



SPA 5 & 6 Early Connections Monthly Newsletter (Family, Infant, & Child Health)

Greetings Partners,

This is the March '25 SPA 5 & 6 Early Connections (Family, Infant, & Child Health) Newsletter. This newsletter highlights local resources and information for families and children.

March is Women's History Month

- Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as “Women’s History Week.”
- Since 1995, presidents have issued a series of annual proclamations designating the month of March as “Women’s History Month.”
- [\(LINK\)](#)

International Women's Day (March 8)

- International Women's Day (IWD) has been around for over a hundred years, as have many of the issues still impacting women's advancement.
- Since 1911, IWD belongs to all who care about women's equality. Celebrate women's achievement. Raise awareness about discrimination. Take action to forge gender parity.
- All IWD activity is valid, that's what makes IWD so inclusive.
- [\(LINK\)](#)

Important Information

WIC RESOURCES FOR FAMILIES:
The Women, Infants and Children Program (WIC) offers nutrition education, breastfeeding support, community referrals, and healthy food options for babies, in-person, virtually, or by phone. Get more information and apply for WIC online at [Apply for WIC Online - Sign Up Here | PHFE WIC](#)

Help Me Grow LA helps families find services that can support their child's development. Call (833) 903-3972 or visit HelpMeGrowLA.org

Refer Your Friend or Family to Head Start
Do you have a friend or family member that can benefit from Early Head Start or Head Start? Have them call 1-877-Pre-K-Kid today!

If you're experiencing a **mental health crisis**, please call the National Suicide and Crisis Lifeline at 9-8-8, the [LA County Department of Mental Health Help Line](#) at (800) 854-7771 Available 24/7



<http://publichealth.lacounty.gov/chs/SPA5/index.htm>
<http://publichealth.lacounty.gov/chs/SPA6/index.htm>

Vanessa Hernandez-Zermeno, MSN RN PHN
 Community Liaison Public Health Nurse
 11833 S Wilmington Ave
 Los Angeles, Ca 90059
 County Cell # 323-406-3033
vhernandezzermeno@ph.lacounty.gov



International Women's Day



Together we can forge
women's equality.

Collectively we can all

#AccelerateAction.



March 8

www.internationalwomensday.com

LIFE SKILLS PROGRAM

HOSTED BY PRETTY WOMEN PRAY NOT PREY

Our Grow & Glow Life Skills Program empowers **girls ages 11-18** with essential tools for personal growth and success through monthly workshops. The program culminates in a one month summer session packed with hands-on activities and opportunities for meaningful connection and self-discovery.

WHAT YOU'LL LEARN

- ✓ Confidence & Self Esteem Building
- ✓ Effective Communication Skills
- ✓ Practical Life Skills
- ✓ Emotional Well Being

MEETING DATES

Saturday, February 8th 12pm - 3pm
Saturday, March 8th 10am - 1pm
Saturday, April 12th 10am - 1pm
Saturday, May 10th 10am - 1pm

LOCATION

Earvin "Magic" Johnson Park -
Oak Room
905 E. El Segundo Blvd
LA, CA 90059



HOLLY J. MITCHELL
LOS ANGELES COUNTY SUPERVISOR ♦ 2ND DISTRICT

SUMMER PROGRAM

Monday - Friday
June 16th - July 11th
11am - 6pm

THERE IS A SMALL, AFFORDABLE FEE TO PARTICIPATE IN THE SUMMER PROGRAM.

REGISTER AT

www.prettywomenpraynotprey.com

SIGN UP TODAY

Questions? Please contact us at info@prettywomenpraynotprey.com



TUESDAY
MARCH 11, 4-8PM

**FREE
WORKSHOP**

Beads & Bonding

This month, we are excited to welcome **Tessie Cleveland Community Services Corporation** for an important discussion on the **Rights & Policies of Immigrants**. The session will focus on understanding legal protections, accessing services, and knowing your basic rights.

In addition, we'll be offering a **Kandi bead bracelet/Perler bead** making activity, providing a therapeutic outlet for self-expression and relaxation.

Martin Luther King Jr. Center for Public Health
11833 S. Wilmington Avenue Los Angeles, CA 90059

Contact: Shamika
Sossey@ph.lacounty.gov
For more information call
323-568-8732



COUNTY OF LOS ANGELES
Public Health



MARTES
11 DE MARZO, 4-8PM

**TALLER
GRATUITO**

PARTICIPA EN NUESTROS EMOCIONANTE TALLER

Cuentas y conexión

Este mes, nos complace darle la bienvenida a **Tessie Cleveland Community Services Corporation** para una importante charla sobre los **derechos y políticas de los inmigrantes**. La sesión se centrará en comprender las protecciones legales, acceder a los servicios y conocer sus derechos básicos.

