

WHAT'S GOING ON

JULY

SPA 5/6



African American Infant and Maternal Mortality Prevention Initiative

The countywide coalition of the African American Infant and Maternal Mortality (AAIMM) Initiative addresses the disproportionately high rates of Black infant and maternal deaths. They are dedicated to ensuring healthy and joyous births for Black families in LA County.


To learn more click here: [AAIMM](#)

Maternal Mental Health NOW

Maternal Mental Health NOW is a project of community partners in Los Angeles County. Their mission is to remove barriers to the prevention, screening, and treatment of prenatal and postpartum depression in LA County.

To learn more click here: [MMHN](#)

WHAT'S GOING ON



MARINA DEL REY *4th of July*
FIREWORKS SHOW

THURSDAY, JULY 4, 2024 | 9 PM

Celebrate with a spectacular 20-minute fireworks display over the water in Marina del Rey!

View the show from nearly anywhere in Marina del Rey, Venice Pier, Playa Vista, and Dockweiler Beach. You can enjoy music synchronized to the show at the following locations:

BURTON CHACE PARK - 13650 Mindanao Way
FISHERMAN'S VILLAGE - 13755 Fiji Way

TRANSPORTATION & PARKING

Beach Shuttle:	10 AM - 8 PM
WaterBus:	11 AM - 11 PM
County Parking Lots:	\$11 - \$20

FOR MORE INFORMATION:
marinadelrey.lacounty.gov
424.526.7900



CONNECT WITH US!
f i X @LACDBH
#iloveMDR



WHAT'S GOING ON



Community Resource Center



LYNWOOD



Friday,
July 19, 2024



10am - 2pm



3200 E Imperial Hwy
Lynwood, CA 90262

Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities. Blue Shield Promise is an independent licensee of the Blue Shield Association.

FREE School Supplies & Backpack Giveaway for Students*

Bring the entire family to kick off the new school year with this fun event!

*One backpack per student, while supplies last. Ages 3 years old & up. Students should be present. Limited quantity may be available for students who are not present.



For additional information, visit communityresourcecenterla.org or call 310.661.3000 (TTY 711), Monday – Friday from 9 a.m. - 6 p.m.

LA2342.0524

WHAT'S GOING ON

BACK TO SCHOOL



DONATIONS DUE BY JULY 30th

Back to school is around the corner and we want to provide K-12 children with a backpack and essential items to succeed in school. Join us in the collection of backpacks of your choice filled with school items. Please see list below for examples;

- NOTEBOOKS
- PENCILS
- ERASERS
- DIVIDERS
- RULERS
- GLUE STICKS
- PENCIL POUCHES
- PENS
- BINDERS/FOLDERS
- PAPER
- HIGHLIGHTERS
- CRAYONS
- COLORED PENCILS
- LEAD REFILLS
- PENCIL SHARPENERS

Please have all completed "Back packs" no later than July 30th

Please see or contact:

Debrina Campbell: (323) 568-8781 or Dcampbell2@ph.lacounty.gov

Jacqueline Ruiz: 213-820-3497 or Jruiz2@ph.lacounty.gov

WHAT'S GOING ON



COUNTY OF LOS ANGELES DEPARTMENT OF
**Parks &
Recreation**

PARKSAFTER **DARK**
COUNTY OF LOS ANGELES DEPARTMENT OF PARKS & RECREATION

**SUMMER
POOL**

THURSDAYS & FRIDAYS
7 - 10 PM
SATURDAYS
6 - 10 PM
FROM JUNE 13TH TO AUGUST 3RD

Parks After Dark returns for the 2024 summer season with FREE activities at 16 LA County Park Pools. Bring your family and friends to a LA County Pool location for a free summer movie night or a variety of free activities! Free programs offered for all ages and interests: sports, fitness, wellness, educational, games and more!

**CONTACT YOUR LOCAL LA COUNTY POOL FOR
MORE INFORMATION OR VISIT US ONLINE:
PARKS.LACOUNTY.GOV/PAD**

Hilda L. Solis

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Holly J. Mitchell

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Lindsey Horvath

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Janice Hahn

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Kathryn Barger

LOS ANGELES COUNTY BOARD OF SUPERVISORS

WHAT'S GOING ON



COUNTY OF LOS ANGELES DEPARTMENT OF
**Parks &
Recreation**

PARKS AFTER DARK
COUNTY OF LOS ANGELES DEPARTMENT OF PARKS & RECREATION

**THURSDAYS
FROM JUNE 13TH TO AUGUST 1ST**



TEEN ZONE SUMMER PAD



6PM - 10PM



Parks After Dark returns for the 2024 summer season with FREE activities at 34 LA County parks. We invite all Teenagers from the ages of 13 to 18 to enjoy all the free activities our parks have to offer such as sports, fitness, wellness, food, games, concerts, movies and much more!

