CURTIS TUCKER CENTER FOR COMMUNITY WELLNESS
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

COUNTY OF LOS ANGELES Public Health

November 2026

Schedule of FREE Virtual & In-Person Programming
*Schedule subject to change. Please visit our website for updates.

MON	TUE	WED	THU	FRI	SAT
2 10:00am – 11:00m | **Holiday Blues (IP)** 2:30pm – 5:00pm | **African Communities Public Health Coalition: Immigration Office Hours (V)** | To register: https://tinyurl.com/ACPHCOH	3 9:00am – 11:30am | **CardioSole Intermediate Advanced Line Dancing (IP)** 1:00pm – 2:00pm **| Teen and Substance Use (V)** 1:00pm – 2:30pm | **Career and Job Readiness Workshop (IP)** 5:45pm – 7:15pm | **CardioSole Beginners Line Dancing (IP)**	4 3:00pm – 4:00pm | **All for Kids: Beginner Yoga (IP)**	5 3:00pm – 4:00pm | **Yoga Class (IP)**	6 9:00am – 11:30am | **African Communities Public Health Coalition: Immigration Office Hours (V)** | To register: https://tinyurl.com/ACPHCOH 11:30am – 1:30pm | **CardioSole Beginners Line Dancing (IP)**	7 9:00am – 11:00am | **CardioSole Beginners Line Dancing (IP)** 1:00pm – 3:00pm | **Sircle of Wealth Event (IP)**
9 10:00am - 11:00am **| Relapse Prevention and Healthy Coping (V)** Join by Phone: (323) 776-6996 Passcode: 132 808 895 # 2:30pm – 5:00pm | **African Communities Public Health Coalition: Immigration Office Hours (V)** | To register: https://tinyurl.com/ACPHCOH	10 9:00am – 11:30am | **CardioSole Intermediate Advanced Line Dancing (IP)** 2:30pm – 3:30pm **| Being at Risk for Substance Use Disorder (IP)** 5:45pm – 7:45pm | **AD4L Soul Line Dancing (IP)**	11 	12 10:00am – 12:00pm | **Free Produce Distribution Event (IP)** Walk-up only, first-come first-served, while supplies last. 3:00pm – 4:00pm | **Yoga Class (IP)**	13 9:00am – 11:30am | **African Communities Public Health Coalition: Immigration Office Hours (V)** | To register: https://tinyurl.com/ACPHCOH 11:30am – 1:30pm | **CardioSole Beginners Line Dancing (IP)**	14
16 2:30pm – 5:00pm | **African Communities Public Health Coalition: Immigration Office Hours (V)** | To register: https://tinyurl.com/ACPHCOH	17 9:00am – 11:30am | **CardioSole Intermediate Advanced Line Dancing (IP)** 2:00pm – 3:00pm **| LAEP Community Baby Shower (IP)** 5:45pm – 7:15pm | **CardioSole Beginners Line Dancing (IP)**	18	19 10:00am – 12:00pm | **Free Produce Distribution Event (IP)** Walk-up only, first-come first-served, while supplies last. 3:00pm – 4:00pm | **Yoga Class (IP)**	20 9:00am – 11:30am | **African Communities Public Health Coalition: Immigration Office Hours (V)** | To register: https://tinyurl.com/ACPHCOH 10:00am – 11:00am | **Cannabis 101 (V)** 11:30am – 1:30pm | **CardioSole Beginners Line Dancing (IP)**	21 9:00am – 11:00am | **CardioSole Beginners Line Dancing (IP)**

(IP) - In Person (V) - Virtual, Click Title to Join

MON	TUE	WED	THU	FRI	SAT
23 **2:30pm – 5:00pm** | **African Communities Public Health Coalition: Immigration Office Hours (V)** | To register: https://tinyurl.com/ACPHCOH	24 **9:00am – 11:30am** | **CardioSole Intermediate Advanced Line Dancing (IP)** **5:45pm – 7:45pm** | **AD4L Soul Line Dancing (IP)**	25 **3:00pm – 4:00pm** | **All for Kids: Gardening Class (IP)**	26	27	28
30 **2:30pm – 5:00pm** | **African Communities Public Health Coalition: Immigration Office Hours (V)** | To register: https://tinyurl.com/ACPHCOH					