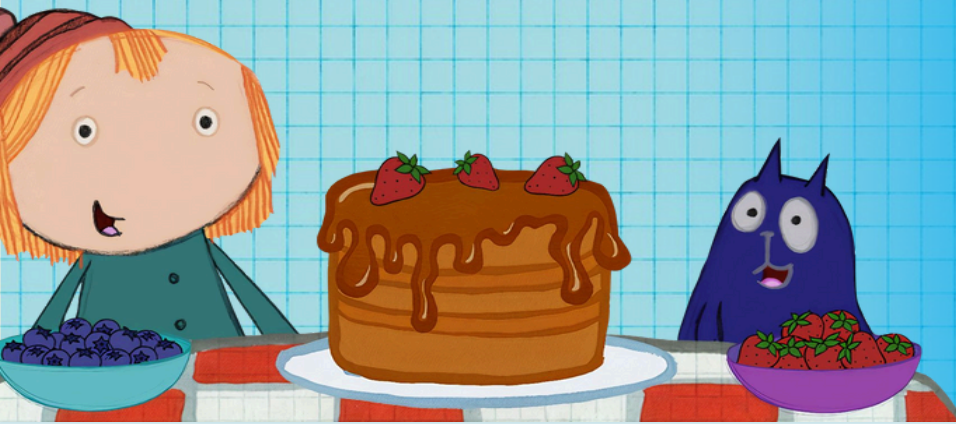
Además, ofreceremos una actividad para hacer **pulseras con cuentas Kandi o Perler**, lo que brindará una salida terapéutica para la autoexpresión y la relajación.

Martin Luther King Jr. Center for Public Health
11833 S. Wilmington Avenue Los Angeles, CA 90059

Contacto: Shamika
Sossey@ph.lacounty.gov
Para más información llame
323-568-8732



COUNTY OF LOS ANGELES
Public Health



Eat and Play with peg+cat

JOIN US!

Join PBS SoCal for a series of 4 workshops
with Peg + Cat!

The workshops will inspire children's natural curiosity about math and guide families in supporting their children's math learning through hands-on activities. A light meal and materials will be provided. Space is limited!

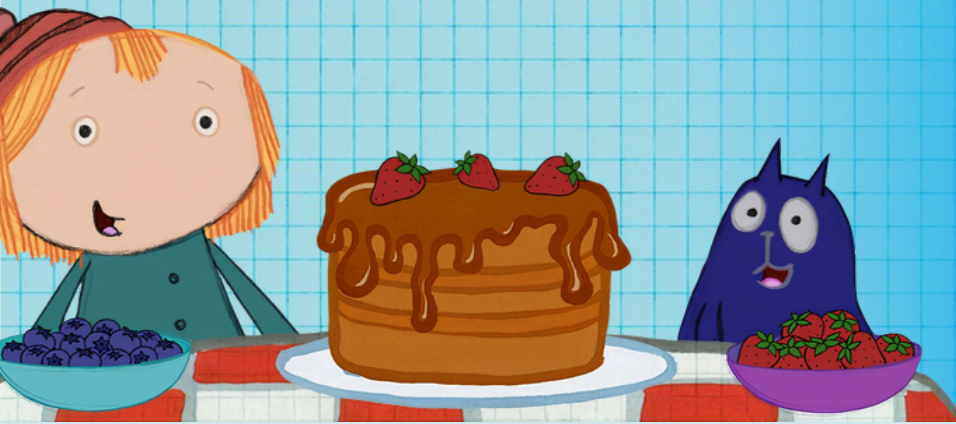
Eat and Play with Peg + Cat is best suited for families with children ages 3 and older.

Saturdays, 11 AM - 12 PM
February 1, 15, March 1, 15

[Register Here](#)



Address: 11833 Wilmington Ave, Los Angeles, CA 90059



Convive y
juega con
peg+cat

¡ÚNETE A NOSOTROS!

¡Únase a PBS SoCal en una serie de 4 talleres
con Peg + Cat!

Los talleres inspirarán la curiosidad de los niños por las matemáticas y ayudarán a las familias a guiar el aprendizaje de sus niños a través de actividades matemáticas. Se proporcionarán materiales y una comida ligera ¡Espacio limitado!

Convive y juega con Peg + Cat es adecuado para familias con niños mayores de 3 años.

