

LA County Public Health Regional Health Office

Service Planning Areas (SPAs) 5 & 6

Monthly Newsletter

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September 2026

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Month

National Childhood Obesity
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NATIONAL FRUITS & VEGGIES MONTH



Every September, we celebrate National Fruits & Veggies Month, a time to encourage the consumption of fruits and vegetables for improved health and wellness.

- Incorporate them into every meal
- Set a positive example for your family
- Try new recipes featuring fruits and vegetables
- Remember their nutritional benefits for your body

Click [here](#) for inspiration and delicious recipes!



MLK JR. CENTER FOR PUBLIC HEALTH

11833 S. Wilmington Ave. Los Angeles CA 90059

Visit our Regional Health Offices serving the communities of Athens, Compton, Crenshaw, Florence, Hyde Park, Lynwood, Paramount, and Watts.

National Childhood Obesity Awareness Month

Childhood obesity is a public health issue influenced by more than individual choices. Food access, neighborhood environments, physical activity, and economic factors can all affect a child's ability to maintain healthy habits. Approximately 1 in 5 children and adolescents have obesity.

Learn more facts [here](#).

Small Changes Can Make A Difference

Choose Water More Often: Make water the go-to beverage and limit sugary drinks such as soda, sweetened fruit drinks, sports drinks, and sweetened teas.

Make Healthy Foods Easy to Reach: Keep fruits and vegetables available for snacks and meals. When possible, choose whole grains, lean proteins, and minimally processed foods.

Move Together: Make physical activity fun! Walk, dance, ride bikes, play at the park, swim, or participate in a sport your child enjoys.

Reduce Screen Time: Encourage breaks from sitting and replace some sedentary time with active play, family activities, or outdoor time.

Prioritize Sleep: Establish consistent bedtime and wake-up routines. Adequate sleep supports children's overall health and well-being.

Be a Positive Role Model: Children learn from the adults around them. Practice healthy eating, movement, and positive conversations about food and body image together.



Valley Fever



What is Valley Fever?

Valley fever (also called **coccidioidomycosis**) is a disease caused by the *Coccidioides* fungus, which grows in the soil in parts of California and the southwestern United States. This fungus can infect the lungs and cause respiratory symptoms, including cough, difficulty breathing, fever, and fatigue.

Fungal spores can become airborne when the soil is disturbed by farming, construction, or wind. Anyone who lives, works, or travels in an area where the fungus grows can become infected by breathing in contaminated dust. Valley fever **cannot** spread from person to person.

Many people who are infected have no symptoms or only mild respiratory illness. However, some develop severe illness, such as pneumonia, meningitis, or disseminated disease. The following groups are at higher risk for severe disease:

- Black, Latino, Native American, and Filipino individuals
- Males, pregnant women, adults over 65, and children under 5
- People who are immunocompromised

Valley fever is usually diagnosed with a blood test.

Most people (about 6 in 10) who are infected with Valley fever have no symptoms, and their bodies will fight off the infection naturally.

Click [here](#) for more information on Valley Fever.

Suicide Prevention Month

September is **Suicide Prevention Month**. Watching for signs can help save lives. This month, we also remember those we've lost and think about how we can better support each other during hard times.

- Calling **988** connects you to the Suicide & Crisis Lifeline for immediate help.
- It's important to know the difference between calling 911 and 988.
- You can also visit the **SAMHSA** website or the **988 website** for more resources.



Call. Text. Chat.
988 is here for you—

Anytime, anywhere.

The 988 Suicide & Crisis Lifeline (988 Lifeline) provides judgment-free, compassionate support for anyone experiencing:

- Emotional distress
- Mental health challenges
- Problems with substance use
- Loneliness
- Thoughts of suicide or self-harm

You'll be connected with a caring, skilled 988 counselor who can provide culturally-competent support.

WHY 988 MATTERS

The 988 Lifeline connects people to 988 counselors across a network of more than 200 local crisis contact centers, offering support rooted in local communities.

WHEN YOU CONTACT 988, YOU RECEIVE:

- Support from someone who cares
- Help creating a plan to stay safe
- Information about local resources and options for follow-up

📞 Call or 📱 Text 988, or Chat 988lifeline.org 🖱️



988 | SUICIDE & CRISIS LIFELINE 

988 Day is September 8th — a day for showing up and caring out loud.

Mental health matters. And 988 provides judgment-free support 24/7.

On 9/8, help spread the word that help is just three numbers away.

Post. Share. Text. Check in. However you show up, it counts.

Need ideas?

We've got you. The 988 Day toolkit is live — packed with sample posts, graphics, and ways to get involved.

