

The EDUpress

Martin Luther King Jr. Center for Public Health
SPA 5 & 6
Educator Sector Monthly Newsletter

January 2025

Happy New Year! 2025



Healthy New You: Setting Health Goals in the New Year

With the start of the New Year, it is a great time to set new goals and healthy habits. Below are a few resources to help kickstart your goals for 2025.

Resources: [Making 2025 a Healthy New Year-UCLA Health](#), [Healthy New Years Resolutions for Kids-HealthyChildren](#), [Supporting Healthy Routines for Children & Teens-CDC](#)

In this Issue:

- Setting Health Goals in 2025
- National Cervical Awareness Month 2025
- Winter Reading Club & Winter Classes
- Scholarships
- Local Resources & Events

National Cervical Cancer Awareness Month



More than 11,000 people in the United States are diagnosed with cervical cancer each year. The good news: vaccination and regular screening can prevent the disease. During Cervical Health Awareness Month, help us educate people about the steps they can take to protect themselves and their loved ones from cervical cancer. Turn to the next page for more information.



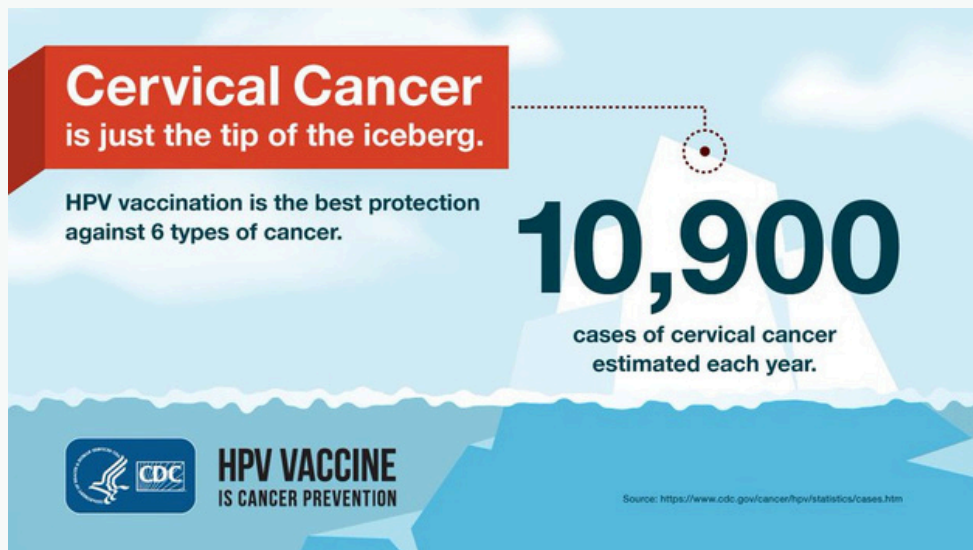
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Cervical Cancer Awareness 2025

What is Cervical Cancer?

Cervical cancer is a disease in which cells in the cervix grow out of control. The cervix connects the vagina (birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows during pregnancy. Anyone with a cervix is at risk for cervical cancer. It occurs most often in people over age 30. Long-lasting infection with certain types of human papillomavirus (HPV) is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. At least half of sexually active people will have HPV at some point in their lives, but few will get cervical cancer.

Screening tests and the HPV vaccine can help prevent cervical cancer. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.



While it's important to raise awareness about cervical health for all women, the focus for preteens should primarily be on the importance of the HPV vaccine, as it is the most effective way to prevent cervical cancer, which is largely caused by HPV. Girls and boys should start getting the HPV vaccine by age 11 or 12, but teens who haven't yet been vaccinated need it, too. Preteens ages 9–14 usually need two shots. Teens age 15 and older need three shots. Schedule your child's next shots before leaving the clinic.

For more information: [Screening for Cervical Cancer-CDC](#), [Getting Screened for Cervical Cancer-CDC \(MyHealthFinder\)](#), [HPV Vaccine for Your Child-CDC](#), [HPV Vaccine-Kids Health](#), [HPV Vaccine Recommendations-CDC](#)



Healing Library Kits



Healing Library Kits

Topics Include:

- Mindfulness
- Divorce & Separation
- Alzheimer's & Your Family
- The Death of a Pet
- The Death of a Loved One

LA COUNTY LIBRARY
Caring. Referred.

