

LA County DPH Regional Health Office

Service Provider Areas (SPAs) 5 & 6

Monthly Newsletter

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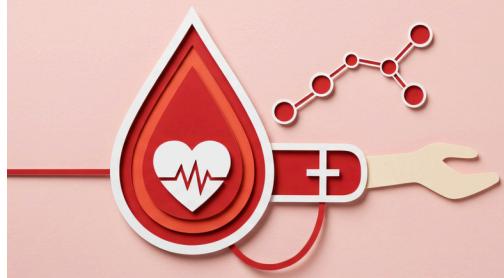
Useful Links

Observances

January 19th

Martin Luther King Jr. Day

NATIONAL BLOOD DONATION MONTH



January is recognized as National Blood Donation Month. Donating blood plays a crucial role in supporting patients of all ages, including accident survivors, individuals undergoing surgery, and those battling cancer, among others.

- **Spread the word:** Encourage your family and friends to understand the significance of blood donation and its life-saving potential.
- **Find a local drive:** The Red Cross provides resources to help you locate the nearest blood donation event.

Click [here](#) to learn more about how you can contribute or where to donate blood.



MLK JR CENTER FOR PUBLIC HEALTH

11833 S. Wilmington Ave. Los Angeles CA 90059

Visit our Regional Health Offices serving the communities of Athens, Compton, Crenshaw, Florence, Hyde Park, Lynwood, Paramount, and Watts.

BIRD FLU/SALMONELLA

UPDATE

What is H5 Bird Flu?

Bird flu is a type of flu virus that usually affects wild birds, like ducks and geese. Scientists also call it Avian Influenza. Right now, a specific version called H5N1 is spreading quickly. It has been found in farm animals like chickens and turkeys, and even in dairy cows in the United States.

The virus spreads when someone (or another animal) touches an infected bird or its waste. It can also spread if someone drinks raw milk or eats raw meat that has the virus in it.

Is it dangerous for me and my family?

For most people, the risk of getting sick is very low. However, the virus can be dangerous for people who are around infected animals every day. This includes:

- Farmers who work with cows or chickens.
- People who have pet chickens in their backyard.
- People who drink raw milk (milk that hasn't been heated to kill germs) or eat undercooked meat.

How to protect your pets and animals

- Keep pets safe: Cats can get very sick or even die if they eat raw meat or drink raw milk that has the virus.
- Watch your backyard chickens: Wild birds can drop germs into your yard. If your chickens get sick, they could pass the virus to you or your pets.

To stay updated on safety tips, you can check the CDC's Bird Flu Information page.



Visit CDC for more information

HEALTH KICK STARTS



**As we embark on the new year,
let's remember to prioritize healthy habits!**

Mental Health and Wellness

Click [here](#) for Mental Health resources

Schedule Routine visits

Click [here](#) for free or low cost health care coverage

Nutrition and Fitness Kickstarts

Click [here](#) for Nutrition resources

"HEALTH REFRESH: RESET YOUR ROUTINE"

MLK Healing Center Featured Programs



The MLK Healing & Trauma Prevention Center

The MLK Healing and Trauma Prevention Center, or "Healing Center," offers services to help children, families, and individuals improve their well-being. It is located in the MLK Center for Public Health and serves the South LA communities of Watts, Willowbrook, and Compton (SPA 6). The center provides support for mental health, substance use, and overall health and wellness.

All activities are FREE and open to the community.

For more information, contact MLKHealingCenter@ph.lacounty.gov.

To view our monthly calendar, please visit the MLK Healing Center website [here](#).

MLK Healing Center Featured Programs

Insights from Our Positive Affirmation Workshop

Take a look at highlights from our positive affirmation workshop! We featured a bilingual presentation along with an engaging activity where participants decorated their own affirmation jars.



I can do this
I believe in me
I am loved



MLK Healing Center Featured Programs



SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?
WE ARE HERE TO HELP

FOOD	HOUSING	HEALTHCARE	EDUCATION	EMPLOYMENT
CHILDCARE	TRANSPORTATION	UTILITIES	LEGAL AID	ELDER CARE
EMOTIONAL HEALTH	FINANCIAL ASSISTANCE	DOMESTIC VIOLENCE	SUBSTANCE USE & RECOVERY	AND MORE...

