

Monthly Resources
January, 2024

Westside Regional Center's Link Tree and Social Media

<https://linktr.ee/westsidefrec>

JANUARY SELF-CARE



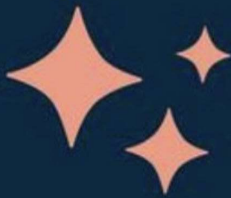
Drink lots
of water



Have a movie
night with friends



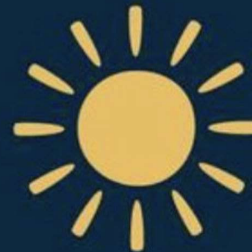
Make sure to
moisturize



Focus on
the future



Dedicate a day
to self-care



Spend some
time in the sun

14 THINGS I'M LEAVING IN 2023

- Comparing my real life to other people's highlight reel.
- Buying things I don't need because an influencer tells me I should.
- Doubting whether or not I'm capable of achieving my goals.
- Thinking my body isn't good enough because it doesn't look a certain way.
- Not going after things because I believe I don't deserve them.
- Doubting if I'm good enough for other people.
- Allowing other people's beliefs about me affect the way I see myself.
- Saying yes to things that don't align with what I want.
- Dwelling on past mistakes instead of focusing on the present and future.
- Setting unrealistic standards that hinder my progress.
- Waiting to address issues because I'm scared of confrontation.
- Letting circumstances control your life instead of taking charge.
- Spending my free time doing things I don't enjoy because I think I should.
- Reading books that I don't like because they are popular.

The Help Group & L.A. Parent
PRESENT



FREE ADMISSION

11TH ANNUAL
SPECIAL NEEDS
RESOURCE FAIR

Sunday, April 28, 2024 | 11am – 2pm
Sherman Oaks, CA

thehelpgroup.org/resource-fair

<https://winwhatineed.net/>

WHAT I NEED APP (AMAZING RESOURCE GUIDE)

Affordable Housing Information

<file:///Users/anjanetterobinson/Downloads/Housing%20Slides%20Flyer.pdf>

<file:///Users/anjanetterobinson/Downloads/Housing%20Slides.pdf>

RESOURCES

<https://www.autismspeaks.org/> - Autism Speaks

<https://www.epilepsy.com/> - Epilepsy Foundation

<https://www.dsrf.org/> - Down Syndrome Resources

<https://www.autismla.org/1/> - Autism Society Los Angeles

<https://ccfsocal.org/> - Childhood Cancer Foundation

<https://www.yourcpf.org/> - Cerebral Palsy Foundation

<https://www.familyvoicesofca.org/> - Family Voices of California

TheSpectrumCareers.com - The Spectrum Cares

<https://clubtwentyone.org/> - Club Twenty One Learning and Resource Center for Individuals with down syndrome

<https://snnla.org/c-a-d-d/>

Center for Autism + Developmental Disabilities (C.A.D.D.)

Transforming the developmental disabilities community

Special Needs Network operates the Center for Autism and Developmental Disabilities (CADD) a full-service autism health and community center delivering comprehensive medical and developmental services in the historic Watts/Willowbrook/Compton neighborhood.

Located on the campus of the new Martin Luther King, Jr. Community Hospital, the CADD provides young people and their families with compassionate, integrated diagnoses and intervention services, speech, occupational, physical, and Applied Behavior Analysis (ABA) therapies to primarily Medi-Cal recipients, uninsured, and low-to-moderate-income families. Through our partner, St. John's Well Child and Family Center, families receive medical and dental care. Additional services include early intervention therapy programs for toddlers, a free legal clinic, a family resource center, vocational and skills training, and afterschool diversion programs.

Behavior Therapy

Building skills and advancing positive behaviors

Applied Behavior Analysis (ABA) therapy aims to teach and reinforce new skills and positive behaviors while reducing behaviors that interfere with progress. Studies have found ABA to be an effective intervention, especially when introduced consistently and at a young age.

SNN provides ABA through Discrete Trial Training (DTT), play therapy, natural environment training, and social skills. Every child works with a therapist several times a week toward individualized goals — stepping stones toward the level of performance of a more typically developing child. The ultimate goal is to provide every child access to opportunities and environments available to their typical counterparts.

Supporting and educating parents

A Parent Education component is central to all of our programs. SNN prioritizes delivering parents the support and resources they need to help the whole family thrive. Support and intervention for children in the home are essential to providing intervention.

<https://ready.lacity.gov/sites/g/files/wph2196/files/2021-04/rylan-emergency-preparedness-guide-english-digital.pdf>

City of Los Angeles Emergency Preparedness Guide



Employment & Education

On behalf of the Professional Development and Recognition Council, I'm excited to announce our first annual Academic Fair! Please save the date for *Thursday, March 14, 2024 from 7-11am* – we will have representatives from a variety of colleges and universities onsite with us at CHLA to share information and answer questions about their academic programs. We'll also have representatives from each of our Collaborative Governance (CG) Councils onsite to share their council work and help you get involved with CG!

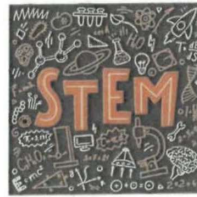
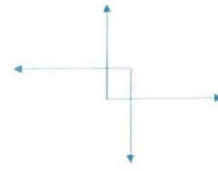




Community Build Inc.



8750 S. Vermont Ave, Los Angeles, CA 90044 (323) 305-2770



**FREE Youth Services for
Ages 10-15**
**Servicios Gratuitos Para
Jovenes edades 10 -15**

- ↓ Individual and Family Counseling
- ↓ Case Management
- ↓ Homework Assistance/Ayuda con Tarea
- ↓ Youth and Family Development Activities /Actividades para el desarrollo de Familias y Jovenes
- ↓ Youth Support Groups
- ↓ Consejeria individual y grupos de apoyo juveniles
- ↓ Limited Transportation available/ Transportacion disponible



Please make sure to ask about other services

Location/ Locacion: Community Build Inc.
8750 S. Vermont Ave, Los Angeles, CA 90044//323-305-2770
for more information contact:

Khary_Crump@communitybuild.org or Diana_Lopez@communitybuild.org

Youth Development Activities

TASK

Helping families navigate:

▲ **Special education**

▲ **Disability services**

▲ **Assistive technology**



About TASK

TASK is a nonprofit Parent Training and Information Center that educates and empowers people with disabilities and their families. We help families understand the special education process. We promote cooperation between families and schools. In our TECH Centers, we help families explore assistive technology options for learning, communicating and living their best lives.

Focus Areas

Need help navigating the special education process or related services? TASK can help!

- Special Education
- IEPs
- Section 504
- Assessment
- Assistive technology
- Augmentative and alternative communication (AAC)
- Transition to adulthood
- Disability services

Services

TASK serves ages 0-26 and all ages through our TECH Center. We offer:

- Telephone support
- Workshops
- IEP consultations
- Assistive technology
- Youth programs

Locations

TASK serves six Southern California counties.

Orange County
(main office)
3020 Saturn Street #102
Brea, CA 92821
(714) 533-8275

Los Angeles County
1000 S. Fremont Ave.
Bldg. A-1, Ste. 1110, Unit 54
Alhambra, CA 91803
(626) 300-1043

Riverside & San Bernardino Counties
c/o Community Access & Disability Center
6848 Magnolia Ave., #150
Riverside, CA 92506
(951) 328-1200

San Diego & Imperial Counties
3845 Spring Dr., Room 21
Spring Valley, CA 91979
(619) 282-0846

We're here to help. | 866.828.8275. | task@taskca.org

Examining the Long-Term Effects of the ASSISTments Intervention on Middle School Mathematics

Due to the promise of technology as a tool for improving mathematics education and closing the achievement gap, the use of educational technology in K–12 education has expanded dramatically in recent years, accelerated by the COVID-19 pandemic.

