

LA County Public Health Regional Health Office Service Planning Areas (SPAs) 5 & 6 Monthly Newsletter

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MEN'S HEALTH AWARENESS MONTH



June is recognized as Men's Health Awareness Month to highlight the importance of men visiting their healthcare providers for early detection screenings, focusing on disease prevention, promoting a healthy lifestyle, and addressing mental health needs.

- Visit [**Men's Health Network**](#) to learn about the many ways to raise awareness about the importance of men's health, such as wearing blue every Friday.
- Visit [**National Alliance on Mental Illness \(NAMI\)**](#) for resources on mental health and toolkits that help promote the importance of men's mental health.



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.

CPR Awareness Month

June is recognized as **National CPR and AED Awareness Month**, dedicated to emphasizing the importance of understanding CPR, particularly Hands-Only CPR. As advocates for public health, we continually strive to educate the community on the fundamentals of Hands-Only CPR and its life-saving potential.




Hands-Only CPR

Join a Nation of Lifesavers™ today.



TWO STEPS TO SAVE A LIFE

- 1 Call 911**
- 2 Push hard and fast in the center of the chest**




Don't drop the beat!
Know it. Feel it. Push it. Keep it.

 CPR week is June 1-7 | [#CPRwithHeart](https://www.heart.org/handsonlycpr)

[heart.org/handsonlycpr](https://www.heart.org/handsonlycpr)



Hands-Only CPR Fact Sheet



Why Learn Hands-Only CPR?

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby.

According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



Over 70 percent of out-of-hospital cardiac arrests happen in homes.



Only about 40% of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives.

Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:



1 Call 911 if you see a teen or adult suddenly collapse.



2 Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.

Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

Music Can Save Lives

Song examples include "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyoncé featuring Jay-Z, "Hips Don't Lie" by Shakira or "Walk the Line" by Johnny Cash. People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit [heart.org/handsonlycpr](https://www.heart.org/handsonlycpr) to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at [heart.org/CPR](https://www.heart.org/CPR).

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.



CPR week is June 1-7 | To learn more, visit [heart.org/handsonlycpr](https://www.heart.org/handsonlycpr) | [#CPRwithHeart](https://www.heart.org/handsonlycpr)

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CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

In a **CARDIAC ARREST** the heart suddenly stops beating. This is usually caused by an electrical problem that makes the heart beat irregularly. When the heart stops pumping, it can't send blood to the brain, lungs and other vital organs.

WHAT HAPPENS

Someone having a cardiac arrest may become unresponsive. They may stop breathing or only gasp for air. If they don't get help right away, they can die.

WHAT TO DO

If someone has cardiac arrest, doing CPR right away can double or triple their chances of survival.

1. First, call 911 (or local emergency response number).
2. Then start CPR. If there's an automated external defibrillator (AED) nearby, use it as soon as you can.

If two people are helping, one should start CPR. The other should call 911 and find the AED. Every minute counts. The odds for survival drop by 10% each minute without help. Emergency staff can also help revive someone whose heart has stopped.

For more information on American Heart Association CPR, including training classes in your area, go to [heart.org/NEIT08](https://www.heart.org/NEIT08).



WHAT IS A HEART ATTACK?

In a **HEART ATTACK**, blood can't get to part of the heart because a **key blood vessel is blocked**. If this circulation problem isn't cleared quickly, the part of the heart that isn't getting enough blood can start to die.

WHAT HAPPENS

Heart attack symptoms can be sudden. They may include:

- Sore chest pain
- Discomfort in other parts of the upper body
- Shortness of breath
- Cold sweats
- Feeling sick to the stomach

Sometimes, symptoms start slowly and last for hours or days. Unlike cardiac arrest, the heart usually keeps beating during a heart attack. The longer it takes to get help, the greater the risk to the heart.

Anyone can have a heart attack. In women, people with diabetes and older adults, symptoms might not be obvious. For example, they might not include chest pain.

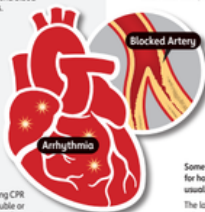
WHAT TO DO

Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters. It's best to call your local emergency number to get to the emergency room right away.

Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

WHAT IS THE LINK?

Most heart attacks don't lead to cardiac arrest. But a heart attack is a common cause when cardiac arrest does happen. Other problems can also cause the heart to stop beating.