988 Reasons: Your reason is reason enough.

Public Health Talks

Vision: Healthy People in Healthy Communities

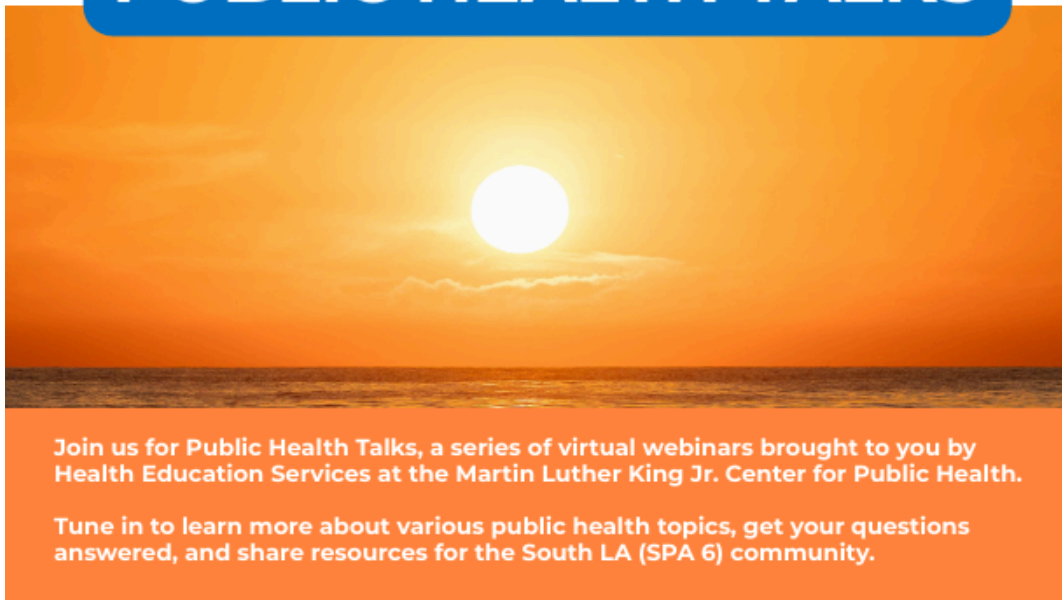
PUBLIC HEALTH TALKS

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

Tune in to learn about a variety of public health topics, get your questions answered, and access resources for the South LA (SPA 6) community.

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS



Extreme Heat Safety

Join us for our Tuesday topic on **Extreme Heat Safety**, where we provide an overview of Extreme Heat: why it's an issue, definitions of heat illness, and tips for heat illness prevention.

September 1, 2026

09:00am-10:00am

REGISTER HERE:



<https://tinyurl.com/38wbymyj>

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



Public Health Talks

Vision: Healthy People in Healthy Communities

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

Emergency Preparedness

Join us for our Tuesday topic on **Emergency Preparedness**, where we provide an overview of the key components of Los Angeles' Connect Prepare Respond campaign for communities during emergency situations.

September 29th , 2026
10:00- 11:00 AM

REGISTER HERE:



<https://tinyurl.com/mpt8bdkx>

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



COUNTY OF LOS ANGELES
Public Health

Community Health Outreach Initiative Program

Community Health Outreach Initiative Program (CHOI)

CHOI works with community groups, cities, schools, and clinics to help people sign up for **FREE** and/or very **low-cost health insurance**. We also connect families to programs that provide food, housing, mental health support, legal help, and other important services.

Available in every corner of Los Angeles County!

Get Connected Today:

[Click here](#)



CHOI connects Los Angeles County residents with FREE or low-cost health coverage and can also help you find resources for food, housing, mental health services, legal assistance, and more.

FIND A CHOI PROVIDER NEAR YOU.

ph.lacounty.gov/CHOI



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

BACK-TO-SCHOOL BASH



Back-to-School Bash Brings Community Together

The MLK Healing Center hosted a successful Back-to-School Bash, serving 102 households and 407 individuals. The event provided 71 students in grades 1–12 with backpacks, school supplies, books, Nike shoes, and socks, while preschool-aged children received special backpacks to celebrate their educational journey.

A special thank you to MelB Alliance and USC football player Tron Baker (#85) for their generous partnership and support. The event brought families, staff, volunteers, and community partners together to promote school readiness, wellness, connection, and community support throughout SPA 6. We are grateful to everyone who helped make this meaningful community event possible.



MLK Healing Center Featured Programs



SCAN THE QR
FOR HELP.

Need resource assistance? Reach out to our systems navigator for support with needs such as housing, food, and financial assistance.

Click [here](#) to download the flyer.

☎ 213-360-2904

✉ DPH-NAVIGATOR@PH.LACOUNTY.GOV



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



Join us for coffee and mental health discussions.



Join us to create your own bracelets.