ASSISTments is a research-based, online platform that allows teachers to assign and review math work. The platform works with any curriculum and provides teachers with real-time diagnostic reports that allow them to see which students struggled the most and which problems most commonly had the wrong answers. ASSISTments also provides students with immediate feedback and allows them to redo their work.

Research Overview

A 2013–2016 efficacy study found that using ASSISTments significantly increased 7th grade student scores on the TerraNova Common Core assessment. A second study, led by WestEd from 2018–2020, tested the replicability of these findings in a population that more closely matches national demographics. In 2021, a follow-up study was conducted to measure the long-term impact of ASSISTments. The study aimed to address two primary questions:

- Are there any **long-term impacts** of ASSISTments on student math outcomes measured at the end of 8th grade, 1 year after the completion of the intervention?
- Do the **impacts vary across student populations** (e.g., socioeconomic status, race/ethnicity, and other policy-relevant characteristics)?



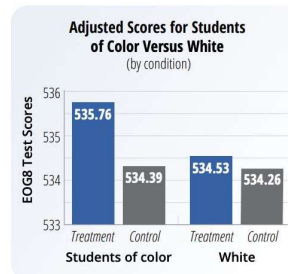
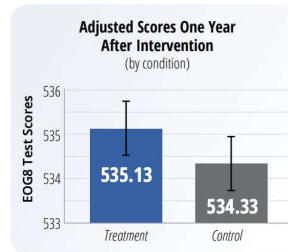
Promising Findings

Long-term impacts

Study findings suggest that the ASSISTments intervention has a long-term effect on middle school students' math learning. The results show that **treatment students performed significantly better than control students on the Grade 8 North Carolina End-Of-Grade (EOG) Mathematics test**, 1 year after the study intervention concluded.¹

Impacts across student populations

When tested at the end of 6th grade, students of color tended to score 2 points *lower* than White students. By 8th grade both students of color and White students in the treatment group scored higher than their counterparts in the control group. Notably, in the treatment group, **students of color scored higher than White students**, after adjusting for their EOG scores at 6th grade. There was no significant difference in the control group between students of color and White students. This suggests that the intervention benefited students of color significantly more than White students.² In addition, among non-White students, the analysis suggest that the intervention benefited Hispanic students more than non-Hispanic students.³



¹ Treatment student scored 0.8 points higher than control students. This difference is statistically significant at .05 level ($p = 0.011$) and corresponds to an effect size of 0.10, based on Hedges' g statistic.

² The intervention benefited minority students and students of color more than white students ($p = 0.003$, Hedges' $g = 0.14$).

³ The intervention benefited Hispanic students more than non-Hispanic students ($p = 0.014$, Hedges' $g = 0.13$).

The *Efficacy of ASSISTments Online Homework Support for Middle School Mathematics Learning: A Replication Study* was conducted by WestEd with funding from the U.S. Department of Education's Institute of Education Sciences (IES). The follow-up study was made possible with funding from the Arnold Ventures. For more information about ASSISTments, visit new.assistments.org.

Suggested citation: Feng, M., Huang, C.-W., & Collins, K. (2023). *Examining the long-term effects of the ASSISTments intervention on middle school mathematics*. WestEd.

PathPoint Los Angeles County Project SEARCH-Henry Mayo Newhall Hospital



Project SEARCH is a school-to-work program for participants with disabilities that takes place entirely at an employer worksite. Total workplace immersion facilitates a seamless community of classroom instruction, career exploration, and on-the-job training and support. At **Henry Mayo Newhall Hospital**, participants will build communication and problem-solving skills, as well as job-specific skills, through worksite rotations.

Entrance Criteria and Eligibility:

- Be at least 18 years of age
- Be a current active "client" of North Los Angeles County Regional Center
- Have independent personal hygiene, grooming, and daily living skills.
- Maintain appropriate behavior and social skills in the workplace.
- Take direction from supervisors and alter behavior/actions accordingly.
- Be able to communicate effectively.
- Utilize public transportation when available and travel in bus training.
- Successfully pass Henry Mayo Newhall required live scan (background check) and have negative TB test results.
- Desire and plan to work competitively, in an individual setting in the community upon completion of the Project SEARCH program.

For more information please contact:

Emily Castro | Program Coordinator
Emily.Castro@PathPoint.org | (C) 747.800.1875
8510 Balboa Blvd., Suite 100 | Northridge, CA 91325

Charles Farruggia | Program Manager
Charles.Farruggia@PathPoint.org | (C) 747.800.1968
8510 Balboa Blvd., Suite 100 | Northridge, CA 91325



department
of economic
opportunity
COUNTY OF LOS ANGELES

Find your new path!

Elevate your career!

LA County youth ages 17-24 can explore new diverse career pathways, partner with mentors in high-growth industry sectors, and earn paid work experience and training.

Visit bit.ly/YouthElevate to get started!



SCAN QR CODE
TO APPLY TODAY!



Help Me Grow LA is Hiring Family Partners!

FAMILY PARTNER ROLE

- Support and partner with parents as they navigate systems and services for children with special needs
- Provide information, referral, technical assistance, and training for parents of children with special health needs
- Recruit parent leaders for the Parent-to-Parent program and promote the development of emerging parent advocates and leaders

APPLY NOW!

bit.ly/lafamilypartner

- ✓ **Part-time position (20 hours/week)**
- ✓ **Flexible shifts**
- ✓ **Salary: \$23.93/hr**
- ✓ **Benefits: Sick time accrual**
- ✓ **Location TBD in a Service Planning Area**

JOB REQUIREMENTS

- Lived experience parenting a child with special needs, disabilities, or chronic illness
- Two years of experience as a parent representative, parent advocate or parent leader in a human or health service program serving children or families.
- Excellent interpersonal, written and verbal communication skills
- Empathy for families from diverse race/ethnic backgrounds and experiences
- Ability to establish trust with partners across different sectors serving families
- Valid Class C California Driver's License or the ability to utilize an alternative method of transportation

DESIRABLE QUALIFICATIONS

- Familiarity with family serving federal, state and local agencies
- Skilled in networking with diverse communities in LA County (LAC) to support early identification and intervention
- Experience with data entry, data collection, and/or record keeping using software
- Bilingual in English and another LAC threshold language (i.e., Arabic, Armenian, Cambodian, Cantonese, Farsi, Korean, Mandarin, Other Chinese, Russian, Tagalog, and Vietnamese)

Help Me Grow LA is a collaboration between:





Yelep+A



Youth
employment
leadership and
empowerment
program
+ Accessibility

WORKFORCE DEVELOPMENT PROGRAM

Free Training with a Pathway to Employment!

SNN is helping youth with intellectual and developmental disabilities by laying down a clear pathway to employment.

The Youth Employment Leadership and Empowerment Program + Accessibility (YELEP+A) is a year-long robust training program for young people ages 16-24 with intellectual or developmental disabilities.

Program Benefits

- Mentorship
- Individualized support
- Self-awareness exercises
- Financial literacy building
- Interpersonal skills development
- Job readiness workshops

Our ultimate goal is to connect youth with employers who will provide ongoing mentorship, living wages, and the opportunity to fully experience the workforce—and thrive.

Expanding employment opportunities for our young people.

For More Information About This Program Call 818.470.7929 or eMail: Connie@snnla.org

[@specialneedsnetwork](#) |
 [@specialneedsLA](#) |
 [@specialneedsnetwork](#) |
 www.snnla.org



Project | SEARCH®

Ronald Reagan UCLA Medical Center

Project SEARCH is a business-led collaboration that enables young adults with disabilities to gain and maintain employment through training and career exploration.

Request your application today!