- Explore these resources that highlight the differences between a heart attack and cardiac arrest, noting that CPR is essential in cases of cardiac arrest.
- Click [here](#) to access a list of songs that match the recommended compression rhythm of 100 to 120 beats per minute, such as "Stayin' Alive" and "Can't Stop the Feeling!"

Interested in receiving CPR training?



Click [here](#) for training classes or a training center near you.

Heat Protection

As the summer months and warmer weather quickly approach, learn how to recognize heat-related illness and stay healthy in the heat with tips provided by the [Los Angeles Regional Collaborative](#).

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.



* PLAN YOUR DAY

Avoid going out during the hottest hours and plan outdoor activities in the morning and evening hours.



* 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.



* Stay cool

Visit a cooling center or other air-conditioned place, park with shade, splash pad or pool.



* Help others

Check on those at risk: outside workers, people with disabilities, older adults, pregnant women, and young children.



* Shade

Bring a hat or umbrella with you when you're out. If outside, take multiple breaks in a shaded area.



* Stay hydrated

Drink water throughout the day and avoid sugary beverages and alcohol. When out, bring a reusable bottle with you.



* Wear appropriate clothing

Choose light-weight, light-colored and loose-fitting clothing. Add a wide-brimmed hat and sunglasses for extra protection.



* Be aware of heat-related illnesses

If you see these symptoms: high body temperature (103F or higher), vomiting, confusion, or losing consciousness call 911. Heat stroke is a medical emergency.



Call 211 for cooling centers and other resources for staying cool in Los Angeles County.
<http://publichealth.lacounty.gov/eh/safety/extreme-heat.htm>



COUNTY OF LOS ANGELES
Public Health

Heat Protection

HEAT-RELATED ILLNESS

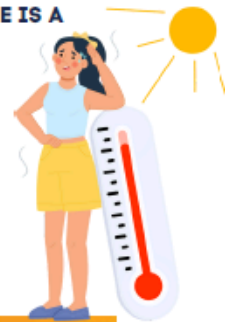
HEAT STROKE

What to look for

- High body temperature (103F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

What to do

- **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



HEAT EXHAUSTION

- Heavy sweating
- Cold, 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

HEAT CRAMPS



- 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

SUNBURN

- 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



HEAT RASH

- 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



ANDES HANTAVIRUS

What is Hantavirus?

Hantaviruses are a group of viruses that usually live in wild animals but can sometimes spread to people. They are mostly carried by rodents, such as mice and rats. People can become sick if they touch or breathe in tiny particles from a rodent's urine, droppings, or saliva.

Current Outbreak

Currently, there is news about a specific type called the Andes virus. This virus is usually found in South America.

In May 2026, some people on a cruise ship called the MV Hondius in the Atlantic Ocean became sick with this virus. While most hantaviruses only spread from animals to people, the Andes virus is unique because it can sometimes spread from person to person through prolonged close contact.

Current Risk to LA County

The risk to people in Los Angeles is extremely low.

- The rodents that carry the Andes virus do not live in the United States.
- Health experts have not identified any passengers from that cruise ship in L.A. County.
- Local doctors are working with major health organizations, such as the Centers for Disease Control and Prevention (CDC), to closely monitor the situation.

Hantavirus in California

California does have a different type of hantavirus called the Sin Nombre virus. This virus is carried by deer mice. Unlike the Andes virus, the Sin Nombre virus cannot spread from person to person.

In Los Angeles County, this virus is very rare. Only nine people have been diagnosed with it since 2000.

Reduce Risk in LA County

The best way to stay healthy is to avoid wild rodents and their droppings. You can help protect your home by following these simple steps:

- Seal up holes: Close any small gaps inside or outside your home where mice may enter.
- Clean up food: Do not leave pet food outside overnight.
- Keep it tidy: Place all trash in bins with tight-fitting lids.
- Be careful when cleaning: If you find rodent droppings, avoid stirring up dust. Use caution when cleaning areas where rodents may have been present.

Click [here](#) for up-to-date information on hantavirus.



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



Mommy & Me Wellness

The Mommy & Me Wellness Event brought together families for a meaningful and uplifting day focused on connection, emotional wellness, and community support. Participants gathered in a welcoming environment designed to strengthen the bond between mothers and their children through engaging and reflective activities.

The event began with a one-mile wellness walk, where families enjoyed light physical activity while spending quality time together and connecting with other participants. Following the walk, attendees participated in a community check-in circle that encouraged open conversation, shared experiences, and mutual encouragement among families.

