SPA 8 Regional Health Office
LA County Public Health Monthly Newsletter

May 2026 **Lea este boletín en Español**

May is Mental Health Awareness Month

Every year in May, we celebrate Mental Health Awareness Month. Established in the United States in 1949, this observance promotes awareness of mental health and highlights how it can impact an individual's overall well-being.

This month aims to reduce stigma, increase education on mental health issues and encourage individuals to seek treatment when needed. Take this opportunity to check in with yourself and your loved ones, and to prioritize mental health and well-being.

If you or someone you know is interested in free or low-cost mental health services, you can visit the LA County Department of Mental Health website: **https://dmh.lacounty.gov/** or call the Help Line at **(800) 854-7771.** For mental health emergencies, please call or text **988.**

May Observances

Women's Health Month

The goal of Women's Health Month is to empower women to make their health a priority and help women understand what steps they can take to improve their health.

This includes seeking medical help when you need it, but it also involves engaging in preventive care to keep you healthy, like scheduling checkups, examinations, vaccinations, living a healthy lifestyle, and more.

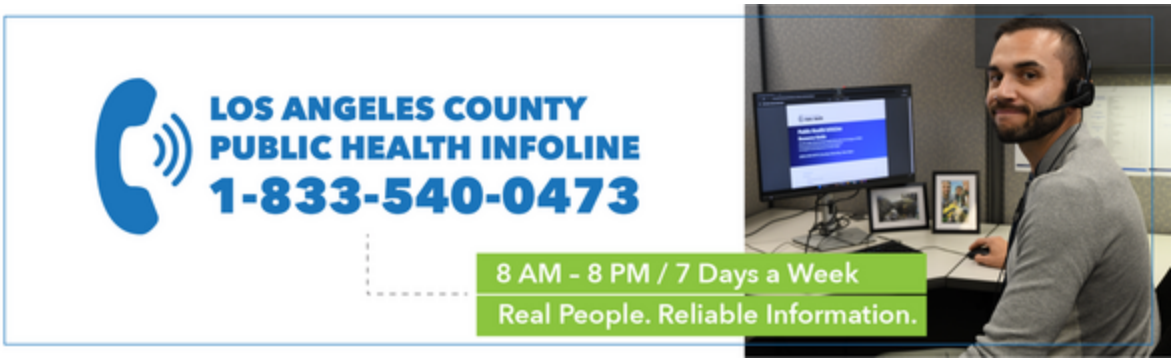
Women's Health Month also acts as an opportunity to educate women on the most common risks to their health, the symptoms, the warning signs, and when they should seek medical attention, so they know when something is out of the ordinary.

For more information on some common health concerns for women, please visit the Los Angeles County Office of Women's Health website here: **https://tinyurl.com/5yzyzt6t.**

National Nurses' Month

National Nurses Month is an annual observance in the United States that celebrates the significant contributions nurses make to the healthcare industry. It is a time to recognize and appreciate the dedication, hard work, and sacrifices nurses make every day to provide high-quality patient care.

DPH Resources



Los Angeles County Public Health InfoLine

The Los Angeles County Public Health InfoLine aims to expand the range of resources Public Health can provide over the phone, strengthen community trust by offering a live person to speak with, and serve as a vital line of communication during 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:

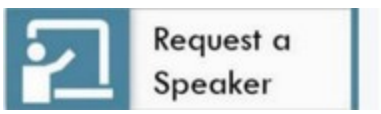
- COVID-19
- Mpox
- Insurance/Coverage
- Domestic Violence
- HIV & STDs/STIs
- Vaccinations
- Women's Health
- Nutrition
- Oral Health
- And much more!

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. Its mission is to collaborate to improve access to 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 the latest ICLAC news, please visit: **https://immunizelac.org/**

Need a Presentation on Cholesterol, Diabetes, Nutrition, Hands-Only CPR, or Another Health Topic?



The Los Angeles County Department of Public Health offers a variety of presentations, including flu and mpox. If you would like to schedule a presentation for your organization, click the link below to submit **SPA 8 Presentation Request.**:
https://forms.office.com/g/0ZhnyHpDH1

Office of Violence Prevention - Gun Violence Restraining Orders

A Gun Violence Restraining Order, or (GVRO) is a law approved by the State of California in 2016. A GVRO allows family members, household members, certain 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 a magazine for a specified period of time, ranging from 21 days to five years.

To learn more aboutwho can request a GVRO, and how to do so, please click this link: **http://tinyurl.com/y3hfb575**.

Free Naloxone Clinics

Several Los Angeles County public libraries are hosting **free** naloxone clinics. Naloxone is a life-saving 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: **http://tinyurl.com/y5z2edu3**

SPA 8 Resources and Upcoming Events

Free Food and Produce Distribution

Free produce distribution is held on the second Thursday of each month at the Curtis Tucker Center for Community Wellness (CCW).

Upcoming distribution will take place on Thursday, May 7, 2026 and May 21, 2026, from 10:00am to 12:00pm.

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

Come join us for FREE gardening workshops!

Discover the joys of gardening and get hands-on experience in sustainable gardening practices with our dedicated and knowledgeable instructors!