PARKS.LACOUNTY.GOV/PAD

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WHAT'S GOING ON



Parks & Recreation
COUNTY OF LOS ANGELES DEPARTMENT OF PARKS & RECREATION

PARKS AFTER DARK
COUNTY OF LOS ANGELES DEPARTMENT OF PARKS & RECREATION

FROM JUNE 13TH TO AUGUST 1ST

SUMMER PAD

SENIOR SOCIAL HOUR

THURSDAYS FROM 6:00 PM - 7:30PM

Parks After Dark returns for the 2024 summer season with FREE activities at LA County Parks. We invite our older individuals to spend Thursdays nights at LA County Parks location for free summer activities! Free programs offered for older people. Programs such as fitness, wellness, educational, food, games and more!

 PARKS.LACOUNTY.GOV/PAD

Hilda L. Soils | Holly J. Mitchell | Lindsey Horvath | Janice Hahn | Kathryn Barger



Parks & Recreation
COUNTY OF LOS ANGELES DEPARTMENT OF PARKS & RECREATION

PARKS AFTER DARK
COUNTY OF LOS ANGELES DEPARTMENT OF PARKS & RECREATION

FROM JUNE 13TH TO AUGUST 3RD

SUMMER PAD

6PM-10PM

THURSDAYS, FRIDAYS, & SATURDAYS

Parks After Dark returns for the 2024 summer season with FREE activities at 34 LA County parks. Bring your family and friends to an LA County Parks location for a free summer concert, movie night or a variety of free activities! Free programs offered for all ages and interests: sports, fitness, wellness, educational, food, games and more!

 PARKS.LACOUNTY.GOV/PAD

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THE DEPARTMENT OF BEACHES AND HARBORS PRESENTS:

FREE! **2024 BEACH MOVIE NIGHTS**

DOCKWEILER YOUTH CENTER | 12505 Vista del Mar, Playa del Rey, CA 90293

Enjoy FREE family-friendly movie screenings on the sand, by the waves, and under the stars at the Dockweiler Youth Center, Friday nights this summer! Be sure to bring blankets and bundle up.

JUNE 7 TEENAGE MUTANT NINJA TURTLES: MUTANT MAYHEM	JUNE 14 SHREK	JUNE 21 UNDER THE BOARDWALK	JUNE 28 THE MIGHTY DUCKS	JULY 5 FINDING NEMO	JULY 12 SPACE JAM
JULY 19 MIGRATION	JULY 26 LILO AND STITCH	AUG. 2 WISH	AUG. 9 KUNG FU PANDA 4	AUG. 16 THE LITTLE MERMAID	AUG. 23 RUBY GILMAN, TEENAGE AWAKEN
					AUG. 30 TROLLS BAND TOGETHER

FRIDAY NIGHTS **8 pm**

 FOR MORE INFORMATION: BEACHES.LACOUNTY.GOV

CONNECT WITH US: 

2024 BEACH MOVIE NIGHTS AT DOCKWEILER YOUTH CENTER

Friday Nights: June 7 – August 30 | 8:00 p.m.

Dockweiler Youth Center
12505 Vista del Mar
Playa del Rey, CA 90293

Join the LA County Department of Beaches & Harbors for FREE family-friendly movie nights on the sand and underneath the stars. Watch on Friday Nights this summer featuring screenings of *Shrek*, *Finding Nemo*, *Space Jam*, *The Little Mermaid*, and more. Visit [2024 Beach Movie Nights](https://2024BeachMovieNights.com) for more information.

WHAT'S GOING ON

MLK Community Healing and Trauma Prevention Center
Free Workshop Schedule
JULY 2024
11833 S. Wilmington Ave., Los Angeles 90059