THE HEALING LIBRARY
Children's Books - Conversation - Community - Caring

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
Hope. Recovery. Wellbeing.

LA COUNTY LIBRARY

It can be difficult to navigate a traumatic event in life, especially during the holidays. We've developed kits that can support families navigating difficult experiences like separation, divorce, and the death of a pet. These kits are available to borrow at participating libraries. For more information, click [here](#).

Join Our Winter Reading Club

Calling readers of all ages! Now through January 16, 2025, join our Winter Reading Club challenge to earn prizes and help us reach our communal reading goal of 1 million minutes! Simply log at least 400 minutes of reading to complete the challenge.

Sign up as an individual or as a family, with accounts for each of the readers in your household.

Kids and teens will earn a free book for completing the challenge, and adults will be entered into weekly prize drawings. Readers of all ages will be entered into a grand prize drawing to win a Kindle Fire, generously sponsored by LA County Library Foundation.

Get cozy with some great books and join the fun!
[Join the Club & Log Your Reading](#)





Sign Up for Winter Classes!



WINTER CLASSES

**FIND A NEW PASSION!
IN-PERSON CLASSES FOR ALL AGES ARE IN FULL SWING!**



- Arts and Culture
- Computers and Technology
- Exercise and Fitness
- Health and Wellness
- Martial Arts
- Performing Arts, Music and Dance
- Special Interest
- Sports

**Find a class and register now:
[Reservations.LAcounty.Gov](https://reservations.lacounty.gov)**



Winter classes are here at your local LA County Parks, and it's time to dive into something new and exciting! Whether you're looking to move, groove, create, or learn, LA Count Parks has something for everyone—from kids to seniors!

Find your class and register today. Register here: reservations.lacounty.gov.

For more information, visit parks.lacounty.gov/winterclasses/.



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2025 YOUTH & GIRLS BASKETBALL REGISTRATION NOW OPEN!

LA County Parks, in partnership with the Los Angeles Clippers, offers youth and girls-only basketball leagues focused on sportsmanship, skill-building, teamwork, and fun!

Winter Season
 January 2025 - March 2025

- YOUTH**
 (Division offering may not be available at all sites)
- Division 2: Born in 2010 - 2011 - 2012
 - Division 3: Born in 2013 - 2014
 - Division 4: Born in 2015 - 2016
 - Division 5: Born in 2017 - 2018
 - Division 6: Born in 2019 - 2020

- GIRLS**
- Division 3: Born in 2012 - 2013 - 2014
 - Division 4: Born in 2015 - 2016 - 2017

Register today at:
[Reservations.LAcounty.Gov](https://reservations.lacounty.gov)

\$25

Fee Includes: Uniform,
 Official game costs,
 End-of-season award.

EVERY BODY Swims

12/2/24 - 03/08/25

SATURDAYS
 2:00 PM - 4:00 PM



parks.lacounty.gov/aquatics

- **CASTAIC AQUATIC CENTER**
 31350 N. Castaic Rd. Castaic, CA 91384
- **ROOSEVELT PARK AQUATIC CENTER**
 7600 Graham Ave, Los Angeles, CA 90001
- **SAN FERNANDO REGIONAL AQUATIC CENTER**
 300 Park Ave, San Fernando, CA 91340
- **GREATER WHITTIER REGIONAL AQUATIC CENTER**
AQUATIC CENTER
 8028 Pioneer Blvd, Whittier, CA 90606
- **BELVEDERE AQUATIC CENTER**
 5035 E 1st St, East Los Angeles, CA 90022
- **JESSE OWENS AQUATIC CENTER**
 9835 S Western Ave, Los Angeles, CA 90047

parks.lacounty.gov/aquatics



Community Change Grant Program

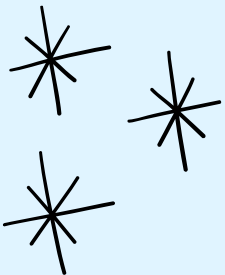
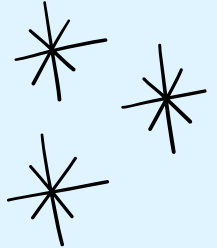


America Walks and Active People, Health Nations partners are excited to announce another round of the Community Change Grant program. The Community Change Grant program supports the growing network of community champions, organizations, and agencies working to advance walkability. Grants are awarded to innovative and engaging programs and projects that create change and opportunity for walking and movement at the community level.

