



SPA 5 & 6 Early Connections Monthly Newsletter

(Family, Infant, & Child Health)

J a n u a r y 2 0 2 6

Greetings Partners,

This is the January '26 SPA 5 & 6 Early Connections (Family, Infant, & Child Health) Newsletter. This newsletter highlights local resources and information for families and children.

National Blood Donor Month ([Link](#))

- Due to holiday celebrations, inclement weather and illness, the winter months are often a time of reduced donations and an increased risk for blood shortages. National Blood Donor Month celebrates blood donors and reminds people of the importance of donating blood during this critical time.

National Slavery and Human Trafficking Prevention Month ([Link](#))

- January was first declared as National Slavery and Human Trafficking Prevention Month in 2010.
- Since then, January has been a time to acknowledge those experiencing enslavement and those who have escaped.
- Although slavery is commonly thought to be a thing of the past, human traffickers generate hundreds of billions of dollars in profits by trapping millions of people in horrific situations around the world, including here in the U.S.



Important Information

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



Help Me Grow LA

PARENT AND FAMILY CAFÉ!

**Learn about: Expressive and Receptive Language
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 - 11:00 AM

10:00 AM - 11:00 AM

**Please download Microsoft Teams
and then**

Join via 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.



**Los Angeles County
Office of Education**

Student Support Services

Community Health and Safe Schools School Immunization Requirements Training (Health Clerks)



**Tuesday, January 13, 2026
9 - 11 a.m.**

School Immunization Requirements

Get prepared for the upcoming Kindergarten and new student registrations. The training will include an overview of student immunization requirements, best practices, TK/K and seventh grade checkpoints, medical exemptions, exclusions and case scenarios.

Who Should Attend:

LVNs, School health clerks, registrars, health office staff and any staff involved in reviewing, monitoring, or following up on student immunizations.

Presented by:

Susan Chaides
MEd, RN, CPNP, CSN
Project Director III

Registration:

No Cost

To register [CLICK HERE](#) or
scan the QR code



Or visit

laoe.k12oms.org/2035-264624

For more information contact us at 562-922-6377 or chss@laoe.edu

LACOE does not discriminate against individuals on the basis of age, actual or perceived race, actual or perceived gender, ethnicity, national origin, religion, disability or sexual orientation. LACOE complies with the Americans with Disabilities Act to ensure equal access to all qualified individuals with a disability. If you are disabled and require assistance in accessing this event, please contact the LACOE Title II Coordinator at 562-803-8297.



**Los Angeles County
Office of Education**

Student Support Services

Community Health and Safe Schools School Immunization Requirements Training (School Nurses)



**Tuesday, January 13, 2026
1 - 3 p.m.**

School Immunization Requirements

Get prepared for the upcoming Kindergarten and new student registrations. The training will include an overview of student immunization requirements, best practices, TK/K and seventh grade checkpoints, medical exemptions, exclusions and case scenarios.

Who Should Attend:

School nurses

Presented by:

Susan Chaides
MEd, RN, CPNP, CSN
Project Director III

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

**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



14 DE ENERO, 2026
11 DE FEBRERO, 2026
17 DE MARZO, 2026
HORARIO: 12:00- 4:00PM

**TALLER
GRATUITO**

PARTICIPE EN NUESTRO EMOCIONANTE TALLER

Cuentas y conexión

Explorando la concientización sobre primeros auxilios en salud mental a través de la creación de pulseras de cuentas Kandi y Perler. Ofreciendo una vía terapéutica para la expresión 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 mas informacion llame
323-568-8732



COUNTY OF LOS ANGELES
Public Health

A large green inverted triangle serves as a background for the title. Coffee beans are scattered around the triangle. To the left, there are green leaves and a dark green speech bubble containing a heart and the text 'RAFFLE GIVE-AWAYS'. To the right, there are more green leaves and a light brown speech bubble containing a heart. In the center, a cup of coffee with a heart-shaped latte art sits on a saucer with a spoon.

CAFECITO CHATS

RAFFLE
GIVE-AWAYS

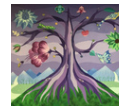
JANUARY 15
10:00AM -11:00AM

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
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



COUNTY OF LOS ANGELES
Public Health



CAFECITO CHARLAS



SORTEO
DE RIFAS

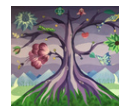
15 DE ENERO
10:00AM-11:00AM

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

Únete a nosotros mientras hablamos sobre temas
de la salud mental y tomarnos un cafecito.



