

# SPA 7 Regional Health Office LA County DPH Monthly Newsletter

December 2025

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## Worlds AIDS Day - December 1

This is an annual event that serves as a reminder of the global struggle to end HIV-related stigma, an opportunity to honor those we have lost, and a rallying cry to commit to working toward a day when HIV is no longer a public health threat.

The first World AIDS Day took place in 1988. It provided a platform to raise awareness about HIV and AIDS and honor the lives affected by the epidemic. There has been significant progress in addressing HIV and AIDS thanks to advancements in medical research, increased access to treatment and prevention, and a broader understanding of the virus.

For FREE testing, and for more information about getting tested for sexually transmitted infections (STI's), please click here:

<https://www.cdc.gov/sti/testing/index.html>.

## National Influenza Week - December 2 - 6

**National Influenza Vaccination Week (NIVW)** is observed each year in December to highlight the importance of influenza vaccination and to encourage individuals to get vaccinated against the flu. It aims to raise awareness about the flu's potential impact, promote vaccination as a key preventive measure, and provide educational resources about flu prevention and treatment. The week serves as a reminder that flu season can last into spring, emphasizing that it's never too late to get vaccinated.



To find a no-cost or low cost immunization clinic for children 18 and younger, please click here:

<https://tinyurl.com/yc299svh>.

For a list of clinics by service planning area (SPA), please click here: <https://tinyurl.com/yc58ndby>.



### **Human Rights Day - December 10**

In honor of the 1948 adoption of the [Universal Declaration of Human Rights](#) by the United Nation's General Assembly, the world celebrates Human Rights Day on December 10.

The Universal Declaration of Human Rights sets out a broad range of fundamental rights and freedoms to which all are entitled. It guarantees the rights of every individual everywhere, without distinction based on nationality, place of residence, gender, national or ethnic origin, religion, language, or any other status.

### **December is Safe Toys and Gift Month**

Safe Toys and Gifts Month is observed in December to promote awareness about the importance of selecting safe toys and gifts for children during the holiday season. The initiative encourages parents, caregivers, and gift-givers to choose age-appropriate, non-toxic, and well-made toys to prevent injuries and ensure children's safety. It also serves as a reminder to check for safety recalls and guidelines, fostering a safer holiday experience for children.






For more information on safe toy guidelines: <https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Toys>

## **SPA 7 Resources and Upcoming Events**



The **Whittier Wellness Community** offers a variety of workshops each month. You can find our November calendar of events below. If you are interested in visiting our website, please click here: <http://www.publichealth.lacounty.gov/chs/WWC.htm>.