During their year-long paid internship, interns will:

- Receive qualified job coaching, instruction, and feedback
- Acquire competitive, transferable, and marketable job skills
- Gain increased independence, confidence, and self-esteem

For more information, contact:

Emily Castro

emily.castro@pathpoint.org
(747) 800-1875

Charlie Farruggia

charles.farruggia@pathpoint.org
(747) 800-1968



WESTSIDE
REGIONAL CENTER





EARLY START

Standard Information Packet

How this packet can help you understand Early Start in California



The California Department of Developmental Services (DDS) has created a standardized information packet for families, caregivers or anyone who is interested in learning more about California's regional center system and applying for Early Start for children under the age of 3.

Inside you will find more details on developmental delays or disabilities, how to become eligible for services through Early Start, how families can navigate through the system and so much more.

Scan for more



Available in other languages and modes of communication.



Contact us

- info@dds.ca.gov
- 833-421-0061
- www.dds.ca.gov



USC University of
Southern California

School for Early Childhood Education

NOW ENROLLING!

Children 0 - 5 years old & Pregnant Women

HEAD START/ EARLY HEAD START/ STATE Preschool

Call us / Llámenos

(213) 743-2466

¡MATRICULANDO!

Niños de 0 - 5 años y Mujeres Embarazadas

HEAD START/ EARLY HEAD START/ STATE Preschool



Track Your Child's Developmental Milestones



Milestones Matter!

How your child plays, learns, speaks, acts, and moves offers important clues about his or her development.



Learn the signs of your child's development and act early if you ever have a concern.

To complete a milestone checklist, **download CDC's FREE Milestone Tracker app** or visit cdc.gov/Milestones, and talk to your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

You Know Your Child Best.

If your child is not meeting milestones or you are concerned about the way your child plays, learns, speaks, acts, or moves, talk with your child's doctor, share your concerns, and ask about developmental screening. Don't wait. If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. **If your child is under age 3:** Call your local Early Start intervention program. Learn more and find the phone number at dds.ca.gov/rc/lookup-rccs-by-county.
If your child is age 3 or older: Call any local public elementary school.

Don't wait.
Acting early can make a real difference!

For more information about your child's development and what to do if you have a concern, visit:

www.cdc.gov/ActEarly

OR CALL:

1-800-CDC-INFO
(1-800-232-4636)

to request a FREE *Learn the Signs. Act Early.* Parent Kit or to get help finding resources in your area.

Developmental milestones adapted from *Caring for Your Baby and Young Child: Birth to Age 5* (AAP, 2009) and *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* (AAP, 2008).

**If you want to know more,
ask your doctor.**



THE FORMULA FOR SUCCESS



Timely Screening

THREE SCREENINGS
BEFORE THIRD BIRTHDAY



Early Intervention

INFORMATION, LINKAGE,
REFERRAL AND SUPPORT



Successful Outcomes

KINDERGARTEN READY
TO INDEPENDENT ADULT



DIVISION OF SPECIAL EDUCATION

Intentionally designing and delivering inclusive environments for students at every opportunity to maximize learning

Services/Programs



Adapted Physical Education



Assistive Technology



Audiology



Charter Operated Programs



Deaf/Hard of Hearing (DHH)



District Office of Transition Services



Early Childhood Special Education



Extended School Year



Instruction



Language & Speech



Occupational Therapy



Positive Behavior Support



Orientation & Mobility



Orthopedic Impairments (OI)



Parent Counseling & Training (PCT)



Physical Therapy



Parentally Placed Private School



Psychological Services



Recreation Therapy



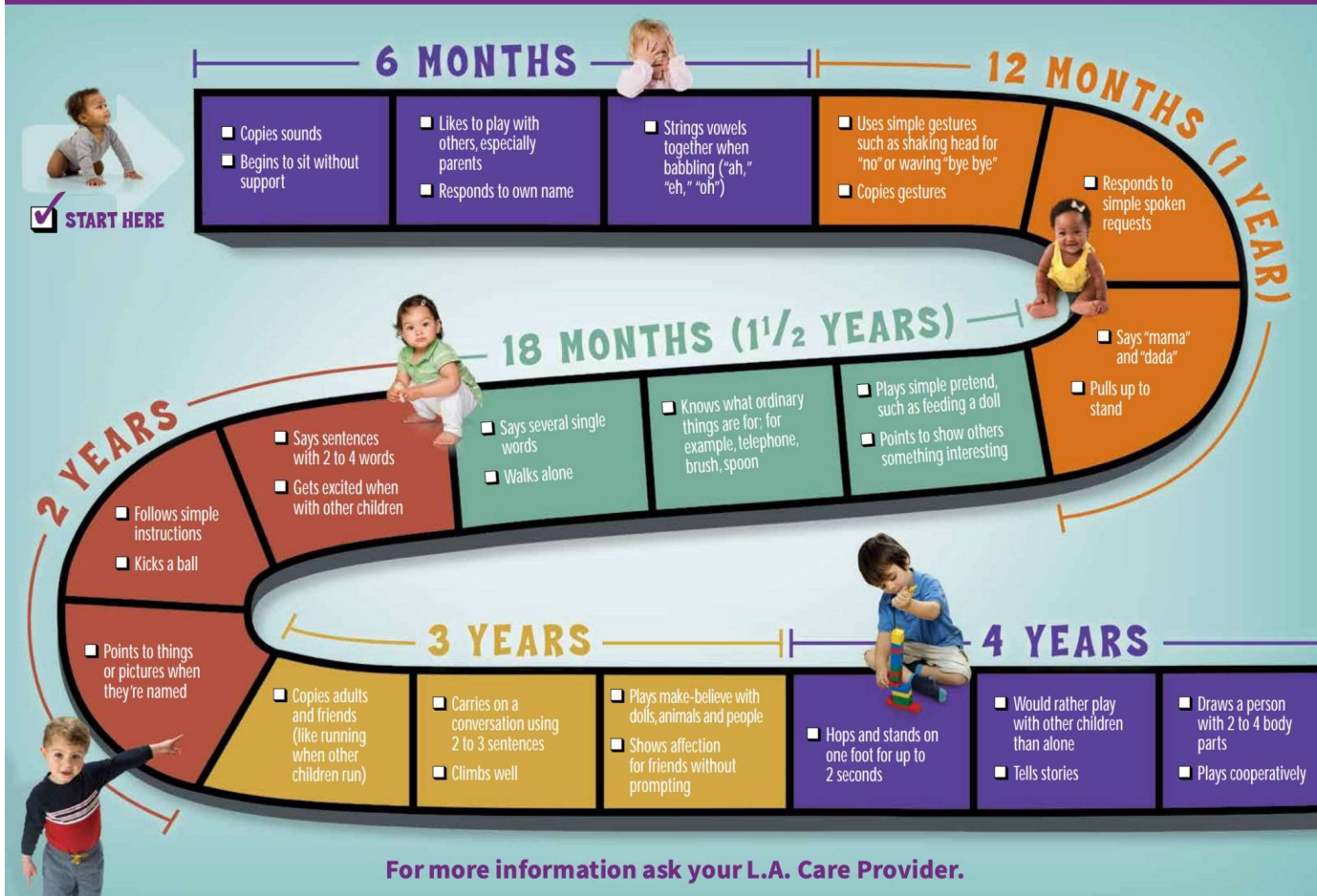
Transportation



Visual Impairment Program

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every well-child visit.



Housing & Rental Assistance

MORTGAGE RELIEF AVAILABLE for Rental Property Owners

Receive up to \$30,000 to eliminate outstanding mortgage or utility debt caused by the pandemic.

Some of the Eligibility Requirements Include:

- You are a non-corporate rental property owner with no more than 4 units in LA County.
- Property must not be located in City of Los Angeles
- Property must be located in high or highest needs census tracts
- You experienced financial distress due to COVID-19 between March 1, 2020, and March 31, 2023.
- You have not received assistance from the State's COVID-19 Rent Relief or Mortgage Relief programs.
- You owned the property for at least 12 months before the declared state of emergency in March 2020.
- Your income is no more than 120% of the Area Median Income (AMI).
- The loan balance does not exceed \$1,000,000.
- You are willing to accept these funds as full settlement of the rental debt and refrain from proceeding with eviction for the covered period, including satisfaction of any judgment.