FOR MORE INFORMATION CONTACT:
SCAN ME 
DPH-NAVIGATOR@PH.LACOUNTY.GOV

KIMBERLEY MARTINEZ
SYSTEMS NAVIGATOR
(213) 760-2904

California Community Reinvestment Grants Program (CCRG) is funded by Governor's Office of Business and Economic Development (GO-BED).  County of Los Angeles Public Health  CCC WELLNESS COMMUNITY 



SCAN QR
FOR HELP.

Need resource assistance? Reach out to our systems navigator for needs, such as housing, food financial assistance.

[Click here to download flyer.](#)



213-360-2904



DPH-NAVIGATOR@PH.LACOUNTY.GOV



CAFECITO CHATS

RAFFLE GIVE-AWAYS



JANUARY 15
10:00AM -11:00AM

MLK JR. CENTER FOR PUBLIC HEALTH
11833 S. Wilmington Ave.
Los Angeles CA 90059

Join us as we discuss mental health topics and enjoy a cup of coffee.

LOS ANGELES COUNTY MENTAL HEALTH  County of Los Angeles Public Health 

Join us for coffee and mental health discussions

[Click here to download flyer.](#)



TASTY THURSDAY

JOIN US FIRST AND THIRD THURSDAY FOR PRODUCE GIVEAWAY

Dates: **JANUARY 15TH** **STARTS AT 12 PM**

MLK JR. CENTER FOR PUBLIC HEALTH
11833 S. Wilmington Ave.
Los Angeles CA 90059

For more information call 323-568-8732



Join us on the first and third Thursday for produce giveaway.

[Click here to download flyer.](#)



FREE WORKSHOP

JANUARY 14, 2026
FEBRUARY 11, 2026
MARCH 17, 2026
TIME: 12:00 - 4:00PM

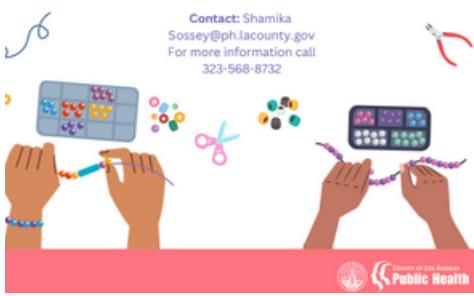
PARTICIPATE IN OUR EXCITING WORKSHOP

Beads & Bonding

Exploring mental health first aid awareness through Kandi bead bracelet/ Perler bead making. Offering a therapeutic outlet for 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





Join us in crafting your own bracelets.

[Click here to download flyer.](#)

MLK Healing Center Featured Programs

SAPC Community Engagement

JOIN OUR MONTHLY WORKSHOPS

Virtual Presentations

Tuesday
January 6, 2025
10:00am - 11:00am

Substance Use in Your
Community



Or, Click Here

Wednesday
January 7, 2025
10:00am - 11:00am

Understanding the risk of
Cannabis



Or, Click Here

Thursday
January 8, 2025
10:00am - 11:00am

Recognizing and Responding to
an Overdose with Naloxone



Or, Click Here

OUR SERVICES



Substance Use
Disorder
Screening



Presentations



Referral for
prevention
and
treatment

Contact us for more information: Luis A. Renteria

 LuisA.Renteria@ph.lacounty.gov

 323-568-8188



COUNTY OF LOS ANGELES
Public Health

Community Resources



Help Me Grow LA PARENT AND FAMILY CAFÉ!

Learn about: Expressive and Receptive Language for toddlers using Baby ASL and Social Stories !!!

Jan 9th and 23rd 2026

Feb 13th and 27th 2026

March 13th 2026

10:00 AM - 11:00 AM

10:00 AM - 11:00AM

10:00 AM - 11:00 AM

Microsoft Teams Virtual Meeting

Join via the the teams link below

CLICK HERE

FREE: REGISTER HERE!



A safe space to gather, support other parents, share stories and experiences, plus learn about important resources for child development or special health care needs.

Community Resources

Winter Shelter November 1st – March 31st

The Winter Shelter Program is held annually to protect people experiencing homelessness during Los Angeles's colder months. Winter Shelters are located all across the County and will be operating 24 hours a day.

People in need of transportation should go to 211la.org and use the chat feature to request a ride. Winter Shelter Hotline 2 - 1 - 1 or visit: Winter Shelter 2025-2026 | 211LA

WHO IS ELIGIBLE FOR SEASONAL WINTER SHELTER?

Seasonal Winter Shelter sites serve:

- Households consisting of 1-2 persons over the age of 18
- Experiencing unsheltered homelessness

For more information, please click the link below for the flyers:



Community Resources

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS

Join us for Public Health Talks, a series of virtual webinars brought to you by Health Education Services at the Martin Luther King Jr. Center for Public Health.