This program will award 6 grantees \$2,000 in community grants for projects related to creating healthy, active, and engaged places to live, work and play.

Deadline to apply is Friday, January 17, 2025.

[Learn More and Apply.](#)



Scholarship Opportunities



California Association of African American Superintendents and Administrators



F3 LAW



The California Association of African American Superintendents and Administrators and the F3 Law Firm present the

DR. FRANK W. WELLS LEGACY

\$1000 COLLEGE SCHOLARSHIP

Dr. Frank Wells was a distinguished leader in education with a proven track record of success across multiple roles, including teacher, principal, director, assistant superintendent, superintendent, and elected school board president. His dedication to raising the bar for student excellence at every level was recognized not only statewide but also nationally. He was truly the mission of CAAASA in motion.

Dr. Wells was a results-driven leader whose efforts left a lasting impact on education. In his memory, the Dr. Frank Wells College Scholarship was created for a graduating high school senior who plans to major in education, political science, history, or social science.

APPLICANT REQUIREMENTS:

- ✓ Be a CA High School Senior In Good Standing
- ✓ Exhibit Academic Growth
- ✓ Have a Financial Need
- ✓ Actively Involved in Community and School Activities

SCAN QR CODE OR VISIT
US ONLINE TO APPLY NOW

www.CAAASA.org



DEADLINE IS JANUARY 31, 2025

Need Cash for College?



CSAC Statewide Cash for College Webinar: Student Registration

Virtual Event

Have questions about FAFSA or CADAA? Attend one of the free CSAC Statewide Cash for College Webinars! These webinars will provide students and their families information on the Free Application for Federal Student Aid (FAFSA) and California Dream Act Application (CADAA).

Upcoming sessions in January: * January 13: 5:30-6:45 PM

January 23: 6-7:15 PM

For additional sessions through July 2025 [click here](#).

Don't know which application to complete? FAFSA filers are a U.S. citizen or an eligible noncitizen. For more on FAFSA eligibility [click here](#). CADAA filers are undocumented and nonresident students. For more on CADAA eligibility [click here](#).

Please have the following documents available during the webinar:

Your parents and your FSA ID (For FAFSA filers ONLY) or Dream Act Account (For CADAA filers)

Driver's License, if you have one

Social Security Card, if you have one

Alien Registration Card, if you have one

ITIN, if you have one

List of colleges you are interested in to list on the applications

Most current bank statements

Any records of untaxed income

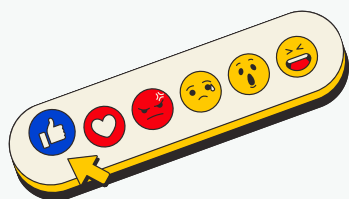
2023 tax information (1040's and W2's)

This includes your parents' tax information if you are a dependent student.

Am I an independent or dependent student?

What is a Studentaid.Gov account? A Studentaid.gov account is a username and password that gives you access to Federal Student Aid's online systems and can serve as your legal signature. (Only required if you are filling out the FAFSA , CAADA filers will have their own process).

U.S. Department of Education Digital Well-Being Challenge



Applications Now Open: Digital Well-Being Challenge.

Are you a student aged 13+ or an educator passionate about improving digital citizenship and well-being in your school community? This is your chance to make a difference!

The Digital Well-Being Challenge invites schools and students to tackle pressing topics like healthy social media use, digital citizenship education, and responsible technology policies. This exciting initiative is a collaborative effort between the U.S. Department of Education's Office of Educational Technology (OET) and the Substance Abuse and Mental Health Administration (SAMHSA) at the U.S.

Department of Health and Human Services.

What's in it for you?

- Collaborate as a school or district team to develop actionable solutions for local digital well-being challenges.
- Attend an exclusive virtual summit in March-April 2025 to connect with specialists in social media and youth mental health, safety- and privacy-by-design, and responsible technology use.
- Work with expert mentors to refine and implement your project ideas.
- Get at least \$1,000 in prize funding that can be used to support the implementation of your team project.
- Contribute to a Digital Well-Being Toolkit for national impact.

Don't miss this opportunity to shape the future of digital well-being in education.

Attend our Information Session: Wednesday, Dec. 18 from 3-4 p.m. ET.

