)

2430 N. Broadway,  
Los Angeles, CA 90031

**213.294.2840**

1st, **2nd** Saturdays of month @ 9am  
2nd Tuesday of month @ 9am

## Panorama City

7868 Van Nuys Blvd.  
Panorama City, CA 91402

**213.438.5497**

1st, **3rd** Friday of month @ 8am & 2nd Saturday of month alternating English & Spanish

## South LA

5710 Crenshaw Blvd.  
Los Angeles, CA 90043

**213.428.1410**

3rd Monday of month @ 9:30am & **1:30pm**  
4th Tuesday of month @ 9am

## Norwalk

11721 Rosecrans Ave  
Norwalk, CA 90650

**562.651.6060**

1st Tuesday of month @ 10am & 4th Friday of month @ 12:30pm

## Inglewood

2864 W. Imperial Hwy.  
Inglewood, CA 90303

**310.330.3130**

1st Monday of month @ 12:30pm  
4th Saturday of month @ 9:30am

## Palmdale

2072 E. Palmdale Blvd  
Palmdale, Ca 93550

**213.438.5580**

1st, **2nd** Friday of month @ 10:15am

## Long Beach

5599 Atlantic Ave.  
Long Beach, CA 90805

**562.256.9810**

2nd, **4th** Monday of month @ 9:30am



Days labeled in red are courses  
provided in Spanish Instruction



Scan to Register

Register now at  
**FREECPRLA.COM**

# CLASE DE RCP GRATUITA!

## Metro LA

1233 S. Western Ave. Los Angeles, CA 90006

**213.428.1457**

1er, 2do lunes del mes @ 2pm



Las fechas marcadas en rojo  
son los cursos ofrecidos en español

## East LA

4801 E. Whittier Blvd. Los Angeles, CA 90022

**213.438.5570**

2do y 4to jueves del mes @ 10am

## El Monte

3570 Santa Anita Ave. El Monte, CA 91731

**213.428.1495**

2do, 3ro, 4to martes del mes @ 1pm

## Wilmington

911 N. Avalon Blvd. Wilmington, CA 90744

**213.428.1490**

1er (en línea), 3er miércoles del mes @ 2pm

## Lynwood

3200 E. Imperial Hwy. Lynwood, CA 90262

**310.661.3000**

1er sábado & 1er, 2do, 3er viernes del mes @ 10am

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696 West Holt Ave. Pomona, CA 91768

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1er, 3er jueves del mes @ 12pm

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Panorama City, CA 91402

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1er, 3er viernes del mes @  
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