

LA County DPH Regional Health Office

Service Provider Areas (SPAs) 5 & 6

Monthly Newsletter

IN THIS ISSUE

January 2026

National Blood Donation Month

Bird Flu/Salmonella

Health Kick Starts

Healing Center Programs

Community Resources

Public Health Resources

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](https://www.cdc.gov/birdflu) 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.



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

KIMBERLEY MARTINEZ
SYSTEMS NAVIGATOR
(213) 760-2904

DPH-NAVIGATOR@PH.LACOUNTY.GOV

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

County of Los Angeles Department of Public Health

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



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

County of Los Angeles Department of Public Health

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

Click [here](#) to download flyer.



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.



Join us for coffee and mental health discussions

Click [here](#) to download flyer.



FREE WORKSHOP

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

County of Los Angeles Department of Public Health

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



lrenteria@ph.lacounty.gov



323-568-8188



COUNTY OF LOS ANGELES
Public Health



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.

Help Me
Grow | LA



COUNTY OF LOS ANGELES
Public Health

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](https://www.lahsa.org/winter-shelter)

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:



November 1, 2025 – March 31, 2026

Winter Shelter Season Efforts



WINTER SEASON STRATEGY

LAHSA is utilizing four strategies to address the needs of people experiencing homelessness during the winter months in FY 25-26:

- Outreach Engagement
- Warming Centers
- Seasonal Winter Shelters
- Emergency Response Program

OUTREACH

Outreach teams continuously engage unsheltered individuals to build rapport, refer them to interim housing and permanent housing resources, and assist them in collecting essential documents.

Throughout the winter, they identify individuals who are highly vulnerable to winter weather and provide information on available warming centers, shelter services, and permanent housing resources.

SEASONAL WINTER SHELTERS

Seasonal Winter Shelters are open continuously from November 1 to March 31. They help save lives by providing people experiencing unsheltered homelessness with a warm place to stay during the cold winter months. They accept people on a first-come-first-serve basis and are open either 12-14 hours or 24/7.

Participants receive a cot or bed, three meals per day, access to bathrooms and showers, and supportive services to transition to other housing opportunities. During severe weather, the Emergency Response Program will be activated to increase capacity and bring more people indoors.

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

THE EMERGENCY RESPONSE PROGRAM

The City or County of Los Angeles may activate the Emergency Response Program in the event of severe cold, rain, or other emergency.

The Emergency Response Program uses the following strategies to increase bed capacity rapidly so more people can come safely inside:

- Expanded capacity at existing interim housing sites
- Utilization of hotel/motel vouchers
- Pop-up shelters at parks and recreation facilities, churches, and other facilities

The public and outreach teams will be notified of an activation via:

- Constant Contact notification
- Coordination Calls
- Release of flyers
- Social Media
- Website Update: [LAHSA.org/Emergency-Response](https://www.lahsa.org/Emergency-Response)

WARMING CENTERS

Warming centers are facilities that are open to the public that individuals experiencing homelessness can utilize to come indoors from the rain/cold. They include:

1. Libraries
2. Community Centers
3. Recreation facilities
4. Malls and other public spaces

- Individuals who are experiencing unsheltered homelessness are encouraged to utilize these spaces to come indoors from the rain/cold.
- Outreach teams will share information on warming center locations with participants and will also be available online.
- For more information on these resources please visit:
 - For LA County - Ready LA County: <https://ready.lacounty.gov/>
 - For LA City - Climate Equity LA: <https://www.climateequity.org/>

HOW DO PEOPLE ACCESS A SHELTER?

1. Self-referral

Below is a list of Seasonal Winter Shelter locations and their addresses. Participants can go directly to the shelter. The shelters accept individuals on a first-come-first-serve basis if space is available. Individuals can call 2-1-1 or 1-800-548-4047 from any phone to check availability at Seasonal Winter Shelter and Emergency Response Program Shelter (when activated). They may also request information on traditional interim housing sites and request transportation to the site.

2.211 LA

Participants can call 2-1-1 or 1-800-548-4047 from any phone to check availability, request a referral, and be transported to and from traditional interim housing, Seasonal Winter Shelter, and Emergency Response Program sites (when activated). 211 can also check on the availability of hotel/motel vouchers.


3. Outreach Teams

Individuals can ask outreach teams to refer them and transport them to the shelter. If the Emergency Response Program is activated and hotel/motel vouchers are available, outreach workers can assist them in getting a hotel/motel voucher.

Phone: (213) 225 – 6581
Email: wintershelter@lahsa.org




Last Updated:
09/10/25

Page 1



Del 1.º de noviembre de 2025 al 31 de marzo de 2026

Esfuerzos para la temporada de abrigo invernal



ESTRATEGIA PARA LA TEMPORADA DE INVIERNO

Las Autoridades de Servicios para Personas sin Hogar de Los Ángeles (Los Angeles Homeless Services Authority, LAHSA) está utilizando cuatro estrategias para abordar las necesidades de las personas sin hogar durante los meses de invierno en el año fiscal 2025-26:

- Compromiso de divulgación.
- Centros de abrigo.
- Albergues para la temporada de invierno
- Programa de Respuesta de Emergencia

DISeminación

Los equipos de divulgación se relacionan continuamente con las personas sin albergue para establecer relaciones, remitirlos a recursos de alojamiento provisional y permanente y ayudarlos a recopilar documentos esenciales.

Durante todo el invierno, identifican a las personas más vulnerables al clima invernal y brindan información sobre los centros de abrigo disponibles, servicios de albergue y recursos de alojamiento permanente.