Scan or call to learn
more and apply

DCBA.LACOUNTY.GOV/MORTGAGERELIEF
(213) 381-2862



Consumer Relief for Natural Gas Bills

Resources are available to assist income-qualified customers cope with sky-high natural gas bills.

lacounty.gov/gas-bills



FREE RESOURCES FOR CALIFORNIA HOMEOWNERS

The State of California has partnered with local nonprofits to assist homeowners experiencing financial hardship.



Get free help dealing with debt, and learn how to protect your home and equity!

- Know your rights as a homeowner
- Workshops on foreclosure, dealing with debt or fraud
- Free legal services for low-income homeowners



acceaction.org/homeowner_help

Contact:
Jenise Dixon
(323) 424-1132
ACCE Organizer



2021 RENT RELIEF PROGRAM

211la.org

Sign up now to receive LA County
upcoming rent relief program updates.

Call 211 or visit:

211la.org/lacounty/rentrelief

**For additional information,
call (562) 806-7654**



CHIRP

chirplosangeles

211la.org



213.741.1951



Info@chirpla.org

CHIRP
LOS ANGELES

PROJECT PLACE

RENTAL LISTINGS - JUNE 2023



IN THIS GUIDE:

- Affordable Housing Providers.....p. 3
- Affordable Rental Listings.....p. 5
- Senior & Veteran Rental Listings.....p. 34
- Housing Resources & Programs.....p.61

ABOUT THE HOUSING RIGHTS CENTER

The Housing Rights Center (HRC) is the nation's largest nonprofit civil rights organization dedicated to promoting and securing fair housing. HRC provides residents of **Los Angeles and Ventura Counties** with FREE:

- Housing Rights Counseling
- Discrimination Investigation & Enforcement
- Outreach and Public Education

NEED HELP NOW?

Call HRC's Housing Rights Hotline to speak with a trained Housing Counselor about your landlord-tenant rights and responsibilities.

- Toll-free hotline: **1-800-477-5977**
- TTY: 1-213-201-0867
- Email: info@housingrightscenter.org

COVID-19 SERVICE NOTICE

HRC is currently providing all services **online and by phone**. **Our offices are closed**. Reach us by phone, email, or social media, and join our weekly workshops on housing rights and COVID-19 updates.



Want to read Project Place online? Sign up at www.housingrightscenter.org to get the new issue in your email every month!



FAMILIES PERMANENT RENTAL ASSISTANCE PROGRAM



The Families Rental Assistance Program is open upon space availability. Permanent Housing Financial Assistance program addresses the following:

- Security Deposit
- 1st and 2nd month rental assistance in full
- Responsible for portion of the rent 2nd month and forward
- Up to 24 months of rental assistance
- Utility Deposit (If needed)
- Essential Furniture (Basic Needs)

Requirements

Must have minor children in the household, ID (adults), Socials (all members), Birth Certificates(minor(s)), experiencing homelessness, current proof of income, approved for a unit, landlord must be willing to work with third party program, and currently enrolled in a HOPICS program.

Disqualifications

- Lease signed
- Security deposit paid
- Received keys for unit
- Moved into the unit

Services Received

- Housing Navigation
- Case Management through the enrollment of the program
- Budgeting
- Support with Stability Goals
- Donations as needed (provided monthly)
- Support from Family advocate
- Diapers
- Wipes
- Clothing
- Hygiene Items

Things to Do

- 1st Identify a unit
- Contact your assigned Resident Advocate
- Provide Unit Information
- Provide Owner / Landlord (name & number)

Referrals Available

- Child Care
- Mental Health
- Substance Abuse
- Employment
- Gain
- PSCLA
- Others services as need

Upcoming Trainings & Events



PEP 2.0

PERSON ENRICHMENT PROGRAM 2.0

**Supports available through
The School System/ DOR/
Community Supports**

Join us for an enriching course and learn about the School Based Support system and how to navigate the same while developing a wraparound system of support services (Interdisciplinary Supports Team -IDST) for the individual being served.

REGISTER HERE



Seven weeks Sessions starts on

January 25, 2024

Thursday Evenings from

7:00 pm to 8:30 pm



+408 660 6753



info@pragnya.org

www.pragnya.org

Keck School of
Medicine of USC



Healthy Cooking

WITH CHEF PABLO

Weekly
Gift Card
Raffle

Free - Every Tuesday - Online and In-Person

12:15-1:15PM

01/09 My Plate
01/16 Proteins
01/23 Fats
01/30 Carbohydrates
02/06 Fruits and Vegetables
02/13 Sugary Beverages
02/20 Portions
02/27 Healthy Snacks
03/05 Food Labels
03/12 Living with High Blood Pressure
03/19 Hemoglobin A1c/Cholesterol
04/02 What is Diabetes?
04/09 Diet Related Diseases
04/16 Vitamins
04/23 Plant Based Diet

Join via Zoom/
Facebook Live!

or

Join In-Person
1200 North State
Street Los Angeles, CA
90033

To Register Call:
213-784-9191

 @TheWellnessCenterLA

 @TheWellnessCenterLA

Primary Care Program & The Wellness Center

Spring 2024

TOOLS FOR THE JOURNEY



Join educators and families at the 2024 Tools for the Journey Conference where attendees will receive education and tools for supporting individuals with Down syndrome and other disabilities following best practice methods for the classroom, community, and beyond. We will host presenters from all over the country and they will share their expertise and innovative, research-based strategies on a variety of topics across all ages and stages.

Conference dates and times:

January 26-27, 2024 (Friday & Saturday)
9:00AM - 4:00PM

Register here.



This conference is
VENDORED: #PD2655

This conference is open to
ALL, and is NOT disability specific.

Location: 393 N. Lake Ave., Pasadena, CA 91101
(Lake Avenue Congregational Church)

Cost:

- Member (1 day)= \$300
Member (2 day)- \$350
- Non-member (1 day)= \$400
Non-member (2 day)= \$450



Come enjoy breakfast at 8:30AM in the courtyard before sessions begin.
Catered by Geschenk Fare (Vegetarian & Gluten Free Option available)

Questions About your Child's Development? We can help!



Make a quick, online referral
at www.westsiderg.org/intake



WESTSIDE
REGIONAL CENTER

Upcoming Family Support Services Webinar

<file:///Users/anjanetterobinson/Downloads/Family%20Support%20Services%20Regional%20Center.pdf>

file:///Users/anjanetterobinson/Downloads/Caregiver_Workbook_V3_Module_1.pdf

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2861330/pdf/nihms-196326.pdf>

1. **Autism Services Branch at DDS**

1. Email: Autism@dds.ca.gov
2. Dr. Lauren Libero, Autism Specialist, Lauren.Libero@dds.ca.gov
3. Linda Gutierrez, Autism Services Branch Chief, linda.gutierrez@dds.ca.gov
4. Kel Avila, Autism Community Engagement, Kel.Avila@dds.ca.gov
5. Dr. Yoyo Zhan, Research Data Specialist II, you.zhan@dds.ca.gov

2. **Links shared today:**

1. National Institute of Health Article: Disparities in Diagnoses Received Prior to a Diagnosis of Autism Spectrum Disorder

[file:///Users/anjanetterobinson/Downloads/ASB-SAE-CBO-12-15-Slides%20\(1\).pdf](file:///Users/anjanetterobinson/Downloads/ASB-SAE-CBO-12-15-Slides%20(1).pdf)

Let Your Voice Be Heard



National Core Indicators (NCI) In-Person Survey

Don't forget to participate in the survey!

Evaluate the services and supports you receive through your regional center and service providers.

The survey addresses topics like:

- Rights
- Service Planning
- Community Inclusion
- Choices
- Health & Safety
- Other Important Topics



What?

