



# Thanksgiving FOOD DRIVE

Join us in giving, celebrating, and giving thanks. Your support helps local families in need enjoy a warm meal and a brighter future.

## Accepting Non-Perishable Items Such As:

Boxed meals  
Rice  
Canned Veggies  
Canned Fruit  
Beans

Pasta  
Sauces  
Dried Herbs/Spices  
Plates/Utensils  
Meat and Veggie Broth

## Drop Off Location

**AV Wellness Community**  
335-B East Ave K-6  
Lancaster CA 93535

## Items Will Be Collected

**NOVEMBER**

**1-22**



For More Information  
[AntelopeValleyWC@ph.lacounty.gov](mailto:AntelopeValleyWC@ph.lacounty.gov)



ATTEND 3 CLASSES,  
GET A **FREE** GIFT CARD!



JOIN US FOR A

**FREE**

# CHILI COOKING CLASS



Tuesday | Nov 19 | 11:30 AM

ANTELOPE VALLEY WELLNESS COMMUNITY

335-B East Ave K-6 Lancaster, CA 93535

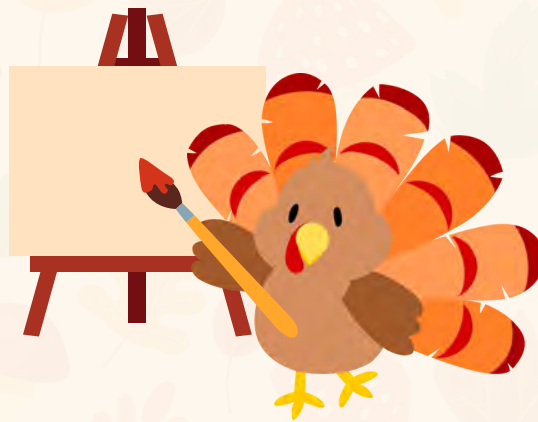
SCAN ME!



ATTEND 3 CLASSES,  
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CRAFTS, MUSIC AND FUN FOR THE KIDS!



# THANKSGIVING ARTS & CRAFTS

**FREE**

Thursday | Nov 21 | 1:30 PM

ANTELOPE VALLEY WELLNESS COMMUNITY

335-B East Ave K-6 Lancaster, CA 93535

SCAN  
ME!



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# Breastfeeding Support Group



## AV Wellness Community

335-B East Avenue K6  
Lancaster, CA 93535



## FREE!

No supplies needed. Snacks and drinks will be provided.



## 2024 Dates-Select Mondays

**SEPTEMBER: 9 & 23**

10:00 AM - 11:00 AM

**OCTOBER: 21 & 28**

10:00 AM - 11:00 AM

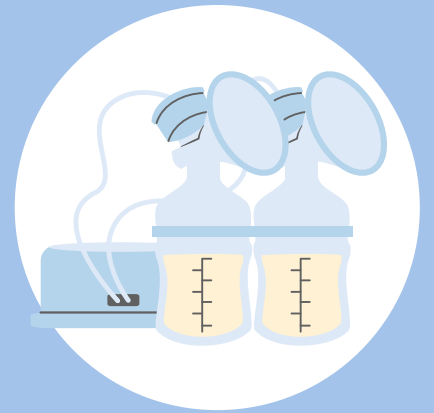
**NOVEMBER: 4 & 25**

10:00 AM - 11:00 AM

**DECEMBER: 9 & 16**

10:00 AM - 11:00 AM

Join our Breastfeeding Group to connect with other parents on the same journey as you. Share experiences, ask questions, and offer support in a welcoming environment. Build connections, gain knowledge, and feel supported on your breastfeeding journey.



## WALK-INS WELCOME

REGISTER IN ADVANCE >>>



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SCAN  
ME!



CONTACT US

661-471-4860, Ext. 3

AntelopeValleyWC@ph.lacounty.gov

<https://tinyurl.com/z5tfxyv5>

# ALL-SUBJECT TUTORING



## AV Wellness Community

335-B East Avenue K6  
Lancaster, CA 93535



## FREE!

School students can bring their  
homework and textbooks.



## WEDNESDAYS

3:30PM - 4:30PM

**August: 7, 14, 21, 28**

**September: 4, 11, 18, 25**

**October: 2, 9, 16, 23, 30**

**November: 6, 13, 20**

**December: 4, 11, 18**

Designed to support school students of all ages,  
our tutoring program aims to provide  
personalized assistance to help each student  
thrive.