Curtis Tucker Center for Community Wellness
123 W Manchester Blvd, Inglewood, CA 90301

WORKSHOPS	TOPIC & METHOD	DATE(S)	TIME
Introduction to Garden Sustainability	Gardening (In-Person)	May 5th	2:00 PM - 3:00 PM
Ongoing Garden Chores	Gardening (In-Person)	May 6th	3:00 PM - 4:00 PM
Introduction to Composting	Gardening (In-Person)	May 13th	11:00AM - 12:00PM
Rotating Your Leafy Friends	Gardening (In-Person)	May 27th	3:00 PM - 4:00 PM
Composting with Worms	Gardening (In-Person)	May 29th	2:00 PM - 3:30 PM

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

CalFresh HEALTHY LIVING

REGISTER TODAY!

Catholic Charities of Los Angeles, Inc.

SCAN ME

**Scan the QR Code or go to https://forms.gle/4RRMeviYvReHTfjX7 and fill out the form to register.*

For More Information : Nina Ames | (213) 574-5921 | names@ccharities.org

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HEALTH MATTERS CLINIC PRESENTS · MAY 2026

UNSTOPPABLE SEASON

MENTAL HEALTH AWARENESS MONTH · THREE EVENTS · ONE MISSION

HOSTED BY
DAVE HELEM

01/ THREE

MOVE

LIVE UNSTOPPABLE WALK/RUN

CONVERSATION · WARMUP · 1.5-MILE WALK/RUN

May 9th · 8AM

123 W Manchester Blvd, Inglewood, CA

IN-PERSON

02/ THREE

HEAL

UNSTOPPABLE WELLNESS MEETUP

MOVEMENT · SELF-CARE · COMMUNITY

May 20th · 5:45PM

123 W Manchester Blvd, Inglewood, CA

IN-PERSON

03/ THREE

TRANSFORM

THE UNSTOPPABLE EXPERIENCE

CONVERSATION · TOOLS · ACTION

May 27th · 7PM

Virtual · Live
Free to Join

+ MACBOOK GIVEAWAY

FREE EVENT · ALL ARE WELCOME · REGISTER NOW AT HEALTHMATTERS.CLINIC/TAKEACTIONLA

SCAN ME!

FEATURED GUESTS

ISSA RAE · TAHIR MOORE · BECHIR SYLVAIN · KALAKI CLARKE, MD · DAWN BOUNDS, PHD, PMHNP-BC, FAAN · & MORE

Focus On U Therapy

Stretching & Strengthen Class

Whether you're new to stretching or an experienced stretching enthusiast, this workshop is tailored for all skill levels. Discover effective stretching techniques that will boost your flexibility, ease muscle tension, and enhance your overall physical performance.

May 4, 11, 18
Time: 10 - 10:45am

May 6, 13, 20, 27
Time: 9 - 9:45am

Curtis Tucker Center for Community Wellness
123 W Manchester Blvd.
Inglewood, CA 90301

Registration Link: https://tinyurl.com/CCWStretch

For more information, please email:
Foutherapy@yahoo.com

SAPC | Substance Abuse Prevention and Control

JOIN OUR MONTHLY WORKSHOPS
Virtual Presentations

May 2026

Monday, May 4th
1:00 PM – 2:00 PM
Stigma and Substance Use Disorders
Presenter: Barbara LaBon

Tuesday, May 12th
1:00 PM – 2:00 PM
Substance Use in Your Community
Presenter: Steven Cagle

Wednesday, May 20th
11:00 AM – 12:00 PM
Alcohol 101
Presenter: Krystal Mousseau

Join Here

June 2026

Thursday, June 4th
10:00 AM – 11:00 AM
Meth 101
Presenter: Luis Renteria

Tuesday, June 9th
10:00 AM – 11:00 AM
Being at Risk for Substance Use Disorders
Presenter: Emiliano Juarez

Tuesday, June 23rd
11:00 AM – 12:00 PM
Health Consequences of Substance Use
Presenter: Renee Razo

Monday, June 29th
1:00 PM – 2:00 PM
Substance Use in Your Community
Presenter: Steven Cagle

OUR SERVICES

Substance Use Disorder Screening

Presentations

Referral for Prevention and Treatment

Contact us for more information: Steven Cagle

SCagle@ph.lacounty.gov

(323) 236-6307

Resource Navigator

The Department of Public Health aims to assist communities affected by past drug policies and connect individuals to resources. Please complete the form as thoroughly as possible so we can best serve your needs.

Please complete the intake form here: https://tinyurl.com/2s35jwuz

For more information contact: dph-navigator@ph.lacounty.gov

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

Free Outdoor Wi-Fi at Select LA County Libraries

The Los Angeles County Library offers free Wi-Fi at their libraries and parking lots. To visit a LA County Library location please click **here**.

To access the Wi-Fi, you must bring a Wi-Fi enabled device to connect to CountyLibraryWiFi. For more information, please clink this link: **https://lacountylibrary.org/wifi/**.

Free CPR Classes

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

Vaccinate L.A. Newsletter

Sign up for the COVID-19 Vaccine Newsletter to stay updated on COVID-19 related facts. Visit **VaccinateLACounty.com** to learn more about:

- **In-home vaccines**
- **Vaccine schedule**
- **Vaccine data**
- **Vaccine records**
- **Vaccine facts - English | Español**

Useful Links and Resources

iPrevail Online Mental Health Resource
COVID-19 Vaccination Distribution Dashboard
COVID-19 Vaccine Information
COVID-19 Testing
For more information on COVID-19, please visit our website County's COVID-19
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
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
Follow LA County Public Health on Instagram, Facebook, and Twitter: @lapublichealth

COUNTY OF LOS ANGELES
Public Health

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