The Adult In-Person Survey is a face-to-face interview with individuals who are 18 years or older who receive at least one service from a regional center.

Why?

Let your regional center and the Department of Developmental Services (DDS) know what you think about your services.

Participating helps your regional center and DDS understand how services and supports impact you, your family, and loved ones.

How?

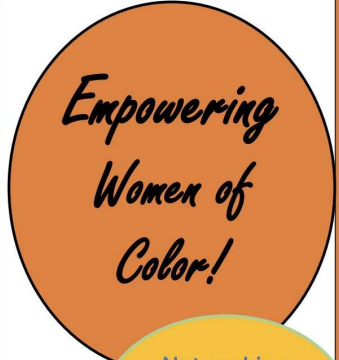
The State Council on Developmental Disabilities (SCDD) will contact you to schedule the interview at a time that is convenient for you.

The survey is voluntary, and your answers are confidential.



Questions? Email QAProject@SCDD.ca.gov or NCIHelp@dds.ca.gov





Networking at its best! Knowledge is Powerful.

"What is happening with my Child?" Black children on average receive a diagnosis of Autism at age 5½ yrs. Other children are diagnosed on average at the age of 18 months. An alarming disparity! This difference often leads to delayed or no treatment.

You are invited to be a part of changing the culture of racial bias and health discrimination in our ABC communities. (African American, Black & Caribbean.) Also, Biracial & Multiracial...

Our goal is to educate and empower ABC parents to appropriately advocate for your children. Which is key to unlocking accommodations, services, building confidence, and reversing hesitancy in seeking care!

Meeting Platform




Nellie Valentine

Nellie is successfully raising her 4 children, [2 adults and 2 adolescents] with diagnoses of Autism and other co-occurring conditions. She has over 24 years of experience and training.

Please Join Us!
Contact: Nellie Valentine
Email: nelliev@hs.uci.edu
Call: (949)-267-0462
for additional information

MEETING INFORMATION

WHEN	Every 3 rd Monday of the Month* *Mar 2023 - Feb 2024 (No Meeting in December)
TIME	6:00 PM - 7:30 PM
COST	No Cost
ZOOM	Click Here to Enroll

Recreational & Activities



The Therapeutic Recreation Program (TRP) is designed to meet the needs of individuals with developmental disabilities. TRP is a safe environment that includes socializing, skill building, and inclusion for all participants.

All ages and levels of disabilities are welcomed!

LOVE YOU TO 'PIZZAS' DANCE



JOIN US FOR MUSIC, FOOD, RAFFLES, FUN, & MORE!

Friday, February 16, 2024 🍷 6:30 PM - 9:00 PM

Nakaoka Community Center

1670 W. 162nd St. Gardena, CA 90247

Register at www.cityofgardena.org/events or call (310) 217-9537



Autism Advocates in Action
Support Group



Valentine's Day Dance



**Saturday
February 10, 2024**



2pm-4pm Ages 15 +

DANCING

**LIGHT
REFRESHMENTS**

GIVEAWAYS

**TICKETS ON
EVENTBRITE**

PHOTO BOOTH

COST: \$20.00

ONE CAREGIVER/PARENT PERMITTED & INCLUDED IN THE PRICE



**HOLIDAY INN
19800 VERMONT AVE TORRANCE CA
90502**



Registration Now Open - www.AutismInEntertainment.com

Autism In Entertainment Conference

Announcing plans for a 1-Day Autism IN Entertainment Conference in Los Angeles, Spring 2024. The conference will create a bridge to employment for individuals on the autism spectrum in the field of film, television, animation and game design.

www.AutismInEntertainment.com



Register Today!



April 5, 2024
Skirball Cultural Center
Los Angeles



COMMUNITY VOICES GROUP FAMILY YOGA & ART SIGN-UP



Family Yoga/Mindfulness and Art Session

Experience a blissful Family Yoga/Mindfulness and Art session hosted by WIN with Barnsdall Arts. Join us for a rejuvenating blend of yoga, mindfulness, and artistic expression. Limited spots are available for caregivers with children ages 0-5. Reserve your spot for a serene and creative family bonding experience!

DATE Friday, January 19th
TIME 2:30pm - 4:30pm
WHERE The Patio room
2200 Virginia Ave
Santa Monica, CA 90404



JOIN US TODAY 



FREE TAX PREP LOS ANGELES CAN HELP YOU

FILE YOUR TAXES

CLAIM YOUR CASH

CALIFORNIA EARNED INCOME TAX CREDIT

The California Earned Income Tax Credit (CalEITC) offers support for low-income, working Californians. You may be eligible for up to \$3,417 cash back or a reduction of the tax you owe.

EARNED INCOME TAX CREDIT

The Earned Income Tax Credit (EITC) helps low- to moderate-income workers and families get a tax break. If you qualify, you can use the credit to reduce the taxes you owe – and maybe increase your refund.



YOUNG CHILD TAX CREDIT

The Young Child Tax Credit (YCTC) provides up to \$1,083 per eligible tax return. California families qualify with earned income of \$30,000 or less. You also must have a qualifying child under 6 years old at the end of the tax year and qualify for CalEITC.

CHILD TAX CREDIT

You can claim the Child Tax Credit (CTC) for each qualifying child who has a Social Security number that is valid for employment in the United States. You may be able to claim the credit even if you don't normally file a tax return.

Murdock Community presents

DANCING WITH XAN

FOR THE SPECIAL
NEEDS COMMUNITY



4TH SUNDAY OF THE MONTH

DOLPHIN PARK
21205 WATER ST,
CARSON, CA
90745



Questions? Call (562) 379-9942. Or visit our website
murdockcommunity.org

@murdockcommunity

MURDOCK COMMUNITY PRESENTS

Arts n' Crafts

3rd Sunday of the month
@2-3 PM

Dolphin Park
21205 Water St, Carson, CA 90745

Scan QR for registration.



Questions? Call (562) 379-9942. Or visit our website murdockcommunity.org.



JOIN US! ...GET MOTIVATED.
WELLNESS SATURDAYS
FREE FITNESS TRAINING SESSION

(Bring a Mat, Towel and Water)

2ND SATURDAY OF EVERY MONTH | 11:30AM

LOCATION

BALDWIN HILLS CRENSHAW

3650 WEST MARTIN LUTHER KING JR. BLVD, LOS ANGELES, CA 90008
THE BRIDGE / LEVEL 2 - NEAR MALIK BOOKS
www.BaldwinHillsCrenshawPlaza.com



**Adaptive Sports
in Southern
California for kids,
adults & veterans
with physical
disabilities**



f i t
@angelcitysports



**CLINICS
COACHING
EQUIPMENT
COMPETITION**

Visit us online for
a full schedule of
events



PARTICIPATE • VOLUNTEER • SUPPORT



Maliaka & Associates, LLC

Providing Service for 20 + Years

“An organization fostering social inclusion
for individuals with disabilities.”

OUR COMMITMENT:

Our commitment creates and allows us to understand social inclusion for individuals with disabilities, the resources they require to establish the quality of life, and their full capabilities. We have positioned this agency to understand the unique challenges typically faced by individuals with disabilities, their families, and other professionals by installing the systems and practices necessary to support growth while maintaining the creative spirit that will be the foundation of their development as productive human beings.

SERVICES OFFERED:

- Behavior Consultation and Training
- Social Development Training
- Extended Inclusive Training Program (During School Breaks)
- Curriculum Collaboration with emphasis on supporting children with disabilities.
- Access to Resource Tools
- Person-Centered Planning
- Independent Facilitation - Self-Determination Program.
- IEP, IPP Support Services
- Family and Resource Support
- A variety of Community Inclusive Activities, Programs and Events.