## WALK-INS WELCOME

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# ALL SUBJECT TUTORING



## [AV Wellness Community](#)

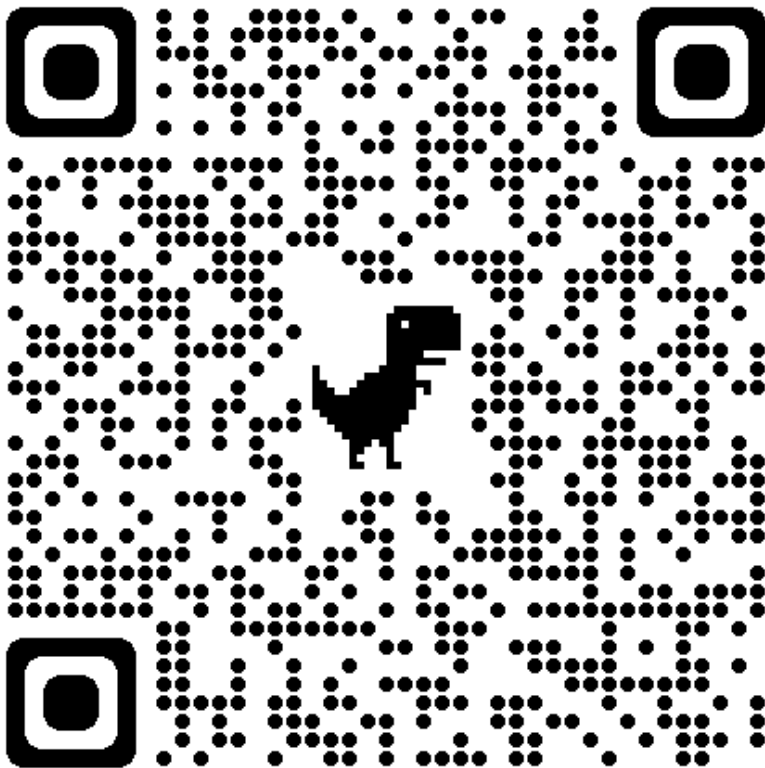
335-B East Avenue K6  
Lancaster, CA 93535



## **FREE!**

Students can bring their  
homework and textbooks

- The tutoring program aims to support students of all ages, foster a love for learning, boost confidence, and provide personalized assistance to help each student thrive.
- Our sessions include math, science, art, and several other subjects. Students are welcome to bring any assignments they need help with.



# Community Game Day

## AV Wellness Community

335-B East Avenue K-6

Lancaster, CA 93535

### 2024 DATES

#### Wednesdays

**AUGUST: 7 & 14**

10:00 AM - 11:00 AM

**SEPTEMBER: 4 & 11**

10:00 AM - 11:00 AM

**OCTOBER: 9 & 16**

10:00 AM - 11:00 AM

**NOVEMBER: 6 & 13**

10:00 AM - 11:00 AM

**DECEMBER: 4 & 11**

10:00 AM - 11:00 AM

## FREE EVENT!

Join us for a day of board games and friendly competition!

We'll have a variety of classic and modern games to play. Come play, compete, and have fun!

All ages are welcome.



**WALK-INS WELCOME**

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ME!**



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# TODDLER Tuesdays



## AV Wellness Community

335-B East Avenue K6  
Lancaster, CA 93535



## FREE!

No supplies needed. Snacks and drinks will be provided.



## 2024 DATES

**TUESDAY, OCTOBER 15**

10AM - 11AM

**TUESDAY, NOVEMBER 19**

10AM - 11AM

**TUESDAY, DECEMBER 17**

10AM - 11AM

Join us for a fun-filled hour of stories, new words, and imagination. Specially designed for our little ones to bond with their caregivers.



**WALK-INS WELCOME**

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# CAR SEAT SAFETY WORKSHOP

IS YOUR CHILD IN THE CORRECT SEAT?



## AV Wellness Community

335-B East Avenue K6  
Lancaster, CA 93535



## FREE!

Supplies provided. Snacks and drinks provided.

## 2024 DATES



### THURSDAY, JULY 25

4:00 PM - 6:00 PM

### THURSDAY, AUG 22

4:00 PM - 6:00 PM

### THURSDAY, SEPT 26

4:00 PM - 6:00 PM

### THURSDAY, OCT 24

4:00 PM - 6:00 PM

### THURSDAY, NOV 21

4:00 PM - 6:00 PM

This class, led by a Certified Child Passenger Safety Technician, explains California laws on securing children in cars. It covers various seats (infant to booster) to guide parents/caregivers in selecting the right one. Participants will receive hands-on training in installing seats, correctly using safety belts and the LATCH system.

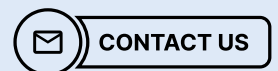
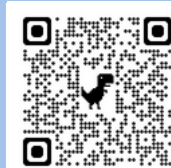
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# TALLER SOBRE ASIENTOS DE SEGURIDAD

¿ESTÁ SU HIJO EN EL ASIENTO ADECUADO?



## AV Wellness Community

335-B East Avenue K6  
Lancaster, CA 93535



## ¡GRATIS!

Todos los materiales son proporcionados.

## FECHAS DEL 2024



**JUEVES, 25 DE JULIO**

4:00 PM - 6:00 PM

**JUEVES, 22 DE AGOSTO**

4:00 PM - 6:00 PM

**JUEVES, 26 DE SEPTIEMBRE**

4:00 PM - 6:00 PM

**JUEVES, 24 DE OCTUBRE**

4:00 PM - 6:00 PM

**JUEVES, 28 DE NOVIEMBRE**

4:00 PM - 6:00 PM

Esta clase, dirigida por un Técnico Certificado en Seguridad de Pasajeros Infantiles, explica las leyes de California sobre niños en automóviles. Cubre varios tipos de asientos (desde infantiles hasta boosters) para orientar a los padres/cuidadores en la elección adecuada. Los participantes recibirán entrenamiento práctico en la instalación de asientos, el uso correcto de los cinturones de seguridad y el sistema LATCH.

## BIENVENIDOS SIN CITA

REGÍSTRESE CON ANTICIPACIÓN



¡ASISTE A 3 CLASES,  
CONSIGUE UNA TARJETA  
DE REGALO GRATIS!



ESCANÉAME



¡CONTÁCTENOS!

661-471-4860, extensión. 3

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