Tune in to learn more about various public health topics, get your questions answered, and share resources for the South LA (SPA 6) community.

Mental Health and Whole Person Wellbeing:
January 20th 2:00 - 3:00pm

Social Media Safety:
February 17th 11:00 - 12:00 pm

Vision: Healthy People in Healthy Communities

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Tune in to learn more about various public health topics, get your questions answered, and share resources for the South LA (SPA 6) community.

Mental Health and Whole - Person Wellbeing

Join us for our Tuesday topic, **Mental Health and Whole Person Wellbeing**, where we will define Mental Health, describe the impact of Mental Health among youth and adults, share LA County Mental Health resources, and engage in activities that support Mental Health.

**January 20th , 2025
2:00- 3:00 PM**

REGISTER HERE:



<https://tinyurl.com/bxl3x7ye>

Vision: Healthy People in Healthy Communities

PUBLIC HEALTH TALKS



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Tune in to learn more about various public health topics, get your questions answered, and share resources for the South LA (SPA 6) community.

Social Media Safety

Join us for our Tuesday Topic: **Social Media Safety**. We'll delve into the significance of reducing harm associated with social media, explore its impact on overall well-being, and identify signs of emergencies related to its usage. Learn how to implement Social Media First Aid to address excessive engagement and discover ways to enhance the safety of your social media experience.

**Februeary 17th , 2025
11:00- 12:00 PM**

REGISTER HERE:



<https://tinyurl.com/2fvf8zm>

Community Resources



LOS ANGELES COUNTY
EMERGENCY
RENT RELIEF

RENT RELIEF FOR LA COUNTY

If you fell behind on rent because of recent emergencies, your landlord may qualify for financial assistance that can help you stay housed.

OVERVIEW

The LA County Emergency Rent Relief Program provides direct financial assistance to landlords whose tenants cannot pay rent due to emergencies like the January 7 wildfires or other qualifying financial hardships.

HOW IT HELPS TENANTS

While tenants cannot apply directly, the program is designed to prevent eviction, reduce rental debt, and stabilize housing for LA County residents.

Your landlord must submit the application, but your eligibility as a tenant matters and can help determine if the landlord qualifies.

HOW MUCH SUPPORT IS AVAILABLE

Your landlord may receive:

- Up to (6) six months of unpaid rent
- For a maximum of \$15,000 per unit
- Applied to eligible rental debt, utilities, and verified related expenses

Once awarded, landlords must clear the rental debt covered by the grant.

WHO MAY BENEFIT

Tenants may benefit from this program if:

- You rent a unit in Los Angeles County
- You fell behind on rent due to emergencies or financial hardship that began on or after January 7, 2025
- You currently live in the unit where the rental debt was accrued

PRIORITY WILL BE GIVEN TO:

- Units located in high or highest-need areas in the LA County Equity Explorer Tool
- Households with income below 80% AMI
- Landlords willing to resolve all rental debt for the eligible period upon receipt of grant.
- Landlords who own four (4) or fewer rental units.

WHAT TENANTS CAN DO NOW

While the application is not open yet, complete the interest form at LACountyRentRelief.com and include your landlord's contact information so we can notify them directly. You can also encourage your landlord to sign up for updates and to apply once the application opens.

For more information and to sign up for updates visit LACountyRentRelief.com

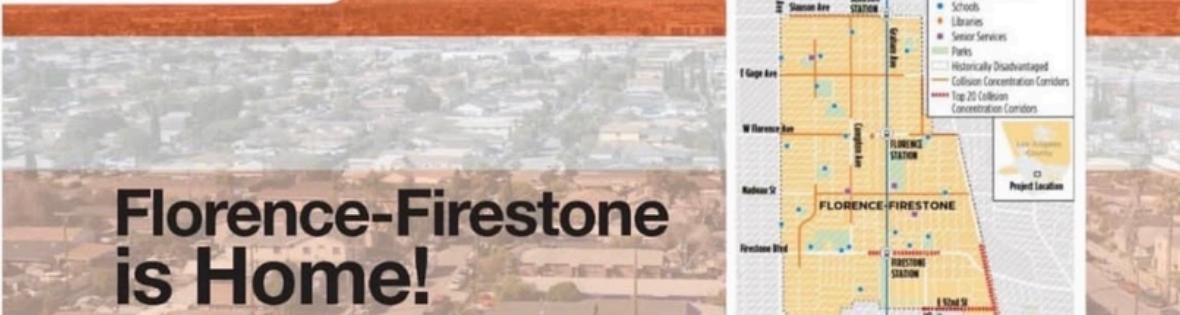
This overview does not include all program details; please visit our website for full eligibility and requirements.