MON	TUE	WED	THU	FRI	SAT
<p><b>1</b></p> <p>10:30am-11:30am <b>Holiday Loteria</b> Start your morning by playing loteria.</p> <p>1:00pm-3:00pm <b>Merry Movie Monday: Home Alone</b> Join us Monday afternoons for family-friendly movies and free healthy snacks.</p>	<p><b>2</b></p> <p>11:00am-12:00pm <b>The Whole Child- Nutrition Series</b> Learn more about nutrition and physical activity in every class.</p> <p>1:00pm-2:45pm <b>Knitting Class</b> Learn the basics of knitting.</p> <p>3:00pm-4:00pm <b>Ask a Nurse- Exercise</b> Join our Nurse as they discuss important health topics.</p>	<p><b>3</b></p> <p>8:30am <b>FREE Produce Distribution</b> "First-come first-served"</p> <p>3:00pm-4:00pm <b>DIY Snow Globe Workshop</b> Make a custom snow globe perfect for this holiday season.</p> 	<p><b>4</b></p> <p>9:00am-10:00am <b>Department of Mental Health Older Adult Programming: Stress Management</b> Join us to learn healthy ways to cope with stress.</p> <p>10:00am-11:00am <b>Help Me Grow Parent Cafe</b> This is a safe space for parents to support one another while learning about resources for child development.</p> <p>4:30pm-5:30pm <b>Vital Signs &amp; Vital Moves: Exercise with the Nurse</b> Join our Nurse for low impact exercises.</p>	<p><b>5</b></p> <p>9:00am-9:45am <b>Festive Footsteps: Walk off the Feast</b> Join our Friday walks to move, mingle, and feel great again!</p> <p>10:00am-11:00am <b>The Hair Wellness Series: Nourish &amp; Glow</b> Discover how to nourish your hair from the inside out with nutrient-rich foods, hydrating oils, and simple home remedies that promote growth and shine.</p> <p>1:00pm-2:00pm <b>Snowman Ornament Workshop</b> Join us for a cozy crafting session and make your own wooden snowman ornament.</p>	<p><b>6</b></p>  <p><b>Center closed</b></p>
<p><b>8</b></p> <p>1:00pm-3:00pm <b>Merry Movie Monday: Home Alone 2</b> Join us Monday afternoons for family-friendly movies and free healthy snacks.</p>	<p><b>9</b></p> <p>11:00am-12:00pm <b>The Whole Child- Nutrition Series</b> Learn more about nutrition and physical activity in every class.</p> <p>12:00pm-1:00pm <b>Stop the Bleed Presentation</b> Learn a lifesaving skill! We will teach you how to stop someone from bleeding out.</p> <p>1:00pm-2:45pm <b>Knitting Class</b> Learn the basics of knitting.</p> <p>3:00pm-4:00pm <b>Ask a Nurse- Nutrition</b> Join our Nurse as they discuss important health topics.</p>	<p><b>10</b></p> <p>9:30am-10:30am <b>East LA Women's Center- Loteria</b> Join us to learn about healthy relationships while playing loteria.</p> <p>12:00pm-1:00pm <b>Senior Book Club</b> Join us as we read an interesting book and have a meaningful conversation.</p> <p>2:00pm-3:00pm <b>The Hair Wellness Series: Style &amp; Protect</b> Learn to style your hair with confidence and care through protective techniques, mindful heat styling, and creative looks just in time for the holidays!</p>	<p><b>11</b></p> <p>1:00pm-2:00pm <b>Pinecone Christmas Trees</b> Come make a Christmas tree out of a pinecone!</p> <p>4:00pm-5:00pm <b>Help Me Grow Parent Cafe</b> This is a safe space for parents to support one another while learning about resources for child development.</p>	<p><b>12</b></p> <p>9:00am-9:45am <b>Festive Footsteps: Walk off the Feast</b> Join our Friday walks to move, mingle, and feel great again!</p> <p>10:00am-11:30am <b>Festive Holiday Crafts: Snowflake Ornament</b> Come make a snowflake ornament perfect for your Christmas tree.</p> <p>1:30pm-3:00pm <b>Karaoke Craze</b> Join us for some karaoke fun.</p>	<p><b>13</b></p> <p>9:00am-11:00am <b>Holiday Gnomes</b> Join us Saturday mornings as we create gnomes from yarn.</p> <p>1:00pm-3:00pm <b>CineSaturday: The Muppet Christmas Carole</b> Join us for family-friendly movie and free healthy snacks.</p>
<p><b>15</b></p> <p>10:30am-11:30am <b>Holiday Loteria</b> Start your morning by playing loteria.</p> <p>1:00pm-3:00pm <b>Merry Movie Monday: The Santa Clause</b> Join us Monday afternoons for family-friendly movies and free healthy snacks.</p>	<p><b>16</b></p> <p>1:00pm-2:45pm <b>Knitting Class</b> Learn the basics of knitting.</p> <p>3:00pm-4:00pm <b>Ask a Nurse- Exercise</b> Join our Nurse as they discuss important health topics.</p>	<p><b>17</b></p> <p>9:00am-11:00am <b>Drop-in Holiday Creative Wellness: Holiday Fuse Bead art</b> Join us as we make fun fuse bead art.</p>	<p><b>18</b></p> <p>9:00am-11:00am <b>Department of Mental Health: Community of Hope</b> This support group is committed to promoting self-care and wellness.</p> <p>1:00pm-2:00pm <b>Alzheimer's Association Workshop</b> Join us as we discuss brain health and memory improving activities.</p> <p>2:00pm-4:00pm <b>WWC 1<sup>st</sup> Annual Holiday Bake off</b> Bring your best holiday baked good for the ultimate holiday bake off.</p> <p>4:30pm-5:30pm <b>Vital Signs &amp; Vital Moves: Exercise with the Nurse</b> Join our Nurse for a gentle exercise.</p>	<p><b>19</b></p> <p>9:00am-9:45am <b>Festive Footsteps: Walk off the Feast</b> Join our Friday walks to move, mingle, and feel great again!</p> <p>10:00am-11:00am <b>Festive Holiday Craft: Christmas Tree Ornaments</b> Come make a cute Christmas tree ornament perfect for your Christmas tree.</p>	<p><b>20</b></p>  <p><b>Center closed</b></p>
<p><b>22</b></p> <p>11:00am-12:00pm <b>CORE: Marijuana</b> Learn how marijuana negatively affects your body.</p> <p>1:00pm-3:00pm <b>Merry Movie Monday: The Santa Clause 2</b> Join us Monday afternoons for family-friendly movies and free healthy snacks.</p>	<p><b>23</b></p> <p>1:00pm-2:45pm <b>Knitting Class</b> Learn the basics of knitting.</p> <p>3:00pm-4:00pm <b>Ask a Nurse- Self-Care &amp; Meditation</b> Join our Nurse as they discuss important health topics.</p>	<p><b>24</b></p> <p>9:00am-11:00am <b>Drop-in Holiday Creative Wellness: Holiday Coloring</b> Join us as we color holiday coloring sheets. A perfect way to relax before the holiday.</p>	<p><b>25</b></p>  <p><b>Center Closed</b></p>	<p><b>26</b></p> <p>9:00am-9:45am <b>Festive Footsteps: Walk off the Feast</b> Join our Friday walks to move, mingle, and feel great again!</p> <p>10:00am-11:30am <b>Festive Holiday Craft: New Years Confetti Popper</b> Join us as we make our own confetti poppers.</p>	<p><b>27</b></p>  <p><b>Center closed</b></p>
<p><b>29</b></p> <p>10:30am-11:30am <b>Holiday Loteria</b> Start your morning by playing loteria.</p> <p>1:00pm-3:00pm <b>Merry Movie Monday: The Santa Clause 3</b> Join us Monday afternoons for family-friendly movies and free healthy snacks.</p>	<p><b>30</b></p> <p>1:00pm-2:45pm <b>Knitting Class</b> Learn the basics of knitting.</p>	<p><b>31</b></p> <p>9:00am-11:00am <b>Drop-in Holiday Creative Wellness: Friendship Bracelets</b> Join us as we make friendship bracelets.</p>	<p><b>1</b></p>  <p><b>Center Closed</b></p>		