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



CONDADO DE LOS ANGELES
Salud Pública

TASTY THURSDAY



**JOIN US FIRST AND THIRD THURSDAY
FOR PRODUCE GIVEAWAY**

**Dates:
JANUARY 15TH**

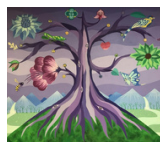
**STARTS AT
12 PM**

MLK JR. CENTER FOR PUBLIC HEALTH

11833 S. Wilmington Ave.

Los Angeles CA 90059

For more information call 323-568-8732



JUEVES SABROSO



**ACOMPÁÑENOS EL PRIMER Y TERCER JUEVES
PARA REGALAR PRODUCTOS**

**Fechas:
15 DE ENERO**

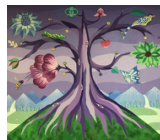
**COMIENZA A LAS
12PM**


MLK JR. CENTER FOR PUBLIC HEALTH

11833 S. Wilmington Ave.
Los Ángeles CA. 90059

Para más información llame al 323-568-8732

Spanish





NUTRITION ACCESS LA

Nutrition Assistance for Los Angeles County

FOOD RESOURCES TO HELP FAMILIES PREVENT HUNGER

GENERAL FOOD ASSISTANCE

CALFRESH

CalFresh is a food assistance program that helps low-income individuals or households increase their food purchasing power and support healthy eating. Call 1-866-613-3777, visit BenefitsCal.com or visit any Department of Public Social Services office to apply.

FOOD PANTRIES

For immediate food assistance, visit Los Angeles Regional Food Bank's food pantry locator at lafoodbank.org/find-food/pantry-locator or Westside Food Bank's food pantries at wsfb.org/our-services/need-food-help.

EMERGENCY FOOD ASSISTANCE PROGRAM AT COMMUNITY AND SENIOR CENTERS

Anyone over the age of 18 is eligible to receive free food commodities at selected centers. Call LA County Community and Senior Centers at 1-800-689-8514 to apply.

PARKS AND RECREATION

The Los Angeles County Department of Parks and Recreation offers hot supper and snacks to youth as well as meal services to seniors. Visit parks.lacounty.gov/lacounty-parks-food-programs to locate resources near you.

CHILDREN UNDER 5

WOMEN, INFANTS, AND CHILDREN (WIC)

WIC provides free food benefits for moms, babies, and children under 5. Visit MyFamily.WIC.ca.gov or call 1-800-852-5770 to apply. Fathers, grandparents, foster parents, and caretakers of children under age 5 may apply on behalf of children who qualify.

SCHOOL-AGED CHILDREN

SUMMER MEALS

Program that provides free meals and snacks in the summer while school is closed. Download CA Meals for Kids mobile app (iOS, Android, Microsoft) to find a Summer Meals Program site or visit cde.ca.gov/ds/sh/sn/summersites.asp.

SUN BUCKS

New program for families with school-aged children that provides grocery assistance in the summer when school is closed. Visit cdss.ca.gov/sun-bucks to learn more.

OLDER ADULTS

CONGREGATE MEALS

Meals served for adults aged 60 and older at senior centers and other locations. Call 1-800-510-2020 to apply.

HOME-DELIVERED MEALS

Adults aged 60 or older who are homebound due to illness or disability receive meals delivered to their home. Call 1-800-510-2020 to apply.

2-1-1 LA

Visit 211la.org or call 2-1-1 to locate resources near you, such as free groceries, student meals, free Wi-Fi hotspots, and more.





SYSTEMS NAVIGATION SERVICES

Need Resource Assistance?

WE ARE HERE TO HELP



FOOD



HOUSING



HEALTHCARE



EDUCATION



EMPLOYMENT



CHILD CARE



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 (CalCRG) is funded by Governor's Office of Business and Economic Development (GO-BiZ)





SERVICIOS DE NAVEGACIÓN DEL SISTEMA

Necesita Algun Recurso?

ESTAMOS AQUÍ PARA AYUDAR



ALIMENTOS



VIVIENDA



CUIDADO
MÉDICO



EDUCACIÓN



EMPLEO



LEGAL AID
CUIDADO
INFANTIL



TRANSPORTE



SERVICIOS
DE PAGOS



ASISTENCIA
LEGAL



CUIDADO DE
PERSONAS MAYORES



SALUD
MENTAL



ASISTENCIA
FINANCIERA



VIOLENCIA
DOMÉSTICA



RECUPERACIÓN
POR USO DE SUSTANCIA



Y MÁS

PARA MÁS INFORMACIÓN CONTACTENOS:

ESCANÉAME



KIMBERLEY MARTINEZ
NAVEGADOR
(213) 760-2904



DPH-NAVIGATOR@PH.LACOUNTY.GOV



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.