Throughout the event, mothers and children took part in interactive wellness activities, including bubble therapy and small canvas painting. The bubble therapy activity created moments of relaxation, laughter, and mindfulness, while the art therapy session allowed participants to express themselves creatively and reflect emotionally through painting.

The event concluded with a guided reflection session and the distribution of wellness resources to support continued self-care and emotional well-being at home. Overall, the program successfully fostered connection, stress relief, creativity, and community engagement, leaving participants with positive experiences and supportive tools for ongoing wellness.



MLK Healing Center on Wheels

Beaded Pen Making Workshop

Participants recently took part in a Beaded Pen Making Workshop designed to support creativity, mindfulness, and emotional wellness through hands-on artmaking. The workshop offered a welcoming and calming space where participants could relax, connect with others, and engage in a meaningful creative activity.

During the session, participants designed and assembled personalized beaded pens using a variety of colorful beads and decorative materials. Each individual was encouraged to create a unique design that reflected their personal style, supporting self-expression and creative exploration.

The beading process encouraged mindfulness through its gentle, repetitive motions, helping to reduce stress and promote relaxation while also fostering patience, focus, and a sense of accomplishment. The workshop further supported community building by encouraging conversation, idea sharing, and positive interaction among participants.

By the end of the session, participants left with customized keepsake pens and a positive experience that promoted relaxation, self-care, and connection through creativity.



MLK Healing Center Featured Programs



SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?
WE ARE HERE TO HELP

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

FOR MORE INFORMATION CONTACT:

SCAN ME

KIMBERLEY MARTINEZ
SYSTEMS NAVIGATOR
(213) 760-2904

DPH-NAVIGATOR@PH.LACOUNTY.GOV

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

County of Los Angeles Public Health

WELLNESS COMMUNITY



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



TASTY THURSDAYS

June 4th and 18th
12pm

Join us for a produce giveaway.
First come, first served.

WELLNESS COMMUNITY

County of Los Angeles Public Health

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



Cafecito

6/18 10am-11am

Join us for an open conversation on mental health, where we'll explore important topics, build connections and enjoy coffee together.

WELLNESS COMMUNITY

County of Los Angeles Public Health

Join us for coffee and mental health discussions.



Beads and Bonding

6/9 12pm - 4pm

Unwind with a Kandi and Perler bead making activity. A calming, creative outlet that supports self-expression and relaxation in a welcoming space.

WELLNESS COMMUNITY

County of Los Angeles Public Health

Join us to create your own bracelets.

MLK Healing Center Featured Programs (cont.)



**STRESSED OUT?
WALK IT OFF!**

Tuesdays and Wednesdays
6/2, 6/3, 6/9, 6/10, 6/16, 6/17, 6/23, 6/24, 6/30
9am - 9:30am

Join our mindful walks to bring focus and calmness.

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

The poster features a blue sky background with white clouds at the top. Below the title, there's an orange banner with the schedule. The main body shows two women walking on a green path with trees. Logos for the Wellness Community and County of Los Angeles Public Health are at the bottom.

Join us for a calming mindful walk.



Meditation

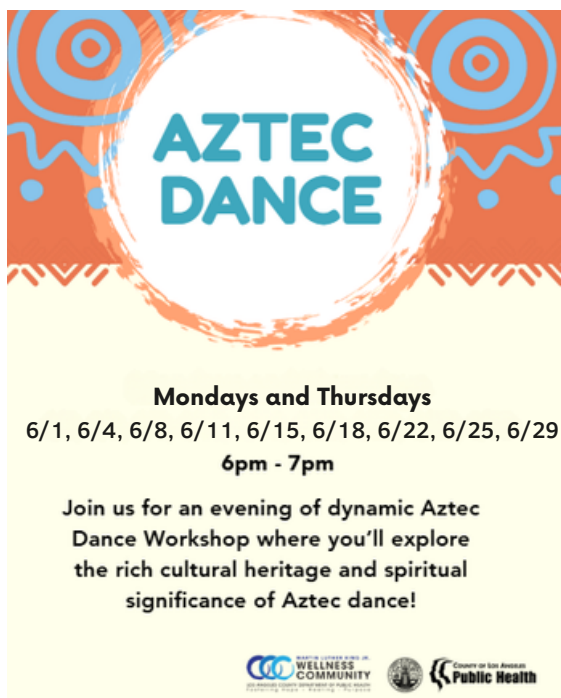
Every Tuesday
6/2, 6/9, 6/16, 6/23, 6/30
1:15pm - 1:45pm

A guided meditation session designed to promote relaxation, mindfulness, and emotional wellbeing.