MLK Healing Center Featured Programs (cont.)



Join us for a calming mindful walk.



Join us for a calming mindfulness meditation workshop.



Join us for an Aztec dance workshop celebrating ancestral traditions.



Join us for an evening of canvas painting.

FREE HEALTH RESOURCES

AVAILABLE AT:

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



COMMUNITY HEALTH STATION

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

Products available in the kiosk:

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



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

GUN VIOLENCE PREVENTION (GVP)

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

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

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

For more information, visit:

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



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



COUNTY OF LOS ANGELES
Public Health

Public Health Resources (cont.)



FREE HOME STI TESTING FOR WOMEN AND TRANSMEN

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

The Only Way to Know is to Test

#1

Order your FREE test kit online

#2

Collect sample and mail to the lab

#3

Get results at

 **DontThinkKnow.org**

I know.



Free Home STI Test Kits

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

[CLICK HERE](#) for more information.

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

Community Resources



If you have any resource or event flyers that you would like us to include in our newsletter, please don't hesitate to get in touch!

You can email Jacqueline Ruiz at Jruiz2@ph.lacounty.gov.

Please view the upcoming local resources and events near you!



Community Resources (cont.)



CYCLE COMMUNITY CHANGE

FREE FOOD DISTRIBUTION



FIRST COME, FIRST SERVED
RAIN OR SHINE



COMMUNITY
TOGETHER



FRESH FOOD
NOURISHING FAMILIES



SHARING HOPE
MAKING AN IMPACT



FIGHTING HUNGER
BUILDING STRONGER COMMUNITIES



1513 E. 103RD ST
LOS ANGELES, CA 90002



**EVERY TUESDAY
AT 11:00AM**

GROW@
ANNENBERG



PLEASE
**BRING
YOUR OWN
BAGS**



LOS ANGELES REGIONAL

**FOOD
BANK**

Fighting Hunger. Giving Hope.



VOLUNTEERS WELCOME @ 8:30AM



WWW.ESRBC.ORG



@EASTSIDERIDERS

Community Resources (cont.)



Charles R. Drew University
of Medicine and Science

You can be

a connector
an advocate
a health educator
a coach

**Become a Community
Health Worker!**

Community Health Worker Academy

**FREE CHW training,
certification, and job placement
support!**

Sept 16 - Nov 21 2026 (part-time)

- ✓ Earn a CHW Certificate
- ✓ 128-hour hybrid training for CHWs in clinical settings, including:
 - ✓ 6 Saturday in-person sessions at Charles R. Drew University
 - ✓ Minimum 20 hours of field work
- ✓ One year job placement and career advancement support
- ✓ **\$1200 stipend for program completion**



**Interest form
also linked in bio!**

Seeking individuals interested in working in healthcare, committed to working full-time, and passionate about serving your community!

**Must attend an information session to get access to
application. Register via interest form.**

Community Resources (cont.)



PARENTS EMPOWERING PARENTS

AUTHENTIC CONNECTION STARTS HERE



**FOR CAREGIVERS OF CHILDREN WITH INTELLECTUAL
AND DEVELOPMENTAL DISABILITIES
AGES 0-7 THAT LIVES IN LA COUNTY**



- Bi-weekly virtual drop-in space
- Parent-led discussions
- Emotional support & building resilience
- Education and resources provided

**ENROLLMENT IS OPEN YEAR LONG!
SCAN OR FOLLOW LINK TO REGISTER TODAY**



PARTNERING WITH



➔ REGISTER HERE: <https://shorturl.at/DQFD3>

WWW.WINLA.ORG | @WINFAMILIESLA | INFO@WINLA.ORG

Community Resources (cont.)



Los Angeles County has partnered with WeLink to bring new affordable, high-speed internet to East and South LA residents.

Built for families! WeLink's service includes tools to help manage screen time and online safety, at no extra cost.

Plans as low as \$25/month (for qualifying households) to \$85/month, all delivering high-quality, fast internet. Choose your speed: Fast, faster, fastest. 500 Mbps, 1 Gbps, or 2 Gbps with equal upload and download.

Learn more: deletethedivide.org/affordable-internet/



Service made possible in part through funding from the American Rescue Plan Act, from the County of Los Angeles, and from a grant for Local Agency Technical Assistance from a program administered by the California Public Utilities Commission.

Community Resources (cont.)



RECOVERY
IS REAL.
HOPE
IS REAL.
TOGETHER
WE RECOVER.



CLARE | MATRIX
Saving Lives Through Recovery



RECOVERY
MONTH
SEPTEMBER 30,
2026



RESOURCE FAIR



ENDING *Recovery Month* WITH THE COMMUNITY

Join us as we come together to celebrate recovery,
connect with community resources, and **promote wellness**
and support for individuals and families.