Have questions about participating in the Digital Well-Being Challenge?

[Click here to register](#) to attend our information session to learn more about the Challenge and have your questions answered.

[Click here to apply](#) for the Challenge by **January 9!**

Together, we can empower school communities to thrive in the digital age.

Resources & Events



NEIGHBORHOOD COUNCILS
EMPOWER LA
Department of
NEIGHBORHOOD EMPOWERMENT

YOUTH LEADERSHIP NEIGHBORHOOD COUNCIL

YOUTH SEATS OPEN!

Are you 14 to 17 years of age?
Serve your community through the
Neighborhood Council system, network
with local leaders and elected officials,
sharpen your leadership skills, and get
involved in grassroots democracy!



**GET INVOLVED
CONTACT US:**

EmpowerLA.org | EngageLA@EmpowerLA.org

Available Youth Seats

CANOGA PARK | EMPOWERMENT CONGRESS CENTRAL | MISSION HILLS | NORTH
HOLLYWOOD | NORTH HOLLYWOOD WEST | NORTHRIDGE EAST | NORTHRIDGE SOUTH |
PANORAMA CITY | PORTER RANCH | RESEDA | SOUTH CENTRAL | STUDIO CITY | VAN NUYS |
VOICES | WEST ADAMS | WOODLAND HILLS-WARNER CENTER | ZAPATA-KING

Find your path. **ELEVATE** your career.

Learn more: bit.ly/YouthElevate

LA County youth ages 17-24 can explore new career pathways, partner with mentors, and earn \$17.28/hr through Youth@Work Elevate.

HOW ELEVATE CAN HELP

- Eligible youth* interns will be placed within high-growth business sectors
- Access paid work experience, training & mentoring for up to 400 hours
- Explore career pathways and find potential permanent employment

*Youth Eligibility Requirements:

- Current or former foster youth
- LGBTQ+
- Justice-Impacted
- Currently or previously experiencing housing instability/homelessness

DEO, LACWDB, and the Los Angeles County America's Job Centers of California are equal opportunity employers/programs. Auxiliary aids and services are available upon request to individuals with disabilities.

HOW YOU CAN START

- Visit bit.ly/YouthElevate to submit an interest form or application
- We will notify interested youth of eligibility and application opening date

For more information, contact us at elevateyouth@opportunity.lacounty.gov



Scan QR code to apply today!

department
of economic
opportunity
COUNTY OF LOS ANGELES





EMPOWERMENT CONGRESS SOUTHEAST AREA NEIGHBORHOOD DEVELOPMENT COUNCIL

ELECTIONS 2025

RUN FOR A POSITION AND BECOME A LOS ANGELES CITY PUBLIC OFFICIAL

PRESIDENT AREA REP 1A

IF YOU LIVE, WORK, GO TO SCHOOL OR HAVE A COMMUNITY INTEREST WITHIN THE NEIGHBORHOOD BOUNDARIES, YOU ARE ELIGIBLE TO RUN FOR THIS POSITION. DUTIES INCLUDE: RUNNING ALL BOARD MEETINGS, REPRESENTING THE BOARD BEFORE OTHER AGENCIES AND BODIES AND DIRECTING ALL BOARD MEMBERS.



IF YOU LIVE, WORK, GO TO SCHOOL OR HAVE A COMMUNITY INTEREST WITHIN THESE BOUNDARIES, YOU ARE ELIGIBLE TO RUN FOR THIS POSITION. FROM 84TH TO 98TH ST AND CENTRAL AVE TO THE 110 FWY. DUTIES INCLUDE ATTENDING BOARD EVENTS & MEETINGS AS A REPRESENTATIVE OF THIS AREA.



AREA REP 2A AREA REP 3A

IF YOU LIVE, WORK, GO TO SCHOOL OR HAVE A COMMUNITY INTEREST WITHIN THESE BOUNDARIES, YOU ARE ELIGIBLE TO RUN FOR THIS POSITION. FROM 80TH TO 111TH ST AND VERMONT AVE TO THE 110 FWY. DUTIES INCLUDE ATTENDING BOARD EVENTS & MEETINGS AS A REPRESENTATIVE OF THIS AREA.