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

The poster has a blue background with a brain and heart icon at the top. A woman is shown meditating in a purple outfit. The text is in white and orange. Logos are at the bottom.

Join us for a calming mindful meditation workshop.



AZTEC DANCE

Mondays and Thursdays
6/1, 6/4, 6/8, 6/11, 6/15, 6/18, 6/22, 6/25, 6/29
6pm - 7pm

Join us for an evening of dynamic Aztec Dance Workshop where you'll explore the rich cultural heritage and spiritual significance of Aztec dance!

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

The poster has a yellow background with orange and blue circular patterns. The title 'AZTEC DANCE' is in a large, bold, blue font. The schedule and description are in black. Logos are at the bottom.

Join us for an Aztec dance workshop celebrating ancestral traditions.



Paint & Sip

6/10 4:30pm

Enjoy a relaxing and fun-filled Canvas Painting Workshop, where you'll discover the joy of painting in a calming environment.

WELLNESS COMMUNITY
COUNTY OF LOS ANGELES
Public Health

The poster features a vibrant, colorful background with a hand painting a white swan. The title 'Paint & Sip' is in large white font. The date and time are in an orange box. The description and logos are at the bottom.

Join us for an evening of canvas painting.

Community Resources (cont.)

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

Community Resources (cont.)

COMMUNITY *Safety* AWARENESS & HEALING MEETING

*Building Safety, Healing,
and Hope Together*

Join neighbors, community leaders,
and local stakeholders for an important
conversation focused on community
healing and neighborhood safety.



Mona Park COMMUNITY MEETING



Date:
**THURSDAY,
JUNE 4, 2026**



Time:
6:00 PM – 7:30 PM



Where:
**FELLOWSHIP
BAPTIST CHURCH**
11901 S. Willowbrook Ave
Los Angeles, Ca 90059



All community
members are
encouraged
to attend.

MEETING GOALS



Promote **community healing**



Strengthen **neighborhood
safety collaboration**



Reduce **fear and trauma**
associated with gang-related violence



Develop **coordinated prevention strategies**
that protect residents and
restore community trust

*Your voice
matters.
Together,*

**we can build a
safer, stronger
community.**



**TOGETHER, WE CAN
MAKE A DIFFERENCE.**



join us for
**wear
orange**

Block Party at the Mural

honoring victims & survivors
of gun violence

Saturday, June 6

1-4:00 p.m.

at South LA's Stop the Violence Mural
Florence & St. Andrews (near Lupita's Bakery)
1848 W Florence Ave., Los Angeles, CA 90047

what

Food! Games! Music! Vendors!

Community Support!

All are welcome to join us as we observe
National Gun Violence Awareness Day and
Wear Orange Weekend.

rsvp



Scan or email
nicoledemands@gmail.com

we can
**end gun
violence**

AliKnow
The Antonio Wilson Foundation

**MOMS
DEMAND
ACTION**
FOR GUN SENSE IN AMERICA

**STUDENT
DEMAND
ACTION**

Community Resources (cont.)



SLASB AAIMM CAT Family Centered Models of Care Presents

FATHERHOOD COMMUNITY DAY

Celebration

An Exceptional Occassion Dedicated To Fathers.



BASKETBALL - CHESS - SPADES - CHECKERS - BBQ - FREE GIVEAWAYS

SATURDAY, JUNE 6TH 11AM-3PM

STEVENS ON PARK | 17400 LYSANDER DR. CARSON, CA 90746

RSVP HERE: [BIT.LY/DADSDAYOUT2026](https://bit.ly/dadsdayout2026)

SCAN QR CODE TO SIGN-UP FOR 3 ON 3 BASKETBALL TOURNAMENT

CONTACT: DAVION MAULDIN - FATHERHOOD COORDINATOR

DMAULDIN@PH.LACOUNTY.GOV FOR QUESTIONS



Community Resources (cont.)

HOLLY J. MITCHELL
LOS ANGELES COUNTY SUPERVISOR - 10th DISTRICT

FREEDOM

Juneteenth

6th Annual CELEBRATION & RESOURCE FAIR

**KICKING-OFF OUR ANNUAL
FREEDOM SUMMER PROGRAM**
8-WEEKS OF FREE SERVICES, CLASSES, AND RESOURCES!

- ON-SITE COUNTY SERVICES
- PERFORMANCES
- FUN ACTIVITIES
- POOL TIME & LESSONS
- FOOD TRUCKS
- RECORD EXPUNGEMENT
- TENANT & LANDLORD RESOURCES
- HEALTH & WELL-BEING
- LIVE ART

AND MORE!