WHAT TO EXPECT

 COMMUNITY RESOURCE PROVIDERS	 HEALTH & WELLNESS INFORMATION
 RECOVERY SUPPORT SERVICES	 HOUSING & COMMUNITY ASSISTANCE
 MENTAL HEALTH & WELLNESS RESOURCES	 EMPLOYMENT & SUPPORT SERVICES
 SUBSTANCE USE TREATMENT & RECOVERY SERVICES	 GIVEAWAYS & COMMUNITY CONNECTIONS



*Everyone
Is Welcome!*

Whether you are in recovery,
supporting a loved one,
seeking resources, or simply
want to connect with
your community —
WE WELCOME YOU!



LOCATION:
5220 Washington Blvd
Los Angeles, CA 90016



DATE:
September 30, 2026



TIME:
10:00 AM –
3:00 PM



COME CONNECT.
COME LEARN.
COME CELEBRATE.



Let's end Recovery Month together by celebrating
CONNECTION, RESILIENCE, HOPE, and RECOVERY.





CLARE | MATRIX
Saving Lives Through Recovery



CLAREMATRIX.ORG

*Recovery happens
in community.
TOGETHER, WE CAN
MAKE A DIFFERENCE.*



For more information, contact:

Mignon Bell



323-309-6394

Youth Resources





OFFICE OF COMMUNITY DEVELOPMENT
Parks & Recreation

49 PARK LOCATIONS

Fuel Your Play 

FREE SNACK PROGRAM



**September 1, 2026 -
May 21, 2027**

**MONDAY - FRIDAY
2:30P.M. - 3:30P.M.**

**Open to all children 18 and under
No enrollment required**

parks.lacounty.gov/snackprogram

*There is no snack program on
County-observed holidays



Hilda L. Solis
Director of Community Development

Holly J. Mitchell
Assistant Director of Community Development

Lindsey Horvath
Assistant Director of Community Development

Janice Hahn
Assistant Director of Community Development

Kathryn Barger
Assistant Director of Community Development

Youth Resources



JCOD looks forward to welcoming
DCFS and DYD to JCOD DOORS Los Angeles

TRANSITIONAL AGE YOUTH



Financial
Literacy

Career
Readiness

And More!

Housing
Resource

Mentorship

Legal Aid

Resource Fair

Thursday, September 17, 2026 | 10 a.m.- 2 p.m

3965 S. Vermont Ave, Los Angeles, CA 90037

Vendors interested in participating should email
pio@jcod.lacounty.gov.



LOS ANGELES COUNTY
**JUSTICE
CARE
OPPORTUNITIES**
DEPARTMENT

los angeles county
department of
**Youth
Development**

Youth Resources



los angeles county
department of
*Youth
Development*

BUILT BY US YOUTH SUMMIT

Join youth from across LA County for an inspiring day of connection, discovery, and opportunity—where new ideas are shared, relationships are built, and young people are empowered to shape their future.

- Live Performances
- Resource Fair
- Free Food
- Exciting Giveaways
- Interactive Workshops and Panel Discussions

Register Here →



FRIDAY | OCT. 16, 2026 | 9AM-4PM @ THE BEEHIVE
(1000 E. 60th Street Los Angeles, CA 90001)

Visit dyd.lacounty.gov/summit for program details. For more information, contact: events@dyd.lacounty.gov. Follow us on Instagram for updates @lacountyyouth.

Youth Resources (cont.)





OFFICE OF THE CLERK OF THE BOARD OF SUPERVISORS
Parks & Recreation



LA COUNTY
OUR SPOT
TEEN CENTERS
EST. 2019



OUR SPOT - TEEN CENTER

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

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

HOURS

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

REGISTER NOW ➔

parks.lacounty.gov/ourspot



OUR SPOT LOCATIONS

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

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

Hilda L. Solis
LOS ANGELES COUNTY BOARD OF SUPERVISORS

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Youth Resources (cont.)





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Useful Links

[Flu Vaccines](#)

[Get Ahead LA Financial Resources](#)

[iPrevail Online Mental Health Resource](#)

[LA County America's Job Center of California](#)

[LA County's Office of Immigrant Affairs](#)

[LA County Youth Suicide Prevention Project](#)

[LA Department of Water & Power Bill Credit](#)

[LA Public Health Podcast](#)

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

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

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Opportunity LA: Child Savings Account for LAUSD Students](#)

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

[SoCalGas Assistance Fund](#)

[Southern California Edison Assistance](#)

[VaccinateLACounty.com](#)

For additional resources, please dial 2-1-1.

For more information on COVID-19, please [visit our website](#).

Follow LA County Public Health on Instagram, Facebook, and

Twitter: @lapublichealth