Sabados, 11 AM - 12 PM
Febrero 1, 15, Marzo 1, 15

[Registrar aquí](#)



Presented by the Childhood Lead Poisoning Prevention Program and
SPA 6 Martin Luther King Jr. Center for Public Health

Lead 101 Workshop

Learn about how you can protect yourself and your family from lead exposure and practical prevention measures against lead poisoning.



**MLK COMMUNITY HEALING &
TRAUMA PREVENTION CENTER**

11833 Wilmington Ave.,
Los Angeles, CA 90059



**WEDNESDAY
MARCH 19, 2025**



English 4:00 PM - 5:00 PM
Spanish 5:00 PM - 6:00 PM



MLK Community Healing and Trauma Prevention Center



LEAD IS A POISON. TEST YOUR CHILDREN
1-800-LA-4-LEAD
CHILDHOOD LEAD POISONING PREVENTION PROGRAM



THE AAIMM DOULA ADVISORY COMMITTEE INVITES YOU TO

MEET THE VILLAGE



COMMUNITY RESOURCES, GIFT GIVEAWAYS, FOOD, GAMES, AND MORE!



MARCH 25, 2025
FROM 11:00AM - 2:00PM



MLK, JR. CENTER FOR PUBLIC HEALTH
11833 WILMINGTON AVE,
LOS ANGELES, CA 90059

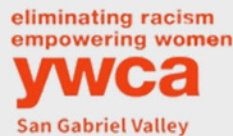


MORE INFORMATION:
AAIMMDOULAS@PH.LACOUNTY.GOV

IN COLLABORATION WITH:



SCAN QR CODE TO RSVP





Community Resource Center

<https://www.communityresourcecenterla.org>

LA Care Community Resource Centers offer free in-person classes and services to help keep the community active, healthy and informed.

Locations (in SPA5 &6):

- [West LA Center](#)
- [Lynwood](#)
- [South LA](#)

On-Demand Classes

Youtube: Community Resource Centers
([LINK](#))

Free CPR Classes

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



Rapid Response Senior Meal Program

[The City of Los Angeles Department of Aging Rapid Response Senior Meals Program \(RRSMP\) is now open for enrollment.](#) The RRSMP offers (5) home-delivered meals weekly to individuals 60+ in the City of Los Angeles, prioritizing those with the most significant economic and social needs.

To sign up: <http://tinyurl.com/54whawar>

To check if you are within LA City limits: <http://tinyurl.com/4jk82dmn>



CONNECTING WITH YOUR CHILD

A 10-week parent workshop for caregivers
with children 0-5 years old*

*Using the Attachment Vitamins curriculum developed by
University of California San Francisco (UCSF)

TOPICS INCLUDE:

- Connection
- Child Development
- Child's Experiences
- Caregivers' Experiences
- Peer Support



**SCAN THE QR CODE OR
CALL TO REGISTER**

For more information call (323) 864-0109

CONECTANDO CON SU NIÑO

Un taller de 10 semanas para cuidadores con niños de 0 a 5 años de edad*

*Usando el currículo de Vitaminas de Apego desarrollado por la Universidad de California en San Francisco (UCSF)

TEMAS INCLUYE:

- Conexión
- Desarrollo infantil
- Experiencias del niño
- Experiencias del cuidador
- Apoyo entre cuidadores



**ESCANEA EL CODIGO QR
O LLAME PARA
REGISTRARSE**

Para más información llame (323) 864-0109



Who Do I Call for Help?

9-1-1

to report crimes, fires, and medical emergencies when law enforcement, firefighters, or paramedics are needed



800-854-7771

for crisis response teams in the field or mental health and substance use resources through the 24/7 LACDMH Help Line



9-8-8

for support with suicidal crisis or mental health-related distress



988 | SUICIDE & CRISIS LIFELINE

2-1-1

for general information on local resources or linkages and referrals to health, human, and social services



¿A Quién Llamo para Pedir Ayuda?

9-1-1

para reportar delitos, incendios y emergencias médicas cuando se necesitan agentes de la policía, bomberos, o paramédicos



800-854-7771

para equipos de respuesta rápida a crisis en la comunidad o recursos de salud mental y uso de sustancias a través de la línea de ayuda LACDMH disponible 24/7.



9-8-8

para apoyo en crisis de suicidio o dificultades relacionadas con la salud mental



988 | SUICIDE & CRISIS LIFELINE

2-1-1

para obtener información general sobre recursos locales o vínculos/enlaces y referencias a servicios de salud, servicios humanos y sociales