To register for the program, please contact the instructor:

AD4L Soul Line Dancing | **Stacy:** (323) 804-0918

CardioSole Line Dancing | **Donetta:** (323) 445-4491

Kinship Academy Monthly Training | **Mary:** (310) 908-4183

Gardening Workshop | **Tiffany:** tiffanyjackson@allforkids.org

Sircle of Success, Career & Readiness Workshop | **Jania:** (424) 331-1249

Being at Risk for Substance Use Disorder | **Krystal:** kmousseau@ph.lacounty.gov

123 W. Manchester Blvd.
Inglewood, CA 90301
http://publichealth.lacounty.gov/chs/CTCCW.htm

Programming Hours

Monday: 8:00 AM - 4:00 PM
Tuesday: 8:00 AM - 7:30 PM
Wednesday - Friday: 8:00 AM - 4:00 PM
Saturday: 8:00 AM - 3:00 PM
Sunday: Closed

For more information, to partner with the Curtis Tucker Center for Community Wellness, or to be added to our listserv please contact:
CurtisTuckerCCW@ph.lacounty.gov

(IP) - In Person
(V) - Virtual
Click Title to Join

CURTIS TUCKER CENTER FOR COMMUNITY WELLNESS
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

County of Los Angeles Public Health

Noviembre 2026

Agenda de Programación Virtual y En Persona GRATIS

*Agenda sujeta a cambios. Por favor, visite nuestro sitio web para actualizaciones.

Las clases en rojo se ofrecen en Español

LUN	MAR	MIE	JUE	VIE	SAB
2 10:00am – 11:00m | **Tristeza en Días Festivos (EP)** 2:30pm – 5:00pm | **African Communities Public Health Coalition: Horas de Oficina de Inmigración (V)** | Para registrarse: https://tinyurl.com/ACPHCOH	**3** 9:00am – 11:30am | **CardioSole Clase de Baile Intermedio Avanzado (EP)** 1:00pm – 2:00pm **| El consumo de sustancias en adolescentes (V)** 1:00pm - 2:30pm | **Taller de Preparación Profesional y Laboral (EP)** 5:45pm – 7:15pm | **CardioSole Clase de Baile para Principiantes (EP)**	**4** 3:00pm – 4:00pm | **All for Kids: Yoga para Principantes (EP)**	**5** 3:00pm – 4:00pm | **Clase de Yoga (EP)**	**6** 9:00am – 11:30am | **African Communities Public Health Coalition: Horas de Oficina de Inmigración (V)** Para registrarse: https://tinyurl.com/ACPHCOH 11:30am – 1:30pm | **CardioSole Clase de Baile para Principiantes (EP)**	**7** 9:00am – 11:00am | **CardioSole Clase de Baile para Principiantes (EP)** 1:00pm – 3:00pm **| Evento de Círculo de Riqueza (EP)**
9 10:00am - 11:00am **| Prevención de Recaídas y Afrontamiento Saludable (V)** Unase por telefono: (323) 776-6996 Contrasena: 132 808 895 # 2:30pm – 5:00pm | **African Communities Public Health Coalition: Horas de Oficina de Inmigración (V) | Para registrarse: Immigration Office Hours (V) | To register: https://tinyurl.com/ACPHCOH**	**10** 9:00am – 11:30am | **CardioSole Clase de Baile Intermedio Avanzado (EP)** 2:30pm – 3:30pm **| Estar en Riesgo de Abuso de Sustancias (EP)** 5:45pm – 7:15pm | **AD4L Clase de Baile (EP)**	**11** 	**12** 10:00am – 12:00pm **| Evento GRATIS de Distribución de Alimentos (EP)** Por orden de llegada. Hasta que se acaben los alimentos. 3:00pm – 4:00pm | **Clase de Yoga (EP)**	**13** 9:00am – 11:30am | **African Communities Public Health Coalition: Horas de Oficina de Inmigración (V)** Para registrarse: https://tinyurl.com/ACPHCOH 11:30am – 1:30pm | **CardioSole Clase de Baile para Principiantes (EP)**	**14**
16 2:30pm – 5:00pm | **African Communities Public Health Coalition: Horas de Oficina de Inmigración (V)** | Para registrarse: https://tinyurl.com/ACPHCOH	**17** 9:00am – 11:30am | **CardioSole Clase de Baile Intermedio Avanzado (EP)** 2:00pm – 3:00pm **| Baby Shower Comunitario de LAEP (EP)** 5:45pm – 7:15pm | **CardioSole Clase de Baile para Principiantes (EP)**	**18**	**19** 10:00am - 12:00pm **| Evento GRATIS de Distribución de Alimentos (EP)** Por orden de llegada. Hasta que se acaben los alimentos. 3:00pm – 4:00pm | **Clase de Yoga (EP)**	**20** 9:00am – 11:30am | **African Communities Public Health Coalition: Horas de Oficina de Inmigración (V)** Para registrarse: https://tinyurl.com/ACPHCOH 10:00am – 11:00am | **Introducción al Cannabis (V)** Unase por telefono: (323) 776-6996 Contrasena: 132 808 895 # 11:30am – 1:30pm | **CardioSole Clase de Baile para Principiantes (EP)**	**21** 9:00am – 11:00am | **CardioSole Clase de Baile para Principiantes (EP)**