## Free Produce Distribution

Free produce distribution will be held on the first Wednesday of the month at the Whittier Wellness Community (WWC), starting at 8:30 a.m.

The next distribution will take place on Wednesday, January 7th, 2025. For more information, please see our flyer [here](#).



## LA County Parks and Recreation - Holiday in the Park December 2nd-December 20th

For more information on specific locations, please click here: <https://parks.lacounty.gov/holiday-in-the-park/>.

A festive winter-themed poster for 'Holiday in the Park'. The background is a light blue sky with white snowflakes. In the center, a dark blue banner with white text reads 'Holiday in the Park', decorated with pinecones and greenery. To the left of the banner, the text 'ARTS + CRAFTS' is flanked by dotted lines. To the right, 'SHOWS + TREATS' is similarly flanked. Below the banner, the dates 'December 2, 2025 - December 20, 2025' are prominently displayed. A paragraph of text invites people to join LA County Parks for festive cultural traditions, entertainment, and hands-on craft experiences. The poster is illustrated with various winter scenes: two people holding hands in the snow, a family walking, and people playing in the snow. At the bottom, five names of LA County Board of Supervisors are listed: Hilda L. Solis, Holly J. Mitchell, Lindsey Horvath, Janice Hahn, and Kathryn Barger.

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

ARTS  
+  
CRAFTS

**Holiday  
in the Park**

SHOWS  
+  
TREATS

**December 2, 2025 –  
December 20, 2025**

Join LA County Parks for the holidays and  
experience festive cultural traditions  
celebrated within our diverse communities.  
Enjoy entertainment and performances,  
hands-on craft experiences, create an  
edible treat, family and friend photos and  
delicious snacks, and more!

**Hilda L. Solis**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS

**Holly J. Mitchell**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS

**Lindsey Horvath**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS

**Janice Hahn**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS

**Kathryn Barger**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS



## Employment Opportunity with LA County Department of Parks and Recreation



DEPARTMENT OF  
Parks &  
Recreation

# We Are **HIRING**

## YOUTH@WORK

### JOB DESCRIPTION

- Facilitate recreational activities for individuals of all ages, assist with event setup and takedown, and engage with the public to ensure a positive and welcoming experience.

### PROGRAM INFORMATION

- Every Body Plays (EBP):
  - After-school programs at 60 LA County parks.
  - Activities include sports, fitness, arts and crafts, ESTEAM, and group games.
- Community Events:
  - Support activities, performances, concerts, movies, and interactive experiences.
  - Assist with setup, breakdown, and event operations.