FREE EVENT!
SATURDAY JUNE 13
2026
12:00pm - 4:00pm

OPEN TO ALL

**GEORGE WASHINGTON CARVER PARK
1400 E. 118th Street
Los Angeles, 90059**

REGISTER HERE: MITCHELL.LACOUNTY.GOV/JUNETEENTH-2026

Community Resources (cont.)



SAVE THE DATE

DADDY DAUGHTER DANCE FATHER'S DAY DANCE

Prepare for an unforgettable afternoon of food, music, crafts, and dancing. Join us for this **free** event!

Earvin "Magic" Johnson Recreation Area

Community Engagement Room

905 E. El Segundo Blvd.
Los Angeles, CA 90059

Saturday June 20th, 2026

12pm-4pm

RSVP: Gary Barker at
gbarker@ph.lacounty.gov
or call 323-518-8423

Spots are limited. Formal Dress



COUNTY OF LOS ANGELES
Public Health

Community Resources (cont.)



**FAITH IN ACTION. COMMUNITY IN UNITY.
HOPE IN EVERY CONNECTION.**

FAITH-BASED RESOURCE FAIR

INFORM. CONNECT. EMPOWER.

Join us for a day of connection, encouragement, and community! Discover valuable resources, learn about upcoming events, and see how together, our faith community is making a difference.

Tessie Cleveland

Community Services Corp.



AT THIS FAIR, YOU CAN:

-  **GAIN INFORMATION ON COMMUNITY RESOURCES**
Connect with local organizations and learn about services available to support you and your family.
-  **HEAR ABOUT EVENTS FROM THE FAITH-BASED COLLABORATIVE**
Stay informed about upcoming events, initiatives, and opportunities to get involved.

 **THURSDAY
JUNE 25, 2025
10:00 AM – 12:00 PM**

 **TESSIE CLEVELAND
COMMUNITY SERVICES**
18220 S. Broadway
Gardena, CA 90248

 **BUILD CONNECTIONS** |  **SHARE HOPE** |  **STRENGTHEN COMMUNITY** |  **SERVE TOGETHER**

*“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”
– Galatians 6:2*

**TOGETHER, WE CAN MAKE AN
impact that changes lives.** 

Community Resources (cont.)

 M.E.N.T.O.R.S., Inc
IMPACTING ONE LIFE AT A TIME

M.E.N.T.O.R.S., INC.

Baby depot

FREE essential baby items

"Impacting one life at a time"

Simple process
Just answer a few questions and receive your items

NO APPOINTMENTS NECESSARY JUST SHOW UP DURING SPECIFIED HOURS

For More Information:
213-433-3530

**MONDAY-FRIDAY
9-3pm**
Mentors inc.
Community Center
10200 S. Main St.
Los Angeles, CA 90003
www.mentorsla.org

Community Resources (cont.)



Perinatal Innovation Unit (PIU)
African American Infant & Maternal Mortality
Prevention Initiative (AAIMM) Doula Programs

**PREGNANCY AND INFANT
LOSS SUPPORT GROUP**

We welcome parents and family members to join a 10-week Pregnancy and Infant loss support group, providing a secure and empathetic setting where you can openly discuss your experiences of loss with others who are navigating similar challenges.

Location: VIRTUAL
Date: Starting Wednesday, May 27th
Time: 6:30 - 7:45pm

REGISTRATION



AFRICAN AMERICAN INFANT
AND MATERNAL MORTALITY
PREVENTION INITIATIVE
DOULA PROGRAM



COUNTY OF LOS ANGELES
Public Health

This group offers compassionate support and a sense of community as we move through grief together. If you have questions or would like more information, please email DPH-AAIMMDoulas@ph.lacounty.gov. If you are interested in joining, we encourage you to register soon, as space is limited

Register [HERE](#)

Community Resources (cont.)



COMING SOON!

CalFresh Work Requirements



Starting **June 1, 2026**, if you get CalFresh and are between the ages of 18-64, you may need to meet **CalFresh work requirements** to keep your benefits longer than three months in a 36-month period, unless you are excused.

How can I be excused from work requirements?