To be yourself
in a world
that is constantly
trying to make you
something else
is the greatest
accomplishment.

ralph waldo emerson



@maliakamitchellandassocllc (Business Page)
and @dailyautismwhisperer (Community Inclusive Page)

310.462.7898

www.MALIKAASSOCIATES.com

MUSIC MOVES IN ME GROUP MUSIC LESSONS AT MALIAKA & ASSOCIATES



Class Offerings per Session:

- 1ST & 3RD SAT 9-10AM AGES 6-10 MUSIC ENRICHMENT & HAND BELLS
- 1ST & 3RD SAT 10-11AM AGES 11&UP MUSIC ENRICHMENT & RECORDER (*MATERIAL FEE-\$20)
- 1ST & 3RD SAT 11:00-11:30AM AGES 0-5 MUSIC STORYTIME & MUSIC
- 2ND & 4TH SAT 9-10AM AGES 6-10 MUSIC ENRICHMENT & FLOOR PIANO
- 2ND & 4TH SAT 10-11AM AGES 11-&UP MUSIC ENRICHMENT & PIANO (*MATERIAL FEE-\$60)

January 7th - July 15th | 1300 N La Brea Ave, Inglewood, CA 90302

PLEASE REGISTER AT (310) 462-7898 OR MALIAKAMITCHELLANDASSOCIATES@GMAIL.COM



music
MOVES IN ME

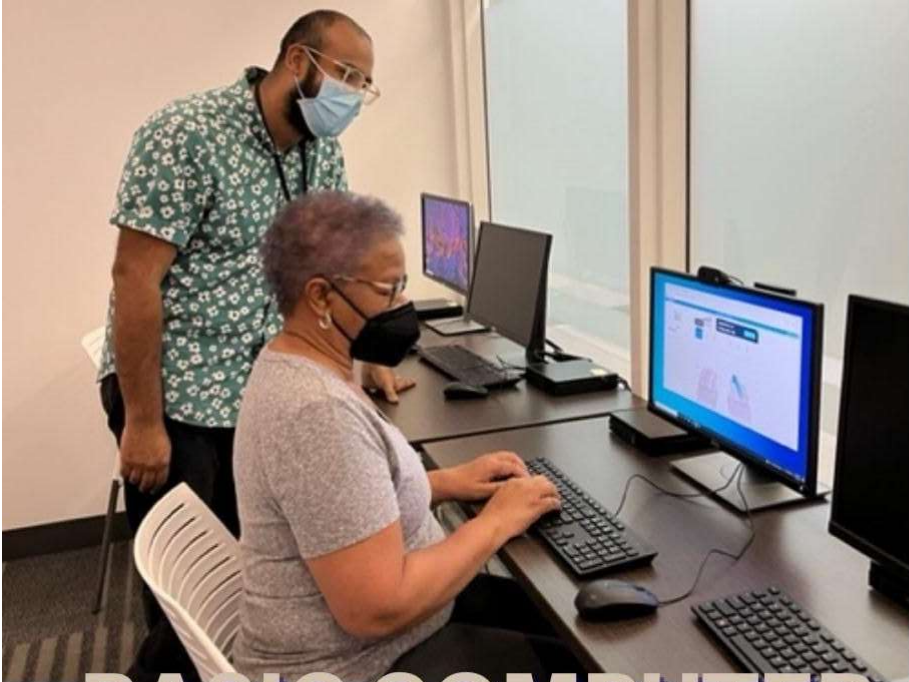
IN MY CIRCLE



B16 L22 Corner Avenue, Columbus, OH 43234
632.123.2718 / 625.281.1938

PROPOSED BY

XAN BLACKWELL
ROBERT GILLIAM
DANIELLE EVERS



Location: Inglewood Senior Center

BASIC COMPUTER CLASSES FOR SENIORS

TAUGHT BY IPL LIBRARIANS



*Parenting & Empowerment
Workshops*

ADVOCATING FOR EXPECTING WOMEN *of Color*

JANUARY 20, 2024

with Certified Trichologist Johanna Faruq of Theta Upsilon Sigma and a Panel of Doula Guest Speakers



Anobvetha Stewart-Barr
DOUGLASS COLLEGE



Tameka Robertson
Fur Manne & Massage Art



Shantoni Sanders
WOMEN'S HEALTH COLLEGE
Full Time Doula

REGISTER NOW



or search Eventbrite for Advocating for Expecting Women Of Color



WEDNESDAYS | 4-5PM



CRC INGLEWOOD LITTLE VOICES WITH LOTS OF FEELINGS

Children will get to learn through a fun interactive reading experience that includes...

- » Reading games
- » Safe space for journaling + positive affirmations!
- » A reward for every 6 classes!
- » Ages 4-10 welcome!



2864 W. Imperial Hwy 90303 | (310) 330-3130

 African American Black Families Support Group

LEVEL UP!

EVERYONE IS WELCOME TO ZOOM in to relax, relate, revive, release, and resource up!

The African American/ Black Families Support Group's mission is to provide and ensure that people with developmental disabilities and their families have equitable access to information, resources, services, and advocacy skills that facilitate empowerment to Level Up their quality of care in collaboration with Westside Regional Center and the Westside Family Resource and Empowerment Center.



FACILITATORS:

ANJIE ROBINSON and CAROL TAYLOR

DATE: EVERY 3RD THURSDAY OF THE MONTH

To participate in this virtual meeting, you must register in advance.

After registering, you will receive a confirmation email with log-in instructions.

Please log-in 15 minutes before the start of the meeting for any support or assistance.

6:30PM VIA ZOOM

REGISTER AT: bit.ly/LEVELUPWFREC



For more information, please contact:
Westside Family Resource and Empowerment Center
310-258-4063





Want to make sure your child is reaching important early milestones? Get free tips sent to your phone from Bright by Text and SCLARC!

SCLARC is happy to be a new partner of Bright by Text, a text service providing free tips, information, and resources to help parents and caregivers of children birth to eight years old, with weekly resources, videos and activities.

Do you have a child under 8 years old? Join today to receive free text messages with easy, practical tips and activities sent right to your cell phone!

Text SCLARC to 274448 to sign up today!

For questions, or additional information call us at 213-744-8489.

*Message and data rates apply.
Text STOP to 274448 to stop receiving messages.
Text HELP to 274448 for help.*

¿Quiere asegurarse de que su hijo/a esté alcanzando importantes hitos tempranos? ¡Reciba consejos gratuitos enviados a su teléfono desde Bright by Text y SCLARC!

SCLARC se complace en ser un nuevo socio de Bright by Text, un servicio de texto que brinda consejos, información y recursos gratuitos para ayudar a los padres y cuidadores de niños desde el nacimiento hasta los ocho años, con recursos, videos y actividades semanales.

¿Cuida a un niño menor de 8 años? Únase hoy para recibir mensajes de texto gratuitos con sugerencias y actividades fáciles y prácticas enviadas directamente a su teléfono celular.

Envíe un mensaje de texto con SCLARC al 274448 para registrarse hoy mismo.

Si tiene preguntas, o necesita mas información, llame a nosotros a 213-744-8489.

*Se aplican tarifas de mensajes y datos.
Envía STOP al 274448 para dejar de recibir mensajes.
Envía HELP al 274448 para obtener ayuda.*

Wellness & Mental Health

The Black Health Initiative *presents* SOUL FRIENDS

IN OUR NEW ERA

Join us for a virtual discussion about setting mental health goals in the new year.

Our guest speaker will highlight their work as a Therapist and explain how the community can receive mental health services.



Tuesday, Jan 23rd | 6pm-7:30pm

SOUL FRIENDS is
a space for Black
adults of all
genders and
sexual
orientations.

REGISTER HERE:
bit.ly/3GQ0F1U or
SCAN QR CODE



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



St. John's
Community Health

CBWH
Committed to Black Wellness & Health Program

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:

Rachel Bishop, Case Manager
rbishop@sjch.org
323-541-1600 EXT. 1069
Call: 323-675-5404

Lydia Collins, Outreach Coordinator
lcollins@sjch.org

Heather Alexander, Program Director
halexander@sjch.org



OUR MISSION: The mission of Laura's House is to change the social beliefs, attitudes and behaviors that perpetuate domestic violence while creating a safe space in which to empower individuals and families affected by abuse.