Scan Me!



## Hourly Rate\*

# \$17.87

*\*Rates increase every year, on July 1st.*

### REQUIREMENTS

- Youth ages 14–24
- Work permit required for those 17 or younger
- Must provide right-to-work documents
- Los Angeles County resident
- Must meet additional eligibility requirements

### APPLY NOW!

"PRIORITY PROGRAM ACCEPTANCE BASED ON ELIGIBILITY REQUIREMENTS"

For more information visit:  
[parks.lacounty.gov/youth-at-work](https://parks.lacounty.gov/youth-at-work)



department  
of economic  
opportunity  
COUNTY OF LOS ANGELES

## CORE Center

The Whittier Wellness Community's CORE Center offers a variety of substance abuse resources such as disorder screenings, referrals for prevention and treatment, and educational presentations. To find out more about our CORE center in SPA 7, please click here:

<http://publichealth.lacounty.gov/chs/WWC.htm>

To speak directly with our substance abuse counselors in SPA 7, please contact Renee Razo at [RRazo@ph.lacounty.gov](mailto:RRazo@ph.lacounty.gov).



## Resource Navigator

**SYSTEMS NAVIGATION SERVICES**

### Need Resource Assistance?

WE ARE HERE TO HELP

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

FOR MORE INFORMATION CONTACT:

**SCAN ME**

**CHRIS HAYES**  
SYSTEMS NAVIGATOR  
(323) 597-6053

[DPH-NAVIGATOR@PH.LACOUNTY.GOV](mailto:DPH-NAVIGATOR@PH.LACOUNTY.GOV)

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

**COUNTY OF LOS ANGELES**  
**Public Health**

**WELLNESS COMMUNITY**  
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
FOSTERING HOPE • MAKING A DIFFERENCE

The Department of Public Health (DPH) aims to assist communities affected by past drug policies and connect you to resources. Please fill out the form completely as you wish so we can help serve your needs.

Please complete the intake form here:

<https://tinyurl.com/2s35jwuz>

For more information contact:

[dph-navigator@ph.lacounty.gov](mailto:dph-navigator@ph.lacounty.gov)

## Free Hands Only CPR Classes



The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you: <http://tinyurl.com/mrxpj9t5>. All classes are free and are in both English and Spanish.

## Free Gun Locks



In 2024, OVP is committed to distributing more than 60,000 cable gun locks – free of charge and no questions asked – across Los Angeles County. This unprecedented effort is designed to keep children safe from firearms, limit the possibility that a person intent on harming themselves or others can quickly secure a loaded, unlocked weapon, and guard against the theft of guns. To secure a lock from OVP, please fill out this form (limit of two locks per person): <https://tinyurl.com/5n8tvddz>

Free gun locks are also available at [these](#) Los Angeles County Medical Centers and [these](#) LA County Libraries.

## Community Public Health Teams

Community Public Health Teams (CPHT) is a project that brings together community-based organizations, health care partners, and Public Health staff. These teams work at the household level, conducting home visits to gather health needs and connect people to care and also works at the community level, inviting people to participate in creating community action plans.

This is a new approach to public health and health care in LA County. Public Health is investing public health infrastructure dollars to implement this pilot project for five years, beginning August 2023. The goal is to build long-term relationships with households, empower communities to define the health priorities that matter to them, and demonstrate that this new way of engagement can support better health outcomes.

To learn more about the CPHT project and find a CPHT near you, visit:  
<http://publichealth.lacounty.gov/pie/CommEngage/cpht.htm>.

### 5 CORE STRATEGIES

Each CPHT implements five core strategies:



**Visit each household** annually to conduct household assessments



**Ensure households are connected** to health care and social services



**Analyze data** on health, mental health, and social determinants of health



**Convene community** and develop community action plans



**Mobilize partners** to advance health equity and improve conditions

## DPH Resources

**LOS ANGELES COUNTY  
PUBLIC HEALTH INFOLINE  
1-833-540-0473**

8 AM - 8 PM / 7 Days a Week  
Real People. Reliable Information.

### Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine's goal is to expand the resources Public Health can provide over the phone, strengthen community trust by having a live person to talk to, and being a vital line of communication for future public health emergencies. All calls from the community are answered by health education assistants. Here are some of the topics the InfoLine can cover:

- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & Sexually Transmitted Infections/Diseases
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

### Immunization Coalition of LA County



The Immunization Coalition of Los Angeles County (ICLAC) is a diverse, grassroots, community-based partnership of Los Angeles County hospitals, schools, clinics, health department programs, pharmacies, health plans, vaccine companies, and non-profit organizations with a mission to work together to improve access to the medically recommended immunizations for adults and adolescents, especially among groups at highest risk for vaccine preventable diseases in Los Angeles County.