You may not need to meet CalFresh work requirements if you are:

- Pregnant
- Resides in the CalFresh household with a child under 14.
- Identify as an Indian, Urban Indian or California Indian under the Indian Health Care Improvement Act (IHCA).
- Earning at least \$218 a week
- Caring for a child under six (6) or someone who is sick or disabled.
- Applying for or getting unemployment insurance, disability benefits or veterans' disability.
- Unable to work due to Domestic violence, Alcohol or Drug use or treatment.
- Going to school at least part time
- Participating in an Office of Refugee Resettlement training program for at least half time.
- Have a physical, mental or emotional health problem that prevents you from working an average of 20 hours per week (at least 80 hours per month) complying with CalWORKs Welfare-to-Work requirements.

What if I can't be excused from the work requirements?

You may need to do one of these approved work activities to keep your CalFresh benefits:

- Working or participating in CalFresh Employment & Training for at least 80 hours monthly
- Volunteering or doing community service for at least 80 hours monthly
- Participating in a Workfare program for a set number of hours based on your CalFresh benefits (fewer hours than other activities)

If you cannot meet one of the work requirements contact the Department of Public Social Services Customer Service Center at:

(866) 613-3777 Monday-Friday 7:30 AM - 5:30 PM

Community Resources (cont.)

Paid Parent Leadership Opportunity!

Parents and guardians of LA County TK-12 students are invited to become a Parent Ambassador Leader (PAL) for the '26 – '27 school year.



PALs will:

- **LEARN** how to support students' health and success at school through topics such as substance use prevention, mental health, and school attendance.
- **SHARE** helpful resources, present what they have learned, and help plan or support activities related to PALs' core topics.
- **GET PAID** up to \$750 by completing program requirements throughout the school year.

Program Requirements

- School administrator support and approval
- 30-hour time commitment throughout the school year
- We can accept up to five parents per school site

Scan the QR Code to learn more and apply!

- PALs Website: [TinyURL.com/DPHPALS](https://tinyurl.com/DPHPALS)



For additional information or assistance regarding the PALs program, please contact:

TK12Ambassador@ph.lacounty.gov



COUNTY OF LOS ANGELES
Public Health

Community Resources (cont.)



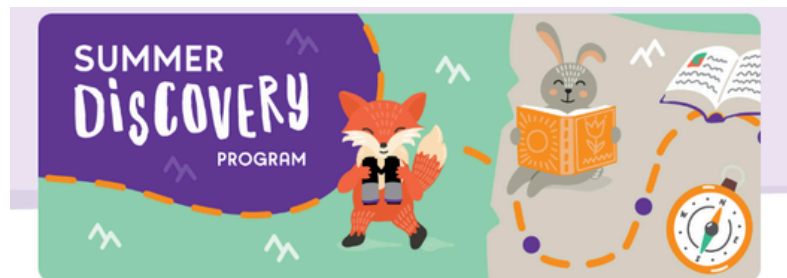
Explore SoCal museums and other great destinations for free.

With your [LA County Library card](#), you can reserve passes to Southern California museums for FREE through Discover & Go, a program that partners with LA County Library to offer free and low-cost passes for museums and other cultural destinations.

How to Reserve a Pass:

1. Visit the [Discover & Go portal](#) and log in using your library card number and PIN.
2. Browse by museum or date.
3. Make a reservation by selecting a date and venue.
4. Shortly before your visit, print out your pass.

Note: You cannot cancel your passes once they have been printed.
5. Enjoy your visit!



June 1 - August 9, 2026



Summer Discovery Program June 1 - August 9, 2026

Calling readers of all ages! Join our summer celebration of reading and exploration. From June 1 - August 9, log books, complete fun activities, earn badges, and be entered to win prizes.

Visit [LA County Library](#) for more events this upcoming summer!

IMMIGRATION SUPPORT

Recent federal actions targeting immigrant communities—the heartbeat of Los Angeles—have created deep fear for many across the county. These events have disrupted daily life for individuals and families, who are often left without access to essential resources and services. The Department of Public Health remains committed to supporting all residents, regardless of immigration status. This page offers information and resources to help individuals and families stay informed, connected, and supported during this time.

- **Legal Resources** - Find free or low-cost legal help for immigration issues and documentation.
- **Food Assistance** - Locate food banks and learn about food access programs.
- **Mental Health Resources** - Access mental health support services, including helplines and youth-focused programs.
- **General Support** - Find information about rights, education, and resources for immigrant families.

To access direct links to immigration support services and live workshops, click [here](#).

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](#)

[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](#)

[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