Tuesday, January 23rd 10-11:30am

HOW TO HELP is a **FREE 1.5-hour virtual** workshop designed to give family members and friends the tools to help a loved one they suspect is in an unhealthy relationship.

THIS WORKSHOP WILL COVER

- Warning Signs
- Barriers to Leaving
- Safety Planning
- Harmful Behaviors
- Starting the Conversation
- Codependency

MORE INFORMATION:

Veronica Stephens, Education and Outreach Dept. Director
vstephens@laurashouse.org/ 949-361-3775 x 206

REGISTER: TUES. January 23RD 10-11:30AM: https://bit.ly/H2H_JAN24AM

GET MENTAL HEALTH HELP NOW!

*If you or a loved one is experiencing or affected by a mental health, substance use, or suicidal crisis, please [call](#) or [text](#) **988**, (or chat online on [988](#)*

[Suicide & Crisis Lifeline's website](#)) for free, confidential, and immediate help. ([Learn more](#) about the recently launched 988

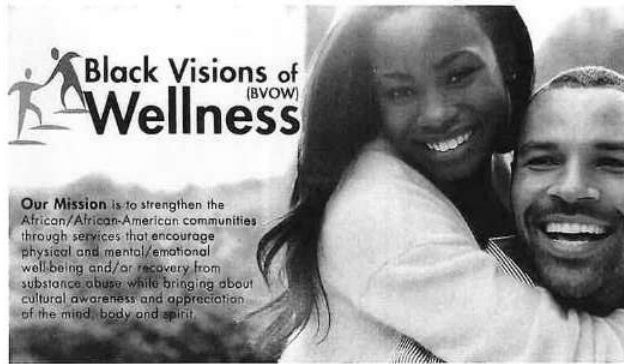
Lifeline.) **FOR MENTAL HEALTH RESOURCES AND SUPPORT, PLEASE CALL OUR 24/7 HELP LINE**

AT (800) 854-7771 The LACDMH Help Line serves as the primary entry point for mental health services with the Los

Angeles County Department of Mental Health. Services provided by our Help Line staff include:

Access Line for Service Referrals, Crisis Assessments and Field Deployments – available 24/7 (**option 1** when calling the Help Line)

- Mental health screening and assessment
- Referral to a service provider
- Crisis counseling
- Mobilizing field response teams
- Linkages to other services and resources



Our Mission is to strengthen the African/African-American communities through services that encourage physical and mental/emotional well-being and/or recovery from substance abuse while bringing about cultural awareness and appreciation of the mind, body and spirit.

We provide mental and physical health services designed to encourage healthy growth and development in underserved African/African American communities.

WHO WE SERVE

- African/African-American residents of Los Angeles
- Individuals with a chronic condition and/or co-occurring substance abuse
- Must meet MediCal necessity for mental health services

SERVICES WE OFFER

- Mental health and substance abuse education, prevention, early intervention and treatment
- Crises intervention and Case management
- Physical Health and Behavioral Health Evaluations
- Chronic disease prevention, management and treatment
- Medication therapy and management
- Individual and Group Therapy

REFERRALS TO INTEGRATED SERVICES WITH OUR COMMUNITY PARTNERS

- Yoga
- Healthy Cooking Classes
- Personal Training
- Zumba
- Reiki
- Acupuncture
- Art Therapy



Funding provided by:
Los Angeles County
Department of Mental Health

Interested in learning more? Visit us online
UMMAClinic.org/BlackVisionsWellness
(323) 406-5776 [✉ bvow@ummaclinic.org](mailto:bvow@ummaclinic.org)



Watts Counseling and Learning Center

1525 East 103rd Street • Los Angeles, CA 90002
(323) 564-7911 • Email: info-watts@kp.org

The Watts Counseling and Learning Center is a nonprofit Community Benefit program of Kaiser Permanente Southern California. Since 1967, the Center has provided counseling, outreach, and educational services to the residents of the Watts community. Kaiser Permanente Health Plan membership is not required to receive these services.

Counseling Programs

Counseling — The Center provides individual, family, marital, parent-child, and group therapy in English and Spanish.

Kids Can Cope — Children whose parents or siblings have or had cancer or other life-threatening illness can receive innovative, specialized counseling and support groups.

School Outreach Services — The Center provides psycho-educational groups at local schools.

Internships — Graduate social work interns receive professional fieldwork education supervised by licensed clinical staff. Partnering schools include the University of California, Los Angeles, University of Southern California, California State University at Long Beach and Los Angeles, and Smith College in Massachusetts.

Educational Programs

Educational Therapy — Students with learning difficulties receive educational assessments and individual/small group educational therapy sessions. Special educational advocacy and parent training is also available.

Internships — Graduate educational therapy interns receive professional training supervised by Board Certified staff. Partnering schools include UC Riverside and California State University Northridge.

Outreach Programs

Reading Enrichment — Students participate in weekly sessions that build enthusiasm for reading through various activities and reading materials.

Homework Help Club — Elementary grade students receive after school homework assistance.

Math Tutoring — Elementary through high school students receive individualized math assistance.

Personal Development — Mentoring, goal setting and personal enhancement opportunities are provided for middle school students in a group setting.

Academic Coaching — In partnership with the school and the parent, high school students receive individual/small group academic guidance in order to develop an academic plan with agreed-upon goals and objectives.

College-bound Support Services — High school students receive college planning information through meetings or workshops. In collaboration with The Princeton Review, students planning to take the SAT/ACT exam(s) participate in test preparation courses.

Youth Work Preparation Certificate Program — High school students take part in an annual seven-week program focusing on work skills and health care careers. High school students ages 16 and older participate in a summer youth employment program.

Child Development

Preschool Education for Parents and Children (PEPC) is full day early childhood education program that develops school readiness skills and motivates preschool children to enjoy learning. PEPC is both state licensed and nationally accredited by the National Association for the Education of Young Children (NAEYC). Ongoing parent education groups are also part of the program. Tuition is based on a nominal sliding-scale fee.



Produced by KPSC Integrated Brand Communications, July 2014



Most Popular Programs offered

Family-to-Family - Taught by trained volunteers, this is an intensive 12-week program for families to provide them with knowledge and teach them the required skills to cope with loved ones who have been diagnosed with a mental illness, facilitate the treatment process, and contribute to their return to health.

NAMI Family Support Group - NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. The hallmark of the NAMI support group is leveraging the collective knowledge and experience of the other participants. The support group can offer you practical advice on addressing issues related to mental illness and your loved one.

Peer to Peer - a 10-week course on recovery for any person living with a mental illness who is interested in establishing and maintaining wellness. The course is taught by trained "mentors", or peer-teachers, who are themselves experienced at living well with mental illness.

NAMI Connection Recovery Support Group - a recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

NAMI Basics - is the signature education program for parents and caregivers of children and adolescents living with mental illnesses. The 6-week 1 day-a-week course is taught by trained teachers who are the parents or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13.

In Our Own Voice - Interactive presentations by individuals in recovery that are designed to raise awareness and reduce stigma by providing an honest dialog on issues related to recovery from a severe mental health diagnosis.

What is a NAMI-AV Member?

A member (1) is a person living with a mental illness or (2) a relative or friend of a person living with a mental illness; (3) accepts the mission of NAMI and (4) pays all required dues to NAMI Antelope Valley, NAMI California and NAMI (national).



44349 Lowtree Avenue, Suite 104
Lancaster, CA 93534
661-341-8041

Email: nami-av@nami-av.org

Web: <http://www.namiantelopevalley.com>



Do You Know Someone
Living With A Mental
Illness?

¿Conoce usted a alguien
que vive con una
enfermedad mental?