For more information please click [here](#).

Community Resources



hollyjmitchell



Florence-Firestone is Home!

Are you?

- A resident of unincorporated Florence-Firestone
- Age 18 & older
- Living in a household with income at or below 200% of the Federal Poverty Level
- A renter or homeowner in financial distress (e.g., eviction notice, past-due rent/mortgage/utilities)

St. John's Community Health has \$500 cash grants available for Florence-Firestone residents.

- No immigration requirements
- No payback
- Simple application

When to apply?

Application open period is from 12/15/2025-01/31/2026.

Selection of qualified applicants will be by lottery.

Anyone can apply regardless of immigration status.

How to apply?

Scan QR Code →

or visit link.

<https://www.sjch.org/florence-firestone-is-home>



Any questions?

Please email us at FlorenceFirestoneishome@sjch.org

***Please note:** To receive payments through this program directly, you must complete a W-9 form for St. John's Community Health. If you cannot provide a W-9, payments go directly to your landlord. All individuals, regardless of immigration status, may apply.



Made possible by Supervisor Holly J. Mitchell's 2nd District Community Budget and the Re-Imagine LA Coalition.

[For more information please click here.](#)

Community Resources



ESTHER'S LIFT EMERGENCY FUND

Providing short-term emergency financial assistance to college students facing unexpected hardships that may impact their ability to remain enrolled.

- ✓ Up to \$250 in emergency aid
- ✓ Critical student expenses
- ✓ Documentation required
- ✓ Rolling review



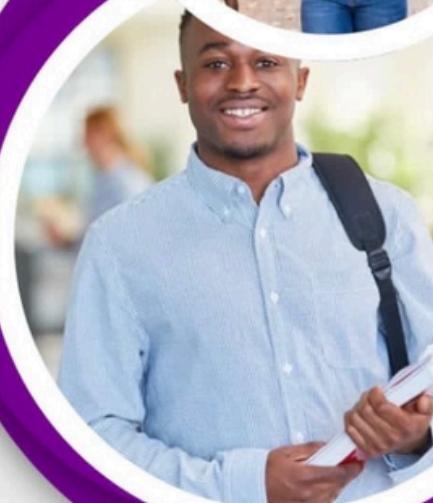
Application Review Timeline

5–7 Business Days



Questions?

scholarships@estherfundsinc.org



APPLY NOW



www.estherfundsfoundation.org/scholarships

[For more information please click here.](#)

IMMIGRATION SUPPORT

Recent federal actions targeting immigrant communities, who are the heartbeat of Los Angeles, have created deep fear for many across Los Angeles County. These events have disrupted daily life for individuals and families, who are often left without essential resources and services. The Department of Public Health remains committed to supporting all residents, regardless of immigration status.

This page offers information and resources to help individuals and families stay informed, connected, and supported during this time.

- **Legal Resources** - Find free or low-cost legal help for immigration issues and documentation.
- **Food Assistance** - Locate food banks and learn about food assistance and access.
- **Mental Health Resources** - Access mental health support services, including help lines and youth-focused programs.
- **General Support** - Information about rights, education, and resources for immigrant families.

Find direct links to immigration support services and live workshops please click [here](#).

Useful Links

[Flu Vaccines](#)

[Get Ahead LA Financial Resources](#)

[iPrevail Online Mental Health Resource](#)

[LA County America's Job Center of California](#)

[LA County's Office of Immigrant Affairs](#)

[LA County Youth Suicide Prevention Project](#)

[LA Department of Water & Power Bill Credit](#)

[LA Public Health Podcast](#)

[Laptop and Hotspot Loans from LA County Libraries](#)

[Mental Health Support \(800\) 854-7771 or text "LA" to 741741](#)

[Metro LIFE Program](#)

[National Suicide Prevention Lifeline](#)

[Opportunity LA: Child Savings Account for LAUSD Students](#)

[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](#)

[VaccinateLACounty.com](#)

For additional resources, please dial 2-1-1

For more information on COVID-19, please [visit our website](#)

Follow LA County Public Health on Instagram, Facebook, and

Twitter: @lapublichealth