ALBERGUES PARA LA TEMPORADA DE INVIERNO

Los albergues para la temporada de invierno están abiertos continuamente desde el 1.º de noviembre hasta el 31 de marzo. Ayudan a salvar vidas al brindarles a las personas sin hogar y sin albergue un lugar cálido para la permanencia durante los fríos meses de invierno. Aceptan personas por orden de llegada y están abiertos de 12 a 14 horas o las 24 horas del día, los 7 días de la semana.

Los participantes reciben una cuna o cama, tres comidas al día, acceso a baños y duchas y servicios de apoyo para la transición a otras oportunidades de alojamiento. En caso de mal tiempo, se activará el Programa de Respuesta de Emergencia para aumentar la capacidad y trasladar a más personas al interior.

¿QUIÉN ES ELEGIBLE PARA EL ALBERGUE DE TEMPORADA DE INVIERNO?

Los sitios de albergue para la temporada de invierno prestan servicios:

- Hogares formados por 1 o 2 personas mayores de 18 años.
- Ser una persona sin hogar que viven en la calle

PROGRAMA DE RESPUESTA DE EMERGENCIA

La ciudad o el condado de Los Ángeles puede activar el Programa de Respuesta de Emergencia en caso de frío intenso, lluvia u otra emergencia.

El Programa de Respuesta de Emergencia aplica las siguientes estrategias para aumentar rápidamente la capacidad de camas, para que más personas puedan ingresar con seguridad:

- Aumento de la capacidad en los sitios de alojamiento provisional existentes.
- Uso de vales de hotel o motel.
- Albergues improvisados en parques e instalaciones recreativas, iglesias y otras instalaciones.

Se notificará a los equipos de divulgación y al público sobre la activación mediante:

- Notificación de contacto constante.
- Convocatorias de coordinación.
- Publicación de folletos.
- Redes sociales.
- Actualización del sitio web: [LAHSA.org/Emergency-Response](https://www.lahsa.org/Emergency-Response)

CENTROS DE ABRIGO

Los centros de abrigo son instalaciones abiertas al público que las personas sin hogar pueden utilizar para protegerse de la lluvia o el frío. Incluyen:

1. Bibliotecas
2. Centros comunitarios
3. Instalaciones recreativas
4. Centros comerciales y otros espacios públicos

- Se anima a las personas sin hogar y sin albergue a que utilicen estos espacios para protegerse de la lluvia y el frío.
- Los equipos de divulgación compartirán información sobre las instalaciones de los centros de abrigo con los participantes y también estará disponible en línea.
- Para obtener más información sobre estos recursos, visite:
 - Para el condado de Los Ángeles (LA): condado de Ready, LA: <https://ready.lacounty.gov/>
 - Para la ciudad de LA, Climate Equity LA: <https://www.climateequity.org/>

¿CÓMO SE ACCEDERÍA A UN ALBERGUE?

1. Auto-remisión

A continuación se muestra una lista de las instalaciones de los albergues de la temporada de invierno y sus direcciones. Los participantes pueden ir directamente al albergue. Los albergues aceptan personas por orden de llegada si hay espacio disponible. Las personas pueden llamar al 2-1-1 o al 1-800-548-4047 desde cualquier teléfono para consultar la disponibilidad en el albergue de la temporada de invierno y en el albergue del Programa de Respuesta de Emergencia (cuando esté activado). También pueden solicitar información sobre lugares tradicionales de alojamiento provisional y solicitar transporte hasta el lugar.

2.211 LA

Las personas pueden llamar al 2-1-1 o al 1-800-548-4047 desde cualquier teléfono para consultar la disponibilidad, solicitar una remisión y ser transportadas hacia y desde los alojamientos provisionales tradicionales, el albergue de temporada de invierno y los sitios del Programa de Respuesta de Emergencia (cuando estén activados), en el 211 también puede consultar la disponibilidad de vales de hotel o motel.

3. Equipos de divulgación

Las personas pueden pedir a los equipos de divulgación que les remitan y les transporten al albergue. Si se activa el Programa de Respuesta de Emergencia y hay vales de hotel o motel disponibles, los trabajadores de divulgación pueden ayudar a obtener un vale de hotel o motel.

Teléfono: (213) 225 – 6581
Correo electrónico: wintershelter@lahsa.org

Última actualización:
10 de septiembre de 2025

Página 1

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

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

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/bxl3x7ys>

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.

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.

February 17th , 2025
11:00- 12:00 PM

REGISTER HERE:



<https://tinyurl.com/2fzvf8zm>

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



hollyjmittchell

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.



www.wellchild.org @WELLCHILD.ORG



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

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



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.

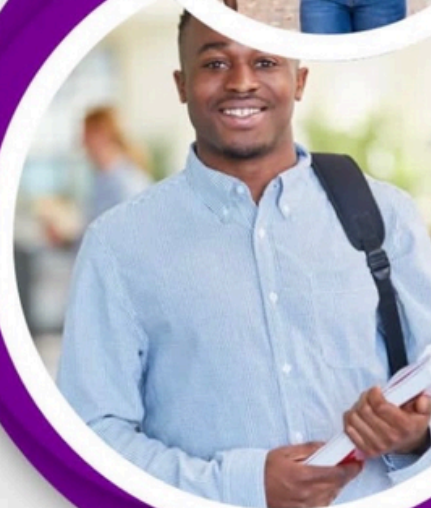
- ✓ Up to \$250 in emergency aid
- ✓ Critical student expenses
- ✓ Documentation required
- ✓ Rolling review



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