(Spanish)

(EP)- En Persona (V)- Virtual, Haga Clic en el Título Para Unirse

LUN	MAR	MIE	JUE	VIE	SAB
23 **2:30pm – 5:00pm** | **African Communities Public Health Coalition: Horas de Oficina de Inmigración (V)** | Para registrarse: https://tinyurl.com/ACPHCOH	24 **9:00am – 11:30am** | **CardioSole Clase de Baile Intermedio Avanzado (EP)** **5:45pm – 7:45pm** | **AD4L Clase de Baile (EP)**	25 **3:00pm – 4:00pm** | **All for Kids: Clase de Jardenería (EP)**	26	27	28
30 **2:30pm - 5:00pm** | **African Communities Public Health Coalition: Horas de Oficina de Inmigración (V)** | Para registrarse: https://tinyurl.com/ACPHCOH					

Para registrarse en el programa, por favor contacte al instructor:

AD4L Clase de Baile | **Stacy**: (323) 804-0918

CardioSole Clase de Baile | **Donetta**: (323) 445-4491

Entrenamiento Mensual de Kinship Academy | **Mary**: (310) 908-4183

Taller de Jardinería | **Tiffany**: tiffanyjackson@allforkids.org

Sircle of Success - Taller de Preparación Profesional y Laboral | **Jania**: (424) 331-1249

Estar en Riesgo de Abuso de Sustancias | **Krystal**: kmousseau@ph.lacounty.gov

123 W. Manchester Blvd.
Inglewood, CA 90301

http://publichealth.lacounty.gov/chs/CTCCW.htm

Horarios de Programación

Lunes: 8:00 AM - 4:00 PM
Martes: 8:00 AM - 7:30 PM
Miércoles - Viernes: 8:00 AM - 4:00 PM
Sábado: 8:00 AM - 3:00 PM

Para obtener más información, asociarse con el Centro Curtis Tucker para el Bienestar Comunitario, o para que lo agreguen a nuestra lista de correos, comuníquese con:

CurtisTuckerCCW@ph.lacounty.gov

(Spanish)
(EP)- En Persona
(V)- Virtual
Haga Clic en el Título Para Unirse