

# SPA 5 & 6 Early Connections

## Monthly Newsletter

### (Family, Infant, & Child Health)

January 2026

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](http://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.

**Help Me  
Grow | L.A**



**COUNTY OF LOS ANGELES  
Public Health**



**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  
[lacoed.k12oms.org/2035-264624](http://lacoed.k12oms.org/2035-264624)

**For more information contact us at 562-922-6377 or [chss@lacoed.edu](mailto:chss@lacoed.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

**Registration:**  
No Cost

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



Or visit  
[lacoed.k12oms.org/2035-264625](http://lacoed.k12oms.org/2035-264625)

**For more information contact us at 562-922-6377 or [chss@lacoed.edu](mailto:chss@lacoed.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.

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



**COUNTY OF LOS ANGELES  
Public Health**

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](mailto:Sossey@ph.lacounty.gov)  
Para mas informacion llame  
323-568-8732



**COUNTY OF LOS ANGELES**  
**Public Health**

# 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.

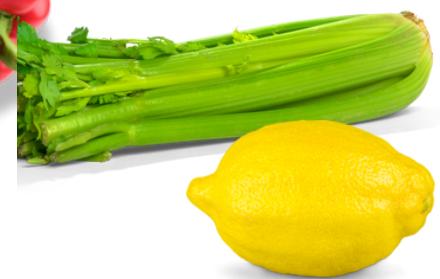
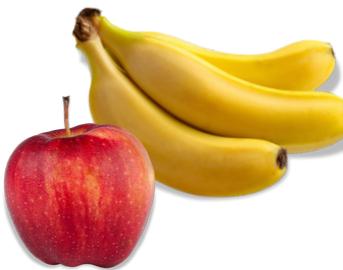


LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.



CONDADO DE LOS ANGELES  
**Salud Pública**

# TASTY THURSDAY



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

Dates:  
**JANUARY 15<sup>TH</sup>**

**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 ALAS  
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 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](http://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](http://lafoodbank.org/find-food/pantry-locator) or Westside Food Bank's food pantries at [wsfb.org/our-services/need-food-help](http://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](http://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](http://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](http://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](http://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](http://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



LEGAL AID

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



COUNTY OF LOS ANGELES  
Public Health

WELLNESS  
COMMUNITY  
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
Fostering Hope • Healing • Purpose



## 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



DPH-NAVIGATOR@PH.LACOUNTY.GOV

KIMBERLEY MARTINEZ  
NAVEGADOR  
(213) 760-2904





# 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 SPAS 5 & 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/mrwpj9t5>. All classes are free and are in both English and Spanish.