**The National Alliance on
Mental Illness
Antelope Valley, CA**

*The Antelope Valley's Voice on
Mental Illness*

*Serving the Antelope Valley and
Surrounding Communities since 1989*

661-341-8041

HELPFUL RESOURCES FOR VICTIMS OF VIOLENCE

You are not alone, call any of the hotlines below.

If you or someone you know is in danger of immediate harm, call 911



211 LOS ANGELES COUNTY

2-1-1

<http://www.211la.org/>

211 Youth Services Website: <https://www.211la.org/youth-portal/>

211 LA is the main source for providing information and referrals for all health and human services in LA County. Trained Community Resource Advisors are available 24 hours a day to offer help with any situation, any time.

ADULT PROTECTIVE SERVICES ABUSE REPORT HOTLINE, LA COUNTY

(877) 477-3646

<https://wdacs.lacounty.gov/programs/aps/>

A 24-hour service program dedicated to investigating all situations involving seniors (age 65 and older), and dependent adults (age 18-64 and physically or mentally impaired) who are reported to be endangered by physical, sexual or financial abuse, isolation, neglect, or self-neglect.

CHILDHHELP NATIONAL CHILD ABUSE HOTLINE

(800) 422-4453

<https://www.childhelp.org/hotline/>

Dedicated to the prevention of child abuse. This 24-hour hotline provides crisis intervention and referrals to local social services and support resources.

COALITION TO ABOLISH SLAVERY AND TRAFFICKING (CAST) HOTLINE

(888) 539-2373

(888) KEY-2-FREE

<https://www.castla.org/>

A 24-hour service program dedicated to assisting persons trafficked for the purpose of forced labor and slavery-like practices, including sex trafficking, by providing and connecting individuals to legal services, mental health services, and shelters.

LA COUNTY DEPARTMENT OF CHILDREN AND FAMILY SERVICES CHILD PROTECTION

(800) 540-4000

For mandated child abuse and public reporting, including the commercial sexual exploitation of children (CSEC) available 24/7.

LA COUNTY DEPARTMENT OF MENTAL HEALTH ACCESS HOTLINE

(800) 854-7771

Entry point for mental health services in LA County including crisis evaluation teams, information and referrals, interpreter services and patient transport available 24/7. Call if you or someone you know needs mental health services.

LA COUNTY DOMESTIC VIOLENCE HOTLINE

(800) 978-3600

Provides 24-hour assistance to domestic violence survivors by connecting to local shelters and other support resources.

LA RAPE AND BATTERING HOTLINE

213-626-3393 (CENTRAL LOS ANGELES)

310-392-8381 (SOUTH LOS ANGELES)

626-793-3385 (WEST SAN GABRIEL VALLEY)

A 24/7 confidential non-judgmental resource where staff and volunteers are available to provide emotional support, advocacy, information and referrals.

 Domestic Violence

 Sexual Violence

 Human Trafficking



For questions or concerns, contact the Office of Women's Health
Gender Based Violence Unit at CBV@ph.lacounty.gov

***Food, Diapers & Daily
Essentials***



FRIDAY 1/19/24
11A-3P
1600 W SLAUSON AVE

FREE groceries & fresh produce

FREE hypertension testing

Schedule a FREE colorectal screening

FREE preventative healthcare education





Los Angeles County Supervisor

HILDA L. SOLIS

First District

EAST LOS ANGELES FREE FOOD

WALK UP GIVEAWAY

WEDNESDAY, JANUARY 24, 2024 – 9AM TO 12PM

CITY TERRACE PARK

1126 N HAZARD AVE, LOS ANGELES, CA 90063



No eligibility requirements.
Pushcarts **highly** recommended.
Line formation begins at 8:30 a.m.
Until supplies last.

HURTING AND HUNGRY CHARITIES
"No More Hunger"



MLK DISTRIBUTION

All items are first come, first serve

- Food
- Hygiene Kits
- Diapers & Wipes

Supplies are limited

JAN 20
2024

10AM-12PM

915 West
Manchester Ave.



**ALL ATTENDEES MUST BE
ENROLLED IN OUR PROGRAM AND
REGISTERED FOR THE EVENT**

To RSVP use this QR
Code



For more information:
(323)789-4717



family



COMMUNITY
INVESTMENT
DEPARTMENT
Public Integrity

JOIN US EVERY 2ND WEDNESDAY OF THE MONTH

FREE FOOD DISTRIBUTION

GROCERIES FROM TRADER JOE'S & WHOLE FOODS

Organic produce, tortillas,
bread, salads, desserts,
vegan items and more

Distributed from 11:00am-2:00pm or while
supplies last. Guests start signing in by
10:00-10:30am

*BRING YOUR OWN SHOPPING BAG OR
BOX

*Please wear a mask & gloves



Contact

Lisa Jackson
323 998-0093 Ext 523

ljackson@elnidofamilycenters.org



ELNIDO
FAMILY
CENTERS

LOCATION

2069 W Slauson Ave Los Angeles, CA 90047

WIN IN PARTNERSHIP WITH OCEANGATE CHURCH

Community Support Event

FREE ESSENTIAL ITEMS LIKE DIAPERS, WIPES, & MORE!

Items are available to the first 100 households in attendance and distributed on a first-come, first-serve basis, while supplies last.



Oceangate Church
13443 Ocean Gate ave Hawthorne, Ca 90250

Thursday January 25, 2024
1 pm



Have any questions? Email us at
communityengagement@winla.org





Dedicated to transforming the lives of homeless and impoverished individuals in Long Beach so they may reach and sustain self-sufficiency and independence.

FREE COMMUNITY SERVICES

MEALS

Breakfast: 7 days a week 7:30am - 8:15am
Lunch: Saturdays & Last Sunday of the Month 11:00am - 12:00pm
Dinner: Monday - Friday 4:30pm - 5:30pm



FOOD BANK

**Mondays
Tuesdays
Thursdays
Fridays**
10am - 12:30pm



**SENIORS ONLY
FOOD BANK**
Wednesdays
10:00am - 12:30pm
(Age: 55+ / I.D. Required)



For more information



CLOTHING BANK

Wednesdays
1pm - 3:00pm



DIAPER BANK

Fridays
1:00pm - 3:00pm
*(Please bring your child and legal form of identification * birth certificate, etc.)*



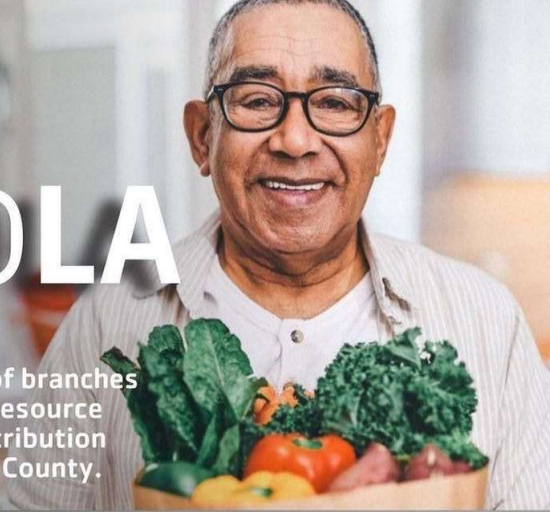
AGENCY REFERRALS

Monday - Friday
10:00am - 4:00pm



FEEDLA

The LA Y's network of branches remains a powerful resource for free produce distribution and meals across LA County.



FOOD DISTRIBUTION



✓ MONDAY

✓ WEDNESDAY

10AM- WHILE SUPPLIES LAST



WEINGART EAST LA YMCA
2900 WHITTIER BLVD.
LOS ANGELES, CA, 90023



[ymcaLA .org/feedLA](https://ymcaLA.org/feedLA)

YMCA OF METROPOLITAN LOS ANGELES



Clothing Bank



Every Wednesday
1pm - 3pm



515 E. 3rd St., Long Beach, CA, 90802

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