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AZTEC DANCE Healing through dance Every Monday 6:00 PM – 8:00 PM <i>*In-person, CER Room</i>	MINDFUL MEDITATION Every Tuesday 1:00 PM – 1:20 PM <i>*In-person, Healing Room</i> TRANS/GNC YOUTH & YOUNG ADULT GROUP THERAPY Free meetings to register email or call. JR Jafee: 323-409-0062 jjaffe@scclink.com Soren Nilson: snilson@scclink.com 5:00 PM – 6:30 PM <i>*Virtual</i> CORE WORKSHOPS Prevention & substance abuse workshop July 9 th Teen and Substance Use 9:00 AM <i>*Virtual/English/Click Link</i> To join by phone call 323-776-6996 PIN#: 487-293-672# July 16 th Naloxone Training 9:00 AM <i>*Virtual/English/Click Link</i> To join by phone call 323-776-6996 PIN#: 670-305-89# Risk of Cannabis 9:00 AM <i>*Virtual/English/Click Link</i> To join by phone call 323-776-6996 PIN#: 859-206-939	NEW CHALLENGES Mental health support group with licensed clinicians Every Wednesday 2:30 PM – 4:00 PM <i>*In-person, Healing Room</i> <i>*No session on July 8th & 13th</i> LOSS AND GRIEF SUPPORT Support group for those who have lost a loved one Every Wednesday 4:30 PM – 6:30 PM <i>*In-person, Healing Room</i> PAINT & SIP Canvas painting July 10 th 4:30 PM – 7:00 PM <i>*In-person, CER Room</i> LGBTQIA2+ THERAPY GROUP Free meetings to register email or call. 5:00 PM – 6:30 PM JR Jafee: 323-409-0062 jjaffe@scclink.com Soren Nilson: snilson@scclink.com 5:00 PM – 6:30 PM <i>*Virtual</i> HEALING HORIZONS Provide trauma-informed workshop for Willowbrook residents and surrounding communities. July 17 th 5:30 PM – 7:30 PM <i>*In-person, CER Room</i>	AZTEC DANCE Healing through dance Every Thursday 6:00 PM – 8:00 PM <i>*In-person, CER Room</i> <i>*Closed July 4th</i> TASTY THURSDAY FREE produce giveaway July 13 th (1 st and 3 rd Thursday) 12:00 PM <i>*Until supplies last</i> <i>*In-person, CER Room</i> <i>*Closed July 4th</i> PRENATAL YOGA Hosted by Tranquil Core, class includes pranayama (breathwork), guided meditation, vocalization, pelvic floor engagement, and Yoga Nidra. July 11 th & 25 th 1:00 PM – 2:30 PM <i>*In-person, CER Room</i>	NATIONAL DIABETES PREVENTION PROGRAM Hosted by A Vision of Health, initiative in the US aimed at preventing or delaying the onset of type 2 diabetes among people at high risk. July 5 th & 12 th 11:30 AM – 1:30 PM <i>*In-person, Healing Room</i>	PBS SoCal Family Math Workshop Family math workshop designed to help parents and caregivers of children 2-5 support math learning at home. July 6 th 11:00 AM – 12:00 PM <i>*In-person, CER Room</i>

Email: MLKHealingCenter@ph.lacounty.gov Phone: (323) 568-8732

MLK Community Healing and Trauma Prevention Center
Horario de Talleres Gratuitos
JULIO 2024
11833 S. Wilmington Ave., Los Angeles 90059

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
DANZA AZTECA Sanacion a traves de la danza Cada Lunes 6:00 PM – 8:00 PM <i>En persona, Sala CER</i>	MEDITACIÓN CONSCIENTE Cada Martes 1:00 PM – 1:20 PM <i>En persona, Sala de curación</i> CORE TALLERES Talleres de prevención y abuso de sustancias 9 de julio 11:00 AM Su adolescente y el Uso de Sustancias <i>Virtual/Español/haga clic en el enlace</i> <i>*Para atender por telefono Llame 323-776-6996 Pin# 487-293-672#</i> 16 de julio 11:00 AM Naloxona <i>Virtual/Español/haga clic en el enlace</i> <i>*Para atender por telefono Llame 323-776-6996 Pin# 859-206-939#</i> 23 de julio 1:00 PM El Riesgo de Marihuana <i>Virtual/Español/haga clic en el enlace</i> <i>*Para atender por telefono Llame 323-776-6996 Pin# 859-206-939#</i>	NUEVOS DESAFIOS Grupo de apoyo de salud mental con médicos licenciados Cada Miercoles 2:30 PM – 4:00 PM <i>En persona, Sala de curación</i> <i>*3 y 13 de julio no hay sesión</i> LA PERDIDA Y EL DOLOR Grupo de apoyo para aquellos que han perdido a un ser querido Cada Miercoles 4:30 PM – 6:30 PM <i>En persona, Sala de curación</i> PINTAR Y BEBER Clase de pintar 10 de julio 4:30 PM – 7:00 PM <i>En persona, Sala CER</i>	DANZA AZTECA Sanacion a traves de danza Cada Jueves 6:00 PM – 8:00 PM <i>En persona, Sala CER</i> <i>*Cerrado 4 de julio</i> JUEVES SABROSO Surtido de producto gratis 18 de julio (El primer y tercer jueves) 12:00 PM <i>*Hasta agotar existencias</i> <i>En persona, Sala CER</i> <i>*Cerrado 4 de julio</i> YOGA PRENATAL Organizado por Tranquil Core, clase incluye (respiración), meditación guiada, vocalización, participación del suelo pélvico y Yoga Nidra. 11 y 25 de julio 1:00 PM – 2:30 PM <i>En persona, Sala CER</i> SALUD, BIENESTAR Y PLENITUD Talleres de salud mental diseñados para mejorar la salud y el bienestar de las personas mayores 25 de julio 10:00 AM – 11:30 AM <i>En persona, Sala de curación</i>	PROGRAMA NACIONAL DE PREVENCIÓN DE LA DIABETES Organizado por A Vision of Health, una iniciativa destinada a prevenir o retrasar la aparición de diabetes tipo 2 entre personas con alto riesgo de padecer la enfermedad. 5 y 12 de julio 11:30 AM – 1:30 PM <i>En persona, Sala de curación</i>	PBS SoCal TALLER FAMILIAR DE MATEMÁTICAS Taller familiar de matemáticas diseñado para ayudar a los padres y cuidadores de niños de 2 a 5 años a apoyar el aprendizaje de matemáticas en casa 6 de julio 11:00 AM – 12:00 PM <i>*En persona, Sala CER</i>

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