If you are interested in getting vaccinated, looking for vaccination records, or reading up on the latest ICLAC news, please visit:

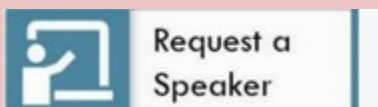
<https://immunizelac.org/>



### For CCALAC Members and Affiliates

Search by keyword or location to view clinics in your area. You may also enter your address to automatically view directions to the closest clinic location. [LA County clinic locator](#).

### Need a Presentation on the COVID-19 Vaccine, Hands Only CPR, or other Health Topics?



The Los Angeles County Department of Public Health offers an array of presentations, including COVID-19, COVID-19 vaccines, and Mpox. If you would like to schedule a presentation for your organization, see:

<http://tinyurl.com/562dad3e>.

### Angelenos in Action

Join Angelenos in Action, a voluntary public health survey that takes less than 1-minute each week and helps the Los Angeles County Department of Public Health monitor respiratory illness throughout the County.

Here's how it works:

1. Text "@PROTECT" to (833) 228-3056 to volunteer for our survey or sign up online using this link: <http://tinyurl.com/ys6se6we>.
2. Answer 5 quick questions to sign up.
3. You will be randomized to receive surveys one day a week.
4. Every week on that day, the LA County Department of Public Health will text or email you one YES/NO question to ask how you're feeling.
5. If you feel unwell, you will be asked two more YES/NO questions about symptoms of respiratory illness.



All data is kept completely private. To read more about Angelenos in Action, please click

<http://tinyurl.com/bdhjuvie>.

### Office of Violence Prevention - GVRO's (Gun Violence Restraining Orders)



A Gun Violence Restraining Order, or GVRO, is a law that was approved by the State of California in 2016. The GVRO allows family members, household members, some employers, colleagues, teachers, and law enforcement to take action to prevent a person who poses a significant risk of harming themselves or others from having or purchasing a

gun, ammunition, or magazine for a specified length of time, between 21 days and five years. To find out more on who can request one, and how to request one, please see: <http://tinyurl.com/y3hfb575>.

### Free Naloxone Clinics

A number of Los Angeles County public libraries are hosting FREE Naloxone Clinics. Naloxone is a lifesaving medication that can reverse the effects of an opioid overdose.

No identification or proof of insurance is required. To find the clinic closest to you, please visit this website: <http://tinyurl.com/y5z2edu3>



## Vaccinate L.A. Newsletter



Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit [VaccinateLACounty.com](https://vaccinate.lacounty.gov) to learn more about:

- [In Home Vaccines](#)
- [Vaccine Schedule](#)
- [Vaccine Data](#)
- [Vaccine Records](#)
- Vaccine Facts - [English](#) | [Español](#)
- Vaccine Side Effects - [English](#) | [Español](#)

## Useful Links and Resources

[iPrevail Online Mental Health Resource](#)  
[COVID-19 Post-Surge Dashboard](#)  
[COVID-19 Vaccination Distribution Dashboard](#)  
[COVID-19 Vaccine Information](#)  
[COVID-19 Vaccination Records](#)  
[COVID-19 Surveillance Dashboard](#)  
[COVID-19 Testing](#)  
[Flu Vaccines](#)  
[Free Tax Preparation Services](#)  
[Free Snack Program](#)  
[Get Ahead LA Financial Resources](#)  
[Headspace: Free Mindfulness App](#)  
[LA County America's Job Center of California](#)  
[LA Tenant Protections Resolution](#)  
[LA County's Office of Immigrant Affairs](#)  
[LA County's Office of Emergency Preparedness and Response Program](#)  
[LA County Youth Suicide Prevention Project](#)  
[LA Department of Water & Power Bill Credit](#)  
[LA Public Health Podcast](#)

[Laptop and Hotspot Loans from LA County Libraries](#)

[Mental Health Support](#) (800) 854-7771 or text "LA" to 741741)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Request a Mobile Vaccination Team](#)

[Report a violation](#) (888) 700-9995, Monday – Friday from 8:00AM to 5:00PM

[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

For additional resources, please dial 2-1-1

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