IF YOU LIVE, WORK, GO TO SCHOOL OR HAVE A COMMUNITY INTEREST WITHIN THESE BOUNDARIES, YOU ARE ELIGIBLE TO RUN FOR THIS POSITION. FROM 98TH STREET TO 112TH AND CENTRAL AVE TO THE 110 FWY. DUTIES INCLUDE ATTENDING BOARD EVENTS & MEETINGS AS A REPRESENTATIVE OF THIS AREA.



**ALL APPLICANTS MUST BE 18 YEARS OF AGE OR OLDER
FILL OUT AN APPLICATION BEFORE JANUARY 13TH, 2025
ELECTION DAY TO TAKE PLACE APRIL 5TH, 2025**

**FOR MORE INFORMATION VISIT WWW.SOUTHEASTNC.ORG
OR EMAIL INFO@SOUTHEASTNC.ORG**

*A COMMUNITY INTEREST IS DEFINED AS BELONGING TO A FAITH BASED OR COMMUNITY BASED ORGANIZATION WITHIN THE BOUNDARIES OF THE NEIGHBORHOOD. FOR MORE INFORMATION, REFER TO OUR BYLAWS ON OUR WEBSITE BY SCANNING THE QR CODE.



LOS ANGELES COUNTY
YOUTH COMMISSION



Youth
COMMISSION



Youth
COMMISSION



Youth
COMMISSION



JOIN OUR TEAM

Youth Commissioners Wanted!

Interested? We encourage you to apply by 1/10/25

Questions? Email us at YouthCommission@bos.lacounty.gov

To Apply, Click the link below
or email us!

[HTTPS://YOUTHCOMMISSION.LACOUNTY.GOV/](https://youthcommission.lacounty.gov/)



LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

CalFresh Healthy Living FREE Produce Distribution Sites

For inquiries, please contact us at:
calfresh.healthyliving@lafoodbank.org

Health Clinics

Harbor UCLA Medical Center

1000 W Carson Blvd.,
Torrance 90502

Every Thursday 9 - 11 AM

MLK Outpatient Center

1670 East 120th Street
Los Angeles 90059

Every 1st and 4th Friday of the month
9 - 11 AM

Olive View Medical Center

14445 Olive View Drive
Sylmar 91342

Every 1st and 3rd Wednesday of the month
9:30 - 11:30 AM

Antelope Valley Wellness Community

335-B East Ave K-6
Lancaster 93535

Every 3rd Wednesday of the month
9:30 - 11:30AM

*Zev Yaroslavsky Family Support Center

7515 Van Nuys Blvd,
Van Nuys 91405

Every 1st Thursday of the month
9:30 - 11:30 AM

*San Fernando Health Center

1212 Pico Street
San Fernando 91340

Every 1st Thursday of the Month
9:30 - 11:30 AM

H. Claude Hudson Comprehensive Health Center

2829 S. Grand Ave
Los Angeles 90007

Every 3rd Tuesday of the month
9 - 11 AM

Community Centers

St. Brigids Church

5214 S. Western Avenue, Los Angeles 90059

Every 4th Wednesday of the month
1 - 3pm

Pomona Wellness Community

750 S. Park Avenue, Pomona 91766

Every 2nd Wednesday of the month
9 - 11 am

Curtis Tucker Center for Community Wellness

123 W Manchester Blvd. Inglewood 90301

Every 4th Thursday of the month
10 - 12 pm

Korean American Federation of Los Angeles

981 S. Western Ave, Los Angeles 90006

Every 3rd Tuesday of the month
9 - 11 AM

Parks

Lanark Park

21816 Lanark Street, Canoga Park 91304

Every 2nd Friday of the month
8- 10 AM

Obregon Park

4021 1st Street, Los Angeles, 90063

Every 3rd Friday of the month
9 -11 AM

Roosevelt Park

7600 Graham Avenue, Los Angeles 90001

Every 1st Tuesday of the month
9 - 11 AM

*Please note that these distributions alternate locations every month

Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.






LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

HOLIDAY BLUES MENTAL HEALTH TIPS

The holidays are a time for thankfulness, joy and togetherness between friends, family and loved ones. But for many people, the holiday season and winter months can also cause added stress, loneliness, and feelings of depression.

Here are some ways you can manage and find support during the holidays.



Feeling the holiday blues? You are not alone. Check out the Department of Mental Health's tips to help you navigate the holiday season. Call the Mental Health & Substance Use Help Line at 800-854-7771 or visit [Department of Mental Health](#) for support.